



Public Health
Prevent. Promote. Protect.

De Pere Health Department



**CITY
OF
DE PERE**

OLDER ADULT RESOURCE GUIDE

Local resources, programs, and
tools for adults 60+ in De Pere, WI

www.deperewi.gov/olderadults

Updated:
Spring 2024

Did you know...?



De Pere and Brown County have many programs, activities, and resources to assist with healthy aging.

There are simple steps you can take today to reduce your risk of falling, home fires, chronic illnesses, and more.

Check out the Older Adult Resource Guide from De Pere Health Department and City of De Pere to learn more!



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www.deperewi.gov/olderadults



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De Pere Health Department Programs





Bingo, Exercise, & Health Education



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About

Bingocize® combines fall preventing-exercise and health trivia with the classic game of bingo for a fun way to get moving, learning, and socializing. Bingocizers maintain or gain mobility and independence during this exercise class while meeting new people and winning prizes!

De Pere Health Department/De Pere Community Center and ADRC of Brown County host Bingocize classes for older adults throughout the year.

De Pere Health Dept
www.deperewi.gov/health
920-339-4054



De Pere MIH for COVID and Stroke Program



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**WISCONSIN COVERDELL
STROKE PROGRAM**

About

De Pere Health Department, in collaboration with De Pere Fire Rescue, participates in a grant funded program through Wisconsin Department of Health Services called the Mobile Integrated Health (MIH) for COVID and Stroke Program, which is a component of the Wisconsin Coverdell Stroke Program. Upon discharge from the hospital, stroke patients are referred to De Pere Health Department and De Pere Fire Rescue to perform an at-home visit within 30 days post-discharge.

At this visit, patient assessments including home safety check, medication checks, and primary care information occur along with assessment of risk for COVID-19 infection, including vaccination status and messaging reflecting current COVID-19 risk status.

www.dhs.wisconsin.gov/coverdell

De Pere Health Dept

920-339-4054

De Pere Fire Rescue

920-339-4091



Meet

The Team

The De Pere MIH for COVID and Stroke Program is a joint effort with De Pere Fire Rescue and De Pere Health Department



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Sara Lornson, BSN RN

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De Pere Fire Rescue

Various Staff
De Pere Fire Rescue
920-339-4091
dpfire@deperewi.gov

Know the signs of a stroke!

BE FAST

BALANCE

Sudden loss of coordination or balance

EYES

Sudden change in vision

FACE

Sudden weakness on one side of the face or facial droop

ARM

Sudden arm or leg weakness or numbness

SPEECH

Sudden slurred speech, trouble speaking, trouble understanding speech

TERRIBLE HEADACHE

Sudden onset of a terrible headache



WISCONSIN COVERDELL
STROKE PROGRAM



WISCONSIN DEPARTMENT
of HEALTH SERVICES
P-02107 (03/2018)

TIME TO CALL 9-1-1
Every second counts!

Take Heart-Healthy Steps

Get Motivated

Manage Your Risk Factors

Work With Health Care Professionals

Eat Healthy

Get Active

Lower Stress

Quit Smoking



American Stroke Association.
A division of the American Heart Association.

STROKE RISK ASSESSMENT

DIRECTIONS:

1. For each risk factor, select the box (higher risk or lower risk) that applies to you. Select only one box per risk factor.
2. Enter a 1 on the blank line next to each checked box.
3. Add up your total for each vertical column.

RISK FACTORS*	HIGHER RISK	LOWER RISK
Is your blood pressure greater than 120/80 mm/Hg?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
Have you been diagnosed with atrial fibrillation?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
Is your blood sugar greater than 100 mg/dL?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
Is your body mass index greater than 25 kg/m ² ?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
Is your diet high in saturated fat, trans fat, sweetened beverages, salt, excess calories**?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
Is your total blood cholesterol greater than 160 mg/dL?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
Have you been diagnosed with diabetes mellitus?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
Do you get less than 150 minutes of moderate to vigorous-intensity activity per week?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
Do you have a personal or family history of stroke, TIA or heart attack?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
Do you use tobacco or vape?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
TOTAL SCORE (add your points for each column)	_____	_____

*Some stroke risk factors cannot be changed such as age, family history, race, gender, and prior stroke. **Excess calories means eating more than your body can burn off in a day.

If you scored higher in the “higher risk” column or you are unsure of your risk, ask your health care professional about how you can reduce your risk.

De Pere Steps to Safety Program



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**STEPS TO
SAFETY™**
PREVENT FIRE & FALLS AT HOME

About

The National Fire Protection Association (NFPA) Steps to Safety™ (S2S) Prevent Fire and Falls at Home program pairs fire/EMS professionals with community partners, such as Public Health, to educate older adults about home fire and fall safety through group presentations and home visits.

Any City of De Pere resident can request a Steps to Safety home visit with our De Pere Fire Rescue and De Pere Health Department staff.

Any City of De Pere business/community partner can request a Steps to Safety presentation.

www.nfpa.org/stepstosafety
De Pere Health Dept
920-339-4054





Meet The Team

The De Pere Steps to Safety Program is a joint effort with De Pere Fire Rescue and De Pere Health Department



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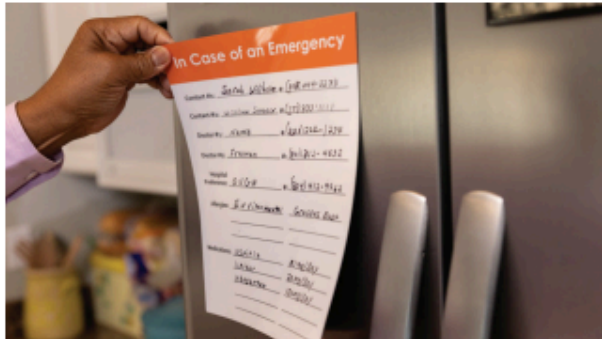


Tony Rottier, Lieutenant

Tony Rottier
Firefighter/Paramedic
Lieutenant
De Pere Fire Rescue
920-339-4091
dpfire@deperewi.gov



Follow these 8 steps to help reduce your risk of a fall. Learn more at nfpa.org/stepstosafety.



- 1 Exercise regularly.** Exercise will help you build strength and improve your balance and coordination. Ask your doctor about the best physical exercise for you.
- 2 Take your time.** Get out of chairs slowly. Sit a moment before you get out of your bed. Stand and get your balance before you walk. Be aware of your surroundings.
- 3 Keep stairs, pathways, and walking areas clear.** Remove electrical cords, shoes, clothing, books, magazines, and other items that may be in the way of foot traffic. Have easy-to-grip handrails installed along the full length on both sides of the stairs. Consider subscribing to a medical alert system. If you have an emergency, just push the wearable button that is provided and the service will send emergency responders.
- 4 Improve the lighting in and outside your home.** Use night lights or a flashlight to light the path between your bedroom and the bathroom. Turn on the lights before using the stairs. Have lighting at both the top and bottom of stairways. See an eye doctor once a year.

5 Use non-slip mats and grab bars. Non-slip mats increase safety in the bathtub and on shower floors. Use non-slip mats outside the tub and shower. Install grab bars on the wall next to the bathtub, shower, and toilet. Wipe up spilled liquids immediately.

6 Be aware of uneven surfaces. Make sure indoor flooring is safe from tripping hazards. Use only throw rugs that have rubber, non-skid backing. Consider non-skid pads under rugs. Always smooth out wrinkles and folds in carpeting. Be aware of uneven sidewalks and pavement outdoors. Ask a family member, a friend, or a neighbor to clear ice and snow from outdoor stairs and walkways. Always use handrails, if available, and step carefully.

7 Wear sturdy, well-fitting shoes. Low-heeled shoes with non-slip soles are best, even inside. These are safer than high heels, thick-soled athletic shoes, slippers, or stocking feet.

8 Have a list of your current medications available. Keep your list updated and visible—on your refrigerator or in your wallet. Give a copy to a family member or caregiver. Your primary care provider should know all the medications you take to be able to identify if any or a combination of them can make you at higher risk for a fall. Ask your doctor if any of your medications can make you drowsy or affect your balance.



**STEPS TO
SAFETY™**
PREVENT FIRE & FALLS AT HOME

8 STEPS FOR FIRE PREVENTION

Follow these 8 steps to help prevent fires at home. Learn more at [nfpa.org/stepstosafety](https://www.nfpa.org/stepstosafety).

- 1 If you smoke, smoke outside.** Provide smokers with large, deep, sturdy ashtrays. Wet cigarette butts and ashes before throwing them out or bury them in sand, and never throw them in plants or mulch. Never smoke in bed. Never smoke if oxygen is used in the home.
- 2 Give space heaters space.** Keep them at least 3 feet (1 meter) away from anything that can burn—including you. Shut off and unplug heaters when you leave the room or go to bed. Plug heaters directly into a wall outlet and never into an extension cord or power strip.
- 3 Stay in the kitchen when frying food and cooking on the stove top.** If you leave the kitchen, even for a short time, turn off the burner. Use a timer when cooking. If a pan of food catches fire, slide a lid over it and turn off the burner. Don't cook if you are drowsy from alcohol or medication. Do not cook when taking new medication until you know how it will affect you. Wear tight-fitting or short sleeves when cooking. Use oven mitts to handle hot pans. Use lightweight manageable pans.
- 4 If your clothes catch fire: stop, drop, and roll.** Stop (don't run), drop gently to the ground, and cover your face with your hands. Roll over and over or back and forth to put out the fire. If you cannot drop and roll, keep a blanket or towel nearby to smother flames. If you use a wheelchair, scooter, or other device and can get to the floor, lock the device before getting out and then roll until the flames are out. If you are a bystander, use a rug or blanket to help extinguish the flames. Use cool water for 3–5 minutes to cool the burn. Get medical help right away.
- 5 Smoke and carbon monoxide alarms save lives.** Install smoke alarms on every level of your home, inside each bedroom, and outside each sleeping area. For the best protection, have interconnected alarms, so when one sounds, they all sound. Have someone test your smoke alarms once a month by pushing the test button. Replace any that are 10 years old or older. If you or someone in your home is deaf or hard of hearing, use bed shaker and strobe light alerts that work with your smoke alarm. Install carbon monoxide alarms outside each sleeping area and on every level of the home.
- 6 Plan and practice your escape from fire and smoke.** If possible, plan two ways out of every room in your home and two ways out of your home. Make sure windows and doors open easily. If the smoke alarm sounds, get outside and stay outside.
- 7 Know your local emergency number.** It may be 9-1-1 or the fire department's phone number. Once you have escaped a fire, call the fire department from a neighbor's phone or a cell phone. In case of a medical emergency, keep family and contact names and numbers by the phone.
- 8 Plan your escape for your abilities.** Have a landline or a cell phone with a charger near your bed to call for help if you are trapped by smoke or fire. Have your walker, cane, scooter, or wheelchair by your bed. Keep your glasses, phone, and flashlight near your bed to reach quickly in an emergency.

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GrapeVine

Chronic Disease Education



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About

Chronic diseases are leading causes of death and disability in Wisconsin. De Pere Health Department participates in the GrapeVine program through the Wisconsin Women's Health Foundation (WWHF). GrapeVine supports De Pere residents by connecting them with trusted health information and resources to help prevent chronic disease and achieve their fullest potential, at any age.

De Pere Health Department provides FREE GrapeVine health education sessions. Have a club, group, business, etc. interested in receiving health information, tools, and resources? Request a presentation today!

www.wwhf.org/grapevine

De Pere Health Dept

920-339-4054

deperhealth@deperewi.gov





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GrapeVine TOPICS

Journaling, Coping with Stress

Opioid Misuse Prevention

Diabetes Prevention

Advance Care Planning

Gynecologic Cancers

Heart Disease & Stroke

Bone Health

Brain Health

Breast Health

Mental Health

Nutrition

Self-Care

Sleep

Sara Lornson &
Danielle Jauquet,
De Pere Health Dept
GrapeVine Nurses





Community Partners



De Pere Community Center



About

Part of the De Pere Parks, Recreation & Forestry Department, the De Pere Community Center is an active, thriving venue that serves as an epicenter of lifelong learning, health, fitness, enrichment, recreational, and celebration opportunities. They host many opportunities for older adults, including exercise and fall prevention programs! Call today to find out more.

www.deperewi.gov/parks
600 Grant St
De Pere, WI 54115
920-339-4097



ADRC of Brown County



About

Aging and Disability Resource Centers (ADRCs) are a Wisconsin idea designed to partner with adults 60+, persons with disabilities, and their caregivers, empowering them to live their best possible life. ADRC of Brown County offers a broad range of services and events with topics such as: fall prevention, advanced directives, dementia, basic needs, healthy eating, exercise, home care, social security, Medicare/insurance, long term care, transportation, caregiver support, and more.

www.adrcofbrowncounty.org
300 S Adams St
Green Bay, WI 54301
920-448-4300



Rennes Group



Residence by Rennes

Assisted Living & Memory Care



Renaissance by Rennes

Assisted Living Apartment Community



Rennes Health & Rehab Center

Rehabilitative Services & Skilled Nursing

About

Rennes Group offers assisted living, memory care, inpatient and outpatient rehab/therapies, and skilled nursing services in West De Pere. Rennes Health & Rehab Center, The Renaissance by Rennes, and Residence by Rennes include a highly experienced, licensed, and compassionate care team who's dedicated to providing quality and personalized care.

www.rennesgroup.com

Residence

920-983-5200

Renaissance

920-983-5100

Rennes Health & Rehab

920-336-5680



WI Institute for Healthy Aging



Wisconsin Institute
for Healthy Aging

About

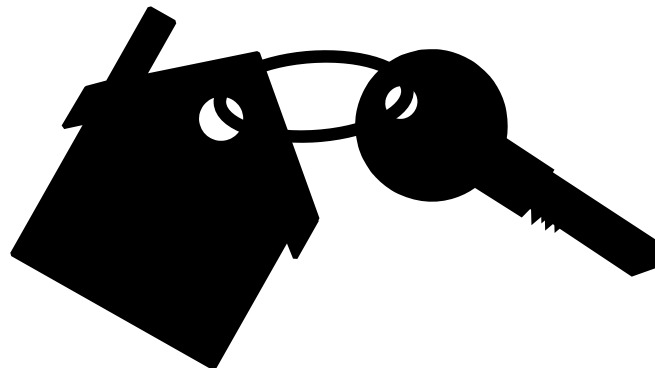
Wisconsin Institute of Healthy Aging (WIHA) encourages a culture of healthy aging that embraces equity, independence, and self-management, and that values every person in every community. Falls Free® Wisconsin (FFWI), part of WIHA, has a vision for reducing falls in Wisconsin and is dedicated to Wisconsinites looking for tools, resources, and programs to prevent falls.

www.wihealthyaging.org

www.fallsfreewi.org



Senior Apartments in De Pere



OAK MEADOWS

55+

525 N. 10th Street

www.accmanagementgroup.com

920-366-5368

NICOLET TERRACE

Preference to 62+ or disability

Income-based

850 Morning Glory Lane

www.dphousing.org

920-336-0755

NICOLET HIGHLANDS

55+

430 Grant Street

www.ardenpropertygroup.com

920-247-2022

Senior
apartments
may offer
amenities,
layouts,
services, and
conveniences
specific to
older adults





Mental Health and Safety





In De Pere and Wisconsin, help is just 3 numbers away

211 maintains a comprehensive database of community resources and provides information and referrals for essential needs like:

- Food
- Housing and Shelter
- Utility Assistance
- Healthcare Services
- Government Services

211 also can connect people with information and referrals for:

- AOD/Mental Health Resources
- Transportation
- Legal Services
- Counseling and Support Groups
- Disaster Aftercare
- Everything Else

Call for Information and Community Resources
211

988 provides crisis support for:

- Thoughts of Suicide
- Mental Health Crisis
- Substance Use Crisis
- Emotional Distress

Call for Suicide Intervention and Crisis Support
988

911 provides first responder dispatch for:

- Medical Emergency
- Fire
- Reporting a Crime
- Disaster Response
- Life Threatening Situation

Call for Emergencies
911

Whole Person Care

Warm Handoff

Warm Handoff

Warm Handoff

Wisconsin Elder Abuse Program

**Wisconsin Elder
Abuse Hotline:
1-833-586-0107**

The Wisconsin Elder Abuse Hotline Program is a toll-free hotline available for community members and victims to contact for assistance in obtaining needed resources and making referrals to local authorities.

Individuals who suspect they are a victim of elder abuse or know someone who may be experiencing abuse are encouraged to learn more about the signs at www.ReportElderAbuseWI.org and make a report through Wisconsin Elder Abuse Hotline at 1-833-586-0107.



Social Connection



Loneliness is the feeling of being alone, isolated, or not socially connected. 33% of adults 45+ report feeling lonely and 28% percent of older adults live alone. Loneliness can lead to higher rates of chronic illness and early death. We challenge you to make new connections!

A few options to connect in our area:

Join a club:

De Pere has many groups to join! Check out the local Kiwanis Club, Neighborhood Watch, Lions Club, Rotary Club, Optimist Club, and others!

Volunteer:

From the De Pere Beautification Committee to animal shelters to food pantries, there are many volunteer opportunities in De Pere and Brown County! Grab a friend and engage with the community.

Find local events:

Contact De Pere Community Center, Kress Family Branch of the Brown County Library, Definitely De Pere, or the Aging and Disability Resource Center of Brown County for upcoming workshops, exercise classes, festivals, card games, and more!

www.deperewi.gov/belong



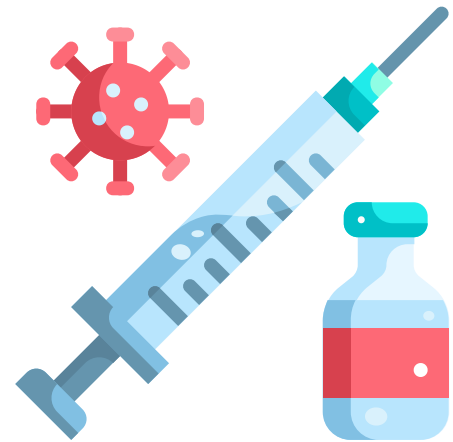
Vaccines for Older Adults



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Recommended Vaccines for Older Adults



Vaccines are needed throughout the lifespan to protect against common and/or debilitating illnesses. With age, you may be at risk for different illnesses or outcomes or your previous immunity may wane. Talk to your doctor or pharmacist about these vaccines that are commonly recommended for older adults:

- Influenza Vaccine (high dose)
- COVID-19 Vaccine
- RSV Vaccine (respiratory syncytial virus)
- Pneumococcal Vaccine
- Tdap Vaccine (tetanus, diphtheria, pertussis)
- Shingles Vaccine (herpes zoster)

www.cdc.gov/vaccines/adults

Are you up to date on your

COVID-19

Vaccination?



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UPDATED COVID-19 VACCINES MORE CLOSELY TARGET THE CURRENTLY CIRCULATING VARIANTS AND HELP RESTORE PROTECTION THAT MAY HAVE DECREASED OVER TIME.

When are you up to date?

EVERYONE AGED 65 YEARS AND OLDER:

You are up to date when you have received 2 updated 2023–2024* COVID-19 vaccine doses

*or the latest formula if updated after this publication



PEOPLE AGED 65 YEARS AND OLDER WHO RECEIVED 1 DOSE OF ANY UPDATED 2023-2024 COVID-19 VACCINE (PFIZER-BIONTECH, MODERNA OR NOVAVAX) SHOULD RECEIVE 1 ADDITIONAL DOSE OF AN UPDATED COVID-19 VACCINE AT LEAST 4 MONTHS AFTER THE PREVIOUS UPDATED DOSE.

Older Adults Are at High Risk for Severe RSV Illness

Respiratory Syncytial Virus, or **RSV**, is a common virus that affects the lungs and breathing passages

- ✓ RSV vaccine is available to adults 60 and over
- ✓ It can **PROTECT** against severe illness
- ✓ The best time to get vaccinated is in late summer and early fall.
- ✓ Talk to your doctor to see if vaccination is right for you

RSV can be dangerous for older adults

Adults who are 60 years or older are at highest risk, especially those:

- With chronic health conditions
- Who are elderly or frail
- Who live in nursing homes

RSV can lead to serious conditions

- Pneumonia (infection of the lungs)
- Hospitalization
- More severe symptoms for people with chronic obstructive pulmonary disease (COPD)
- More severe symptoms for people with congestive heart failure

It is always important to practice good hygiene and stay away from others when sick to help prevent the spread of respiratory viruses, like RSV.



**EACH
YEAR
RSV**

**causes
serious illness
in older adults**

**60,000–160,000
hospitalizations**

**6,000–10,000
deaths**



cdc.gov/rsv

CS 341839-A April 2024

PHARMACIES WITH VACCINES IN DE PERE*



De Pere Hometown
Pharmacy

510 Redbird Circle
920-351-8155



Walgreens Pharmacy

901 Main Ave
920-983-6153

Walgreens Pharmacy

150 S Wisconsin St
920-278-3241



CVS Pharmacy

800 Main Ave
920-336-6373



De Pere Supercenter
Pharmacy

1415 Lawrence Dr
920-336-7168

*For children and adults 6+ years old
with insurance/Medicare



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**Connect
With
Us!**

Contact



920-339-4054



deperehealth@deperewi.gov



www.deperewi.gov/olderadults



335 S Broadway St, De Pere, WI 54115

www.deperewi.gov/olderadults



Updated: Spring 2024