

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 ADRC office 920-849-1451 Toll Free (833) 620-2730
For Transportation 920-849-1440



www.calumetcounty.org/ADRC

March/April 2026

Issue 117



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Letter from the ADRC Supervisor

March is Senior Nutrition Program month! The state Elder Nutrition Improvement Program was established in Wisconsin in 1973. The Older Americans Act provides direction and funding for the state to disperse to counties to operate the program. Additional funding for the program includes client and public donations, and county levy. Our dining sites promote well-being, where people who are 60+ are able to find healthy meals and make social connections. For eligible seniors who are homebound, we provide a nutritional, hot meal to be delivered to you.



Senior congregate diners and Meals on Wheels participants were sent satisfaction surveys recently to help us assess the strengths and identify potential weaknesses in our program. Participants were asked to rate how the food tastes, their experience with program staff and volunteers, and their overall experience receiving meals-- which received positive results overall. Most respondents specifically rated their experience with *program staff, volunteers and overall experience* as **excellent**—so a huge kudos to all our dedicated meal site managers and program volunteers. Our home delivered meal participants also shared that in addition to the meal itself, having meals delivered to them provides someone to talk to, a sense of safety and security, a link to get more support if needed, structure and routine with their day and a feeling that other people care about them and more.

A few things people shared about coming to the site and meal delivery: *“I eat healthier and socialize with more people.” “It gets me out of home, and I have made good friends.” “Not being alone at mealtime.” “I lost weight and to be around others.” “I don’t have to cook!” “The persons are wonderful. Friendly people delivering is great, thank you!”*

If you are interested in joining us at one of our meal sites or finding out more about the Home Delivered Meals program, please reach out to the ADRC at 920-849-1451.

April is National Volunteer Month! We are so grateful to all our volunteers, you truly make our programs possible. In 2025, our ADRC volunteers donated over 7,168 hours of time providing transportation, helping at senior dining sites, delivering meals on wheels, and being friendly visitors! Incredible! There are always volunteer opportunities available, see page 11 for more details. Please give us a call to get more information if interested!

“The volunteers are amazing, kind and bring smiles for me and my day.” ~ Calumet County Nutrition Program participant

Leigha Acevedo, ADRC Supervisor



**Stockbridge
Meal Site
will be
closed for
Primary Election on
Tuesday, April 7.**

*Please join us at another meal site!
Hilbert or Chilton will be open Tuesday, April 7
Call Calumet County ADRC before noon on
Monday, April 6 to order a meal—920-849-1451.*

Calumet County Courthouse & Meal Sites will be closed on Good Friday—April 3, 2026.

Easter is celebrated on Sunday, April 5. There are numerous activities that can be done for Easter no matter the age. Have fun with games, trivia and religious opportunities! Enjoy decorating the house, making baskets, or create and send Easter cards to family and friends!

Hope everyone has a Happy Easter with their loved ones!



Calumet County ADRC and Back In
Action Rehab

Invite you to...

Dance for Balance



If you're steady on your feet but want to challenge and improve your balance, join me for line dancing using basic move of ballroom dance!

No experience or partner needed.

Class Size—No Limit

New Holstein Community Center
1725 Silver Moon Lane, New Holstein

**Tuesday, March 3 through
Tuesday, March 24**

10:30 am — 11:30 am

Cost is FREE

Call 920-898-4440 to register!

Register is requested but not required



TRUALTA

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

How do I provide the best care as a caregiver?

Trualta addresses real issues, showing you how with in-depth lessons, practical steps, and guided support from a care manager

For more information visit

<https://wisconsin caregiver.trualta.com>

or call Calumet County Aging and Disability Resource Center at
(920) 849-1451.

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.

Thursday, January 8

Thursday, February 5

Fox Valley Technical College Chilton Campus

1200 E Chestnut St—Room 126

12:30 pm—2:00 pm

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

Tai Chi

CHILTON—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.

Mondays starting March 2

Calumet County Courthouse—Room 15

Located in the lower level

1200 E Chestnut St—Room 126

8:45 am—9:30 am

For more information —Contact Calumet County ADRC at 920-849-1451.

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



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

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 County area.

Friday, March 13 — Hilde's Deli

Registration is required!

11:00 am to 1:00 pm

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

www.FoxValleyMemoryProject.org

Memory Café!

Temporary Location

Memory Café's will be held at Fox Valley Technical College

Room 126 until Ledge View Nature Center is back open to the public.



**Wednesday,
March 11**

1:30 pm - 3:00 pm

Maple Syrup History

Spring in Wisconsin is really sweet! Especially because this is the time of year that we can make maple syrup! From Native Americans to the pioneers, join us for a discussion about how this delicious syrup has been historically produced.



Wednesday, April 8

1:30 pm - 3:00 pm

**April Showers bring May Flowers—
folklore of wildflowers**

Flowers are linked to spring, because of their appearance after winter, symbolizing renewal, growth, and new beginnings. In folklore, they represent ideas like hope, love, youth, and happiness. Many cultures have created stories and myths to explain why flowers bloom in spring and what they mean to us. This discussion will expand on flower folklore and what they mean to us as individuals, and as a community.

Questions? Contact Nancy Krueger at 920-849-1451 x4306 or nancy.krueger@calumetcounty.org



CALUMET COUNTY
Project Safe Response

Project Save Response is a free service that provides first responders with information to assist in responding to crisis calls involving community members with dementia, autism, or other cognitive impairments that may cause them to wander or have communication barriers.

The project is offered to county residents who live alone or with their family, as a collaboration between Calumet County’s Aging and Disability Resource Center (ADRC) and local Law Enforcement Agencies.

How does the Calumet County Project Safe Response Registry Work?

A completed registration form and picture of the Calumet County resident will be kept on a confidential system.

If someone is in crisis or found wandering, Law Enforcement has the ability to access the Project Safe Response registry listing to review the picture and related information. If a match is found, the police will immediately call the contacts listed on the form.

Law Enforcement can also use this information to issue a statewide Amber Alert (for autistic children) or a Silver Alert (for persons 60+ with dementia)



Cribbage Players?

Cribbage is a card game, traditionally for two players, that involves playing and grouping cards in combinations which gain points. It can be adapted for three or four players. A cribbage board and deck of cards is needed.



Do you want to join for a card game? Would you mind teaching the game?

Would like to enjoy it again? Join any meal site, cards will start after the meal. If you’d like to join us for the meal, please call the office to get set up. No matter what community you live in you can join in the fun!

Please call ADRC at (920) 849-1451 with questions.

Casual Meal Site Manager Needed



Seeking a casual meal site manager that would fulfill responsibilities of the Meal Site Manager at Chilton, Hilbert, Stockbridge and Brillion congregate meal sites when needed. This is a casual position.

Visit www.calumetcounty.org to apply with required online application.

Do you have questions, please call ADRC at (920) 849-1451.

Volunteers are always needed!

Many opportunities are available at each dining center as Nutrition Meal Site Volunteer and/or Volunteer Home Delivered Meal Driver.

Call ADRC today to start volunteering at 920-849-1451.

Welcome 2026

A reminder that the Medicare Advantage Open Enrollment Period for those already in Advantage plans and would like to switch to something different or change back to Original Medicare can do so through March 31st. Also, Homestead Credit filing as started. Please see the information below to see if you qualify. In addition to filing for 2025, you can file for Homestead Credit for up to 4 years prior if you haven't filed in the past. For anyone needing to have their federal and/or state income taxes completed, the AARP Foundation is offering assistance to complete federal and state income taxes. Check the AARP tax aide website for locations near you.



Jodi Kautzer, Elder Benefits Specialist

Do I qualify for homestead credit?

To qualify for homestead credit for 2025 you must meet the following requirements:

- .You are a legal resident of Wisconsin for all of 2025, from January 1 through December 31.
- .You are 18 years of age or older on December 31, 2025.
- .You have less than \$24,680 in household income for 2025.
- .You meet **one** of the following conditions:
 - .You (or your spouse, if married, and reside in the same household) have positive earned income during the year.
 - .You (or your spouse, if married, and reside in the same household) are disabled.
 - .You (or your spouse, if married) are 62 years of age or older at the end of 2025.
 - .You own or rent your Wisconsin homestead that is subject to Wisconsin property taxes during 2025.
 - .You are not claimed as a dependent on someone else's 2025 federal income tax return. **Note:** This limitation does not apply if you were 62 years of age or over on December 31, 2025.
 - .You did not live for the entire 2025 year in housing that is exempt from property taxes. **Note:** Property owned by a municipal housing authority is not considered tax-exempt for homestead credit purposes if that authority makes payments in place of property taxes to the city or town in which it is located. If you live in public housing, you should check with your rental manager.
- .At the time of filing a claim, you are not living in a nursing home and receiving Title XIX medical assistance.
- .You are not claiming Wisconsin farmland preservation credit for 2025.
- .You are not claiming the veterans and surviving spouses property tax credit on 2025 property taxes.
- .Only one claim may be filed per household. A married couple residing together is one household.
- .You are not filing a claim on behalf of a person after their death.
- .You have not received Wisconsin Works (W2) payments of any amount or county relief payments of \$400 or more for each month of 2025.

Note: If you received any amount of a Wisconsin Works (W2) payment in 2025 or county relief payments of \$400 or more for any month in 2025, your property taxes and rent have to be reduced by one-twelfth for each month you received any of these benefits.



**Survival
Coalition**

of Wisconsin Disability Organizations

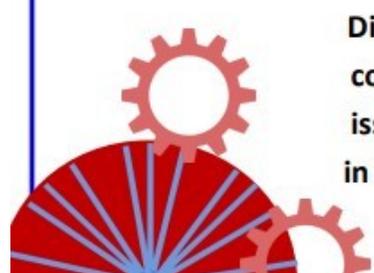
SAVE THE DATE!

**Disability Advocacy
Day of Action!
March 19, 2026**



In -Person 10 A.M.– 3:00 P.M.
Starting at Monona Terrace,
One John Nolen Drive, Madison, WI
(And State Capitol)

Disability Day of Action is back in person! The event is focused on connecting Disability Advocates with their legislators to talk about issues that matter to them. Attendees are expected to participate in the morning briefing and visit their legislators in the afternoon.



REGISTRATION OPENS FEBRUARY 1, 2026

www.survivalcoalitionwi.org

**ADRC/Long Term
Support
Advisory Committee
MONDAY, April 6
8:30 am**

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



**Need to cancel a meal?
Have an appointment
the same time as home delivered
meal delivery?**

Please call ADRC at least 24 hours in advance to cancel a meal at (920) 849-1451!



SHIP

State Health Insurance
Assistance Program



Medicare can be confusing and expensive.



Understand your options and see if you can save money.



Get free, unbiased help with Medicare from Wisconsin SHIP.



800-242-1060



Email: BOALTCMedigap@wisconsin.gov

Web: dhs.wisconsin.gov/medicare-help

This program is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement by ACL/HHS, or the U.S. Government.

**WISCONSIN DEPARTMENT
of HEALTH SERVICES**

08/2025



Calumet County Veterans and Dependents,

The Department of Veterans Affairs at the federal level is working diligently to speed up its processing times for benefits. Our local office continues to review information provided for our customers from the VA at the federal level for accuracy and proper effective dates and ratings. The VA at the federal level has also completed the backlog of open applications processing for CHAMPVA for enrollment of its beneficiaries. Response times from CHAMPVA have changed from nearly ten months to just a few weeks.

If you are looking for advice, claims support, burial or cemetery benefits, etc. please contact the Calumet County Veterans Service Office at (920) 849-1452 or via email at calumetvets@calumetcounty.org.

Michelle Wynveen, Veterans Service Officer



ENROLLING IN VA Health Care

Ways to enroll in VA Health Care: 1) by telephone, 2) apply online, 3) in person at your local VA healthcare facility (Milwaukee or Green Bay VA Clinics), or via 4) USPS mail.

Your local CVSO office is your greatest resource for VA benefits. Our team will assist in completing the VA Healthcare application with you to ensure the form is filled out accurately to avoid any delays in health services. **This is also the time to discuss any injuries or disabilities that occurred while in the service. Your benefit specialist is here to assist you with filing any service-connected compensation disability claims.**

- The benefits specialist will also answer any questions the veteran may have during the application process.
- As well as ensure the veteran is prepared for his/her initial appointment. **Reminder: Make sure to ask for hearing and eye exam!!!**
- The benefits specialist will also fax the application directly to the VA Regional Office to expedite the application process.
- Using the CVSO as a resource enhances the application process, which enables the veteran to gain access to health services within 2 weeks.

Lions Tri-City Medical Equipment Locker



The Tri-City Medical Loan Locker is a non-profit organization. We offer access to medical equipment without charge to the residents of Calumet County and surrounding areas. Small deposits are required on larger medical equipment loans.

Hours of Operation:

Wednesdays
2 pm to 4 pm



Saturdays
9 am to 11 am

Any Questions?
(920) 898-8265

or email
920898tcml@gmail.com

What is Metabolic Syndrome and What Can I do About It?

Metabolic syndrome is a group of conditions that together raise your risk of coronary heart disease, diabetes, stroke, and other serious health problems. Metabolic syndrome is also called insulin resistance syndrome.

You may have metabolic syndrome if you have three or more of the following conditions.

- **A large waistline:** This is also called abdominal obesity or "having an apple shape." Extra fat in your stomach area is a bigger risk factor for heart disease than extra fat in other parts of your body.
- **High blood pressure:** If your blood pressure rises and stays high for a long time, it can damage your heart and blood vessels. High blood pressure can also cause plaque, a waxy substance, to build up in your arteries. Plaque can cause heart and blood vessel diseases such as heart attack or stroke.
- **High blood sugar levels(link is external):** This can damage your blood vessels and raise your risk of getting blood clots . Blood clots can cause heart and blood vessel diseases.
- **High blood triglycerides:** Triglycerides are a type of fat found in your blood. High levels of triglycerides can raise your levels of LDL cholesterol , sometimes called bad cholesterol. This raises your risk of heart disease.
- **Low HDL cholesterol , sometimes called good cholesterol:** Blood cholesterol levels are important for heart health. "Good" HDL cholesterol can help remove "bad" LDL cholesterol from your blood vessels. "Bad" LDL cholesterol can cause plaque buildup in your blood vessels.

Metabolic syndrome is common in the United States. About 1 in 3 adults have metabolic syndrome. The good news is that it is largely preventable. Knowing the risk factors and making healthy lifestyle changes can help you lower your chances of developing metabolic syndrome or the health problems it can cause.

How Do I Know If I Have It?

According to the most widely accepted definition, a person has metabolic syndrome when at least three of the following are present:

- Increased waist size: Greater than 40 inches in men or 35 inches in women
- Elevated blood triglycerides (a type of fat in the blood): Above 149 mg/dL
- Low HDL (good) cholesterol: Below 40 mg/dL in men or 50 mg/dL in women
- High blood pressure: 130 mmHg over 85 mmHg or higher
- Elevated blood sugar: A fasting plasma glucose level of 100 mg/dL or above

Lowering your risk starts with small daily lifestyle changes. Losing 7–10% of your body weight over a year—if you weigh 200 lbs, this would be 14 to 20 lbs. Eating more whole grains, fruits, vegetables, and fiber, and reducing unhealthy fats and added sugars. Aiming for 30–60 minutes of physical activity most days of the week can make a big difference and help you lose weight.

If this all seems overwhelming, what is one change you can make today to help? Can you switch from white to wheat bread? Can you add oatmeal to your day? Can you add fruit or vegetables to a meal or as a snack? Can you walk for 30 minutes? Can you try olive oil to cook with instead of butter? Can you cut out one soda or sweet today? If you take it one step and one day at a time, the changes will add up to a healthier lifestyle and put you less at risk.

According to the NIH (National Heart, Lung, and Blood Institute

Quick Chicken Rice Soup

Ingredients:

4 C water and 4 C low sodium chicken broth
½ C white rice, quick-cooking brown rice, or precooked rice
2 C mixed vegetables (fresh, frozen, or canned)
1 t oregano and/or thyme
¼ t black pepper

Directions:

In a large saucepan, bring water, chicken broth to a boil.
Add the rest of the ingredients.
Reduce the heat to simmer, cover, and cook for 20 minutes or until rice and veggies are tender.
Refrigerate leftovers and use within 3 days or freeze.

Barbara Carlson, Nutrition Educator

“Bird Flu” is Still Present in Wild Birds in Wisconsin



Take Action to Reduce the Risk of Infection

Highly pathogenic avian influenza (HPAI H5N1), commonly referred to as “bird flu,” is caused by viruses that are highly contagious and often fatal to domestic poultry. The disease can be spread by contact with infected birds, commingling with wild birds or their droppings, equipment, or clothing worn by anyone working with the animals.

The “bird flu” virus has continued to circulate in both wild and domestic birds in North America since December 2021. Since that time, the “bird flu” virus has also affected other species, including some mammals: red foxes, bobcats, fishers, skunks, and otters. Mammals that scavenge or hunt wild birds as part of their natural diet may be exposed to the virus by eating infected wild birds. Infected animals carry the virus in their intestines and shed it in bodily fluids, such as saliva, nasal secretions and feces. Other animals can become infected when they come in contact with these fluids. People should avoid contact with any wild animal that is behaving abnormally. The humans who have gotten sick from the “bird flu” virus have all been in direct contact with infected animals.

Simple precautions should be taken to reduce the risk of infection:

- Do not handle sick or dead wild birds or mammals.
- Wash hands thoroughly with soap and water after contact with a wild bird or with contaminated surfaces, including birdbaths and feeders. (Flu viruses are inactivated by common disinfectants, including detergents, 10% bleach solution, and alcohol.)
- Wear disposable gloves when cleaning bird feeders and baths.
- To kill organisms, cook all meat, including wild birds and poultry, thoroughly to 165° F.
- Hunters should sanitize all tools and surfaces when handling, cleaning, and preparing wild birds.
- Livestock owners should follow recommended biosecurity measures to protect their flocks and herds.
- Livestock owners should register where their animals are kept.

As of November 26, 2025, Wisconsin has not identified HPAI H5N1 infection in any dairy herds in the state. The Wisconsin Department of Agriculture, Trade and Consumer Protection (DATCP) continues to urge all livestock owners to implement strong biosecurity measures. This includes washing hands, disinfecting equipment, restricting access to livestock, and separating new additions from flocks or herds for at least 30 days. Poultry owners are asked, when possible, to keep their birds indoors.

Since 2004, Wisconsin state law has required that all [livestock owners register the premises where their animals are kept](#) or congregated. Registration is free and helps animal health officials communicate with flock and herd owners during disease outbreaks.

Contact DATCP to report increased deaths or signs of illness among domestic birds, dairy cattle, or other animals by following the instructions on the “Animal Disease Reporting” webpage. For updates on how the virus is affecting domestic birds in Wisconsin, and to find resources on protecting Wisconsin poultry, visit DATCP’s “HPAI in Poultry” webpage. For updates on how the H5N1 virus is affecting dairy cattle across the country, and to find resources on protecting Wisconsin dairy cattle, visit DATCP’s “H5N1 in Dairy Cattle” webpage.

Information retrieved on November 26, 2025, from the following websites: Wisconsin Department of Health Services, Wisconsin Department of Agriculture, Trade and Consumer Protection, and Wisconsin Department of Natural Resources

Spring is almost here! With the warm weather and flowers comes the potential for severe weather, so please don’t wait to have a plan.

Be sure you understand the difference between a Watch and a Warning, and to know what actions you should take when one is issued for your location. You should always have more than one way to receive potentially life-saving weather information.

If you don’t already have a NOAA Weather Radio, please consider purchasing one from your local retailer. Place it in a location with good reception, and in a spot close enough to alert you while you are sleeping. It should always have a fresh back-up batteries so it will continue to work during a power outage.



Finally, have a place in place to know where to take shelter at home, work, church, or any other venue you frequent. Injuries and deaths due to severe weather can be prevented through proper safety and preparedness measures.

WATCH VS WARNING

Conditions are right for specific weather event (e.g. tornadoes), so be prepared

The specific weather event (e.g. tornado) has been spotted or detected, so take



Bernie Sorenson, Emergency Manager

Volunteer Corner—Come join the ADRC team!

Welcome the following new volunteers:

Michael Athanas—Meals on Wheels Delivery Driver at Brillion Meal Site

Kathy Hanke—Nutrition Volunteer at Chilton Meal Site



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

Many Thanks...

Kevin Pulley—Former meal site volunteer

Florence Knier—Transportation driver volunteer is retiring after 13 years with Calumet County.

The ADRC wishes to thank Kevin and Florence for their dedication to volunteering.

Deepest Sympathy

Ginny Laughrin—Meals on Wheels Delivery Volunteer Driver and Friendly Visitor of 13 years passed away. Ginny was a devoted volunteer and enjoyed volunteering in any capacity she was able to. Sympathies to her family and friends, as her dedication to volunteering will be missed.

Meals on Wheels Drivers

Volunteers deliver meals to homebound individuals and can be reimbursed for mileage at the federal mileage reimbursement rate.

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.

Volunteer Driver

Volunteers generously donate their time and use their own vehicles to provide both local and long-distance medical or personal transportation to residents of Calumet County. Volunteers can be reimbursed for mileage at the federal mileage reimbursement rate.

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.

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 ADRC at:
920-849-1451 or Toll-Free 833-620-2730***

• CHILTON PUBLIC LIBRARY •
EXPANDED HOMEBOUND SERVICE
Books
DVDs
Audiobooks
Music CDs
Magazines
Games
Library of Things
WWW.CHILTONLIBRARY.ORG
920-849-4414

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.

STOP FINANCIAL SCAMS

Protect yourself. Protect your money.

A message from the Wisconsin Department of Justice, Division of Criminal Investigation

Before you withdraw cash

If someone is asking you to talk out a large amount of money, pause. You may be in the middle of a **SCAM**.

Ask yourself:

- Are you being pressured to act quickly?
- Is someone on the phone telling you that to do right now?
- Were you told to lie to the bank staff, or to family, about why you need the cash?
- Were you told not to talk to anyone about this or keep it a secret?
- Are you afraid, confused, or unsure?

If you can answer “yes” to any of these questions—**STOP**. Don't hand over your money.



What might be happening

Scammers often pretend to be:

- Law enforcement or government (IRS, Social Security, “court”, “warrant”)
- Tech support
- Bank staff
- A family member or romantic partner “in trouble”

Scammers can sound convincing, but they are not who they claim to be.

Cash, gift cards, cryptocurrency, wire transfers, are all **RED FLAGS**.



Remember

A real government official will never ask you to withdraw money.



What to do next

You are not alone.
Help is available right now.

Call for help:

- Wisconsin Elder Abuse Hotline
- (833) 586-0107
- Medicaid Fraud & Elder Abuse Unit (800) 488-3780
- DATCP Consumer Protection Hotline (800) 422-7128

If you or someone you know is in immediate danger, CALL **911**.



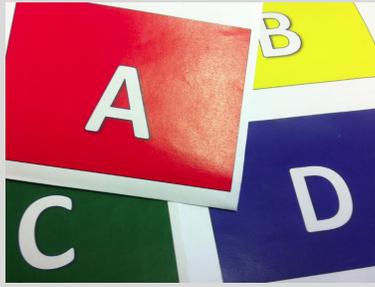
Daylight Saving Time Begins
Sunday, March 8
Spring Forward!

—Chilton Public Library—

Families are welcome to take part in Bridging Generations, a multi-month initiative designed to bring people of all ages together through shared learning and creativity. By creating spaces where children, teens, adults, and seniors can learn side by side.

Friday, March 27—4:00 pm
Technology Across Generations
Wednesday, April 8—1:30 pm
Songwriting & Storytelling

Any questions please call Chilton Public Library at 920-849-4414.



Join us for a

FREE

Medicare THE A B C and D's Presentation

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.

Tuesday, May 5

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 Lower Level
(Use West Entrance)

REGISTRATION IS REQUIRED

(no charge)

If you would like to attend one of the above sessions, you may register by calling (920) 849-1451 or email: ADRC@calumetcounty.org



Serving Calumet, Outagamie, Waupaca & Winnebago Counties

Join Us in Making a Difference!

Now Seeking Weekly Volunteers
(Tuesdays 11am-2pm)



The Fox Valley Memory Project is looking for compassionate, reliable volunteers to support our Mindworks program in Chilton!

This meaningful respite program serves individuals living with dementia by offering social connection, engaging activities, and a safe, supportive environment.

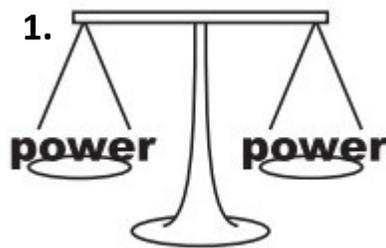
Interested? Let's Connect!

920-225-1711

Serving Calumet, Outagamie, Waupaca, and Winnebago counties

Jokes and Word Plexers

1. How is the moon like dentures?
2. What do you call someone who enjoys Mondays?
3. What is a prize old people can win for aging?



2. Cut

CUT CUT CUT
CUT CUT CUT CUT
CUT CUT CUT

3.

eweiene

4. eye



brows

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 \$40 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, March 9

Monday, April 13

Uptown Commons

49 W. Main St, Chilton, WI 53014

Dates are completely booked.

Kiel Community Center

510 3rd Street, Kiel WI 53042

Tuesday, March 3

Tuesday, April 7

Brillion Community Center

120 Center Street, Brillion WI 54110

Tuesday, March 10

Tuesday, April 14

**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



JOKES

1. Both come out at night
2. Retired
3. Atrophy

Word Plexers

1. Balance of Power
2. A cut above the rest
3. Win with ease (E's)
4. Raised eyebrows

Jokes and Word Plexers from page 13

ADRC 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.

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 ADRC 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.

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

Umbrella Meal Site Melting Donation Showers Rainbow Medicare
Season Puddle Garden Walking Green Daffodil Bunny Butterfly
Chick Thaw Lilacs March Bulbs Eggs Grass Picnic Robin
Home Delivered Volunteer Caregiver Sunshine Blossom Caterpillar
Nest Kites Bud Bees April Tulip



Quick 10 Minute meals

Chicken Rice Bowl

4 servings

Ingredients

1 cup uncooked instant rice
1 cup chicken broth
1/2 cup chopper frozen green pepper, thawed
1/2 cup chopped onion
2 teaspoons olive oil
1 package (9 ounces) ready-to-use grilled chicken breast strips
1/2 cup frozen corn, thawed
1 teaspoon dried basil
1 teaspoon rubbed sage
1/8 teaspoon salt
1/8 teaspoon pepper

Instructions

Cook rice in broth according to package directions. Meanwhile, in a large skillet, saute the green pepper and onion in oil for 2-3 minutes or until crisp-tender. Stir in the chicken, corn, peas, basil and sage. Cook, uncovered, for 4-5 minutes over medium heat or until heated through. Stir in the rice, salt and pepper.



15-Minute Meat Loaf

4 servings

Ingredients

1 large egg, lightly beaten
5 tablespoons ketchup, divided
2 tablespoons prepared mustard
1/2 cup dry bread crumbs
2 tablespoons onion soup mix
1/4 teaspoon salt
1/4 teaspoon pepper
1 pound ground beef
1/4 cup sugar
2 tablespoons brown sugar
2 tablespoons cider vinegar

Instructions

In a large bowl, combine the egg, 2 tablespoons ketchup, mustard, bread crumbs, dry soup mix, salt and pepper. Crumble beef over mixture and mix lightly but thoroughly. Shape into an oval loaf. Place loaf in a shallow 1-qt. microwave-safe dish. Cover and microwave on high for 10-12 minutes or until no longer pink and a thermometer reads 160 degrees, drain.

Meanwhile, in a small bowl, combine the sugars, vinegar and remaining ketchup; drizzle over meal loaf. Cover and microwave on high for 2-3 minutes longer or until heated through. Let stand for 10 minutes before slicing.

www.tasteohome.com

THE ADRC CONNECTION

Michele Brickl, *Editor*

The **ADRC Connection** is published bi-monthly by the Calumet County ADRC, 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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Stay Connected!

Sign up to receive our newsletter directly to your home or email.

Call (920) 849-1451 or email adrc@calumetcounty.org to subscribe.

ADRC email: adrc@calumetcounty.org

ADRC website: www.calumetcounty.org/ADRC

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



Calumet County ADRC
206 Court St.
Chilton, WI 53014