

Our Services Include:

Adult day services
Benefits counseling
Caregiver services
Chore service referrals
Confidential counseling
Consultation with families
Education and recreation opportunities
Elder abuse and domestic violence referrals
Employment program referrals
Falls prevention
Health information and screenings
Housing/home modification information
Loan Closet for adaptive equipment
Nutrition services
Personal needs assessments
Support groups
Supportive home care referrals
Transportation services
Volunteer opportunities



Serving seniors,
adults with
disabilities, and
their families and
caregivers.



No otherwise qualified applicant for service or service participant shall be excluded from participation, be denied benefits, or otherwise be subject to discrimination in any manner on the basis of race, color, national origin or ancestry, sex, religion, age, political belief or affiliation, disability or association with a person with a disability.



Reservations should be made 24 hours in advance.

Cost: Your donation toward the cost of the meal will help the program to continue. The suggested donation amount is \$3.00 per meal.

Do you need a ride to the meal site in your area?
Transportation is available.

Home-delivered meals are available to the homebound elderly throughout the county (medical certification necessary).

Do you have special diet requirements? In most cases these can be provided for at the dining sites—ask your local meal site manager.

Would you like to help at the site? Teams of volunteers are needed to set up, serve and clean up at the dining sites, to deliver meals or to provide rides for participants.



Contact Us

Lincoln Center
1519 Water Street
Stevens Point, Wisconsin 54481

Monday through Friday, 7:30 A.M. to 4:30 P.M.
(Tuesday to 6:00 P.M.)

Voice: (715) 346-1401

TTY: (715) 346-1632

Fax: (715) 346-1418

Information and Assistance (24 hours a day, 7 days a week): (715) 346-1405 or 1-800-586-5055

Email: adrc@co.portage.wi.us

Web: www.co.portage.wi.us/adrc



Adult Day Center

Located right inside Lincoln Center the Adult Day Center offers supervised programming for those who need extra care to remain living in the community as independently as possible. This is accomplished by providing opportunities for socialization, personal care, support with daily living activities and preventive care to participants and by providing respite and education to families and caregivers.

The Adult Day Center is a public service, certified by the State of Wisconsin. Participants pay a fee based on the days and times of participation and level of care.

Services include:

- Assistance with personal care
- Opportunities to socialize, develop and maintain friendships, and participate in community activities
- Nutritious meals and snacks
- Health monitoring and medication supervision
- Therapeutic music, games, and crafts
- Opportunities for regular exercise and range of motion activities
- Entertainment and recreational activities
- For an additional fee: assistance with showering, beautician services, and foot care

The Adult Day Center offers family and other caregivers a break from their caregiving responsibilities,

Nutrition Program

The Nutrition Program is for Portage County residents age 60 and over. Listed below are the locations and serving days of dining sites (serving time is noon). For the number to call to make reservations, call (715) 346-1401.

Junction City Park Pavilion

Tuesdays and Thursdays

Lincoln Center, 1519 Water Street, Stevens Point

Monday through Friday

Hi-Rise Manor, 1300 Briggs Court, Stevens Point

Monday through Friday

Plover Municipal Center

Tuesdays and Thursdays

Sunset Manor Apartments, Almond

Tuesdays and Thursdays

Jensen Center, Amherst

Mondays, Wednesdays and Fridays

Faith Lutheran Church, Rosholt

Monday through Friday

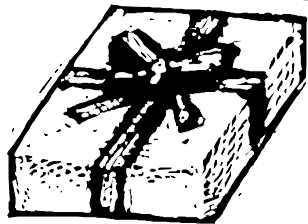
Join us for a nutritious and delicious hot meal. Meet old friends and make new ones. Enjoy educational and recreational activities and events that take place at the dining sites regularly.

The Holly Shoppe

The Holly Shoppe—unique merchandise and quality craftsmanship are our hallmarks. Located at Lincoln Center, the Holly Shoppe sells craft items made by seniors. All merchandise is made by hand and each item shows the time, care and love that went into its creation. Just a sampling of our offerings includes:

- quilts
- ceramics
- toys
- plant stands
- afghans
- floral arrangements
- outdoor décor
- jewelry
- furniture
- novelties
- needlecrafts
- dolls and doll clothes
- holiday & seasonal decorations

Proceeds from sales are returned to our craftspeople as an income supplement. A percentage is added to an item's purchase price to help defray our operating expenses. The Holly Shoppe is staffed by volunteers and is open to the public.



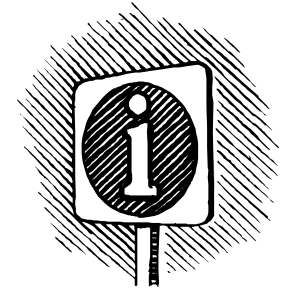
Gifts purchased from the Holly Shoppe give twice: first by bringing joy to their recipients and again by supporting the seniors who create them.

Any Portage County resident age 55 and over may sell crafts through the Holly Shoppe. New participants are always welcome.

Information & Assistance

Contact the Aging & Disability Resource Center if you have questions about:

- adaptive equipment
- assisted living
- caregiving
- in-home services to support a friend or family member
- confidential counseling
- domestic violence
- elder abuse
- health concerns
- home modifications
- housing options
- personal care
- vocational services
- transportation
- volunteer opportunities
- education and recreation
- public funding to pay for services



Trained Information and Assistance Specialists are available to provide individualized confidential consultation. Sometimes, people who call the Aging & Disability Resource Center simply need a phone number or a list of service providers.

Most often, those who call want to learn more about the whole range of service options available to meet their personal needs or the needs of someone they care for. In that case, Information and Assistance

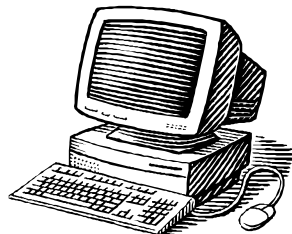
Specialists offer to schedule a meeting (in the home or at Lincoln Center) to assess the person's strengths and help identify services that may be needed or desired to maximize a person's independence and ability to live in a desired setting.

Staff can provide up-to-date information about local housing options, in-home services, service providers, and approximate costs. They can also complete an assessment to determine eligibility for public assistance for long-term care services through the Family Care program.

Information about local services is also available to the public via Lincoln Center's resource library, the Knowledge Nook. Those who need a little more help to explore or set up services will find that our Information and Assistance staff are eager to lend a hand. Visit the Knowledge Nook or call our Information and Assistance Specialists to get the answers you need about services for seniors, adults with disabilities, and those who care for them.

www.co.portage.wi.us/adrc

- More information on our programs and services.
- Weekly "Senior Spotlight."
- Current newsletter.
- Senior Center offerings.
- Web links.



Foster Grandparent Program

Foster Grandparents—a remarkable idea. What began as a federal program in 1965 to bring seniors and children together has evolved into a national strategy for helping to meet the needs of children with exceptional or special needs—educational, social, emotional or physical. Foster Grandparents serve in Portage County schools and Head Start classrooms, working one-on-one or in small groups on reading, language, math and social skills. They give undivided time to the students to help them gain success in their studies. Foster Grandparents serve between 15 and 20 hours per week and receive a number of tangible benefits including a small tax-free stipend, transportation assistance, supplemental accident and liability coverage, and noon meals. The intangible benefits are far greater, however, and Grandparents say they receive far more than they give.

The program is open to men and women age 60 and over who are in good health, meet income requirements, and love children. One of the teachers benefiting from the help of a Foster Grandparent says: "Grandma listens, cares, shares her wisdom and accepts the individual differences of the children, helping them know they can be successful."



FGP is part of the Corporation for National and Community Service and the National Senior Service Corps.

“Winter/Spring Offerings” are catalogues detailing senior center class and activity schedules.

The building is fully handicapped-accessible, with easy access through its two exterior canopied entrances located by two well-lit parking lots (offering 12 handicapped parking stalls).

All entrances have automatic doors and restrooms are handicapped-accessible. The center offers a variety of rooms and spaces that are multipurpose and program-specific, and distances between rooms are minimal.

Lincoln Center has a large lobby with friendly, helpful reception staff, sitting areas for quiet or conversation, state and local newspapers, and a Coffee Stop.

On the first floor there’s a multipurpose room with an array of audio/visual equipment, a health room, resource library, workshop for the creative arts, dining room, meeting/classrooms and a patio adjacent to the lobby. In addition, the Holly Shoppe—Lincoln Center’s craft store—is on the first floor with its own customer entrance.

The second floor has additional meeting/classrooms, a work room for volunteers and a computer lab. A game room with pool tables is on the lower level.



caregiver support, and information and referral to other community services. If needed, we can also assist with transportation arrangements. [Meals and transportation are not included in the fee for Adult Day Center services.]

Benefit Specialists

The Aging & Disability Resource Center has two Benefit Specialists.

The **Disability Benefit Specialist** serves people between the ages of 18 and 59 who have a physical and/or developmental disability; the **Elderly Benefit Specialist** serves people 60 and over.

These are just some of the areas in which a Benefit Specialist can help you:

- Medical Assistance (Medicaid)
- Social Security
- Social Security Supplemental Income (SSI)
- Social Security Disability Income (SSDI)
- Medicare
- Food Stamps
- Low-Income Tax Credits
- Consumer Problems
- Private Health and Disability Insurance Issues
- Prescription Drug Assistance Programs
- Veteran’s Benefits

Contact the Information and Assistance Specialists at the Aging & Disability Resource Center at 346-1405 or 1-800-586-5055 to arrange a home or office visit to help match services with your needs.

Just walk in. Someone is always available to show you around and tell you about our programs. Have a cup of coffee and relax in our comfortable lounge where there's a TV, library collection, and bulletin-board with announcements of current activities.

If you live outside of Stevens Point, visit the nearest Nutrition Program dining site and ask the Site Manager for information.

Email us or visit us on the Web for more detailed information.

Volunteer your time and talent—people are always needed to teach classes, deliver meals, tutor children, provide rides to medical appointments or perform other services. Just ask how you can help. The work of the Aging & Disability Resource Center is accomplished by an effective combination of trained staff and volunteers.

Funding for services is provided through grants and allocations from federal, state and county governments, the United Way of Portage County, underwriting by local businesses, private contributions, and participant fees and donations.



United Way of
Portage County

RSVP— Your Invitation to Serve

New bridges are being built....from generation to generation, from skill to need, from interest to opportunity. The Portage County Retired and Senior Volunteer Program invites you to join hundreds of people who share their experience, wisdom and skills as RSVP volunteers in our community.

The mission of Portage County RSVP is to promote volunteerism, targeting people age 55 and over, as a means of addressing critical community needs, and to provide a high quality experience that will enrich the lives of the volunteers. To accomplish its mission, RSVP:

- Works with over 80 agencies to identify community needs and recruits people to address those needs through volunteer service.
- Develops challenging volunteer opportunities that utilize your skills, experience and wisdom.
- Increases the variety of volunteer opportunities.
- Provides opportunities for intergenerational activities in school and community settings.
- Increases public awareness of your volunteer contributions and reports the impact of those contributions.

Although we target volunteers over the age of 55, all volunteers are welcome in RSVP and Aging & Disability Resource Center programs. RSVP will:

- Match your interests, abilities, and time with volunteer needs in the community.
- Provide ongoing staff support and training as well as information on new volunteer opportunities.
- Guarantee flexibility—you can choose a weekly schedule or you can choose from many short-term assignments and special events.
- Serve as a liaison between you and your volunteer site.
- Provide a job description for every volunteer position.
- Provide supplemental accident and liability insurance that covers you while you are volunteering.
- Invite you to the annual RSVP recognition.

To join call or stop at Lincoln Center or email us directly at rsvp@co.portage.wi.us

RSVP is part of the Corporation for National and Community Service and the National Senior Service Corps.



Mission

Our mission is to support seniors, adults with disabilities, and their families and caregivers by offering easy access to services and by fostering a caring community that values lifelong contributions, maximum independence, and individual dignity. We value:

- Accessibility
- Advocacy
- Collaboration
- Comprehensiveness
- Creativity
- Dignity
- Empowerment
- Holism
- Inclusion
- Independence
- Individualism
- Involvement
- Lifelong Learning
- Meaningful activity
- Personal Contact
- Personal Satisfaction
- Prevention
- Privacy
- Quality
- Respect
- Security
- Volunteerism

Lincoln Center is a source of public information, education, advocacy and opportunities. It serves as the focal point in our community for services for seniors and adults with disabilities, collaborating with a wide variety of community agencies, organizations and individuals.

People interested in receiving information or in participating in any program may:

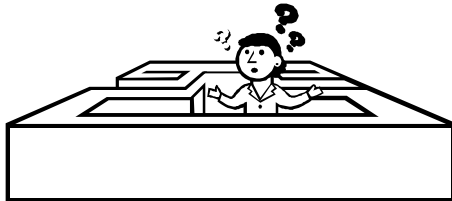
Call the Aging & Disability Resource Center at (715) 346-1401 and tell the receptionist you want to talk to someone about a program, a service or a concern. The receptionist will connect you with the appropriate staff.

When to Seek Help from a Benefit Specialist

- When you want to know more about public or private benefit programs.
- When you need help applying for benefits.
- When you have been denied a benefit, program or service to which you think you're entitled.

What a Benefit Specialist Can Do for You

- Provide accurate information on public and private benefits and programs.
- Provide assistance in determining benefits or programs to which you may be entitled.
- Discuss your choices and the programs or services that may best meet your needs.
- Provide assistance and representation when needed in obtaining or retaining benefits and services, or provide referrals and possibly assistance and support on other matters such as the impact of earnings on financial eligibility for public benefits. In some cases, you may also receive representation in formal appeals related to denials of eligibility, termination of benefits or overpayment of public and private benefits.



Our Benefit Specialists can help you through the maze of confusing paperwork and red tape often associated with public benefit programs.

Lincoln Center

Lincoln Center offers a diverse selection of educational, health, fitness, creative arts and recreational opportunities through the leadership of community groups and individuals, the majority of whom are seniors.

A variety of classes and activities are offered—here are just a few examples:

- computer courses
- woodcarving
- quilting
- acrylic painting
- foreign languages
- opera
- writing
- discussions on current affairs
- health information and screenings
- walking club
- driver refresher course
- exercise for all fitness levels
- support groups
- recreational events
- Central Wisconsin Senior Olympics

New classes and programs are continually developed in response to the needs and interests of participants.

Published annually, our “Autumn Offerings” and



Transportation Services

Transportation services are available for seniors and adults with disabilities who are unable to use public transit, do not drive themselves, or have no other transportation options. We operate wheelchair accessible buses.

Rides to:

- Stevens Point from rural areas
- Nutrition Program dining sites
- Lincoln Center
- Adult Day Center
- grocery shopping
- volunteer work stations
- medical appointments
- personal business appointments

Rides are available to medical appointments through volunteer escort drivers and/or subsidized taxi throughout the county. When necessary, rides are provided to medical facilities outside of the county.