



The Mission of the Aging & Disability Resource Center of the Lakeshore is to be a single source of information, assistance, and access to community resources for the aging population, people with disabilities, their families, and caregivers in the Kewaunee and Manitowoc County communities.

Cathy Ley, Director

To locate an Aging & Disability Resource Center in another county, call the Elder Care Locator

1-800-677-1116

TABLE OF CONTENTS

Aging & Disability Resource Center of the Lakeshore.....	3
ADRC Core Services.....	4
Abuse Prevention.....	7
Adult Day Services.....	8
Advanced Directives/Planning.....	8
Clothing & Miscellaneous Items.....	10
Dental Services.....	10
Education & Technology.....	11
Employment.....	12
Financial Assistance Programs.....	14
Financial Management Services.....	18
Funeral Services.....	19
Home Health Services – Skilled Care.....	21
Home Care Services.....	22
Home / Durable Medical Equipment.....	22
Home Medical Equipment Loan Closets.....	23
Hospice & Palliative Care.....	24
Housing Options.....	24
Legal Advocacy & Assistance.....	27
Memory Care Resources.....	29
Mental Health & AODA Services.....	31
Nursing Homes / Skilled Nursing Facilities.....	26
Nutrition Programs.....	33
Personal Emergency Response Systems.....	36
Residential / Assisted Living Facilities.....	26
Respite Care.....	38
Senior Centers.....	38
Support Groups.....	42
Support Resources & Hotlines.....	39
Transportation.....	43
Veterans Services.....	46
Volunteer Programs.....	46
Workshops.....	48
Notes.....	50
Important Phone Numbers (Emergency, Crisis).....	51

AGING & DISABILITY RESOURCE CENTER **OF THE LAKESHORE**

Aging & Disability Resource Centers (ADRC) shall serve all of the following groups of individuals, regardless of their financial means:

- Elderly adults (age 60 and older)
- Adults with developmental disabilities
- Adults with physical disabilities
- Adults with mental illness and/or substance abuse issues
- Caregivers
- Individuals who inquire about resources or request assistance on behalf of consumers in any/all of the above categories

Please check this resource guide for answers to your questions; call to schedule an appointment, or walk in Monday through Friday from 8:00 a.m. to 4:30 p.m. to speak directly with staff. After hours appointments available upon request. Translators are available upon request for scheduled appointments.

CONTACT US

Kewaunee Office
810 Lincoln Street
Kewaunee, WI 54216

Manitowoc Office
1701 Michigan Avenue
Manitowoc, WI 54220

Phone: 1-877-416-7083

Email: adrc@co.manitowoc.wi.us

Website: www.adrcofthelakeshore.com

ADRC CORE SERVICES

INFORMATION AND ASSISTANCE (I & A)

I & A staff are available to confidentially discuss, provide information, and make referrals regarding a variety of topics:

Options Counseling

The ADRC shall provide assistance as well as information about care needs and available resource/support options. The consultation is available at no charge and will review both publically and privately funded options.

Transitional Services

The ADRC shall invite referrals and coordinate with existing support systems to assist young adults with disabilities to transition into the long-term care system. The ADRC shall share information about services available to children with long-term care needs to school districts and other support systems.

Prevention and Early Intervention Services

The ADRC shall collaborate with other community resources to promote efforts to keep individuals healthy and independent. This includes providing information, support, and assistance to family and other informal caregivers to delay or prevent the need for institutionalization and/or comprehensive long-term care services.

Abuse/Neglect Reporting

The I & A staff are available to address concerns related to abuse and self-neglect of elders and vulnerable adults. Concerns and referrals may be made by contacting the ADRC. Calls are kept confidential, however referrals to Adult Protective Services may be necessary to ensure safety and well-

being of a vulnerable adult. APS staff may investigate and provide follow up contacts.

Access to Publically Funded Long-Term Care Programs and Services

The ADRC shall assure that all consumers are informed about eligibility for Long-Term Care Funding. The ADRC shall administer a Long Term Care Functional screen to determine functional eligibility for Long Term Care programs, such as IRIS and Family Care, and will provide information regarding financial eligibility guidelines.

FAMILY CAREGIVING PROGRAM SPECIALIST

The Family Caregiving Program Specialist shall provide confidential assistance, information, support, education, and advocacy to family caregivers who are caring for someone over the age of 60. Through assessment, information about options related to benefits, services/resources, and financial assistance programs can be explored with the caregiver.

DEMENTIA CARE SPECIALIST

The Dementia Care Specialist (DCS) shall provide education and awareness about Alzheimer's disease and other dementias. This shall include: providing options to caregivers and individuals affected by memory loss regarding community resources and services, assisting with future planning, and implementing the Language Enriched Exercise Plus Socialization (LEEPS) and Memory Care Connections (MCC) Programs. LEEPS provides physical and cognitive activities, as well as social outing opportunities to those affected by early-stage memory loss. MCC provides caregiver education, support, and assistance with future planning for those caring for a loved one in middle and later stages of Alzheimer's disease or related dementia, to delay or prevent institutionalization or publically funded long term care services.

MOBILITY PROGRAM

The Mobility Manager shall serve as a transportation resource to seniors and adults with disabilities, and shall implement a coordinated, community-wide transportation service network that responds to the demands of individuals within the community. By utilizing a variety of transportation providers in partnership with one another, consumers' individual transportation needs may be met in an efficient and cost-effective manner.

NUTRITION PROGRAMS

Through the oversight of a Registered Dietitian and Nutrition Program Coordinator, the Nutrition Programs shall provide access to wholesome meals to older individuals, either at local community dining sites, or directly to homebound individuals. The Nutrition Programs provide health education and aims to reduce hunger and food insecurity while assisting older individuals to live independently. Programs can provide opportunities for social interaction to help reduce isolation of older individuals. The Nutrition Program's Registered Dietitian may provide one-on-one nutrition counseling when necessary.

ELDER BENEFIT SPECIALIST

The Elder Benefit Specialists (EBS) shall provide assistance to seniors age 60 and over who are looking to access public and private benefits or programs. An EBS is able to provide information related to: Medicare Part D, Medicare Savings Plans, Senior Care, Homestead Tax Credit, Medicare, Medical Assistance, and Social Security. In addition, the Elder Benefit Specialist can provide information and assistance with Medical Assistance program denials. You will need an appointment to see an EBS.

DISABILITY BENEFIT SPECIALIST

The Disability Benefit Specialist (DBS) shall provide assistance to individuals age 18-59 who are looking to access public and private benefits or programs. A DBS is able to provide information related to: Social Security Disability Insurance (SSDI), Supplemental Security Income (SSI), FoodShare, Medicare, Medicaid/Medical Assistance, insurance questions, work incentive programs, and housing & utility related issues to name a few topics. You will need an appointment to see a DBS.

ABUSE PREVENTION

If you suspect that you or someone you know is the victim of emotional, physical, sexual abuse, neglect, and/or financial exploitation, please call the ADRC office at 1-877-416-7083 for confidential reporting and resource information. Additional assistance, including advocacy, shelter, and support group information may be obtained by contacting:

Abuse Agencies Serving BOTH Kewaunee and Manitowoc Counties	
Coalition of WI Aging Groups (CWAG): Financial Abuse	1-800-488-2596 ext. 328 Madison: 608-224-0606
U.S. National Domestic Violence Hotline	1-800-799-SAFE (7233) 1-800-787-3224 (TTY)
Abuse Agencies Serving Kewaunee County	
Kewaunee County Human Services – Adult Protective Services (APS)	920-388-7030 www.kewauneeco.org
Violence Intervention Project (VIP)	920-487-2111 24 Hour Hotline: 1-877-847-3223 or 920-837-2424

Abuse Agencies Serving Manitowoc County	
Manitowoc County Domestic Violence & Sexual Assault Resource Center Now known as “InCourage”	920-684-4661 24 Hour Crisis Line: 920-684-5770 www.incouragewi.org
Manitowoc County Human Services Department Adult Protective Services (APS)	920-683-4230 After Hours Crisis Line: 1-888-552-6642

ADULT DAY SERVICES

Adult Day Service Centers provide supervised and structured programming that includes a variety of health, social, and support services during daytime hours. These are community-based service models designed to meet the individual needs of people with cognitive and/or functional impairments, including Alzheimer’s or related dementias.

Please visit our website at www.adrcofthelakeshore.com or call us at 1-877-416-7083 for a current list of Adult Day Service locations.

ADVANCED DIRECTIVES/PLANNING

Advanced Directives are legal documents that allow individuals to put their healthcare and financial decisions in writing in the event they are no longer able to communicate their wishes. To find the appropriate form that is suitable for your situation, contact your physician or local hospital, your family attorney, or obtain copies of forms online at www.dhs.wisconsin.gov/aging/index.htm. One copy of the

completed form should be on file with your physician, one copy should go with your healthcare designee, and one should be kept with your own important documents. Types of Advanced Directives include:

Declaration to Physicians (Living Will)

The Declaration to Physicians allows the individual to state his/her wishes regarding health care in the event of a terminal illness and/or the end of life if in a persistent vegetative state. The decisions the individual makes will be carried out as stated in the living will regardless of what other family members may want.

Do Not Resuscitate (DNR) Orders

A Do Not Resuscitate order is a legal document issued by a physician to direct emergency medical technicians, first responders, and emergency health care facilities not to attempt cardiopulmonary resuscitation (CPR) on a person, should that person suffer cardiac or respiratory arrest.

Guardianships

A guardian is someone who is chosen or appointed to make legal decisions for another person who is unable to make those decisions on their own. Guardianships are often looked at for children or individuals who have become incapacitated through age or disability.

Power of Attorney for Finance and Property

A power of attorney for finance and property, or financial power of attorney, is a simple, inexpensive, and reliable way to arrange for someone to manage your finances if you are unable to make these decisions for yourself. A financial power of attorney can be drafted so that it goes into effect as soon as you sign it. Or, you can specify that the power of attorney does not go into effect unless a doctor certifies that you have become incapacitated.

Power of Attorney for Health Care

The POA-HC allows the individual to appoint another person(s) to make their health care decisions if s/he becomes

unable to make these decisions. The person(s) appointed to carry out an individual's healthcare wishes is the Health Care Agent. It is important to discuss end-of-life choices with the Health Care Agent prior to an emergency, so that s/he is able to carry out personal wishes. This document gives the Health Care Agent authority to make decisions only when activated (when the individual has been determined incapable to make health care decisions by two physicians). It does not give your Health Care Agent any other authority for your financial or other business decisions.

CLOTHING & MISCELLANEOUS ITEMS

Clothing Pantries Serving Kewaunee County	
Lakeshore Community Pantry- Clothing Store - Kewaunee	920-388-9050
St. Vincent DePaul - Algoma	920-487-2402
Clothing Pantries Serving Manitowoc County	
St. Vincent DePaul - Manitowoc	920-682-9452
St. Vincent DePaul - Two Rivers	920-793-1266
Two Rivers Christian Center Thrift Store	920-793-3456

DENTAL SERVICES

Dental services for low income and under/uninsured.

Dental Services Serving BOTH Kewaunee and Manitowoc Counties	
WDA Donated Dental Services	888-338-6852 www.wda.org/wda-foundation

Dental Services Serving Kewaunee County	
Door County Medical Center – Dental Clinic	920-746-3788
Dental Services Serving Manitowoc County	
Lakeshore Community Health Care	920-686-2333 www.lakeshorecommunityhc.org

EDUCATION & TECHNOLOGY

Many colleges, technical schools, and agencies have recognized the desire for diverse groups of seniors and adults with disabilities to continue learning. Specialized education opportunities for individuals residing in Manitowoc and Kewaunee counties are listed below. Contact your local library to inquire about education offerings and technology services.

Public Library Listings Serving Kewaunee County	
Algoma	920-487-2295
Kewaunee	920-388-5015
Public Library Listings Serving Manitowoc County	
Kiel	920-894-7122
Manitowoc (homebound library services)	920-686-3000
Two Rivers (homebound library services)	920-793-8888
Educational Opportunities Serving BOTH Kewaunee and Manitowoc Counties	
Northeast WI Technical College (NWTC)	1-800-422-6982 Green Bay: 920-498-5400 Luxemburg: 866-845-5945 Sturgeon Bay: 920-746-4900 www.nwtc.edu

UW–Green Bay – Lifelong Learning Institute	920-465-2356 www.uwgb.edu/lir
Educational Opportunities Serving Kewaunee County	
Defensive Driving Program Classes – AARP	920-388-0626 www.aarpdriversafety.org
UW Extension - Kewaunee	920-388-7141 www.kewaunee.uwex.edu
Educational Opportunities Serving Manitowoc County	
Lakeshore Technical College (LTC-Cleveland Campus)	920-693-1000 www.goltc.edu
Lakeshore Technical College (LTC- Manitowoc Campus)	920-683-2846 www.goltc.edu
Silver Lake College of the Holy Family (Manitowoc)	920-684-6691 www.sl.edu
UW Extension - Manitowoc	920-683-4168 www.manitowoc.uwex.edu
UW – Manitowoc	920-683-4700 www.manitowoc.uwc.edu

EMPLOYMENT

For individuals interested in obtaining employment and need assistance finding opportunities or support on the job, contact the agencies listed below for a variety of options.

Employment Assistance Serving BOTH Kewaunee and Manitowoc Counties	
Curative Connections Senior Training & Employment Program	1-920-468-1161 1-920-593-3590 (TTY) 1-800-636-1161 www.curativeconnections.org
Division of Vocational Rehabilitation (DVR) Northeast Regional Office	1-800-228-2637 www.dwd.wisconsin.gov/dvr
Options for Independent Living – Work Incentive Benefit Specialist	920-490-0500 1-888-465-1515 920-490-0600 (TTY) www.optionsil.com
Senior Service America	920-593-3557 www.curativeconnections.org
WI Senior Employment Program (WISE) Bay Area Workforce Development	920-431-4100 www.dhs.wisconsin.gov/wise/ index.htm
Employment Assistance Serving Kewaunee County	
East Shore Industries	920-487-3541 www.eastshoreindustries.com
Forward Services	920-663-1473 www.fsc-corp.org
Job Center of Sturgeon Bay	920-743-6915 www.wearehopeinc.org/JobCenter

Employment Assistance Serving Manitowoc County	
Ascend Services	920-682-4663 www.holidayhouse.org
Forward Services	920-663-1473 www.fsc-corp.org
Manitowoc County Job Center	920-683-2888 www.manitowocjobcenter.org

FINANCIAL ASSISTANCE PROGRAMS

The following agencies offer information regarding financial assistance and programs for those with limited incomes. Assistance may be related to public benefits, tax preparation services, or home/property repair to name a few things. Organizations should be contacted with questions specific to programs, available resources, eligibility guidelines, and application information.

It is important to contact your local utility company if you are having difficulty making payments, as many have the ability to work with you to reduce payments or offer special programs for a variety of household incomes.

**Organizations Providing Information on Financial Assistance
Serving BOTH Kewaunee and Manitowoc Counties**

ADRC of the Lakeshore	920-683-4180 1-877-416-7083
American Red Cross Northeast WI Chapter	1-800-448-3543 www.redcross.org/wisconsin
East Central Income Maintenance Partnership	1-888-256-4563 www.access.wisconsin.gov
Integrated Community Solutions (Section 8 Housing Choice Voucher Program) Rental Assistance	920-498-3737
Income Tax, Homestead Tax Credit, and Volunteer Assistance Information and referral provided by ADRC	1-877-416-7083
Lakeshore CAP	Kewaunee: 920-743-0192 Manitowoc: 920-682-3737 or (920)323-9526 www.lakeshorecap.org
Medicare Part D and Prescription Drug Helpline	1-855-677-2783
Medigap Helpline	1-800-242-1060
Movin' Out	1-877-861-6746 Ext.7 www.movin-out.org
Nurses House, Inc.	518-456-7858 www.pages.nurseshouse.org/ about-us

<p>Partners for Community Development Home Buyers, Home Rehab & Weatherization</p>	<p>920-459-2780 1-800-584-8172 www.partners4cd.com</p>
<p>Property Tax Deferral Loan Program (WHEDA) (for applicants age 65 and older)</p>	<p>1-800-755-7835</p>
<p>Safelink Wireless (Phone assistance)</p>	<p>1-800-723-3546 www.safelinkwireless.com</p>
<p>Salvation Army</p>	<p>Algoma/Casco: 920-924-8643 Kewaunee: 920-388-7177 Luxemburg: 920-245-1005 Manitowoc: 920-684-7117 www.salvationarmy.org</p>
<p>SeniorCare Prescription Drug Program</p>	<p>1-800-657-2038 www.dhs.wisconsin.gov/senior_care</p>
<p>Social Security Administration SSI and SSDI programs</p>	<p>Kewaunee: 1-888-862-4811 1-800-325-0778 (TTY) Manitowoc: 1-877-409-8430 1-800-325-0778 (TTY) National: 1-800-772-1213 www.ssa.gov</p>
<p>USDA Rural Development Home Buyers, Home Repairs</p>	<p>Kewaunee: 715-524-8522 Manitowoc: 920-907-2976 ext4 www.rd.usda.gov/</p>

<p>Wisconsin Fund Private wastewater system replacement or well replacement</p>	<p>Kewaunee: 920-388-7192 Manitowoc: 920-683-4185</p>
<p>Wisconsin Weatherization Assistance Program (WHEAP)</p>	<p>Kewaunee: 1-800-506-5596 Manitowoc: 920-683-4300 or 1-866-432-8947 http://homeenergyplus.wi.gov</p>
<p>WisLoan Low interest loans for assistive technology</p>	<p>920-490-0500 www.optionsil.com</p>
<p>WisPACT Manages & administers Special Needs Trusts for individuals with disabilities</p>	<p>608-268-6006 www.wispact.org</p>
<p>Organizations Providing Information on Financial Assistance Serving Kewaunee County</p>	
<p>Energy Services Handles applications for Wisconsin Home Energy Assistance Program. WHEAP (Oct 1 - May 15)</p>	<p>920-388-0652 1-800-506-5596 www.wearehopeinc.org/HomeEnergy</p>
<p>Kewaunee County Emergency Management</p>	<p>920-845-9700 www.kewauneeco.org/LEPC</p>
<p>Kewaunee County Rx Free Prescription Discount Card. Discount card can be used any time your prescriptions aren't covered by insurance. One card per family.</p>	<p><u>This is NOT an insurance. Savings are only available at participating pharmacies.</u> Available at most banks, pharmacies, grocery stores, and Kewaunee County offices. The card can also be used for pet prescriptions.</p>

United Fund of Kewaunee County	920-388-7160
Weatherization Project	920-743-7273
Organizations Providing Information on Financial Assistance Serving Manitowoc County	
Salvation Army Rent, Utilities, Clothing, Furniture	920-684-7117
United Way	920-682-8888 www.unitedwaymanitowoccounty.org

FINANCIAL MANAGEMENT SERVICES

Financial Management services are available to provide individuals with various forms of assistance to ensure economic security. Types of assistance include: budget counseling, bill paying, check writing, and representative payee services. There are a variety of providers able to assist individuals with financial management service needs located in both Manitowoc and Kewaunee counties.

Budgeting Assistance and Check Writing Services Serving BOTH Kewaunee and Manitowoc Counties	
Catholic Charities Budgeting Program	Kewaunee: 920-272-8234 Manitowoc: 920-684-6651 www.gbdioc.org

FISC Consumer Credit Counseling Service	Kewaunee 920-743-1862 Manitowoc 920-886-1000 www.fisc-cccs.org
------------------------------------------------	-------------------------------------------------------------------------------------------------------------

Helpful Tip: Most banks will offer bill paying and statement balancing services for their customers (check with your financial institution, fees may apply).

FUNERAL SERVICES

End-of-life issues and plans are important for families to discuss before an emergency or health crisis occurs. Planning early helps relieve family members of extra burdens during their time of grief.

Crematory Services Serving BOTH Kewaunee and Manitowoc Counties	
Cremation Society of Wisconsin Altoona, WI	715-834-6411 1-888-317-2794 www.cremationsociety-wi.com
Harrigan Parkside Funeral Home & Crematory	920-682-0346 www.harriganparksidefh.com
Jen's Family Funeral Home & Crematory	920-682-1568 www.jensreinboldandpfeffer.com
Malcore Funeral Homes & Crematory Green Bay	920-432-5579 www.malcorefuneralhome.com
Proko Wall Funeral Home & Crematory Green Bay	920-468-4111 1-800-750-4222 www.prokowall.com

**Funeral Homes
Serving Kewaunee County**

Buchanan Funeral Home Kewaunee	920-388-3811 www.buchananfh.com
McMahon Funeral Home Luxemburg	920-845-2389 www.mcmahonfh.com
Schinderle Funeral Home Algoma	920-487-2662 www.schinderle.com
Wiesner & Massart Funeral Home Algoma and Casco	Algoma: 920- 487-2061 Casco: 920- 837-7414 www.wiesnermassart.com

**Funeral Homes
Serving Manitowoc County**

Christianson & Deja Funeral Home Valders	920-775-4433
Deja & Martin Funeral Chapel Two Rivers	920-793-1756 www.dejamartin.com
Harrigan Parkside Funeral Home & Gathering Center Crematory & Chapel Manitowoc	920-682-0346 www.harriganparksidefh.com
Jens Family Funeral Home & Crematory Manitowoc	920-682-1568 www.jensreinboldandpfeffer.com
Klein & Stangel Two Rivers	920-793-1396 www.kleinandstangel.com

Lambert-Eckert Funeral Home Mishicot	920-755-2212
Pfeffer Funeral Home Manitowoc	920-684-4642 www.pfefferfuneralhome.com
Reinbold & Pfeffer Family Funeral Home Manitowoc and Kellnersville	Manitowoc: 920-682-0118 Kellnersville: 920-732-3535 www.jensreinboldandpfeffer.com
Stoltenberg Funeral Chapel Cleveland	920-693-8741
Wieting Family Funeral Home Brillion and Reedsville	Brillion: 920-756-2102 Reedsville: 920-754-4088 www.wieting-funeralhome.com

HOME HEALTH SERVICES – SKILLED CARE

Medical home health agencies provide services that include skilled nursing, physical/speech/occupational therapy, wound care, and IV management. A medical home health agency is licensed and required to meet State of Wisconsin standards. Medicare and/or Medicaid Programs, or private insurance, *may* reimburse medical home health agency costs, verify this prior to scheduling services.

Please visit our website at www.adrcofthelakeshore.com or call us at 1-877-416-7083 for a current list of Home Health Service locations.

HOME CARE SERVICES

Non-medical, in-home agencies may offer a variety of services designed to assist a client wishing to remain in his or her home. These agencies are not licensed as home health agencies by the State of Wisconsin and are not able to provide skilled care. They are, however, able to provide the following services.

Personal Care Services

Personal care services generally consist of assistance with the following activities of daily living: grooming, bathing, dressing, personal hygiene, exercising, transferring, ambulation, adaptive equipment, supervision and support, monitoring and supervision for permanent risk, and assistance with medications.

Companion Services

Companionship services generally consist of providing supervision and minimal assistance to someone and often are used for respite when the main caregiver is out of the home.

Please visit our website at www.adrcofthelakeshore.com or call us at 1-877-416-7083 for a current list of Home Care Service locations.

HOME / DURABLE MEDICAL EQUIPMENT

Home or durable medical equipment items allow and encourage individuals to complete activities of daily living that their illness or condition may not allow them to complete without assistance. Equipment can include, but is not limited to, canes, crutches, walkers, wheelchairs, bed tables, hospital beds, patient lifts, hearing aids, braces, prosthetics, commodes, oxygen and other respiratory aids. This

equipment can be purchased, rented, or may be covered by insurance, including Medicare and/or Medical Assistance.

Please visit our website at www.adrcofthelakeshore.com or call us at 1-877-416-7083 for a current list of Home / Durable Medical Equipment locations.

Loan Closets

Loan closets retain rented durable medical equipment that requires a deposit upon time of pick-up. Available equipment may include: shower chairs, walkers, commodes, wheel chairs, canes, crutches, toilet risers, toilet grab bars, transfer chairs and benches. The deposit is refunded to you at the time the equipment is returned - if in good (re-useable) condition. The Loan Closet is a short term loan program.

Loan Closets Serving Kewaunee County	
Casco Lions Club	920-606-9250 Pat DeNoble
Dyckesville Lions Club	920-837-2427 Peter Andre
Luxemburg Lions Club	920-845-2080 Randy Frisque
VFW Loan Closet - Algoma	920-365-6306 Vince 920-487-3588 Cletus
Loan Closets Serving Manitowoc County	
Lions Club/ADRC Lending Closet	920-683-4180
Options for Independent Living	920-490-0500
Two Rivers Fire Dept.	920-793-5521
Veterans Equipment Closet	920-682-0071

HOSPICE & PALLIATIVE CARE

Hospice provides services to someone who is diagnosed with a terminal illness, has a limited life expectancy, and is no longer seeking aggressive treatment. Hospice provides a variety of services focusing on *quality* of life including, but not limited to, skilled nursing care, care management, medications, home health aide services, in-home respite, inpatient respite, durable medical equipment and bereavement counseling.

Palliative Care provides services to those who have a serious, chronic or life limiting illness. Services focus on *quality* of life, including symptom management, and can begin at any stage of the illness.

Please visit our website at www.adrcofthelakeshore.com or call us at 1-877-416-7083 for a current list of Hospice and Palliative service locations.

HOUSING OPTIONS

There are a variety of types of housing for seniors and adults with disabilities available to Manitowoc and Kewaunee county residents. Please visit our website at www.adrcofthelakeshore.com or call us at 1-877-416-7083 for a current list of housing options.

Independent Apartments

There are many independent apartment options within Manitowoc and Kewaunee Counties, and there may be complexes that only rent to seniors over the age of 50, or to adults with disabilities. Depending on the apartment, rent may be based on income.

Subsidized Housing

Rent is determined by deducting certain monthly medical expenses from the gross income, and arriving at a net figure. Rent is assessed at 30% of the net income. Some apartments

have a maximum rent that they can charge. Some buildings may have a county run nutrition program meal site at their facility. Appliances are included, and laundry facilities are located in the building. Utilities may or may not be extra. Some buildings may offer larger apartments for married couples.

Supported Apartments (SAP)

These types of apartments typically serve adults with disabilities, and levels of care may range from only a few hours per week, to 24 hour supervision. Care may be provided by a licensed agency, or individual tenants may choose to hire their own homemaker services to assist them with care needs ranging from homemaker services to skilled care.

Adult Family Homes (AFH)

An AFH is an assisted living facility where one to four adults who are not related to the operator reside and receive care, treatment or services that are above the level of room and board and that may include up to seven hours per week of nursing care per resident." There are private AFH providers, typically a single adult or couple who open their homes to others, and certified AFH providers run by an agency. Services provided vary among individual Adult Family Homes.

Community Based Residential Facility (CBRF)

A CBRF is a type of assisted living facility where five or more unrelated adults live together. The goal of the CBRF is to assist individuals in achieving the highest level of independence of which they are capable. Different populations are served by specific CBRFs. Some of these populations include: the elderly, individuals with Alzheimer's disease, emotionally and mentally disturbed adults, developmentally and physically disabled adults, and veterans. A CBRF is classified according to its size and the population it serves. A CBRF is required to provide assistance with bathing, dressing, grooming, medication management, social activities, health monitoring, and meals. They are not required to have professional nurses on duty twenty-four hours a day, but do have staff available at all times.

Residential Care Apartment Complex (RCAC)

An RCAC is an apartment-type assisted living facility where five or more individuals live (each in their own apartment or as a couple) and offer independence and control over personal space, care decisions, and daily routines. Up to twenty-eight hours per week of supportive services such as assistance with medication, bathing, dressing, grooming and nursing care are provided. If a resident requires more than twenty-eight hours of supportive service per week, the tenant may be able to pay an additional fee for increased care, contract with a home health care or hospice agency, or obtain assistance through informal supports such as friends and family to assist. Emergency assistance is available twenty-four hours a day. Social and recreational activities and meals are also offered.

Mental Health and/or Disabilities Options

Agencies provide residential services to people with disabilities. These organizations may operate adult family homes, community-based residential facilities, and supervised apartment settings. The local offices of the organizations can be contacted for information regarding openings and program availability.

Nursing Homes / Skilled Nursing Facilities

Skilled nursing facilities, also called nursing homes, provide long-term, skilled care for people who require assistance with their daily needs. In addition, many now offer short rehabilitation services to return individuals to their highest level of functioning and independence. Some offer respite care, hospice care, or specialized dementia units.

Visit the Medicare website: www.medicare.gov to find and compare Medicare and Medicaid-certified Nursing Homes based on a star rating system.

LEGAL ADVOCACY ISSUES / RESOURCES

The following agencies *may* provide limited legal advice and/or advocacy, or be able to direct you to additional resources and assistance. Please contact them with specific questions about legal issues, for advocacy services, and for information regarding possible income guidelines for assistance.

Legal/Advocacy Resources Serving BOTH Kewaunee and Manitowoc Counties	
AARP	1-866-448-3611 www.aarp.org
Benefit Specialists, ADRC of the Lakeshore	1-877-416-7083 www.adrcofthelakeshore.com
Better Business Bureau of WI	1-800-273-1002 www.bbb.org
Bureau of Aging and Long-Term Care – Ombudsman	920-866-2880 1-800-815-0015 www.longtermcare.wi.gov
The Coalition of Aging Group	608-224-0606 1-800-488-2596 ext. 328 www.cwagwisconsin.org/elder-law-center
Commissioner of Insurance- State of Wisconsin	Phone: 1-800-236-8517 www.oci.wi.gov
DAAN (Disability Advocacy Action Network) - Options for Independent Living	920-490-0500 ext. 108 1-888-465-1515 ext.108

<p>Disability Rights Wisconsin (DRW) Statewide advocacy for adults age 18-59</p>	<p>608-267-0214 1-800-928-8778 www.disabilityrightswi.org</p>
<p>Fair Housing of Northeast WI</p>	<p>920-560-4620 1-877-647-3247 www.fairhousingwisconsin.com</p>
<p>Guardianship Support Center</p>	<p>1-855-409-9410 guardian@gwaar.org</p>
<p>GWAAR (Greater Wisconsin Agency on Aging Resources) Statewide advocacy for adults age 60 years and older</p>	<p>608-243-5670 www.gwaar.org</p>
<p>Lawyer Referral & Information Service (LRIS) Referrals, low income assistance and advice</p>	<p>1-800-362-9082 www.wisbar.org/forpublic/ineeda/lawyer/pages/lris.aspx</p>
<p>Legal Action of Wisconsin Free legal assistance for eligible low-income persons. Tenant and debtor rights, family and civil rights cases.</p>	<p>920-432-4645 1-800-236-1127 www.legalaction.org</p>
<p>Salvation Army - Advocacy</p>	<p>920-684-7117 www.salvationarmywi.org</p>
<p>Tenant Resource Center</p>	<p>1-877-238-7368 www.tenantresourcecenter.org</p>
<p>Wisconsin Bar Association-Attorney Referral Service: Modest means</p>	<p>1-888-529-7599 www.wisbar.org/modestmeans</p>
<p>WI Dept. of Agriculture, Trade, and Consumer Protection</p>	<p>1-800-422-7128 www.datcp.wi.gov</p>

MEMORY CARE RESOURCES

If you are concerned that you or someone you know may be suffering from Alzheimer's Disease or other dementia, contact your family doctor or neurologist for an assessment. Memory Assessment Centers are specialized diagnostic clinics that assess individuals to determine what may be causing memory loss symptoms. Early diagnosis allows individuals to receive maximum benefit from available treatments, which may vary depending on the cause of the dementia.

Memory Cafés

Memory cafés welcome those experiencing early stage Dementia, mild memory loss or cognitive impairment, and family and friends of those affected. It's a great opportunity for lively discussions, information gathering, refreshment, camaraderie, and lots of creative fun!

The Virtual Dementia Tour

There are questions we ask ourselves when caring for or visiting someone with Dementia of Alzheimer's Disease. Wouldn't it be helpful to be able to experience what they go through? Here's your chance! For 10 minutes, you will live the life of someone with Dementia. For more information call 1-877-416-7083.

Physician & Support Services - Memory Loss Serving BOTH Kewaunee and Manitowoc Counties	
ADRC of the Lakeshore	1-877-416-7083
Alzheimer's Association of Greater Wisconsin	920-469-2110 1-800-272-3900 www.alz.org/gwwi
Prevea Health (Brown County)	920-496-4700 1-888-277-3832 www.prevea.com

Physician and/or Support Services - Memory Loss Serving Kewaunee County	
Kewaunee Memory Café	1-877-416-7083
Ministry Memory Clinic Door County	920-746-3504 www.dcmemoryclinic.org
Physician and/or Support Services - Memory Loss Serving Manitowoc County	
HomeCare Health Services & Hospice	920-684-7155 www.homecarehealth.org
Lakeshore Memory Café	1-877-416-7083

Medic Alert + Alzheimer's Association Safe Return

Is a 24 hour nationwide emergency response service for individuals with Alzheimer's disease or a related dementia who wander or who suffer a medical emergency. When a caregiver reports an individual is lost, a community support network will be activated to help reunite the caregiver/family with their loved one. Call 1-888-572-8566 for more information about cost or to join. www.medicalalert.org/safereturn

MENTAL HEALTH & AODA SERVICES

The following organizations provide a variety of services to those living with mental health and/or alcohol, drug, and other addiction (AODA) issues. Services may include: support groups, counseling, therapy, and advocacy.

Mental Health Services Serving BOTH Kewaunee and Manitowoc Counties	
Alcoholics Anonymous/ Narcotics Anonymous	1-800-355-7318
Alcoholics Anonymous (AA)	Algoma 920-487-3181 Kewaunee 920-388-3254 Luxemburg 920-432-2600 Sturgeon Bay 920-559-2500
Dynamic Family Solutions	920-323-7431
First Step to Recovery	1-800-914-6731
Foundations Health & Wholeness, Inc.	920-437-8256 www.foundationsgb.org
National Alliance for Mental Illness (NAMI)	1-800-236-2988
National Council on Alcoholism & Drug Dependence	212-269-7797
National Mental Health Association	1-800-273-8255
Prevea Behavioral Health- Ashwaubenon Health Center	920-496-4700 1-888-277-9898 Appointments: 920-272-1200 www.prevea.com

Mental Health Services Serving Kewaunee County	
Bellin Health Psychiatric	920-433-6073 www.bellin.org
Bellin Health Riverside Psychiatric Center De Pere	Phone: 920-338-2855 www.bellin.org
Counseling Associates of Door County Sturgeon Bay	920-743-9554 www.counselingofdoor.com
Family Services of Northeast WI Green Bay	920-436-6800 1-800-998-9609 www.familyservicesnew.org
Kewaunee County Behavioral Health	920-388-7030 www.kewauneeco.org
Mental Health Services Serving Manitowoc County	
Alcoholics Anonymous Family Support (AL- ANON)	920-684-4040
Aurora Behavioral Health	920-793-5000 920-793-7420 www.my.aurorahealthcare.org
Catholic Charities	920-684-6651 www.ccmke.org
HFM Behavioral Health	920-320-2011 920-320-8600 www.hfmhealth.org/behavioral-health
Lakeshore Community Health Care	920-686-2333 www.lakeshorecommunityhc.org
Lakeshore Family Resources	920-682-3737
Manitowoc County Human Services Department	920-683-4230 www.co.manitowoc.wi.us
Nett-Work Counseling	920-684-4114

Painting Pathways Clubhouse	920-652-9952 www.paintingpathways.org
Phoenix Behavioral Health	920-657-1780 www.phoenixbhc.com
Salvation Army	920-684-7117

NUTRITION PROGRAMS

Nutrition program services and goods may be obtained through a variety of local and county organizations, as well as through several parishes in the county at low to no cost. Contact ADRC of the Lakeshore for details on specific eligibility guidelines and operating hours.

The following is a list of Dining Sites. Please call by 11:00am the day prior for a reservation.

Senior Dining Sites Serving Kewaunee County	
Algoma Dining Site 145 Grandview Ct, Algoma	1-877-416-7083 Monday, Wednesday, Friday
Casco Dining Site Casco Housing 201 Weisner Ave, Casco	1-877-416-7083 Tuesdays
Dyckesville Dining Site St. Louis Church – Parish Center N8726 County Line Rd, Luxemburg	1-877-416-7083 Mondays
Kewaunee Dining Site Community Congregational Church 502 Center St, Kewaunee	1-877-416-7083 Monday-Friday

Luxemburg Dining Site St. John's Lutheran Church 700 Heritage Rd, Luxemburg	1-877-416-7083 Wednesdays
Senior Dining Sites Serving Manitowoc County	
Manitowoc Senior Center 3330 Custer Street, Manitowoc	920-683-4384 Monday-Friday
Two Rivers Senior Center 1520 17 th Street, Two Rivers	920-793-5596 Monday-Friday
Kiel Community Center 510 3 rd Street, Kiel	920-894-7861 Monday-Friday
Manitou Manor Apartments 1433 N. 6 th Street, Manitowoc	1-877-416-7083 Monday-Friday
Mishicot Vets Club 314 W. Main Street, Mishicot	1-877-416-7083 Mon. Wed. Fri.
Reedsville Manor Apartments 431 Madison Street, Reedsville	1-877-416-7083 Monday-Friday
Valders Senior Community Center 420 N. Liberty Street, Valders	1-877-416-7083 2 nd Wednesday
Hmong Community Site 4319 Expo Dr, Room 111 Manitowoc	920-680-7487 Tuesdays

Home Delivered Meals

Home delivered meals are prepared hot or frozen. Meals are delivered to homebound adults who meet eligibility requirements. For additional information, contact the ADRC at 1-877-416-7083.

Home Delivered Meals	
ADRC of the Lakeshore	1-877-416-7083
Mom's Meals	1-866-716-3257

Food Pantries Serving Kewaunee County	
Heavenly Business Pantry - Algoma	920-487-3186
Kewaunee County Food Pantry	920-487-3663
Lakeshore Community Pantry (was known as Holy Rosary Food Pantry)	920-388-9050
Luxemburg/Casco Food Pantry	920-845-5362
Food Pantries Serving Manitowoc County	
Mishicot & Two Rivers Ecumenical Pantry	920-793-5364
Peter's Pantry, Manitowoc	920-682-6989
Salvation Army, Manitowoc	920-686-8989
St. Peter & Paul Church Pantry Kiel	920-894-3553
St. Vincent de Paul Society	920-682-9452

Senior Farmers Market Nutrition Program (FMNP)

Offers low-income older citizens an opportunity to purchase fresh, locally-grown fruits, vegetables and herbs from certified farmers. Senior FMNP checks can be used from June 1 through October 31 at any participating farmers' market or roadside stand in Wisconsin who display the Approved Vendor sign. Dates and application sites advertised in the local newspaper and Senior Scene newsletter.

PERSONAL EMERGENCY RESPONSE **SYSTEMS**

Personal emergency response systems are 24-hour electronic monitoring systems that allow a person to contact help in time of need.

Lifeline and Link-up Services

If you qualify for Medical Assistance, SSI, BadgerCare Plus, FoodShare, Low Income Home Energy Assistance Program, Wisconsin Works, or WI Homestead Tax Credit, you might also qualify for Wisconsin's phone assistance programs; Lifeline and Link-Up. These programs make phone service easier to afford for people with low incomes. All phone companies that provide home or cell phone service in Wisconsin must offer these two programs to their customers who live in the state.

www.lifeline.org

- **Lifeline:** Offers a discount on monthly charges for basic local telephone service (wireless OR land line phone).
- **Link-Up:** Offers help paying for part of the cost to connect or turn on new local phone service. Link-Up pays the usual costs of putting in new service, moving from one place to another or reconnecting an existing service.

To sign up for these programs, call your local telephone company and tell them you would like to apply for Link-Up or Lifeline services. If you are not sure who your phone company is or if you are having trouble applying, contact the Public Service Commission at 1-800-225-7729.

Personal Emergency Response Systems Serving BOTH Kewaunee and Manitowoc Counties	
Helping Hands Caregivers – Emergency Response Program	920-217-2961 www.helpinghandswi.com
Holy Family Memorial - At Home Alert	920-320-4230
Life Alert	1-800-523-6976
Phillips Lifeline	1-800-451-0525 Ext 2053
Response Link	262-780-0848
Safe Living Technologies/VRI	1-800-860-4230
Silver Alert	608-245-8952
St. Vincent Hospital – Lifeline	920-433-8550
USA Med Alert	262-909-3636
Personal Emergency Response Systems Serving Kewaunee County	
Door County Medical Center – LifeAssist	920-746-3578

Personal Emergency Response Systems Serving Manitowoc County	
Comfort Keepers - Health Watch	920-458-2806 1-800-788-1078
Life Station	1-800-884-8888

RESPIRE CARE

Respite services are designed to provide family members or primary caregivers with breaks from their caregiving responsibilities. Respite is provided to individuals with disabilities, chronic or terminal illness, and to persons at risk of abuse and/or neglect. Respite can occur at in-home and out-of-home settings for any length of time depending on the needs of the family and available resources. Another family member, friend, agency, assisted living facility, or skilled nursing facility may also provide respite.

Please visit our website at www.adrcofthelakeshore.com or call us at 1-877-416-7083 for a current list of housing options.

SENIOR CENTERS

Senior Centers are open to all people age 55 and older. Senior Centers provide opportunities for education, social events, recreational activities, volunteering, counseling, mentoring, prevention/health promotion, and resource/referral.

Examples of some educational opportunities include: workshops on ceramics and other arts & crafts, library services-including large print books and books on tape/CD, tax preparation, volunteer opportunities, and guest speakers on

various issues such as; benefits, financial planning, health, and government issues.

Examples of recreational activities include: card playing, dart ball, bingo, tating, movies, inter-generational activities, dominos, billiards, table tennis, computers/internet access, Wii, and TV series production.

Examples of health and wellness programs include: exercise classes, walking programs, yoga, blood pressure screenings, flu vaccinations, foot care clinics, and hearing aid services.

Contact the Senior Center for a calendar of events, questions about cost for programs/classes, and transportation options.

*The Kewaunee Senior Center is currently looking for a new location. For a list of activities and events, please visit the Kewaunee Senior Dining Site, located at Community Congregational Church, 502 Center Street, Kewaunee. Open Monday through Friday from 10:00 am -1:00pm.

Kewaunee Senior Center	*See Above
Kiel Community Center	920-894-7861
Manitowoc Senior Center	920-683-3060
Two Rivers Senior Center	920-793-5596

SUPPORT RESOURCE & HOTLINES

Support can be an invaluable resource for individuals affected by disease and other life changing events, their families and/or caregivers, and the community as a whole. The following are some common agencies that may offer support through a variety of ways, including: advocacy, hotlines and in person support groups. Call to inquire about local groups or chapters.

Support Resource & Hotlines Serving BOTH Kewaunee and Manitowoc Counties	
AIDS Resource Center of Wisconsin	1-800-359-9272
Alzheimer's Association	920-469-2110
Alzheimer's Disease and other related dementia	1-800-272-3900
American Cancer Society	1-800-227-2345
American Cancer Society – Green Bay	920-338-1541
American Council of the Blind	1-800-424-8666
American Diabetes Association	414-778-5500 1-800-342-2383
American Heart Association	1-800-242-8721
American Kidney Foundation	1-800-622-9010
American Liver Foundation	1-800-465-4837
American Lung Association	1-800-586-4872
American Parkinson's Disease Association	608-345-7938 1-800-223-2732
Americans w/Disabilities Act Information (Job Accommodation Network)	1-800-232-9675
Arthritis Foundation Information Hotline	1-844-571-4357
Autism Society of Wisconsin	1-888-428-8476
Banking Complaints & Information	1-800-452-3328
Better Hearing Institute; Hearing Helpline	1-800-327-9355
CANCERCARE.ORG	1-800-813-4673
Cancer Institute	1-800-422-6237
Celiac Support Group/Manitowoc County	920-894-1629
Coalition of WI Aging Groups	1-800-488-2596
Consumer Complaints	1-800-422-7128
Diabetes Association	1-800-342-2383
Eldercare Locator	1-800-677-1116
Eyecare-Free for Low Income Elderly	1-877-887-6327
Family Caregiver Support	1-866-843-9810
Grief Share Session - St John Lutheran Church, Luxemburg	920-845-5250
Healthcare Fraud Hotline: Medicare/Medicaid	1-800-447-8477
Hearing Aid Hotline	1-800-521-5247
Housing Discrimination Hotline	1-800-669-9777
Insurance Complaint Hotline	1-800-236-8517

Lakeshore Grief Support Network	1-877-416-7083
Lawyer Referral & Information	1-800-362-9082
Lemonade Club (cancer support group)	920-743-7800
Low Vision Support	920-448-5234
Medicaid	1-800-362-3002
Medicare Hotline	1-800-633-4227
Medigap Hotline	1-800-242-1060
Multiple Sclerosis Society	1-800-344-4867
Nursing Home Complaints/Ombudsman	1-800-815-0015
Nutrition and Food Hotline	1-800-877-1600
Osteoporosis Foundation	1-800-231-4222
Parkinson's Support Group	608-229-7628
Pulmonary Support Group (Door County Medical Center)	920-746-3570
Rehab Specialist for the Blind	1-888-879-0017
Ribbon of Hope-Cancer Support	920-339-9300
SeniorCare Prescription Drug Hotline	1-800-657-2038
Social Security	1-800-772-1213
Stroke Association	1-800-787-6537
Stroke Support Group (Door County)	920-858-1874
Suicide Prevention Lifeline	1-800-273-8255
United Way – 211 – Kewaunee County	211
Unity Hospice Grief Support Group	1-800-990-9249
Veterans Administration	1-800-827-1000
Visual and Hearing Impaired Videophone 920-490-0500 TTY 1-888-241-9430	1-888-465-1515
WI Council of the Blind	1-800-783-5213
WI Family Caregiver Support Hotline	1-866-843-9810
WI Guardianship Support Center	1-855-409-9410
Women to Women (cancer support group)	920-746-8989
Fraud Reports & Complaint Lines Serving BOTH Kewaunee and Manitowoc Counties	
Banking Complaints & Information	1-888-851-1920
Consumer Complaints	1-800-422-7128
Health Care Fraud Hotline: Medicare & Medicaid	1-800-581-1790

Housing Discrimination Hotline	1-800-765-9372
Insurance Complaint Hotline	1-800-236-8517
Wisconsin No-Call List	1-888-382-1222

SUPPORT GROUPS

Support Groups Serving BOTH Kewaunee and Manitowoc Counties	
Alzheimer’s Association of Greater Wisconsin *Includes “Call-In” Caregiver Support Group	920-469-2110 1-800-272-3900 TDD:1- 866-403-3073 www.alz.org/gwwi
Alzheimer's Association Family Caregiver - Early Stage Memory Loss Support Group	920-683-4180 1-877-416-7083
Support Groups Serving Kewaunee County	
The “Mug Club” Caregiver Support Group	920-593-3576 1-877-416-7083
Door County Stroke Support Group	920-858-1874
Grief Share Session St. John Lutheran Church, Luxemburg	920-845-5250
Healing Your Grieving Heart	920-487-5507
National Alliance on Mental Illness NAMI - Green Bay	920-430-7460 www.namibrowncounty.org
Parkinson’s Support Group United Methodist Church Sturgeon Bay	920-743-3476

Ribbon of Hope Foundation Cancer Support Group - De Pere	Financial: 920-676-4673 General: 920-339-9300 www.ribbonofhope.com
St Mary's Cancer Center	920-569-4232
Unity Grief Support Group De Pere	1-800-990-9249 www.unityhospice.org
Violence Intervention Project Algoma	920-487-2111
Support Groups Serving Manitowoc County	
Alzheimer's Association Family Caregiver Support Group	920-683-4180 1-877-416-7083
Grieve Not Alone	920-683-4180 1-877-416-7083
Men's Caregiver Monthly Support Group	920-683-4180 1-877-416-7083

TRANSPORTATION

Call 911 for EMERGENCY transportation!

There are a variety of transportation options and service providers available in Manitowoc County. Please contact individual providers to determine which option will be able to best accommodate your needs.

Transportation Providers Serving BOTH Kewaunee and Manitowoc Counties	
Medical Transportation Management INC, (MTM) Non-emergency medical transportation for WI MA and BadgerCare Plus (<u>NOT Family Care members</u>).	1-866-907-1493 Deaf/Hearing Impaired: TTY 1-866-907-1493 www.mtm-inc.net/wisconsin
Transportation Providers Serving Kewaunee County	
A-1 Medi Mobile Green Bay	920-469-3559
Abby Vans Based in Neilsville, WI	1-800-236-8438
Algoma Bus Service (age 55+ or adults w/disabilities)	920-388-0626
Angel Cab Company	920-559-6767
Comfort Travel Green Bay Can service ambulatory, wheelchair and stretcher riders for non-emergency needs (medical or non-medical)	920-490-7667
Door County Cab Sturgeon Bay	920-818-1124
Door County Green Bay Shuttle	920-746-0500
Julie's Country Care Express Casco	920-255-3898
Kewaunee County Transportation Program (age 55+ or adults w/disabilities)	920-388-0626 www.Kewauneeco.org
North East Wisconsin Transportation Services Forestville	920-825-7411

North Central Care Van Based in Antigo, WI	715-623-2229
Wheel Chair Transportation Green Bay	920-494-3333
Yellow Cab of Brown County Green Bay	920-435-1111
Transportation Providers Serving Manitowoc County	
ADRC Volunteer Driver & Rural Transportation Program	920-686-6977
Assist-to-Transport	920-682-8823
Aurora Van Service To/From Aurora Facilities Only	920-794-5455
Brandt Bus Provides city transportation for adults with disabilities to/from sheltered employment.	920-682-8823
Companion Care Delivery	920-973-4165
Kiel Community Senior Club	920-894-7861
MMTS Paratransit	920-686-3560
Maritime Cab & Delivery	920-686-1300
Maritime Metro Transit	920-686-3560 1-800-947-3529
Our Town Taxi	920-629-7941
Smitty's Taxi Service	920-242-1706
Two Rivers Trust Car *Serves Two Rivers Senior Center Members Only	920-793-5596
A & J Mobility Van Customizations Only	1-877-830-1330 920-632-4882 920-901-4215 www.aandjmobility.com

VETERANS SERVICES

Veterans Services Serving BOTH Kewaunee and Manitowoc Counties	
DAV Transportation Out-of-County Medical Transport to Milwaukee VA Hospital	1-877-204-7970 Option 5
Veterans Service Office	Kewaunee: 920-388-7198 Manitowoc: 920-683-4055
Women Veterans Call Center	1-855-829-6636

ADRC VOLUNTEER OPPORTUNITIES

Advocacy

- Represents the ADRC of the Lakeshore at regional and state meetings.
- Commission on Aging – Attend public hearings and quarterly meetings to help the Commission on Aging make informed decisions.
- Nutrition Project Council – Assist the Nutrition Program Coordinator and the Aging & Disability Resource Center of the Lakeshore in evaluating, planning and advocating for the nutrition program in Manitowoc and Kewaunee counties.

Caregiver

- Class Facilitator – Receives training to offer evidence-based programming to caregivers.

Health Promotion

- Exercise Leader – Receives training to offer evidence-based programming to the community.
- Memory Cafes – Assist with program.
- Wellness and Prevention Programs – Receives training to offer evidence –based programming to the community.

Medicare Open Enrollment/Homestead Tax Credit

- Must have previous experience to assist community.

Nutrition Program

Assist the dining site manager with the following:

- Make cards for Home Delivered Meal recipients.
- Driver and/or runners for Home Delivered Meals.
- Education - Share information of value to the diners.
- Entertainment/Activities – Share your talent with the seniors at the meal site. Examples: musician, story teller, crafts, bingo, card playing or exercise leader.
- Kitchen Assistance.
- Make table decorations.

Transportation Program

- Driver – Uses the ADRC vehicle or personal vehicle to transport individuals to/from destination. Must have a valid driver's license and insurance.

WORKSHOPS

Healthy Living with Diabetes

Six week workshop providing information and support for people with diabetes or pre-diabetes. Focus is on enjoying a healthy life while managing diabetes. Special attention to diet and exercise.

Living Well with Chronic Conditions

Six week workshop providing information and support for people with on-going health problems such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, stroke, fibromyalgia, stress/anxiety and many others. Focus is on enjoying life, even though you have a chronic condition.

Powerful Tools for Caregivers

Six week workshop that addresses the needs of people who are providing care for a loved one. Programs focus on building communication skills, lowering stress, setting goals, making tough decisions, coping with anger and guilt, accessing community resources and solving problems. Educational in nature, but allows time for sharing and bonding.

Stepping On

Seven week workshop that is proven to reduce falls. Through leadership of trained facilitators and presentations by community experts, this workshop focuses on improving balance and strength, home and environmental safety, vision and a medication review. Research shows that Stepping On participants have a 31% reduced risk of falls.

Strong Bones

Eight to ten week class meets twice a week for one hour. This is an evidence-based strength training program for men and women. Each class includes progressive weight training, flexibility, and balance activities. This program can help improve bone density, reduce falls, increase flexibility and

strength. Individuals ages 70 and up will need a release from their physician stating they are able to participate.

For more information on these workshops please visit our website at www.adrcofthelakeshore.com or call us at 1-877-416-7083.

NOTES

EMERGENCY: Call 911

After Hours Crisis Line:

Kewaunee County 920-255-1645

Manitowoc County 1-888-552-6642

Poison Control Center: 1-800-222-1222

Local Police: _____

Local Fire: _____

Local Ambulance: _____

Doctor: _____

Clinic: _____

Hospital: _____

Minister/Church: _____

