



To learn more about Health and Wellness offerings please call:

(262) 284-8120 (Northern part of county)

(262) 238-8120 (Southern part of county)

Toll Free: (866) 537-4261

Aging & Disability Resource Center of Ozaukee County

121 W. Main Street

Port Washington, WI 53074

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E-mail: adrc@co.ozaukee.wi.us

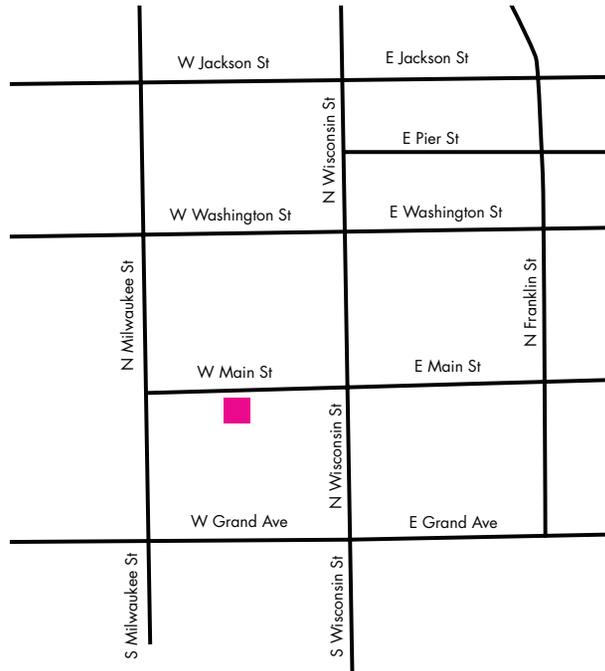


HEALTH AND WELLNESS PROGRAMS AND WORKSHOPS

Aging and Disability Resource Center (ADRC) of Ozaukee County

WE CAN HELP

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WE CAN HELP connect you to programs and services that support healthy aging.

Senior Dining Lunches are available to anyone 60 years of age or older and their spouse, regardless of age. Disabled persons, under the age of 60 may also qualify if they live in a housing facility that hosts a dining center, or live at home with someone 60 years of age or older. Participants donate what they can afford to contribute toward the cost of the meal.

Senior Dining sites are located throughout the county. Come meet up with friends, take part in the recreational or educational offerings, or meet an Information Specialist from the ADRC who will be able to provide information on services, resources, and community events. Check the list below for a site near you:

Belgium - Legion Hall (Open Wed.)
Phone: 262-483-1207

Cedarburg - Lincoln School (Open Mon.-Fri.)
Phone: 262-483-2876

Fredonia - Fire Station (Open Tues.)
Phone: 262-483-1207

Grafton - Senior Center (Open Mon.-Fri.)
Phone: 262-483-1362

Mequon - Range Line School Building (Open Mon.-Fri.)
Phone: 262-483-1937

Port Washington - Senior Center (Open Mon. – Fri.)
Phone: 262-483-9753
Or
Maple Crest Apts. (Open Tues., Wed., Thur.)
Phone: 262-268-0820

Saukville - St. Peter's Church Fellowship Hall (Open Thur.)
Phone: 262-483-1207

Reservations are required; please call 24 hours in advance to save a spot!

The Home Delivered Meal Program provides a hot noon meal and optional cold evening meal to homebound adults who are unable to prepare their own meals. Individuals must be 60 years of age or older and unable to leave their home. Meals are delivered between 11am and 1:00 pm. Participants donate what they can afford to contribute toward the cost of the meal. This is done on a monthly basis.

Senior Farmers' Market Program: Every summer the Aging and Disability Resource Center receives a limited number of vouchers to help seniors purchase fresh fruits and vegetables at local farmers' markets. In order to receive these vouchers, individuals must be 60 years of age or older and must meet certain income requirements. The quantity of vouchers is limited and is provided on a first come, first serve basis.

Prevention Programs: The Aging and Disability Resource Center offers several opportunities to attend prevention and early intervention classes. These classes are offered at various times throughout the year. For more information on a specific offering, please call us at (262) 284-8120. The following is a sampling of classes and workshops offered:

Stepping On

A workshop developed for people who have fallen or those who have a fear of falling. The Stepping On workshop shows participants ways to prevent falls, increase their strength and balance, and offers suggestions on home safety.

Sure Step

This workshop is an evidence based fall prevention program designed specifically for homebound individuals. Participants will receive a thorough in-home assessment completed by a Public Health Nurse. Participants receive monthly phone contact for one year to evaluate the program's effectiveness.

Powerful Tools For Caregivers

This six-week education program is for family and friends who are caring for individuals suffering from conditions such as stroke, Alzheimer's, Parkinson's disease or similar long-term illnesses. The class provides participants with the skills and tools needed to better care for themselves while caring for others.

Living Well with Chronic Conditions

A six week workshop for individuals who have one or more long term health condition. This class teaches real-life skills for living a full, healthy life with a chronic condition. Classes are fun and interactive. Participants share their successes and build a common source of support. The workshop builds confidence around managing health, staying active, and enjoying life.