

ADRC Connections

Newsletter Date Summer 2024

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Connecting You to Your Community's Resources

The Aging and Disability Resource Center (ADRC) of Racine County is the place to start when you need information and options. We help older people and adults with disabilities, along with their families and caregivers, to find the information, services, and resources to keep them living well and as independently as possible based on their individual needs.

Our goal is to empower individuals to live with dignity and security and achieve maximum independence and quality of life. The ADRC provides Information & Assistance, Options Counseling, Caregiver Support, Benefit Specialists and more at no charge to you. Call us Monday- Friday, 8:00 am to 4:30 pm at 262-833-8777.

What is Disability Inclusion?

Including people with disabilities in everyday activities and encouraging them to have roles similar to their peers who do not have a disability is *disability inclusion*. This involves more than simply encouraging people; it requires making sure that adequate policies and practices are in effect in a community or organization. Inclusion should lead to increased participation in socially expected life roles and activities—such as being a student, worker, friend, community

member, patient, spouse, partner, or parent.

Socially expected activities may also include engaging in social activities, using public resources such as transportation and libraries, moving about within communities, receiving adequate health care, having relationships, and enjoying other day-to-day activities.



Image—Waves on the Beach—Wikipedia

Disability Inclusion and Health

Disability inclusion allows for people with disabilities to take advantage of the benefits of the same health promotion and prevention activities experienced by people who do not have a disability. Examples of these activities include:

- Education and counselling programs that promote physical activity, improve nutrition or reduce the use of tobacco, alcohol or drugs; and
 - Blood pressure and cholesterol assessment during annual
- continued...

Article Adapted from:
Disability Inclusion
Source: National Center on Birth Defects and Developmental Disabilities, Centers for Disease Control and Prevention
<https://www.cdc.gov/ncbddd/disabilityandhealth/disability-inclusion.html>



One in four American adults has a **disability**.*

**The first
day of Fall
is
September
22nd
which
is
Falls
prevention
Awareness
Day!**

continued from front page

health exams, and screening for illnesses such as cancer, diabetes, and heart disease.

Including people with disabilities in these activities begins with identifying and eliminating barriers to their participation.

Although disability is associated with health conditions (such as arthritis, mental, or emotional conditions) or events (such as injuries), the functioning, health, independence, and engagement in society of people with disabilities can vary depending on several factors:

- Severity of the underlying impairment
- Social, political, and cultural influences and expectations
- Aspects of natural and built surroundings
- Availability of assistive technology and devices
- Family and community support and engagement

Disability inclusion means understanding the relationship between the way people function and how they participate in society, and making sure everybody has the same opportunities to participate in every aspect of life to the best of their abilities and desires.

Getting Around

Summer days are often filled with many activities – walking the dogs, attending sports games, rushing to appointments, traveling, or just enjoying time in nature. With the increase in outings, there may be an increase in how many fall hazards you come across.

It's important to stay safe while out and about. Here are some things to keep in mind:

- Uneven pavement, grass, or sidewalks are common. When walking, take your time and scan ahead for hazards. Consider using walking sticks

or a cane for extra support and take extra care on windy and rainy days.

- Improve your balance and strength with regular exercise. Consider joining a community exercise program or local fitness facility.
 - Be present in the moment. It may be difficult, but try to avoid rushing and distractions while walking, especially if on uneven surfaces.
 - Wear safe, comfortable shoes. While a common choice in the summer, flip flops or sandals don't offer the same support as a good tennis shoe. Look for footwear that has a firm heel collar to provide stability, laces to ensure that the shoe holds onto your feet when walking, and a textured sole and beveled heel to prevent slipping.
 - When crossing the road, do so at the safest point, preferably a crosswalk. Take your time and make eye contact with any drivers around to ensure that they see you.
 - Be present in the moment. It may be difficult but try to avoid rushing and distractions while you are out and about, especially if walking on uneven surfaces or in unfamiliar areas.
- On sunny days, wear sunglasses to reduce glare. When going from outside to indoors, allow time for your eyes to adjust to the different lighting before continuing.

All things considered, take your time and enjoy a falls free Wisconsin summer. Find more information on ways you can prevent falls at FallsFreeWI.org.

Interested in a Falls Prevention Class?

Try “**Stepping On**” for those 60+ There will be two sessions of this class offered soon at a location near you.

- August in Union Grove
- October in Racine

Call Ruth for more Information
262-833-8764 or email

ruth.staubersbol@racinecounty.com

Are You Living With a Physical Disability?

Sometimes as we age, or perhaps if we experienced an accident, we can have physical limitations as a result. In those cases, you generally get back to everyday activities following healing or by making adaptations.

Greater than a simple limitation, a physical disability can be a condition. This could include an anatomical loss, or musculoskeletal, neurological, respiratory or cardiovascular impairment, which results from injury, disease or congenital disorder. It can significantly interfere with or significantly limit at least one major life activity of a person.

Major life activities are sometimes

known as ADLs (activities of daily living) or IADLs (Instrumental activities of daily living). These include; self-care, performance of manual tasks unrelated to gainful employment, walking, receptive and expressive language, breathing, working, participating in educational programs, mobility other than walking, and capacity for independent living.

If you need Information and assistance about programs, services and benefits, to help those living with a physical disability, contact the ADRC at 262-833-8777.



Image: Bob Wick BLM Flickr
Wisconsin Recreational River

Community Resources

Agencies that Advocate for those with Disabilities include:

ODHH – Office for the Deaf and Hard of Hearing

<https://www.dhs.wisconsin.gov/odhh/index.htm>

262-565-6349

OBVI - Office for the Blind and Visually Impaired

<https://www.dhs.wisconsin.gov/obvi/index.htm>

888-879-0017

ADA Information Line

800-514-0301

<https://www.ada.gov/>

Disability Rights Wisconsin

<https://disabilityrightswi.org/>

800-928-8778

Easter Seals Southeast WI

<https://www.easterseals.com/wi-se/>

414-449-4444

Independent Living Center (Societys Assets)

<https://societysassets.org/independent-living-services>

262-637-9128

EEOC – 800-669-4000

<https://www.eeoc.gov/>

Wisconsin Facets

<https://wifacets.org/>

877-374-0511

Veterans Service Office

<https://www.racinecounty.com/departments/veterans-services>

262-638-6702

Contact the ADRC for other ideas relating to your need.

262-833-8777

If you have a change of address to report, or would like to be removed from the ADRC

Connections Newsletter mailing list, please contact the ADRC. Phone: 262-833-8777

Email: [adrc@racine](mailto:adrc@racinecounty.com)

[county.com](mailto:adrc@racinecounty.com)

Mail: 14200

*Washington Ave,
Sturtevant, WI*

53177





Be Sure to Keep Your Cool

We often look forward to summer with great anticipation. With one heatwave behind us and more ahead for our Wisconsin Summer it is important to stay safe- especially if you or someone you know has a chronic illness.

Sun and heat can create effects for certain conditions or for those who take certain medications. It can cause problems like heat exhaustion, heat rash or heat stroke. You may be at a higher risk if you have heart disease, high blood pressure, obesity, or poor circulation to name a few conditions.

Web links to Places to report scams:

- Better Business Bureau
<https://www.bbb.org/ScamTracker>
- WI Dept of Agriculture, Trade & Consumer Protection.
https://datcp.wi.gov/Pages/Programs_Services/ContactBCP.aspx
- Federal Trade Commission
<https://www.ftc.gov/about-ftc/bureaus-offices/bureau-consumer-protection>
- Identity Theft
<https://www.identitytheft.gov>

Article at right
By Tiffany Schultz,
BBB SW WI
Regional Director

Some Tips

- Be sure to ask if any of your medications can increase your risk of heat-related illness.
- Avoid mid-day activities – usually between 11 am and 3 pm as the hottest part of the day. Try to stay in a cool place.
- Drink lots of liquids even if you are not thirsty but avoid sugary drinks and alcohol. Dehydration can be dangerous or even fatal.
- Stay in air conditioning – spend time at the library, mall/store, learn where there are designated cooling centers. Use fans. Take cool showers.
- Use sunscreen
- Stay informed and pay attention to warnings.

BBB Announces Top 10 Riskiest Scams of 2023

Every year, the Better Business Bureau compiles the Top 10 Riskiest Scams, along with supporting data, into the ScamTracker Risk Report. Investment scams, including those involving cryptocurrency, are now the riskiest scam type. More than 80% of people who were targeted by this scam type reported losing money. It also had the second highest median dollar loss at \$3,800. These scams take on many forms, including pressure to purchase, trade, or store digital assets (cryptocurrency) with fraudulent exchanges. For the first time since 2019, online purchase scams fell to the number 3 spot on the list of riskiest scams. More than

40% of the scams reported to BBB ScamTracker were online purchase scams, and the median loss was \$71. Scammers like to target victims through emails, websites, and social media platforms to lure them to make purchases on fake sites. Other data revealed that the median reported dollar loss decreased from \$171 to \$100. Men lose 87% more than women (\$178 median loss for men compared to \$95 median loss for women), and the most impostored organization is the U.S. Postal Service. If you or a loved one have experienced a scam, regardless if you lost money or personal information, please report it to [BBB.org/ScamTracker](https://www.bbb.org/ScamTracker). Your report helps to warn others of the scams taking place in the marketplace.

Let's Be Social!

Come Join us at one of our Memory Cafés and create new Connections!

Memory cafés offer people with dementia and their care partners the opportunity to enjoy regular, enjoyable social interaction with others in similar circumstances in a safe, welcoming environment.

There are several Memory Cafés in Racine County including a bi-lingual group in English/Spanish. Contact the ADRC at 262-833-8777 for more information or see online: https://adrc.racinecounty.com/site/456/dementia_alzheimer%E2%80%99s.aspx



Top 10 Riskiest Scams of 2023

- 1 Investment/Cryptocurrency
- 2 Employment
- 3 Online Purchase
- 4 Home Improvement
- 5 Romance
- 6 Advance Fee Loan
- 7 Phishing/Social Engineering
- 8 Credit Repair/Debt Relief
- 9 Tech Support
- 10 Travel/Vacation/Timeshare

The Outdoors and More

Summer brings many outdoor activities, but there are plenty of fun indoor things to do as well. Check out the website **Active Adults Racine County** for some idea. It is found online at: <https://www.racinecounty.com/departments/human-services/aging-disability-services/active-adults> If you belong to a group or club, or know of a program you would like to see added to this growing website please use the "Inquiry" button on the site.

Another great website is available to help those who may need some accommodation to access our wonderful state parks in all seasons is **Open the Outdoors**. See: <https://dnr.wisconsin.gov/topic/OpenOutdoors/Recreation> Use the interactive map to explore recreation opportunities that fit your abilities. Filter the map by Accessible Features and Services to find accessible trails, campsites, cabins, fishing piers, wildlife blinds, and adaptive equipment at state parks across the state.

Coming September 13th and back by popular demand will be the **Kudos for Caregivers Event**. The theme of this year is "A day of Joy in Connection." This free event will be located at Grace Church in Mount Pleasant. More details will be coming soon. Look for more information on our Facebook page, website, or just call the ADRC at 262-833-8777.

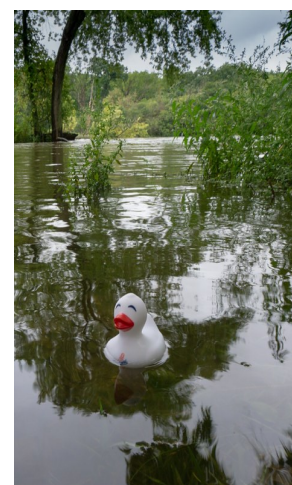


Image: Flickr, Joseph Gage, Star Worlds Arcade Duck out for a swim in the Fox River.

Powerful Tools for Caregivers

A new class for caregivers 60+ or caring for someone with dementia will be starting September 23 and will go through October 28th on Mondays from 1:00 pm to 2:30 pm Held at Yorkville United Methodist Church. Call to register 262-833-8777



Your Benefits

Important Numbers

Social Security

Local: 866-270-8629

National: 800-772-1313

Web: <https://www.ssa.gov/>

Medicare

1-800-Medicare

800-633-4227)

Web: <https://www.medicare.gov/>

Wisconsin Medicaid

Member services:

800-362-3002

Web: [https://](https://access.wisconsin.gov/access/)

access.wisconsin.gov/access/

Wisconsin Kenosha Racine

Partners Consortium

(WKRP)

888-794-5820

Information from Social Security (SSA)

See: [https://
www.ssa.gov/
disability/](https://www.ssa.gov/disability/)

Need assistance with your benefits?

You can call and speak with ADRC information and assistance and if your issue is more complicated a referral to a Benefit Specialist can be made.
262-833-8777.

The Social Security and Supplemental Security Income disability programs are the largest of several Federal programs that provide assistance to people with disabilities. While these two programs are different in many ways, both are administered by the Social Security Administration (SSA) and only individuals who have a disability and meet medical criteria may qualify for benefits under either program.

[Social Security Disability](#)

[Insurance](#) pays benefits to you and certain members of your family if you are "insured," meaning that you worked long enough and paid Social Security taxes.

[Supplemental Security Income](#) pays benefits based on financial need. When you apply for either program, SSA will collect medical and other information from you and make a decision about whether or not you meet [Social Security's definition of disability](#).

Use the [Benefits Eligibility Screening Tool](#) to find out which programs may be able to pay you benefits.

If your application has recently been denied, the [Internet Appeal](#) is a starting point to request a review of SSA's decision about your eligibility for disability benefits. If your application is denied for:

- Medical reasons, you can complete and submit the required [Appeal Request and Appeal Disability Report](#) online. The disability report asks you for updated information about your medical condition and any treatment, tests or doctor visits since SSA made a decision.
- For Non-medical reasons, you should [contact your local Social Security Office](#) to request the review. You also may call our toll-free number, 1-800-772-1213, to request an appeal. People who are deaf or hard of hearing can call the toll-free TTY number, 1-800-325-0778.

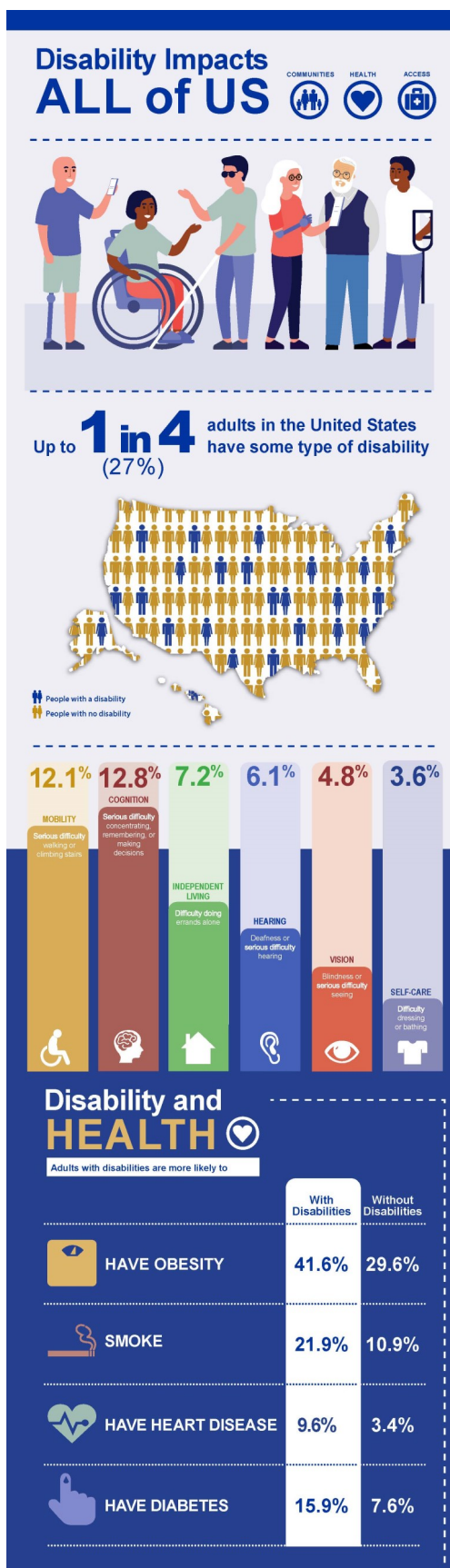
ADA Turns 34!

The 34th anniversary of the Americans with Disabilities Act (ADA) is on July 26, 2024. The ADA was signed into law by President George H.W. Bush in 1990 and is a landmark civil rights law that protects people with disabilities by prohibiting discrimination and guaranteeing equal access to public buildings and businesses.

July also marks Disability Pride Month, a time to honor and celebrate the history achievements, experiences, and struggles of the disability community. According to the Centers for Disease Control & Prevention, 27% of the U.S. population, or approximately 61 million (1 in 4) Americans, has some kind of disability. Disability affects all abilities, ages, races ethnicities, religions, and socio-economic backgrounds.

Disability is a natural part of human diversity and something that nearly all people will experience at some point in their lives. Indeed, with age, disability becomes more common, affecting about 2 in 5 adults aged 65 and older. For some older adults, disability too often leads to the incorrect assumption by others that the adult is no longer able to make decisions about their own money, property, health, and welfare. There are tools to help! Advance directives are of great importance and cost nothing to create.

Adapted in part from a notice by the National Center on Law & Elder Rights



ADA34 ★ 1990 - 2024 ★
Americans with Disabilities Act
Celebrate the ADA! July 26, 2024

Partial Infographic at left from:

<https://www.cdc.gov/ncbddd/disabilityandhealth/infographic-disability-impacts-all.html>

See the entire at the link above

Making a difference Public health is for all of us.

Join CDC and its partners as they work together to improve the health of people with disabilities.

- Building inclusive health program
- Improving access to health care
- Promoting healthy living
- Monitoring public health data
- Researching and reducing health disparities



Menus:

You can find the menus for the coming month in your local newspaper, or online at: <https://adrc.racinecounty.com>
Or call
262-833-8766



Photo of scrambled eggs with mushrooms and herbs

Racine County Senior Nutrition Program

Racine County offers a nutrition program to anyone 60 years or older, and their spouse (any age).

Nutritious meals create an opportunity to build a relationship and strengthen bonds with each individual. Regular meals, whether in the comfort of the home or at a community dining site, provides tailored nutrition, social connection, safety and more.

WE Need Volunteers!

Call us at: **262-833-8766**

Toll free at: **1-866-219-1043**,
or email
RCNutrition@racinecounty.com

Dining Center Locations:

- ◇ Mount Pleasant Place
- ◇ Salvation Army
- ◇ Burlington Senior Center
- ◇ Bruno's –Restaurant Model location

Contact the program for specifics about these sites.

Easy Summer Meal for One —Spanish Omelet Scramble

Ingredients (1 serving)

1 egg
1 small potato, washed and sliced
1 green onion (including greens), washed and sliced
1 mushroom, washed and sliced
Cooking spray

Healthy add-in: diced red or green peppers, fresh spinach, sliced zucchini, shredded low-fat cheese

Instructions

1. Thoroughly wash hands for 20 seconds and clean all food preparation surfaces.
2. Place sliced potatoes in a microwave safe dish and cover with water. Microwave for one minute intervals, until tender. Drain thoroughly.
3. Spray a non-stick pan with cooking spray and sauté vegetables at medium heat until tender.
4. Add potatoes to the pan.

5. Beat the egg in a small bowl and add to the pan with vegetable and potato mixture.

6. Gently mix egg and vegetables, cooking until egg is firm, not runny.

Double this recipe and invite a friend!

Nutrition Information per serving 232 calories, 8 g fat, 2 g sat fat, 9.7 g protein, 31 g carbohydrates, 3 g fiber, 107 mg sodium.

Recipe from Food Wise — UW Extension

<https://healthyliving.extension.wisc.edu/files/2020/11/Spanish-Omelet-Scramble-Recipe-DWFM-English.pdf>

Tip: Choose brightly colored peppers with firm skin. Store in the refrigerator in a bag in the vegetable crisper. 1 large pepper = about 1/2 pound.

Healthy Meal Planning: Tips for Older Adults

Eating healthfully and having an active lifestyle can support healthy aging. Use the resources below to learn about different patterns of healthy eating and ways to create a nutritious meal plan.

Older adults' unique nutrition needs

Simple adjustments can go a long way toward building a healthier eating pattern. Follow these tips to get the most out of foods and beverages while meeting your nutrient needs and reducing the risk of disease:

- Enjoy a variety of foods from each food group to help reduce the risk of developing diseases such as high blood pressure, diabetes, and heart disease. Choose foods with little to no added sugar, saturated fats, and sodium.
- To get enough protein throughout the day and maintain muscle, try adding seafood, dairy, or fortified soy products along with beans, peas, and lentils to your meals. Learn more about protein and other important nutrients.
- Add sliced or chopped fruits and vegetables to meals and snacks. Look for pre-cut varieties if slicing and chopping are a challenge for you.
- Try foods fortified with vitamin B12, such as some cereals, or talk to your doctor about taking a B12 supplement. Learn

more about key vitamins and minerals.

- Reduce sodium intake by seasoning foods with herbs and citrus such as lemon juice.
- Drink plenty of water throughout the day to help stay hydrated and aid in the digestion of food and absorption of nutrients. Avoid sugary drinks.

It can be hard for some people to follow through on smart food choices. Read about common roadblocks and how to overcome them and check out the USDA's tips for older adults.

Roadblocks: <https://www.nia.nih.gov/health/healthy-eating-nutrition-and-diet/overcoming-roadblocks-healthy-eating>

Tips: <https://www.myplate.gov/life-stages/older-adults>

Phot of farmers market produce
Flickr Allen Sheffield



Racine Now Has the Senior Farmer's Market Nutrition Program.

Contact The Racine/ Kenosha Community Action Program at

262-637-8377

for details

Senior FMNP checks can be used from June 1st through

October 31st at any participating farmers market or roadside stand in Wisconsin.

For seniors 60+ or Native Americans 55+

Support Groups for Family Caregivers

Support groups are for caregivers who are over 60, or are caring for someone over 60 and/or caregivers (of any age) for those who have dementia.

Second Wednesday

1:00 - 2:30 pm
In Person
Christ Church
United Methodist
5109 Washington
Ave Racine

First Thursday

6:30 - 7:30 pm
Zoom/Call in
See contact below
to connect

Third Thursday

6:00 – 7:30 PM
In Person
Christ Church
United Methodist
5109 Washington
Ave Racine

For in person
registration, call in
or virtual group
information
contact Ruth at
262-833-8764 or email
ruth.stauersbol@racinecounty.com

Positive Steps Toward Brain Health

It's time to increase awareness of dementia. Small, positive steps can make a difference in your brain health, even lowering the risk of cognitive decline and possibly Alzheimer's and related dementias. It's never too early or too late to start.

Challenge Your Mind

Be curious! Put your brain to work and do something that is new for you. Learn a new skill. Try something artistic. For example, try to figure out what the puzzles (Rebus) say (answers are on the bottom of page 11).



Stay in School

Education reduces the risk of cognitive decline and dementia. Encourage youth to stay in school and pursue the highest level of training possible. Continue your own education by taking a class at a local library or college, or online.

Get Moving

Engage in regular exercise. This includes activities that raise your heart rate and increase blood flow to the brain and body. Find ways to build more movement into your day — walking, dancing, gardening — whatever works for you!

Protect Your Head

Wear a helmet for activities like biking and wear a seatbelt. Protect yourself while playing sports. Do what you can to prevent falls, especially for older adults.

Be Smoke-Free

Quitting smoking can lower the risk of cognitive decline and bring back levels similar to those who have not smoked. It's never too late to stop!



Control Your Blood Pressure

Medications can help lower high blood pressure. And healthy habits like eating right and physical activity can help, too. Work with a health care provider to control your blood pressure.



Manage Diabetes

Type 2 diabetes can be prevented or controlled by eating healthier, increasing physical activity and taking medication, if necessary.

Continued next page...

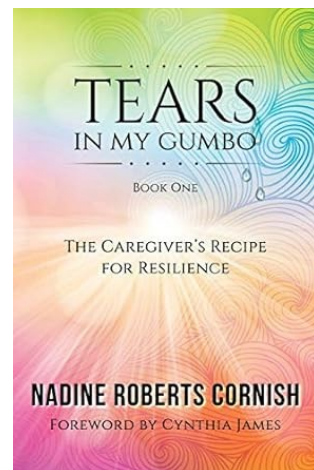
Caregiver Book Club—New Title for Fall

The ADRC of Racine County has a monthly caregiver book club that meets virtually via Zoom on the first Friday of the month from 12 - 1 pm. The next book we'll be reading is "Tears in My Gumbo, The Caregivers Recipe for Resilience" by Nadine Roberts Cornish,

"...is a heartfelt manuscript that speaks personally and passionately to the 44 million caregivers caught up in the silver tsunami sweeping this country and for all of the people who care about the caregiver. The book inspires and sup-

ports caregivers as well as the family unit involved in the loved ones care. Through a series of caregiver stories, the book illustrates the ingredients needed for caregivers to maintain resilience and create a soul nurturing gumbo of care."

If you would like to join our book club, please contact Ruth Stauersbol at 262-833-8764 or email to receive the current book, any materials, and call-in/ virtual group information. or ruth.stauersbol@racinecounty.com



Eat Right

Eating healthier foods such as more vegetables and leaner meats/proteins, along with foods that are less processed and lower in fat can reduce your risk of cognitive decline. Choose healthier meals and snacks that you enjoy and are available to you.

Maintain a Healthy Weight

Talk to your health care provider about the weight that is healthy for you. Other healthy habits include eating right, exercising and sleeping well to help with maintaining a healthy weight.

Sleep Well

Good quality sleep is important for brain health. Limit screen time before bed and make your sleep space as comfortable as possible. If you have any sleep-related problems, such as sleep apnea, talk to a health care provider.

https://www.alz.org/help-support/brain_health/10-healthy-habits-for-your-brain

**One in four people age 65 and older
has a fall each year
Don't be one of them!**

Join us for a

STEPPING ON WORKSHOP

Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love.

- To identify and remove or avoid fall hazards in your home
- How vision, hearing, medication, and footwear affect your risk of falling
- Strength and balance exercises you can adapt to your individual level
- To get you back on your feet the right way if you do fall

**ARE YOU 60 OR OLDER?
JOIN US FOR STEPPING ON!**

WHERE: TRINITY TERRACE
2132 CENTER STREET
RACINE 53403

WHEN: TUESDAY'S
OCTOBER 8TH - NOVEMBER 19TH
1:00PM - 3:00PM

TO REGISTER CALL:
Ruth 262-833-8764 or email:
ruth.stauersbol@racinecounty.com

**SPONSORED BY: THE AGING & DISABILITY
RESOURCE CENTER OF RACINE COUNTY**

SUGGESTED CONTRIBUTION \$10.00



Quiz Answers: Apple Pie, Travel Overseas, Happy Hour



14200 Washington Ave
Sturtevant, WI 53177

<https://adrc.racinecounty.com>

Caregiver Opportunities

Book Club for Caregivers

1st Friday Caregiver Book Club – Noon – 1pm / Zoom and Call-In. Contact Ruth Stauersbol at 262-833-8764 to receive the current book, any materials, and call-in/virtual group information.

Support Groups—See page 10

Memory Cafés

Memory Cafés are a comfortable, social gathering that allow people experiencing memory loss and a loved one to connect, socialize, and build new support networks.

1st Monday of each month 1:00pm - 2:30pm

Grace Church, 3626 Highway 31, Racine, WI 53405

For information contact 262-833-8777.

2nd Friday of each month 1:00—2:30 pm

Emmaus Lutheran Church 1925 Summit Ave, Racine, WI 53404

English and Spanish

For information contact 262-636-9217.

3rd Friday of each month 9:30am— 10:30am

Burlington Aurora Wellness Center,

300 McCanna Pkwy, Burlington, WI 53105

For information contact Chad at 262-212-3596

ADRC Connections is published Quarterly.
If you have questions you would like to see addressed
in the ADRC News please call us at
262-833-8777 or
email: adrc@racinecounty.com



Image:: Stroll on North Beach, Danial Orth Flickr