

ADRC EXPRESS

MAY 2022



MAY IS OLDER AMERICANS ACT MONTH!

Older adults play vital, positive roles in our communities – as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more. Just as every person is unique, so too is how they age and how they choose to do it – and there is no “right” way. That’s why the theme for Older Americans Month (OAM) 2022 is Age My Way.

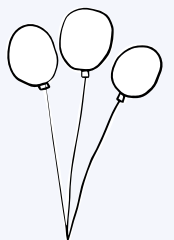


Every May, the Administration for Community Living (ACL) leads the celebration of OAM. This year’s theme focuses on how older adults can age in their communities, living independently for as long as possible and participating in ways they choose.

Stop by the Lew Martin Senior Center (1527 Tower Ave. Superior) on Wednesday, May 11th from 9:00 am - 12:30 pm to celebrate Older Americans Month.

Stay for the 11:30 am lunch! Lunch includes Spaghetti and Meat Sauce, Broccoli, Salad, Garlic Bread, Cheesecake & Topping. The suggested donation for individuals 60+ is \$4.00. Please call 715-394-3611 to reserve a meal at least 24-hours in advance.

- Complimentary memory screens offered by the ADRC
- Blood Pressure Checks
- 2022 Douglas County Senior & Disabilities Resource Guide
- Educational and Health Promotion Resources
- Exercise Group – Join in at 9am
- Tai Chi – Demonstration 10:30
- Door Prizes and other giveaways!



Join us in
celebrating
Older
Americans
Act Month!





How can you support the Douglas County Dementia Friendly Initiative?



In partnership with the Douglas County Caregiver Coalition, the ADRC offers no-cost dementia friendly business training or Dementia Friends informational sessions. More than 29 Douglas County businesses and service providers have joined in the initiative of creating a dementia friendly community.

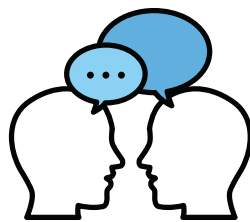
With 70-90% of people with dementia living at home, they and their family caregivers will choose businesses that are easy to navigate and have helpful, understanding staff. We can all help create a dementia friendly community!

Contact the ADRC at 715-395-1234 to schedule your session today and receive a window cling to display in your business promoting your commitment to creating a safe and friendly environment.



Memory Screen Clinic
Superior Library
May 4th, 2022
10:00AM-12:00PM
1:00PM-3:00PM
Call 715-395-1234 to
reserve your
15 minute time slot!

You're Invited!



A MEMORY SCREEN IS A QUICK & FREE WELLNESS TOOL THAT IS SIMILAR TO A BLOOD PRESSURE SCREEN, DIABETES SCREEN, OR VISION CHECK. IT CAN IDENTIFY POSSIBLE CHANGES IN MEMORY OR COGNITION, CREATE A BASELINE FOR FUTURE MONITORING, AND OPEN THE DOOR TO A CONVERSATION WITH YOUR MEDICAL PROVIDER.

CONTACT US TODAY!

Government Center
1316 N 14th Street
Suite 327
Superior, WI 54880

ADRC@DOUGLASCOUNTYWI.ORG
WWW.DOUGLASCOUNTYWI.ORG/ADRC

Main: (715) 395-1234
Toll-Free: (866) 946-2372
Fax: (715) 395-7371