

# ADRC CONNECTION

Aging & Disability Resource Center of Outagamie County  
**Summer 2024 Edition**  
(Published Quarterly)

**Outagamie County Government Center**  
**320 S. Walnut Street, Appleton, WI 54911**  
**920-832-5178**  
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[adrc@outagamie.org](mailto:adrc@outagamie.org)



## Older Americans Month 2024

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as “Senior Citizens Month,” the prelude to “Older Americans Month.”

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities.

The 2024 theme is *Powered by Connection*, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. In this edition of the ADRC Connection, we will explore the vital role that connectedness plays in supporting independence and aging in place by combatting isolation, loneliness, and other issues.

Source: Administration for Community Living



# May is National Stroke Awareness Month

*By the GWAAR Legal Services Team (for reprint)*

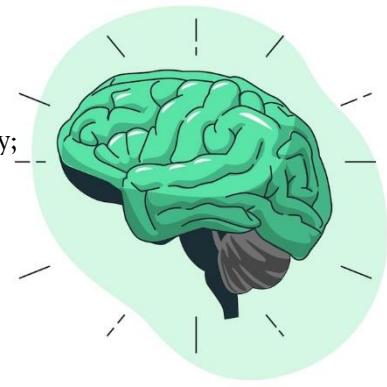
Strokes can happen to anyone, regardless of age. If you've had one stroke, you're at higher risk of having another one. Read on to learn more about the warning signs of a stroke. Recognizing the warning signs of a stroke and calling 911 immediately may affect whether someone recovers from a stroke or faces long-term disability or even death.

When you spot a stroke warning sign, act F.A.S.T.!

- **F** = Face Drooping. Does one side of the person's face droop, or is it numb? Ask the person to smile – is the smile uneven?
- **A** = Arm Weakness. Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- **S** = Speech Difficulty. Is the person's speech slurred?
- **T** = Time to call 911! Stroke is an emergency. Call 911 immediately, and keep track of the time when any symptoms first appeared.

Other stroke symptoms may include sudden:

- Numbness or weakness of the face, arm, or leg, especially on one side of the body;
- Confusion, including trouble speaking or understanding speech;
- Trouble seeing in one or both eyes;
- Trouble walking, dizziness, loss of balance or coordination; and
- Severe headache with no known cause.



## Healthcare Decisions

*By the GWAAR Legal Services Team (for reprint)*

National Healthcare Decisions Day became nationally recognized in 2008 to help raise awareness of the importance of advance care planning, to empower people to draft advance planning documents, and to encourage discussions with family members and medical professionals about healthcare wishes.

The law on advance care planning documents and authority varies by state. In Wisconsin, practitioners typically recommend the following documents:

- Power of attorney for finances
- Power of attorney for healthcare
- Living Will (optional)
- Authorization for Final Disposition (burial & funeral arrangements)

Advance planning documents can be executed with or without an attorney. While the basic forms are available online for free, an attorney can provide legal advice and counseling regarding the person's specific circumstances to ensure that their wishes are stated and carried out as desired. It is important that the healthcare power of attorney is signed in front of two unrelated witnesses. While the power of attorney for finances does not technically require witnesses, it is granted important protections under Wisconsin law if it is notarized when signed.

Powers of attorney (POAs) provide authority for someone to make financial and/or healthcare decisions for another person. Wisconsin is not a “next of kin” state, meaning that family members do not have the ability to make healthcare decisions on behalf of another person just by virtue of being a relative. Powers of attorney documents are valid once they are drafted and signed, but the agents do not have authority to act on behalf of the principal until the document is activated. Healthcare POAs are usually activated upon subsequent incapacity of the principal. Financial POAs can be activated immediately or upon a future event.

A Living Will is a document which on its face may look similar to a power of attorney for healthcare; however, there are several important differences. In writing a Living Will, a person is making a directive to his or her doctor regarding the person’s end of life decisions. There is no authority given to another person to act as an agent on the principal’s behalf, as is the case in the power of attorney documents. Additionally, a Living Will only contemplates and provides for actions in very specific circumstances. By contrast, a power of attorney for healthcare provides for an agent to have broad authority to make decisions in a wide range of situations. A person can have both a power of attorney for healthcare and a Living Will, if desired, or one or the other. It’s important that if a person has both documents that the wishes expressed within them be consistent.

Finally, the Authorization for Final Disposition allows a person to indicate his or her funeral and burial preferences in writing and to appoint an agent to carry out those wishes upon the person’s death. This document is recommended as part of a comprehensive estate plan because the authority under a power of attorney ends upon the principal’s death. If no agent is appointed under an Authorization for Final Disposition form, Wisconsin law indicates that a surviving spouse, child, parent, or sibling (in that respective order) can make funeral and burial decisions on behalf of a decedent.

For free forms and more information on advance directives, visit the Wisconsin Guardianship Support Center’s website at <https://gwaar.org/guardianship-resources>. The GSC provides legal information about powers of attorneys, advance directives, and guardianships via a helpline at (855) 409-9410 or email at [guardian@gwaar.org](mailto:guardian@gwaar.org).

The Department of Health Services also has the statutory power of attorney and Living Will forms available on its website at <https://www.dhs.wisconsin.gov/forms/advdirectives/adformspoa.htm>.

#### **Myth-busting false beliefs about POA’s:**

##### **1. I do not need a POA because my spouse or family can make decisions on my behalf.**

- a. Wisconsin is not a “next of kin” state, meaning that family members do not have inherent authority to make decisions solely based on their relationship with you. Authority must be specifically given to a person through a POA or a court order.

##### **2. I do not need a POA until I am older or sick.**

- a. Too often, people wait until it is too late to do advance planning. If a person no longer has the capacity to execute a POA document, then a guardianship action in court may be needed. All adults over the age of 18 should consider creating advance directives.

##### **3. Once I create a POA, I’m set for life.**

- a. The POA documents are not locked in stone. They can be revoked or re-executed at any time. The Wisconsin Medical Society recommends that advance planning documents be reviewed if any of the 4 “D’s” occur:
  - i. **Death** (if any of the agents named in your POA pass away)
  - ii. **Decade** (if it has been more than 10 years since you drafted or reviewed your documents)
  - iii. **Divorce** (if you subsequently get a divorce after drafting your POA—in Wisconsin, this invalidates your documents by law)
  - iv. **Disease** (if you become sick or are diagnosed with an illness)

# Jump into Spring!

Submitted by Emily Murphy  
Information and Assistance Options Specialist

The flowers are blooming and the sun starting to shine. Spring has finally arrived. Jump into Spring with us by trying one of our Evidenced-Based Health Promotion Classes! These classes are designed to help you stay active and healthy, which is important to us! It's one way we can help you maintain your independence and live your most healthy life. We offer a variety of health and wellness programs for anyone, regardless of age or abilities!

- ❖ Tai Chi
- ❖ Strong Bodies
- ❖ Stepping On: Fall Prevention
- ❖ Healthy Living with Diabetes
- ❖ Mind Over Matter: Healthy Bowels, Healthy Bladder



See page 5 for more information on each Health Prevention Class and what it's all about.

Meet Outagamie County's new Prevention Coordination, Sara Milanowski! Contact Sara by phone at 920-832-5178 or [Sara.Milanowski@outagamie.org](mailto:Sara.Milanowski@outagamie.org) for more information!

**Did you know??** Exercise may prevent your risk of cognitive decline. Exercise also has benefits for cardiovascular disease, metabolic disease, depressed mood, and high stress.

Recent studies have shown that exercise may reduce Alzheimer's risk and possibly slow cognitive decline. Study from the University of Kansas found some participants with Alzheimer's were able to increase their scores on memory tests after routinely exercising, and even increase the size of their brain's hippocampus, an area of the brain important for learning and memory that is typically impacted early in the Alzheimer's disease process.

Ways to Maximize Exercises Benefits:

1. Start small: Even walking for 30 minutes per day has health benefits.
2. Stretch.
3. Take the stairs!
4. Join a prevention class.
5. Mental movement.



It is never too late: Studies show you can still reap the benefits of exercise and potentially reduce your risk of dementia at any time in life.

For more information on these studies, follow this link: <https://www.alz.org/news/2020/a-mental-workout>

# **Evidence-Based** *Health Promotion*

**Classes**



## **StrongWomen™ (AKA Strong Bodies)**

Developed by Tufts University

This training program is designed to help men and women become or remain fit, strong, and healthy. The benefits of strength training for middle-aged to older men/women have been studied extensively and include: increased muscle mass and strength; improved bone density and reduced risk for osteoporosis and related fractures; reduced risk of diabetes, heart disease, arthritis, depression, and obesity; improved self-confidence, sleep, and vitality.

## **Stepping On: Falls Prevention Workshop**

Developed by Dr. Linda Clemson

One in three people aged 65 and older fall at least once a year. The good news is that falls CAN be prevented! Stepping On is a seven-week workshop using adult education to develop knowledge and skills to prevent falls in older adults. The Stepping On program focuses on how strength and balancing exercises, medication management, home safety, footwear, vision, and mobility are important in preventing falls.

## **Living Well with Chronic Disease: Self-Management Workshop**

Developed by Stanford University

Chronic conditions may cause you to lose physical conditioning and suffer problems over many years. Examples of chronic conditions include: arthritis, heart problems, asthma, stroke, chronic pain, cancer, osteoporosis, diabetes, obesity, high blood pressure, and emphysema. Learn the skills to deal with your illness, continue your normal life, and handle your emotions.

## **Tai Chi**

Tai Chi is a slow, graceful exercise that promotes calm mental focus and alignment while building leg strength, endurance, and stability. Ideal for increasing stamina, flexibility, and coordination, Tai Chi promotes efficiency of movement and economy of effort.

## **Mind Over Matter: Healthy Bowels, Healthy Bladder**

Developed by Dr. Heidi Brown, UW-Madison

This workshop designed to help women build the skills and confidence they need to adopt strategies and exercises that help them prevent or improve incontinence symptoms. This workshop has been scientifically proven to reduce leakage! 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!

*Contact the Outagamie County ADRC*

920-832-5178

[adrc@outagamie.org](mailto:adrc@outagamie.org)

[www.outagamie.org/adrc](http://www.outagamie.org/adrc)

# JOIN OUR STRONG BODIES CLASS

**MONDAY & WENDESDAYS  
AT THE THOMPSON CENTER**

**JUNE 10-JULY 31ST 2024  
2:30PM-3:30PM**

## Participate to see:

- Increased muscle strength
- Increased bone density
- Increased flexibility
- Decreased fall risk
- Improved arthritis symptoms

## TO REGISTER:

Contact Sara Milanowski  
at the ADRC  
(920) 832-5178 or  
[adrc@outagamie.org](mailto:adrc@outagamie.org)



**Outagamie  
County** Est. 1851

**ADRC**  
Aging & Disability Resource Center  
of Outagamie County

**STRONG People**  
Lifting People and Communities to Better Health

## SENIOR DINING PROGRAM FOR HMONG COMMUNITY MEMBERS AGE 60 YEARS AND OLDER IN APPLETON

### OVERVIEW

APPLETON, WI - Outagamie County Nutrition Program introduces its first Senior Meal Restaurant Program for the Hmong community in Appleton. The program provides eligible seniors, age 60 years and older, with a voucher ticket that they present when ordering at May's Kitchen in exchange for a nutritious, traditional, Hmong cuisine. The meal is provided at no cost, on a contribution basis. This program allows for varied meal times and choice of lunch or dinner, as serving time is offered 11AM-5PM each Tuesday of the week. The program offers opportunities for socialization, nutrition education and counseling, a link to the Aging & Disability Resource Center and other resources used to support the well-being and independence of older adults.

**PROGRAM STARTS  
ON TUESDAY,  
MARCH 26, 2024  
11AM-5PM**



**WHERE: MAY'S KITCHEN  
LOCATED AT LONG  
CHENG MARKETPLACE,  
1804 S LAWE ST,  
APPLETON, WI 54915**



**LEARN MORE BY CALLING  
OUTAGAMIE COUNTY ADRC  
(920) 832-5178**

## SENIOR FARMERS MARKET PROGRAM!

The Senior Farmers Market Nutrition Program is designed to provide low-income seniors with access to locally grown fruits, vegetables and herbs.

**ELIGIBILITY:**

1. Outagamie Co. Resident
2. At least 60 y/o or age 55 if you are Native American
3. Household income of <185% of the FPL  
**ID will be required to show proof of residency and age!**

**Due to limited number of vouchers, availability is on a first come, first serve basis!**

**No applications or vouchers are mailed.**

### Need help picking up vouchers?

Eligible applicants may **send a written proxy letter** with a family member, friend, neighbor, etc. if unable to fill out application and pick up vouchers in-person.



### **WRITTEN PROXY MUST INCLUDE THE FOLLOWING:**

- Full name (Last/First/MI) & signature
- County of Residence (Outagamie County is eligible)
- Address
- Phone number
- DOB
- Race & Ethnicity Hispanic/Latino/none
- Primary language
- Required Statement: "I have designated (insert name) to be my authorized representative."**

Effective: June 1, 2024 Based on 185% of the US Dept. of 2024 Health and Human Services Poverty Guidelines.			
Use total gross income – before taxes and deductions - of ALL household members.			
Household Size	Yearly	Monthly	Weekly
1	\$27,861	\$2,322	\$536
2	\$37,814	\$3,152	\$728
3	\$47,767	\$3,981	\$919
4	\$57,720	\$4,810	\$1,110

### In-Person Application & Voucher Pick Up will be held at participating sites:

#### ADRC Office-County Building

320 S Walnut St, Appleton  
June 3rd, 9AM-11:30AM

Long Cheng Marketplace  
1804 S Lawe St, Appleton  
June 4th, 9AM-11:30AM

#### Thompson Center on Lourdes Room 210

2331 E Lourdes Drive, Appleton  
June 5th, 9AM-11:30AM

#### Kaukauna Mealsite

207 Reaume Avenue, Kaukauna  
June 7th, 9AM-11:30AM

#### Seymour Mealsite

328 N Main Street, Seymour  
June 10th, 9AM-11:30AM

#### Hortonville Mealsite

531 N Nash St, Hortonville  
June 11th, 9AM-11AM

#### Oneida Heights Mealsite

525 N. Oneida Street, Appleton  
June 14th, 9AM-11AM

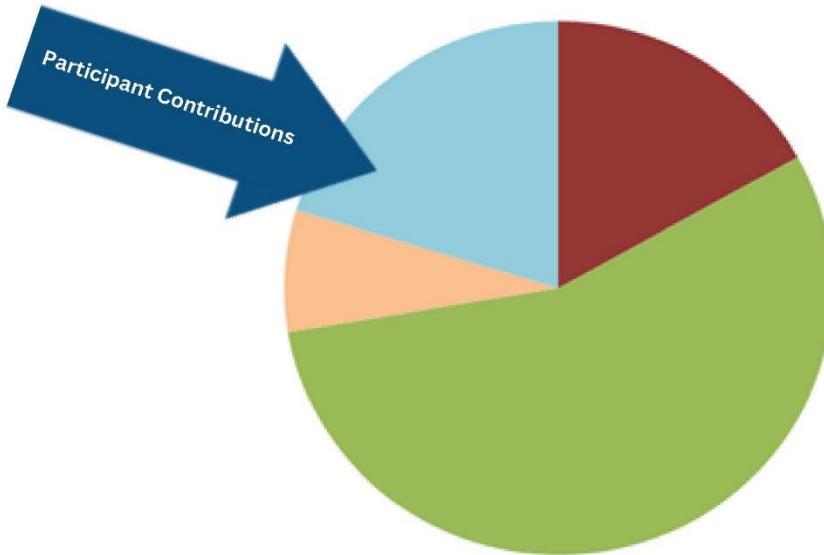
#### Oneida Nation Museum

W892 County Rd EE, De Pere  
June 17th, 11AM-1PM  
Contact 920-832-5146 with questions.

# Nutrition Program

## Funding Sources

2024 Outagamie County Nutrition Revenues



■ Title III C-1 ■ Title III C-2 ■ NSIP and SCSP ■ Participant Donations ■ County Levy

The Outagamie County Nutrition Program is a federal and state-funded program, through the Older Americans Act and supplemented with contributions.

Your generous donations truly make a difference! Thank you!

### Outagamie County Nutrition Program Funding Sources:

Congregate(C1): 52% Federal and 48% State

Home Delivered(C2): 89% Federal and 11% State

Remaining funding is offset with participant contributions, private sources and county funds.

## Nutrition for your Furry Friends!

Many of the homes we deliver meals to have one or more pets.

Pets are great companions and do wonders for quality of life. They are important to us, and they need nutritious meals just like we do. Outagamie County Nutrition Program is collaborating with Living Spirit Dementia Respite Center, a ministry of First English Lutheran Church, Appleton. They have volunteered to provide free meals for dogs and cats that can be delivered along with your regular meals.

If you are in need and would like meals for your dog or cat, please let us know!

Contact Outagamie County Nutrition Program to learn more: 920-832-5178 or [adrc@outagamie.org](mailto:adrc@outagamie.org).



### Smartphone Tutorials



Do you know the basics of using a smartphone or tablet to access the Internet, but would like to use the device more? We suggest going to [www.golhelp.org](http://www.golhelp.org) to see interactive tutorials, all available at no cost. The first three teach the basics. Simply tap on the one that best matches your device (Choosing wrongly will not hurt your device - the images will just not match your device). We suggest you start here if you only know a little. You may want to ask a friend or relative to assist. If you want to learn how to use your tablet or smartphone to partake in a telehealth appointment, read a newspaper online, or seek and apply for employment online, Generations on Line offers a tutorial for each! All at no cost – not now or ever! Visit the site: [www.golhelp.org](http://www.golhelp.org)

## OUTAGAMIE COUNTY AGING SERVICES PARTICIPANT SURVEY

**Help us create goals that strive to  
preserve the dignity and security of  
older adults in our community.**

**Thank you!**



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# “Roll Out The Barrel!” **MEMORY CAFÉ**

July 10th, 2024  
10:00 - 11:30 AM

The Thompson Center on Lourdes  
2331 E Lourdes Dr. Appleton

Enjoy a presentation by Stone Arch Brew Pub  
on the making of beer and craft soda.  
Soda tasting and brats with mustard flights!



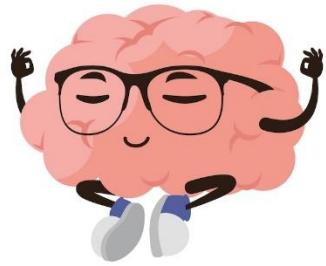
FREE & Open to the public!

Please RSVP to The Thompson Center on  
Lourdes 920-939-3088



## Memory Screens TODAY!

Why Memory Screen? Just like a blood pressure screen, it gives you a baseline or lets you know if you should see your healthcare provider.



Contact our Dementia Care Specialist, Traci Edmondson for your Memory Screen today!  
920-832-2038 or [adrc@outagamie.org](mailto:adrc@outagamie.org)

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### The Dementia Journey: Understanding Care Partner Grief

Join us for a FREE 8 week workshop to help caregivers gain insight and understanding into ambiguous loss, anticipatory grief, and their own unique journey. This workshop is facilitated by Susan Kazik, CAPSW, CDP of Mosaic Family Health and our very own Dementia Care Specialist, Traci Edmondson.

There is limited seating for this no cost workshop, so please register as soon as possible!

#### To register:

Contact Sue Kazik 920-560-7167 or  
[susan.kazik@mosaicfamilyhealth.org](mailto:susan.kazik@mosaicfamilyhealth.org)

OR

Contact Traci Edmondson 920-832-5178 or  
[traci.edmondson@outagamie.org](mailto:traci.edmondson@outagamie.org)

#### When:

Thursdays, August 1<sup>st</sup> – September 26<sup>th</sup>, 2024  
11:00 am – 12:30 pm  
\*No Session September 19<sup>th</sup>\*

#### Where:

Mosaic Family Health  
229 S Morrison St, Appleton, WI 54911

#### Session Topics

##### August 1:

Welcome & Introduction

##### August 8:

Acknowledging the Grief Experience

##### August 15:

Grief is Unique

##### August 22:

Ambiguous Loss

##### August 29:

Self-Caregiving

##### September 5:

Acknowledgement vs Acceptance

##### September 12:

Significant Milestones

##### September 26:

Reflect & Connect

# **Social Security Reduces Automatic Overpayment Recovery Amount**

*By the GWAAR Legal Services Team (for reprint)*

The Social Security Administration (SSA) recently [announced](#) that starting March 25, 2024, it will decrease the default overpayment withholding rate for Social Security beneficiaries to 10% (or \$10, whichever is greater) from 100%, to reduce the financial strain on people with overpayments. There will be limited exceptions to this new policy, such as when an overpayment resulted from fraud.

A short transition period will exist during which people will continue to experience the older policy. Individuals placed in 100% withholding during the transition period should call SSA's national number at 1-800-772-1213 or locate the number of their local field office here: <https://secure.ssa.gov/ICON/main.jsp> to request a lower withholding rate.

The new policy applies to new overpayments. If beneficiaries have an existing overpayment with a withholding rate greater than 10% and would like a lower recovery rate, they should call SSA or their local field office to speak with a representative. If a beneficiary requests a rate that is lower than 10%, it will be approved so long as it allows the overpayment to be fully recovered within 60 months – a recent increase from the previous policy of only 36 months. If the beneficiary's proposed rate would extend recovery of the overpayment beyond 60 months, the beneficiary should fill out an [SSA-634 Form](#), which provides information regarding the beneficiary's income, resources and expenses, in order to help SSA make a determination.

In addition, individuals have the right to appeal the overpayment decision or the amount. They can also ask SSA to waive collection of the overpayment, if they believe it was not their fault and they cannot afford to pay it back. SSA will not pursue recovery while an initial appeal or waiver is pending.

Even if someone does not want to file an appeal or a waiver, they should still contact SSA if the planned withholding would cause a hardship. SSA has flexible repayment options, including repayments as low as \$10 per month.

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## **Upcoming Community Events**



**Summer Concert Series in Support of Linwood Community**  
425 N Linwood Av, Appleton

**Bring Your Lawn Chair, Great Music, and Fellowship**

**Sunday, July 21 at 2 pm**

**Sunday, August 11 at 2 pm**

**Sunday, September 15 at 2pm**



# **VIRTUAL COMMUNITY CONVERSATION EVENT**

**THURSDAY, JUNE 13TH 2024  
4:00-5:00 PM**

**ZOOM MEETING, CLICK THE LINK BELOW:  
[HTTPS://US02WEB.ZOOM.US/J/84542269163?  
PWD=ROCWHD3NHD6Z1H3Q3UWBNLJSJZU  
QT09](https://us02web.zoom.us/j/84542269163?pwd=ROCWHD3NHD6Z1H3Q3UWBNLJSJZUQTo9)**

**OR**

**CALL IN:  
+1 312 626 6799**

**MEETING ID: 845 4226 9163  
PASSCODE: 356311**

**CONTACT US**  
[adrc@outagamie.org](mailto:adrc@outagamie.org)  
Phone: 920-832-5146  
Hosted by: Kali Erickson, Outagamie County  
HHS Aging & Nutrition Supervisor



**Requesting public  
input on the County  
Plan on Aging for  
2025-2027.**

This event is open to the public.  
Your input is valued!  
Tell us how we can help you!

The County Plan on Aging delineates how State and Federal Older Americans Act Funding will be spent on Senior and Family Caregiving Services in Outagamie County.



# The Health Benefits of Fishing

By the GWAAR Legal Services Team (for reprint)

## Note: Free fishing weekend in Wisconsin is June 1st and 2nd! (No license required)

Opening day for fishing in Wisconsin is traditionally the first Saturday in May – May 4th for 2024. However, season dates can vary depending on what kind of fish you are fishing for and in which body of water you are fishing. You can refer to The Guide To Hook And Line Fishing Season Dates, 2024-2025, for specifics of where you plan to fish and what you plan to fish for.

There are many physical and mental health benefits of fishing, not just for older adults, but for everyone. Below are just a few examples of the many benefits of fishing:



- **Helps reduce stress.** Fishing can be very relaxing and help people connect with nature. It is shown to be an excellent stress-reliever.
- **Increases socialization and reduces isolation and loneliness.** There are many social connections to be made by fishing, from meeting others at the nearby fishing hole, to connecting with folks at the local bait shop. Fishing gives folks an opportunity to share and connect with others.
- **Can improve balance, coordination, and lowers the risk of falling.** Fishing, and the act of casting the pole, reeling in the fish, and other related activities are excellent ways to improve balance and coordination. Regular fishing has been shown to be an excellent way to help prevent falls in older adults. Fishing also helps maintain hand-eye coordination and manual dexterity through activities like tying the line to the hook, baiting the hook, and reeling in the fish.
- **Low-impact exercise.** Whether you walk to find your favorite fishing hole, row your boat in the lake, or just cast your pole, you're getting great exercise and a good dose of Vitamin D.
- **Improve mental stimulation and cognition.** Enjoying a hobby is a great way to keep your mind sharp and active. Fishing is wonderful for building patience and concentration. You don't need to have a boat to fish. There are countless shore fishing spots in Wisconsin that provide great fishing opportunities. There are also many accessible fishing spots for individuals with disabilities. These accessible fishing piers are designed to accommodate wheelchairs, are wider to offer enough room for turning around, and have lower railings and fishing rod holders.

Info about accessible fishing in Wisconsin: <https://dnr.wisconsin.gov/topic/OpenOutdoors/AccessFish>

Map of accessible sites:

[https://dnr.wisconsin.gov/sites/default/files/topic/Fishing/AnglerEd\\_AccessibleShoreFishingSites.pdf](https://dnr.wisconsin.gov/sites/default/files/topic/Fishing/AnglerEd_AccessibleShoreFishingSites.pdf)

Info about fishing licenses: <https://dnr.wisconsin.gov/topic/Fishing/outreach/FishingLicenses>

Finally, a reminder that a license is required to fish in Wisconsin except for children under 16 years of age and those born before 1927. Everyone else must purchase a fishing license. An annual fishing license is \$20, but for adults over 65, there is a discounted license available for \$7. You can purchase fishing licenses at certain retailers, DNR service stations, or at [gowild.wi.gov](http://gowild.wi.gov)



“What you do makes a difference, and you have to decide what kind of difference you want to make.”

- Jane Goodall



**YOU ARE**

valued  
worthy  
powerful  
appreciated  
special  
enough

**Did you know you can read the Outagamie County ADRC CONNECTION newsletter online?**

Visit [www.outagamie.org/ADRC](http://www.outagamie.org/ADRC) > News and Events > ADRC CONNECTION Newsletter

**Did you know you can access the Outagamie County ADRC Resource Directory online?**

Visit [www.outagamie.org/ADRC](http://www.outagamie.org/ADRC) > ADRC Resource Directory > ADRC Resource Directory (PDF)

*Physical copies of the 2024 Outagamie County Aging & Disability Resource Center (ADRC) Resource Directory are available at the Outagamie County ADRC, Government Center, 320 S. Walnut Street, Appleton.*

**Follow us on Facebook!**

Search for “Outagamie County Aging & Disability Resource Center”, give us a “like”, and share with your friends and family to help spread the word

