October 2018

The Aging and Disability Resource Center of Door County offers a friendly, personal and timely approach to providing information, assistance and access to community resources.

The goal is to keep the citizens of the county active and engaged in their own well-being and with their communities.

ADRC
Aging & Disability Resource Center of Door County

916 N. 14th Avenue
Sturgeon Bay, WI
Phone: (920)746-2372
Toll Free (855) 828–2372

Hours of Operation
Monday - Friday
8am -4:30p.m.

Email:
ADRC@co.door.wi.us
Website:
www.ADRCDoorCounty.org

Welcome to your ADRC Newsletter

The "ADRC Newsletter" is a monthly publication of the Door County Community Center. Our goal is to keep you informed of issues and events that may be of interest to you as well as inform you of available resources in Door County.

You can access the "newsletter" online by going to the Door County Website at **http://www.co.door.wi.gov or http://adrcdoorcounty.org** and clicking on Department, Senior & Community Center and Newsletter. You can also find it under Quick Links on the right side of the page.

If you would like to have a newsletter sent to you via email, please contact us at ADRC@co.door.wi.us and you will be put on a list to receive one each month.

Please Like Us on Facebook
ADRC of Door County-Door County Community Center

Our Staff

Human Services Director ..... Joe Krebsbach
Human Services Deputy Dir ..... Cori McFarlane
ADRC/Aging Director ..... Jake Erickson
Assistant ADRC Director ..... Jennifer Fitzgerald
Elderly Benefit Specialist ..... Mary Bink
Disability Benefit Specialist ..... Jessica Holland
I & A Specialist ..... Jennifer Bender
I & A Specialist ..... Lisa VanAlstine
I & A Specialist ..... Vacant
Transportation & Accounts ..... Robin Mark
Bus Driver/Transportation ..... Gary Hanson
Activities/ Volunteer Coordinator .. Cathy Keller
Office Assistant ..... Wendy Schubert
Office Assistant ..... Barb Snow

Nutrition Program
Chef ..... Arne Thompson
Assistant Cook ..... Linda Will
Baker ..... Kathy Ash

Meal Site Manager
Washington Island ..... Nelvie Cauldwell
Baileys Harbor/Brussels ..... Jamie Stephan
Liberty Grove ..... Stacey Volkmann
Contracted Dietician ..... Carmen Schroeder

Services Offered:

- **Information and Referral Assistance with Community Programs and Resources**
- **Long-Term Care Options Counseling**
- **Volunteer Opportunities**
- **Transportation**
- **Health and Wellness Activities**
- **Fitness Room and Group Exercises**
- **Home Delivered and Frozen Meals**
- **5 County-Wide Nutrition Meal Sites**
- **Caregiver Assistance for Friends/Family**
- **Support Groups**

Our Disability and Elderly Benefit Specialists can help with the following:

- **Medicaid and Medicare**
- **Food Share**
- **Social Security Disability and SSI**
- **Prescription Drug Options**
- **Insurance Issues**
- **Housing and Utility Concerns**

YOU ARE INVITED!!!!!

BUILDING DEDICATION

October 17th, 2018
3:30 p.m - 6:00 p.m.

Please join us as we celebrate the dedication of the brand new Door County Aging & Disability Resource Center and Community Center building.

Dedication Ceremony starts at 4:00 p.m.

Open House immediately following, including refreshments, live entertainment and building tours.

916 N. 14th Avenue, Sturgeon Bay, WI (920)746-2372

PosterMyWall.com

Monthly Caregiver Support Groups

FOR PERSONS WHO ARE PROVIDING CARE
FOR A FAMILY MEMBER OR FRIEND

You are not alone.

Sturgeon Bay Chapter
1st & 3rd Wednesday of the month
1:00 p.m. – 2:30 p.m.
ADRC
916 N. 14th Ave.
Sturgeon Bay, WI 54235

Northern Door Chapter
2nd Wednesday of the month
1:00 p.m. – 2:30 p.m.
Sister Bay Library, Community
2323 Mill Road
Sister Bay, WI 54234

Southern Door Chapter
4th Tuesday of the month
1:00 p.m. – 2:30 p.m.
Brussels Community Center
1366 Junction Rd
Brussels WI 54204

Washington Island Chapter
1st Friday of the month
11:00 a.m. – 12:30 p.m.
WICHP Fellowship Hall at
Trinity Lutheran Church
(920) 847-2108

Free of Charge Professional Facilitators
Assistance with transportation and respite care available, upon request

Our support groups are a safe and supportive place for family caregivers to share the joys and challenges of caregiving with others in similar circumstances. Please mark your calendars to attend or share this information with a family caregiver who could benefit.

FOR MORE INFORMATION
CONTACT
The Door County ADRC
(920) 746-2372
Toll Free (855) 828-2372

Southern Door Meal Site Relocation!!!

After lots of consideration, we are excited to announce our decision to relocate our Southern Door meal site location from the Bayview Terrace Apartments in Forestville to the Brussels Community Center. The start date for the new meal site will begin on **Tuesday, October 2nd 2018.**

The Southern Door meal site will serve a hot lunch at noon on Tuesdays and Thursdays. To find out what we are serving for lunch, please see the back page of our monthly newsletter. Meals are available to anyone over 60 years of age and their spouse of any age. Our meal program serves all older adults regardless of income.

Contributions are accepted for the noon meals which helps offset the cost of preparing the meals and are essential to maintaining a standard of excellence for the nutrition services we provide our community. The suggested contribution for a meal is $5.00.

You will NEVER be denied a meal if you are unable to contribute. This is what it says: a suggestion. All contributions are anonymous. We understand that individual finances will determine the amount, if any, a person can contribute. Regardless of your contribution, you are always welcome at our table.

Reservations are required. Please call (920) 746– 2523 if you plan on dining with us.

REMINDER: SOUTHERN DOOR COUNTY HOURS AND LOCATION FOR THE AGING& DISABILITY RESOURCE CENTER

Since June of 2018 The Aging & Disability Resource Center (ADRC) of Door County staff has held monthly office hours at the Brussels Community Center, 1366 Junction Road, from 2:30pm-4:30pm on the 4th Tuesday of each month.

In an effort to reach more Door County residents, an Information & Assistance Specialist will be available to meet with individuals that have questions about community resources, long-term care options, nutrition assistance, income supports, and other topics for those that are aging or have a disability.

To ensure availability, please call the ADRC at (920)746-2372 to make an appointment for the Brussels office hours.

Benefit Specialist

Time to Review Your Medicare Plan

Medicare's Annual Open Enrollment Period is coming soon. Be sure to add this to your fall checklist if you have a Medicare Part D plan or a Medicare Advantage Plan.

Every year insurance companies can change their list of covered drugs and their pricing structure, known as the plan formulary. That means even if you are taking the same medications, the amount you pay for your medications may change next year.

The plans' premiums, deductibles, and copays can also change each year. What can people do about this? All Medicare beneficiaries should review their current coverage during Medicare's annual **Open Enrollment Period which runs October 15 through December 7th**. Find out what your plan's costs and coverage will be next year and compare it with other options based on ***your*** prescription medications and other needs or preferences. You may decide you're happy with your plan's costs and coverage details for 2019. In that case you won't need to do anything. Or you may find a plan that is better suited to your needs and your budget.

Shopping around to find what's best for you is always a good idea. But you don't have to do it alone. Free, unbiased assistance with plan comparisons is available from the Elder Benefit Specialist at the ADRC of Door County @ The Door County Community Center.

Don't let this opportunity pass you by! The Elder Benefit Specialist can also check to see if you are eligible for any programs or benefits that can save you money. For further information and assistance call 920-746-2372 and ask for an appointment with Mary Bink, Elderly Benefit Specialist.

Door County Early Dementia Support Group

Door County Medical Center
IN PARTNERSHIP WITH HOSPITAL SISTERS HEALTH SYSTEM

1st Monday of the Month, 1:00-2:00 (before the memory café)

United Methodist Church

836 Michigan St, Sturgeon Bay

Facilitators: Christy Wisniewski, DCMC Geriatric Outreach Specialist
Erin Szakala, DCMC Social Work Care Manager

New Participants should RSVP to Christy Wisniewski: 746-3504 or at www.dcmedical.org/classes&events

The early dementia support group is a monthly forum for those diagnosed with a dementia in the early or mild stage. A topic is offered for discussion. Participants should be willing to talk about their dementia symptoms.

A separate group for care partners of those with dementia will meet at the same time for support and education.

4.00%[1]
Interest Rate

For a limited time, Fidelity & Guaranty Life® is offering **4.00%** for the **FG Guarantee-Platinum® 7**, a single premium fixed deferred annuity for new contracts issued on or after **July 9, 2018**. This rate is subject to change at our sole discretion at any time. This initial rate is guaranteed for the **first seven contract years only** and is thereafter subject to change. Minimum premium of $20,000 required.

FG Guarantee-Platinum 7 offers:

- Free withdrawals of all accumulated interest
- 30-day surrender charge free window after each seven-year rate guarantee period

Contact us today for more information!

David A Lenius, CFP® 920-743-3962

[1]This initial interest rate is effective for new annuities with a minimum premium deposit of $20,000 issued on or after July 9, 2018 for the first seven contract years only. Thereafter, the company may declare at its sole discretion a new rate which could be lower. This initial rate is also subject to change for new contracts at our sole discretion at ANY TIME. Surrender charges and market value adjustments apply to withdrawals in excess of the accrued interest during the "guarantee periods" which are seven years. There is a 30-day window at the end of each seven-year guarantee period where you may withdraw all or part of your annuity value without application of surrender charges or market value adjustment. A new guarantee period and surrender charge period will begin after the end of the previous ones. The surrender charge is nine percent in the first year and declines by one percent each year for the next six years and repeats for each successive period. Annuities are long-term savings vehicles that are subject to limitations and conditions, state availability and certain suitability requirements. Please see the applicable product brochure that is available from your licensed insurance professional for details.

Annuity contracts issued by Fidelity & Guaranty Life Insurance Company, Des Moines, IA. www.fglife.com. No bank guarantee. Not FDIC/NCUA/NCUSIF Insured. May lose value if surrendered early. Subject to state variation. Certain restrictions may apply.

Product form numbers: FGL SPDA-MY-F (7-04) ICC14-1095 (06-14); et al.

DOOR COUNTY CAREGIVER CONFERENCE 2018

Keynote Speaker

SCHEDULE

8:15-9:15 AM
REGISTRATION & BREAKFAST

9:15-9:30 AM
WELCOME

9:45-10:30 AM
BREAKOUT SESSION I

10:45-11:30 AM
BREAKOUT SESSION II

11:45 AM-12:30 PM
LUNCH & NETWORKING

12:30-2:00 PM
KEYNOTE SPEAKER

2:00-3:00 PM
DR. KODRAS PRESENTATION

3:00-3:30 PM
CLOSING REMARKS & DOOR PRIZES

Martin J. Schrieber
Former WI Govenor

Join former Wisconsin Gov. Martin J. Schreiber as he shares lessons from his decade-plus journey as a caregiver for his wife, Elaine, who lives with Alzheimer's disease. Gov. Schreiber will candidly describe his challenges and missteps, and highlight how compassion and humor provide comfort to both caregiver and the person with dementia.

His raw honesty and practical advice will inspire other caregivers to find patience, courage and love as they climb the Alzheimer's mountain. Schreiber's award-winning book, My Two Elaines: Learning, Coping, and Surviving as an Alzheimer's Caregiver, will be available for purchase for $15. (Cash or checks preferred.) Net proceeds are used to promote Alzheimer's caregiver support.

TIME: 8:15AM - 3:30PM
DATE: 11/08/2018

Door County ADRC/Community Center
916 N. 14th Avenue, Sturgeon Bay

This full-day educational conference is designed exclusively for caregivers. Participants have the opportunity to learn practical aspects of helping loved ones deal with everyday living and are provided with information to assist with managing the challenges of caring for another.

Please call Jenny Fitzgerald to register at (920)746-2544
Respite care is available to set up prior to event upon request.

Please Call to Register by Friday November 2nd

Hosted by the Door County Caregiver Coalition

PosterMyWall.com

Need a Lift???

In the Sturgeon Bay community, transportation is a basic need. It is a hardship for older adults and people with disabilities when they do not have access to safe, reliable, efficient and affordable transportation. They may not be able to access medical care, groceries, or activities at our center which isolates these individuals and diminishes their quality of life.

Our ADRC Bus and Van are wheelchair accessible. The cost of a ride is $1.00 per stop. The ride to and from our Center for our Noon meal is $1.00 round trip.

To Schedule a Future Appointment:
Call (920) 746-2548

For Same Day/Immediate Appointments:
Call (920) 493-0136

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Harry F. Farfan, M.D., M.Sc, C.M. FRES, 1985

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About the R.I.D.E program

Recreation for Individuals with Disabilities through Exercise

Bridges to Health

PROGRAM OUTLINE

The goal of the R.I.D.E. (Recreation for Individuals with Disabilities through Exercise) is to serve adults with disabilities ages 18+by providing them with a guided exercise program. The exercise program will include components that improve aerobic fitness, strength, balance and flexibility. Research shows that exercise is a key factor in improving health for people with disabilities. Participants could expect health benefits in aerobic fitness, muscular strength, improved performance in activities of daily living and higher psychosocial health.

Programming for participants will be created by an exercise physiologist. Program content will be based on initial screening and group interests. Participants will receive group instruction, support and encouragement from program staff that helps foster a positive exercise environment. The R.I.D.E. program is a collaborative effort brought to the community by Door County Medical Center, the Aging & Disability Resource Center and the Sunshine House. This program is a part of Bridges to Health.

LOCATION AND TIME

The R.I.D.E. program will last 1 hour and take place at the Aging & Disability Resource Center of Door County (916 North 14th Avenue in Sturgeon Bay) from 1:00-2:00 PM. The program will offer a total of 8 sessions. These sessions will be held on Wednesday afternoons on 10/25, 11/01, 11/08, 11/15, 11/22, 11/29, 12/06, 12/13 and will cost $30.

To register for the RIDE program please contact:

Adam Peronto
Door County Medical Center
920-746-0410
Adam.Peronto@dcmedical.org

R.I.D.E PROGRAM GOALS

1. Provide individuals with disabilities with a guided group exercise program that assists in the development and improvement of their fitness.

2. Provide individuals with disabilities the opportunity for safe exercise in a social and relaxed environment.

3. Develop movement skills that can be used to improve function in everyday life.

4. Introduce exercise to individuals with disabilities in order to help improve long term health and to show them that their disability does not limit them from participating in physical activity.

5. Provide Door County and the surrounding community with an opportunity to enhance and emphasize the importance of physical activity for individuals with disabilities.

SUNSHINE HOUSE INC.

Door County Medical Center
IN PARTNERSHIP WITH HOSPITAL SISTERS HEALTH SYSTEM

ADRC
Aging & Disability Resource Center

Jess Article

"What's After High School?"

Almost Everything You Need to Know About Transition to Adult Life for Youth with Disabilities

Wednesday, October 24th from 5:30-8pm at the ADRC of Door County
916 N 14th Ave, Sturgeon Bay, WI
Dinner and registration at 5:00pm

Register: Contact the Northeast Regional Center for Children and Youth with Special Health Care Needs at **877-568-5205** or email **infonerc@chw.org**

***** Please register by Oct. 19 to guarantee your meal and binder! *****

This training is ideal for families who have children ages 14 - 21 and providers and school staff who work with young adults with special needs. *Youth are welcome to attend.*

Lakeland Care provides Family Care Supports throughout Northeast and North Central Wisconsin, serving members since 2000.

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- Care Management
- Personal Care
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- Residential Care
- In-Home Supportive Care

For more information about care management services available, contact the ***ADRC of Door County at 855-828-2372.*** They can also assist you with information about Family Care eligibility and enrollment.

www.lakelandcareinc.com

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This project is funded in part by the Federal Transit Administration (FTA) as authorized under 49 USC Section 5310&5311.

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Today, there are many nursing homes and residential care facilities throughout the country willing to support those with special needs.

However, there are many more senior citizens and disabled individuals who do not need the full medical facilities. These individuals, with a little assistance, can continue to live in the comfort of their own home through the help of Specialized Services, LLC.

Our team of experienced care givers could be the answer. We offer in-home companionship and support senior citizens and disabled, both physically and mentally, needing assistance with daily living activities.

Our goal is to provide the quality services necessary to help your loved one live healthy and happily in his or her own home.

Five Simple Steps to create a Safer Environment for Seniors

From Today's Caregiver By Brett Brenner

Electricity is such a common part of our everyday lives. Many wake up each morning to the sound of an alarm clock and then proceed to turn on lights around the house before using a whole host of other electrical appliances throughout the day. It's our norm. Yet in spite of the safety, comfort and entertainment electricity provides, electrical accidents are a leading cause of home fires every year.

According to the National Fire Protection Association (NFPA), adults over 65 have the highest risk of death from fire, and the risk only increases with age. For those 75 and over, the risk is 2.8 times higher than the general population. What's more, many older adults have remained in the same home for an extended period of time, and electrical fires are more common in older homes with aging electrical systems.

In honor of National Electrical Safety Month in May and on behalf of the Electrical Safety Foundation International (ESFI), I encourage caregivers to familiarize themselves with some basic tips to help maximize the safety of the seniors in their care while minimizing the risks associated with electricity.

1. Verify that the home's electrical system is in compliance with the most up to date electrical codes. Contact a licensed electrician to conduct a quick home electrical safety inspection. The electrician should determine the following:

- Circuit breaker panel board is properly labeled. When the power goes out in a specific section of the home, labels serve as a quick way to know which breaker to flip to restore power.

- Circuit breaker has a detection system designed to prevent fires. This is commonly known as an arc-fault circuit interrupter (AFCI) and can detect a circuit breakdown and disconnect the power before a fire erupts.

- Wall outlets should also include detection devices such as a ground fault circuit interrupter (GFCI), which can detect an imbalance or leakage of electrical currents that can cause lethal shock.

- Let the electrician know if you're noticing any of the following: frequently blown fuses or tripped circuit breakers; a tingling feeling or slight shock when you touch an appliance; outlets and/or switches that are warm or make crackling, sizzling or buzzing noises; or flickering or dimming lights.

2. Make sure the home is properly lit. Install night lights near stairways, walkways and other areas to ensure they are illuminated to avoid tripping hazards. Lamps should be easily accessible in seating areas and in bedrooms and touch-lamps are especially useful to seniors. Make sure light bulbs are the appropriate wattages for night lights and lamps, and consider using fluorescent bulbs as they consume less energy.

3. Set calendar reminders to routinely check the performance of detection devices. Press the "test" buttons on GFCIs, AFCIs and smoke detectors. You should replace smoke detectors that are more than 10 years old and replace batteries at least once a year.

4. Ensure that outlets and power cords are properly loaded. No more than two appliances should occupy a single outlet as overloaded outlets can easily overheat and start a fire. Also, check electrical cords for signs of damage and never run cords under rugs or carpets or pinch them under furniture, doors or windows.

5. Only use electric products that are certified by Underwriters Laboratories (UL). The "UL" mark indicates that the product has been tested and approved for safety. Be cautious of counterfeit electrical products, which are often sold at deep-discount stores. They may have erroneous UL labels. Look for spelling errors on the product packaging as a red flag that the product may be counterfeit.

Foot Clinic

Tuesday, October 16th from 10am-2pm & Friday, November 2nd 8am –2pm

The NWTC nursing students will conduct the free clinic which includes a foot soak/massage with lotion and nail cutting

The cost of this is FREE!!

Sign up required – call 920– 746– 2372

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Michael Aleksandrowicz, MD

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Britain O'connor, MD
Andrea Patza, NP

Obstetrics/Gynecology
Thomas Gallagher, MD
Kimberly Winburn, MD

Nephrology
Jyoti Brar, MD

Urgent Care
Lisa Frisque, NP
David Steinke, DO

Gastroenterology
Kelly Cherne, PA-C

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For more information or to schedule an appointment, please call 920-746-7200 or visit Aurora.org.

MONDAY		TUESDAY		WEDNESDAY	
1	8:00 Gadget Guy 9:00 Sheephead 10:00 DVD Fitness 11:00 Zumba Gold 12:00 Bridge 12:45 Trip: Schartner Farm Tour 1:00 Stepping On	**2**	8:30 Wonder Women 9:30 Jolly Exercise 9:30 Euchre 10:00 LIR: Social Security: An Overview 10:30 Crafts 10:30 Beginners Yoga 11:00 Music with Ken 12:30 Bingo 12:45 Ballroom Dance Practice 1:00 Sheephead	**3**	8:00 Training on Voting Machines 9:00 Pinochle 10:00 DVD Fitness 10:00 LIR: A Fine Kettle of Fish 11:00 Music w/ Herb 1:00 Poker 1:00 Sheephead 1:00 Mah Jongg 1:00 Caregiver Supp. Group 1:00 Windows 10 Users
8	9:00 Sheephead 10:00 DVD Fitness 11:00 Zumba Gold 12:00 Bridge 1:00 Stepping On 1:00 Powerful Tools for Caregivers	**9**	8:30 Wonder Women 9:30 Jolly Exercise 9:30 Euchre 10:30 Crafts 10:30 Beginners Yoga 12:00 Bayship 12:15 Music with Jeana 12:30 Bridge 12:30 Bingo 12:45 Ballroom Dance Practice 1:00 Flu Shots 1:00 Sheephead	**10**	9:00 Pinochle 10:00 DVD Fitness 10:00 LIR: A Fine Kettle of Fish 11:00 Music w/ Herb 12:45 Art for Health 1:00 Poker 1:00 Mah Jongg 1:00 Sheephead 1:30 Ask the Athletic Trainer
15	8:00 Gadget Guy 9:00 Sheephead 10:00 DVD Fitness 11:00 Zumba Gold 11:30 Seniors Eating Well 12:00 Bridge 1:00 Stepping On 1:00 Powerful Tools for Caregivers 1:00 Flu Shots	**16**	8:30 Wonder Women 9:30 Jolly Exercise 9:30 Euchre 10:00 Foot Clinic 10:30 Crafts 10:30 Beginners Yoga 11:45 Octoberfest Music with Helen Corden 12:30 Bingo 12:45 Ballroom Dance Practice 1:00 Sheephead	**17**	9:00 Pinochle 10:00 DVD Fitness 10:00 LIR: Fine Kettle of Fish 10:00 LIR: Hospice 101 & Advance Directives 11:00 Music w/ Herb 12:45 Art for Health 1:00 Poker 1:00 Sheephead 1:00 Mah Jongg 1:00 Caregiver Supp. Group
22	8:00 Gadget Guy 9:00 Sheephead 10:00 DVD Fitness 11:00 Zumba Gold 12:00 Bridge 12:00 Fernando Jimenez: Drummer, singer and Rhythm 1:00 Meditation/Stress Relief 1:00 Powerful Tools for Caregivers	**23**	8:30 Wonder Women 9:30 Jolly Exercise 9:30 Euchre 10:30 Crafts 12:15 Music with Jeana 12:30 Bingo 12:45 Ballroom Dance Practice 1:00 Sheephead	**24**	9:00 Pinochle 10:00 DVD Fitness 10:00 LIR: Fine Kettle of Fish 10:00 LIR: Eating for One 12:45 Art for Health 1:00 Assistive Technology for Hearing Impaired 1:00 Poker 1:00 Mah Jongg 1:00 Sheephead 1:30 Ask the Athletic Trainer
29	9:00 Sheephead 10:00 DVD Fitness 10:00 LIR: Exploring County Government 11:00 Zumba Gold 12:00 Bridge 1:00 Powerful Tools for Caregivers	**30**	8:30 Wonder Women 9:30 Jolly Exercise 9:30 Euchre 10:30 Crafts 12:30 Bingo 12:45 Ballroom Dance Practice 1:00 Sheephead 3:30 Professor Gizmo	**31**	9:00 Pinochle 10:00 DVD Fitness 12:00 Halloween Party 12:45 Art for Health 1:00 Poker 1:00 Mah Jongg 1:00 Sheephead

THURSDAY		FRIDAY	
4	8:30 Wonder Women 9:00 Friendly Crafters 9:30 Jolly Exercise 10:30 Advanced Yoga 12:00 Music with George 12:30 Knitting Group 12:30 Bingo 1:00 Wood Carving 1:00 Apple User Group	**5**	10:00 DVD Fitness 11:00 Zumba 11:30 Strong & Stable
11	8:30 Wonder Women 9:00 Friendly Crafters 9:00 Hand Quilters 9:30 Jolly Exercise 10:30 Advanced Yoga 12:00 Music with George 12:30 Bingo 12:45 Identity Theft: Protect & Prevent 1:00 Wood Carving	**12**	10:00 DVD Fitness 10:00 LIR: Insomnia: Diagnosis & Management 11:00 Zumba 11:30 Strong & Stable 1:00 Ask an Exercise Physiologist 1:00 Art Show
18	8:30 Wonder Women 9:00 Friendly Crafters 9:30 Jolly Exercise 10:30 Advanced Yoga 12:30 Knitting Club 12:30 Bingo 1:00 Wood Carving	**19**	10:00 DVD Fitness 10:00 LIR: Alzheimer's: Basic-Memory Loss, Dementia, & Alzheimer's Disease 11:00 Zumba 11:30 Strong & Stable
25	8:00 Gadget Guy 8:30 Wonder Women 9:00 Friendly Crafters 9:00 Hand Quilters 9:30 Jolly Exercise 11:00 Zumba 11:00 Blood Pressure checks 12:30 Bingo 1:00 Wood Carving 1:00 R.I.D.E.	**26**	10:00 DVD Fitness 11:30 Strong & Stable 1:00 Ask an Exercise Physiologist

October Daily Activities

Remember to sign up in advance for the following events or classes:

10/1: Schartner's Farm Tour
10/8-11/12: Powerful Tools for Caregivers
10/9: Flu Shots given by Public Health
10/10: Art for Health
10/10: Ask the Athletic Trainer
10/12: Ask an Exercise Physiologist
10/15: Flu Shots given by CVS Pharmacy
10/16: Foot Clinic
10/16: Octoberfest
10/17: Art for Health
10/22: Fernando Jimenez: Drummer, Singer and Rhythm
10/22: Meditation and Stress Relief
10/24: Art for Health
10/24: Ask the Athletic Trainer
10/25-12/13: R.I.D.E.
10/26: Ask an Exercise Physiologist
10/30: Professor Gizmo
10/31: Halloween Party
10/31: Art for Health

Call Cathy (746-7153) If interested in attending any LIR classes.

Aging in Place or Senior Living Community?

Where do you want to live after you're retired - in your own home or in a senior living community? Although the answer might seem obvious, that question is one that everybody should ask themselves, their spouse and their parents long before retirement occurs. As a caregiver, the answer to this question for your loved one will depend on several factors and every family will have to figure out for themselves what is best.

Although most people would prefer to age in the familiarity and comfort of their home millions of older Americans now occupy "inappropriate residential environments" according to a study at the University of Florida. The home may not accommodate the now-needed wheelchair or walker. Safety features like grab bars, railings and adequate lighting for older eyes may not be present. When a loved one is living alone, age-related challenges like reduced vision, reduced mobility, dementia or chronic illness requiring special care can also jeopardize safety. Another consideration is the neighborhood. Has the once-friendly neighborhood changed over the years? Does your loved one still know the neighbors? Are stores still convenient for shopping?

If your loved one decides to age in place, they will need to consider what it will take to allow them to safely live in their home for many years. For example, will there be someone to call in an emergency or if they need help with daily activities and simple tasks around the home? Will they become isolated and lonely if they can no longer drive? Can they purchase and prepare food for nutritious meals? Can they manage potential medical procedures like injections, medications, wound care? Have the costs of in-home assistance and updates to the home been researched?

If moving to a senior living community is being considered, think about what is being gained and what they may be leaving behind. Is there enough space to bring those items you can't live without? Are there acquaintances who already live there or are they leaving a neighborhood of friends for a building full of strangers? Will they miss the yard, patio or special room in the house and is there something there that will be a viable alternative? Are there opportunities for social involvement, communal dining, and access to health care? Will the move relieve stress for you, the caregiver? Is the cost of the senior living community within the budget?

While most of us might think we would never leave home, it's worth weighing the pros and cons. There are pluses and minuses to both aging in place and moving to a senior living community. As the aging population increases, living options are increasing, too. There are more community resources that allow a person to live longer in their own home, and many senior communities are more accommodating and nurturing than they were in the past.

The best option for your loved one will depend on the health, social and emotional needs they have, and determining which arrangement will allow them to maintain a safe, well-rounded life. Talking to your loved one's doctor, considering the resources they currently have at home, learning additional services available in the community such as home delivered meals and transportation options, comparing costs of different living options and knowing what your loved one can afford will help you make the decision to age in place or relocate to a senior living community. The decision likely won't be an easy one, but the most important thing is to make sure you consider your options carefully and make the best choice you can.

For help with decisions like these and other caregiving resources, contact The ADRC of Door County

at (920) 746- 2372

Valeree Lecey
ADRC of Ozaukee County

Art for Health

Door County Medical Center is bringing their popular Art for Health series back to the ADRC this fall!

The Joy of Collage– Wednesday, October 10th @ 12:45pm
Making collages provides endless opportunities for stimulating your imagination, applying your creativity, and integrating a story on a paper surface. We will use drawing, painting, smudging, magazine art, and stamping. The overall philosophy is one of freedom, exploration and most of all, fun!! This class is about you! CLASS SIZE: 10

Mindful Meditation & Chair Yoga- Wednesday, October 17th @ 12:45pm
Rejuvenate your body and soul with a combination of gentle chair yoga and mindful meditation with Gong. A gentle meditative chair yoga class intertwined with the healing vibrations, and rich overtones of harmonic sound. CLASS SIZE: 5-10

Essential Oils: Treatment Blending & Perfume Blending Workshop
Wednesday, October 24th @ 12:45pm
Discover how to create pure botanical blends for holistic wellness! Create blends with essential oils and various carrier bases for treating a variety of ailments and symptoms. Explore the creation of your signature blend "perfume becomes your medicine." CLASS SIZE: 7

The Creative Mind & Art of Storytelling– Wednesday, October 31st @12:45pm
Calling forth and telling stories that honor the past and delight the present. Explore the extra-ordinary lives of ordinary people, and the joy of the creative process. CLASS SIZE: ANY

Please pre-register for these classes by calling 920-746-2372

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anicholas@4LPi.com or (800) 950-9952 x2538

OCTOBER TRIP

Date: Monday, October 1st
Time: Depart at 12:45pm from the ADRC, back by close
Cost: Free

Come join us on the wagon for this wonderful tour of Schartner Farms! Please register at the ADRC front desk, or call 746-2372 to reserve a spot.

STURGEON BAY
HEALTH SERVICES

200 North 7th Avenue
Sturgeon Bay, Wisconsin 54235

920-743-6274
www.sturgeonbayhs.com

Sturgeon Bay Health Services, formerly known as "The Dorchester", is a skilled nursing facility providing the following services:

- Long term nursing care
- Short term rehab
- Physical, occupational and speech therapy
- Dementia care

Read what some of our residents had to say when they were ready to return home!

I know the difference between good care and bad care, having been a nurse myself. I really felt I was well cared for!

Mary Lindhorst

I am so very thankful for all the help!

Phylis Swagel

SPECIAL EVENTS / CLASSES

Music

Music with Ken (guitar)

Tuesday, October 2nd at 11am

Music with Jeana (piano)

Tuesdays, October 9th and 23rd at 12:15pm

Music with Herb (keyboard)

Wednesdays, October 3rd, 10th, and 17th at 11am

Music with George (guitar)

Thursdays, October 4th and 11th at noon

LIR PRESENTS:

Social Security: An Overview
Tuesday, October 2nd, 10am

Insomnia: DX and Management
Friday, October 12th, 10am

Hospice 101& Adv. Directives
Wednesday, October 17th, 10am

Basic Memory Loss, Dementia, and Alzheimer's Disease
Friday, October 19th, 10am

Eating for One
Wednesday, October 24th, 10am

Exploring County Government
Monday, October 29th, 10am

Drummer, Singer, and Rhythm Guitarist

Fernando Jimenez

Monday, October 22nd

12pm

Sign up at the front desk

Bring your grandchildren, nieces, nephews, neighbors to his entertaining show!
This is a show for all ages!

Tuesday
October 30th
3:30pm-4:30pm

Octoberfest

Tuesday, October 16th
11:45am

Enjoy a German themed meal and music

Sign up at the front desk

Halloween Party

Entertainment by "Bones"

Costume Contest

Wednesday, October 31st, 00N

Sign up at front desk

Other Events

10/9 and 10/15 (1pm)
Flu Shots

10/11 (12:45pm)
Identity Theft: Protect&Prevent

10/12 (1pm)
Art Show
Come see the work of our talented artists and crafters

10/15 (11:30am)
Seniors Eating Well
Great Grains Discoveries

10/22 (1:00pm)
Meditation/Stress Relief

Volunteer Opportunities

Meal–Time Helpers

Help our growing nutrition program and meet some new people at the same time.

Volunteers will help during our noon meals to serve, clean-up tables and roll silverware.

If interested, or for more info, contact Cathy 920-746-7153

WELCOME DESK VOLUNTEERS NEEDED

Are you interested in helping out at the welcome desk? We are looking for someone daily around lunch time.

Work at the desk involves helping people register for lunch and activities, and other duties as assigned.

The most important qualification is a positive attitude matched with a friendly smile!

Volunteer applications are at front desk.

MAKE A DIFFERENCE IN YOUR COMMUNITY

Become an ADRC Meals–on–Wheels Driver

Volunteers are essential in providing care and compassion to older adults in need of nutrition assistance. With the help of dedicated volunteers, the Aging and Disability Resource Center of Door County is able to serve the many seniors in need of meal assistance throughout Door County. Our Meals on Wheels volunteers contribute primarily in the delivery of a hot or frozen meal. Volunteer drivers are greatly needed. Do you have a day free during the week?

Meals are delivered Monday–Friday Between 10:30a.m. - 12p.m.

If you are interested please contact the Aging and Disability Resource Center of Door County at (920)746-2372 or email us at ADRC@co.door.wi.us

ADRC Aging & Disability Resource Center of Door County

COMPUTER CLASSES

This Month in the Learning Corner

Windows 10 User Group

1st Wednesday of the month–October 3rd at 1:00 pm

- **Easy-going discussion/demonstrations**
- **Key features of Windows 10 System**
- **Everyone is welcome.**
- **Bring your laptop if you wish.**

Apple User Group

1st Thursday of the month– October 4th at 1:00pm

Primary focus will be iPads/iPhones (iOS)

MacBooks are welcome

Specific topics presented monthly

Plenty of time for Q&A, troubleshooting

For more info call 920-854-9483

"The Gadget Man"

Oct. 1st, 15th, 22nd & 25th

8:00 -11:00 AM

If you are a new or an advanced user, he can assist you.
Laptops, tablets, iPhones, and Androids.
No problem.
Call for an Appointment 920-746-2372

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SEEKING VOLUNTEER TAX PREPARERS

If you are detail oriented, have a head for numbers and are comfortable using a computer, we invite you to join our team of trained tax preparers. Hours are flexible, comprehensive training is free and your mileage is reimbursed.

Training starts in the Fall. Then, you'll start your volunteer work with a team of wonderfully dedicated individuals during the February 01 through April 15 tax season. We have a couple different volunteer positions available within our program:

- Counselor - the person that sits down and actually does the tax preparation
- Client Facilitator (Greeter) - the person that greets the clients and gives them a little help filling out their information sheet when they arrive at the site.

If you are interested, we would love to hear from you.

Training starts on November 13th if you are interested!

For more information and to get started today please contact us by calling (920)746-2372 or emailing us at ADRC@co.door.wi.us.

You want the best for her... and so do we.

Sunflower Cottage
Adult Day Care Services

We help you keep your loved one home longer, giving you time to rejuvenate and catch up with things.

Sunflower Cottage: offering affordable, individualized day-time care for people living with Parkinson's, Alzheimer's, dementia, and other age related challenges.

- Individualized activities to help retain cognitive skills
- Nutritious meals and snacks
- Personal care needs
- Secure, home-like facilities

Find out more at www.sunflowercottage.org
Or call us at: **(920) 743-7943**

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BLOOD PRESSURE CHECKS/FLU SHOTS

American Heart Association.

What is high blood pressure?
High blood pressure (HBP or hypertension) is when your blood pressure, the force of the blood flowing through your blood vessels, is consistently too high.
If you have high blood pressure, you are not alone . Nearly half of American adults have high blood pressure. **Many don't even know they have it.** The best way to know if you have high blood pressure is to have your blood pressure checked.

The ADRC will offer complimentary blood pressure checks on October 25th from 11:00am-noon.

We will also be hosting 2 flu shot clinics at the ADRC in October.

- On October 9th, at 1:00pm, flu shots will be available through Door County Public Health.
- On October 15th, at 1:00pm, flu shots will be available through CVS Pharmacy.

Powerful Tools FOR Caregivers

Powerful Tools for Caregivers
Mondays, 1:00-3:00,
October 8th – November 12th
Door County ADRC

Taking care of another person involves many challenges. It could mean developing new ways to communicate, making tough decisions with confidence, or effectively dealing with difficult emotions. It is about taking care of yourself so you can take care of others. It is about adding tools to your care giving toolbox.

Powerful Tools for Caregivers is a six-week, evidence-based workshop for friends and relatives who care for an adult with a chronic medical condition. It is taught by certified class leaders free of charge.

Free! Materials and Refreshments included
Registration required – call:
Program Coordinator Christy Wisniewski: (920) 746-3504

Need a *Great* Hot Meal?

LOAVES & FISHES
Community Meal
Friday Evenings
Year 'round – Usually 1st, 3rd & 4th Fridays

Who: All Ages are Welcome

What: Family Style Dinner

Time: Serving from 5:30-7:00 pm

Where: Northeastern Wisconsin Technical College
229 North 14th Avenue, Sturgeon Bay

Cost: Free

Sponsored by the community, local churches, businesses and individuals. There are no government funds used for the Loaves & Fishes community meal program.

Need more information: Call 920.493.5318.

October 5, 19, 26

November 2, 16
November 23 – No Meal

December 7, 21
December 28 – No Meal

Healthy Nutrition for the Healthy Older Adult

Carmen Schroeder, RDN, CDE, CD

Making healthy food choices is a smart thing to do—no matter how old you are! Your body changes through your 60s, 70s, 80s, and beyond.

You are never too old to enjoy the benefits of improved nutrition and fitness. With nutrient-rich foods and activities with friends, you can feel an immediate difference in your energy levels and enjoyment of life. In fact, as we get older, our food and activity choices become even more important to our health.

Focus on Nutrient Density

As adults age, they need **fewer total calories**, but **higher amounts of some nutrients**, especially calcium and vitamin D. In terms of nutrition, you need to focus on **quality not quantity**. For both optimal physical and mental health, older adults truly need to make every calorie count. For a healthy eating plan, choose a variety of foods from all of the **MyPlate** food groups regularly.

Retired people on limited incomes may have trouble buying enough nutrient-rich foods to meet all their nutritional needs. The congregate or home-delivered meals and other services at the ADRC are very good community resources to assist in meeting nutrition needs.

The golden years definitely are not the time for extreme diets or drastic weight loss, rather it is a time to eat better while staying within your calorie needs. Fad diets frequently eliminate entire food groups, which can lead to serious nutrient gaps. Rapid weight loss often leads to a loss of lean body mass, exactly the opposite of what older people need for good health. Aim for a stable weight as you get older. If you want to lose a few pounds, talk to your healthcare provider or a registered dietitian nutritionist about the best plan for you. The right balance of foods and activities can help you maintain strong muscles and bones.

Enjoy the Power of Protein

People of all ages need protein for strong, healthy bodies. Some older adults do not get the protein they need to maintain muscle mass, fight infection and recover from an accident or surgery. Chewing protein foods such as meat also can be a problem for some older adults. Here are a few tasty tips to pump up your protein intake, without upsetting your food budget or energy balance.

Enjoy More Beans. Add canned beans to salads, soups, rice dishes and casseroles.
Make Your Crackers Count. Spread peanut butter on whole-grain crackers and eat them as snacks or alongside soup, chili or salad.
Pump Up Your Eggs. Mix grated, low-fat cheese or extra whites into scrambled eggs.
Cook with Milk. Use fat-free or low-fat milk rather than water to make soup or oatmeal.
Use Dry Milk Powder. Mix a spoonful of dry milk into fluid milk, cream soups and mashed potatoes.

"Academy of Nutrition and Dietetics." *Eat Right. Academy of Nutrition and Dietetics.*, 30 May 2018, www.eatright.org/.

Pumpkin Custard

Ingredients:

3 large eggs
1 ½ tsp pumpkin pie spice
1 1/3 cup whole milk
¼ teaspoon salt
1 cup pumpkin puree
1 can (14 ounce) sweetened condensed milk
1 teaspoon vanilla
Whipped topping and ground cinnamon

Directions:

1. Heat oven to 350 degrees F. Whisk eggs in large bowl. Stir in pumpkin and pumpkin pie spice until blended. Whisk in sweetened condensed milk, milk, vanilla and salt until blended.
2. Pour into 6 (6 ounce) custard cups. Place custard cups in a 13" X 9" baking dish. Place disk on oven rack in center of oven. Pour boiling water into pan around custard cups to a depth of 1 ¼ inch.
3. Bake 35 minutes or until center are almost set. Remove custard cups from baking dish and cool on wire rack. Serve warm or cold. Top with whipped topping and sprinkles of cinnamon.

NUTRITION PROGRAM INFORMATION

ANYONE 60 YEARS OF AGE AND OVER:
$5.00 IS A SUGGESTED CONTRIBUTION

ANYONE UNDER 60 YEARS OF AGE MEAL COST IS:
$12.00 FOR THE HOT MEAL AND $8.50 FOR THE SOUP/SALAD BAR

All Meal Sites Serve Lunch from 12:00 p.m.-12:30 p.m.
Reservations Are Required for Baileys Harbor, Liberty Grove, Brussels and Washington Island Meal Sites

Baileys Harbor Meal Site
Town Hall Building
2392 County Rd F
Baileys Harbor WI 54202
Phone: (920)746-2523
Serving: Wednesday & Friday

Liberty Grove Meal Site
Town Hall Building
11161 Old Stage Rd
Sister Bay WI 54234
Phone: (920)746-2523
Serving: Monday, Wednesday & Friday

Southern Door Site
Brussels Community Center
1366 Junction Rd
Brussels WI 54204
Phone: (920)746-2523
Serving: Tuesday & Thursday

Washington Island Meal Site
910 Main Rd.
Washington Island WI 54246
Phone: (920) 847– 2522
Serving: Monday, Wednesday and 2nd & 4th Friday of the Month

Sturgeon Bay Meal Site
Aging and Disability Resource Center
916 N 14th Ave, Sturgeon Bay WI 54235
Phone: (920)746-2372
Serving Noon Hot Meal: Monday thru Friday
Serving Soup and Salad Bar: Monday thru Friday 11am—12:30pm

Please call (920)746-2523 if you are interested in receiving or making a referral for Home Delivered Meals (MOW's) or Frozen Meals.

WASHINGTON ISLAND MENU—OCTOBER

MONDAY	WEDNESDAY	FRIDAY
Salisbury Steak Boiled Potatoes* Steamed Cabbage Fruit/Yogurt Parfait* Cookie* Roll* 1	Baked Ham Scalloped Potatoes* Cauliflower w/Cheese Applesauce* Cheese Cake* Roll* 3	
Spaghetti w/Meat Sauce* Shredded Cheese Green Salad with Peas Fruit Cup* Bread* 8	Beef Stroganoff Egg Noodles* Asparagus Apricots* Carrot Cake* String Cheese Bread* 10	Pepper Steak Baked Potatoes* Carrots Fruit* Cheese Cake* Bread* 12
Chicken Vegetable Soup* Egg Salad Sandwich* Lettuce Cookies* Fruit* String Cheese 15	Baked Chicken Mashed Potatoes* Broccoli w/Cheese Fresh Fruit* Rye Bread* 17	
Italian Sausage on a Bun* w/ Sauerkraut German Potato Salad* Yogurt/Berry Parfait* 22	Lasagna* Romaine Lettuce Salad Fruit Cup* Garlic Bread* 24	Meatloaf w/Gravy Baked Winter Squash* Green Beans Pudding w/Fruit* Bread* 26
Sweet and Sour Pork Brown Rice* Egg Roll Oriental Veggies Mandarin Oranges Yogurt* 29	Meatballs Baked Potato* Mixed Veggies Cinnamon Applesauce* Lemon Bar* String Cheese Bread* 31	

**** Signifies Foods that count as Carbohydrate choices. Milk is also served every day and is a carbohydrate choice.***

**** Carbohydrates are found in breads, cereals, grains, fruits, milk, starchy vegetables and sweets. Eating the same amount of carbs at each meal can control blood sugar.***

**** Meals are subject to change due to unexpected circumstances***

STURGEON BAY, BRUSSELS, LIBERTY GROVE, BAILEYS HARBOR MENU
OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Taco Salad Fruit* Dessert* 1	BBQ Pork on Roll* Potato Salad* Green Beans Warm Apple Slice* Ice Cream* 2	Chicken Parmesan Pasta* Asparagus Pear Halves * Cherry Coffee Cake* Roll* 3	Cheese Burger Bun* Mexican Corn* Coleslaw Pickle Spear Fruit* 4	Ravioli Meat Sauce* Garden Salad Garlic Stick* Fruit* Cheese Cake* 5
Chili w/Cheese* Cornbread* Veg. & Dip Apple Salad* 8	Sweet & Sour Chicken Stir Fry Veggies Brown Rice* Egg Rolls* Pudding Fruit* 9	Pork Chops Sweet Potatoes* Imperial Blend Veggies Yogurt Parfait* Wheat Roll* 10	Beef Tips Wild Rice* Baby Carrots Grapes* Birthday Cake* String Cheese 11	Baked Cod Scallop Potato* Peas & Carrots Berries* Lemon Cheesecake* Rye Bread* 12
CLOSED KITCHEN STAFF TRAINING 15	Pork Roast German Potato Salad* Red Cabbage German Chocolate Cake* Apple Slices* Roll* 16	Baked Ziti* Italian Blend Veggies Vegetable Salad Apple Crisp* Garlic Bread Sticks* 17	Baked Chicken Baked Winter Squash* Beets Banana Split Torte* Wheat Roll* 18	Ham Scalloped Potatoes* Key West Veggies Cream Puff Cake* Fruit* 19
Beef Stroganoff Pasta* Brussel Sprouts Apple Slice* String Cheese Bread* 22	Sloppy Joes Bun* Sweet Potato Fries* Veggies Fruit Salad* 23	Grilled Chicken Sand* Potato Salad* Cottage Cheese Fruit* Cookie* 24	Cube Steak Stewed Tomato Red Potatoes* Poppy Seed Cake* Wheat Bread* String Cheese 25	Beer Battered Cod Scalloped Corn* Veggies Melon Ambrosia* Rye Bread* 26
Cream of Broccoli Soup* Tuna Salad Sand* Yogurt Parfait Berries* 29	Chef Salad Strawberry Short Cake* Roll* 30	Meat Loaf Baked Potato* Sour Cream Steamed Carrots Pistachio Torte* Grapes* 31		

**** Signifies Foods that count as Carbohydrate choices. Milk is also served every day and is a carbohydrate choice.***

**** Carbohydrates are found in breads, cereals, grains, fruits, milk, starchy vegetables and sweets. Eating the same amount of carbs at each meal can control blood sugar.***

**** Meals are always subject to change due to unexpected circumstances***