

May 2024

Newsletter



Toll Free: 866-743-5144

Office: 715-743-5166

Fax: 715-743-5240

AVAILABLE JUNE 1, 2024

Vouchers will be available through the ADRC Office. They can be picked up in person or call the office for an application at 715-743-5166.



2024 Income Eligibility Table

Effective: **June 1, 2024** Based on 185% of the US Dept. of 2023 Health & Human Services

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

Feeling Stretched as a Caregiver?

Powerful Tools for Caregivers is an educational series designed to provide you with the tools you need to take care of yourself.

This program helps family caregivers reduce stress, improve self-confidence, improve communication, balance their lives, increase their ability to make tough decisions, and locate helpful resources.

The caregiver class consists of six sessions held once a week. Two experienced Class Leaders conduct the series (many are experienced caregivers themselves, who have successfully applied the techniques they teach). Interactive lessons, discussions and brainstorming will help you take the “tools” you choose and put them into action for your life.

Participants will receive a book, *The Caregiver Helpbook*. Suggested contribution of \$25.00 for class materials.

For more information, or to register, contact Aging and Disability Resource Center of Clark County at 715-743-5251. Class size is limited and pre-registration is required.

Classes will be hosted at the Loyal Library on Tuesdays beginning June 18th with the additional dates listed below.

June 25th

July 2nd

July 9th

July 16th

July 23rd

OLDER AMERICANS MONTH



POWERED BY CONNECTION: MAY 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.”

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. We will explore the vital role that connectedness plays in supporting independence and aging in place by combatting isolation, loneliness, and other issues.

What can individuals do to connect?

- Invite more connection into your life by finding a new passion, joining a social club, taking a class, or trying new activities in you community.
- Stay engaged in your community by giving back through volunteering, working, teaching, or mentoring.
- Invest time with people to build new relationships and discover deeper connections with your family, friends, colleagues, or neighbors.



You can now receive our newsletter in digital form. If you are interested please contact us a 715-743-5166. You can also visit our website at clarkcountywi.gov/adrc-newsletter click go digital to get the newsletter sent to your email.



COMPUTER CLASSES FOR OLDER ADULTS



7-weeks of classes For older adults
basic to intermediate coursework
Small class size for individualized attention
You do not have to own a computer to attend
If you need assistance to be able to attend contact us

Contact the ADRC for more information

715-743-5166

1-866-743-5144

Next Session: Jun 11, 2024 2:00p-3:30p
(06/11, 06/25, 07/02, 07/09/07/16/07/23, 07/30)
Where: Granton Community Library
217 N Main St, Granton, WI



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American Stroke Association
A division of the American Heart Association
Together to End Stroke®

05

Key Facts About Stroke



FACT #1:
**stroke kills
brain cells**

Stroke happens when a clot or rupture interrupts blood flow to the brain. Without oxygen-rich blood, brain cells die.



FACT #2:
**types of
stroke**

Ischemic caused by a clot, Hemorrhagic caused by a rupture and Transient Ischemic Attack (TIA) or "warning stroke" caused by a temporary blockage.



FACT #3:
**about one in
four stroke
survivors is at
risk for another**

Fortunately, up to 80 percent of second clot-related strokes may be preventable.



FACT #4:
**prevention
is key**

Had a stroke? Work with your doctor to identify the cause and create a plan to prevent another. This may include managing high blood pressure, making healthy lifestyle choices and taking medications as recommended by your doctor.

After an ischemic stroke or TIA, most patients will be prescribed an antiplatelet or anticoagulant therapy.

F.A.S.T. **time lost
is brain lost**

Now that you know prevention, here's how you spot one.

Learn the FAST warning signs:	F Face Drooping	A Arm Weakness	S Speech Difficulty	T Time to Call 911

HCA Healthcare®
FOUNDATION

The HCA Healthcare Foundation
is a national supporter of
Together to End Stroke®.

Stroke.org

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Understanding Balance Problems



Have you ever felt dizzy, lightheaded, or as if the room were spinning around you? These can be very troublesome sensations. If the feeling happens often, it could be a sign of a balance problem. Balance problems are among the most common reasons that older adults seek help from a doctor.

An estimated 34 million Americans had a balance or dizziness problem during the past year.

Why Good Balance is Important

Having good balance means being able to control and maintain your body's position, whether you are moving or remaining still. An intact sense of balance helps you

- walk without staggering
- get up from a chair without falling
- climb stairs without tripping
- bend over without falling

The part of the inner ear responsible for balance is the vestibular system, often referred to as the labyrinth. To maintain your body's position, the labyrinth interacts with other systems in the body, such as the eyes, bones and joints.

Good balance is important to help you get around, stay independent, and carry out daily activities.

When People Have Problems with Balance

As they get older, many people experience problems with their sense of balance. They feel dizzy or unsteady, or as if they or their surroundings were in motion. Disturbances of the inner ear are a common cause.

Vertigo, the feeling that you or the things around you are spinning, is also a common symptom.

Balance disorders are one reason older people fall. Falls and fall-related injuries, such as hip fracture, can have a serious impact on an older person's life. If you fall, it could limit your activities or make it impossible to live independently. Many people often become more isolated after a fall.

According to the Centers for Disease Control and Prevention, roughly more than one-third of adults ages 65 years and older fall each year. Among older adults, falls are the leading cause of injury-related deaths.

BPPV (Benign Paroxysmal Positional Vertigo)

There are many types of balance disorders. One of the most common is benign paroxysmal positional vertigo, or BPPV. In BPPV, you experience a brief, intense feeling of vertigo when you change the position of your head, such as when rolling over to the left or right, upon getting out of bed, or when looking for an object on a high or low shelf. BPPV is more likely to occur in adults aged 60 and older, but can also occur in younger people.

In BPPV, small calcium particles in the inner ear become displaced and disrupt the inner ear balance sensors, causing dizziness. The reason they become displaced is not known; the cause may be an inner ear infection, head injury, or aging.

There are many ways to treat balance disorders. Treatments vary depending on the cause. See your doctor if you are experiencing dizziness, vertigo, or other problems with your balance.

Causes and Prevention

People are more likely to have problems with balance as they get older. But age is not the only reason these problems occur; there are other causes, too. In some cases, you can help reduce your risk for certain balance problems.

Problems in the Inner Ear

Some balance disorders are caused by problems in the inner ear. The part of the inner ear that is responsible for balance is the vestibular system, also known as the labyrinth. When the labyrinth becomes infected or swollen, this condition is called labyrinthitis. It is typically accompanied by vertigo and imbalance.

Labyrinthitis

This is an infection or inflammation of the inner ear that causes dizziness and loss of balance. It is often associated with an upper respiratory infection such as the flu. Upper respiratory infections and other viral infections, and, less commonly, bacterial infections, can lead to labyrinthitis.

Other balance disorders may involve another part of the body, such as the brain or the heart. For example, diseases of the circulatory system, such as stroke, can cause dizziness and other balance problems. Smoking and diabetes can increase the risk of stroke. Low blood pressure can also cause dizziness. Aging, infections, head injury and many medicines may also result in a balance problem.

Problems Caused by Medications

Balance problems can also result from taking many medications. For example, some medicines, such as those that help lower blood pressure, can make a person feel dizzy.

Ototoxic drugs are medicines that damage the inner ear. If your medicine is ototoxic, you may feel off balance. Sometimes the damage lasts only as long as you take the drug; many times it is permanent.

Other Causes

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Groups of drugs that are more likely to be ototoxic include

- antidepressants
- anti-seizure drugs (anticonvulsants)
- hypertensive (high blood pressure) drugs
- sedatives
- tranquilizers
- anxiolytics (anti-anxiety drugs)
- aminoglycosides (a type of antibiotic)
- diuretics
- vasodilators
- certain analgesics (painkillers)
- certain chemotherapeutics (anti-cancer drugs)

Check with your doctor if you notice a problem while taking a medication. Ask if other medications can be used instead. If not, ask if the dosage can be safely reduced. Sometimes it cannot. However, your doctor will help you get the medication you need while trying to reduce unwanted side effects.

Diet and Lifestyle Can Help

Your diet and lifestyle can help you manage certain balance-related problems. For example, Ménière's disease, which causes vertigo and other balance and hearing problems, is linked to a change in the volume of fluid in the inner ear. By eating low-salt (low-sodium) or salt-free foods, and steering clear of caffeine and alcohol, you may make Ménière's disease symptoms less severe.

Ménière's Disease

Ménière's disease is a balance disorder that causes a person to experience

- Vertigo
- hearing loss that comes and goes
- tinnitus, which is a ringing or roaring in the ears
- a feeling of fullness in the ear.
- It affects adults of any age. The cause is unknown.

Balance problems due to high blood pressure can be managed by eating less salt (less sodium), maintaining a healthy weight, and exercising. Balance problems due to low blood pressure may be managed by drinking plenty of fluids, such as water, avoiding alcohol, and being cautious regarding your body's posture and movement, such as standing up slowly and avoiding crossing your legs when you're seated.

Prevent Ear Infections

The ear infection called otitis media is common in children, but adults can get it too. Otitis media can sometimes cause dizziness. You can help prevent otitis media by washing your hands frequently. Also, talk to your doctor about getting a yearly flu shot to stave off flu-related ear infections. If you still get an ear infection, see a doctor immediately before it becomes more serious.

Source: National Institutes of Health



NEW Granton Pop-Up Food Pantry

Beginning May 2024



This free resource is available to anyone in need of some extra food.
Receive fresh produce, dairy/meat, pantry staples, and more for your household.

1st & 3rd Fridays

May 3, 17 • June 7, 21 • July 5, 19 • August 2, 16 • September 6, 20

11 am—12 pm

110 N Main Street, Granton

- Drive-thru style
- Groceries loaded directly into your vehicle
- No ID or proof of income required
- May pick up for more than one household



fmpfoodbank.org | (715) 835-9415 | info@fmpfoodbank.org

Marketplace “Unwinding SEP” Extended to November 30, 2024

By the GWAAR Legal Services Team (for reprint)

Last year, the Centers for Medicare & Medicaid Services (CMS) announced a new Marketplace Special Enrollment Period (SEP) for individuals losing Medicaid coverage due to the unwinding of continuous Medicaid enrollment following the end of the COVID-19 Public Health Emergency. This “Unwinding SEP” allows individuals to enroll in Marketplace coverage when their Medicaid coverage ends. Marketplace-eligible individuals who submit a new application or update an existing application between **March 31, 2023 and November 30, 2024** and say that they have lost Medicaid coverage at any point during this time period are eligible for the Unwinding SEP.

Individuals who are eligible for the Unwinding SEP have 60 days after they submit or update their Marketplace application to choose a plan with coverage that starts the first day of the month after they choose that plan. For example, coverage will begin on June 1 for someone who selects a plan in May.

- ▷ You can find more information from CMS about this SEP here: <https://www.healthcare.gov/medicaid-to-marketplace/>.
- ▷ For general information about Marketplace, please visit <https://www.healthcare.gov/>.
- ▷ If you would like assistance enrolling in a Marketplace plan, you can find local help here: <https://localhelp.healthcare.gov/> or through Covering Wisconsin: <https://coveringwi.org/enroll>. ☐

Be The Match – Other Ways to Help if You’re Over 40

By the GWAAR Legal Services Team (for reprint)

NMDP, formerly known as the National Marrow Donor Program and Be The Match, is an organization dedicated to matching blood stem cell and bone marrow donors with recipients. Blood stem cell and bone marrow transplants treat, and sometimes even cure, blood cancers like leukemia and lymphoma, sickle cell anemia, and other life-threatening diseases. One of the best ways to help is to join the donor registry;

however, due to patient outcomes and long-term survival rates, donors must be between 18 and 40 years old to join the donor registry. If you're over 40 years old, below are some other ways that you can get involved and help the cause.

- Encourage people you know who are under 40 to join the registry at <https://bethematch.org/>
- Spread the word through social media. Shareable images and messages for various platforms are available here: <https://bethematch.org/support-the-cause/get-involved/share-through-social-media/>
- Volunteer - information about volunteer opportunities is available here: <https://bethematch.org/support-the-cause/get-involved/volunteer/>
- Donate or host a fundraiser. Information on making a tax-deductible financial donation is here: <https://bethematch.org/support-the-cause/donate-financially/ways-to-give/>
- Join the NMDP community as a Champion. Information on creating a Champion account is available here: <https://my.bethematch.org/s/create-account>

Any way you are able to get involved and support the cause helps grow the registry and increases the likelihood that a patient will find a life-saving blood or bone marrow donor match. ☐

Food Will No Longer Be Included in ISM Calculations for SSI

By the GWAAR Legal Services Team (for reprint)

The Social Security Administration (SSA) recently announced that starting on September 30, 2024, SSA will no longer include food in In-Kind Support and Maintenance (ISM) calculations when determining whether someone qualifies for Supplemental Security Income (SSI) and the amount of SSI for which they qualify. SSI provides monthly payments to adults and children with limited resources and income who are disabled, blind, or aged 65 and older. SSI benefits help pay for basic needs, including rent, clothing, food, and medicine. Individuals applying for and receiving SSI must meet certain eligibility requirements, including income and resource limits. Under the old rules, ISM includes food, shelter, or both that a person receives, which have

been counted as unearned income, and which may affect a person's eligibility or reduce their payment amount.

By eliminating food from ISM calculations, the new policy will remove a critical barrier for SSI eligibility due to an applicant's or recipient's receipt of informal food assistance from friends, family, and community support networks. The new policy also represents an improvement in several other respects: the change is easier to understand and use by applicants, recipients, and agency employees; recipients and applicants will have less information to report about food assistance received from family and friends, removing a significant burden; reducing month-to-month variability in payment amounts will improve payment accuracy; and SSA will save money, because less time will be spent administering food ISM.

To read a copy of the press release, visit "[Social Security to Remove Barriers to Accessing SSI Payments.](#)"

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. □

Medicare to Cover Wegovy

By the GWAAR Legal Services Team (for reprint)

The federal Food and Drug Administration (FDA) recently approved the drug Wegovy for reducing the risk of cardiovascular disease in people clinically diagnosed with obesity. The FDA approval means that the drug can now be covered under Medicare for people diagnosed with both obesity and cardiovascular disease. About one in four people diagnosed with obesity also have a diagnosis of cardiovascular disease, so the approval could make Wegovy available to some 900,000 Medicare beneficiaries, or about seven percent of the total Medicare population. Another 1.9 million Medicare participants may already have been eligible for coverage of Wegovy due to a diagnosis of diabetes.

Wegovy is one of a class of drugs known as semaglutides that have previously been approved by the FDA for treatment of obesity and diabetes. However, since 2003, federal law has prohibited Medicare from covering medications prescribed exclusively for weight loss. With the new FDA approval, at least a portion of Medicare participants may be able to benefit from the drug, though out of pocket costs are expected to range between \$325 and \$430 per year. □

Wisconsin Boating Safety Reminders and Resources for Summer 2024

By the GWAAR Legal Services Team (for reprint)



The snow has melted and the lakes have thawed, and that means it's boating season again in Wisconsin. Below are some tips, reminders, and resources available to make sure your 2024 boating season is a safe one! Even if you do not own a boat, this information is important to remember if you ever rent a boat or you're ever a passenger in a friend's boat. As they say, "it's always better to KNOW someone with a boat than to own one."

First, whether you're paddling a kayak, driving a motorboat, or enjoying a cruise as a passenger, you should ensure that you have a U.S. Coast Guard-approved wearable personal flotation device (PFD) for each person onboard and one approved throwable device for any boat 16 feet and longer. That is the law. Although not required by law, the Wisconsin Department of Natural Resources

(DNR) recommends that all boaters wear their life jackets while on the water.

The different types of PFDs (aka life vests or jackets) are as follows:

- ▷ **Type I:** These PFDs are designed to turn most unconscious wearers face up in the water. They are designed for rough or remote waters where rescue may be slow to arrive.
- ▷ **Type II:** These are the PFDs that many smaller boats have on board. They can also be worn canoeing, kayaking, fishing, or sailing. They typically come in orange. Type II PFDs are more comfortable but less buoyant than Type I and are good for calm inland waters. (Pictured right).
- ▷ **Type III:** These vest or jacket style PFDs are typically worn for water





activities such as waterskiing, jet skiing, and fishing. They can be worn in the same instances as Type II PFDs but are typically more comfortable. (Pictured left).

▷ **Type IV:** A Type IV is not wearable. It is designed to be thrown to an overboard victim or to supplement the buoyancy of a person overboard. It can be a square cushion, ring, or horseshoe buoy kept onboard the craft. In Wisconsin, every boat 16 feet or longer must have one must have one USCG approved throwable device on board

that is immediately accessible.

- ▷ **Type V:** These are special use life jackets that must be worn when underway to meet minimum requirements per the US Coast Guard and Wisconsin boating regulations.

In short, the most common PFDs you will use in Wisconsin waterways are Types II, III, and IV. You should always make sure you have the correct PFD for your size and weight and that it fits comfortably. It should also be in good condition – free of wear and holes with all straps and buckles intact.

You should also have other safety equipment on board. The law requires that most motorboats and all personal watercrafts have Type B, USCG approved fire extinguisher on board. If you are operating your boat between sundown and sunset, you also need to make sure you have the required navigation lights and that your lights are fully operational.


You will also want to make sure you know the rules and regulations before hitting the water. The Handbook of Wisconsin Boating Laws and Responsibilities is available here: <https://widnr.widen.net/s/0vw8hwrae3>. An approved boater safety certificate is required to operate a motorboat for anyone born on or after January 1, 1989.

However, anyone can take the course, and it is not a bad idea to brush up on your knowledge and skills. For more information about boater safety education, visit: <https://dnr.wisconsin.gov/Education/OutdoorSkills/safetyEducation>.

Finally, and most importantly, do not drink and operate a boat of any kind. It is illegal for a person to operate a motorboat or use water skis, a surfboard, or other device if they are under the influence of an intoxicant or a controlled substance, or if they have a blood alcohol concentration of 0.08% or greater. Simply by operating a boat or other kind of watercraft, you've legally given consent to drug and/or alcohol testing, and you

may face the same consequences you would if you were driving drunk on the road. So besides being illegal, it is very unsafe to operate a boat under the influence. So, boat sober!


Be safe and have a great boating season in Wisconsin! ☐



Strength Training Class

StrongBodies

LIFTING PEOPLE TO BETTER HEALTH



STRONGBODIES

Benefits of Strength Training:

- ♦ **Reduced risk for chronic diseases:**
 - ♦ Diabetes
 - ♦ High Blood Pressure
 - ♦ Heart Disease
 - ♦ Osteoporosis
 - ♦ Arthritis
 - ♦ Some Cancers
- ♦ **Increased:**
 - ♦ Strength
 - ♦ Muscle mass
 - ♦ Bone density

What: 8 Week Strength Training Class

When: Tuesday & Thursday Starting June 4th- 9:30-10:30 AM
(No class the week of July 15th with LAST class August 1st)

Where: Colby Senior Center
510 W Wausau St Colby, WI

Suggested Contribution: \$20

Please contact the UW-Extension office to register.
517 Court Street, Room 104
Neillsville, WI 54456
Phone: 715-743-5121






Photo Courtesy of Pixabay.com

Did you Know...

Rhubarb is actually a vegetable not a fruit.

Both rhubarb and asparagus are perennials, meaning they regrow every year on their own.

EAT WELL, AGE WELL. May – Rhubarb and Asparagus


May is [blood pressure awareness month](#)! Rhubarb is a spring vegetable that is high in Vitamin K and Vitamin C, as well as anthocyanins, a plant pigment that help reduce blood pressure. While the *leaves are toxic*, the stalk is known for its sourness that pairs well with a variety of foods. Enjoy as a sauce with meats, in pies and other desserts, or compotes and jams. Tidbit, the redder the stalk, the sweeter the flavor.

- Storage: Stores ~1 week when wrapped in the refrigerator
- Preparation: Remove leaves if present and wash the stalk well. Asparagus is an iconic spring vegetable that is best eaten fresh.

Asparagus is high in many vitamins and minerals, as well as inulin, a prebiotic that aids in digestion. It also has antioxidant and anti-inflammatory properties making it a healthy side to any meal.

- Storage: Asparagus does not store for long, so eat rapidly. For short-term storage, place upright in a tight bundle in a cup of water in the refrigerator.
- Preparation: Trim the end of each spear before eating or cooking. Thin stalks are the most tender. Can be roasted, grilled, steamed, or eaten raw. Try grilling it with some olive oil, herbs, and pepper. Do not overcook!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Sheepshead @ Neillsville Sr. Center 12:00	2	3 BINGO Greenwood Center @ 11:30	4
5	6 Game Group Loyal Library 1:00 to 4:00	7 StrongBodies Greenwood Legion 11:00 to 12:00	8 Sheepshead @ Neillsville Sr. Center 12:00	9 StrongBodies Greenwood Legion 11:00 to 12:00	10 BINGO Greenwood Center @ 11:30	11
12	13	14 Loyal Library Lunch & Learn Call library to sign up 715-255-8189 StrongBodies Greenwood Legion 11:00 to 12:00	15 Sheepshead @ Neillsville Sr. Center 12:00	16 StrongBodies Greenwood Legion 11:00 to 12:00	17 BINGO Greenwood Center @ 11:30	18
19	20	21 Greenwood Library Lunch & Learn Call library to sign up 715-267-7103 StrongBodies Greenwood Legion 11:00 to 12:00	22 Sheepshead @ Neillsville Sr. Center 12:00	23 StrongBodies Greenwood Legion 11:00 to 12:00	24 BINGO Greenwood Center @ 11:30	25
26	27  *** HAPPY *** MEMORIAL DAY REMEMBER AND HONOR *****	28 StrongBodies Greenwood Legion 11:00 to 12:00	29 Sheepshead @ Neillsville Sr. Center 12:00	30 StrongBodies Greenwood Legion 11:00 to 12:00	31 BINGO Greenwood Center @ 11:30	



SPRING

WORD SEARCH

WORD LIST

APRIL
BASEBALL
BIRDS
BLOSSOMS
BUMBLEBEE
BUTTERFLIES
CHICK
CLEANING
CLOVER
CROCUS
DAFFODIL
DAYLIGHT
EQUINOX
FLOWERS
FORSYTHIA
GARDEN
JACKET
LADYBUG
MARCH
MAY
PICNIC
PUDDLES
RAINBOW
ROBIN
SEEDS
SHOWERS
SPRING
UMBRELLA

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





ADRC Director

Lynne McDonald

ADRC Financial / Nutrition Manager

Lynn Crothers

ADRC Admin. Assistant

Kim Stetzer

Elder Benefit Specialist

Terri Esselman

Disability Benefit Specialist

Crystal Rueth

I&A Specialist

Hannah Quicker

Michelle Berdan

ADRC Newsletter Online:

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