

OCTOBER 2014



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Marinette, WI 54143
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Aging & Disability Resource Center of Marinette County



How Can We Help You?

Inside this issue:

Staff	2
Foot Care Clinic	3
Shingles Vaccine Information	4
Alzheimer's Association Awareness-Caregiver Program	5
Miss Amazing-Wisconsin	7
The Downsizing Dilemma	8-9
What is Elder Abuse?	10
Flu Clinic Schedule	11
Just for Fun	12-13

The Aging and Disability Resource Center (ADRC) is the first place to go to get accurate, unbiased information on all aspects of life related to aging or living with a disability. We are here to answer your questions about long-term care expenses, disability benefits, housing options or general health and wellness. We provide free and confidential assistance to individuals, concerned families or friends, or professionals working with issues related to aging or disabilities. The ADRC provides information on programs and services, helps people understand the various long term care options available to them and helps people apply for programs and benefits. These services can be provided at the ADRC, via telephone, or through a home visit, whichever is more convenient to the individual requesting help.

Our Disability Benefit Specialist (DBS) can help answer questions or solve problems related to benefits such as Medicaid (Medical Assistance), Social Security Disability Income (SSDI), Supplemental Security Income (SSI), Medicare, including Part D, Prescription Drug Assistance, FoodShare, Low-Income Tax Credits, Insurance issues, Housing and Utility issues and Veterans' Benefits. She can provide referrals, assistance and support on other matters including disability rights and the impact of earnings on financial eligibility for public benefits. In some cases, you may receive representation in formal appeals related to denials of eligibility, termination of benefits or overpayment of public and private benefits.

The ADRC can also help with the transition of youth who have a disability from school and/or children's services to adult services. Options Counselors and our DBS are available to assist you with the transition. Our Benefit Specialist can assist with making sure you maintain your disability benefits once you turn 18 or assist you in applying for disability if you do not have a determination from Social Security. Options Counselors can assist you with deciding what programs, if any, is going to be the best for you.

Feel free to contact the ADRC with your questions. ***Answers and Solutions Start Here!***

ADRC's can help you find services to match your needs...

- Information and Assistance
- Long Term Care Options Counseling
- Benefits Counseling
- Health and Wellness Programs
- Youth Transition Assistance

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

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



Foot Care Clinic

Date: Thursday—October 9, 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

**DONATIONS ARE
 ENCOURAGED**



**CALL FOR AN
 APPOINTMENT**

Phone: 715-732-3850

Toll Free: 888-442-3267

E-mail: adrc@marinettecounty.com

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

When we heard that **1** out of **3** people 60 years old and older get shingles...



we got the shingles vaccine!

What is shingles?

- Shingles is a disease that causes a painful, blistering rash. One in five people with shingles will have severe, long-term pain after the rash heals.
- Almost all older adults can get shingles. About one in three people will develop the disease during their lifetime.
- Shingles is more common and more serious in older adults. Nearly 1 million Americans get shingles every year and about half of them are 60 years old and older.

How can the risk of shingles and long-term pain from shingles be reduced?

- A new vaccine against shingles has been developed and is recommended for people 60 years old and older.
- You can reduce your risk of shingles and long-term pain by **getting the vaccine**.
- In a clinical trial involving people 60 years old and older, the shingles vaccine prevented long-term pain in two out of three people who got vaccinated and prevented the disease in about half of them.

Reduce **YOUR** risk of shingles. **GET VACCINATED.**



For more information, ask your healthcare provider, call **800-CDC-INFO (800-232-4636)**, or visit www.cdc.gov/vaccines/vpd-vac/shingles/default.htm.



alzheimer's association®

AWARENESS—CAREGIVER PROGRAM

Know the 10 Warning Signs

Monday, September 29th

9:30 am - 11:30 am



Basics of Alzheimer's

Monday, September 29th

1:00 pm - 3:00 pm

**Conversations About
Alzheimer's**

Monday, October 6th

9:30 am - 11:30 am

**Caregiver Stress: Take
Care of Yourself**

Monday, October 6th

1:00 pm - 3:00 pm

**Living with Alzheimer's for
Caregivers:**

Persons in Middle Stage

Monday, October 13th - **Part 1**

9:30 am - 11:30 am

Monday, October 20th - **Part 2**

9:30 am - 11:30 am

Monday, October 20th - **Part 3**

1:00 pm - 3:00 pm

**Living with Alzheimer's for
Caregivers:**

Persons in Late Stage

Monday, October 27th

9:30 am - 11:00 am - **Part 1**

1:00 pm - 3:00 pm - **Part 2**

WHERE:


Aging & Disability Resource Center
of Marinette County
2500 Hall Avenue
Marinette, WI 54143



Registration is required for free program.

Attend all sessions or pick and choose sessions of interest to you.

Contact: ADRC of Marinette County

Phone: 715-732-3850

Toll Free: 888-442-3267

Email: adrc@marinettecounty.com

November 4th is Election Day



Registering to Vote in Wisconsin: The Basics for 2014

FAIR ELECTIONS
LEGAL NETWORK

What type of ID do I need to register?

Acceptable proof-of-residence documents must contain a name and current address, and include but are not limited to the following:

- A current and valid Wisconsin driver's license or ID card;
- Another official ID card or license issued by a WI government body;
- Any government document or check including federal and state benefits or social services notices, benefits statements, etc.;
- A university, college, or technical college photo ID (even if it doesn't comply with the voter ID law) ONLY if the voter provides a tuition receipt from the last 9 months or an enrollment verification letter;
- ***Public*** university and technical college correspondence & documents including admissions correspondence, financial aid notices, tuition fee receipts, report cards, schedules, and MyUW-Madison /Student Center webpage screens;
- Federal student loan correspondence and notices;
- A gas, electric, water, landline or cell phone, Internet, or cable utility bill for a period beginning no earlier than 90 days before Nov. 4;
- Employer photo ID with a current address;
- Paycheck or bank or credit union statement;
- A real estate tax bill or receipt for the current or preceding year; or
- Residential lease that is effective on date of registration (Not valid if registering by mail).

For more details and other options visit: www.gab.wi.gov

Important Dates

Election Day: November 4

Mail-in voter registration deadline: Oct. 15

Late registration at clerk's office until: Oct. 31

****Election Day Registration is available****

Last day to apply for ballot by mail: October 30
(Oct. 31 if in-person application)

Last day to return ballot by mail: Nov. 4, or
postmarked by Nov. 4 and received by Nov. 7

Early voting available: Oct. 20 to 31

Hours:

Election Day polling place hours: 7 a.m. – 8 p.m.

*Early voting hours vary by location

Polling Places:

Polling place locator online at GAB's website: <https://myvote.wi.gov/>

Information provided by Fair Elections Legal Network

www.fairelectionsnetwork.com

CATHERINE WINS NATIONAL TITLE



Catherine Elfering—Crivitz, Wisconsin
Miss Amazing 2014

BY: Catherine Elfering

Last Spring I wrote an article about the Miss Amazing Pageant for Wisconsin. Miss Amazing is a cool organization started by Ms. Jordan Somer in November of 2007. It became a non-for-profit in 2012. The mission of Miss Amazing, Inc. is to provide opportunities for girls and women with disabilities to build self-confidence in a supportive environment. The pageant celebrates the abilities of these girls and women believing that all people should be given the opportunity to reach their full potential. This pageant allows the girls and women with unique abilities to compete in three categories: a talent show, evening wear, and interviewing.

In the Spring I was chosen to represent the state of Wisconsin in the 2014 National Miss Amazing Pageant for the Junior Teen division and I was selected the **National Queen for the Junior Teen Division** in Omaha, Nebraska on August 9, 2014. I travelled to Nebraska with my Mom and my Godmother, Mrs. Connolly and

friend, Annie. My talent, of course, was singing. Many of you know that I love to sing! I chose the re-make song by Glee, “Lean on Me”. I even sang the song with a street musician in Omaha during our evening night on the town. My classmates also know that I love fashion and received the “Fashionista Award” at my 8th grade graduation so competing in evening wear was a highlight for me. The interview gave me an opportunity to share my interests in becoming a nail technician and that’s no surprise to anyone who knows of my love for creative nail design. This pageant experience taught me that I am AMAZING and we all have differences. Sure, I may have learning challenges; but these differences should not stop me or anyone else from moving forward and developing new strategies to be successful.

The Miss Amazing pageant encourages its queens to become community leaders and change makers. They also inspire the Miss Amazing queens and princesses with community service so that they can put their talents to work and give back in their own way! My special project idea began at the pageant during our community service event. We made fleece tie blankets for children in the hospital. My goal is to continue this effort and be able to raise more funds to make these blankets for a pediatric unit of one of our hospitals or even the Children’s hospital if I can. Chantel Giamanco said, “Being in a pageant is not about just beauty. It’s more about service to the community and being a role model and making a difference. It’s being proud of your city. It’s all about what you put into it.”

I thank my parents especially my Mom for being there for me through this whole process and encouraging me, telling me not to be embarrassed. And, for pushing me telling me, “you can do it”! I would also like to thank my family, friends and community for supporting me and for those of you who have sponsored me. All of you are AMAZING. Thank you to our State Director, Jade Strick. I look forward to our next pageant in Milwaukee in 2015 and hope to encourage more girls to participate. I am grateful to my teachers who encourage me and support me in my school. I have learned how important it is to self-advocate but more importantly how I need to help others push beyond their limits and be a role model. Reach for the sky and live a “life without limits” a “life that is AMAZING”!



If you would like information regarding the Miss Amazing Pageant or other youth transition resources, please contact the ADRC.

The Downsizing Dilemma

Tips to get you and your loved one through the downsizing process



For many caregivers, the day will come when a loved one is ready to move on from the family home — or from a home they've occupied for some time — into a smaller, more manageable space. When this time arrives, a considerable amount of work may need to go into paring down their possessions to fit into their new home. This downsizing process can be extremely taxing, on both you and your loved one. There are steps you can take, though, to make this task more of a journey to a new beginning than a loss of the past. Here are some tips on how to downsize with care.

Tips for Downsizing Delicately

A move for an older adult is often an emotionally charged event. The downsizing process can be especially difficult since it will involve long walks down memory lane and having to part with much-loved possessions. But done correctly — and in enough time — the process can be less painful and more productive. Here are some tips to help your parent or loved one pare down.

- **Division of Assets:** Decide who gets what early on. Way before there's even talk of a move, sit down with your parent or loved one and decide who in their circle will receive anything they plan to pass down. Put this in writing or tag which pieces are to be distributed to which family member. Do not wait until a week before the move to begin this process. It's can be stressful as arguments sometimes surface over who gets what.
- **Clear Out Kid Clutter:** Work with any siblings, or children of your loved one, to clear out their childhood treasures once and for all. Parents often get stuck with prom dresses, letter jackets, schoolbooks and other mementos when their children fly from the nest. As a result, attics and basements get cluttered with all the left-behind belongings. Well before the move, organize a distribution of these items back to their rightful owners.
- **Establish a Sorting System:** Before digging into bins, boxes and closets come up with a system by which to sort. Designate areas in each room for items to be kept, tossed, donated and passed on. Then begin the downsizing derby. *Keep:* Any items needed in your loved one's new home, jewelry, important keepsakes, heirlooms, etc. *Toss:* Anything that hasn't been used or worn in over a year and has little to no value financially or sentimentally. *Donate:* Any clothes and furniture in good condition that someone less fortunate may need. *Pass on:* Keepsakes, heirlooms, furniture, etc., that are not following your parent or loved one to their new home.
- **Take Notes:** Often, special pieces of furniture, artwork, jewelry, even books, have special stories. These stories are what help make up family history so take note of these tales so they can be passed down for years to come.
- **Make It a Daily Task:** Work in short blocks of time over the course of a few months rather than 10-hour shifts during the week before the move. This will cause less exhaustion and provide your loved one with ample time to sort and deal with any emotions that come along with the downsizing process.

Continued on page 9

- **Be Understanding of Emotions:** Pictures, yearbooks, home movies, old greeting cards and love letters have a way of tugging at our heartstrings. Understand that your parent or loved one may have emotional moments while sifting through bins of old keepsakes and close-to-the-heart assets. It's just as important to allow them time to sort through these emotions as it is to sort through the material possessions that trigger them.
- **List Keepsakes:** If you plan to hire outside help or enlist the help of family and friends during the downsizing process, make sure to alert them about which items — big and small — are to be kept. Doing this in list form is one idea or marking them with a sign or sticker so nothing gets mistakenly thrown out is another.
- **Slow and Steady Wins the Race:** Your loved one took years to accumulate all of their precious things. Taking time to properly sort, emotionally detach and pare down is crucial to both the process and to the wellbeing of your loved one. Don't rush them through it or beautiful treasures and long-forgotten memories will be lost in the process.

When in Doubt, Hire Out: If the downsizing process ends up being too much for you or your loved one to handle, there is help. Professional organizers and senior move managers can assist in paring down. Visit the [National Association of Senior Move Manager's](http://www.aarp.org) website to learn more.

Resource: www.aarp.org

Fire Prevention Week, October 5—11, 2014

Fire Prevention Week was established to commemorate the Great Chicago Fire, the tragic 1871 conflagration that killed more than 250 people, left 100,000 homeless, destroyed more than 17,400 structures and burned more than 2,000 acres. The fire began on October 8, but continued into and did most of its damage on October 9, 1871. The first National Fire Prevention Week was proclaimed October 4-10, 1925 by President Calvin Coolidge.

Peshtigo Fire Facts & Trivia

- Peshtigo has a street named Chicago Court, and Chicago has a street named Peshtigo Court.
- The official population of Peshtigo in 1871 was 1,700.
- The name Peshtigo is a native Indian word believed to mean "snapping turtle" or "wild goose".
- At the time of the fire, Peshtigo was located in Oconto County. (Marinette County wasn't formed until 1879).
- William B. Ogden, a "lumber baron" with interests in Northeast Wisconsin as well as Chicago, suffered great property losses in both fires.
- For days before the great fire, smoke on Green Bay was so dense that daylight navigation was done by compass, and fog horns blew steadily.

Smoke Alarms at Home

SMOKE ALARMS ARE A KEY PART OF A HOME FIRE ESCAPE PLAN.

When there is a fire, smoke spreads fast. Working smoke alarms give you early warning so you can get outside quickly.



What is Elder Abuse?



Each year hundreds of thousands of older persons are abused, neglected, or exploited. Many victims are people who are older, frail, and vulnerable and cannot help themselves and depend on others to meet their most basic needs. Abusers of older adults are both women and men, and may be family members, friends, or “trusted others.”

In general, elder abuse is a term referring to any knowing, intentional, or negligent act by a caregiver or any other person that causes harm or a serious risk of harm to a vulnerable adult. Legislatures in all 50 states have passed some form of elder abuse prevention laws. Laws and definitions of terms vary considerably from one state to another, but broadly defined, abuse may be:

- Physical Abuse—inflicting physical pain or injury on a senior, e.g. slapping, bruising, or restraining by physical or chemical means.
- Sexual Abuse—non-consensual sexual contact of any kind.
- Neglect—the failure by those responsible to provide food, shelter, health care, or protection for a vulnerable elder.
- Exploitation—the illegal taking, misuse, or concealment of funds, property, or assets of a senior for someone else’s benefit.
- Emotional Abuse—inflicting mental pain, anguish, or distress on an elder person through verbal or nonverbal acts, e.g. humiliating, intimidating, or threatening.
- Abandonment—desertion of a vulnerable elder by anyone who has assumed the responsibility for care or custody of that person.
- Self-neglect—characterized as the failure of a person to perform essential, self-care tasks and that such failure threatens his/her own health or safety.

What are the warning signs of elder abuse?

While one sign does not necessarily indicate abuse, some tell-tale signs that there could be a problem are:

- Bruises, pressure marks, broken bones, abrasions, and burns may be an indication of physical abuse, neglect, or mistreatment.
- Unexplained withdrawal from normal activities, a sudden change in alertness, and unusual depression may be indicators of emotional abuse.
- Bruises around the breasts or genital area can occur from sexual abuse.
- Sudden changes in financial situations may be the result of exploitation.
- Bedsores, unattended medical needs, poor hygiene, and unusual weight loss are indicators of possible neglect.
- Behavior such as belittling, threats, and other uses of power and control by spouses are indicators of verbal or emotional abuse.
- Strained or tense relationships, frequent arguments between the caregiver and elderly person are also signs.

Most importantly, be alert. The suffering is often in silence. If you notice changes in a senior’s personality or behavior, you should start to question what is going on..

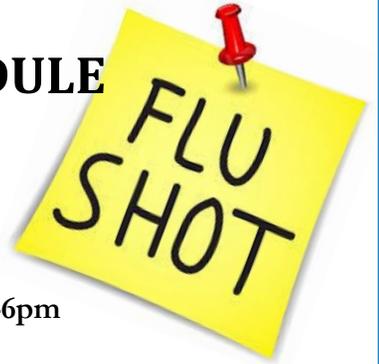
Remember, it is not your role to verify that abuse is occurring, only to alert others of your suspicions. Contact the ADRC if you have concerns about someone. We can be reached at 715-732-3850, toll free 888-442-3267 or by e-mail at adrc@marinettecounty.com.



Health & Human Services – Public Health

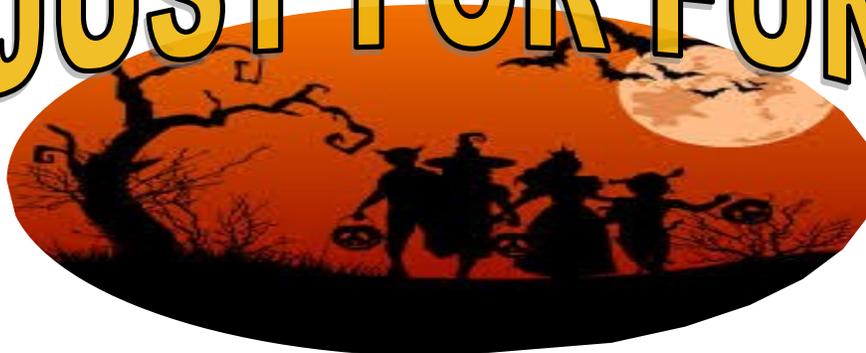
2014 ADULT FLU CLINIC SCHEDULE

\$25 or Medicare Part B
Bring your Medicare plan card



<u>Sept. 16</u>	Tuesday	St. Mary's Parish Center 808 Henriette Avenue, Crivitz	3pm-6pm
<u>Sept. 23</u>	Tuesday	Marinette County Public Health 2500 Hall Avenue, Marinette	1pm – 4pm
<u>Oct. 1</u>	Wednesday	Niagara Senior Center 569 Washington Ave., Niagara	10am-12pm
<u>Oct. 3</u>	Friday	Pembine Town Hall N18765 Sauld St., Pembine	10am-12pm
<u>Oct. 6</u>	Monday	Goodman Town Hall 506 Mill St., Goodman	10am-12pm
<u>Oct. 10</u>	Friday	Crivitz Village Hall 800 Henriette, Crivitz	10am-12pm
<u>Oct. 13</u>	Monday	Amberg Community Center N15035 Grant St., Amberg	10am-12pm
<u>Oct. 16</u>	Thursday	Coleman Municipal Bldg. 202 E. Main St., Coleman	2pm-4pm
<u>Oct. 17</u>	Friday	Marinette Senior Center 1603 Ludington, Marinette	10am-12pm
<u>Oct. 20</u>	Monday	Stephenson Town Hall W11280 Cty. X, Crivitz	4pm-6pm
<u>Oct. 21</u>	Tuesday	St. Mary's Parish Center 808 Henriette Avenue, Crivitz	3pm-6pm
<u>Oct. 23</u>	Thursday	Wausaukee American Legion 528 Harrison St., Wausaukee	2pm-4pm
<u>Oct. 28</u>	Tuesday	Marinette County Public Health 2500 Hall Avenue, Marinette	1pm-6pm

JUST FOR FUN



Halloween Facts

- Orange and black are Halloween colors because orange is associated with the Fall harvest and black is associated with darkness and death.
- There are no words in the dictionary that rhyme with orange, the color of pumpkin.
- Halloween is recognized as the third biggest party day after New Year's and Super Bowl Sunday.
- The owl is a popular Halloween image. In Medieval Europe, owls were thought to be witches, and to hear an owl's call meant someone was about to die.



LOOKING FOR A FUN CRAFT THIS FALL? MAKE A LEAF TURKEY



You will need a variety of leaves—colors, shapes and sizes, as well as scissors, paper, a black marker and glue. Use longer leaves for the turkey's tail feathers. On top of those glue your largest leaves. Finally, create the turkey's body and head with smaller leaves. For the head and beak you may have to trim a couple of smaller leaves with your scissors. Lastly, use stems for the legs and feet and draw dots for eyes with your marker. Glue it all down and press with books so that your leaves don't curl up as they dry (be careful that no glue is sticking out, as you don't want to glue your project to your books!)

Who doesn't love a SCAVENGER HUNT? Make a list and take the kids on a hike and see how many things you can find. Here are some ideas. Happy Hunting!

- ⇒ Something fuzzy
- ⇒ Spider web
- ⇒ Two kinds of seeds
- ⇒ Something round
- ⇒ Something smooth and straight
- ⇒ Two different types of leaves
- ⇒ Something that makes noise
- ⇒ A beautiful rock
- ⇒ Wildflowers
- ⇒ A Pinecone
- ⇒ Mushrooms
- ⇒ Something you think is a treasure
- ⇒ Moss

PUMPKIN CREAM CHEESE

muffins



INGREDIENTS

muffins

3 cups all-purpose flour
 1 tsp. ground cinnamon
 1 tsp. ground nutmeg
 1 tsp. ground cloves
 1 tbsp. plus 1 tsp. pumpkin pie spice
 1 tsp. salt
 1 tsp. baking soda
 4 large eggs
 2 cups sugar
 2 cups pumpkin puree
 1¼ cups vegetable oil

filling

8 oz. cream cheese, softened
 1 cup powdered sugar

INSTRUCTIONS

1. Preheat oven to 350° and spray a muffin tin with cooking spray.
2. Prepare the filling by combining the cream cheese and powdered sugar in a medium bowl and mixing well until blended and smooth. Transfer filling to a piping bag fitted with a piping tip. (just a regular round piping tip will do fine)
3. Prepare the muffin batter. In a medium bowl, combine the flour, cinnamon, nutmeg, cloves, pumpkin pie spice, salt and baking soda; whisk to blend. In the bowl of an electric mixer combine the eggs, sugar, pumpkin puree and oil. Mix on medium-low speed until blended. With the mixer on low speed, add in the dry ingredients, mixing just until incorporated.
4. Fill muffin tins ¾ full with muffin batter. Next add the filling. Poke the piping tip into the middle of each muffin batter-filled tin. Squeeze out about 1-2 tablespoons of filling into the batter. (Just guess, it doesn't need to be exactly 2 tablespoons, just enough to fill the center of the muffin)
5. Bake for 20-25 minutes until a toothpick comes out mostly clean. Allow to cool on a wire rack. Store in airtight container at room temperature.

Resource: therecipecritic.com

AUTUMN CLEANING TIP

Get a handle on your kitchen during an autumn clean, by clearing out all of your cupboards and cleaning them, and then by overhauling your fridge and pantry by tossing any items that are old or inedible. Also sort through your medicine cupboard for any creams and tablets that are out of date, along with any old cleaning products. A medication drop box is available at the Marinette County Office of the Sheriff, 2161 University Drive, Marinette, Monday through Friday from 8:00 a.m. to 4:30 p.m. The program is for the collection of expired, unused and unneeded pharmaceutical drugs.

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”*

