



Aging & Disability Resource Center
of Western Wisconsin
300 4th St. North
La Crosse, WI 54601



2016 Aging in Place Conference
“Thriving at Home”



Tuesday, October 18th
9:30 am - 3:00 pm
Radisson Hotel Ballroom B
200 Harborview Plaza
La Crosse, WI



9:30 am Registration & Discover Community Resources
Continental Breakfast

10:00 - 10:30 "Community Programs & Resources"
Audra Martine, Director/Manager - ADRC of Western WI

10:30 - 10:45 Break

10:45 - 12:00 "Home For A Lifetime"
Monica Sommerfeldt-Lewis, Certified Aging in Place Specialist

12:00 - 1:00 Buffet Lunch

1:00 - 2:00 "Thriving At Home"
Mary Pierce, Author, Speaker & Humorist

2:00 - 2:15 Break— Snacks & Refreshments

2:15 - 3:00 "Managing Stress—Powerful Tools for Caregivers"
Amy Brezinka, ADRC Dementia Crisis Program/Caregiver Coach

Menu

Roasted Tomato Bisque with Parmesan Crumbles and Basil

Chopped Salad of Romaine, Frisee, Radicchio, Apple, Cranberries, Low Fat Yogurt with Low Fat Sherry Walnut Vinaigrette

Grilled Marinated Vegetables with Mozzarella, and Extra Virgin Olive Oil

Grilled Chicken with Rosemary Chardonnay Sauce and Garlic, Thyme, Roasted Red Potatoes

Stuffed Pork Loin with Spinach, Gouda, and Panetta with Balsamic Reduction

Chocolate Cheese Cake with Raspberries, and Mango Coulis



Thanks to our
Sponsors!



2016 Aging in Place Conference "Thriving At Home"

Tuesday, October 18th

Who Should Come?

Anyone growing older - Anyone who wants to age at home -
Family Caregivers

Registration Required (continental breakfast & buffet lunch included)

\$20 Seniors or Family Caregivers

\$25 Professionals

\$10 Students

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Daytime Phone: _____

E-mail: _____

Special needs: _____

Please register by Tuesday, October 13th

Make check payable to: ADRC

Mail check and registration form to:

Aging & Disability Resource Center

Attn: Sue

300 4th Street North

La Crosse, WI 54601

Or call the ADRC to register at 785-5700; ask for Kelly or Sue.