

ADRC Connections

Newsletter Date Spring 2016

Connecting You to Your Community's Resources

The Mission of the ADRC

To provide older adults and people with physical or developmental/ intellectual disabilities the resources needed to live with dignity and security, and achieve maximum independence and quality of life. The goal of the Aging and Disability Resource Center is to empower individuals to make informed choices and to streamline access to the right and appropriate services and supports.

Compassionate Communication

Harvey is an 84-year-old retired electrician who cares for his wife Mary in their home. Harvey is in need of knee replacements and is in pain most of his waking hours. Mary was diagnosed with irreversible dementia several years ago. She has always been the "stubborn sort," and when she makes up her mind to something, it is exhausting for Harvey to try to change her ideas. For instance, she insists that Harvey is stealing her purse and taking money to go to the neighborhood bar. This hurts Harvey, who has been an attentive husband for 60 years.

He tries and tries to convince Mary that he would never steal from her and that he is not about to start hanging around in the bar at his age. Mary also refuses to bathe and change clothing many days in a row. Harvey has tried both pleading, demanding, and promising rewards. Although she has always been an attractive, well-groomed woman, Mary now appears disheveled and has an odor. Harvey feels responsible for this. He doesn't even want his son and daughter to visit.



Harvey is tearful as he describes his situation to members of a Caregiver Support Group. He is surprised to see other people nod understandingly as he tells his story. Other caregivers describe similar events and feelings. They explain to him that he will never again convince his wife that he is her loving husband and that it isn't in his power to change her present habits. One member of the group reminds him that "It's the disease talking, not Mary." Several people mention that having time away from caregiving has been a lifesaver for them, others mention resources that are useful to them. Several people say

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**Contact:
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Caregiver
Support
Specialist**

**Aging and
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Resource Center
of Racine
County**

262- 833-8764
[marilyn.joyce@
goracine.org](mailto:marilyn.joyce@goracine.org)



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that the bathing routine is difficult for them, too. One person has hired someone to help with this. Another caregiver suggests: “Prepare a calm, pleasant environment in the bathing area and try again later.” One says, “Sponge baths work better than arguments.”

The facilitator reminds the group that caregivers sometimes need to put on a “duck suit,” letting hurtful things roll away “like water off a duck’s back,” remembering that the unkind things don’t come from the loved one we’ve known, but from a disease process. She gives everyone a handout about “Compassionate Communication with the Memory Impaired.” The group encourages Harvey to be open and honest with his family because “Caregiving is a team effort.”

The facilitator states that many times caregivers experience serious illness and even die before the person they are caring for. “This is a family emergency,” she says about other family members, “They need to know and help. They don’t want to lose two parents because of one illness.” She mentions helpful services available in the community, and she offers to meet with Harvey and his children if that would be helpful to them.

Harvey leaves the group knowing that he is not alone, and that help is available. He feels like a huge burden has been lifted from his shoulders. He leaves standing taller and breathing easier than when he came in.

Here are just a few tips from the handout mentioned above:

DON’T

- Don’t argue.
- Don’t confront.
- Don’t remind them that they forget.
- Don’t question recent memory.
- Don’t take it personally!

DO

- Give short, one-sentence explanations.
- Avoid insistence – try again later.
- Leave the room, if necessary, to avoid confrontations.
- Respond to the person’s feelings, not their words.
- Practice 100% forgiveness as memory loss progresses.

“[People with memory loss] are scared all the time...Anxiety may compel them to follow you everywhere. Anxiety compels them to resist changes in routine (even pleasant ones). Your goal is to reduce anxiety whenever possible...They can’t remember your reassurances. Keep saying them.

(Handout developed by Liz Ayres, a former caregiver and a volunteer of the Alzheimer’s Association – Orange County Chapter. Reprinted & adapted by the Alzheimer’s Association of Southeastern Wisconsin, December 2004.)

If you would like a printed copy of the entire handout, please call:
262-833-8764.

E-VISIT

An email check-in for caregiving families

As the Monthly Family Caregiver Newsletter has grown into the quarterly ADRC Connections, we have decided to offer you a Caregiver Support visit by email about halfway between each issue of ADRC Connections. It will include information about support groups and other opportunities for caregiving families, words of encouragement, and news about issues affecting caregivers with reminders to take good care of yourself.

Sadly, budgets do not allow more than the quarterly “snail” mailing. So, if you are **not already** receiving the ADRC Connections via email link, and would like to receive this caregiving information, please provide us with your

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Transition to Adulthood in Racine County

Racine Unified School District
Transition Day will be March 19, 2016
at Gateway Technical College, Racine
Bldg.

Racine County **Special Needs
Resource Fair**. May 13, 2016 at
Waterford Union High School,
100 Field Dr, Waterford.

Both of these opportunities provide
information and connection to
community resources in planning for life
after high school. Meet with agencies,
service providers, community resources
and organizations. Speak with college
representatives, take career and skill
assessments. Admission is free.

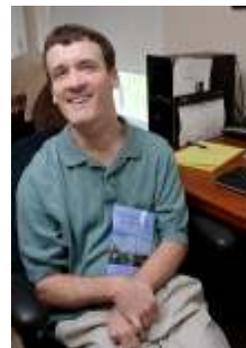
Turning 18 is a milestone for many
people. For people living with a
disability, it can also mean a time of other

changes as well. The ADRC is a source
of assistance to help young adults with
disabilities and their families consider
options as early as age 17 1/2 who are
transitioning into adulthood

The ADRC is a free and unbiased
source of this information tailored to
suit your individual needs. Consider
contacting the ADRC to begin your
relationship with a friendly ADRC
specialist today.

See the program flyers and other
Transition information at:
https://www.adrc.racineco.com/site/446/transition_to_adulthood.aspx

The ADRC also has information and
resources to assist adults with physical
and intellectual disabilities who are not
in the transition process.



*There is no
telling how
many miles you
will have to run
chasing a dream*

Author Unknown

Community Resources

This column highlights some of the many resources in our community. For more, see the Resource Directories available from the Aging and Disability Resource Center (262-833-8777) or www.adrc.racineco.com under Racine County Resources.

Housing

At the ADRC we often get questions
about housing that include things like;
how can I stay in my own home and
maintain it; how do I downsize and what
are the most cost effective options;
what is assisted living and how can I
afford that; and at times-how do I place
my loved one in a nursing home. You
can call the ADRC with any of your
housing or other types of questions
(262-833-8777) and we will be happy to
assist with information and resources.
Included in this issue are some re-
sources related to housing expenses.
You can request a copy of our Living

Options directory for more in-
depth information, or find in on our
website at:

https://www.adrc.racineco.com/site/453/service_directory.aspx

Housing Expense Assistance - Things to consider:

Energy Assistance and
FoodShare (Food Stamps or
SNAP)

These small benefits can free
up some cash that can be
used toward other expenses.

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Racine County Senior Nutrition Program



Call 833-8766 To make a reservation at one of our Dining Sites Please call before 3:00 p.m. a day in advance.

Dining Sites:

Atonement Lutheran Church

2915 Wright Ave
Racine, WI 53405
Monday - Friday at **Noon**

Burlington Senior Center

201 N Main St
Burlington, WI 53105
Monday - Friday at **Noon**

Lake Oaks Apts

1916 S Wisconsin Ave
Racine, WI 53403
Monday - Friday at **Noon**

Lincoln Villas North Apartments

3919 Ruby Ave
Racine, WI 53406
Monday - Friday at **11:30 am**

Lincoln Villas South Apartments

5820 Lincoln Village Dr
Racine, WI 53406
Monday - Friday at **Noon**

Salvation Army

1901 Washington Ave
Racine, WI 53403
Monday– Friday at **Noon**

Union Grove Hometown Village

1415 13th Avenue
Union Grove, WI 53182
Monday - Friday at **11:30 am**

Menus

You can find the menus for coming months in your local newspaper, or online at: <https://www.adrc.racineco.com/>

Senior Nutrition Program:

Dining and Meals on Wheels

For information or to Reserve call
262-833-8766

Cooking for One: A Simple Technique

Steam in parchment for a simple one-person meal
Cooking “en papillote” is a fancy term for a simple technique that involves cooking a meal in parchment (or aluminum

foil). Place a fish fillet, skinless chicken breast, or firm tofu on top of sliced veggies in parchment paper. Add spices, seasoning, or a dash of olive oil, and fold it into a tight package.

Place on a baking sheet in a 350 degree oven. After about 20 minutes you’re left with a healthy, steamed meal for one with virtually zero clean up.



Recipe for today

1 boneless chicken Breast or piece of Salmon
Zucchini Slices
Feta Cheese
Tomato Slices
Red Pepper Strips
Salt and Pepper

Place Veggies on sheet of parchment paper (or foil), sprinkle with Cheese and salt & pepper. Place chicken breast or fish on top of veggies and sprinkle more cheese and salt & pepper.

Cooking for One: The Basics

Make cooking fun:

If chopping vegetables, boiling pasta, or washing pots and pans doesn't sound like your idea of a fun night in, find ways to make it more enjoyable. Try singing along to your favorite music, sipping a glass of wine, or listening to the radio or a book on tape. See how relaxing it can be to savor the smells and textures of each ingredient.

Cook once and eat twice (or more):

Sure, you can take a family-size recipe and divide everything by four or six to make a meal for one person. Or you can cook larger meals and freeze leftovers in single portions to eat another time. Write the date and contents on the packages, and remember to eat the food in a timely

manner (for most meals, within 1 to 3 months).

Reinvent leftovers:

If you don't want to eat the same meal a second time, having leftovers can be a great starting place for your next meal. For example, wrap leftover chicken, rice, and veggies in a tortilla, then add a little cheese and salsa-and you have a whole new meal.

Prepare one-dish meals:

For simple meal ideas with minimal clean up, choose dishes that serve as the whole meal, combining different food groups in one pot, like a vegetarian chili, chicken casserole, or beef and vegetable stew. Slow cookers are great for making these types of dishes.

Cook your main protein once a week:

By roasting a chicken at the weekend or slow cooking turkey breast, for example, you can use the leftover meat to quickly create different dishes during the week. Add the meat to a soup or salad, slice it in sandwiches, use in tacos, quesadillas, or burritos, or combine with veggies and add to pasta or rice.



Tips for Nutrition

If you do not have an appetite:

- Eat small high-protein and high-calorie meals every 1-2 hours instead of 3 larger meals.
- Have help with preparing meals.
 - Add extra calories and protein to food (such as butter, skim milk powder, honey, or brown sugar).
 - Take liquid supplements (special drinks containing nutrients), soups, milk, juices, shakes, and smoothies when eating solid food is a problem.
- Eat snacks that contain plenty of calories and protein.



Your Benefits

Important Numbers
(Toll Free):

Social Security
Local:
866-270-8629
USA:
800-772-1313

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

Wisconsin Medicaid—Member services:
800-362-3002

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

Medicare Workshops
For Racine County Residents over the age of 60

Auditorium—
Racine County Public Works Building, 14200 Washington Ave, Sturtevant

March 18th
5:00 to 7:00 pm

April 22nd
9:00 to 11:00 am

May 20th
5:00 to 7:00 pm

June 24th
9:00 to 11:00 am

All Date Subject to Change.

Registration Required—
Call 262-833-8777

Elder Benefit Specialist

An elder benefit specialist is a person trained to help older persons over age 60 who are having a problem with their private or government benefits. They are often called red tape cutters as they are expert at helping older persons with the extensive and complicated paperwork often required in benefit programs. They help older persons figure out benefits they are entitled

to and tell them what they must do to receive them. Elder benefit specialists receive ongoing training and are monitored by attorneys knowledgeable in elder law. The attorneys are also available to assist older persons in need of legal representation on benefit matters, on a case by case basis.

What Can Benefit Specialists Do?

- Provide accurate and

current information on your benefits.

- Suggest alternative actions that you can take to secure benefits or appeal denials of benefits.
- Advocate on your behalf with other parties.
- Explain what legal action or other possible solution is required.
- Refer you to an appropriate attorney when necessary.

Disability Benefit Specialist

The Disability Benefit Specialist (DBS) program is a service of the Wisconsin's Aging & Disability Resource Centers. The DBS works closely with information and assistance, options counseling, and other

resource center services.

The Disability Benefit Specialists provide services to people age 18 to 59 with physical disabilities, developmental disabilities, mental illness and

substance use disorder.

The Disability Benefit Specialists provide information and assistance with public and private benefit programs including application and appeal procedures.

Social Security 2016

Social Security beneficiaries won't get bigger payments in 2016. This is because there wasn't enough inflation in 2015 to trigger a cost-of-living adjustment to monthly benefits, and the maximum possible Social Security payment for a 66-year-old worker who signs up for Social Security in 2016 will be \$2,639 per month, down \$24 from \$2,663 in 2015. There are other changes in Social Security for 2016.

Without a cost of living adjustment, there is also no change in the maximum amount of earnings subject to the Social Security tax. This will remain at \$118,500 in 2016. Currently, earnings above this amount are not subject to the Social Security portion of the payroll tax or used to calculate retirement payouts.

The Social Security earnings limit for people who work and claim Social Security payments at the same time will remain \$15,720 in 2016 for people ages 65 and

younger. Social Security beneficiaries who earn more than this amount will have \$1 in benefits temporarily withheld for every \$2 in earnings above the limit. For people who will turn 66 in 2016, the earnings limit climbs to \$41,880, and the reduction in payments for earning too much declines to \$1 withheld for every \$3 in excess earnings. Once a retiree turns 66 in 2016, the earnings limit no longer applies and benefit payments are recalculated to factor in withheld payments and continued earnings. Note; The average monthly benefit for retired workers is approximately \$1,341 per month in 2016, and for retired couples who are both receiving benefits the average would be about \$2,212 monthly.

Most retirees who are already receiving Social Security benefits will continue to pay the same Medicare Part B premium in 2016, because Medicare Part B premiums are prevented by law from

increasing faster than Social Security payments for most existing beneficiaries. However, retirees who first sign up for Medicare Part B in 2016 and high income Medicare Beneficiaries may pay higher monthly premiums than people who previously signed up for Social Security.

The Social Security Administration continues to add to the services offered online. Workers can already create a My Social Security account that allows them to view their taxes paid and get a personalized estimate of their monthly payments at various claiming ages.

Retirees can use this account to adjust their direct deposit, obtain a benefit verification letter, request a replacement SSA-1099 form or, most recently, obtain a replacement Medicare card. They have also provided longer office hours in many locations.



The Racine Social Security Office is open from 9 am to 4 pm Monday, Tuesday, Thursday and Friday. On Wednesdays they are open 9 am - Noon (excluding Federal Holidays). They can be reached at 866-270-8629. Located at 4020 Durand Ave in Sturtevant.



Filing Taxes when you have Social Security

By Bob Trotter
Social Security Public
Affairs Specialist in Mil-
waukee, WI

Now that it's March, your annual tax filing deadline is fast approaching. If you receive Social Security benefits, one of the documents you need to file your federal income tax return is your Social Security Benefit Statement (Form SSA-1099/1042S).

Your Social Security benefits may be taxable. This includes monthly retirement, survivor, and disability benefits. About one-third of people receiving Social Security benefits must pay taxes on some of these benefits, depending on the amount of their taxable income. This usually happens if you have other substantial income — such as wages, self-employment, interest, dividends, and other taxable income that must be reported on your tax return — in addition to your Social Security benefits. You will never have to pay taxes on more than 85 percent of your Social Security benefits, based on Internal Revenue Service (IRS) rules. To find out if you must

pay taxes on your benefits, you will need your Social Security Benefit Statement (Form SSA-1099/1042S). You should automatically receive it in the mail each January. It shows the total amount of benefits you received from Social Security in the previous year so you know how much Social Security income to report to the IRS on your tax return. The benefit statement is not available for people who receive Supplemental Security Income (SSI), as SSI payments are not taxable.

Whether you file your taxes early or wait until the deadline, Social Security makes it easy to obtain a replacement benefit statement if you didn't receive one or misplaced it. You can get an instant replacement easily by using your secure online *my Social Security* account. If you don't already have an account, you can create one in minutes. Follow the link below to the *my Social Security* page, and select "Sign In or Create an Account." Once you are logged in, select the 'Replacement

Documents" tab to get your replacement 1099 or 1042S benefit statement. You can also use your personal *my Social Security* account to keep track of your earnings each year, manage your benefits, and more.

You can also obtain a replacement benefit statement by calling us at 1-800-772-1213 (TTY - 1-800-325-0778), Monday through Friday from 7 a.m. to 7 p.m., or by contacting your local Social Security Office. If you live outside of the United States, please contact your nearest U.S. Embassy or Consulate. But by going online you can print your replacement benefit statement immediately and not have to wait to receive it in the mail.

With a *my Social Security* account, gathering your Social Security information for tax season has never been easier. Open your own personal *my Social Security* account today at www.socialsecurity.gov/myaccount.

Updated regularly, Social Security Matters is a hub for Social Security news, like new features to my Social Security, changes in policy, retirement planning, and benefit information. The blog allows Social Security to address issues in a longer format than a tweet or typical social media post. Check out Social Security Matters at blog.socialsecurity.gov and select "Get blog updates" if you want to stay informed



Housing Expense Resources continued from page 3

To apply contact the agencies below:

Energy Services Inc
1654 Washington Ave,
Racine, (they also have
office hours in
Burlington)
262-633-6000.

If qualified you can also ask about a one time connection to the weatherization program which will assist in providing an energy efficient environment in your home.

FoodShare – Apply through Wisconsin Kenosha Racine Partnership (WKRP)
Call 888-794-5820

Sometime a home owner will need to use Handyman Services or Cleaners

to keep things in shape. You can find those resources in the phone book, on line or, you can request a copy of local resource from the ADRC. (These are taken from yellow pages.com). Can not afford these services, or need a larger improvement, consider **No/Low interest home improvement loans**. These are available through City of Racine Programs for those residents, or through the Southern Housing Region.

City of Racine Housing Department
730 Washington Ave
636-9197

Southern Housing Region

MSA Professional Services
800-552-6330

Other helpful resources for Money Management Assistance, housing counseling, foreclosure avoidance, and budgeting:

Home Ownership Preservation Hotline
888-995-4673

Housing Resources Inc
262-636-8271

Greenpath Debt Solutions
800-550-1961

Money Management International
888-845-5669



Please Note that any program's eligibility information and guidelines often change from year to year. Be sure to ask for the most current eligibility guideline information when making contact.

Employment Resource - Division of Vocational Rehabilitation (DVR)

If you **want to work** and have a disability that makes it difficult for you to get or keep a job, then DVR might be right for you.

Vocational Rehabilitation services are any services described in a plan for employment necessary to assist a consumer in

preparing for, securing, retaining or regaining an employment outcome that is consistent with the strengths, resources, priorities, concerns, abilities, capabilities, interests and informed choice of the consumer.

Website information at:
<https://dwd.wisconsin.gov/dvr/>

Racine Office
1516 S Green Bay Rd, Ste 100
Racine
262-638-7200
800-228-2681
Voice/TTY





*May I have...
Serenity to accept
the things I cannot
change,*

*Courage to change
the things I can,
and*

*Wisdom to know
the difference.*



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email address if you wish to receive the *E-VISIT*. To get signed up for *E-VISIT* you can send an email to: marilyn.joyce@goracin.com, simply using *E-VISIT* as a subject. The email you are sending from will be added to our list. Please include other comments in the body of the email. Thank you.

**PLEASE NOTE
Support Group
Changes:**

The two groups that are co-sponsored by the Alzheimer's Association will change beginning in March:

The First Thursday group will be held at Bethania Lutheran Church, 4120 Wright Ave, Racine, from 10:30 am – Noon.

The Thursday evening group will be changed to the SECOND Thursday of each month (formerly the third) and will be held at Bethania Lutheran Church, 4120 Wright Ave, Racine from 6 pm to 7:30 pm.

Support Groups for Family Caregivers

**First Thursday 10:30 am-12 Noon
Alzheimer's Association Group**

For Families Dealing with Alzheimer's and other Dementias

Bethania Lutheran Church

4120 Wright Ave

Mar 3 Apr 7 May 5

**First Friday 12 Noon-1pm
"Caregiver Connection" Telephone Group**

Call 262-833-8762 to pre-register

Mar 4 Apr 1 May 6

Third Tuesday 1:30-3:00 pm

Yorkville United Methodist Church

17645 Old Yorkville Rd. (3 Miles West of I-94,
Just north of Highway 20)

Mar 15 Apr 19 May 17

Second Saturday 10:30 am-12 Noon

Atonement Lutheran Church

2915 Wright Ave

Enter at back of building (on South side)

Mar 12 Apr 9 May 14

Third Wednesday 1:30-3:00 pm

Burlington Senior Center, Eppers Room

209 N Main St

Mar 16 Apr 20 May 18

**Second Thursday 6:00-7:30 pm
Alzheimer's Association Group**

For Families Dealing with Alzheimer's and other Dementias

Bethania Lutheran Church

4120 Wright Ave

Mar 10 Apr 14 May 12

Free Memory Screens Available

The ADRC of Racine County now provides Memory Screens to those over age 65, as part of an initiative to promote the early diagnosis of memory impairments.

Note that we are not here to diagnose you, but rather to help provide a baseline of your memory or “cognition”, similar to having your blood pressure checked at a pharmacy.

Almost 50% of persons with dementia are never diagnosed or treated, but if diagnosed and treated early, the progression of dementia symptoms can be slowed. This could potentially lead to a better quality of life over time.

The screens take approximately five minutes and are completely voluntary. The results will be shared with you after

they are calculated. If you would like we can also share the results with your physician or provide other referrals and general information on brain health.

If you are interested in this screen and are a Racine County resident above the age of 65, please call the ADRC at 262- 833-8777.

Please be sure to Follow the ADRC of Racine County on Facebook!



We share information, resources, current events, and other items of interest.

You can find us - and like us at:

[https://](https://www.facebook.com/Aging-and-Disability-Resource-Center-of-Racine-County-182368485167077)

[www.facebook.co](https://www.facebook.com/Aging-and-Disability-Resource-Center-of-Racine-County-182368485167077)

[m/Aging-and-](https://www.facebook.com/Aging-and-Disability-Resource-Center-of-Racine-County-182368485167077)

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[182368485167077](https://www.facebook.com/Aging-and-Disability-Resource-Center-of-Racine-County-182368485167077)

!

Are You a Family Caregiver?

YOU are a family caregiver

if you do things like these for a relative or friend without pay:

- Receive frequent calls for reassurance
- Take care of errands or paperwork
- Go along on medical appointments
- Make sure medication is being taken correctly
- Prepare meals
- Provide transportation regularly

Assist with Activities of Daily Living e.g. bathing dressing, grooming, or getting around the house.

Worry about the health, safety, and well-being of that person.

“A family caregiver is someone who has a deep personal relationship with a person who is chronically ill or disabled and whose own life has been impacted by their loved one’s condition.”

-National Family Caregivers Association.

The Alzheimer’s Association of Southeastern Wisconsin

has several programs coming up including “Understanding Dementia” and “The Savvy Caregiver.” You can find detailed information on their website at:

http://www.alz.org/sewi/in_my_community_58876.asp or by

calling 800-272-3900. This helpline is also available 24/7.





14200 Washington Ave
Sturtevant, WI 53177

Caregiver Opportunities

Caregiving Relationships

will be offered as a three session workshop for family caregivers. Classes will be held on Saturdays from 10:30 am – 12:30 pm on March 19, April 2, and April 16th at Atonement Lutheran Church on Wright Avenue.

Topics covered will include Care for the Caregiver, Using Community Resources, Effective Communication Techniques, Managing Emotions,... and others on request.

"The class has given me an element of peace in many areas. It is always beneficial to know you aren't alone."

How to Find Support Group Information

Please see page 10 for information on Caregiver Support Groups- there is a listing of support group dates for the 3 month newsletter period. You can find information about upcoming groups in other ways:

- Call the ADRC 262-833-8777
- Check the website at www.adrc.racineco.com under the calendar. Mark your calendar and see you at the Support Group!

Caregiver Consultations:

Tasha Orr-Holmes of the Alzheimer's Association has openings for care consultations between 10:00 a.m. to 12:30 p.m. on one Thursday each month. We will schedule 2 one hour appointments during that time period. For upcoming dates, or to arrange an appointment with Tasha contact Felicia at 262-833-8761.

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

