September 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 lis[illegible]e 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 Director. 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**

September Greetings

September is National Senior Center Month

This September, the National Institute of Senior Centers is celebrating Senior Center Month. This year's theme is The Key to Aging Well! We take this month as an opportunity to promote a positive image of aging and to create interest in prospective new participants. Senior centers are the key for individuals to age healthily, and also for communities to properly support older adults. This year's theme was chosen to highlight how senior centers have the knowledge, programming, and resources to make a difference in people's lives- the key components that will give an individual the opportunity to age well.

Aging well means different things to different people. For some, aging well means growing. Perhaps they want to travel, or to understand other cultures. Others see aging well as having time to devote to learning, whether it is a new language, dance, or hobby. Still others see their most important work as connecting to family, old friends, and growing meaningful relationships. And some see giving back at the center as the thing that fosters purpose and a more meaningful life. But most people want to incorporate a little of all of the above while they are on their journey to reach their full potential. Our center holds the key to enhancing all these varied experiences that are fundamental to aging well.

The balance found at the Aging and Disability Resource Center of Door County is directly connected to the whole person wellness programming that our program continues to strive towards and achieve. We structure our program offerings to include various dimensions of wellness. This month, join us in celebrating the significant contributions our ADRC/Senior Center makes in the lives of older adults within our Door County community. Here are just some of the activities celebrating YOU, aging well, during National Senior Center Month:

"You Must Have Been a Beautiful Baby" - Starting in early September, pin a copy of your baby picture to our designated wall and tell others a little about yourself.

Join us for the ADRC Polka Party on Tuesday, September 24th, from 1-3pm. You can dance or just watch and listen as "The Polka Three Plus One" band plays your favorite songs.

On September 25th, help kick-off a celebration of the "ADRC's Got Talent." Come for lunch and listen to Lori Jorns, one of our talented consumers, sing and play guitar. Do you juggle, perform magic, or play an instrument? We'd love to host a talent show later in the fall!

And finally, we'll ask you to answer a few written questions to tell us what you like best about the ADRC. Is it a particular exercise class, a card game, or lunch? We will share your responses in future newsletters.

Hope to see you soon,
Jenny Fitzgerald, Assistant ADRC 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 & 4th Wednesday of the month 1:00 p.m. – 2:30 p.m. Sister Bay Library, Community Room 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
ADRC of Door County
(920) 746-2372 Toll Free (855) 828-2372

Northern Door Support Group Update

UPCOMING EVENTS

Come and meet the new facilitators of the Northern Door Support Group

Join Lori Roberts and Jennifer Bender
On Wednesday, September 11th at 1pm
Sister Bay Library, Community Room
2323 Mill Rd, Sister Bay, WI 54234

Hello. Let me introduce myself. I am a master's level clinical social worker with 18 years of experience in providing individual, family and group therapy for elders, adults and children facing a wide range of situational, behavioral and mental health challenges. Presently, I am working as the MSW medical social worker for Ascension at Home in Sturgeon Bay. I was very pleased to be asked to serve as a co-facilitator for the ADRC's Caregivers Support Group Northern Door. My goal as a group facilitator is to create a warm, safe and inviting space that will allow you to express yourself and engage in healthy and healing conversation with other caregivers.
See you there, Laurie Roberts, MSW, LCSW

Hi! My name is Jennifer Bender and you can find me most days, here at the ADRC. I work as an Information and Assistance Specialist where I provide resources and support to caregivers almost daily. I feel privileged to be invited into such an intimate part of your life and to hear your stories. Caregivers are some of the most special people in the world and are so often under appreciated. My hope is to offer support to help you stay emotionally healthy and strong. I appreciate YOU!

Upcoming Caregiver Program

Nutrition Tips for Caregivers
with Carmen Schroeder- Dietitian from Door County Medical Center

Wednesday, September 11th at 10:30 am

Knowing what foods are healthy and preparing quick and easy meals can be difficult when caring for a loved one. Learn tips on how to prepare well-balanced meals and how to stay strong with nutrition as a caregiver.

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

Time to Review Your Medicare Plan

By the GWAAR Legal Services Team

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. This means that 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 2020. 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 at (920) 746-2372.

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 the ADRC of Door County at (920) 746-2372.

Agenda:

- 8:30-9:00am: Registration & Light Breakfast
- 9-9:15am: Welcoming Remarks & Outstanding Employer Award Presentation—Caleb Frostman, WI Secretary of Workforce Development
- 9:15-11:30am: Job/Resource Fair
- 11:30am-12:15pm: Lunch & Networking
- 12:15pm-12:45pm: Keynote Speaker—Bret Bicoy, President & CEO of the Door County Community Foundation
- 12:45-1pm: Closing Remarks

2019 Northeastern Wisconsin Job/Resource Fair

Wednesday, October 9th, 2019
From 8:30 a.m.—1:00 p.m.
ADRC of Door County
916 N. 14th Avenue, Sturgeon Bay

Door County Medical Center and the ADRC of Door County invite you to participate in our first annual job/resource fair for transitioning students and adults with special abilities. During the event participants can expect to engage in conversation with local employers and learn more about the resources and supports community organizations provide individuals with special abilities and their families.

There is no fee for event participation. A light breakfast and lunch will be provided. Registration for the event is required. To register please pick up a registration form or call the ADRC of Door County at (920)746-2372.

Door County Medical Center — In Partnership with Hospital Sisters Health System
Bridges to Health
ADRC — Aging & Disability Resource Center of Door County

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

NEW
Early Memory Loss Classes
Tuesday's and Thursday's from 10 a.m. - 2 p.m. (lunch included)
- Cognitive Stimulation
- Creativity
- Physical Activity
- Social Support

To sign up, contact Marsha Lau at (920) 818-1482.
Sunflower Cottage
Life Enrichment Program

Kewaunee Care Center LLC
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!

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

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Independent Health Agent
I love benefits, so you don't have to!
Medicare • Marketplace • Short Term Medical
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Planning: An Important Resource for Spouse Caregivers

Given the significant number of adult child caregivers of older parents, it is easy to assume that most older adults are receiving help from family. However, a study published in the June issue of Health Affairs shows married partners frequently serve as the only caregiver for their spouse in the last years of life. According to the study, a third of spouses receive little or no help from adult children. Only 11% of spouse caregivers receive support from other family or friends, and just 40% of spouse caregivers seek paid help. In fact, the majority of spouses who provided care at home during the last years of their spouse's life did not receive any support—paid or unpaid—for self-care or household tasks.

Solo caregiving for a spouse does have some positives. Doing so can be a meaningful and valued personal experience that connects the caregiver to their loved one. It also allows the caregiver more control by avoiding any arguments among multiple caregivers on how to proceed. At the same time, spouses as caregivers experience more burden and depression than other family members do. They may struggle to ask for help or feel they lack choice about providing care. They also often provide complex and physically -demanding care when a spouse is seriously ill.

Families must take into account that older adults caring for a spouse are very often coping with illness and disability themselves. In some cases, couples have functioned like two parts of a whole—dependent on one another to get by. It is not uncommon for one person in the couple to handle certain tasks of daily living while the other manages to take on the rest. Caregivers in this situation are particularly vulnerable when they don't have help, and the surviving spouse may well lose their ability to live in their home once they are on their own. In these situations, it can sometimes be difficult to distinguish the caregiver from the care recipient.

As our reliance on family caregivers to assist seriously ill older adults at home increases, the need to provide assistance to couples caring for one another pulls focus. Programs like the National Family Caregiver Support Program (NFCSP) play a prominent role in helping caregiving spouses access paid help. Unfortunately, need is quickly outpacing resources available for grants alone. When considering how to best support caregiving couples and to help them avoid the most serious pitfalls, planning is a critical component.

If you are an older adult providing care to your spouse, the ADRC of Door County Caregiver Program can help you take a look at available resources and find support. Early on, respite and self-care are important priorities, as is understanding what you are capable of providing as time goes on. Important considerations include what happens when your home no longer works for your changing needs? What are your options given your health status and financial situation? How do you stay connected in the community so you don't become isolated? What are your wishes for end-of-life care? It can be painful to plan how you will manage when a long marriage or partnership changes dramatically. It doesn't come naturally to us to plan for the inevitable losses life brings, but doing so can bring relief and even peace of mind to the extent that is humanly possible.

If you are an adult child with one parent who is caring for the other, important considerations also include what kind of help they are willing to accept and what kind of help the caregiver is realistically capable of providing. The ADRC of Door County Caregiver Program can help with education about options and resources. Delaying until an inevitable crisis occurs multiplies caregiver stress and limits choice for everyone involved.

—Jane De Broux, Dane County Caregiver Program Coordinator

NOTE: If you are having trouble with the live link in reposting the article this is the URL for the study: https://www.healthaffairs.org/doi/full/10.1377/hlthaff.2019.00087

Personal Care Worker Certificate Program

LEARNING & INNOVATION CENTER
In Partnership with Nicolet National Bank
Northeast Wisconsin Technical College

Would you like to work in personal health care? Or are you providing personal care for a loved one? Learn to provide care with confidence.

9am-3pm Fridays
September 6,13,20,27
& October 4th

Fees:
Tuition: $158.35
Textbook: $29.49

To learn more,
call (920) 746-4970
or e-mail
sisterbay@nwtc.edu.

This is a 30-hour, in-person course that combines lecture with practice of learned skills. The class typically meets for one 6– hour session per week for five weeks. This course will be offered twice a year.

All skill competencies are assessed under the guidance of a registered nurse. Successful students will receive a certificate.

Other classes of interest may include:
CPR Heartsaver AED
Heartsaver First Aid AED

NWTC Learning and Innovation Center, 2438 S Bay Shore Drive, Sister Bay, WI 54234 (920) 746-4970

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.

Living Well with Chronic Conditions

Feel better. Be in control. Do the things you want to do.

Join Us

For this 6 week class

Includes Book & Refreshments

Mondays, 9/23 – 10/28
From 9:00am-11:00am

At the ADRC of Door County

To register, call Christy Wisniewski, Program Coordinator (920) 746-3504

Or register online at www.dcmedical.org

Put Life Back in Your Life

Are you an adult with a frustrating health condition?

Living Well with Chronic Conditions is an educational workshop designed to assist you in finding manageable ways to:

- deal with pain and fatigue
- access better **nutrition and exercise**
- **reduce stress**
- improve communication
- achieve your personal goals.

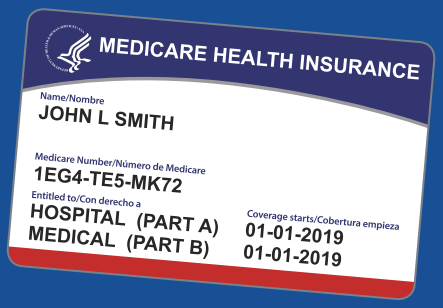
If you have health conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, or depression, the Living Well workshop can empower you to take charge of your life.

Door County Medical Center
IN PARTNERSHIP WITH HOSPITAL SISTERS HEALTH SYSTEM

Got Medicaid?

Got Medicare?

Get more benefits.



Join us to learn more.

Date(s):
9/6/19 or 9/20/19
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.

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Social Security Scams

Scams involving your Social Security number & benefits are on the rise

By Erin Scheithe – July 24, 2019

Have you received a call or voicemail from someone warning that your Social Security number or benefits are suspended due to suspicious activity? Scammers are hoping you'll be scared into believing their claims. They usually ask you to confirm your Social Security number and pay money to "reactivate" your number, protect it, or restore your benefits.

Social Security scams are on the rise

Social Security scams now outnumber other types of scams, including Internal Revenue Service (IRS) scams, which were formerly the most common. Pretending to be a representative of the government is a common way for fraudsters to trick people into giving up their money or personal information. Knowing how to tell the difference between a scammer and a genuine call from the federal government is important.

Here are the facts:

- The government will not threaten to take away benefits or ask for money or personal information to protect your Social Security card or benefits.
- Scammers can fake your caller ID, so don't be fooled if the call seems to be from the Social Security Administration's (SSA's) real phone number or the SSA Inspector General's Fraud Hotline number. You can always call the Social Security Administration directly at (800) 772-1213 to find out if they are really trying to reach you.

If someone calls you asking for your Social Security number, bank account number, or credit card information, hang up.

Report Social Security scams to the Federal Trade Commission at FTC.gov/complaint and to the SSA Office of Inspector General Fraud Hotline at (800) 269-0271 or oig.ssa.gov/report.

Spread the word about Social Security scams & report them

cfpb Consumer Financial Protection Bureau

Save the Date!

Join us for our 2nd Annual Caregiver Conference
"Engaging Minds, Empowering Success"

Get connected with fellow family caregivers and community resources!

Friday, November 15th, 2019!!!
At the ADRC of Door County
8am – 2:30pm
Cost is free but space is limited to 200
Family caregivers (No professional caregivers please)
Light Breakfast & Lunch will be provided
Keynote Speaker:
Moira Kneer- Retired Chaplin and community Outreach Coordinator

****Registration packets available to pick up late September****

"To the world you may be one person, but to one person you may be the world."
Dr. Seuss

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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).

www.lakelandcareinc.com

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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
2	Labor Day The ADRC is closed	3 8:30 Strong Women 9:00 Spanish Conversation Group 9:30 Jolly Exercise 9:30 Euchre 10:30 Crafts 11:00 Music with Ken 12:30 Bingo 12:45 Ballroom Dance Practice-cancelled 1:00 Sheephead	4 9:00 Pinochle 10:00 DVD Fitness 1:00 Windows 10 Users Group 1:00 Poker 1:00 Sheephead 1:00 Mah Jongg 1:00 Caregiver Supp. Group
9 9:00 Bus Trip: Belgian Heritage Center 9:00 Sheephead 10:00 DVD Fitness 11:00 Zumba Gold 12:00 Bridge 1:00 Stepping On 1:30 Ask the Athletic Trainer	10 8:30 Wonder Women 9:00 Spanish Conversation Group 9:30 Jolly Exercise 9:30 Euchre 10:30 Crafts 12:00 Bayship 12:00 Music with Jeana 12:30 Bingo 12:30 Bridge 12:45 Ballroom Dance Practice 1:00 LIR: Samba Card Game 1:00 Sheephead	11 9:00 Pinochle 10:00 DVD Fitness 10:30 Nutrition Tips for Caregivers 1:00 Poker 1:00 Sheephead 1:00 Mah Jongg
16 8:00 Gadget Guy 9:00 Sheephead 10:00 DVD Fitness 10:00 LIR: Get Your Writing Group Going 11:00 Zumba Gold 12:00 Bridge 12:00 Fernando Jimenez Musical Entertainment 12:30 RIDE 1:00 Stepping On	17 8:30 Wonder Women 9:00 Spanish Conversation Group 9:30 Jolly Exercise 9:30 Euchre 10:30 Craft Class 10:30 Death and Life of Lake Michigan Fisheries 12:30 Bingo 12:45 Ballroom Dance Practice 1:00 LIR: Samba Card Game 1:00 Sheephead	18 9:00 Pinochle 10:00 DVD Fitness 10:00 LIR: Hospice 101 1:00 Poker 1:00 Sheephead 1:00 Mah Jongg 1:00 Caregiver Supp. Group
23 8:00 Gadget Guy 9:00 Sheephead 9:00 Living Well with Chronic Conditions 10:00 DVD Fitness 11:00 Zumba Gold 12:00 Bridge 12:30 RIDE 1:00 Stepping On 1:30 Ask the Athletic Trainer	24 8:30 Wonder Women 9:00 Spanish Conversation Group 9:30 Jolly Exercise 9:30 Euchre 10:00 LIR: Life in Door Co. in The 1930's and 1940's 11:00 Music with Ken 12:00 Door Co. Library Update 12:30 Bingo 12:45 Ballroom Dance Practice 1:00 The Polka Three Plus One Party 1:00 Sheephead	25 9:00 Pinochle 10:00 DVD Fitness 10:30 Door Advocates for Hearing Impaired 11:45 ADRC's Got Talent: Lori Jorns on Guitar 1:00 Poker 1:00 Sheephead 1:00 Mah Jongg
30 9:00 Sheephead 9:00 Living Well with Chronic Conditions 10:00 DVD Fitness 11:00 Zumba Gold 12:00 Italian Fest 12:00 Bridge 12:30 RIDE 1:00 Stepping On		

	THURSDAY		FRIDAY
5	8:30: Strong Women 9:00: Friendly Crafters 9:30: Jolly Exercise 11:00 Senior Fit 12:30 Bingo 12:30 Parkinson's Support Group 12:30 Wood Carving 12:30 Knitting Group 1:00 Apple Users Group	6	10:00 DVD Fitness 10:00 Ask An Exercise Physiologist 11:00 Zumba 11:00 Strong & Stable
12	8:30 Wonder Women 9:00 Friendly Crafters 9:00 Hand Quilters 9:30 Jolly Exercise 11:00 Senior Fit 12:00 Music with George 12:30 Bingo 12:30 Wood Carving 1:00 LIR: Samba Card Game	13	10:00 DVD Fitness 10:00 LIR: Dronology: Hobbyist Basics and Demo 11:00 Zumba 11:00 Strong & Stable 11:30 Doula Information in The Dining Room
19	8:30 Wonder Women 8:30 Bus Trip: Miller Park and Brewers Baseball Game 9:00 Friendly Crafters 9:30 Jolly Exercise 11:00 Senior Fit 12:30 Bingo 12:30 Knitting Group 12:30 Wood Carving 1:00 RIDE 1:00 LIR: Samba Card Game	20	10:00 DVD Fitness 10:00 Ask An Exercise Physiologist 11:00 Zumba 11:00 Strong & Stable 11:45 Music with Tim
26	8:30 Wonder Women 9:00 Friendly Crafters 9:00 Hand Quilters 9:30 Jolly Exercisers 10:00 Historic Fashion from the Carrol C. & Dr. Hubert D. Grota Collection 11:00 Senior Fit 11:00 Blood Pressure Checks 12:00 Music with George 12:30 Bingo 12:30 Wood Carving 1:00 RIDE	27	10:00 DVD Fitness 11:00 Zumba 11:00 Strong & Stable 1:00 Craft Class: Paint Project (sign up required)

September Daily Activities

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

9/6: Ask An Exercise Physiologist

9/9: Bus Trip: Belgian Heritage Center
9/9: Stepping On (call the YMCA 743-4949)
9/9: Ask the Athletic Trainer

9/10: LIR: Samba Card Game (4 class days)

9/11: Nutrition Tips for Caregivers

9/13: LIR: Dronology

9/16: Gadget Guy
9/16: LIR: Get Your Writing Group Going
9/16: Fernando Jimenez

9/17: Death and Life of Lake Michigan Fisheries

9/18: LIR: Hospice 101

9/19: Bus Trip: Brewers Game (tickets are sold out)

9/20: Ask An Exercise Physiologist

9/23: Gadget Guy
9/23: Living Well with Chronic Conditions (call Door Co. Medical Center 746-3504)
9/23: Ask the Athletic Trainer

9/24: LIR: Life in Door Co. in The 1930's & 1940's

9/26: Historic Fashion from the Carrol C. & Dr. Hubert D. Grota Collection

9/27: Craft Class Paint Project

9/30: Italian Fest Lunch

Exercise Classes

Below are ongoing exercise classes at the ADRC. Find the class that is right for you!

DVD Fitness (M/W/F 10am) : This self-directed group uses the DVD, *Heart Rate Safe.* Participants use dumbbells and resistance bands to ramp-up their workout, which is done from a chair. 50 min.

Wonder Women (returns September 10th T/Th 8:30am) : This friendly, self-directed group does the exercises learned in an evidence-based strength training program for middle-aged and older women. Working all of the major muscle groups, participants utilize a combination of dumbbells and/or adjustable ankle weights to increase strength, and improve balance. Includes some cardio exercise as well. 60 min.

Jolly Exercise (T/Th 9:30am): This good natured, self-directed group grew out of an evidenced-based class to reduce pain and improve mobility for those with arthritis. Participants use dumbbells and resistance bands, and toss a small fitness ball to improve eye/hand coordination. 45-60 min.

Senior Fit (Th 11am): Led by YMCA staff. Participants use dumbbells, resistance bands, and small fitness balls to build strength and improve flexibility of arms, legs and core. Exercise to music. 30 min.

Strong and Stable (Fri 11am): Led by Adam Peronto, Exercise Physiologist with the Door County Medical Center. This class uses dumbbells and resistance bands to help maintain and build strength, range of motion, and balance. 30 min.

Zumba (Fri 11am) and Zumba Gold (Mon 11am): Zumba is a dance-based workout, featuring upbeat music, and focuses on balance, range of motion and coordination. Both classes are led by Zumba certified Instructors. Zumba Gold is especially geared to beginners and seniors. 50-60 min.

These 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 1st and 3rd Fridays of September.

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 appointment 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!

Activity Announcements

Do you like creating art? Guest instructor, artist Pam Plencner, will help you create a very cool paint project (like the one pictured to the right) on Friday, September 27th at 1pm. You do not need to be a talented painter, and all supplies will be provided. A nominal fee will be charged to cover the cost of the supplies. Sign up at the front desk or call 746-2372.

Speaking of art...mark your calendars for the **ADRC's Art/Craft Show & Sale** on Friday, October 18th from 10am-3pm. If interested in showing or selling, call Cathy for more info at 746-7153.

The **Spanish Conversation Group** meets on Tuesdays from 9-10:30am to practice their language skills. If you wish to improve your fluency in Spanish language, check this group out.

We have an ADRC consumer who asks if anyone is **interested in practicing their Russian language skills**? If yes, let us know and we'll connect you!

A big thank you to our great volunteers who filled the dining room with music this summer– Ken, George, Cheryl, Judy, Herb, and Tim! We are thrilled to have Ken, George, and Tim play for us all year round! We also wish to **thank Tony and Jeff for sharing their music talent in August. Jeana returns to play piano monthly, starting this month.**

The ADRC always welcomes your suggestions for activities and programming! Call 746-7153.

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Assisted Living Home For The Elderly
Sister Bay, WI 54234

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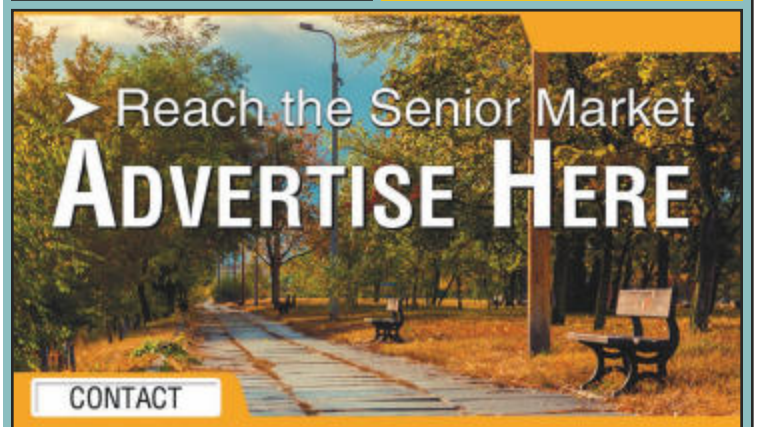
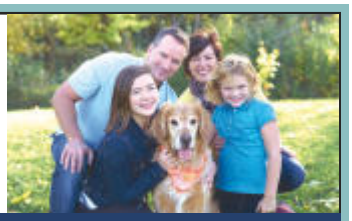
Sturgeon Bay, WI 54235
(920) 746-2166
Edward Jones
MAKING SENSE OF INVESTING



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

Better health starts with a primary care provider



Sturgeon Bay - your trusted community partner for medical care close to home.

Michael Aleksandrowicz, MD

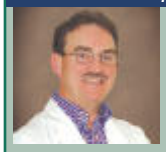
Laura Boucher, NP

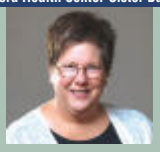
Paul Maes, MD

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.

WASHINGTON ISLAND PACKERS PARTY

Hardworking Volunteers Needed!

The ADRC will again be helping with the Packers Party to be held on Friday, September 13th at the Washington Island Meal Site. We need volunteers to help with decorations, setting tables, and grilling food. If interested, contact Cathy, Volunteer and Activities Coordinator, at 746-7153.

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annashealthcare.com | 920-818-1200
Office Hours: 8am-4pm
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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Unity
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Unity Hospice is a caring nonprofit partnership of Bellin Health, HSHS St. Mary's Hospital Medical Center and HSHS St. Vincent Hospital.

MUSIC/TRIPS/SPECIAL EVENTS/LEARNING

Music with Ken (guitar)
Tuesday, September 3rd at 11am

Music with Jeana (piano)
Tuesday, September 10th at 12pm

Music with George (guitar)
Thursdays, September 12th and 26th at 12pm

Music with Tim (guitar)
Friday, September 20th at 11:45am

Bus Trip: Belgian Heritage Center

Our guide, Barb Chisholm, will join us on the ADRC bus to begin our immersion into Belgian history and culture. Maybe even eat some pie!

Date: Monday, September 9th
Time: 9:00 am (return by noon)
Cost: $8

Sign up at the front desk or call 746-2372

Fernando Jimenez

Professional Drummer, Singer and Rhythm Guitarist

Monday, September 16th at 12pm

Sign up at the front desk or call 746-2372

ADRC's Got Talent……

Lori Jorns
Guitarist and Vocalist
Wednesday, September 25th at 11:45am

ITALIAN FEST

(really, just a great meal and a reason to have a party!)
Monday, September 30th at 12pm
Sign up at the front desk or call 746-2372

Learning in Retirement Presents:

SAMBA Card Game
Tuesdays/Thursdays, September 10,12,17,19 at 1pm

Get Your Writing Group Going!
Monday, September 16th at 10am

Hospice 101
Wednesday, September 18th at 10am

Life in Door Co. in the 1930's & 1940's
Tuesday, September 23th at 10am

Call Cathy at 746-7153 to register/more information

Death and Life of Lake Michigan Fisheries
with Mark Holey
Lake Michigan Fish Biologist
Tuesday, September 17th at 10:30am
Sign up at the front desk or call 746-2372

Historic Fashion from the Carrol C. & Dr. Hubert D. Grota Collection
with Cathy Grota Sahlin
Thursday, September 26th at 10am
Sign up at the front desk or call 746-2372

Upcoming Caregiver Program

Nutrition Tips for Caregivers

with Carmen Schroeder- Dietitian from Door County Medical Center
Wednesday, September 11th at 10:30 am

Knowing what foods are healthy and preparing quick and easy meals can be difficult when caring for a loved one. Learn tips on how to prepare well-balanced meals and how to stay strong with nutrition as a caregiver.
Sign up at the front desk or call 920-746-2372 All are welcome

Volunteer Opportunities

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 1st 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 early November 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.

MAKE A DIFFERENCE IN YOUR COMMUNITY

Become an ADRC Meals–on–Wheels Driver

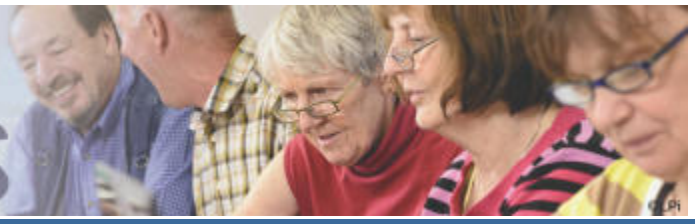
Volunteers are essential in providing care and compassion to older adults in need of nutrition assistance. With the help of dedicated volunteers, the Aging and Disability Resource Center of Door County is able to serve the many seniors in need of meal assistance throughout Door County. Our Meals on Wheels 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
September 4th 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
September 5th 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"
September 16th & 23rd
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**.**

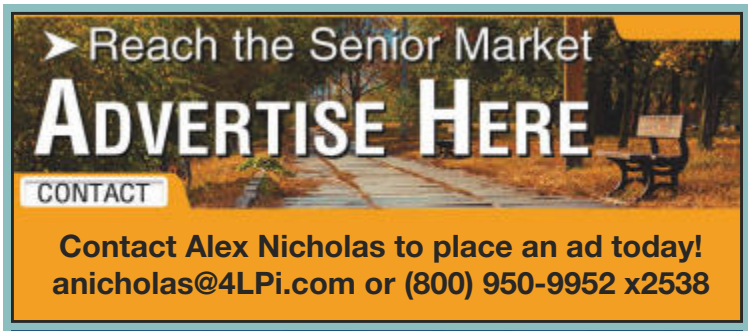
There will be complimentary blood pressure checks on Thursday, September 26th from 11:00am - noon.

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: September 25th, 2019 Open to all!

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



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Stepping On Program

For Falls Prevention

The Door County YMCA

Presents:

Stepping On

Building Confidence and Reducing Falls

Registration begins **Monday, August 19** for **Y Members** and **Wednesday, August 21** for **General Public**

September 4 – October 16 Wednesdays | 1:00 – 3:00pm	Northern Door Program Center | Studio C 3866 Gibraltar Rd Fish Creek, WI 54212
September 9 – October 21 Mondays | 1:00 – 3:00pm	ADRC COMMUNITY CENTER 916 N. 14th Ave Sturgeon Bay, WI 54235

Stepping On is a fall prevention program aimed at educating participants and building confidence to reduce and/or eliminate falls. Participants meet once a week in a group setting for 7 weeks in their respective location.
A range of issues are covered including

- Strength & Balance Exercises
- Education on Falls & Risks
- Home Hazards
- Vision-related Falls
- Safety in Public Places
- Medication Reviews

This is a community-based program and everyone is welcome.
**NO CLASS FEE

Sign up today by calling the YMCA at
920.743.4949 • 920.868.3660

* Program offered in collaboration with Door County Medical Center, Door County Eye Associates, Peninsula Vision Care, Hometown Pharmacy and Neighbor to Neighbor based on program location.

wiha Wisconsin Institute for Healthy Aging

the Y

For more information please contact:

Sturgeon Bay Program : Christine Webb-Miller at 920.743.4949 or cwebb-miller@doorcountyymca.org.

Northern Door Program: Megan Schneider at 920.868.3660 or mschneider@doorcountyymca.org.

September: Breakfast Month

Carmen Schroeder, RDN, CDE, CD

"Eat breakfast like a king, lunch like a prince, and dinner like a pauper", says Adelle Davis, American Nutritionist and writer. Everyone can benefit from a good breakfast every morning. Making a healthy breakfast a part of your morning can help get you on track to make better food choices throughout the day, increase your physical activity and help curb overindulging on convenience foods or overeating later in the day.

Tips on Making Breakfast a Priority:

Skipping Breakfast and Weight Gain. Skipping breakfast may increase your chances for weight gain, whereas eating breakfast reduces hunger and overeating. It would leave the door open for reaching for less nutritious choices later in the day.

Breakfast and Cognitive Function. Eating a healthy breakfast improves concentration, alertness, creativity and allows a person to be more active.

The Health Benefits of Breakfast. Starting your day with breakfast helps ensure an adequate daily intake of essential vitamins and minerals as well as fiber.

Healthy Breakfast Ideas. Healthy breakfast options include whole grains (oatmeal, whole grain cereals and breads), protein (peanut butter, lean slices of poultry, meat or fish, eggs), low-fat dairy (low-fat milk, yogurt and cheese) and fruit and vegetables.

- Whole grain whole wheat toast with peanut butter, a banana and glass of low-fat milk.
- Oatmeal with low-fat milk topped with dried or fresh fruit and chopped nuts.
- Breakfast parfait made with low-fat yogurt, fruit and granola or Grape Nuts.
- Sandwich made with a whole grain English muffin, cheese and sliced tomatoes.

"It's more than meets the eye"

Nutrition

Food choices are critical for maintaining eye and brain health. Lutein is an antioxidant carotenoid found in dark green and orange vegetables such as spinach, kale, zucchini, corn, orange peppers as well as eggs and avocados. Lutein concentrates in the macula, the area in the retina with the greatest visual acuity. Lutein from food also concentrates in the brain, improving verbal fluency and recall in the elderly. Food is a complex delivery system that is hard to duplicate. A supplement can be added on, but does not replace food.

Kale: See the Light

This leafy green is a rich source of lutein and zeaxanthin, which are related to vitamin A and beta carotene, and are believed to protect eye tissues from sunlight damage and reduce the risk of cataracts and macular degeneration. Other good sources of these nutrients include dark green leafy vegetables such as collard greens, turnip greens and spinach, broccoli, peas, kiwi, red grapes, yellow squash, oranges, corn, mangoes and honeydew melon. Your body needs fat to absorb lutein and zeaxanthin, so be sure to eat them with a bit of healthy fat such as a drizzle of olive oil or a few slices of avocado. And kale isn't just a one-note food — it contains vitamin C and beta carotene, other eye-friendly nutrients.

Try this high lutein-containing…

VEGGIE OMELET

2 Tbsp butter
1 pepper, chopped
½ cup diced tomatoes
2 Tbsp milk
1/8 tsp black pepper
1 small onion, chopped
1 cup spinach
4 eggs
¼ tsp salt
1 ounce shredded Swiss or Cheddar cheese

DIRECTIONS:

- Melt 1 Tbsp butter in a medium skillet over medium heat. Add onion, pepper, and spinach. Cook for 4 to 5 minutes, stirring occasionally until vegetables are tender. Remove vegetables from the pan.
- While vegetables are cooking, beat the eggs with milk, salt and pepper.
- Shred cheese into a small bowl and set aside.
- Melt the remaining 1 Tbsp butter, until bubbly. Coat the skillet with butter. Add the egg mixture and cook for 2 minutes, gently lifting the edges of the omelet with a spatula to let uncooked parts of the eggs flow toward the edges and cook. Continue cooking for 2-3 minutes or until the center starts to look dry.
- Sprinkle the cheese over the omelet and spoon the vegetable mixture and diced tomatoes into the center. Using a spatula, gently fold one edge of the omelet over the vegetables. Cook for another 2 minutes or until cheese melts.
- Slide the omelet out of the skillet and onto a plate. Cut in half and serve.

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 (At Sturgeon Bay Only)

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
Washington Island Community Center
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—SEPTEMBER

MONDAY	WEDNESDAY	FRIDAY
Closed Labor Day 2	Baked Ham German Potato Salad* Beets Apple Sauce* Cherry Cobbler* Cheese Stick 4	
Spaghetti* /Meat Sauce Tossed Salad W/Cheese Fruit* Garlic Bread* 9	Turkey Parsley Potatoes* Peas & Carrots Pumpkin Bar* Cheese Stick Roll* 11	Packer Party Grilled Brats W/Bun* Onions, Sauerkraut Potato Salad* Corn on the Cob* Pie Ala Mode* 13
Cream of Broccoli Soup* Egg Salad Sandwich Green Beans Mandarin Oranges* Cookie* 16	Swiss Steak w/Gravy Egg Noodles* Asparagus Sliced Apples* Blueberry Cheese Cake* Roll* 18	
BLT Chicken Wrap* Baked Beans* Fruit Cup* Cookie* 23	Meatloaf Sweet Potato* Steamed Broccoli Ice Cream* Banana* Bread* 25	Beef Tips Mashed Potatoes* Wax Beans Apricots* Yogurt Cup* Roll* 27
Chicken Rice Casserole* Steamed Carrots Coleslaw Melon Slice* Cheese Stick Roll* 30		

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
Closed **Labor Day** 2	Baked Ziti* Green Salad Fruit Yogurt Parfait* Garlic Bread* 3	Hot Dog on Bun* Chili w/Cheese* Molded Veggie Salad Cookie* Fresh Fruit* 4	Pepper Steak Brown Rice* Key Largo Veggies Strawberry Pretzel Salad* Cheese Stick Wheat Roll* 5	Breaded Cod Pasta w/ Greens & Beans* Cauliflower Yogurt Parfait* Bread* 6
Chicken Ala King* Asparagus, Fresh Fruit* Rice Pudding* Biscuits* 9	Pork Chops Baked Potato* Brussels Sprouts Carrot Cake* Melon* Roll* Cheese Stick 10	Meatloaf Scalloped Potatoes* Stewed Tomatoes Three Bean Salad Cherry Cobbler* Roll* 11	Chicken Rice Casserole* Broccoli Mixed Fruit Salad* Bread Pudding* Roll* 12	Baked Ham German Potato Salad* Key Largo Vegetables Chunky Apple Sauce* 7 Layer Bars* String Cheese 13
Spaghetti* Meat Sauce Parmesan Cheese Tossed Salad Grape Salad* Garlic Bread* **Reservation Required** 16	Lemon Pepper Chicken Mashed Sweet Potatoes* Beets Strawberry Delight Salad* Cheese Stick Bread* 17	Cream of Potato Soup* Tuna Salad Sandwich* Waldorf Salad* Fresh Fruit* Dessert* 18	Roast Turkey Mashed Potatoes* Peas & Carrots Sliced Peaches* Pumpkin Bars* Bread* 19	Fish Sandwich Coleslaw* Island Blend Veggies Fresh fruit* Cream Puff Cake* Rye Bread* 20
Swedish Meatballs Mashed Potatoes* Waxed Beans Fruit Whip* Bread* 23	Turkey Devon/Pasta* Steamed Broccoli Fruit* Raw Veggies & Hummus Cookie* Roll* 24	Pork Loin Au gratin Potatoes* Mixed Veggies Cinnamon Applesauce* Lemonade Cheesecake* Bread* 25	Beef Stroganoff-Noodles* Cauliflower w/ Cheese Lemon Bars* Fresh Fruit* Roll* 26	Tuna Casserole* Peas w/Carrots Cottage Cheese w/ Peaches* Bean/Corn Salsa Biscuit* 27
5 Cheese Ravioli w/ Marinara Sauce* Garden Salad Garlic Bread Stick* Fruit* Blueberry Cheese Cake* **Reservation Required** 30				

**** 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