June 2019

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:
http://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 ..Lorraine Fahrenkrug
I & A Specialist .....Jennifer Bender
I & A Specialist ..... Lisa VanAlstine
I & A Specialist .....Jessica Holland
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
Prep Cook ..... Robyn Joly
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

June Greetings

For this month's newsletter article I'd like to share a few exciting announcements.

America's Farmers Grow Communities Donation

First and foremost, on behalf of the ADRC I'd like to extend a huge thank you to Randy Halstead who was recently selected as a 2019 winning farmer for an America's Farmers Grow Communities $2,500 donation, sponsored by the Monsanto Fund, a philanthropic arm of Bayer. The America's Farmers Grow Communities program is dedicated to partnering with local farmers to strengthen rural communities. As a winner, Randy was given the choice of naming the organization he wanted to receive the donation and he directed the donation to the Aging and Disability Resource Center's Home Delivered Meals program. This donation will allow us the ability to purchase multiple freezers and place them in each meal site throughout the County. This will provide us an even greater ability to distribute frozen meals to older adults who are homebound instead of requiring a loved one to travel to Sturgeon Bay to pick them up.

New ADRC Website

We are excited to share with you that the ADRC has a brand new website!!!! Our new website will go live on Monday, June 10th and is located at the same web address: **http://www.adrcdoorcounty.org.** Our new website has a clean uncluttered design, improved browsing experience and enhanced rich content focused on highlighting the various programs and services the ADRC provides Door County residents. We believe that this new website will allow our consumers, their families, caregivers and the general public to have a very informative experience as we continue to grow and serve the community.

I'd also like to take this opportunity to thank Martha Beller and the entire TWEAK Marketing Team for helping us create and develop our new website. They were instrumental in making this new website a reality. Their hard work and expertise made the entire project effortless.

Help Wanted

The ADRC has two employment opportunities. Please see below for a little more information. If you or someone you know is interested in applying please either call (920)746-2544 or visit: **http://www.co.door.wi.gov** and click on Employment Opportunities in the left hand column.

- The **Casual On-Call Cook Position** will work on an as needed basis. They will help in the preparation of food according to ServSafe standards. This person may also help with the prep of the daily food items. There could be assistance with the Meals on Wheels Program or Frozen Meal Program.

- The **LTE Cook Position** will be required to work on a more regular basis. Scheduling is flexible, depending on the request. They will help in the preparation of food according to ServSafe standards. This person may also help with the prep of the daily food items. There could be assistance with the Meals on Wheels Program or Frozen Meal Program. Work at the satellite meal sites may be required.

Have a great month of June.

Jake Erickson, Director

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
2nd & 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

Caregiver Corner

In our caregiver library here at the ADRC we have a large variety of caregiving videos available to check out and watch in your home or even here if desired. Keep in mind that we have others who are interested in viewing these videos and we would like to offer them the same opportunity to learn from those videos that you have received. These videos will be available to check out for one month at a time.

We are excited that the ADRC of Door County can provide caregivers with caregiving resources. A large part of our organization's mission is to offer ongoing support to families and friends who are providing care for a loved one in our community.

Stop by and take a look and see what we have!!

Upcoming Caregiver Program

Monday, June 24th at 1pm
"Learning to say Yes when communicating with someone with dementia"

Presented by Laura Nolan from UWGB

Ever feel frustrated trying to communicate with your loved one with dementia? This one-hour training will provide you with tools to improve communication and decrease frustration for both the caregiver and the person with dementia. Taught in a fun, hands on class, caregivers will work in small groups or pairs to practice simple communication skills that will strengthen relationships. We will focus on active listening, being in the moment, and learning how to say yes instead of no all the time.

Sign up at the front desk or call 920-746-2372

Creating a My Social Security Account Online

By the GWAAR Legal Services Team

My Social Security is the Social Security Administration (SSA) online portal that allows individuals to review their lifetime earnings history, check their current or future benefits, and access many other Social Security services. An individual will need a valid email address and a Social Security number to create an account. To create an account, go to https://www.ssa.gov/myaccount/ and follow the steps to create a new account. You will need to verify your personal information, and you will be asked questions obtained from your credit report to verify your identity. (Note: this process will not affect your credit score.)

Here are some things you may do online through the My Social Security portal:

- Check your earnings history and make sure there are no discrepancies
- See how much you have paid into Social Security throughout the years
- Get an estimate of your future Social Security payments
- Find out how much you will qualify for if you become disabled
- Determine what family members will receive if you pass away
- Check the status of pending claims
- Set up direct deposit of your benefit payment.
- Keep your account up to date by changing your address or direct deposit information
- Request a benefit verification letter, which you can use as proof of income
- Request a replacement Medicare or Social Security card

If you do create a My Social Security account, make sure to keep your login information secure. Choose a password that you can remember but that is hard for others to guess. Do not write down your username and password unless you need to. If you do, put the written password in a secure location such as a locked safe. You may also add extra security to your account by requiring a text message code to be sent to your cell phone every time you need to log in. That way, someone cannot access your account unless they have your cell phone in their possession.

For more information, visit: https://www.ssa.gov

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.

Advertisements below are provided for information only, endorsements are not implied or assumed.

NEW

Early Memory Loss Classes - Sign up today!

Sunflower Cottage Early Memory Loss Classes are specifically designed to address brain health for those who are experiencing signs of early memory loss. This classroom program sparks creativity and provides social interaction, cognitive exercises and physical activity all in a supportive atmosphere. Other features of this program include community outings and computer/iPad training.

The program fee is $48 per day for the four-hour class and includes lunch. Classes will meet twice a week, on Tuesdays and Thursdays, 10 a.m. - 2 p.m. and will include lunch. Financial assistance and transportation are available if needed. Class size is limited to 12 participants. For further information and to sign up, contact Marsha Lau at (920) 818-1482.

Julie's Country Care Express LLC
I Get You There, Because I CARE!!
920-255-3898

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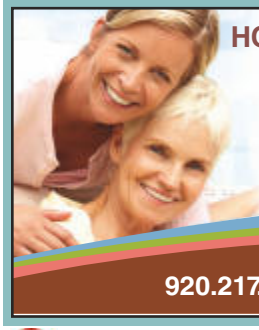
Your Hometown Choice for Nursing and Rehabilitation Services!
• 24 hour skilled nursing care
• Inpatient and Outpatient Therapy Services
920-388-4111
1308 Lincoln St. • Kewaunee
Under new management!


HOME is where the HEART can stay.
Give her the Assistance she needs to help her stay in the home she loves.
Flexible and affordable caregiving services.
Helping Hands caregivers
Trust. Compassionate. Versatility.
920.217.2961 | helpinghandswi.com

Advocates In-Home Care
(920) 746-2000
Advocates2.com
Helping you live well at home!

Caring for People Who Have Hurt Us

For many caregivers, providing care for a loved one is something they want to do. Others feel obligated to take on the role because they value family/friendship ties profoundly and see the duty as theirs. Some caregivers struggle with difficult care recipient behaviors in the present, although the relationship history had been a good one. Yet other caregivers are "drafted" into the role and feel they have no choice but to care for an individual who has abused them.

Because our society offloads so much caregiving responsibility onto unpaid family members, difficult reversals happen more often than you might suspect. When an abused child ends up caring for their elderly parent, there is much greater caregiver burden and stress. There is also a danger that the reversal could result in abuse of the elder by the (now adult) child. On the face of things, it seemed obvious to me that individuals caring for an abuser would be more stressed than those caring for someone who had provided them with loving care (or at least good-enough care) as a child.

However, when I did some further research, I learned there is also an important distinction in terms of which approach may provide the most relief and support to individual caregivers. In general, caregiver support comes in one of two forms: emotion-focused coping strategies and solution-focused coping strategies. Emotion-focused coping helps you to become less emotionally reactive to caregiving stressors or it helps change the way you experience them. One example is living in the present so you can separate past behaviors from disease-related symptoms (your mom who tended to criticize in the past is not purposely trying to harass you when she repeats things due to her memory loss). Another is finding a new way to frame your caregiving. Perhaps you will focus on your value to care for your elders rather than question the particular relationship. You may find compassion for someone who is now very frail, despite being difficult at a more robust point in their lives. However, these approaches are less effective when care is primarily driven by obligation and a feeling there is no choice.

A 2013 study published in *The Gerontologist* ". . . offers two important findings. First, as anticipated, caregivers who cared for their abusive/neglectful parents had more frequent depressive symptoms than caregivers with no history of abuse/neglect. Second, emotion-focused coping strategies are associated with more frequent depressive symptoms for both abused and non-abused caregivers, but the effects are somewhat stronger for abused caregivers."

Solution-focused strategies are an alternative. They eliminate sources of stress or work with the stressors themselves. They allow for actions which can address the feeling of being trapped. These solutions may involve providing a significant break from caregiving, like respite care so the caregiver can take a weekend away from everything; or someone to stand in and provide personal cares so they don't need to participate in intimate tasks like giving showers. The National Family Caregiver Support Program (NFCSP) allows for these coping strategies in the form of grants for respite and supplemental services (like home modifications and assistive devices, which can increase the care recipient's independence). Solution-focused strategies are a hallmark of the program.

When you connect with the Caregiver Program, you may make an appointment for an assessment. The discussion that ensues helps the Caregiver Coordinator hone in on what would truly make a difference to you as an individual caregiver.

—Jane De Broux, Dane County Caregiver Program Coordinator

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

NEW OFFICE: 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 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.

Senior Farmers Market Nutrition Program

The Door County ADRC will again be the local agency coordinating the Senior Farmers Market Nutrition Program (SFMNP). The Senior Farmers Market Nutrition Program offers low income older adults an opportunity to purchase fresh, locally grown fruits, vegetables and herbs from certified farmers.

SENIORS FARMERS MARKET APPLICATIONS WILL BE HELD AT
THE ADRC OF DOOR COUNTY
916 N. 14th Ave, Sturgeon Bay

Who is Eligible to Receive SFMNP Checks?
An eligible person is:
1. A senior age 60 or above or Native American age 55 or above, AND
2. Who is 185% of poverty level or below

Household Size	185% Federal Guideline Monthly Income	Annual Income
1	$1,926	$23,107
2	$2,607	$31,284
3	$3,289	$39,461
4	$3,970	$47,638

For each additional household member, add $682 monthly and $8,177

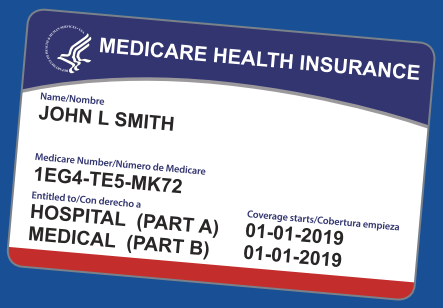
- You will be eligible for **only** the current years Senior FMNP period
- An authorized representative may be designated to apply for the certification and to purchase FMNP foods on behalf of the participant. You must have a signed statement from the eligible senior designating you as his/her authorized representative the day you apply.
- Only one coupon book per household

Coupons can be used from June 1st through October 31st at any participating farmers market or roadside stand in Wisconsin. In addition to offering nutritious foods, the Senior Farmers Market Nutrition Program supports local economies by increasing the use of farmers markets.

Please go to the front desk to complete the application process. If you have any questions please call the ADRC of Door County at (920) 746 - 2523

Got Medicaid?

Got Medicare?



Get more benefits.

Join us to learn more.

Date(s):
6/26/2019
Time(s):
10 a.m. or 2 p.m.

Door County Library
7845 Church Street
Egg Harbor, WI 54209

Date(s):
6/14/2019 & 6/28/2019
Time(s):
10 a.m. or 1 p.m.

Door County Library
107 S. 4th Ave.
Sturgeon Bay, WI 54235

We have events in your area to help answer your questions. Call **Wisconsin Advantage** at **920-432-7007** to learn more.

WISCONSIN ADVANTAGE | UnitedHealthcare® Community Plan

Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract and a contract with the State Medicaid Program. Enrollment in the plan depends on the plan's contract renewal with Medicare. For accommodations of persons with special needs at meetings call 1-800-396-1942 TTY 711, 8 a.m. - 8 p.m. local time, 7 days a week.

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World Elder Abuse Awareness Day

June 15th is World Elder Abuse Awareness Day. This is a day set aside to bring greater recognition to the under-identified and often unspoken problem of elder abuse and neglect.

The vast majority of older people live full and active lives, enjoying good health, happiness and independence. They hold a valuable position in society and make significant contributions to their families, neighbors and communities. However, older people are also at risk of becoming victims of abuse, neglect and exploitation. Sadly, the perpetrators of this abuse are most often family members.

In Door County, 226 reports of elder abuse and neglect were investigated during 2018. Unfortunately, these statistics likely do not tell the whole story. For every case of abuse that is reported to authorities, experts estimate that as many as five cases are not.

The first step toward preventing elder abuse is raising awareness and minimizing risk. As an older adult, you can:

- Whenever possible, stay active within your community and keep in regular contact with family and friends.
- Maintain your independence. Familiarize yourself with the support services available and don't hesitate to access them when needed. These services can help you remain independent.
- Look after your health. Exercise regularly, eat a balanced diet and see your doctor for regular checkups.
- If you are receiving care, exercise your right to be involved, to the best of your ability, in all decisions relating to your care, regardless of where you are living.
- Engage in future planning via Powers of Attorney, Living Will and Estate Planning. Build in safeguards to prevent abuse and take care to choose someone you trust to fulfill your wishes and handle your finances responsibly. Have the difficult conversation with family members, close friends and your physician so that they are aware of your desires should you ever be unable to speak for yourself or handle your own affairs.
- Use your assets to provide for your own needs. Seek independent legal and financial advice for any transactions that you might be considering.
- Most importantly, if you are uncomfortable or unhappy with anything you are experiencing, *tell someone.*

Elder abuse can happen to anyone. If it happens to you, remember that you are not alone and you are NOT at fault. You do not have to continue suffering abuse. Help is available. If you, or someone you know, may be the victim of elder abuse, call Door County Human Services at 746-7155 or Door County Law Enforcement Dispatch at 746-2400. In an emergency, call 911.

Let's Play Ball

Join us for an afternoon at Miller Park

Thursday, September 19th. Game starts at 3:10pm

Milwaukee Brewers vs. San Diego Padres

Your Trip Includes: Round-trip Deluxe Motor coach
Depart ADRC at 8:30am & return around 10pm
Complete tailgate party with food and refreshments

Field Level seats on the third base line - Tickets are $65 each
Sign up at front desk or call (920)746-2372

Advertisements below are provided for information only, endorsements are not implied or assumed.

Your local Family Care option for personal care and support.

Some of the services we manage with you include:

- Care Management
- Personal Care
- Residential Care
- Medical Supplies & Equipment
- Outpatient Mental Health
- In-Home Supportive Care

For more information about the Family Care Program, contact your local Aging and Disability Resource Center (ADRC).

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SPECIALIZED SERVICES, LLC
NEW LIVING CHOICES

• Companionship, Personal Cares • Laundry • Transportation, Housekeeping and much more...

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.

MONDAY	TUESDAY	WEDNESDAY	
3 8:00 Gadget Guy 9:00 Sheephead 10:00 DVD Fitness 11:00 Zumba Gold 12:00 Bridge 12:30 RIDE 1:00 Stepping On	4 8:30 Wonder Women 9:30 Jolly Exercise 9:30 Euchre 10:00 Aging Mastery Program 10:30 Crafts 12:00 Small Forest 12:30 Bingo 1:00 Sheephead	5 9:00 Pinochle 10:00 DVD Fitness 1:00 Windows 10 Users Group 1:00 Poker 1:00 Mah Jongg 1:00 Sheephead 1:00 Caregiver Supp. Group 1:00 Qi Gong	6
10 9:00 Sheephead 10:00 DVD Fitness 11:00 Zumba Gold 12:00 Bridge 12:30 RIDE 1:00 Stepping On 1:30 Ask the Athletic Trainer	11 8:30 Wonder Women 9:30 Jolly Exercise 9:30 Euchre 10:00 Aging Mastery Program 10:30 Crafts 12:00 Music with Jeana 12;00 Bayship 12:30 Bingo 12:30 Bridge 12:45 Ballroom Dance Practice 1:00 Sheephead 1:00 Melanoma/Sun Safety	12 9:00 Pinochle 10:00 DVD Fitness 1:00 Poker 1:00 Sheephead 1:00 Mah Jongg 1:00 Qi Gong	13
17 9:00 Sheephead 10:00 DVD Fitness 11:00 Zumba Gold 12:00 Bridge 12:30 RIDE 1:00 Stepping On 1:30 Bus Trip: Boynton Chapel Tour and The Garden Door	18 8:30 Wonder Women 9:30 Jolly Exercise 9:30 Euchre 10:00 Aging Mastery Program 10:30 Crafts 10:30 Chair Yoga 12:30 Bingo 12:45 Ballroom Dance Practice 1:00 Sheephead	19 9:00 Pinochle 10:00 DVD Fitness 11:00 Music with Ken 12:00 Door Co. Library Update 1:00 Poker 1:00 Mah Jongg 1:00 Sheephead 1:00 Caregiver Supp. Group 1:00 Qi Gong	20
24 8:00 Gadget Guy 9:00 Sheephead 10:00 DVD Fitness 11:00 Zumba Gold 12:00 Bridge 1:00 Learning to Say "Yes" To Someone with Dementia 1:30 Ask the Athletic Trainer	25 8:30 Wonder Women 9:30 Jolly Exercise 9:30 Euchre 10:00 Aging Mastery Program 10:30 Crafts 10:30 Chair Yoga 12:30 Bingo 12:45 Ballroom Dance Practice 1:00 Sheephead	26 9:00 Pinochle 10:00 DVD Fitness 10:00 How to Write a Book: From an Author's Perspective 10:30 Door Advocates for Hearing Impaired 11:30 National Accordion Day Celebration 1:00 Poker/Sheephead 1:00 Mah Jongg 1:00 Qi Gong	27

THURSDAY	FRIDAY
8:30 Wonder Women 9:00 Friendly Crafters 9:30 Jolly Exercise 10:00 Aging Mastery Program 11:00 Senior Fit 12:30 Bingo 12:30 Knitting Group 12:30 Wood Carving 1:00 RIDE 1:00 Apple User Group	7 10:00 DVD Fitness 11:00 Zumba 11:00 Strong & Stable 11:45 Music with Tim
8:30 Wonder Women 9:00 Friendly Crafters 9:00 Hand Quilters 9:30 Jolly Exercise 11:00 Senior Fit 12:00 Elder Abuse Awareness Day at the ADRC 12:30 Bingo 12:30 Wood Carving 1:00 RIDE	14 10:00 DVD Fitness 10:00 Ask An Exercise Physiologist 11:00 Zumba 11:00 Strong & Stable 11:30 Father's Day Celebration
8:30 Wonder Women 9:00 Friendly Crafters 9:30 Jolly Exercise 11:00 Senior Fit 11:30 Doula Information in the Dining Room 12:00 Music with George 12:30 Bingo 12:30 Knitting Group 12:30 Wood Carving	21 10:00 DVD Fitness 11:00 Zumba 11:00 Strong & Stable
8:00 Gadget Guy 8:30 Wonder Women 9:00 Friendly Crafters 9:00 Hand Quilters 9:30 Jolly Exercisers 11:00 Senior Fit 11:00 Blood Pressure Checks 12:00 Music with George 12:30 Bingo 12:30 Wood Carving	28 10:00 DVD Fitness 10:00 Ask An Exercise Physiologist 11:00 Zumba 11:00 Strong & Stable

June Daily Activities

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

6/3: Gadget Guy

6/4: Lunch (Small Forest Performs)

6/10: Ask the Athletic Trainer

6/11: Ballroom Dance Practice (first class today, but always open to newcomers)

6/11: Melanoma/Sun Safety

6/14: Ask An Exercise Physiologist

6/14: Father's Day Lunch

6/17: Bus Trip: Boynton Chapel And The Garden Door

6/18: Chair Yoga (series begins, but can also join weekly on walk-in basis)

6/24: Learning to Say "Yes" to Someone with Dementia

6/24: Ask the Athletic Trainer

6/26: How to Write a Book: From an Author's Perspective

6/26: Lunch (National Accordion Day Celebration)

6/28: Ask An Exercise Physiologist

Exercise Classes

Many of you have asked for a description of the ongoing exercise classes offered at the ADRC, and those classes have been featured in previous newsletters. This month, take a look at classes that are periodically offered as a series……

Yoga (Tuesdays at 10:30am): Chair yoga will be offered June 18th—July 30th. Some participants modify to do yoga on a mat on the floor. The instructor, Vickie Daoust, is trained in the Sivananda style, which promotes physical, mental, and spiritual well-being. When practiced regularly, yoga may increase strength and flexibility, promote proper breathing, strengthen the immune system, increase relaxation and reduce stress, and prevent insomnia. $3 for drop-in class, payable to instructor. Try out a class, your first class with Vickie is free!

QiGong (Wednesdays at 1:00pm): This series of classes continues until June 26th. Described as a mind-body-spirit practice that improves one's mental and physical health by integrating posture, movement, breathing technique, self-massage, sound and focused intent. Beneficial for overall wellness & stress relief. No experience necessary and can be practiced at any ability level. $3 for drop-in class, payable to instructor, Jen Aldridge.

Ballroom Dance Practice (Tuesdays at 12:45pm): It's back! And better than ever! Waltz, swing, rumba, and two-step can be learned, or just practiced. Or, just come to watch and enjoy the music! Free!

The following Door County Medical Center health professionals are available by appointment:

Exercise Physiologist Adam Peronto: Adam develops specific exercise plans to improve key health indicators, and helps you meet your health and fitness goals. He can help you improve your cardiovascular function, and increase your strength and flexibility. Adam is available by appointment between 10am-11am; this month on the 2nd and 4th Fridays of June.

Athletic Trainer Tia Jackson: Tia offers advice on injury recovery (acute or chronic) and health improvement through proper use of exercise equipment. Tia is available by appointment between 1:30pm-2:30pm, on the 2nd and 4th Mondays of each month.

To make an appointments with Adam or Tia, please call 746-2372 or in person at the front desk.

Why it's important to clean the equipment in the exercise room……

The golden rule of equipment users has always been to wipe down the machine after use, but just like there are people who don't wash their hands after using the restroom, there are people who don't wipe down their machines after use. Unfortunately, the spread of germs and viruses through touch (contact) with equipment is a serious health concern. According to Dr. Pritish Tosh, MD of the Mayo Clinic, there is definite potential for transmission of certain kinds of infections, and not limited to just colds and flu.

The good news is that working out regularly boosts your immune system, **and** we supply you with gym wipes that kill 99.9% of bacteria, including MRSA! They also are effective against viruses, mold, and mildew. They are not "baby wipes," meaning, they are not meant for cleaning your skin.

Please, for your health and the health of all who use the exercise room, use a wipe to wash every surface your body and your clothes touch, including handlebars, rails, seats, and seat backs, after your workout. THANKS!

Northern Door Visually Impaired Support Group

Are you struggling with vision loss? If so, you are not alone. There are many steps you can take to increase your independence and lead a fulfilling life. Come and join us for socialization and education.

Where: First Baptist Church
2622 S. Bay Shore Dr.
Sister Bay, WI 54234

When: We meet the second Tuesday of
Every month from 1:00p – 3:00p.

There is no cost to attend.

For more information or if you would like to attend, please call Angie Zalig at 920-241-2641.

Advertisements below are provided for information only, endorsements are not implied or assumed.

HEARTHSIDE
920-854-7225
Assisted Living Home For The Elderly
Sister Bay, WI 54234

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(920)559-2946

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Michael Aleksandrowicz, MD

Laura Boucher, NP

Paul Maes, MD

Britain O'Connor, MD

Andrea Patza, NP

Aurora Health Center-Sister Bay

Michael Flood, PA-C

Sally Luthi, NP

2521 S Bay Shore Dr
Sister Bay, WI 54234
920-854-2347

Aurora Health Center
1910 Alabama Street
Sturgeon Bay, WI 54235
920-746-7200
Conveniently located on Hwy 42/57 on the north side of Sturgeon Bay

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

Aurora Health Care
For your life.

DONATION THANK YOU

The ADRC wishes to thank the "2nd Tuesday of the Month Bridge Group" for their generous donation!
The group specified that their donation be used for lunchtime entertainment!

Thank You!

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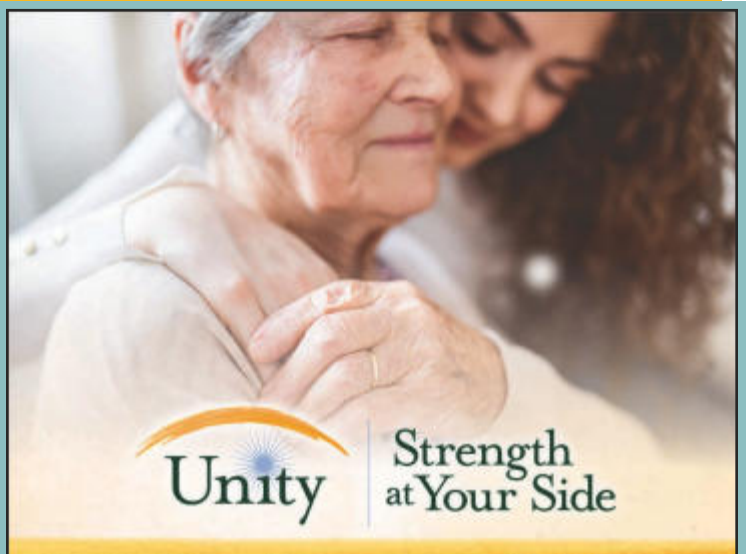
Anna's Healthcare is a wonderful support system for you and your family. We're there to help give a better quality of life to our seniors.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MUSIC/TRIPS/SPECIAL EVENTS/CLASSES

Door County's own mother-daughter duo

Small Forest

Performs here at the ADRC!

Tuesday, June 4th at 12:00pm– sign up at the front desk

Music with Tim (guitar)

Friday, June 7th, 11:45am

Music with Jeana (piano)

Tuesday, June 11th at 12:00pm

Music with Ken (guitar)

Wednesday, June 19th at 11:00am

Music with George (guitar)

Thursdays, June 20th and June 27th at 12:00pm

National Accordion Day
Wednesday, June 26th-11:30am

Helen Cordon will play her accordion, tell us her story, and introduce her favorite songs……

Sign up at the front desk or call 746-2372

Bus Trip
Boynton Chapel
and
The Garden Door

We'll tour the small wooden chapel built in Norwegian stave church style. Then, we'll go check out what's "growing on" at The Garden Door. Join us!

Date: Monday, June 17th

Time: 1:30 pm

Cost: $5

Sign up at the front desk or call 746-2372

Father's Day Celebration

with music by Ben Larson and Jim Blahnik

Friday, June 14th

11:30am

Sign up at the front desk or call 746-2372

Learning Opportunities

Melanoma/Sun Safety: Tuesday, June 11th, at 1pm.
Presented by Door Co. Public Health
Sign up at the front desk or call 746-2372

Elder Scams: Thursday, June 13th, at 12:15.
Presented by Officer Chad Mielke, SB Police

How to Write a Book: From an Author's Perspective: Wednesday, June 26th at 10am.
Presented by Paul Zenefski, author of *Thoughts for the Journey* and *Help on the Journey*
Sign up at the front desk or call 746-2372

"Learning to say Yes when communicating with someone with dementia"

Presented by Laura Nolan from UWGB
Monday, June 24th at 1pm

Ever feel frustrated trying to communicate with your loved one with dementia? This one-hour training will provide you with tools to improve communication and decrease frustration for both the caregiver and the person with dementia. Taught in a fun, hands on class, caregivers will work in small groups or pairs to practice simple communication skills that will strengthen relationships. We will focus on active listening, being in the moment, and learning how to say yes instead of no all the time.

Sign up at the front desk or call 920-746-2372

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

GARDEN VOLUNTEERS NEEDED

Are you ok with getting your hands a little dirty and enjoy watching your garden grow?

If your answer is "yes," then please consider helping in our raised-bed garden!

If interested, please call Cathy for more info

920-746-7153

Meals on Wheels

MAKE A DIFFERENCE IN YOUR COMMUNITY

Become an ADRC Meals–on–Wheels Driver

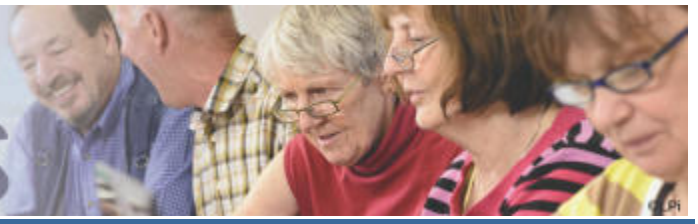
Volunteers are essential in providing care and compassion to older adults in need of nutrition assistance. With the help of dedicated volunteers, the Aging and Disability Resource Center of Door County is able to serve the many seniors in need of meal assistance throughout Door County. Our Meals on Wheels 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
June 5th at 1:00PM

- 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
June 6th 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 Guy"
June 3rd, 17th, 24th, and 27th
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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BLOOD PRESSURE CHECKS/DOOR ADVOCATES FOR HEARING IMPAIRED

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**.**

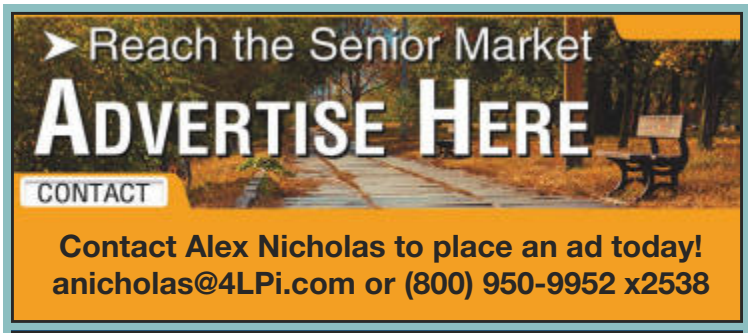
The ADRC will offer complimentary blood pressure checks on Thursday, June 27th from 11:00am-noon.

HEARING LOSS ASSOCIATION OF AMERICA - DOOR COUNTY CHAPTER

Door Advocates for Hearing Impaired

Fostering: Information Education Friendship Sharing Support Help
Meets every 4th Wednesday of the month at 10:30am at the ADRC
Next meeting: June 26th Open to all!

Advertisements below are provided for information only, endorsements are not implied or assumed.



Contact Alex Nicholas to place an ad today!
anicholas@4LPi.com or (800) 950-9952 x2538

Strength Training Class

Strong Women

Strong Women envisions a diverse community of individuals who are fit, strong, and healthy; in turn these empowered individuals become agents of change for their families, communities, and beyond. Join Strong Women today!

Starting on July 16th
Classes are held on Tuesday & Thursday
From 8:30am - 9:30am
Cost of Class - $10.00

8-Week Class
Starting the week of
July 16th - Sept 5th

Benefits of Strength Training:

- **Reduced risk for chronic diseases:**
  - Diabetes
  - High Blood Pressure
  - Heart Disease
- **Increased:**
  - Strength
  - Muscle mass
  - Bone density
  - Ability to do Activities of Daily Living

UW Extension
University of Wisconsin–Extension

Class Registration is a first come, first serve basis.

Contact the UW Extension office to register at 920-746-2260

It's travel time. Stay healthy with these culinary tips

Carmen Schroeder, RDN, CDE, CD

Before You Go, Pack Travel Foods with Care

- **Clean your produce.** Rinse all fresh produce under running tap water before packing it in a cooler, including produce with peel-away skins or rinds.
- **Keep cold food cold.** Place cold food in coolers with frozen gel packs or ice, keeping it at 40 degrees F or below to prevent bacterial growth. One tip is to pack beverages in one cooler and perishable food in another since you are likely to grab beverages more often.
- **Keep hot foods hot.** *Unless you have a portable heating unit for your car, your best bet is to take a pass on carrying hot food.
- **Pack healthy non-perishable snacks.**
  - ⇒ *Whole or dried fruit.*
  - ⇒ *Fresh carrots, celery or snack-sized sweet peppers or freeze-dried veggies.*
  - ⇒ *Nuts (pre-portioned into snack-size bags)*
  - ⇒ *Nut butters (Try the travel packs. Or pre-make sandwiches with tortillas or bread.)*
  - ⇒ *Whole-grain pretzels, crackers and bread sticks.*
  - ⇒ *Trail mix.*
  - ⇒ *Snack bars. Look for bars made with whole grains, nuts and fruit with few added sugars.)*
- **Carry hand sanitizer and disinfectant wipes.** These come in handy for washing your hands or other surfaces.

Once You Are Off, Keep Food Safety in Mind

- **Clean your hands before you eat.** Even if you don't need to use the restroom, you will want to wash away germs you may have picked up at gas stations, on trains or at the airport.

> *After wetting hands and applying soap, rub hands, palm to palm, vigorously for at least 20 seconds. Dry hands. Use a paper towel or a sleeve to open the bathroom door.*

- **Be safe with water.** In U.S.A., water is regulated and tested, but, when in doubt, don't drink the tap or well water. This also goes for anything made with water, such as ice or fountain drinks. Stick with sealed, bottled beverages if you have any concerns about local water supply.
- **Remember the two-hour rule. *** If you buy hot or cold foods along your way, eat it within two hours of the purchase. After that, bacteria multiply. (In hot weather, the safe time lim- it is one hour.) Set a timer on your watch or phone to remind you.
- **Think before eating.** If you are in an area where eating surfaces are shared, clean off your table or tray table with disinfectant wipes. Never set food directly on the table; cover the area with napkins.

Eat Right While Traveling

- **Choose healthy snacks.** Whether you are stopping at a gas station mart, airport terminal, market or sandwich shop, these are some choices to consider.
  - ⇒ **Mozzarella cheese sticks.**
  - ⇒ **Boiled eggs.**
  - ⇒ **Whole-grain sandwich with lean meat, vegetables and mustard.**
  - ⇒ **Salad with lean protein.**
  - ⇒ **Vegetable soup.**
  - ⇒ **Fat-free latte.**
  - ⇒ **Fruit cup or fruit with peels, such as oranges or bananas.**
  - ⇒ **Pre-cut veggies with hummus.**
  - ⇒ **Yogurts.**
- **Drive-thrus and casual restaurants.** Focus on items that are grilled, steamed, broiled or baked instead of fried or sautéed. Consider salads with lean protein and a vinaigrette-based dressing, broth-based soups, chili or bean soups, oatmeal and eggs with whole-grain bread. If craving comfort food – stick to the basics such as single burger patty without special sauces, kid-size sides and water or milk.

At Your Destination, Seek Out Healthy Bites

- **Always Keep Food Safety Rules in Mind.** Fish, shellfish, meat and eggs are still unsafe to eat when raw, even at a fancy hotel.
- **At your lodging, ask for a room with a mini-fridge.** Shop from a local market for grocery staples. You could eat a meal and healthful snack in your room.
- **Make instant oatmeal for breakfast.** If you have a coffee maker, you can make instant oats. Stir in dried fruit, nuts and milk for a super start to the day.
- **Choose well at continental breakfast.** Enjoy this option by choosing whole grain cereals or breads, scrambled eggs ,fruit, vegetables, yogurt and low-fat milk.
- **Be cautious on street vendor foods.** The aromas can draw you in, but practice caution on choices.
- **Be buffet savvy.** Take a walk around the buffet table before you choose. Steer clear of any food that's served at room temperatures-that's within the temperature "danger zone" where bacteria can thrive.

SOUTH-OF-THE-BORDER SNACK MIX

INGREDIENTS

10 cups air-popped popcorn
Nonstick cooking spray
1 tablespoon taco seasoning mix
1 cup peanuts
1 cup golden raisins
½ cup toasted pumpkin seeds (Bake @ 350 F for 5-10 min)

DIRECTIONS

Place popped corn in a very large bowl; lightly coat with nonstick cooking spray. Sprinkle popcorn with taco seasoning mix; stir lightly to coat. Mix in peanuts, raisins, and pumpkin seeds. Divide into snack bags. Shake to mix again, before eating.

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

Washington Island Meal Site
Bethel Church
1821 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—JUNE

Spaghetti* w/ Meat Sauce Parmesan Cheese Tossed Salad Fruit Salad* Cheese Stick Garlic Bread* 3	Brat & Bun* Sauerkraut Potato Salad* Baked Beans* Fruit W/Yogurt * 5	Ham Sweet Potatoes* Broccoli/Cauliflower Apricots* Ice cream* Rye Bread* 7
Meatloaf Au Gratin Potatoes* Beets Fresh Fruit* Cookie* Roll* 10	Chop Suey Brown Rice* Choy Mein Noodles* Cantaloupe* Yogurt* Bread* 12	
Hot Dog w/Bun* Baked Beans* Cucumber Salad Fresh Fruit Salad* Cheese Stick 17	Beef Stroganoff/Noodles* Brussels Sprouts Melon* Cherry Cheesecake* Roll* 19	Pork Chop Scalloped Potatoes* Steamed Carrots Applesauce* Birthday Cake w/ Ice Cream* Bread* 21
NO MEALS SERVED TODAY 24	NO MEALS SERVED TODAY 26	

If you have questions or need to make reservations please call 920-847-2522

**** 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Ala King* Peas & Carrots Jell-O Cake* Orange* Biscuit* 3	Hot Dog on Bun* Coleslaw Stewed Tomatoes Strawberries* Angel Food Cake Cheese Stick *Reservation Required* 4	Baked Chicken Rice Pilaf* Veggie Blend Poppy Seed Torte* Pineapple* Roll* 5	Battered Cod Sweet Potato Fries* Three Bean Salad Yogurt Parfait* Rye Bread* 6	Pepper Steak Wild Rice* Steamed Broccoli Bread Pudding* Fresh Fruit* 7
Spaghetti* Meat Sauce Grated Cheese Tossed Salad Melon Slice* Bread Sticks* 10	Pork Chop Sweet Potato* Green Beans Apple Slices* Strawberry Cobbler* Roll* 11	Ham Scallop Potato* Capri Veggies Fresh Fruit* Cookie* Roll* 12	Turkey Baked Potato* Summer Squash Fruit Salad* Pudding / Fruit* Bread* 13	Brats/ Bun* Sauerkraut Baked Beans* Green Beans Red Velvet Cake* String Cheese Fruit * *Reservation Required* 14
Chicken Breast Tomato/Lettuce/ Cheese Butternut Squash Fresh Fruit* Hard Roll* 17	Pork Roast Red Potato* Sour Cream Asparagus Mixed Fruit* Carrot Cake* String Cheese Roll* 18	Beef Stroganoff Egg Noodles* Veg. Blend Vegetable Salad Fruit Yogurt Cup* Roll* 19	Chicken Parmesan Mozzarella Baked Potato* Asparagus Pistachio Fluff Fruit* Garlic Bread* 20	Baked Cod Au Gratin Potatoes* Green Beans Melon Cubes* Rye Bread* 21
Swiss Steak Mash Potato* Vegetables Yogurt Parfait* Cookie * Bread* 24	Lemon Pepper Chicken Sweet Potato* Cauliflower Strawberry Delight Salad* Cheese Stick Bread* 25	Meatloaf Baked Potato* Veggie Blend Fruit* Pistachio Torte* Whole Wheat Roll* *Reservation Required* 26	Pasta Crab Salad* Tomato/Cottage Cheese Fresh Fruit* Cherry Almond Coffee Cake* Bread Stick* Cheese Stick 27	Swiss Burger on Bun* Lettuce &Tomato Veggies Baked Beans* Fruit* Black Bottom Cake* 28

**** 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

To make reservations for Baileys Harbor, Brussels, or Liberty Grove call 920-746-2523