



# 2012 Winter/Spring Offerings



## Lincoln Center Welcomes You!

If you haven't been here before stop in or call 715-346-1401 for information. Senior Center Director Donna Calhoun will be happy to answer your questions and acquaint you with what we have available.

Most classes require advanced registration (which can be done during our regular business hours, Monday through Friday, 7:30 a.m. to 4:30 p.m.), or use the form inside and register by mail. Other programs and services of the Aging & Disability Resource Center don't require pre-registration unless noted.

The Aging & Disability Resource Center of Portage County invites you to become acquainted with Lincoln Center—its programs and classes, its opportunities to engage and be engaged. Join the spirit of a new generation of adults who are redefining retirement, focusing on tools for staying healthy physically, mentally, spiritually, and socially.



### Take a Break at The Coffee Stop

While you're at Lincoln Center for a class, lunch, visiting, or any another activity, visit The Coffee Stop for coffee (regular and decaffeinated) tea, cocoa (regular and sugarless), cider, juice, granola bars, cookies, and donuts. There's no funding for this service; prices are kept low (enough to cover our costs), and are posted, with payment on the honor system in the money box on the counter.

## Education & Information

### Fiction Writing Mondays, Jan. 9 – Mar. 5 10 a.m. - 12 p.m.

Learn the basics of fiction writing for fun or publication. Darlene Biese Schultz (see her biography below) is the instructor. Cost is \$10.

*Darlene Biese Schultz has been teaching fiction writing at Lincoln Center since 2007. She teaches the basics of fiction writing for fun or publication. The class exchanges constructive criticism, positive feedback and steps to prepare a short story or manuscript for publication. Biese Schultz taught fiction writing at Clark Community College in Vancouver, Washington, and was an advertising consultant before moving back to Stevens Point in 1993. She has a Bachelor of Science degree in journalism and advertising from Kent State University. Biese Schultz published a fiction book, "Decision or Destiny" in October, 2011. "Many of my students have published children's books, short stories and poetry, and I felt it was time that I finished my book."*

### Wake Up to Opera Wednesdays, Apr. 11 – Jun. 27 10 a.m. – 12 p.m.

It's Opera 101, Psychology 102, and History 103. It's Wake Up to Opera! All operas have English subtitles and Betty Jenkins provides the history of each before we watch the performance. Cost is \$10.

### Lincoln Center Book Discussion Group 3rd Tuesday, Jan. - May 2 p.m.

Participants will choose books to read. Leadership of discussion rotates monthly among participants. Cost is \$5.

### Buying a Digital Camera Monday, Apr. 2 1 - 3 p.m.

Get the best camera for your needs and your budget. Topics include advantages and disadvantages of camera types, choosing camera features and menu functions, how many megapixels you really need, and how and where to buy. Instruc-

tor: Barbara Smith of B.F. Smith Images. Free.

### Compact Camera Basics Mondays, Apr. 9 - 30 1 - 2:45 p.m.

Compact cameras are also called "point-and-shoot" cameras and have fixed lenses. Find out how to get the most out of your compact camera for the kinds of photos you like to take. Bring your camera and instruction manual to class. Instructor: Barbara Smith. Cost is \$10.

### SLR Camera Basics Mondays, May 7 -21, Jun. 4 3 - 4:45 p.m.

SLR cameras have detachable lenses. Learn how to use the various shooting modes and menu functions. We will also explore photographic techniques and compositional ideas. Bring your camera and instruction manual to class. Instructor: Barbara Smith. Cost is \$10.

### Continuing Spanish Tuesdays, Jan. 24 – May 1 1 - 2 p.m.

This class is for students from prior semesters or who have knowledge of the language. For new students, a lesson book is available for purchase. Roberto Assardo is the instructor. Cost is \$10.

### Conversational Spanish Tuesdays, Feb. 7 – Mar. 27 10 a.m. - 12 p.m.

Join students in new lessons and review of basic foundations of conversation. A lesson book is available for purchase. Gracie Davidson is the instructor. Cost is \$10.

### Polish Wednesdays, Jan. 18 – Apr. 25

Beginners: 12:30 - 1:15 p.m.

Taught by Julitta Szczepanski this class is for persons without prior classroom experience. Cost is \$10.

Advanced Beginners: 1:15 – 2 p.m.

Also taught by Julitta Szczepanski, this is for students who have been attending Lincoln Center's beginner and advanced beginner classes. Cost is \$10.

Intermediate: 2 - 3 p.m.

Taught by Julitta Szczepanski, this class is for students presently in this level and new students with higher level Polish skills. Cost is \$10.

•A lesson book can be ordered through any of the classes.

### **Hmong Elder Citizenship Class**

**Tuesdays, Jan. – Jun.**

**9:30 a.m. – 12:30 p.m.**

Hmong elders learn language skills to prepare for the United States citizenship exam. Sponsored by the Portage County Literacy Council.

### **Health Care Advance Directives**

**Lincoln Center: Friday, Feb. 17, 1**

**p.m., call 715-346-1401**

**Saint Michael's Hospital: 2nd Tuesday of the month free community sessions, 1 p.m., call 715-346-5010**

Trained retired teachers at Lincoln Center and Spiritual Services staff at Saint Michael's Hospital will help you with the Power of Attorney for Health Care and the Declaration to Physicians (Living Will) forms. Open to adults 18 and older. No fee but registration required.

### **Play Reading**

**First Friday, Feb. - May**

**10:30 a.m. - 12 p.m.**

Join this group for the enjoyment of reading one-act plays or act one of three-act plays followed by informal discussion. Led by Alice Faust and Isabelle Stelmahoske. Cost is \$5.

### **AARP Driver Safety**

**Thursday, Feb. 2**

**10 a.m. – 3 p.m.**

This four-hour refresher course from the American Association of Retired Persons is designed for drivers age 50 and over to help them understand and adapt to the effects of aging on driving and the changes in today's roads, vehicles, and driving conditions. Cost is \$12 for AARP members and \$14 for non-members (pay instructor on day of class).

### **Antique Identification & Evaluation**

**Second Friday, Jan. - May**

**9 a.m.**

Wondering if grandma's teapot is treasure or trash? Bring in up to four items for evaluation by Greg Kurtzweil of Kurtzweil's Antiques. Sign up for one or as many dates as you like. Cost is \$2 each time you come.

### **Lincoln Center Computer Lab**

- All computers have Windows XP operating system and Internet access
- Each system has between 256 – 512 MB of memory
- All computers are equipped with Office 2007 Standard
- Dragon Naturally Speaking (speech recognition software) is installed on one

computer

- Photoshop is installed on one computer

### **Ainsworth Keyboarding Program**

Four computers in the Lincoln Center computer lab are equipped with this individualized typing program to learn computer keyboarding at your own speed. Work on your skills during open lab time.

### **Computer Tutor**

Megan Wecker can assist people one-on-one with computer topics. People with little or no knowledge of computers are welcome. Schedule an appointment with Megan by calling 715-346-1401. No cost, but donations accepted.

### **Help With Computer Skills**

**Fridays, Jan. 20 – Apr. 27**

**9 – 10:30 a.m.**

Thomas Bickford and experienced computer users are available to troubleshoot computer technical problems, or discuss and teach computing topics of your choice. Individual and/or small group learning for all levels. Beginners and those with no computer experience are welcome. Register at the reception desk the first day you come. All users: sign in daily. Donations are accepted to help maintain the lab—a donation box is provided. Rules for computer use are posted in the lab.

### **Generations On Line (GoL) Basic**

**Computer Training**

**Mondays & Wednesdays**

**9 – 11 a.m., 11:30 a.m. – 1:30 p.m.,**

**2 – 4 p.m.**

So you got a new computer for Christmas—or maybe someone else got a new one, and you are getting the hand-me-down. This is a terrific opportunity—especially if you are in the job market. These days, most jobs require at least some computer knowledge, and employers often require online job applications. How much computer experience do you have? Maybe you've used one a few times, but never consistently enough to feel really comfortable with the technology. What is the best way to learn? You can ask a friend or family member to help you, but sometimes it can be difficult to learn from someone who has grown up with computers. Too much that is mysterious to you will be second nature to them—and it won't occur to them you need to be taught things they do automatically.

A small class with a lot of individual instruction is probably the ideal way to learn. The Senior Citizens Employment & Training classes are small (no more than four people) specifically designed for peo-

ple 55 and older, and have a peer coach who is available for questions or individual help. You start at the most basic level, and work at your own pace. You learn how to use the mouse and keyboard, how to get on the internet, and how to use email. Once you have mastered the basics, there are plenty of training options—including many free online classes. The online classes cover everything from computer basics and word processing to online job searches and resume writing. Classes are held in Lincoln Center's computer lab and are individualized for each student. No fee.

*All Senior Citizens Employment & Training (SCET) programs operate under a US-DOL grant in cooperation with Senior Service America, Inc. and are equal opportunity programs. SCET provides paid on-the-job training, placement services, and basic computer skills training for persons 55 and older.*

### **MSTC Computer Classes**

For the following computer classes taught by Renee Smith, register at Mid-State Technical College, 933 Michigan Avenue. The classes are held at MSTC.

### **Windows Operating System**

**Tuesdays & Thursdays,**

**Jan. 24 – Feb. 23**

**8 – 9:50 a.m.**

Students will learn about the components of a computer system, software and terminology, and develop basic skills. Cost is \$4 for people 62 and over, \$59.93 for under 62. MSTC course # 25650.

### **Beginning Word**

**Tuesdays & Thursdays,**

**Feb, 28 – Mar. 29**

**8 – 9:50 a.m.**

Create, modify and save documents in Microsoft Word; insert, delete and move blocks of text, format text and pages, develop lists, do searches and spelling checks in this course. Cost is \$4 for people 62 and over, \$48.74 for under 62. Windows Operating System is a prerequisite for this class. MSTC course # 25652.

### **Advanced Word**

**Tuesdays & Thursdays,**

**Apr. 3 – 26**

**8 – 9:50 a.m.**

Same as above but advanced course. Cost is \$4 for people 62 and over, \$48.74 for under 62. Beginning Word is a prerequisite for this class. MSTC course # 25654.

**Email and Internet  
Tuesdays & Thursdays,  
Jan. 24 – Feb. 23  
10 – 11:50 a.m.**

Learn the basics of searching on the Web and email in this course. Windows Operating System is a pre-requisite for this course. Cost is \$4 for people 62 and over, \$59.93 for under 62. MSTC course # 25651.

**Beginning Excel  
Tuesdays & Thursdays,  
Feb. 28 – Mar. 29  
10 – 11:50 a.m.**

Excel is a program to create and edit spreadsheets, allowing you to do such things as balance your checkbook, create mailing lists, or organize large amounts of data in an easy to read format. Cost is \$4 for people 62 and over, \$48.74 for under 62. MSTC course # 25653.

**Computer File Management  
Tuesday & Thursday, May 1 & 3  
8 a.m. – 10:50 a.m.**

Learn about working with computerized files, folders and disks. Pre-requisite is Windows Operating Systems. Cost is \$4 for people 62 and over, \$20.78 for under 62. MSTC course # 25655.

**LIFE Classes**

The following classes will be held at Lincoln Center. No fee. LIFE (Learning is Forever) is an association of senior learners, hosted by UW-Stevens Point. LIFE members register through LIFE. If you're not a LIFE member, register through Lincoln Center. Call 715-346-3838 to learn more about LIFE.

**The Aging and Disability Resource Center of Portage County  
Wednesday, Feb. 1, 3 – 4:30 p.m.**

The Aging & Disability Resource Center offers support to seniors, adults with disabilities, and their families and caregivers with comprehensive services that maintain clients' independence, dignity and quality of life. Lincoln Center is a one-stop resource. Sooner or later, we may all use one or more of these services, so join the Senior Center's Director on a tour of the facility and learn about the programs they offer. You'll also hear about opportunities to volunteer, especially in this time of economic crunch and cutbacks. Leader: Donna Calhoun.

**Polymers: They're Everywhere!  
Monday, Mar. 5, 1 – 2:30 p.m.**

You can find polymers everywhere: in plastics in your kitchen, car, clothing, and more. Learn why these fascinating materials have the properties they do. Compare

natural vs. human-made polymers, learn about their importance in our way of life, and how they're produced, manufactured and recycled. Leader: Sue Hall.

**Joan Crawford - Hollywood Survivor  
Tuesdays, Mar. 13, 20, 27, 1 – 3:30 p.m.**

Joan Crawford survived more Hollywood career speed bumps than almost anyone else. We'll watch a biography of Joan Crawford and one film each from her 1940 (A Woman's Face) and 1950 (The Best of Everything) career reincarnations. Leader: Karen Olsen.

**Falls Prevention**

**Wednesday, Mar. 14, 10 – 11:30 a.m.**

Falls are one of a senior's greatest health risks. This program will provide information on how falls can be prevented, minimizing your risk. Leader: Janet Zander.

## Health & Fitness

### One-Dish Skillet Meals

For those of you who crave home cooking but don't want to spend a lot of time in the kitchen, try preparing a healthy and hearty one-dish skillet meal. You can be creative while combining nutritious foods from different food groups. Join a nutrition educator from UW-Extension to help get you started. Call the phone number listed if you would like to join the group for lunch or need a ride.

Hi-Rise Manor – Wednesday, Jan. 18 (715-347-4812), 11:30 a.m.

Lincoln Center – Wednesday Jan. 25 (715-346-1401), 11:30 a.m.

Rosholt Faith Lutheran Church – Thursday, Jan. 26 (715-572-8918), 12:15 p.m.

Plover Municipal Center – Tuesday, Feb. 7 (715-347-0365), 11:30 a.m.

Amherst Jensen Center – Wednesday, Feb. 8 (715-347-4856), 12:15 p.m.

Junction City Village Park Pavilion – Thursday, Feb. 23 (715-347-4813), 12:15 p.m.

### Healthy Eating for Successful Living Tuesdays, Jan. 31 – Mar. 6 2 – 4:30 p.m.

Make a healthy start to the New Year by improving your heart health and strengthening your bones. In this six-week course learn tips for improving your diet, reading nutrition labels, and cooking healthy at home. Join peers in this hands-on nutrition class that includes a grocery shopping tour and cooking demonstration, followed by a meal. You will also learn exercises to improve your flexibility, endurance, balance, and strength. On April 3, the group will convene for a celebratory dinner at a local restaurant where

participants can test their nutrition skills when dining out. Registration is \$18, and includes a program manual, food journal, meal for cooking demonstration, and healthy snacks from the grocery tour. To sign up, call 715-346-1401 by January 20.

### Resistance Chair Exercise Program Mar. 1 – May 18 11 a.m. – 3 p.m. (one-hour sessions)

Resistance chair exercise offers a workout using pulleys of varying resistance to strengthen the whole body, helping to increase strength, endurance, balance and flexibility. Lincoln Center currently has two resistance chairs located in the health room. An instructor is available for one-on-one instruction with a choice of different DVD programs.

### Mind Rewind Early Memory Loss Program Wednesdays 10 a.m. – 2 p.m.

Equip Your Memory Tool Chest! Mind Rewind is a preventative and intervention program to maintain brain ability or slow the loss of brain functions. This class is for those who are independent. Each week participants engage in memory enhancement techniques and activities. A learning segment is featured which includes topics in brain health, current events and participants' interests. Fitness activities are also offered during this class. This program offers a stimulating and friendly environment to people from all walks of life. Participants do not have to have a memory loss diagnosis to attend the classes. Class size is limited. Cost per four-hour class is \$15 plus a lunch donation. Limited scholarship funds are available based on financial eligibility. Call EML Program Assistant Tammy Singer 715-346-1401 to RSVP for a free observation session.

### Help with Health Concerns and Medication Management

Ellen Grys, R.N., Information & Assistance Specialist with the Aging & Disability Resource Center, will assist you with health concerns and medication management. Call 715-346-1401 for an appointment.

### Chair and Intermediate Yoga Mondays

**Session 1: Jan. 16 – Feb. 20**

**Session 2: Mar. 5 – Apr. 9**

**Session 3: Apr. 16 – May 21**

**Chair 10 – 10:50 a.m.**

**Intermediate 10 – 11:30 a.m.**

On the first day of each new session from 9 to 9:45 a.m. there will be an Introduc-

tion to Yoga for people who are new to the practice and are planning to sign up for one of the sessions. Participants will gain insight into the holistic practice of yoga, principles of alignment, basic postures and breathing techniques. No fee.

Chair yoga is designed for students who are new to the practice or who desire a gentle class using mainly chair yoga positions and some standing positions, but without floor exercises. Intermediate yoga is for those who already know the basic yoga postures, and starts with some chair yoga and builds to more vigorous standing and floor exercise. A yoga mat is needed for the intermediate class. Meditation is taught in both classes. Cost is \$30 for chair and \$45 for intermediate. Students with yoga experience can pay \$7 per session for chair and \$10 per session for intermediate on a walk-in basis. Maureen Houlihan, certified Kripalu Yoga instructor and member of the Yoga Teachers Association, is the instructor. This class fills quickly, so be sure to register early.

**Fun & Fit**  
**Tuesdays & Thursdays**  
**10 - 10:45 a.m.**

This fitness program led by Santha Bickford will help increase flexibility and strength through a series of slow, deliberate exercises combining sitting and standing. Wear shoes that can easily be removed, and comfortable clothes. Cost is \$15 for ten sessions or \$1.50 per session.

**Seniorobics**  
**Tuesdays & Thursdays**  
**8:30 - 9:30 a.m.**

This moderate exercise-to-music class is lots of fun and is led by Romel Cooney. Cost is \$15 for ten sessions or \$1.50 per session.

**T'ai Chi**  
**Wednesdays**  
**Session 1: Jan. 11 – Feb. 22**  
**Session 2: Mar. 7 – Apr. 18**  
**Beginners 2 – 2:45 p.m.**  
**Continuing 3 – 3:45 p.m.**

This gentle exercise technique is the Chinese art of movement for balance, coordination, range of motion, and relaxation. Beginning students will learn Part I, the first 21 positions of the Yang Style Long Form. Continuing students will also learn Parts II and III. Terry Wick is the instructor. Cost is \$40.



**Arthritis Foundation Exercise Program**  
**Tuesdays & Thursdays**  
**11 - 11:45 a.m.**

This class is for people who have arthritis or mobility limitations and is taught by certified instructors. Cost is \$15 for ten sessions or \$1.50 per session.

**Walk With Ease**  
**Mondays, Wednesdays, Fridays**  
**Feb. 20 – Mar. 30**  
**8 – 9:30 a.m.**

This program from the Arthritis Foundation is for people with or without arthritis who want to make walking a regular habit. Shown to reduce pain and increase balance and walking pace, Walk With Ease provides the information and tools people need to develop a safe exercise routine that fits their unique needs and goals. Cost is \$5 (which includes a class book).

**Wii Bowling**  
**Every 2<sup>nd</sup> & 4<sup>th</sup> Friday**  
**1:30 – 3:30 p.m.**

Wii bowling offers fitness, fun, a full range of motion and low impact exercise, and an opportunity to meet new people. If you can swing your arm, you can Wii Bowl. No partner or previous bowling experience required. Come in any 2<sup>nd</sup> and 4<sup>th</sup> Friday to play or watch. Register in advance or at the door. No cost.

**Walking Club**

Walk your way to better health at Lincoln Center Monday through Friday from 7:30 a.m. – 8:30 a.m. Walkers are welcome to use the multipurpose and/or dining rooms to start out their morning with a healthy group walk. New members are always welcome to join and can register at the center during regular business hours. Cost to join is \$2.00.

**Foot Care Clinic**  
**1<sup>st</sup>, 3<sup>rd</sup> & 4<sup>th</sup> Thursdays of the month**  
**9:30 a.m. – 12:30 p.m.**

This is a routine toenail cutting service at Lincoln Center provided by Aspirus VNA Home Health, Inc. Participants must have a referral form signed by a physician prior to the first appointment (this is a one-time requirement). Forms are faxed to your physician for his/her approval. Cost is \$25 and advance appointments are required by calling 715-346-1401

**15-Minute Chair Massage**  
**2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month**  
**10:30 a.m. - noon**

The Stress Relief Team offers this service. Cost is \$12 and appointments are required by calling 715-346-1401. Chair

massage consists of massage to relax the muscles of the upper body, the neck, shoulders, arms and hands.

**Hearing Screening**  
**Tuesday, Mar. 6**  
**8:30 - 10:30 a.m.**

Audiology students from UW-Stevens Point will conduct free hearing screenings at Lincoln Center. Advance appointments required. Book your appointment today by calling 715-346-1401.

**Vision Screening**  
**Wednesday Mar. 7**  
**1 – 4 p.m.**

Optometrist Larry Woods will conduct free low vision screenings. Glaucoma, visual acuity and macular degeneration screenings included. Call 715-346-1401 for an appointment.

**Blood Pressure Screening**

Volunteer retired nurses will check your blood pressure and provide information on control of hypertension. Reservations are not required. Second Thursday of the month at Lincoln Center, 10 a.m. to noon. At the Plover and Rosholt Nutrition Program dining sites—check with the Site Manager for dates and times.

**The Holly Shoppe**

*Spring*

**Open House**

**Wednesday, March 20**  
**10 A.M. to 7 P.M.**  
**Refreshments Door Prizes**

*Come see what's new for Spring and Easter!*

Gifts from the Holly Shoppe give twice: first by bringing joy to their recipients and again by supporting the seniors and adults with disabilities who create them.  
*United Way Partner Program*

Lincoln Center 1519 Water Street  
Stevens Point 715-346-1401

# Caregiving Resources

## Caregiver Support Services

Focus on caregivers is fairly new. Caregiving can be a 24/7 stressful "job", but if caregivers don't take care of themselves, eventually they won't be able to care for their loved one either. Factors affecting caregiving can be physical, emotional, or financial. Caregiver stressors are more often a combination of these factors and the dynamics of relationships are affected. Caregiver Support Services can help provide support, assistance and linkages to resources that help make caregiving more manageable. For information or help sorting through your unique situation, call Sue Martens, Caregiver Support Services Director, at 715-346-1401.

## Taking Care of You Powerful Tools for Caregivers

**Tuesdays, Apr. 3 – May 8  
10 – 11:30 a.m. or 6 – 7:30 p.m.**

Family Caregivers experience the rewards and joys of helping others and often the stress as well. Research indicates a close connection between chronic high stress levels and personal health. The Aging & Disability Resource Center is offering a class to assist family caregivers to explore and navigate the difficulties of managing care for a family member while keeping themselves healthy. Topics addressed include developing effective communication skills, learning and practicing techniques to reduce stress, recognizing and managing strong emotions and making difficult decisions. Participants are encouraged to attend all six weekly sessions as each class focuses on one area and builds upon previous information. Skills are taught by hands-on practice, goal setting and reinforcement. This class is open to family caregivers of adults or children. There is no cost. Please register no later than March 30<sup>th</sup> by calling 715-346-1401 or toll-free at 866-920-2525. If you need respite care to attend, please include this information when you register.

## Adult Day Center

Located right inside Lincoln Center, 1519 Water Street, 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 fami-

lies and caregivers. Call Sharon Anderson at 715-346-1401 for more information.

Services Include:

- Assistance with personal care
- Opportunities to socialize and be part of the day services community and the community at large
- Nutritious meals and snacks
- Health monitoring and medication supervision
- Therapeutic music, games and crafts planned by onsite Recreational Therapist
- Opportunities for regular exercise and range of motion activities
- Entertainment and recreational opportunities
- Showering assistance, foot care, glucose monitoring, beautician services (for an additional fee)
- Drop-in service (pre-registration required)

## Volunteer Caregivers of Portage County

The mission of Volunteer Caregivers is to enable the elderly, people with disabilities, and families to maintain their independence, dignity and quality of life by complementing the care they are presently receiving and providing support to those without other arrangements. Services can include, but aren't limited to, friendly visiting, "Time Away" in-home respite for people with dementia, transportation, shopping, errands, news on disc, housekeeping, yard work, minor home repairs, and more. Volunteer Caregivers' intent is to provide services when other resources cannot be found. We can generally accommodate any reasonable request for assistance if a volunteer can be found. To volunteer, refer someone who needs help, donate, or for more information please call 715-342-4084.

## Telecare Program

Are you looking for a little extra reassurance for yourself or a family member or friend? The Telecare program provides a daily safety check for older adults and adults with disabilities who live alone. Volunteers from the Portage County RSVP will call participants every weekday between 8:30 and 9:30 a.m. Weekend calls are made in cooperation with Salvation Army staff.

Telecare offers daily socialization for the participant as well as peace of mind for the family. Participants must provide the names and phone numbers of at least two people to contact in case of an emergency. RSVP staff will follow up with the contact person(s) if the participant cannot be reached. If necessary, staff will check with the local hospital to see if the participant was recently admitted and may request that local law enforcement go to the participant's home for a safety

check. Contact the Aging & Disability Resource Center at 715-346-1401 for more information or to enroll in the program. There is no charge to participate.

## Safe & Sound

Safe & Sound is a program to ensure the safety of adult community members who require supervision due to cognitive disabilities or progressive illnesses such as Alzheimer's disease or other forms of dementia. These individuals have the potential to become disoriented and to place themselves in danger by wandering away from their home or those responsible for their care. Safe & Sound helps law enforcement officials locate or identify individuals who may be confused and disoriented so they may be returned to their loved ones and familiar surroundings as quickly as possible. In the event of an emergency involving one's caregiver, Safe & Sound helps to ensure the safety of the care receiver. The program is open to any Portage County resident who is age 18 or older and has a cognitive disability or memory impairment. For more information call 715-346-1401.

## Project Lifesaver

Project Lifesaver is a program that provides peace of mind to caregivers, aiding in the successful recovery of vulnerable adults and children with disabilities who wander off. Project Lifesaver utilizes a comprehensive, rapid-response search and rescue system which involves the use of proven and reliable locator equipment and trained search teams. Individuals enrolled in the program wear a wristband that emits an individually assigned FM radio frequency. If the wearer wanders off and is reported missing, local law enforcement agents will respond to the area the individual was last known to be in and begin the search using the mobile locator tracking system. In many cases, search time has been reduced from hours and days to minutes.

Project Lifesaver of Portage County is open to any Portage County resident with a long term cognitive impairment (e.g. irreversible dementia, autism, Down syndrome), who is at high risk for wandering. To participate, applicants must meet eligibility requirements. Participants in the program pay a small monthly fee to cover program and equipment costs. Financial assistance may be available, if needed, to assist with the monthly cost. For more information about Project Lifesaver of Portage County or to apply stop at Lincoln Center or call 715-346-1401.

## Support Groups

Support groups offer a helping hand for people coping with physical limitations or the care of a family member. There are

discussions, problem-solving ideas, information and updates on research and adaptive aids. For more information on any of these groups or for transportation call 715-346-1401.

**Alzheimer's Caregiver Support Group 2nd Tuesday of the month, 5 - 6:30 p.m.**

This support group is designed to provide education and emotional support for caregivers of those with Alzheimer's or another dementia. It encourages individuals to maintain their own physical and emotional health while caring for the person with dementia. This group is sponsored by the Alzheimer's Association of Greater Wisconsin. For more information, contact Andrea Randant, 715-393-3951.

**Caregiver Support Group last Wednesday of the month, 4 - 6:30 p.m.**

The Caregiver Support Group is for family members, neighbors, or friends who help care for individuals age 60 and older, or with a dementia, or someone over 55 caring for a child or adult with a disability. The group provides educational information and mutual emotional support through an exchange of ideas from those who may have experienced similar circumstances. This group is not disease-specific. Dinner and respite are provided with advance registration. For information, contact Sue Martens, Caregiver Support Services Director, 715-346-1401.

**Loss of Spouse Support Group, Wednesdays, Apr. 11 - May 16, 10 a.m. - 12 p.m.**

**Parkinson's Support Group 4th Tuesday of the month, 1 p.m.**

**Visually Impaired Persons Support Group 2nd Wednesday of the month April - December), 1 p.m.**

## Creative Arts

**Quilting  
Thursdays, Jan. 26 - Feb. 9  
1 - 4 p.m.**

General quilting skills will be the focus of this class taught by Rose Cobb. Cost is \$14. Supplies extra.

**Pottery  
Mondays and Thursdays,  
Jan. 9 - May 24  
1 - 4 p.m.**

People wanting to learn or enhance their pottery skills are invited to get together to work on projects and share ideas and tips. Students use hand building techniques such as pinching, coiling, slab rolling, throwing and molds. An electric potter's wheel is also available for use. Vincent Heig is the leader. Cost is \$15 (clay, glazes and firing are extra).

**Oil Painting  
Mondays, Mar. 19 - May 7  
1 - 3:30 p.m.**

Deann De La Ronde will teach the basics of art, use of materials, techniques in oil and development of creativity and originality. Cost is \$40 (supplies extra). We must have a minimum of 10 people to hold this class.

**Introduction to Acrylic Painting  
Tuesdays, Jan. 17 - Feb. 21  
9:30 - 11:30 a.m.**

Are you new to acrylic painting or have you taken a class but felt lost? In this beginners class you'll learn the very basics (paints, brushes, strokes, surface preparation, backgrounds, etc.), start a painting, and experiment with different techniques and products. Individual help will be given in a relaxed, no-rush atmosphere. Cost is \$10 (supplies extra). Susan Gold is the instructor.

**Acrylic Painting  
Mondays, Jan. 16 - Mar. 5  
1 - 2:30 p.m.**

Terry Smith will teach the basics of art, use of materials, and techniques in acrylic with a focus on composition. Cost is \$14 (supplies extra.)

**Crocheting  
Thursdays, Mar. 15 - Apr. 19  
1 - 3 p.m.**

This course with Rose Cobb will review simple and combination stitches and reading patterns. Bring an H or I hook. Cost is \$10. Supplies extra.

**Ceramics  
Wednesdays, Feb. 1 - Mar. 28  
8:30 - 11:30 a.m.**

Beginners or advanced students are welcome in this course with Linda Austin. Cost is \$10 plus \$2 per week for greenware and firing (non-stock glazes are extra).

**Ceramics for Adults with Disabilities  
Thursdays, 10:30 - 11:30 a.m.  
Session 1: Jan. 5 - 26  
Session 2: Feb. 2 - 23  
Session 3: Mar. 1 - 29**

Led by Tonna Rosa, students choose their activity and work at their own pace. Materials are provided but students may bring their own pieces to work on if desired. Cost is \$10 per session.

**Open Knitting  
Thursdays, Jan. 12 - May 17  
9:30 - 11:30 a.m.**

Students work on their own projects. Beginners or knitters of any skill level are welcome. Leaders will help with problem solving, reading patterns, and other knitting questions. Knitting demos will also be included. Beginners will learn the basics. Cost is \$10 (supplies extra).

**RSVP Silver Threads Sewing Group  
2nd and 4th Tuesdays of the month  
1 p.m.**

Silver Threads invites volunteers who love to sew to join this community-minded group that uses its creative talents to do sewing projects for schools and non-profit agencies. Most of the work is done at home. Visit a session to meet the volunteers and find out about upcoming projects. Call Karen Piesik, RSVP Assistant, 715-346-1401 for more information.

**Woodcarving  
Tuesdays, Jan. 17 - May 1  
9 a.m. - 12 p.m.**

This class will offer the traditional art of woodcarving. Students must furnish their own tools and carving glove (first class will feature needed tools). The leaders are Bob Bucholtz and Ron Okray. Class size limited to 20 students. Beginners welcome. Cost is \$25.

**Chip Carving  
Tuesdays, Jan. 17 - May 1  
1 - 3 p.m.**

Chip carving is the art of using two kinds of knives to carve patterns into wooden boxes, platters, plaques, etc. The leader is Sophie Kubisiak. Cost is \$10 for the series. Students furnish their own tools and supplies.



**United Way's** ★

# 2-1-1™

**Get Connected. Get Answers.**

Free and confidential  
non-emergency  
community information  
and referral,  
24 hours a day,  
7 days a week.

Call the United Way of  
Portage County—  
dial 211.



**Over 60 Crafters Club**  
**2<sup>nd</sup> Monday of the month**  
**10:30 a.m. – 12 p.m.**

The Jensen Community Center in Amherst hosts the Over 60 Crafters Club. Bring your knitting, crocheting, needlepoint or any craft to work on in a convivial atmosphere with coffee and snacks. Stay for lunch at noon at the Nutrition Program dining site. For more information and lunch reservations call Cindy Swan at 715-347-4856.



New artisans are always welcome to join the Holly Shoppe. Portage County residents age 55 and over and adults with disabilities are invited to sell their hand-crafts with us. Call Kathy Fandre at 715-346-1401 for more information.

**Lincoln Center Gallery**

Take a moment when you're at Lincoln Center to enjoy the monthly exhibits of art and collections in our Gallery, now including art by local elementary through college students.

**Artists, Collectors and Crafters!**

Would you enjoy occasionally demonstrating your crafts or sharing information on your hobbies or collections with children? RSVP is looking for Folk Fair volunteers. Folk Fairs are held at local elementary schools twice a year. Please see Julie Rekowski in the RSVP office at Lincoln Center (or call 715-346-1401) if you're interested or would like more information.



**Your Invitation to Serve**

RSVP provides volunteer opportunities in community agencies and area schools. Training is provided as needed and the time commitment is flexible. If you're interested or want more information, stop at Lincoln Center, call 715-346-1401, or visit [www.co.portage.wi.us/adrc/rsvp](http://www.co.portage.wi.us/adrc/rsvp)

You can also find volunteer opportunities at the community volunteer Website: [www.volunteersrock.org](http://www.volunteersrock.org)

## For Your Information

**Portage County Travel Training Program**

The ability to travel where you want and when you want lends itself to living a more spontaneous life. The definition of independence is different from person to person but being independent is strongly linked to being able to travel around your community. Every community has a variety of transportation options available. The City of Stevens Point and Village of Plover have public transit systems which are accessible to most riders. Portage County is also accessible through private on-demand services like taxi, specialized medical vehicles and volunteer driver services. Nearly everyone who is looking for transportation can find alternatives to driving their own vehicle. Figuring out which option is the best for you and then learning how to travel safely can be difficult to do on your own. The Portage County Travel Training program is here to assist you to learn about your options and to help you travel safely and independently. There is no cost for this service.

This program is designed to give people with disabilities and seniors the "Skill, Confidence and Independence" to access and ride transportation in Portage County. One-on-one or group training on safe, independent travel skills is available. Familiarization training for groups and individuals is also available to raise awareness of travel options available in the county.

If you would like to help others travel safely and independently you can volunteer to be a Travel Buddy with the Travel Training Program. Call Travel Trainer Jodi Staniewski at 715-341-4490 for more information.

**Ask Law Enforcement**  
**Wednesdays, Jan. 18**  
**11:30 a.m. – 12 p.m.**

Members of the Stevens Point and Plover Police Departments and the Portage County Sheriff's Department will provide information on safety issues and answer questions. The presentation is sponsored by Portage County Triad, a collaborative effort of local law enforcement and older adults. The goal of Triad is to strengthen the delivery of law enforcement services to older adults and other residents through utilization of volunteers.

**Help with Income Tax Returns**  
**Feb. 1 – Apr. 14**

This program provides low to moderate income Portage County residents 60 and over tax preparation by trained volunteers, enabling them to comply with tax filing responsibilities and to obtain the credits to which they are entitled. **Starting January 9 you can call to make an appointment.** Appointments are required and can be made by calling the United Way's information line (dial 211), Monday through Friday between 8 a.m. and 5 p.m. Tax preparation locations are Lincoln Center and the Portage County Public Library.

**Free Cell Phones for 911 Use**

Portage County RSVP and Triad sponsor a 911 Cell Phone program. RSVP collects used cell phones and sends them to a recycler, who determines the best use for the phones. Higher value phones are converted to cash which is returned to RSVP to assist in administering the program. Refurbished phones are returned to RSVP for distribution to people at no charge for use in an emergency. The phones can only be used to call 911 and there is no cost. Call 715-346-1401 for information on obtaining a 911 cell phone.

**Public Welcome at Commission on Aging Meetings**

The Commission on Aging/Aging & Disability Resource Center Board is appointed by the County Executive and provides governance to the Aging & Disability Resource Center. The Commission usually meets on the first Wednesday of the month at 4 p.m. at Lincoln Center. These are open meetings and members of the public who have an interest in services for seniors and adults with disabilities are welcome to attend. The agenda always includes an opportunity for attendees to address the Commission on specific agenda items (subject to the reasonable control of the Chair). COA/ADRC Board agendas and minutes are available on our Website, [www.co.portage.wi.us/adrc](http://www.co.portage.wi.us/adrc) (click on the "About Us" link, then the "Commission on Aging/Aging & Disability Resource Center Board" link). Printed copies are available at Lincoln Center after 12 p.m. on the first Friday of the month.

**The Knowledge Nook**

A wide variety of brochures, books, videos, etc., on topics from caregiving to Alzheimer's to health to local resources that may be of benefit to you are available for check-out in our Knowledge Nook off the main lobby at Lincoln Center.

### **Lincoln Center Loan Closet**

Durable medical equipment is available on loan at no charge (though donations are gratefully accepted)—wheelchairs, commodes, walkers, canes, shower chairs, etc. Call 715-346-1401 to make an appointment. Donations of equipment in good working condition are also appreciated.

### **Vital Information Program (VIP)**

VIP brings to the attention of emergency personnel all of an individual's important medical information—medical conditions, allergies, medications and advance directives—and personal information such as adaptive aids used, dependent care, pet care, etc. The packet is kept on the refrigerator door so it can be easily found in case of an emergency. The program is free of charge. Call 715-346-1401 to arrange registration or for further information.

### **Portage County Public Library Audio Books on CD and Large Print Books at Lincoln Center**

A selection of large print books and audio books on CD (made possible through the Hazel Koskenlinna Endowment Fund) from the Public Library can be checked out. Titles are rotated monthly. The borrowing period is four weeks. These books are for loan only and check-out is on an honor system. A CD player can also be checked out (ask at the reception desk).

### **Public Use PC and Internet**

There's a computer with Internet Access available for use during our regular business hours. When classes aren't in session the computers in our computer lab are also available. Printing costs 10 cents per copy. Donations are welcome for computer upkeep (a donation box is provided).

### **Book & Puzzle Exchange**

Need some new reads or jigsaw puzzles? Stop at Lincoln Center—we have paperbacks, magazines and puzzles for exchange.

### **Aids for the Visually- and Hearing-Impaired**

Three devices at Lincoln Center are available for people who have difficulty reading printed text in newspapers, books or magazines, printed letters or computer screens, and even seeing smaller, three-dimensional items. In our Knowledge Nook, a closed-circuit TV magnifying monitor enlarges text, writing, pictures and objects. Zoom Text magnification and monitor reading software are available on a computer in our computer lab during regular business hours. First-time users can be trained in machine opera-

tions (call 715-346-1401 to set up a training session). For the hearing-impaired, there are assistive listening devices people can use when participating in a Lincoln Center class or activity. The TV in our lounge has closed captioning. Dragon Naturally Speaking speech recognition software is installed on one of the computers in our computer lab.

## **Social & Special Events**

### **Chess**

**Wednesdays, Jan. 11 – Apr. 18  
3:45 – 4:45 p.m.**

Never played chess but want to learn? Played, but a long time ago? A group of old and new players will be meeting on Wednesdays to play. If you're interested, join us. Terry Wick will lead the group.

### **Bunco**

**2nd Monday of the month  
10 a.m. – 12 p.m.**

Bunco, led by Marie Orella, is a game played in teams with three dice. Beginners are welcome and no partner necessary.

### **Cards**

Choose from a variety of card games. See any of the group coordinators for more information.

Bridge Mondays, 1 p.m. Lorraine Osowski.

Smear Tuesdays, 10 a.m. Louise Obremski

Cribbage Wednesdays, 9 a.m. Betty Pulchinski.

Pinochle Wednesdays, 1 p.m. Delores Morford.

Duplicate Bridge Fridays, 1 p.m. Loretta Wyhuske.

### **Gay 90's Luncheon Thursday, Apr. 26 12 p.m.**

Join us in our annual tribute to Portage County residents age 90 and over with festive food and music. Advance lunch reservations required.

### **Movie Classics Tuesdays, 1–3 p.m.**

Join us on these Tuesdays to watch classic movies on the big screen in our Multipurpose Room. Free! Popcorn is 50¢. Offered by classic film buff Karen Olsen.

Jan. 10: The Canterville Ghost: Robert Young, Margaret O'Brien

Jan. 24: Portrait of Jenny: Joseph Cotton, Jennifer Jones

Feb. 7: Captain from Castile: Tyrone Power, Jean Peters

Feb. 21: Matilda: Danny DeVito, Mara Wilson

Mar. 13: Joan Crawford biography

Mar. 20: A Woman's Face: Joan Crawford, Melvyn Douglas

Mar. 27: The Best of Everything: Joan Crawford

Apr. 3 : The Robe: Richard Burton, Jean Simmons

Apr. 17: Jane Eyre: Joan Fontaine, Orson Welles

May 1: National Velvet: Elizabeth Taylor, Mickey Rooney

### **Senior Trips & Tours**

Marcie Wilkes and Lynette Kircher are the volunteer coordinators for these trips. Have an idea for a coach bus trip? Let the coordinators know or call Donna Calhoun.

### **Viva Las Vegas, Fireside Theatre, Fort Atkinson Thursday, March 1**

Depart 7:30 a.m., return 7:30 p.m.

The Fireside continues its tradition of live band revues with a sparkling tribute to the ultimate center of music, laughter, glitz and glamour featuring a stunning cast and the Fireside's own live band.

Cost is \$100 which includes coach bus, dinner and show. Limited to 36 people. Registration deadline: January 31.

### Trip Policies

These trips are open to adults 55 years and older and adults with disabilities. Lincoln Center requires full payment at time of registration. Seating for all trips is limited to 36 – 47 seats, depending on the trip. Registration and payments can be made in person or by mailing to Lincoln Center, 1519 Water St., Stevens Point WI 54481.

Everyone traveling must have emergency contact information on file with the Lincoln Center Office.

Some trip itineraries may be more physically challenging than others. Please review the trip description carefully. Individuals with special needs must have a companion to provide assistance during the trip.

Be prepared for rain or shine, warm or cold. Trip cancellations due to severe weather situations are at the discretion of the transportation provider and trip destination site, in cooperation with the Senior Center Director.

Parking for trips is limited to the public parking lot on the northeast corner of Water Street and Arlington Place, or in the private lot on the northwest corner of Water and Arlington. Visit our website [www.co.portage.wi.us/adrc](http://www.co.portage.wi.us/adrc) and click on the "Our Location" link, then the "How to get here" link, and then the "Click here for parking map" link for parking locations.

Volunteer leaders will accompany the trip.

Cancellation policy: Full refund minus a \$10.00 administrative fee for cancellations will be made if Lincoln Center or you fill the vacancy. If the trip is cancelled, a full refund will be given to all registered participants.



**Pool  
Monday – Friday  
8 a.m. – 4 p.m.**

Are you a pool player? Maybe you played pool when you were younger but haven't played lately. Or maybe you gave it up because of the expense, or just got tired of playing in bars. Well, your Lincoln Center has a deal for you! The new game room in the lower level of the Lincoln Center has

- . Two 8-foot pool tables
- . High quality cue sticks and balls
- . All the extras you need like chalk, powder, tip shaper, etc
- . TV
- . Microwave
- . Minifridge
- . Coffeemaker
- . Plenty of space and chairs

These are new tables in great shape. They have been recently refelted, have live rubber, and the lighting is perfect.

You may meet up with these characters among others:

Gentleman Dwayne Jorgenson: "You know, I could miss this."

Jim 'the stroke' Fugiasco: "Dang. They didn't leave us a shot."

Lee 'cut shot' Barz: "OK - I'm going to try a circus shot."

Jim 'bank man' Belmont - "That's a perfect 3 rail bank."

Chris 'stroke' Bonnsetter - "Trust me. Just hit it right here and the 10 will push it in."

Tom 'stop shot' Rowe - "It's in your best interest to leave me a set-up, partner."

The game room has open pool almost all the time. On any given day you might find from two to six regulars who tend to show up starting about 11:30. We're always looking for more shooters. If your game's a bit rusty, we'll supply the coaching, and if you're a shark, come on down and teach us a thing or two. Eight ball dominates the play, but we like other games too. Please join us.

**Scrabble  
Mondays  
1 - 4 p.m.**

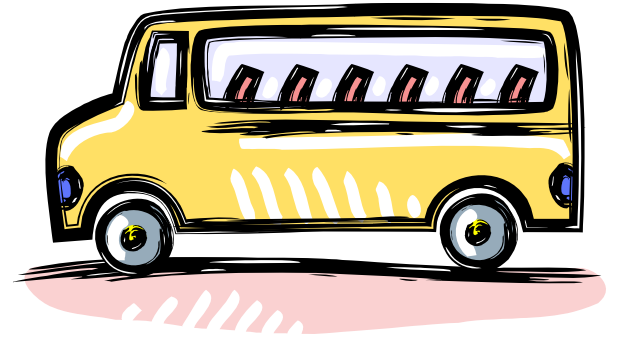
New players are always welcome to join the weekly Scrabble group. Coordinated by Mary Ann Korbal and Helene Meyer.

**Birthday Bingo  
Second Friday of the month  
12 p.m.**

The Lincoln Center dining site celebrates participants' birthdays with lunch and cake followed by Bingo. Reservations are necessary for lunch.

**Happy Steppers Square & Round  
Dancing  
Thursdays  
1 - 2 p.m. (round)  
2 - 4:30 p.m. (square)**

New members welcome-the first two lessons are free, and you don't need a partner to join. Weekly fee. For more information call Bernie Coulthurst at 715-824-3245.



**Need a Ride?**

**The Aging & Disability Resource Center offers a variety of transportation services for seniors and adults with disabilities.**

**To request a ride or for more information on any of our transportation services, call 715-346-1401.**

**Our buses provide rides to the Nutrition Program dining sites, the Adult Day Center and Lincoln Center, and for grocery shopping throughout the county. Rides can also be set up via taxi, bus or volunteer driver for medical appointments and essential personal business.**

**Veterans can receive rides on the Disabled American Veterans (DAV) van to VA hospitals and clinics.**

**Advance reservations are required.**

**Join us for lunch at the Senior Dining Sites**

The Aging & Disability Resource Center's Nutrition Program operates six dining sites in Portage County. Call the number listed below for meal reservations or for information about home-delivered meals in the rural areas. For home-delivered meals within Stevens Point, call Meals On Wheels, Inc., at 715-341-0081. Rides are available to the dining sites—requests for rides can be made when you reserve a meal. Serving time is noon at all locations.



<b>Location</b>	<b>Serving Days</b>	<b>Call</b>
Stevens Point (Lincoln Center)	Monday—Friday	715-346-1401
Stevens Point (Hi-Rise Manor)	Monday—Friday	715-347-4812
Plover (Municipal Center)	Tuesday, Thursday	715-347-0365
Amherst (Jensen Center)	Monday, Wednesday, Friday	715-347-4856
Rosholt (Faith Lutheran Church)	Monday—Friday	715-572-8918
Junction City (Park Pavilion)	Tuesday, Thursday	715-347-4813



### Winter/Spring Offerings 2012 Registration

You may complete this form and mail it or bring it to Lincoln Center (along with your check for class fees where applicable) at 1519 Water Street, Stevens Point, WI 54481.

Trouble hearing when you're in class? Check here if you'd like to reserve an assistive hearing device to use at Lincoln Center (contact Donna Calhoun for more information, 715-346-1401).

Please PRINT:

Name \_\_\_\_\_ Birth Date \_\_\_\_\_

Email Address (if any) \_\_\_\_\_ Telephone \_\_\_\_\_

Please note that you must go to Mid-State Technical College to register for any MSTC **computer** classes.

Class Title	Fee (if any)	MSTC Arts Course #
_____	\$ _____	_____
_____	\$ _____	_____
_____	\$ _____	_____
_____	\$ _____	_____
_____	\$ _____	_____
_____	\$ _____	_____
_____	\$ _____	_____

Total (make check payable to Lincoln Center):

\$ \_\_\_\_\_\*

\*Round off your payment? Donations are accepted to help with Senior Center programming.

Fill out this section if you're a new participant or information has changed since you last registered:

New  Change

Street \_\_\_\_\_ City \_\_\_\_\_

Zip \_\_\_\_\_ Telephone \_\_\_\_\_

Doctor/Clinic \_\_\_\_\_

Emergency Contact (name) \_\_\_\_\_ (phone) \_\_\_\_\_

If you have ideas for classes or activities you'd like to see offered at Lincoln Center, or would like to lead or teach a class or program yourself, please share your ideas with us:

**For Office Use Only**

Paid (initial and date): \_\_\_\_\_  Entered

Supplies list sent (if applicable)