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## Aging & Disability Resource Center of Marinette County



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### Answers and Solutions start here!

The Aging and Disability Resource Center of Marinette County is the place to start whether you or a loved one is facing the challenges that come with changes in health, disability and age or to prevent these changes from becoming challenges. Whether you want to enroll in a specific program or you don't even know what to ask, the ADRC is the place to start.

The goal of the ADRC of Marinette County is to build a community that values, empowers and supports seniors, persons with disabilities and their caregivers. There are no fees, no income eligibility guidelines, and no asset tests for ADRC services. There is no application for services; however, staff may need to ask specific questions in order to best assist callers. Calls may be anonymous. The ADRC does not provide direct financial assistance, housing, transportation, medical services or direct services. The ADRC is an information, referral and assistance service. The ADRC listens to understand each individual situation and connects people to services and resources that best fit their needs so they can maintain control of their lives. We are here to help you!

ADRC's offer assistance in finding services to match your needs such as:

- In-home care
- Abuse, neglect and financial exploitation
- Youth Transitions
- Adaptive equipment
- Long Term Care Options Counseling
- Legal issues (guardianship, power of attorney, client rights advocacy)

### Disability Benefit Specialist (DBS)

What is a Disability Benefit Specialist? A Disability Benefit Specialist is trained to provide you with 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. Our DBS can assist persons who have been denied benefits and need to appeal a decision. She can also resolve problems with public agencies, medical offices and insurance companies. Contact the ADRC today and ask for our DBS.

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](mailto:adrc@marinettecounty.com)

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**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, SSI-E certification and Facilitation of Guardianships and Protective Placements.



# Foot Care Clinic

*Date: Feb. 27, 2014*  
*Time: 10:00 a.m.—Noon*



ResCare Nursing Staff will be at the ADRC to trim toenails and discuss foot care. Participants must sign up for an appointment. You will need to soak your feet for 20 minutes at home prior to your appointment. Feel free to bring your own towel and basin or the ADRC will also have supplies available for your use.

**ADRC of Marinette County**  
 2500 Hall Avenue  
 Marinette, WI 54143



## **CALL FOR AN APPOINTMENT**

Phone: 715-732-3850  
 Toll Free: 888-442-3267  
 E-mail: [adrc@marinettecounty.com](mailto:adrc@marinettecounty.com)

Information & Assistance Staff will be available to share other resources that may be of interest to you.

## **COMING SOON**

### **Older American Cognitive Memory Screen**

The ADRC will be hosting a Cognitive Memory Screen Clinic. Watch for details this Spring!





## *Transition*

### *Connecting... Adolescence to Adulthood*

### *Guardianship: What It is All About?*

*In Wisconsin, you are considered an adult after turning 18 except for criminal law purposes (age 17) and for purchasing alcohol (age 21).*

#### **Did you know?**

- When a student turns 18, parents no longer automatically have legal control over their son/daughter's affairs regardless of the nature or severity of their disability.
- Acquiring guardianship is a legal process that may take several months and involves lawyers, judges, healthcare providers and the court system.
- Without guardianship, parents cannot make medical or financial decisions for children 18 or older.

**Guardianship is the legal power to care for another person and manage his or her affairs.**

There are two basic kinds of guardians:

- Guardian of the estate – controls finances
- Guardian of the person – arranges for personal needs such as food, shelter, human services, or medical care.
- If necessary, a court may appoint the same person for both kinds of guardianship or the responsibilities may be divided.

A judge makes the determination that guardianship is necessary, indicating that the person is *incompetent*. It is important to note that a person is not considered incompetent just because they have a physical or developmental disability or make what others consider poor decisions.

### Things to think about when considering guardianship:

- It is helpful to breakdown the individual's need for support and decision making ability into functional areas such as medical care, safety, financial and personal needs.
- Evaluate what decisions need to be made in these areas.
- Is the individual able to understand the information related to these areas and then make decisions?
- Is there support in the form of an advocate to help the individual make these decisions and protect them from exploitation?
- Remember, there are less restrictive forms of guardianships and alternatives to guardianship that enable the individual to retain the most control over their life.

*Parents should consider the issue of guardianship and related alternatives to guardianship at least 6 months prior to their son or daughter's 18<sup>th</sup> birthday.*

*Connecting People, Resources and Community...*

*Answers and Solutions start here!*

*Please contact the ADRC of Marinette County for assistance.*

Adapted from: DHS Wisconsin Publications

## **IMPORTANT UPCOMING CHANGES TO SERVICES PROVIDED AT SOCIAL SECURITY OFFICES ACROSS THE COUNTRY**

As of February 2014, the Social Security Administration will no longer offer Social Security number (SSN) printouts and benefit verification information in field offices. However, to ensure a smooth transition, they will continue providing these services if requested until April 2014. These changes are being made to meet the increasing demands for their services at the same time the agency budget has been significantly cut. Investments have been made in technology that offers more convenient, cost-effective, and secure options for customers to obtain certain services without visiting a local office.

Because the SSN printout is not an official document with security features, and is easily duplicated, misused, shared illegally, or counterfeited, eliminating it helps prevent fraud. Employers, departments of motor vehicles, and other entities requiring SSN verification can obtain this information in real time or overnight using online government services such as E-Verify and Social Security's Business Services Online. Beneficiaries and recipients needing a benefit verification letter can obtain one **immediately** by registering for a *my* Social Security account at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount). You also can get one mailed to you by calling the national toll-free number, 1-800-772-1213.

For future updates and news visit [www.socialsecurity.gov/thirdparty](http://www.socialsecurity.gov/thirdparty).

# 25 Healthy Resolutions for Every Day of the Year

Below are 25 of the best things everyone can do for their health. You probably already do some of them! Check the ones you already do (and pat yourself on the back for taking such good care of yourself). Then pick one, two or more things you can start doing today to improve your health.

## Don't smoke.

If you smoke, quitting now will lower your risk of lung cancer and other smoking-related illnesses.

## Exercise every day.

Regular exercise such as brisk walking, dancing or even cleaning your house can reduce your risk of heart disease and other serious health problems.

## Eat more fruits and veggies.

Eating plenty of fruits and vegetables can lower your risk of heart disease, cancer and other health problems.



## Cut back on junk food.

You don't have to give up everything you enjoy, just cut back on snacks that are high in fat, salt or sugar.

## Drink five to eight glasses of water every day.

Not getting enough water can make you feel sluggish and tired.



## Maintain a healthy weight.

You don't have to be supermodel skinny (in fact, that's not healthy either!). Instead, focus on keeping your weight in a healthy range for your body type.

## Get plenty of rest.

Seven to eight hours of sleep every night can do wonders for your health, energy and overall mood.

## Cut back on alcohol.

Or, choose not to drink at all. Too much alcohol can increase the risk of cancer and other serious health problems.

## Don't drink and drive.

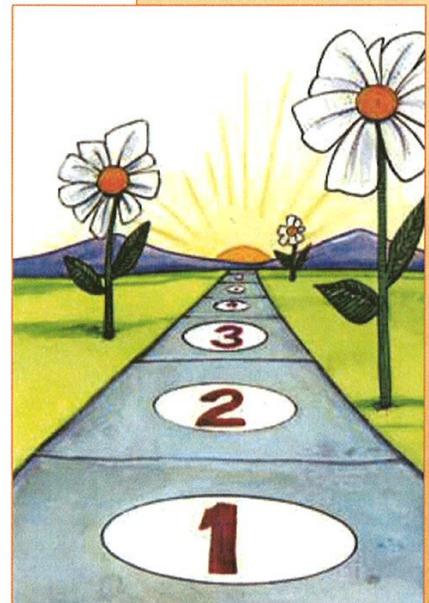
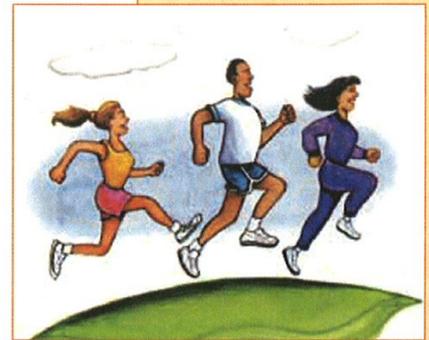
Ever. Don't let your friends drink and drive either.

## Manage stress.

Too much stress can contribute to health problems. Make a plan today for reducing stress in your life.

## Take time to relax.

Read, walk or meditate – do a little of whatever you find relaxing each day.



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This pamphlet is not a substitute for professional medical care. If you have questions or concerns, please talk with a health care provider.

### Avoid secondhand smoke.

Secondhand smoke can cause lung cancer, heart disease and other serious health problems in nonsmokers.

### Avoid fad diets.

Extreme dieting can play havoc with your health. To maintain a healthy weight, eat regular healthy meals and increase your exercise.

### Eliminate or cut back on caffeine.

Too much caffeine can cause nervousness or sleep problems and may contribute to osteoporosis and heart disease.

### Drive the speed limit.

Car crashes are one of the leading causes of death in the United States. Following safety laws can help reduce the risk of having an accident.



### Wear your seatbelt.

Seatbelts can help prevent injury and death in car accidents.

### Spend time with friends and family.

Studies show that being lonely can affect your health.

### If you are depressed, get help.

If you have been sad or down for more than two weeks, talk to a doctor or counselor. Lifestyle changes, therapy and medications can all help you feel better.



### Don't use drugs.

Any type of recreational drug use puts your health at risk.

### Use medications properly.

Follow the directions for over-the-counter and prescribed medications.

### Brush, floss and visit your dentist.

Your smile will be brighter and you'll lower your risk of heart disease and other problems caused by tooth decay and gum disease.



### Get regular checkups.

Regular checkups and health screenings can catch problems early, while they are most treatable. Ask your doctor which screening tests you should have.



### Do self-exams.

Breast exams for women, testicular exams for men, and skin exams for both men and women can catch problems early, when they can be treated most successfully.

### Protect your sexual health.

If you are sexually active, talk with your health care provider about how to protect yourself from sexually transmitted diseases and infections.

### Protect your skin from the sun.

Use sunscreen, wear a hat and cover up. Too much sun increases your risk of skin cancer.



## Have trouble keeping healthy resolutions? These tips can help.

#### ✓ Be realistic.

Don't try to do too much and don't try to change everything all at once.

#### ✓ Start easy.

For example, if exercising an hour a day feels overwhelming, start with ten minutes instead.

#### ✓ Look for progress, not perfection.

No one is perfect when it comes to healthy behaviors. If you have setbacks, don't give up. Try again.

#### ✓ Get support.

Getting support can be especially important for changes that you know will be difficult, such as quitting smoking.

#### ✓ Reward your successes.

Treat yourself to a movie, go to a ballgame or enjoy a sunset. It's important to acknowledge and celebrate healthy changes.

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# Older Drivers: 7 Tips for Driver Safety



Driver safety requires more than understanding road signs and traffic laws. As you get older, you'll likely notice physical changes that can make certain actions — such as turning your head to look for oncoming traffic or driving at night — more challenging. Still, older drivers can remain safe on the road. Consider seven tips for older drivers.

## ***No. 1: Stay physically active***

Staying physically active improves your strength and flexibility. In turn, physical activity can improve driver safety by making it easier to turn the steering wheel, look over your shoulder and make other movements while driving and parking. Look for ways to include physical activity in your daily routine. Walking is a great choice for many people. Stretching and strength training exercises are helpful for older drivers, too. If you've been sedentary, get your doctor's OK before increasing your activity level.

## ***No. 2: Schedule regular vision and hearing tests***

Senses such as hearing and vision tend to decline with age. Impaired hearing can be a concern for older drivers by limiting the ability to hear an approaching emergency vehicle or train. And common age-related vision problems — such as cataracts, glaucoma and macular degeneration — can make it difficult to see clearly or drive at night.

Ask your doctor how often to schedule vision and hearing tests. Even if you think your hearing and vision are fine, stick to your doctor's recommended exam schedule. Problems may be easier to correct if caught early.

## ***No. 3: Manage any chronic conditions***

Work with your doctor to manage any chronic conditions — especially those that might impact driver safety, such as diabetes or seizures. Follow your doctor's instructions for managing your condition and staying safe behind the wheel. This might include adjusting your treatment plan or restricting your driving.

Of course, it's equally important to know your medications. Many drugs can affect driver safety, even when you're feeling fine. Read your medication labels so that you know what to expect from each one. Don't drive if you've taken medication that causes drowsiness or dizziness. If you're concerned about side effects or the impact on driver safety, consult your doctor.

## ***No. 4: Understand your limitations***

Consider your physical limitations and make any necessary adjustments. For example, if your hands hurt when gripping the steering wheel, use a steering wheel cover that makes holding and turning the wheel more comfortable. You might ask your doctor for a referral to an occupational therapist, who can offer assistive devices to help you drive or suggest specific exercises to help you overcome your limitations.

You might also adjust your vehicle or choose a different vehicle to better meet your needs. For example, many older drivers find it easier to step into and out of a bigger car. Vehicles that feature larger, easier-to-read dials on the dashboard are often popular with older drivers. Features such as large mirrors and power windows and door locks can be helpful too.

## ***No. 5: Drive under optimal conditions***

You can improve driver safety by driving during the daytime, in good weather, on quiet roads and in familiar areas. Plan your route to avoid rush-hour traffic. Delay your trip if the visibility is poor. Beyond road conditions, make sure you're in optimal condition to drive. Don't drive if you're tired or angry—and never drive after drinking alcohol.

## ***No. 6: Plan ahead***

When you get in your vehicle, be prepared to drive. Plan your route ahead of time so that you don't find yourself trying to read a map or printed directions while driving. If you use a GPS device, enter your destination before you start driving. If necessary, call ahead for directions or major landmarks, such as water towers, schools, or other prominent buildings. While you're driving don't do anything that takes your focus from the road—such as eating, using a cell phone or adjusting the radio.

## ***No. 7: Update your driving skills***

Consider taking a refresher course for older drivers. Updating your driving skills might even earn you a discount on your insurance, depending on your policy. Look for courses through a community education program or local organizations that serve older adults.

In addition, know when it's time to consider other alternatives. If you become confused while you're driving or you're concerned about your ability to drive safely—or loved ones or others have expressed concern—it might be best to stop driving. Consider taking the bus, using a van service, hiring a driver or taking advantage of other local transportation options. Giving up your car keys doesn't need to end your independence. Instead, consider it a way to keep yourself and others safe on the road.

# HOW TO DRIVE A ROUNDABOUT

## *Driving single-lane roundabouts*

As you approach a roundabout, you will see a yellow "roundabout ahead" sign with an advisory speed limit for the roundabout.



Slow down as you approach the roundabout, and watch for pedestrians in the crosswalk.

Continue toward the roundabout and look to your left as you near the yield sign and dashed yield line at the entrance to the roundabout. Yield to traffic already in the roundabout.

Once you see a gap in traffic, enter the circle and proceed to your exit. If there is no traffic in the roundabout, you may enter without yielding.

Look for pedestrians and use your turn signal before you exit, and make sure to stay in your lane as you navigate the roundabout.

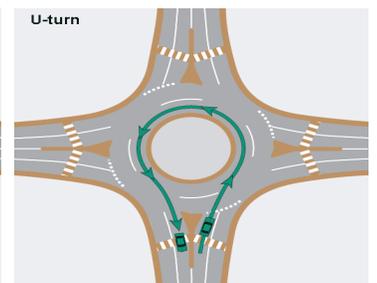
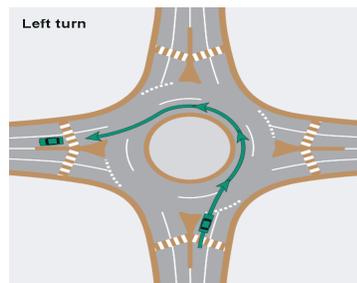
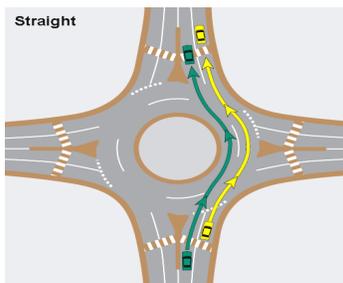
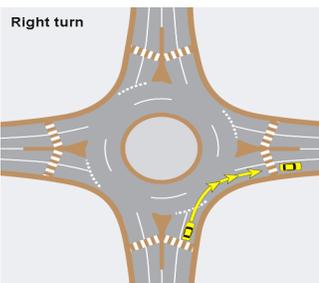
## *Driving multi-lane roundabouts*

In a multi-lane roundabout, you will see two signs as you approach the intersection: The yellow "roundabout ahead" sign and a black-and-white "lane choice" sign. You will need to choose a lane prior to entering the roundabout.



You choose your lane in a multi-lane roundabout the same way you would in a traditional multi-lane intersection. To go straight or right, get in the right lane. To go straight or left, get in the left lane. Drivers can also make U-turns from the left lane.

The graphics below show what turns can be made in multi-lane roundabouts. The arrows in yellow show the movements that can be made from the right lane, and the arrows in green show the movements that can be made from the left lane.



Once you have selected your lane, watch for pedestrians in the crosswalk as you approach the roundabout.

At the dashed yield line, look to your left and yield to drivers already in the roundabout. Remember, in a multi-lane roundabout, you must yield to **both lanes** of traffic.

Once a gap in traffic appears, merge into the roundabout and proceed to your exit. Look for pedestrians and use your turn signal before you exit. If there is no traffic in the roundabout, you may enter without yielding.

## *Trucks/oversize vehicles and roundabouts*

Roundabouts are designed to accommodate vehicles of all sizes, including emergency vehicles, buses, farm equipment and semitrucks with trailers. Oversize vehicles and vehicles with trailers may straddle both lanes while driving through a roundabout.

Many roundabouts are also designed with a truck apron, a raised section of pavement around the central island that acts as an extra lane for large vehicles. The back wheels of the oversize vehicle can ride up on the truck apron so the truck can easily complete the turn, while the raised portion of concrete discourages use by smaller vehicles.



Because large vehicles may need extra room to complete their turn in a roundabout, drivers should remember never to drive next to large vehicles in a roundabout.

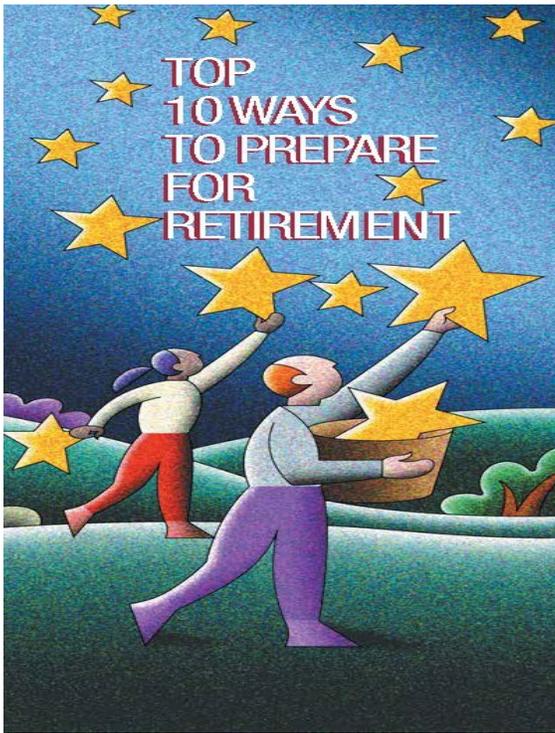
[www.wsdot.wa.gov/safety/roundabouts](http://www.wsdot.wa.gov/safety/roundabouts)

## ADRC LOAN CLOSET

We are happy to say that our ADRC Loan Closet has been successful. Word is getting out and we've been able to fill many peoples needs by loaning equipment to those who may not have insurance coverage or are unable to pay out of pocket.

Thank you to everyone who has donated. Our inventory continues to grow. If you would like to contribute equipment that is in good working order, please call the ADRC prior to bringing it in to make sure we can accept your contribution and arrange for pick-up if necessary.





Financial security in retirement doesn't just happen. It takes planning and commitment and, yes, money.

### Facts

- Fewer than half of Americans have calculated how much they need to save for retirement.
- In 2010, 30 percent of private industry workers with access to a defined contribution plan (such as a 401(k) plan) did not participate.
- The average American spends 20 years in retirement.

Putting money away for retirement is a habit we can all live with. Remember...Saving Matters!

## 1. Start saving, keep saving, and stick to your goals

If you are already saving, whether for retirement or another goal, keep going! You know that saving is a rewarding habit. If you're not saving, it's time to get started. Start small if you have to and try to increase the amount you save each month. The sooner you start saving, the more time your money has to grow (see the chart below). Make saving for retirement a priority. Devise a plan, stick to it, and set goals. Remember, it's never too early or too late to start saving.

## 2. Know your retirement needs

Retirement is expensive. Experts estimate that you will need at least 70 percent of your preretirement income – lower earners, 90 percent or more – to maintain your standard of living when you stop working. Take charge of your financial future.

## 3. Contribute to your employer's retirement savings plan

If your employer offers a retirement savings plan, such as a 401(k) plan, sign up and contribute all you can. Your taxes will be lower, your company may kick in more, and automatic deductions make it easy. Over time, compound interest and tax deferrals make a big difference in the amount you will accumulate. Find out about your plan. For example, how much would you need to contribute to get the full employer contribution and how long would you need to stay in the plan to get that money.

## 4. Learn about your employer's pension plan

If your employer has a traditional pension plan, check to see if you are covered by the plan and understand how it works. Ask for an individual benefit statement to see what your benefit is worth. Before you change jobs, find out what will happen to your pension benefit. Learn what benefits you may have from a previous employer. Find out if you will be entitled to benefits from your spouse's plan.

## 5. Consider basic investment principles

How you save can be as important as how much you save. Inflation and the type of investments you make play important roles in how much you'll have saved at retirement. Know how your savings or pension plan is invested. Learn about your plan's investment options and ask questions. Put your savings in different types of investments. By diversifying this way, you are more likely to reduce risk and improve return. Your investment mix may change over time depending on a number of factors such as your age, goals, and financial circumstances. Financial security and knowledge go hand in hand.

## 6. Don't touch your retirement savings

If you withdraw your retirement savings now, you'll lose principal and interest and you may lose tax benefits or have to pay withdrawal penalties. If you change jobs, leave your savings invested in your current retirement plan, or roll them over to an IRA or your new employer's plan.

## 7. Ask your employer to start a plan

If your employer doesn't offer a retirement plan, suggest that it start one. There are a number of retirement saving plan options available. Your employer may be able to set up a simplified plan that can help both you and your employer.

## 8. Put money into an Individual Retirement Account

You can put up to \$5,500 a year into an Individual Retirement Account (IRA); you can contribute even more if you are 50 or older. You can also start with much less. IRAs also provide tax advantages.

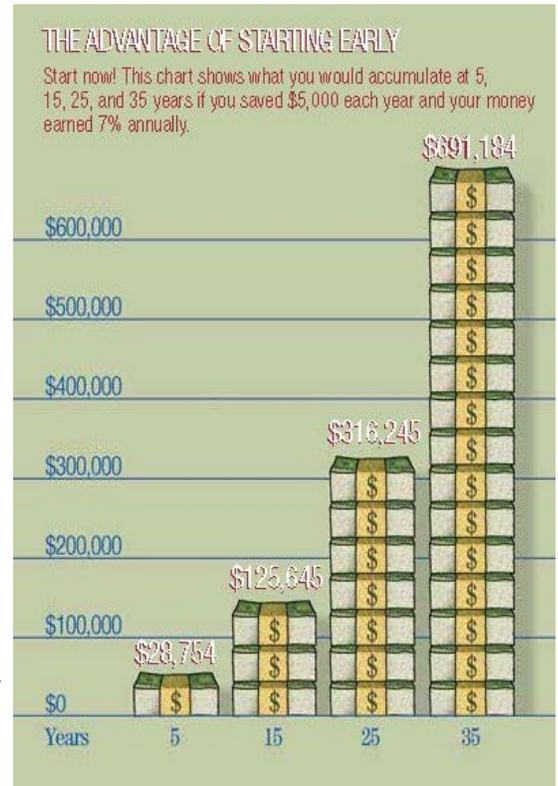
When you open an IRA, you have two options – a traditional IRA or a Roth IRA. The tax treatment of your contributions and withdrawals will depend on which option you select. Also, the after-tax value of your withdrawal will depend on inflation and the type of IRA you choose. IRAs can provide an easy way to save. You can set it up so that an amount is automatically deducted from your checking or savings account and deposited in the IRA.

## 9. Find out about your Social Security benefits

Social Security pays benefits that are on average equal to about 40 percent of what you earned before retirement. You may be able to estimate your benefit by using the retirement estimator on the [Social Security Administration's Website](#). For more information, visit their Website or call 1-800-772-1213.

## 10. Ask Questions

While these tips are meant to point you in the right direction, you'll need more information. Talk to your employer, your bank, your union, or a financial adviser. Ask questions and make sure you understand the answers. Get practical advice and act now.





## PERSONAL EMERGENCY RESPONSE SYSTEMS

Personal Emergency Response Systems (PERS), also known as Medical Emergency Response Systems or Lifeline, let you call for help in an emergency by pushing a button. A PERS has three components: a small radio transmitter, a console connected to your telephone, and an emergency response center that monitors calls.

Transmitters are light-weight, battery-powered devices. You can wear one around your neck, on a wrist band, on a belt, or in your pocket. When you need help, you press the transmitter's help button, which sends a signal to the console. The console automatically dials one or more emergency telephone numbers. Most PERS are programmed to telephone an emergency response center. The center will try to find out the nature of your emergency. They also may review your medical history and check who should be notified.

You can purchase, rent or lease a PERS. Keep in mind that Medicare, Medicaid, and most insurance companies typically don't pay for the equipment, and the few that pay require a doctor's recommendation. If you buy a PERS, expect to pay an installation fee and a monthly monitoring charge. Rentals are available through local distributors, national manufacturers, hospitals, and nursing homes and fees often include the monitoring service. Read the contract carefully before you sign, and make note of extra charges, like cancellation fees.

Questions you can ask a PERS company include:

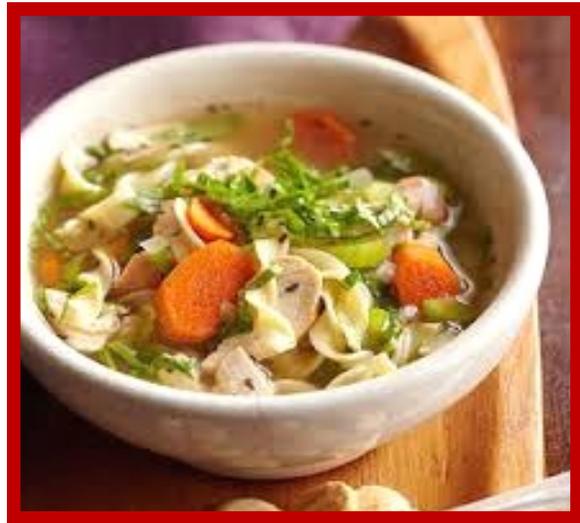
- Is the monitoring center open 24/7? What kind of training do staff receive?
- What's the average response time, and who gets alerted?
- Will I be able to use the same system with other response centers if I move? What if I move to another city or state?
- What's the repair policy? What happens if I need a replacement?
- What are the initial costs? What costs are ongoing? What kind of services and features will I get?

Your options when it comes to PERS may depend on where you live. Your local ADRC can tell you what systems are available in your area. See if friends, neighbors, or relatives have recommendations. When you have a list of agencies you're considering, check with your local consumer protections agency, state Attorney General, and Better Business Bureau to see if any complaints have been filed against them.

# Homemade Chicken Noodle Soup

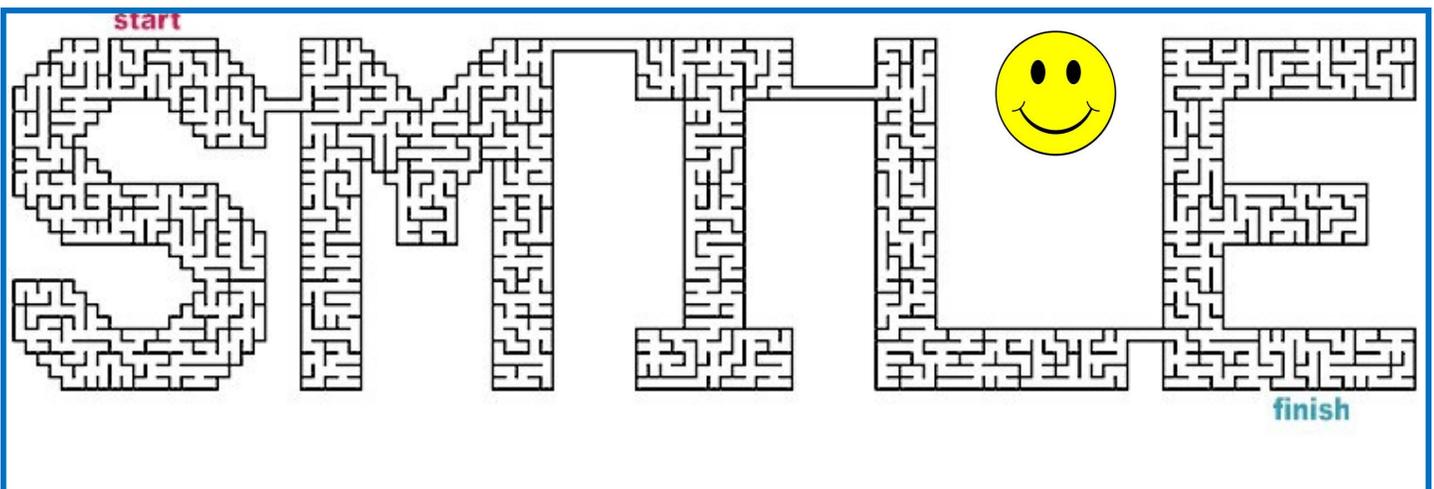
## Ingredients

2 pounds skinless chicken breast fillets  
 2 tablespoons vegetable oil  
 1 tablespoon butter  
 1 cup diced onion  
 1 cup diced carrot (about 2 medium carrots, peeled)  
 1/2 cup diced celery  
 4 cups chicken broth  
 4 cups water  
 1 teaspoon salt  
 1-2 teaspoon freshly ground black pepper  
 1-2 teaspoon minced fresh parsley  
 3 cups wide egg noodles (uncooked)



## Preparation

1. Heat 2 tablespoons vegetable oil in a large skillet over medium heat. Sauté chicken breasts for 10 to 15 minutes or until lightly browned on both sides and cooked through. Remove chicken from the skillet to a cutting board to cool a bit, then shred or chop into pieces.
2. Reduce heat to medium/low, add butter to skillet then toss in onion, carrot and celery. Slowly cook the veggies for 10 minutes, stirring often, or until carrots are beginning to soften.
3. Put chicken in a large soup pot. Add the veggies, chicken broth, water, salt, pepper and parsley. Bring soup to a boil then reduce heat and simmer for 10 minutes. Add noodles and simmer for an additional 15 minutes or until noodles are soft. Serve with a pinch of minced fresh parsley sprinkled on top.



## OFFICE HOURS

**Monday thru Friday**  
**8:30 AM—4:30 PM**  
**Or by appointment, if necessary**

Visit our Website at:  
[www.marinettecounty.com/adrc](http://www.marinettecounty.com/adrc)

E-mail:  
[adrc@marinettecounty.com](mailto: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”*

