

JANUARY 2016

Aging & Disability Resource Center of Marinette County



Aging & Disability Resource Center
of Marinette County

2500 Hall Avenue
Marinette, WI 54143

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MARINETTE COUNTY CONNECTIONS

Refocus with Resolutions

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Are you looking for help?

The ADRC of Marinette County can connect seniors, people with disabilities, and caregivers with long-term services and supports of their choice.

If you would like to be added to the ADRC mailing list please call 715-732-3850 or e-mail us at adrc@marinettecounty.com

The New Year is a time to reflect on the past but more importantly look forward to the upcoming year. The New Year can also provide the encouragement to reflect on how we may be able to make changes or improvements in how we live. New Year's resolutions should provide the incentive to make the upcoming year less stressful, more manageable and simply said, better! Here are a few ideas to consider if you should decide to introduce yourself to some fresh, new beginnings:

Take some time for yourself. This simple and selfless act should help with reducing the stress in your life, and hopefully result in a happier you! Ask others around you for help with doing some of the things that are taking up your time, join a support or social group, reconnect with friends or just designate a regular night off to pay attention to yourself.

Have Fun. Doing fun things and laughing is a great way to reduce stress. Try to remove yourself from your everyday life and engage in something fun with friends, family or on your own. Finding your fun should not have to be expensive or cause you more stress. Look for free concerts, go to the park, take a brief walk or call a few friends and arrange a potluck. The good feelings from enjoying yourself will help carry you through the tough times.

Exercise, the sometimes dreaded word. You don't have to start by trying to run a marathon, but getting some consistent exercise will do wonders for your body and soul. Maybe just a simple walk around the block or to the corner and back for starters! Consistently providing your body with movement can also have long term benefits such as lowering the risk of heart disease, diabetes and even osteoporosis. Invite a friend, the more the merrier!

Eating Properly. Just like exercise, eating healthy can offer many benefits. Healthy eating and exercise combined can alone make a significant impact on your overall physical and mental health. No need to go overboard, but just taking a few extra minutes to prepare healthy foods can make you feel better, give you more energy and you might find yourself with experiencing less common illnesses.

Be Realistic. Don't try to take on too much at one time. Sometimes more seems better, however you don't want to set yourself up for failure and create more stress. Try tackling one resolution at a time. Once you have that one mastered, move on and start the next resolution. Remember, they are your resolutions and you can adjust, change and refocus them as you desire.

Sometimes taking this extra time just for you can seem tricky! But taking the time to look after yourself should not take a backseat if you want to achieve a happy, healthier life. Please call the ADRC at 715-732-3850 and we can offer you some ideas and resources to find a happier and healthier you!

Staff

Pam Daye.....ADRC Supervisor

Barb Wickman.....Administrative Assistant

Anne Theuerkauf.....Information & Assistance Specialist & Youth Transition Lead Worker

Kay Piasecki.....Information & Assistance Specialist

Mary Jo Ruleau.....Disability Benefit Specialist

Corleen Rhode.....Adult Protective Services

Information & Assistance Specialist

The ADRC Staff shall provide information and assistance (I&A) to Elderly, Developmentally and Physically disabled adults and adults with mental illness and/or substance use disorders and their families, caregivers, advocates who ask for assistance on their behalf. I&A can be provided in person, over the phone, via e-mail or through written correspondence.

Disability Benefit Specialist

A Disability Benefit Specialist is a person trained to provide accurate and current information on public and private benefits for disabled persons 18 to 59 years of age. Benefit areas may include: Medical Assistance, Social Security disability, insurance and Medicare.

Youth Transition Lead Worker

The Youth Transitional Worker of the ADRC will assist young adults with disabilities and their families with a seamless transition and entry into the adult long-term care system. The Youth must be at least 17 years 6 months of age or older for the ADRC to provide individualized Options Counseling. The ADRC can provide “general” information regarding Youth Transitional Services at any age just by calling the ADRC.

Long Term Care Options Counseling

The ADRC shall provide counseling about options available to meet long-term care needs and factors to consider in making long-term care decisions. Options counseling shall be provided at a time, date, and location convenient for the individual.

Adult Protective Services

Adult Protective Programs and Services include Elder Adults-at Risk (formerly Elder Abuse/Neglect), Vulnerable Adults-at-Risk, Adult Family Home Certification for mental health target group. SSI-E certification and Facilitation of Guardianships and Protective Placements.



Are You Ready to Move Back Home?

Connections to Community Living

The Wisconsin Department of Health Services and the Aging and Disability Resource Center of Marinette County are working with older adults and people with disabilities who live in nursing homes to provide information about community living.

Through Connections to Community Living, you may be able to live in a home environment while receiving the services you need to keep you healthy and safe.

The Connections to Community Living initiative gives older adults and people with disabilities a choice as to where they will receive long term care.

Getting Started

If you would like to explore your options, please contact the nursing home social worker or the Aging and Disability Resource Center of Marinette County.

An appointment will be scheduled to help you and your family discuss your:

- Health care needs;
- Long term care needs (such as a need for help with bathing, medications, meal preparation, transportation and chores);
- Financial resources and benefits;
- Personal interests and availability of family, friends and other supports; and
- Home care and residential options and preferences.

Developing a Transition Plan

If you decide to move forward with transitioning to the community, an individualized plan will be developed to help you successfully transition back into your community.

You and your family will have help with:

- Determining what your needs will be and what services are available for you if you leave the nursing home;
- Finding and establishing a community setting if you are no longer able to return to your former residence;
- Identifying ongoing care and supports to ensure all of your needs addressed; and
- Developing a safe transition plan with services you have chosen.

To learn more, contact us at the ADRC, 2500 Hall Avenue, Marinette, WI 54143.
Phone 715-732-3850



Wisconsin Council of the Blind & Visually Impaired

February is “Age-Related Macular Degeneration Month”

By Kevin Damask, staff writer with the Wisconsin Council of the Blind & Visually Impaired

According to the National Eye Institute, Macular Degeneration affects more than 10 million Americans, more than glaucoma and cataracts combined.

During “Age Related Macular Degeneration Month,” it’s important to understand what Macular Degeneration is and what steps can be taken to prevent the onset of the disease. Unfortunately, Macular Degeneration presently has no cure and the disease continues to grow among seniors.

Macular Degeneration is formed when the central portion of the retina breaks down. This is the inside back portion of the eye that records images and sends them, through the optic nerve, from the eye to the brain. The macula, the central portion of the eye, is tasked with focusing central vision, and it allows us to read, operate a vehicle, distinguish faces or colors, and see objects in detail.

Macular Degeneration can sometimes be difficult to detect because, in the early stages, it does not affect vision. However, if the disease progresses, wavy or blurred vision may occur. If the disease worsens, central vision can be completely lost. Because the retina is still working, however, peripheral vision remains, but it’s not as clear as central vision.

Macular Degeneration comes in two types: dry and wet. However, almost 90 percent of cases are considered dry or atrophic, while about 10 percent are wet or exudative. Age-Related Macular Degeneration comes in three types, early, intermediate and late. According to the National Eye Institute, most people do not suffer vision loss in the early stages, which makes regular eye exams so vital, especially if risk factors are high. Early AMD is discovered when medium-sized drusen (yellow deposits beneath the retina) is discovered.

Unfortunately, due to a lack of research funding, the factors that cause Macular Degeneration aren’t specifically known. However, researchers do know that both heredity and environment play a factor. Researchers are working to find out what causes the cells of the macula to break down and are hoping for a treatment breakthrough soon.

Hopefully a breakthrough comes sooner than later. According to Dr. Carl Kupfer, former Director of the National Eye Institute and National Institutes of Health, Macular Degeneration could become an epidemic as Baby Boomers enter their golden years.

“As the ‘baby boom’ generation ages, and in the absence of further prevention and treatment advances, the prevalence of AMD is estimated to reach epidemic proportions of 6.3 million Americans by the year 2030,” Kupfer said.

The disease is most likely to occur in people age 55 and older. Other risk factors include genetics - those with a family history of AMD are at higher risk. Race is also a factor; Caucasians are at a higher risk to get the disease than Hispanics or African-Americans. Also, smoking doubles the risk of getting diagnosed.

While there is no cure for AMD, there are solutions to slowing the advancement of the disease after a diagnosis. A healthy diet, exercise, not smoking and protecting eyes from ultraviolet light can help slow the progression of AMD.

Jean Kalscheur, WCBVI Education and Vision Services Director, said there are ways to detect changes in Macular Degeneration.

“People with Macular Degeneration often ask if there’s a way to note changes in their Macular Degeneration. I recommend an Amsler grid to monitor your central vision,” Kalscheur said. “Tape the grid to the refrigerator or the bathroom mirror as a reminder to do this simple procedure each day. Put it at eye level. If you wear glasses for reading, put them on. Stand about 14 inches away from the grid. Cover one eye at a time with your hand. Stare at the dot in the center. Pay attention to what you see and how it appears. If there are changes from one day to the next, contact your eye doctor.”

A doctor can provide an Amsler grid or to download one for free go to: <http://amslergrid.org/AmslerGrid.pdf>.

The American Macular Degeneration Foundation (AMDF) helps generate vital research for the treatment of the disease. To learn more, go to <https://www.macular.org/>. For more information about Macular Degeneration go the National Eye Institute’s web site: <https://nei.nih.gov/>.

The Wisconsin Council of the Blind & Visually Impaired will be hosting the “Saving Sight Symposium” in partnership with the University of Wisconsin School of Medicine and Public Health, UW Health and Unity Health Insurance on Thursday, October 27, 2016 at the Alliant Energy Center in Madison. The focus of the symposium will be Age-Related Macular Degeneration. To learn more about this event, go to www.wcblind.org.



Check Out the ADRC Website!

www.marinettecounty.com/adrc

Looking for resources? Our site is designed to help you find information and resources for you or your loved one while facing aging and disability issues.

The ADRC Billboard has information about local community events and programs.

Our links can help you find connections to information and resources for many different topics including Alzheimer’s, benefits, long term care, education, housing and support groups.



After browsing our website, call or stop in our office. Our staff can assist you by exploring options and evaluating choices that are available when considering making decisions. Our services can be provided at our office, on the phone or in your own home. We can be reached at 715-732-3850.

The Many Faces of Caregiving



There is no one specific definition of a caregiver; every individual's situation is unique.

Some caregivers start off by assisting a loved one with their finances, cleaning their house, or helping them get to and from their doctor's appointments. Other caregivers might immediately take over assisting an elder with bathing, getting dressed and going to the bathroom.

A caregiver could live in the same house, or reside 3,000 miles away. They may be taking care of two aging parents, one ill spouse, or three children and a parent at the same time.

The possible permutations are endless, but there are four main caregiver categories that are widely-recognized. Each grouping has its own separate set of challenges and considerations.

The Long-Distance Caregiver: These individuals look out for elderly loved ones who live in a different, city, state, or country. But, just because they live far away doesn't mean these caregivers aren't often responsible for their family member's finances, medical care, and personal needs. One of the most difficult aspects of being a long-distance caregiver is how to keep an eye on a loved one from afar. When you only see an elderly parent a few times a year, how can you make sure they're getting the care they need? In these types of situations, geriatric care managers and patient advocates can be invaluable resources for family caregivers.

The Sandwich Generation Caregiver: The aging of the baby boomer cohort has transformed the term, 'sandwich generation,' into somewhat of a buzzword. These men and women are so-named because they are, quite literally, sandwiched between taking care of their own young children, and looking after one or more elderly parents. They may work, they may not. The challenge for these individuals: balancing the care needs of elderly parents and young children.

The Working Caregiver: "Should I quit my job to take care of my parents?" is the quintessential dilemma of the working caregiver. In an era when adults of both genders have a presence in the workforce, the number of working caregivers is on the rise. Holding down a nine-to-five while making sure an elderly loved one is looked after is a seemingly impossible task; one that can be made more or less difficult, depending on the culture of the company that a caregiver works for.

The Spousal Caregiver: The vow, "in sickness, and in health," takes on a whole new meaning when a person finds themselves taking care of a spouse with a serious illness. When a life partner becomes a life patient, a caregiver must deal with a host of heart-wrenching problems, from how to handle unexpectedly altered roles to the intimacy challenges faced by dementia caregivers.

No matter which of these group(s) you fall in to, you are a caregiver.

And, as a caregiver, you will be a source of invaluable physical, emotional and spiritual support for your elderly loved one.

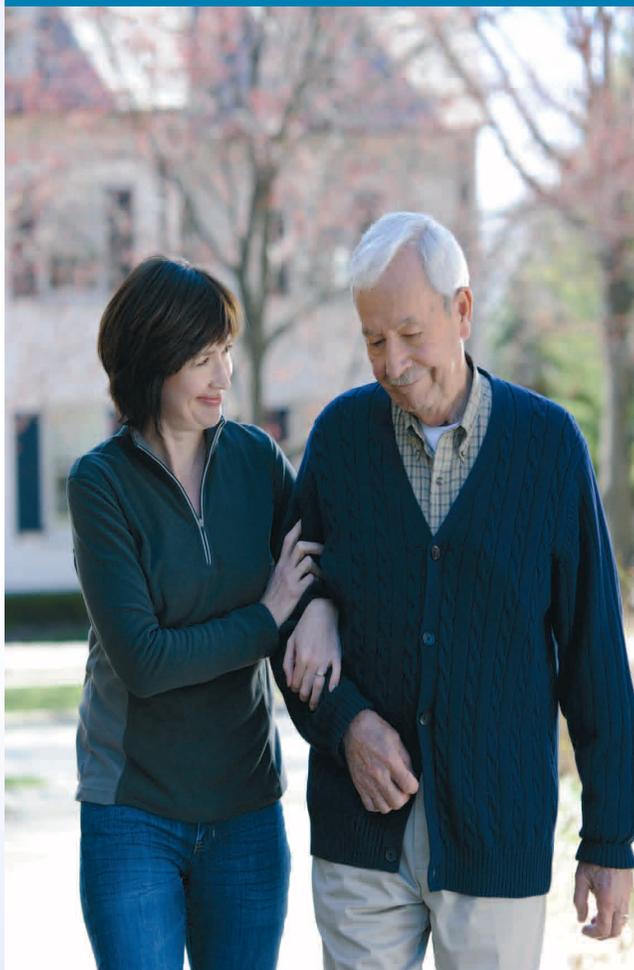
The journey may be short, or it may be long. There will be ups, downs and all-arounds. Ultimately, caregiving is a legacy to be proud of.

As AgingCare.com expert, Carol Bradley Bursack, puts it, "A caregiver is a person who takes on at least some part of the responsibility for the welfare or someone sick, elderly or disabled. If the title fits, wear it proudly my friends.

Provided courtesy of AgingCare.com, the go-to destination for family caregivers, where those caring for elderly family members will find a wealth of caregiver resources and support. This article is one of a series of articles included in the eBook, Family Caring for Family. Download your free copy at www.AgingCare.com/ebook.

alzheimer's  association®

basics of
alzheimer's
disease



Join us
at the ADRC for an
Alzheimer's Association
Education Series
February 9th

If you or someone you know is affected by Alzheimer's disease or dementia, it's time to learn the facts. This program provides information on detection, causes and risk factors, stages of the disease, treatment and much more.

All workshops are free of charge.

Hosted by: ADRC of Marinette County

Date: February 9, 2016

Time: 1:30 p.m.—3:00 p.m.

**Location: 2500 Hall Ave, Marinette
(use ADRC entrance)**

RSVP: 715-732-3850

or 888-442-3267

Upcoming Classes:

March 8, 2016—Caregiver Stress

**April 12, 2016—Healthy Habits
for a Healthier You**



alzheimer's association®

Wisconsin Advocacy Day

March 17, 2016

Use your **VOICE** to help create a
Dementia Capable Wisconsin
Registration Required

Capital Lakes Retirement Center
333 W. Main St. - Madison

As the number of people living with Alzheimer's disease and dementia increases, it is more important than ever that we effectively communicate our message about the Alzheimer's Epidemic. Join us to become educated about the issues, learn new skills, network with fellow advocates and take our message directly to our state legislators.

9:30 am Advocate Training

Join us to learn more about our state priorities and how to hold a legislative visit

11:30 am Lunch (provided)

12:15 pm Legislative Visits

Meet with your representatives and put to action what you learned in the morning training session

Attendees will be responsible for transportation to Madison.

If you are looking for a car pool or available to drive,
 let us know when you register!



REGISTRATION DUE BY TUESDAY MARCH 8TH

Register by contacting Tim Harrington
 414.479.8800 or 800.272.3900
tharrington@alz.org

MEDICAL EQUIPMENT LOAN CLOSET

Available at no cost.

The Aging & Disability Resource Center of Marinette County loans Durable Medical Equipment to residents of Marinette County who are uninsured or underinsured. Adaptive equipment in the loan closets includes: wheelchairs, walkers, wheeled walkers with seats, tub seats, tub benches, commodes, canes, toilet safety frames and more!



Donations by community residents have made this loan closet possible. If you have Medical equipment that you would like to contribute, please call the ADRC prior to bringing it in to see if we can accept it. If you are unable to bring it in, we may be able to make arrangements for pick up. Donation receipts are available for tax purposes.

Stay #CyberAware While On the Go

Safety Tips for Mobile Devices

Your mobile devices - including smartphones, laptops and tablets - are always within reach everywhere you go, whether for work, travel or entertainment. These devices make it easy to connect to the world around you, but they can also pack a lot of info about you and your friends and family, like your contacts, photos, videos, location and health and financial data. It's important to use your mobile devices safely. The first step is to STOP.THINK.CONNECT. STOP: make sure security measures are in place. THINK: about the consequences of your actions and behaviors online. CONNECT: and enjoy your devices with more peace of mind.

Personal Information is Like Money. Value it. Protect It.

- **Secure your devices:** Use strong passwords, passcodes or touch ID features to lock your devices. These security measures can help protect your information if your devices are lost or stolen and keep prying eyes out.
- **Think before you app:** Information about you, such as the games you like to play, your contacts list, where you shop and your location, has value - just like money. Be thoughtful about who gets that information and how it's collected through apps.
- **Now you see me, now you don't:** Some stores and other locations look for devices with WiFi or Bluetooth turned on to track your movements while you are within range. Disable WiFi and Bluetooth when not in use.
- **Get savvy about WiFi hotspots:** Public wireless networks and hotspots are not secure, which means that anyone could potentially see what you are doing on your mobile device while you are connected. Limit what you do on public WiFi and avoid logging in to key accounts like email and financial services on these networks. Consider using a virtual private network (VPS) or a personal/mobile hotspot if you need a more secure connection on the go.

Keep a Clean Machine:

- **Keep your mobile phone and apps up to date:** Your mobile devices are just as vulnerable as your PC or laptop. Having the most up-to-date security software, web browser, operating system and apps is the best defense against viruses, malware and other online threats.
- **Delete when done:** Many of us download apps for specific purposes, such as planning a vacation, and no longer need them afterwards, or we can have previously downloaded apps that are no longer useful or interesting to us. It's a good security practice to delete all apps you no longer use.

Visit stopthinkconnect.org for more tips about how to stay safe online.

Local Support Groups



PARKINSON DISEASE SUPPORT GROUP

Support group meetings are a way to meet others who share similar experiences, situations, and problems, in addition to learning about the disease.

Meetings are open to those living with Parkinson Disease, family members, caregivers and interested individuals. Printed literature is available at every meeting.

When: Third Thursday of every month

Time: 10:00—11:00 a.m.

Where: Harbors Retirement Facility

1110 10th Ave., Menominee, MI 49858

Upcoming meetings include:

January 21, 2016—Guest speaker Alan DeWitt, Financial Associate for Thrivent Financial

February 18, 2016—Presentation by the Aging and Disability Resource Center of Marinette County

March 17, 2016—Guest speaker Becca Hilden, Physical Therapist from Bay Area Medical Center—Aurora.

For more information contact Pat Ihler at 906-863-9445.

GRIEF SUPPORT

Coffee & Conversation for Good Mourning

Believing that one of the most meaningful acts of kindness we can offer someone who is mourning is the gift of listening, we invite you to come and share your story in a supportive environment.

When: January 26, 2016

Time: 10:00—11:30 a.m.

Where: Stephenson Public Library
1700 Hall Avenue, Marinette

Register by calling Mary Roeser at Heartland Hospice/Homecare 920-336-6455 or via email at Mary.Roeser@hcr-manorcare.com.

Golden Girls

Elder Support Group

(age 60 & over)

Group meets weekly to talk about concerns and have questions answered.

When: Tuesday's

Time: 1:30 - 3:00

Where: Rainbow House
1530 Main St
Marinette, WI 54143

Call prior to meeting to confirm.

Pulmonary Support Group

This is for anyone who has a chronic lung disease, is on oxygen therapy, is waiting for a lung transplant, received a lung transplant or is a caregiver.

When: 2nd Thursday of each month for approximately 1 hour.

Where: Dickinson Memorial Hospital
Cardiac Rehab Gym

Time: 3:00 p.m.

Note: Day, time and location may change.
Call 906-828-1623 or 715-528-5084 for verification.

Domestic Violence Support Group

Group meets weekly. Topics vary weekly.

When: Thursday's

Time: 10:00 a.m.

Where: Rainbow House
1530 Main Street
Marinette, WI 54143

Helping Hand Networking Group

(previously Caregiver Support Group)

A fun and friendly monthly meeting dedicated to elders and caregivers.

An open, compassionate and understanding group where you can participate in hands on activities, discuss concerns and stressors, and any other topics.

Niagara Senior Center

569 Washington Ave
Niagara, WI 54151

Third Tuesday of the month at 10:30 a.m.

Marinette County Elderly Services

414 N US Hwy 141
Crivitz, WI 54114

Third Tuesday of the month at 10:00 a.m.

Call Marinette County Elderly Services for meeting topics and further details.

Phone: 715-854-7453

Local Support Groups



AODA (ALCOHOL & OTHER DRUG ABUSE) FAMILY EDUCATION SERIES

Marinette County Health & Human Services - ADAPT series for the AODA Family Educational Series is open to the public. This series is developed to address the growing concerns in our community related to the devastating impact that substance use has had on individuals, families, and the economic prosperity of our community. The AODA Family Educational Series has been developed to address three important issues associated with substance use: **prevention, intervention, and treatment**. This program can be used as an adjunct to young people who have been cited for underage drinking, substance use, violations in school, family members who are concerned about a loved one's substance use, individuals who are struggling with their own substance use, or treatment professionals who are looking for resources to help educate their clients about the dynamics of this life threatening disease. This series is also for medical and behavioral health professionals interested in learning more about the dynamics of Substance Use Disorders.

Series run for a total of six weeks. All sessions are held in the basement conference room at 2500 Hall Ave., Marinette. No one under 18 years of age will be allowed without parents or legal guardian. **It is strongly recommended that all family members attend** excluding children under the age of 12. There is **no cost** to the participants. Call Marinette County Health & Human Services - ADAPT at 715-732-7760 or 1-888-732-7549 for further details and registration.

MS SUPPORT GROUP

Free MS Support Group, held on the second Wednesday of each month.

January 13 - Noon
Benefits of Meditation
Presented by Patti Kopish

February 10 - 5:30 p.m.
Benefits of Meditation
Presented by Patti Kopish

March 9 - Noon
Relationships & Intimacy
Presented by Christine Pada, MA, LPC
Z Boost Performance, LLC

April 13 - 5:30 p.m.
Functional Dry Needling
Presented by Kris Tebo, PT, DPT, MTC
The Wellness Clinic

Aurora Bay Area Health Center
Medical Office Building
2nd Floor Conference Room
3130 Shore Drive
Marinette, WI 54143
For more information, contact Stacie Torkko
at 715-735-4609

DIABETES SUPPORT GROUP

Free Diabetes Support Group, held on the third Wednesday of every month from 4:30 to 5:30 p.m.

January 20
Diabetes and Your Eyes
Presented by Joseph Feder, MD, Ophthalmologist

February 17
Updates in the Diabetes World
Presented by Veitla Rao, MD, Endocrinologist

March 16
What is the Paleo Diet
Presented by Nola Hardy, RD, CD, CDE

April 20
Blood Sugar Targets and
How They Have Changed
Presented by Natalie Lashmet, RN, MSN

Aurora Bay Area Health Center
Conference Room
4061 Old Peshtigo Road
Marinette, WI 54143
For more information, contact Nola Hardy
at 715-735-7421



Everyday Fitness Ideas from the National Institute on Aging at NIH
www.nia.nih.gov/Go4Life

Fun Ideas for Being Active All Year

January: Start the new year by trying out a fitness center—many offer New Year's Resolution specials.

February: Give your heart a Valentine's Day gift with dance lessons, such as salsa, tango, or belly dancing.

March: Anything can be fun with upbeat music, including spring cleaning.

April: Work in your garden. Bending, lifting, and stretching are all great exercises.

May: Build your endurance and strength with a bike ride during National Bike Month. Remember your helmet.

June: Once your grandchildren are out of school for the summer, ask them to teach you their favorite type of physical activity.

July: Cool off with a water aerobics class.

August: Celebrate National Bowling Week the first week in August. Get friends and family together and challenge each other to a friendly tournament.

September: If you've heard about the benefits of yoga but haven't tried it yet, National Yoga Awareness Month is a great time to find special events and trial classes for beginners.

October: Take a hike to do some leaf looking. Pick apples or pumpkins. The beautiful colors are inspirational, and a brisk walk is great for your endurance!

November: Now that the leaves have fallen, rake and bag the leaves.

December: Try ice skating or building a snowman. If you have holiday shopping to do, walk the entire mall each time you're there.



Quick Tip

Being creative about your physical activity plans and regularly trying new forms of exercise prevent boredom.

VISIT

www.nia.nih.gov/Go4Life

- Read more tips.
- Print useful tools.
- Share your exercise story.
- Order a free exercise guide or DVD.



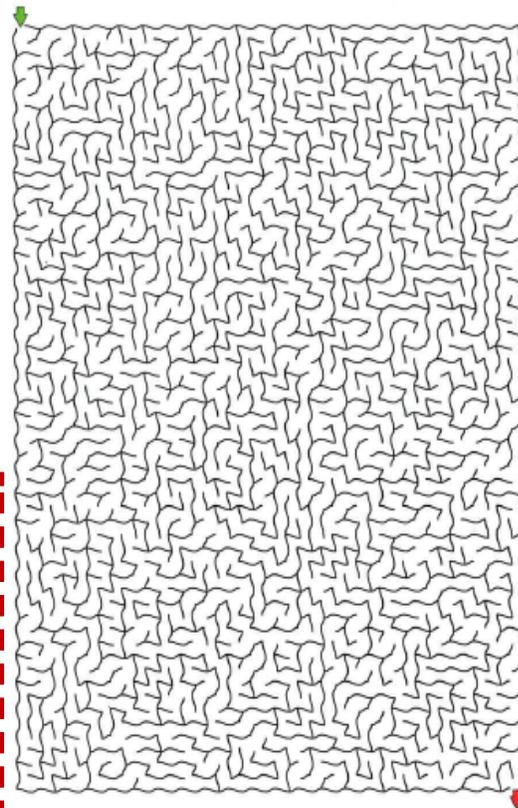
National Institute on Aging

Go4Life is a registered trademark of the U.S. Department of Health and Human Services.

JUST FOR FUN



Ready! Set! Go!: How many differences can you spot, and which ones?



Asian Honey BBQ Chicken Drumettes

- 1 C. KRAFT Sweet Honey Barbecue Sauce
- 4-1/2 tsp. lite soy sauce
- 1/2 tsp. ground ginger
- 1/4 tsp garlic powder
- 16 chicken drumettes (1-1/2 lb.)



- Heat greased grill to medium heat.
- Mix all ingredients except chicken until blended.
- Grill chicken 15 minutes or until done, turning and brushing occasional with barbecue sauce mixture.

Note: Can be baked in oven at 375 degrees for about 40 minutes instead of grilling.

www.kraftrecipes.com

*When life hands you
lemons, put a slice
in your sweet tea.*

OFFICE HOURS

Monday thru Friday

8:30 AM—4:30 PM

Or by appointment, if necessary

Visit our Website at:

www.marinettecounty.com/adrc

E-mail:

adrc@marinettecounty.com



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Our Mission:

***“Dedicated in meeting the needs of aging people and people with disabilities,
helping them live with dignity and security by connecting them with people
and resources of our county”***

