

JULY 2016

Aging & Disability Resource Center of Marinette County



2500 Hall Avenue
Marinette, WI 54143
Phone: 715-732-3850
Fax: 715-732-3849
Toll Free: 888-442-3267



MARINETTE COUNTY CONNECTIONS

Introducing the Dementia Friendly Community Coalition of Marinette County

Inside this issue:

<i>Elder Abuse Awareness</i>	4
<i>Dementia Friendly Community Survey</i>	5-6
<i>Silver Alert Program</i>	7
<i>Stay Hydrated</i>	8
<i>Sunglasses-Choosing the Right Protection for Your Eyes</i>	9
<i>Falls Prevention</i>	10-11
<i>Caregivers and Exercise</i>	12
<i>Just for Fun</i>	13

The Dementia Friendly Community Coalition of Marinette County is a group of healthcare professionals, community members and advocates for senior health and wellness who support Wisconsin’s statewide efforts, (specifically Marinette County) to improve the lives of those living in our community who suffer from dementia-related illnesses. Dementia is a term used to describe the symptoms of a group of more than 100 conditions characterized by a decline in memory or other thinking skills that affect a person’s ability to perform everyday activities. Alzheimer’s disease is the most common type of dementia.

Our Mission: “To create a dementia friendly community that is safe, respectful, and welcoming for people living with dementia through awareness, education and community engagement.”

A Dementia Friendly Community is a place where individuals with dementia and their caregivers are met with understanding and given support in order to feel safe and welcome. In a Dementia Friendly Community, individuals should be able to function and maintain their ability to access local facilities and services.

We have individuals in our community who suffer from dementia and related illnesses and often feel unwelcomed or scared. The goal of the coalition is to help these individuals be able to live in our community as valued members.

The Coalition is planning to engage as many professionals, business owners and personal caregivers as possible to offer training on ways to interact and care for those living with dementia. A business that is dementia friendly becomes a valuable stakeholder in the well-being of our community. It is also a goal of the Coalition to increase community awareness. This will be accomplished through various educational events and community engagement activities.



In this newsletter, you will find an assessment survey which the Coalition is using as a tool to determine community needs and how to best prioritize the activities of the Coalition. It is requested that you please take the time to complete and return this survey! Your participation with completion of this survey is extremely important and valued!

Please contact the ADRC of Marinette County should you have any questions or if you would like additional information regarding dementia related information, services or the activities of the Marinette County Dementia Friendly Community Coalition.

ADRC’s can offer assistance in finding services to match your needs...

- **Adaptive Equipment**
- **Benefits Counseling**
- **Health and Wellness Programs**
- **Youth Transition Assistance**
- **In-home Care**
- **Abuse, Neglect and Financial Exploitation**

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

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

Samantha Kuchta.....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.

alzheimer's 
association

Understanding and Responding to
Dementia Related Behavior



an education program by the
alzheimer's association

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

Join us at the
ADRC for an
Alzheimer's
Association
Education Series
July 12, 2016

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 risks, stages of the disease and much more.

All workshops are free of charge.

Hosted by: ADRC of Marinette County

Date: Tuesday - July 12, 2016

Time: 1:30 p.m. - 3:00 p.m.



Location: 2500 Hall Avenue
Marinette, WI 54143
(use ADRC entrance)
RSVP: 715-732-3850 or
888-442-3267

UPCOMING CLASS:

August 9, 2016: Dementia Conversations

ELDER ABUSE AWARENESS



The ADRC commemorated World Elder Abuse Awareness Day on Wednesday, June 15th by displaying 69 pinwheels to represent the number of Marinette County Elder Abuse and Neglect referrals received in 2015. This number increased by 24 since 2014. The pinwheels were displayed in front of the ADRC/Health & Human Services building at the corner of Hall Avenue and Raymond Street. Staff wore purple to show support. Elder abuse is estimated to affect 5 million older citizens in the United States. Elder abuse can be physical, sexual, financial/exploitation, emotional, abandonment and self-neglect. Experts believe that for every reported case of elder abuse or neglect, as many as 23.5 cases go unreported. Abuse can happen in any setting; in the older adult's own home, nursing homes or assisted living facilities. Most cases of elder abuse are perpetrated by known and trusted individuals, particularly family members. Many cases go unreported because it remains such an invisible problem.

While one sign doesn't necessarily indicate abuse, some signs include: bruises, pressure marks, broken bones, abrasions, burns, sudden change in alertness, unusual depression, sudden changes in financial situations, bedsores, poor hygiene, unusual weight loss, behavior such as belittling threats, and other uses of power and control, strained relationships or frequent arguments between the person and caregiver.

If you would like more information about the signs of elder abuse or to report elder abuse, please contact Adult Protective Services by calling the ADRC 715-732-3850 or 888-442-3267 or Email adrc@marinettecounty.com. All information is confidential.

See it. Stop it. Prevent it. Take a Stand Against Elder Abuse.



Dementia Friendly Community Survey

The Dementia Friendly Community Coalition of Marinette County is a group of healthcare professionals, community members, and advocates for senior health and wellness who support Wisconsin's statewide efforts to improve the lives of those living in our communities who suffer from dementia related illnesses. Dementia is a term used to describe the symptoms of a group of more than 100 conditions characterized by a decline in memory or other thinking skills that affects a person's ability to perform everyday activities. Alzheimer's disease is the most common type of dementia.

Our mission: "To create a dementia friendly community that is safe, respectful, and welcoming for people living with dementia through awareness, education, and community engagement."

A Dementia Friendly Community is a place where individuals with dementia and their caregivers are met with understanding and given support in order to feel safe and welcome. In a Dementia Friendly Community, individuals should be able to function and maintain their ability to access local facilities and services.

This survey is designed to assess the needs of the Marinette County community at large. Your participation is very important, since accurate survey data will be used to plan community initiatives as well as secure grants and funding.

Thank you for your time and consideration.

Return this survey by July 29, 2015 to:

Meghan Rutherford - FAX: 715-732-5833 (Please remember to fax both sides.)

Or Mail to: Dementia Friendly Community Survey, 831 Pine Beach Rd. Marinette, WI 54143 Attn: Meghan Rutherford

Or Email to: Meghan@dfcwi.com

You may also complete the survey on-line at: dfcwi.com

1. Have you had experience with someone with a dementia related illness?

Yes _____ No _____ Unsure _____
If Yes: Personal _____ Professional _____ Both _____

2. Please rate your knowledge of dementia related illnesses.

High Moderate Low Unsure

3. Please rate your knowledge of what it means to be part of a dementia friendly community.

High Moderate Low Unsure

4. How would you rate your awareness of community resources for those with dementia related illnesses?

High Moderate Low Unsure

5. How would you rate your ability to access resources in our community for dementia related illnesses?

High Moderate Low Unsure

6. Please rate the areas where you believe our community needs dementia friendly services:

	Strongly Agree		Do Not Know		Strongly Disagree
Healthcare	5	4	3	2	1
Emergency Services	5	4	3	2	1
Legal and Financial	5	4	3	2	1
Stores/Restaurants	5	4	3	2	1
Public Area/Venues	5	4	3	2	1
Faith Organizations	5	4	3	2	1
Other: _____	5	4	3	2	1

(Please continue on other side.)

7. Rank your top five choices for where you believe the Dementia Friendly Community Coalition should begin to focus. (Please rank as **1 = Most Important** and **5 = Least Important**.)

- _____ Support groups
- _____ General community education about dementia
- _____ Awareness of available resources
- _____ Activities for those with dementia related illnesses
- _____ Healthcare training
- _____ Signage indicating dementia friendly organizations/areas
- _____ Dementia awareness training for community businesses
- _____ Physicians/providers specializing in dementia related illness
- _____ Other: _____

For accurate survey results, please provide your **zip code**. Thank you.

Your Zip Code: _____ Please circle: Rural Area City Area

Please describe yourself. (Circle all categories which apply to you)

Personal Caregiver Professional Caregiver Healthcare Provider Healthcare Professional
 Business Owner Business Employee Retail Worker Restaurant Worker
 Insurance Agent Financial Service Provider Clergy Social Services Provider
 Faith Community Member Educator Student
 Professional Services Provider Other: _____

Gender (Please circle) Female Male

Age Range (Please circle) <30 31-50 51-70 >70

Would you be interested in supporting projects or initiatives organized by the Dementia Friendly Community Coalition of Marinette County? Yes _____ No _____ Maybe _____

Optional information

Please print your name and contact information if you would like email notifications from the Dementia Friendly Community Coalition. (Your personal information and/or email will not be shared.)

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: (Home) _____ (Cell) _____



SILVER ALERT PROGRAM

In August of 2014 the State of Wisconsin developed Silver Alert, a statewide program developed to assist vulnerable adults who have wandered. Similar to Amber Alert (for missing or exploited children), Silver Alert goes out by email, text message, or fax through the Wisconsin Crime Alert Network to notify the public that an adult with Alzheimer's, dementia, or other permanent cognitive impairment is missing. Anyone may subscribe online at <https://alerts.wisconsincrimealert.gov/register.php> to receive Silver Alerts and Crime Alerts for free by email, text or fax.

The search technique for Silver Alerts may differ from Amber Alerts. Most people with Alzheimer's disease who wander are found less than 1.5 miles from home, so the search techniques are typically very different from the techniques used with Amber Alert. Statewide alerts, such as highway signs notifying the public and media, are not always the most effective way to find an adult wanderer. Typically, the notifications with Silver Alert will start local, and then branch out to regional and statewide methods.

According to the Alzheimer's and Dementia Alliance of Wisconsin, at least 116,000 people with dementia reside in Wisconsin, and approximately 60 percent will wander at some point as their condition progresses.

Silver Alerts will be issued when the following criteria are met:

- **The missing person is 60 years of age or older;**
- **The missing person is believed to have Alzheimer's, dementia or another permanent cognitive impairment that poses a threat to the individuals health and safety;**
- **There is a reasonable belief that the missing person's disappearance is due to the individual's impaired cognitive condition;**
- **The Silver Alert request is made within 72 hours of the individuals disappearance;**
- **There is sufficient information available to disseminate to the public that could assist in locating the missing person.**

As Alzheimer's and dementia are not limited to those 60 and older, where individuals are missing and at risk but do not meet the criteria for a Silver Alert, the Wisconsin Crime Alert Network (WCAN) can be utilized to send out a Missing/Endangered alert. With the WCAN, law enforcement officers issue alerts at no cost either by fax, e-mail, or text message to individuals and business owners. Anyone may subscribe to the Wisconsin Crime Alert Network to receive alerts.

For more information on wandering and safety, please contact the Alzheimer's Association's 24 Hour Helpline at 1-800-272-3900 or visit their website at www.alz.org.

For more information on the Silver Alert program, please visit the Wisconsin Crime Alert Network at www.wisconsincrimealert.gov.

WHY IT IS SO IMPORTANT TO STAY HYDRATED

When the temperatures rise, it is important to make sure you drink enough water to stay hydrated. Getting enough to drink is important whether you are playing sports, have certain medical conditions, working, or just sitting in the sun. Your body depends on water to survive. Every cell, tissue, and organ in your body needs water to work correctly. Water is needed for good health. If you don't replace the water you lose, you can become dehydrated. Don't wait until you notice symptoms of dehydration to take action. Actively prevent dehydration by drinking plenty of water.

Symptoms of dehydration include:

- Little or no urine, or urine that is darker than usual
- Dry mouth
- Sleepiness or fatigue
- Extreme thirst
- Headache
- Confusion
- Dizziness or lightheaded feeling
- No tears when crying



Different people need different amounts of water to stay hydrated. Most healthy people can stay well hydrated by drinking water and other fluids whenever they feel thirsty. For some people, fewer than eight 8 ounce glasses a day may be enough. Other people may need more than 8 glasses a day. Active people should drink at least 16-20 ounces of fluid one to two hours before an outdoor activity. After that, you should consume 6 to 12 ounces of fluid for every 10 to 15 minutes that you are outside. Drink more after you have finished with the activity. If you are concerned that you are not drinking enough water, check your urine. If your urine is consistently colorless or light yellow, you are most likely staying well hydrated. Dark yellow or amber-colored urine is a sign of dehydration.

Water is the best option for staying hydrated. Other drinks and foods can help you stay hydrated, but some may add extra calories from sugar to your diet. Water can also be found in fruits and vegetables (for example, watermelon, tomatoes, and lettuce) and in soup broths.

Drinks like fruit and vegetable juices, milk, and herbal teas can contribute to the amount of water you get each day. Even caffeinated drinks (for example, coffee, tea, and soda) can contribute to your daily water intake. A moderate amount of caffeine (200 to 300 milligrams) is not harmful for most people. This is about the amount in 2 to 4 8-ounce cups of coffee. However, it's best to limit caffeinated drinks because caffeine may cause some people to urinate more frequently, or feel anxious or jittery.

Choose a sports drink wisely. They are often high in calories from added sugar and may contain high levels of sodium. Also, check the serving size. One bottle may contain several servings. If you drink the entire bottle, you may need to double or triple the amounts given on the Nutrition Facts Label. Some sports drinks contain caffeine. If you use a sports drink that contains caffeine, be careful not to get too much caffeine in your diet.

Sports drinks are not the same as energy drinks. Energy drinks usually contain large amounts of caffeine and other stimulants (for example, guarana, ginseng, or taurine) that your body doesn't need. Most of these drinks are also high in added sugar. Most experts recommend that children and teens should not have energy drinks.

If you suspect that someone is dehydrated, seek immediate medical attention.

SUNGLASSES

Choosing the Right Protection for Your Eyes



Why do you need sunglasses? Sunglasses can help your eyes in two important ways:

1. **They filter light.**
2. **They protect your eyes from damaging sun rays.**

Good sunglasses reduce glare and filter out 99 to 100 percent of UV (ultraviolet) rays. They should also protect your eyes, be comfortable to wear, and not distort colors.

How can the sun damage my eyes? Three types of rays come from the sun:

- Visible light - the light that you see as color;
- Infrared, an invisible light that can be felt as heat; and
- UV rays, which are invisible. UV rays are often called “sunburn rays.” They include two types of rays that normally reach the earth - UV-A rays and UV-B rays.

Invisible UV rays can hurt your eyes. Some of the damage can happen right away, and some can happen over a lifetime. Bright sunlight can damage the clear, outer part of the eye called the cornea. It can also damage the part of the eye that focuses light (the lens) as well as the back of the inside of the eye (the retina) that send images to the brain.

How can sunglasses protect my eyes from UV rays? Good quality sunglasses help protect your eyes from harmful UV rays. When you buy sunglasses, look on the label for information on how well the sunglasses block UV rays from reaching the eyes. The more UV rays your sunglasses block, the better. Experts say that your sunglasses should block 99 to 100 percent of both UV-A and UV-B rays.

Lenses should also block at least 70 percent of visible light, letting in no more than 30 percent. But in areas where light is intense, such as at the beach or on snow, choose sunglasses that block all but 10 to 15 percent of visible light.

Sunglasses makers do not always attach a tag or label stating the amount of UV radiation the sunglasses block. Only buy sunglasses that provide a clear statement about how much UV radiation is blocked.

Are sunglasses the only way to protect my eyes from sun rays? No. Since as much as half of sunlight comes from overhead and gets by many glasses, you should also wear a brimmed cap or hat along with sunglasses to get the most sun protection. Eyewear that wraps around the face also helps lower the amount of sunlight and UV entering the eyes.

Who is at risk for eye problems caused by UV rays? Everyone is at risk for eye problems caused by the sun.

- Adults who spend long hours in the sun because of work or play have a higher risk of having problems from UV rays.
- People who have had cataract surgery or certain retinal disorders may also have a higher risk.
- People who take certain medicines, such as tetracycline, sulfa drugs, birth control pills, diuretics and tranquilizers that increase the eye’s sensitivity to light and are more sensitive to UV rays.

Types of lenses. There are many types of lenses for sunglasses. These lens types are NOT directed related to how well the lenses block UV rays. When you buy glasses, you need to check for the kind of lens you want and for the UV protection you need.

Clip-on lenses - You can wear clip-on lenses over your prescription eyeglasses. They are convenient, but may not fully cover the lens. Sometimes, clip-on lenses can produce annoying reflections with the lenses of regular glasses. They may also scratch your prescription glasses or fall off.

Gradient - Sunglasses can be dark on the top, getting lighter toward the bottom. They are useful for skiing or boating, where sunlight can come from above or be reflected from below off snow or water.

Mirrored - You can also buy lenses with a thin metallic coating that looks like a mirror and reflects light rays, further reducing the amount of light that can reach the eye.

Photocromatic - This type of lens changes with the amount of light. It darkens in bright light and lightens in dim light. These lenses can be helpful under different light conditions.

Polarizing - These lenses reduce glare and reflections that “bounce up” from flat surfaces. They are useful for driving, boating, fishing and other activities where there is glare off water or the ground.

Falls Prevention Awareness Day

SEPTEMBER 22, 2016

Ready, Steady, Balance:
Prevent Falls in 2016



Preventing Falls Among Your Older Loved Ones

Did you know that one in three older Americans falls every year? Falls are the leading cause of both fatal and nonfatal injuries for people aged 65 and older.

Falls can result in hip fractures, broken bones, and head injuries. And even falls without a major injury can cause an older adult to become fearful or depressed, making it difficult for them to stay active.

If you have an aging parent, grandparent, or neighbor in your life, helping them reduce their risk of falling is a great way to help them stay healthy and independent as long as possible.

The good news about falls is that most of them can be prevented. The key is to know where to look. Here are some common factors that can lead to a fall:

- **Balance and gait:** As we age, most of us lose some coordination, flexibility, and balance—primarily through inactivity, making it easier to fall.
- **Vision:** In the aging eye, less light reaches the retina—making contrasting edges, tripping hazards, and obstacles harder to see.
- **Medications:** Some prescriptions and over-the-counter medications can cause dizziness, dehydration or interactions with each other that can lead to a fall.
- **Environment:** Most seniors have lived in their homes for a long time and have never thought about simple modifications that might keep it safer as they age.
- **Chronic conditions:** More than 90% of older adults have at least one chronic condition like diabetes, stroke, or arthritis. Often, these increase the risk of falling because they result in lost function, inactivity, depression, pain, or multiple medications.

There are community-based programs, like Stepping On, and Tai Chi, that can help older adults learn how to reduce their risk of falling. Contact the Aging & Disability Resource Center of Marinette County at 715-732-3850 or 888-442-3267 for more information.

Take Control of Your Health: 6 Steps to Prevent a Fall

1

Find a good balance and exercise program

Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.



2

Talk to your health care provider

Ask for an assessment of your risk of falling. Share your history of recent falls.



3

Regularly review your medications with your doctor or pharmacist

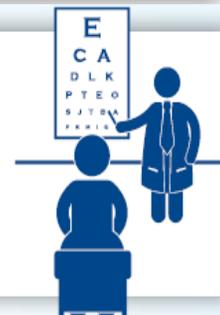
Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.



4

Get your vision and hearing checked annually and update your eyeglasses

Your eyes and ears are key to keeping you on your feet.



5

Keep your home safe

Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.



6

Talk to your family members

Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.





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

Caregivers and Exercise—Take Time for Yourself

Taking care of yourself is one of the most important things you can do as a caregiver. Finding some time for regular exercise can be very important to your overall physical and mental well-being.

Physical activity can help you:

- Increase your energy level so you can keep up with your daily caregiving activities.
- Reduce feelings of depression and stress, while improving your mood and overall well-being.
- Maintain and improve your physical strength and fitness.
- Manage and prevent chronic diseases and conditions like diabetes, heart disease, and osteoporosis.
- Improve or maintain some aspects of cognitive function, such as your ability to shift quickly between tasks and plan activities.

Some ways for caregivers to be physically active:

- Take exercise breaks throughout the day. Try three 10-minute “mini-workouts” instead of 30 minutes all at once.
- Make an appointment with yourself to exercise. Set aside specific times and days of the week for physical activity.
- Exercise with a friend and get the added benefit of emotional support.
- Ask for help at home so you can exercise.
- If possible, find ways to be active with the person you’re caring for. Both of you can benefit from physical activity!



Quick Tip

Pick an activity you really enjoy to make exercise something you *want* to do, not *have* to do.

VISIT

www.nia.nih.gov/Go4Life

- Read more tips for adding physical activity to your day.
- Print useful tools.
- Order a free exercise guide or DVD.
- Share your exercise story.



National Institute on Aging

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

JUST FOR FUN

Fun things to Know About Independence Day

While most Americans know that the U.S.'s birthday is celebrated on July 4th, it's a misconception that all the signers of the Declaration of Independence signed it on the Fourth of July. Only two people actually signed it on the 4th. Most of the signers of the Declaration of Independence actually signed the document on August 2, 1776.

Did you know which president was born on July 4?

It was Calvin Coolidge, the 30th president, in 1872.

Which three presidents died on the Fourth of July?

They were three of the first five presidents: John Adams, Thomas Jefferson and James Monroe. The second president, Adams, and the third, Jefferson, both died in 1826, the 50th anniversary.

When did the Fourth of July become a legal federal holiday?

1870. Then, in 1938 Congress reaffirmed the holiday to make sure all workers received full pay.

How many people lived in the U.S. when the Declaration was signed?

2.5 million

When were fireworks first used to celebrate July Fourth?

1777. Congress chose fireworks as a way to celebrate the first anniversary. They were ignited over Philadelphia. The celebration also included bonfires and bells.

Which president first held a Fourth of July celebration at the White House?

Thomas Jefferson



Strawberry Dream Squares

- 12 graham crackers, finely crushed (about 2 cups)
- 1/3 cup butter or margarine, melted
- 1 pkg. (8oz) Cream Cheese, softened
- 1/2 cup powdered sugar
- 1 cup drained mashed thawed frozen strawberries
- 3 cups thawed Cool Whip Whipped Topping, divided
- 2 pkg. (3.4 oz. each) Jell-O Vanilla Flavor Instant Pudding



- Mix graham crumbs and butter. Reserve 2 Tbsp. crumb mixture; press remaining onto bottom of a 13x9-inch pan. Refrigerate while preparing filling.
- Mix cream cheese and powdered sugar in medium bowl until blended. Add strawberries, mix well. Gently stir in 2 cups Cool Whip; spread over crust.
- Beat pudding mixes and milk with whisk 2 min.; pour over cream cheese layer. Refrigerate 1 hour; top with remaining Cool Whip and reserved crumb mixture. Refrigerate 4 hours.

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



Aging & Disability Resource Center
of Marinette County

2500 Hall Avenue

Marinette, WI 54143

Phone: 715-732-3850

Fax: 715-732-3849

Toll Free: 888-442-3267

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”*

