



Wellness

Week

Join us January 22 - 26, 2024, for a week of wellness! Every day will feature different screenings or educational appointments. Call to reserve your spot for any, or all, of these events!

See back for event descriptions.

YMCA Chair Strength

Monday, 1/22/24, 8 - 9 a.m.

Presented by: Ana, YMCA Staff

Hearing Screenings

Monday, 1/22/24, 9 - 11 a.m.

10 min appointments

Presented by: Hearing Life

Dementia Experience

Monday, 1/22/24, 1 - 2 p.m.

Presented by: Heather Flick, ADRC Dementia Specialist

Advance Directives for Healthcare: One-on-One Sessions

Tuesday, 1/23/24, 9 - 11 a.m.

Wednesday, 1/24/24, 9 - 11 a.m.

Thursday, 1/25/24, 9 - 11 a.m.

30 min appointments

Presented by: Beth Golonka, MSW, CAPSW, ACP Coordinator & Laura Nord-Rossato, MSW, CAPSW, Case Manager, Bellin Health

Lisa McMahan, BSW, Psychosocial Services Director, Unity Hospice

Brain Check-Ups

Tuesday, 1/23/24, 9 a.m. - 2 p.m.

30 min appointments

Presented by: ADRC Information & Assistance Specialists

Medication Consultation: *Ask a Pharmacist*

Tuesday, 1/23/24, 1 - 3 p.m.

30 min appointments

Presented by: Rachel Whitesitt, PharmD, MPH
Streu's Pharmacy Bay Natural Inc.

Grip Strength Testing

Wednesday, 1/24/24, 10 a.m. - 12 p.m.

10 min appointments

Presented by: Jenna Zahorik, Concordia University,
OT Student

Stop the Spam Calls

Wednesday, 1/24/24, 10 - 11 a.m.

Presented by: Michele Germain

Balance Screenings

Wednesday, 1/24/24, 2 - 4 p.m.

15 min appointments

Presented by: Ellen Linskens PT & Diane Danhieux PTA,
Aurora BayCare Medical Center

Gong Meditation

Friday, 1/26/24, 4:30 - 5:30 p.m.

Presented by: Brenda Brayko, Celestial Sound

ADRC, 300 S. Adams Street,
Green Bay, WI 54303

 www.adrcofbrowncounty.org
facebook.com/adrcbrowncountywi

Space is limited. Reservations Required.

Call ADRC (920) 448-4300 to register.

Reasonable accommodations for disabilities are available, please request 5 days in advance.



YMCA Chair Strength:

This class focuses on strength training and is designed to increase muscular strength and endurance, range of movement, and support daily living activities. A chair is used for seated and/or standing support for this class.

Hearing Screenings:

Using an audiogram to record your response to various tones, speech sounds and voices, we can help determine if a referral for abnormalities is appropriate.

Dementia Experience:

Do you ever wonder what it may feel like to live with dementia? Try the Dementia Experience where you will be outfitted with tools to simulate neuropathy of the hands and feet, vision limitations, and auditory changes. You will then be asked to complete a few simple tasks with a debriefing discussion to follow.

Advance Directives for Healthcare One-on-One Sessions:

Advance care planning, including power of attorney for health care, allows your preferences for medical care to be voiced even if you are unable to make decisions for yourself. When you put your wishes in writing, it helps put those you love at ease. Let us help you complete your documents today.

Brain Check-Ups:

A brain check-up is a wellness tool that helps identify changes in memory and cognition. It is a brief series of questions followed by a conversation regarding the results.

Medication Education

Ask a Pharmacist:

Get guidance on your specific question(s) on medications, whether it be prescribed, over the counter, vitamins, etc. Together, explore options to help determine your next steps to wellness.

Grip Strength Testing:

As we age, our grip strength typically decreases. This can impact our everyday activities such as opening jars, carrying groceries, and turning doorknobs. Tracking these changes through measurement of grip strength helps give us an idea of how to progress and customize a plan for each individual. Come see what your grip strength is and techniques on how to improve it!

Stop the Spam Calls:

Are Medicare calls out of hand? Are you getting other calls, too? Automobile warranty, home warranty, *anything* unsolicited? Are you on the 'Do Not Call' list but still getting calls? Then this short seminar will show you how you can MAKE THEM STOP!

Balance Screenings:

One in three adults fall annually, some with serious injury. This screen helps you identify your risk for a fall. (The difficulty of balance testing is based on individual's ability.)

Gong Meditation

Just as some like to unwind, rest, and restore balance through massage or yoga, gong meditation can offer similar benefits, hands-free.

**Call ADRC to register:
(920) 448-4300**