



FREE

Information for older adults, adults with disabilities, their families, and caregivers.

Choices

**January
2025**

National Eye Care Month

**Serving Langlade, Lincoln,
Marathon, and Wood Counties**

In this issue:

Ask a Benefit Specialist

Ask a Resource Specialist

Rethinking Aging: Myths vs Realities

Coping with Vision Loss and Aging

Preparing for Tax Season

Benefits of Water

January Spotlight



www.adrc-cw.org

888-486-9545



ADRC-CW MISSION:

The Aging and Disability Resource Center of Central Wisconsin promotes choice and independence through personalized education, advocacy, and access to services that prevent, delay, and lessen the impacts of aging and disabilities in the lives of adults.



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Lakeland Care is your local option for Family Care Program services. Contact your local Aging and Disability Resource Center (ADRC) for more information.

www.lakelandcareinc.com



DHS Approval 3/16/20

Subscription Information

The newsletter can be mailed to you for a small fee of \$12.00 annually. Subscriptions for our four-county service area run January to December and can be mailed to any location.

Please mail your name, address and payment to our Wausau Office:

ADRC-CW - Monthly Newsletter
2600 Stewart Avenue, Suite 25
Wausau, WI 54401

Senior Nutrition Program

Contact us to learn more: **888-486-9545** or <https://www.adrc-cw.org/services/meals-for-seniors/>

Senior Dining and Cafe 60: Nutritious meal, socialization, and education. Eligibility: • Age 60 or older, • A spouse of an individual who is age 60 or older, • Person with disabilities living with a participating older adult, • or Person with disabilities who is under age 60 and resides at Jenny Towers, Merrill. Senior dining requires a reservation by noon one business day prior.

Meals on Wheels: Nutritious meals delivered with a well-check.

Eligibility: Person 1) age 60 or older; 2) generally unable to leave their home due to accident, illness, disability, frailty, or isolation; AND 3) unable to prepare meals.

Also eligible: • A spouse of an eligible person (as described above) • Person with disabilities who is under age 60 and resides with an eligible older person.

Staff complete individual assessments to discuss eligibility. Hot meals delivered weekdays dependent upon route availability. Frozen meals may be available based on needs.

Meals on Wheels deliveries are scheduled. If you are unable to be home for your scheduled delivery, contact the ADRC-CW by noon one business day prior to the scheduled delivery.

Suggested contribution: Senior Dining, Café 60, Meals on Wheels: \$6.00 per meal.

No eligible person is denied service due to ability to contribute. Full meal cost Meals on Wheels \$12.67 and Senior Dining/Cafe 60 \$14.86. Your contribution makes a significant difference to our program.

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715-842-4424

Merrill Foto News

715-536-7121

Marshfield Buyers' Guide

715-384-4440



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Serving Langlade, Lincoln, Marathon, and Wood Counties

Toll free: 888-486-9545 Email: adrc@adrc-cw.org Website: www.adrc-cw.org

We provide welcoming, trustworthy, respectful, collaborative, and empowering services, programs, and opportunities.

All programs are **free**
Registration is required
888-486-9545
Contributions are welcome

Support Groups

Your role in caregiving will be much more enjoyable if you have someone to talk to and share with.

Caregiver Support Group

The ADRC-CW support group for caregivers include both in-person and virtual participation options.

The group meets the **4th Monday** of each month. Call for group details near you.

Monday D.I.S.H.

(Dementia Informed Super Heroes):

This virtual support group is intended for those working caregivers who are supporting a parent, spouse or other loved one living with dementia.

The group meets on the **1st Monday** of each month from 7-8pm

Alzheimer's & Dementia Caregiver Support Group

Alzheimer's Association sponsored caregiver support group in partnership with the ADRC-CW is a safe place for family and friends caring for someone living with Alzheimer's or another dementia.

Two options to meet:

2nd Tuesday of each month:

9-10:30 am at St. Andrew Lutheran Church in Rib Mountain or

4th Tuesday of each month from 9-10:30 am at Covenant Community Presbyterian Church in Weston

ADRC-CW Programs

Topic Tuesdays

*Rotates throughout the region. Visit www.adrc-cw.org/classes/topictuesdays/ for location details

Dementia Basics: Every **3rd Tuesday** of the month. For anyone interested in learning more about dementia.

Brain Health Basics: Every **4th Tuesday** of the month. For anyone interested in learning more about taking care of the brain.

Medicare Basics

Learn the basics of Medicare for those new to Medicare or those enrolling soon. Medicare parts A-D are explained. Classes held monthly and open to all regional customers.

Memory Cafe

This social activity is for individuals with mild or moderate dementia AND a family member or friend who assists them. The Cafe is held monthly with varying activities & locations.

Stepping On

A seven-week class to help adults better their balance. In this once weekly interactive class, learn about balance and strength exercises, safety at home, and ways to be strong and steady wherever you go.

Powerful Tools for Caregivers

A six-week class to help family caregivers take care of themselves. In this once weekly interactive class, learn to reduce stress, improve confidence, communication, and locate helpful resources. This class is not intended for professional caregivers.

Ask a Benefit Specialist

Answers to your public and private benefit questions

Dear Benefit Specialist:

I did not receive my SSI benefit this month. Can you help me try to figure out why?

Sincerely,
Wondering Why

Dear Wondering Why:

I am sorry to hear you did not receive your SSI benefits this month. I can walk you through some steps to help you figure this out.

First, you should call your SSA field office:

Marathon, Lincoln, Langlade counties
855-269-9186

Wisconsin Rapids 855-686-1495

SSI is considered a critical payment for individuals who have very limited income and resources. If your benefit does not arrive in the first few days of any month, act quickly by calling the Social Security Administration (SSA). Only SSA can release SSI benefits.

Second, call the Aging and Disability Resource Center of Central Wisconsin (ADRC-CW) at **888-489-9545**, if you need assistance with your suspension or if there is a stop-payment issue, and select the benefit specialist option.

A Benefit Specialist at the ADRC-CW can't release your funds, but they can help you understand your options.

Background:

SSI stands for Supplemental Security Income. The Social Security Administration (SSA) administers this program. SSA pays monthly benefits to people with limited income and resources who are blind, age 65 or older, or have a qualifying disability. SSI is NOT funded by deductions from your paycheck like the SSA Old Age Retirement benefit is. SSI is financed by general funds of the U.S. Treasury--personal income taxes, corporate taxes, and other taxes, so there are strict resource limits - \$2000.00 for an individual and \$3000.00 for a couple. Earnings will reduce your monthly SSI benefit.

Benefits Suspension: Benefits suspensions occur when you are NO LONGER ELIGIBLE for SSI benefits.

Stop Payments: Stop payments are an interruption in your payment, but NOT A LOSS OF ELIGIBILITY.

Benefit Termination: Benefit termination occurs when you no longer have a disabling condition, voluntarily request your benefits be terminated or you die.

I hope you get in touch with both the SSA field office and a Benefit Specialist at the ADRC-CW and that your benefit issue is resolved quickly.

Sincerely,
Your local ADRC-CW Disability Benefit Specialist



Ask a Resource Specialist

Answers to your housing, transportation, long-term care questions

Dear Resource Specialist:

My mother is 75 years old and is suffering from Parkinson's disease. Her health has been declining and I am looking for more assistance at home or possibly putting her into a facility to get more help as it is becoming difficult for me to care for her. She also does not have enough money to privately pay for a caregiver or to be placed in a facility. Are there any programs available that can help my mother?

Thank you,
A Concerned Daughter

Dear Concerned Daughter:

I am sorry to hear about your mother's declining health. I understand that caring for your mother may have put a toll on your mental, physical and emotional health. The ADRC-CW can help you navigate programs for which your mother may qualify. For example, if your mother is unable to privately pay for care, there is a program called Long-Term Care.

The Long-Term Care Program goes off functional and financial eligibility. Functional eligibility is completed through a functional screen utilizing medical records to determine what type of assistance an individual needs. Financial eligibility means you would have to be eligible for a full-benefit Medicaid/Community Waiver.

A Resource Specialist can help you through the process of completing the functional screen and applying for Medicaid.

If you are interested in learning more about long-term care options and funding qualifications to pay for care, please call our office 888-486-9545 and ask to speak with a Resource Specialist.

Sincerely,
Your Local ADRC-CW Resource Specialist



Toll-free Helpline:
888-818-2611

Email: smp-wi@gwaar.org

www.smpwi.org

[WisconsinSeniorMedicarePatrol](https://www.facebook.com/WisconsinSeniorMedicarePatrol)

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SMPs are grant-funded projects of the federal U.S. Department of Health and Human Services (HHS), U.S. Administration for Community Living (ACL).

Senior Nutrition

888-486-9545

January 1: Closed for New Years
January 8: January Birthdays
January 15: Cabin Fever Meal
January 20: Closed for MLK Day
January 22: National Chocolate Cake Day

Langlade County

Antigo Community Church

723 Deeglise Street, Antigo
Serving Mon Tue Thu Fri 11:30 am

Elcho Community Center

N11234 Dorr Street, Elcho
Serving Mon Wed and Thu 11:30 am
Bingo with the Community Center:
Wed at noon

St. Mary's Church

N9155 Hwy 55, Pickerel
Serving Mon and Wed 11:30 am
Bingo with the church: 2nd Monday at
12:30

Senior Center of Langlade County

623 Edison Street, Antigo
Serving Wed 11:30 am
Bingo with the Senior Center: Wed at
1:00

Lincoln County

Gleason Lions Club

N5179 Bradley Street, Gleason
Serving 3rd Wed of the month 12:00 pm

Jenny Towers Apartments

711 E 1st Street, Merrill
Serving Mon – Fri 11:30 am

Tomahawk Senior Center

113 S Tomahawk Avenue, Tomahawk
Serving Mon – Fri 11:30 am
Bingo with the Senior Center:
Thursdays at 12:30

Marathon County

Mama K's Diner - Café 60

Formerly The Wild Steer
214910 State Hwy 97, Stratford
715-321-3400

Serving Mon - Fri 6:00 am - 1:00 pm

Vino Latte - Café 60

3309 Terrace Court, Wausau | 715-849-9787
Serving Mon-Fri 6am-7pm | Sat 8am-2pm

Hmong American Center

1109 N 6th St, Wausau 54403
Serving Thursdays at 4:30 pm

1/4: Ground Pork Stir Fry w/Cabbage

1/11: Chicken and Tofu

1/18: Boiled Fish with Herbs

1/25: Chicken Kapone w/Fresh green
onion, cilantro, sliced cabbage,
lime wedge

Senior Dining Meals Served with
Green Tea and Soy Milk

Wood County

2nd Street Community Center

211 E 2nd St, Marshfield
Serving Mon – Fri 11:30 am



Centralia Center

220 3rd Avenue South, Wisconsin Rapids
Serving Mon – Fri 11:30 am
Frequent Diner Prize the last day of the
month
Funny Friday Share your funny jokes or
stories

Nekoosa Community Center

416 Crestview Lane, Nekoosa
Serving Mon and Wed 12:00 pm

**Reservations are required by
noon one business day prior.**

ADRC-CW office hours
Monday-Friday – 8AM-4PM

January Nutrition Menu 2025

888-486-9545

Please call by noon one business day prior to reserve or to cancel a Senior Dining Meal or Meals on Wheels delivery. ADRC-CW offices hours: Monday-Friday 8am-4pm

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Closed for New Year Holiday	2 Lasagna Whole Kernel Corn Mixed Greens w/ Dressing Garlic Breadstick Fruit Jell-O Dessert	3 Beef Chop Suey Whole Grain Rice Oriental Blend Veggies Pineapple Carrot Cake Apricots
6 Beef Stroganoff Egg Noodles Broccoli Pineapple Beetnik Cake	7 BBQ Pork Rib Whole Wheat Hoagie German Potato Salad Coleslaw Diced Peaches Butterscotch Pudding	8 Salmon Au Gratin Potatoes Creamed Peas Whole Wheat Bread Raisin Spice Cake January Birthdays	9 Oven Baked Rosemary Chicken Baked Sweet Potato Diced Beets Cornbread Grapes	10 Chili w/ Macaroni Crackers String Cheese Dark Greens Salad w/ Dressing Apple Cranberry Yogurt Salad
13 Beef Vegetable Stew Biscuit Whole Kernel Corn Dark Greens Salad Dressing Cookie	14 Lemon & Herb Chicken Twice Baked Mashed Potatoes Carrots Biscuit Diced Pears	15 Hamburger on a Bun w/ Grilled Onions Ketchup Baked Beans Potato Salad Ambrosia Fruit Salad Cabin Fever Meal	16 Cabbage Roll Casserole Country Trio Veggie Whole Wheat Bread Pineapple Fudgy Black Bean Brownies	17 Chicken Florentine Penne Pasta Cauliflower Mandarin Oranges Fruit Pie Square
20 ADRC-CW Closed MLK Day	21 Seasoned Baked Chicken Gravy Sweet Potato Pacific Veggie Blend Whole Wheat Bread Strawberries & Yogurt	22 Italian Rigatoni Casserole Green Beans Dark Greens Salad w/ Dressing Garlic Breadstick Chocolate Cake National Chocolate Cake Day	23 Ham on Marble Rye w/ Romaine Leaf & Tomato Slice Mayo Navy Bean Soup Crackers Peach Slices Cookie	24 Swedish Meatballs Mashed Potatoes Diced Squash Multi Grain Bread Pineapple
27 Pulled Pork On a Bun Scalloped Potatoes Creamy Coleslaw Honey Bee Fruit Salad	28 Roast Beef Mashed Potatoes Gravy Diced Beets Whole Wheat Roll Fresh Grapes	29 Crustless Chicken Pot Pie Steamed Broccoli Green Beans Biscuit Pumpkin Bar	30 Spaghetti & Meat Sauce Dark Greens Salad Dressing Garlic Breadstick Mandarin Oranges Pineapple Cake	31 Sliced Turkey Sandwich (WW Bread, Mayo, Romaine Leaf & Tomato Slice) Tuscan Bean Soup w/ Chicken & Sausage Crackers Peach Slices Cookie



Milk served with each meal. Menus subject to change. Suggested contribution: Senior Dining, Cafe 60 and Meals on Wheels \$6.00 per meal. No eligible person is denied service due to ability to contribute. Your contribution makes a significant difference to our program.

Rethinking Aging: Myths vs Realities

Submitted by Jennifer Clark, Community Health Educator

Reprinted with permission from Wisconsin Institute for Healthy Aging (WIHA)

Some people believe that normal aging means losing physical strength and beauty, losing memory, falling, having issues with incontinence, becoming lonely, and/or losing independence. This perception of aging not only harms us as individuals, but can also affect how older people are treated at work, in healthcare, and in everyday life, giving them fewer chances and support. These negative ideas, called ageism, can make people afraid of getting older, spreading unfair stereotypes. So, let's talk about some of these misconceptions! After all, those that have a positive perception of aging have been shown to live **7.5 years longer** than those with a negative perception!

Here are some facts to clear up some of the most common myths about aging:

Myth: Aging always leads to bad health

Over the last 80 years, our society has changed dramatically. The labor force has changed such that jobs requiring social or analytic skills are more in demand than those requiring physical or manual skills. This change in the workforce has led to more desk jobs and less physical activity throughout the workday (and we know physical activity is important to prevent

chronic conditions). In addition, food has changed dramatically. Since the 1970s, portion sizes have increased dramatically. With people generally being less active and eating more, are higher rates of chronic disease today because of aging? Or are they due to the changes we've seen over time?

Fact: Staying active and eating well can help us all to stay healthy and prevent chronic diseases.

Myth: Memory fades with age

At 35 years old, when you walk into a room to grab something, and then forget what you were going to grab, it's attributed to everything else you have going on at the moment. At 70, it's "old age." Some memory slips are normal at any age – especially during times of higher stress and competing priorities. At the same time, some memory changes are attributed to changes in the brain over time; or age-related memory changes. These changes may include taking longer to learn something new, taking longer to recall something from memory long ago, or not remembering things as well as you once did. However, it is not normal when memory problems make it hard to do things such as drive, use the phone, or find your way home.

Rethinking Aging: Myths vs Realities

Fact: Some memory changes are normal, but serious memory loss isn't a normal part of aging. Talk to your doctor if you are experiencing changes in your memory.

Myth: People get weak and brittle as they age

When we were young, we were likely running around on a playground, dangling from the monkey bars, helping with household or farm chores, playing sports, and overall, being active kids. As we age, different priorities come along – long work days, taking care of kids or grandkids, and different hobbies we enjoy more, such as quilting or book club. Physical activity is what keeps us strong. So when we stop being as active, there can be some negative side effects.

Fact: Regular physical activity helps us stay strong and healthy. It is never too late to start and increasing your physical activity at any age can help prevent or reduce your risk for different chronic conditions, falls, improve your mood, and more.

Myth: Falling is a normal part of aging

There are many causes of falls. Loss of balance and strength is a big contributor, along with unsafe footwear, medication interactions or side effects, problems with eyesight or hearing, and different things in your surroundings (such as throw rugs, pets, or loose cords).

Fact: Although falls are somewhat common among older adults (one in four older adults experience a fall every year), they are not a normal part of aging! There are many things you can do to reduce your risk and take steps to prevent falls!

Learn more at **Falls Free Wisconsin** by visiting: <https://fallsfreewi.org> or by taking a Stepping On (Fall Prevention) program. Learn more about this program by visiting: <https://www.adrc-cw.org/classes/stepping-building-confidence-reducing-falls/>

Myth: Aging means losing our independence

When we think of the word “independence,” we usually think of being able to do what we want, for as long as we want. Whether traveling, taking care of our grandkids, writing a book, knitting a blanket, building cabinets, or whatever our hobbies might be, having the mental and physical ability to do those activities is what's important to us.

Fact: Aging itself does not impact our independence – it is often our physical and mental abilities that affect our independence. Those things are most prominently impacted by our physical health (nutrition and exercise). It's important to stay active and engaged to maintain our independence.

Coping with Vision Loss and Aging

Katie Denton, Communications Manager

Did you know that vision loss in older adults is common? In fact, 7.3% of older adults reported having low vision or blindness, and that number will continue to grow as our aging population increases. People aged 65 and older who have reported low vision or blindness have also reported living with a chronic medical condition. Almost 50% of people with low vision have reported falling. Additionally, activities like climbing stairs, paying bills, and managing medications become increasingly more difficult, which can then lead to medication mixups, depression, and isolation.

Fortunately, there are solutions.

Resources such as rehabilitation services and eye care allows people experiencing vision loss to continue living independently in their home and remain active in their community.

Sources:

<https://www.ncoa.org/article/supporting-adults-from-diverse-backgrounds-who-are-living-with-vision-loss/>

<https://www.rpbusa.org/rpb/resources-and-advocacy/resources/rpb-vision-resources/hereditary-ocular-disease/>

Here are a few tips if you are experiencing vision loss:

- **Take advantage** of aging services by learning about resources - call the ADRC-CW to learn more 888-486-9545
- **Review & understand** Medicare benefits and utilize coverage for eye care, treatments, and assistive devices - again, call us!
- **Utilize** public or county transportation as needed to ensure that you get an eye examination every year, especially if you are over 65.

Vision rehabilitation services provide a wide scope of options that provide support and practical strategies for everyday tasks. For more information on vision rehabilitation contact the State of Wisconsin Office for the Blind and Visually Impaired (OBVI) at 888-879-0017 or email dhsobvi@dhs.wisconsin.gov

For those of you who are younger than 65, it's still very important to be proactive in the care of your eyes. There are over 350 hereditary eye diseases, including glaucoma, retinitis pigmentosa, and cataracts, just to name a few. Yearly eye exams can help with early detection and treatment of many eye diseases.

Preparing for Tax Season

AARP Foundation[®] Tax-Aide

AARP Foundation Tax-Aide provides tax assistance to anyone, free of charge, with a focus on taxpayers who are over 50 and have low to moderate income. You don't need to be an AARP member to use the service during February and March 2025. Services are by appointment only. Call to make an appointment. You will receive a return call - please make sure to answer your phone.

You can make an appointment in any location that offers tax preparation services, you do not have to live in the city/county where your taxes are prepared.

Antigo:

Call 715-627-6580 for an appointment after January 20

Wausau:

Call 715-298-5734 for an appointment starting January 21

Wisconsin Rapids:

Call 715-421-1051 for an appointment starting the beginning of February

Marshfield:

Call 2-1-1 or 1-877-947-2211 for an appointment starting February 10

Documentation Needed:

- Social Security Cards for yourself and all of your dependents
- Photo identification for yourself/ spouse who must be present
- Copy of last year's tax return - 2023

Income Documentation

- Social security report with Pink Box SSA-1099
- Real estate taxes paid in 2024 as well as 2023 real estate tax bill (even if they are not paid yet)
- Mortgage interest form - 1098
- A rent certificate signed and dated by your landlord (it must not contain any corrections)
- All employers W-2 forms
- Gambling winnings W-2G and proof of losses
- 1099 forms (1099 Interest, 1099 B, 1099 Dividend, 1099R from retirement of social security and 1099G Unemployment)
- Total amount of SSI received state and federal
- Receipts for all medical expenses including premium costs for health insurance policies, Long Term Care insurance, Medicare Part D
- Proof of contributions to charities
- Advanced Child Tax Credit
- Any other income received

SENIORS, Caregivers, and Concerned Families...



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52914

Benefits of Water

Emily Gojmerac - ADRC-CW Intern

As the new year rolls around, there are many things people can do to stay healthy and active. Many people who want to get healthy try to start their healthy habits all at once and then become overwhelmed.

There is a simple way that you can start the new year off right and get healthier a little at a time every day.

Drink more water. It's that simple. Drinking more water has many benefits than just improving hydration. People who drink more water tend to show an improvement in joint mobility, improved mood,

healthier kidneys, which in turn continuously cleans toxins out of your body throughout the day.

Additionally, drinking more water also regulates your body temperature.

It is recommended that you drink 64 ounces of water a day. For some of you who think drinking water tastes boring, there are things you can do to help zest up your water. For one, you can add a lemon or lime wedge to enhance the flavor.

Consider drinking more water when you experience the following:

- A hotter climate
- More physically active
- Running a fever
- Having diarrhea or vomiting

All these experiences can dehydrate a person very quickly. Consider buying a reusable water bottle and get in the habit of taking it with you to keep you hydrated on the go!



Making an Impact Through Quality Care

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January Spotlight

THANK YOU!



Carolyn Freund
Tana Kubis
Dick Englebright
John Wilzewske
Jean Anhalt
Avis Schroer
Pat Snyder

A generous Meals on Wheels donation in Memory of Dale E. Schoepke from David W. Schoepke

Thanks to all who supported our Caregiver Appreciation Event: Covenant Community Presbyterian Church, The Mint Cafe & Catering, Starbucks, The Pinery Coffee Co., Lil' Ole Winemaker Shoppe, Fabick Cat, 97.5 WFHR, Tommy's Express Car Wash, Nasonville Dairy, Kwik Trip, and Thrivent

Peyton's Promise helped package and provide 1800 Senior Snow Day meals for our Meals on Wheels Customers. Thanks to Covenant Community Church, County Market and The Neighbor's Place for your contributions to this year's event.



I would like to help the ADRC-CW continue its work with older adults, individuals with disabilities, caregivers, and their families.

Please make checks payable to:
ADRC-CW
2600 Stewart Avenue Ste. 25
Wausau, WI 54401

Donation Designation Form

In MEMORY / HONOR (circle one) of: _____

Please notify _____ Phone: _____

Address _____

I want my donation to go to the following programs:

_____ Caregiver Support _____ Healthy Living _____ Meals on Wheels

Congregate Dining Site _____

Would you like an acknowledgement in this newsletter ___ Yes ___ No

Please send receipt to: _____



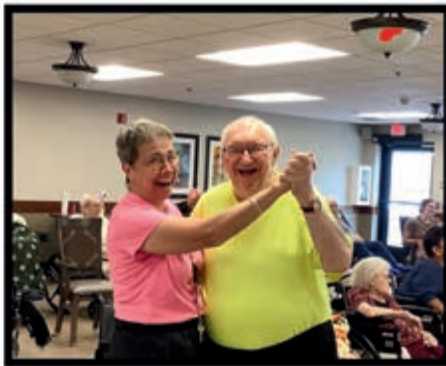


Rennes Group

Assisted Living, Memory Care,
Rehab & Skilled Nursing Services

Est. 1973

EXTRAORDINARY LIVES DESERVE EXCEPTIONAL CARE



Age doesn't define rules for the life we lead. It doesn't set a deadline for learning, engagement or experiences. At Rennes Group, age simply represents the extraordinary lives we're honored to care for every day.

We're guided by a promise to our residents, a commitment to deliver exceptional care focused upon dignity, respect and compassion that creates meaningful experiences and memories. We believe lifelong learning, new experiences and community engagement enhances our residents' lives.

We believe they deserve nothing less than exceptional.

Our community partnerships with local businesses delivers upon this promise through community engagement and life enrichment.

After all, our stories are still being written, and we're happy to help fill the pages.

www.rennesgroup.com

CONTACT US

Rennes Health & Rehab Center-Weston & Rhinelander
Renaissance by Rennes - Weston & WI Rapids

In 1973, the Rennes' began a company that shifted how seniors were cared for as their needs changed. Still run by family, Rennes believes we all have the desire to feel respected. We are your trusted partners in the continuum of care for senior living and are committed to the Rennes difference.

CONNECT
WITH US

