

# **ADRC Events and Education** **Something for Everyone!**

## **Medicare 101: The A, B, C, and D's of Medicare**

◆ *Wednesday, Sept. 19th, 6-8pm*  
*Burnett County Government Center, Siren*

◆ *Monday, Sept. 24th, 6-8pm*  
*Amery Area Community Center*

◆ *Wednesday, Sept. 26th, 6:30-8:30pm*  
*Osceola Medical Center*

◆ *Monday, Oct. 8th, 5:30-8pm*

*Luck Senior Center—RSVP to 715-472-2161*

*Learn the details about your current or future Medicare healthcare coverage. Free!*

## **Free Memory Screens at Community Events**

*Grantoberfest on Saturday, Sept. 22nd*  
*Memory Screens provided from 12 to 4pm*  
*Grantsburg Fair Grounds/ADRC Booth*

*Stay on top of your brain health and catch issues early by getting your memory screen. Free!*

## **Stepping On**

*Tuesdays, Sept. 25th-Nov. 6th, 9-11am*  
*Christian Community Home, Chapel, Osceola*

*Learn about all areas of fall prevention!*

*\*Pre-registration required. Call the ADRC. \$15*

## **Things to Consider As You Age**

*Wednesday, Sept. 26th, 1pm*

*Danbury United Methodist Church*

*Get tips, resources and information about things to consider as you age—brain health, home safety, healthy aging and long term care resources.*

## **Final Affairs Conference**

*Thursday, Oct. 4th, 8am-4pm*

*St Luke's United Methodist Church, Frederic*

*Learn what you can do now to plan for your future long term care needs and end of life decisions.*

*\*Pre-registration required by September 14th. Call the ADRC. Free!*

## **Healthy Living with Diabetes**

*Tuesdays, Oct. 9th–Nov. 13th, 1:30-4pm*

*Burnett Medical Center, Grantsburg*

*Learn what you can do to better manage your diabetes, health and wellness.*

*\*Pre-registration required. Call the ADRC. \$10*

## **Living Well with Chronic Conditions**

*Thursdays, Oct. 11th-Nov.15th, 1-3:30pm*

*Location TBD, Siren*

*Learn to live well with your chronic health issue—stress, anxiety, heart disease, cancer, MS, migraines, diabetes, (whatever it may be)...*

*\*Pre-registration required. Call the ADRC. \$10*

## **Identify Theft: Protect and Prevent**

◆ *Monday, Oct. 15th, 1:00pm*

*Discovery Center, Osceola*

*\*Pre-registration requested. Call the ADRC.*

◆ *Tuesday, Oct. 16th, 12:30pm*

*Grantsburg Senior Center*

*Join us for lunch at 11:30am, Individuals 60+ suggested donation for lunch is \$4 and cost is \$9.90 for individuals under 60. RSVP to 715-463-2904*

◆ *Tuesday, Oct 16th, 5:30pm*

*Balsam Lake Library*

*Learn about the different types of identity theft, how to recognize it and how to prevent it! Free!*

## **Memory Café**

*3rd Thursday of Each Month, 1-2:30pm*

*Amery Area Community Center*

*Safe and welcoming social outlet for people in the early stages of dementia and their caregivers and family members. Free!*

## **Caregiver Support Group**

*3rd Tuesday of Each Month, 2-3:30pm*

*Peace Lutheran Church, Dresser*

*Gain support and learn about resources available for family caregivers. Free!*

**To learn more and to register for an event/  
workshop call the ADRC at **877-485-2372!****

  
Aging & Disability Resource Center  
of Northwest Wisconsin