November 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 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 ..... Vacant
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**

November Greetings

Being thankful and expressing one's gratitude is a great personal practice to exercise on a regular basis. And if you ask me, reflecting on what you appreciate most in life and how these things or people actively impact your life should be something we do every day, like brushing your teeth. With Thanksgiving right around the corner I couldn't think of a better subject to write about. Not only does expressing ones thankfulness feel good, it has been proven to extend our lives. You don't believe me? Keep reading.

According to the National Council on Aging (NCOA), gratitude comes in all shapes and sizes, and is unique to the individual. The things that you are grateful for can also change from day to day. The one constant about gratitude is being aware of what you have rather than what you don't have.

Why is gratitude important? This question has so many answers. Gratitude grounds us in life and nudges us to be always mindful of our place in the world. Moreover, recent studies have shown that gratitude has a uniquely powerful relationship with health and well-being, both ours and that of those around us. When people have higher levels of gratitude, they tend to be more socially connected, be better able to handle stress, have lower levels of depression, have better sleep quality, and have stronger biomarkers such as higher rates of good cholesterol.

There are many ways someone can practice the art of seeing the metaphoric glass as being half full versus half empty. Try starting a gratitude journal where you are taking an active daily account of the things in life that make you grateful. Another idea would be to write a gratitude letter. Think back over the past several years of your life and remember when someone did something for you in which you were extremely grateful. Write the letter and send it to that person or persons.

Practicing what I preach, I am extremely grateful for the opportunity I have had to get to know so many amazing people through my job here at the ADRC. Door County is a wonderful community filled with so many kind and compassionate people. I have met some of the strongest individuals in my life who are caring for a family member or spouse and it is their strength that I attempt to harness when life throws me a few curveballs. Expressing one's thankfulness is crucial to healthy aging and oftentimes has a big impact on others around us.

Please join us on Friday, November 22nd at 11:45am for our Thanksgiving Celebration, come hungry for some delicious turkey and great company. Don't forget to register for the meal!

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 & 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
The ADRC of Door County
(920) 746-2372 Toll Free (855) 828-2372

Northern Door Support Group Update

UPCOMING EVENTS

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

Join Jennifer Bender
On Wednesday, November 13th at 1pm
Sister Bay Library, Community Room
2323 Mill Rd, Sister Bay, WI 54234

Please Note: No Support Group Meeting on November 27th

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!

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!!

Time to Review Your Medicare Plan

By the GWAAR Legal Services Team

Medicare's Annual Open Enrollment Period started on October 15th. 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.

Door County Early Dementia Support Group

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.

Rides are provided 8:15am—3:45pm Monday– Friday

To Schedule a Future Appointment:
Call (920) 746-2548
For Same Day/Immediate Appointments:
Call (920) 493-0136

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

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Under new management!

Julie's Country Care Express LLC
I Get You There, Because I CARE!!
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CELEBRATE FAMILY CAREGIVERS

November is National Family Caregiver Month, a time to recognize and thank the many hard working and devoted people who provide care to a loved one.

We all know a caregiver – the gentleman who patiently walks with his wife who's mobility is failing; the woman who gently prods her forgetful husband to follow her back to the car after purchasing groceries; the woman who brings her aging mother to her doctor appointments; the man who brings his kids along to do some repairs on his parent's house. They are everywhere – family, friends and neighbors who help older adults with things they no longer can do on their own. The role of the unpaid caregiver is invaluable and yet they often don't recognize their own worth.

Let's Celebrate Caregivers this month! Here are some things you can do to really help a caregiver and let them know that they are important and appreciated.

1. Stop by their house and say hello. You don't have to bring anything or do anything. Stopping for a quick visit to let them know you are thinking about them can mean a lot, especially if it is hard for them to get out of the house.
2. Call the caregiver and check in on how THEY are doing. Too often the conversation is about the person needing care and the caregivers' needs are forgotten. Listen to them without judging or advising. An opportunity to share their feelings openly and in confidence can be a great help and comfort.
3. Offer to help. Instead of saying, "Let me know if you need something," say, "I am going to help you. Do you want me to cook a meal? Clean your kitchen? Stop at the grocery store?" Be specific and gently insist on helping.
4. Invite them to do something – a walk, coffee, a movie. Maybe they have turned you down too many times, so you stopped asking. Try asking again and offer to help find someone to be with their loved one if that is a problem. Even if they say no, being asked will help them see they are still included.
5. Remind them of the importance of self-care, then help them seek out ways to get a break. Go with them to the ADRC of Door County to find out the various types of support that are available.
6. Attend a support group meeting with them. Sometimes it is hard to go alone, and your presence will open up this valuable resource to them.
7. If you are comfortable doing so, offer to care for their loved one for an hour or two so they can get a break.
8. Check in regularly. It doesn't have to take a lot of time and energy. A weekly phone call can alleviate feelings of loneliness and help them feel special and important.

Take some time to recognize and thank the family caregivers that you know.
They deserve to be celebrated!

Jane Mahoney
Older American's Act Consultant
Greater Wisconsin Agency on Aging Resources

Transportation

NOTICE OF PUBLIC HEARING

Rate Change & Service Change for the Door County Public Transit System

Notice is hereby given that a Public Hearing will be held by the Door County Administrative Committee on behalf of the County of Door (applicant) at the **Door County Government Center, 421 Nebraska Street (Chambers Room – 1st Floor), Sturgeon Bay, WI 54235** at **9:00 a.m. on Tuesday, November 19, 2019** for the purpose of considering a change to the current Door2Door transportation system project for which Federal operating assistance under Section 5311 of the Federal Transit Act, is being sought.

Proposed Changes in 2020:

- The Brussels Connector, Egg Harbor Connector, Valmy Connector, Algoma Connector and Sister Bay Connector routes (provided by the ADRC and Sunshine House, Inc. buses) and their associated fares will be eliminated from the system. Rides may still be obtained for these areas via a 24-hour, reservation required, ride through Door2Door Rides.
- All fares within zones or the Orange Core will increase by $.50. Fares for crossing zones will not increase at this time.
- All Agency Fares within zones or the Orange Core will increase by $1.00. Fares for crossing zones will not increase at this time.

At the hearing, the County of Door will afford an opportunity for interested persons or agencies to be heard with respect to the social, economic, and environmental aspects of the project. Interested persons may submit, orally or in writing, evidence and recommendations with respect to said project. Additionally, written comments will be considered if sent to: **Robin Mark, Door County Department of Health & Human Services, ADRC, 916 N. 14th St., Sturgeon Bay, WI 54235, rmark@co.door.wi.us** no later than **12:00 p.m. on Monday, November 18, 2019**

NOTICE OF PUBLIC HEARING

Specialized Transportation Assistance Grant Application for 2020
for the Door County Public Transit System

Notice is hereby given that a Public Hearing will be held by the Door County Administrative Committee on behalf of the County of Door (applicant) at the **Door County Government Center, 421 Nebraska Street (Chambers Room – 1st Floor), Sturgeon Bay, WI 54235** at **9:00 a.m. on Tuesday, November 19, 2019** for the purpose of receiving comment for Door County's proposed plan for spending the allocation authorized under Section 85.21 of the Wisconsin Statutes to implement its elderly and disabled transportation program in 2020.

Proposed Changes in 2020:

- All fares will increase to $2.00 per stop.

At the hearing, the County of Door will afford an opportunity for interested persons or agencies to be heard with respect to the social, economic, and environmental aspects of the project. Interested persons may submit, orally or in writing, evidence and recommendations with respect to said project. Additionally, written comments will be considered if sent to: **Robin Mark, Door County Department of Health & Human Services, ADRC, 916 N. 14th St., Sturgeon Bay, WI 54235, rmark@co.door.wi.us** no later than **12:00 p.m. on Monday, November 18, 2019.**

Need a *Great* Hot Meal

LOAVES & FISHES

Community Meal

Friday Evenings

Year 'round – Usually 1st, 3rd & 4th

Who: All Ages are Welcome

What: Family Style Dinner

Time: Serving from 5:30-6:30 pm

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

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

Need more information: Call 920.493.5318.

November 1,15,22

December 6,20

WHEN IT COMES TO MEDICARE,
YOU HAVE CHOICES.

find the best plan to fit
your health care needs.

Are you or a loved one enrolling in Medicare this year?
Are you thinking about retiring?
No matter your situation, I can help you get answers to your Medicare questions at a neighborhood meeting.

11/4/2019, 11:00 AM
Sturgeon Bay Library
107 S. 4th Avenue
Sturgeon Bay, WI 54235

11/4/2019, 1:00 PM
Sturgeon Bay Library
107 S. 4th Avenue
Sturgeon Bay, WI 54235

11/18/2019, 11:00 AM
Sturgeon Bay Library
107 S. 4th Avenue
Sturgeon Bay, WI 54235

11/18/2019, 1:00 PM
Sturgeon Bay Library
107 S. 4th Avenue
Sturgeon Bay, WI 54235

- part A — HOSPITAL STAYS
- part B — DOCTOR VISITS
- part C — MEDICARE ADVANTAGE
- part D — PRESCRIPTION DRUGS

Contact me

to RSVP for a meeting or get more Medicare information.

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As your independent health care resource, I can offer you Medicare plans from several private insurance companies.

So you're guaranteed to get the plan that may be best for you.

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Elder Abuse: Don't Let Someone Hurt the Ones You Love

By Linda Melancon

If you knew someone was causing harm to your elderly parent, you'd want to stop it. How, then, can you be aware that your aging loved one is suffering abuse at the hands of a caregiver or someone in a position where they should be providing assistance?

Elder abuse is more common than one might think, and is often perpetrated by someone close to the elderly person. According to the National Council on Aging, approximately one in ten Americans age 60 or older have been subjected to some form of elder abuse, and one study has shown that only one in fourteen cases of elder abuse are reported. In almost 60% of reported incidents, the abuser is a family member, and two-thirds of the abusers are adult children or spouses.

One common form of elder abuse is financial exploitation, the use or acquisition of the elder's funds by a caregiver or third party without authorization. A caregiver can exploit the elder in his or her care by misusing an elderly person's checks, credit cards or accounts. The caregiver could also steal cash, checks or household goods, forge the elder's signature on documents, or engage in identity theft.

Financial exploitation of elders can also come in the form of drafting or changing their estate planning documents, such as their wills or powers of attorney. You may have read recently of the local case of 95-year-old Helen Plummer. A board member of the East Baton Rouge Parish Council on Aging drew up Ms. Plummer's will, and the will named the executive director of the Council on Aging as the executrix of Ms. Plummer's estate, with compensation to be paid to her for serving in that position. Ms. Plummer's family had no idea this had been done until after their loved one's death, when the executive director of the Council on Aging contacted them to let them know she was in charge of Ms. Plummer's estate. The family is disputing the matter. This situation clearly illustrates the importance of being aware of what's happening in the lives of our elderly loved ones, and how easily someone can take advantage of a senior who may not realize the true import of the actions they are being encouraged to take.

It may be difficult to determine if an elder is being exploited, as a caregiver may dismiss concerns as signs of an elderly person's frailty or symptoms of dementia. Be aware of what's going on with an elder family member's financial affairs and don't be afraid to ask questions. Often, being mindful of your loved one's situation and inquiring into suspicious circumstances may be enough to stop the exploitation before it starts.

There are also steps you can encourage an elder to take to help protect themselves from exploitation or abuse. They can take care of their own health, and seek professional assistance for physical or mental health concerns. Consulting a qualified advisor to have documents such as wills or powers of attorney drafted, and reviewing those documents regularly to know what they contain, can be beneficial. Staying active in the community and in touch with friends and family can help prevent social isolation, which has been connected to elder abuse. They should have their own phone, open their own mail, and never provide personal information over the phone. These are all fairly simple measures elders can take to protect their own well-being.

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 at The ADRC Front Desk**
Registration closes on Friday, November 8th **

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

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

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NEW LIVING CHOICES

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

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

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

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

	MONDAY	TUESDAY	WEDNESDAY
4	8:00 Gadget Guy 9:00 Sheephead 10:00 DVD Fitness 11:00 Zumba Gold 12:00 Bridge 12:30 RIDE	5 8:30 Strong Women 9:00 Spanish Conversation 9:30 Jolly Exercise 9:30 Euchre 10:30 Crafts 11:00 Music with Ken 12:30 Bingo 1:00 Sheephead 1:00 Samba 1:00 Mah Jongg Beginners Class	6 8:15 Bus Trip: Oneida Casino 9:00 Pinochle 10:00 DVD Fitness 11:30 Doula Information in the Dining Room 1:00 Windows 10 Users-cancelled 1:00 Sheephead 1:00 Poker 1:00 Mah Jongg 1:00 Caregiver Supp. Group 1:00 RIDE 1:00 Art for Health
11	9:00 Sheephead 10:00 DVD Fitness 11:00 Zumba Gold 11:30 Healthy Weights for Less 11:45 Music with Tim 12:00 Bridge 12:30 RIDE 1:30 Ask the Athletic Trainer	12 8:30 Strong Women 9:00 Spanish Conversation 9:30 Jolly Exercise 9:30 Euchre 10:30 Chair Yoga 10:30 Crafts 12:00 Bayship 12:00 Music with Jeana 12:30 Bingo 12:30 Bridge 1:00 Sheephead 1:00 Samba 1:00 Mah Jongg Beginners Class 1:00 Budgeting Life After Retirement	13 9:00 Pinochle 10:00 DVD Fitness 1:00 Sheephead 1:00 Poker 1:00 Mah Jongg 1:00 RIDE 1:00 Art for Health
18	8:00 Gadget Guy 9:00 Sheephead 10:00 DVD Fitness 11:00 Zumba Gold 12:00 Bridge 12:30 RIDE 3:00 Griffon Quartet	19 8:30 Strong Women 9:00 Spanish Conversation 9:30 Jolly Exercise 9:30 Euchre 10:30 Chair Yoga 10:30 Craft Class 12:00 Vintage Celebration with Jeanne Kuhns and George Sawyn 12:30 Bingo 1:00 Sheephead 1:00 Samba 1:00 Mah Jonng Beginners Class	20 9:00 Pinochle 1:00 Caregiver Support Group 10:00 DVD Fitness 11:30 ADRC Sing-Along 1:00 Poker 1:00 Sheephead 1:00 Mah Jongg 1:00 RIDE 3:00 Level 1 End of Life Doula Training
25	8:00 Gadget Guy 9:00 Sheephead 10:00 DVD Fitness 11:00 Zumba Gold 12:00 Bridge 12:30 RIDE	26 8:30 Strong Women 9:00 Spanish Conversation 9:30 Jolly Exercise 9:30 Euchre 10:30 Chair Yoga 10:30 Craft Class 12:30 Bingo 1:00 Sheephead 1:00 Samba 1:00 Mah Jongg Beginners Class	27 9:00 Pinochle 10:00 DVD Fitness 12:00 Door Co. Library Update 1:00 Sheephead 1:00 Poker 1:00 Mah Jongg 1:00 RIDE

	THURSDAY		FRIDAY
		1	10:00 DVD Fitness 10:00 Ask An Exercise Physiologist 11:00 Zumba 11:00 Strong & Stable
7	8:30: Strong Women 9:00: Friendly Crafters 9:30: Jolly Exercise 11:00 Senior Fit 12:30 Bingo 12:30 Wood Carving 12:30 Knitting Group 1:00 Apple Users Group	8	10:00 DVD Fitness 10:00 LIR: Alzheimer's; Understanding Alzheimer's & Dementia 11:00 Zumba 11:00 Veterans Day Remembrance 11:00 Strong & Stable
14	8:30 Strong 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	15	**Caregiver Conference** **All activities and lunch in Sturgeon Bay are cancelled due to this event**
21	8:30 Strong Women 9:00 Friendly Crafters 9:30 Jolly Exercise 11:00 Senior Fit 11:00 Blood Pressure Checks 12:30 Bingo 12:30 Knitting Group 12:30 Wood Carving	22	10:00 DVD Fitness 10:00 LIR: Alzheimer's: Healthy Living for Your Brain & Body 11:00 Zumba-cancelled 11:00 Strong & Stable 11:45 Thanksgiving Feast with Door Co. Community Choir
28	**Happy Thanksgiving!** **The ADRC is closed**	29	**The ADRC is closed**

November Daily Activities

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

11/1: Ask An Exercise Physiologist

11/4: Gadget Guy

11/6: Bus Trip: Oneida Casino

11/6: Art for Health

11/8: Veterans Day Remembrance

11/11: Healthy Weights for Less

11/12: Budgeting Life After Retirement

11/13: Art for Health

11/18: Gadget Guy

11/18: Griffon Quartet

11/19: Vintage Celebration with Jeanne Kuhns and George Sawyn

11/20: Level 1 End of Life Doula Training—sign up by Advocates In-Home Care 920-746-2000

11/22: Thanksgiving Feast with Door Co. Community Choir

11/25: Gadget Guy

ART for Health for Seniors

A free series of classes

Beginning Still Life Class in Acrylics

Wednesday, October 16 - 2019 - 1:00 P.M.

Liz Heller is a Door County artist who is represented by Plum Bottom Gallery in Egg Harbor. She will teach you how to make a simple still life with interesting and fun colors in the background as well as your subject matter.

Tree of Life and Wellness Wheel Workshop

Wednesday, October 23 - 2019 - 1:00 P.M.

This workshop explores a potential way for participants to reclaim their identity and direction in life. We will be drawing on the metaphor of a tree to represent personality and the various elements that make up life - past, present & future.

Chair Yoga with vibrations of Tibetan Sound Massage

Wednesday, October 30 - 1:00 P.M.

Unplug, unwind, recline and relax. Open, heal and nourish the Body, Mind, and Spirit.

Let's Paint a Cloudy Sky!

Wednesday, November 6 - 2019 - 1:00 P.M.

Door County artist Jeanne Kuhns will lead participants in a fun acrylic painting class. No experience necessary.

The Creative Mind - The Art of Collage

Wednesday, November 13 - 2019 - 1:00 P.M.

In the workshop participants will have endless opportunities for stimulating the imagination, applying creativity and integrating a story on a paper surface.

For more information, please call 920-493-5979.
To register for DCMC free workshops call the ADRC at 746-2372.

Door County Medical Center

Door County Household Sharps Collection Program

The ADRC is now a site for the Door County Public Health Household Sharps Collection Program. This program was designed and intended for individuals who use sharps in their homes. Sharps that are not properly disposed of pose a serious risk of infection and disease to family members, especially children, sanitation workers and others who might accidentally be stuck by them. The Door County Household Sharps Collection Program is free and anonymous with numerous locations throughout Door County. Here at the ADRC you will be able to drop off used sharps in appropriate containers, as well as pick up a new sharps container.

Stop at the front desk and find out how it works!

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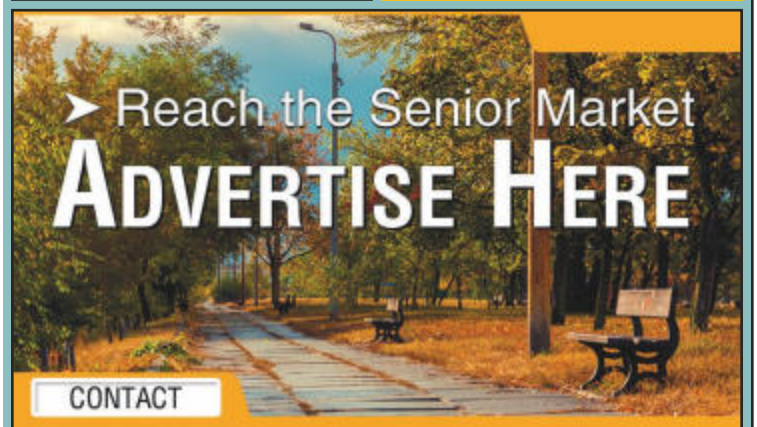
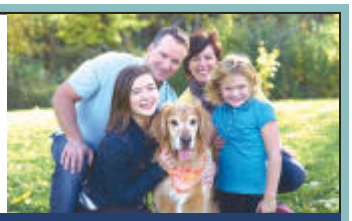


Contact Alex Nicholas to place an ad today! anicholas@4LPi.com or (800) 950-9952 x2538

Better health
starts with a primary care provider



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Michael Aleksandrowicz, MD

Laura Boucher, NP

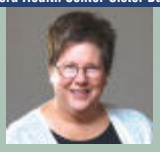
Paul Maes, MD

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
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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.

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ACTIVITIES UPDATE

Would you like to play **Samba**? There's a group playing in the lounge Tuesdays at 1pm. Open to all, similar to Canasta, this is a relaxing, fun game to play.

Chair Yoga returns on Tuesdays at 10:30am on November 12th. We are very grateful to Vickie Daoust who leads this class. She can modify chair yoga for more advanced participants who wish to do yoga on a mat. $3/class payable to Vickie.

Spanish Conversation Group continues to meet on Tuesdays at 9am. Open to all, participants should have some working knowledge of the Spanish language.

Start date of the **Aging Mastery Program** has been postponed, and we will continue to register additional participants. This fun, innovative program empowers you to take key steps to improve your well-being, add stability to your life, and strengthen ties to your community. Those who participated in the past have told us they loved the program. Class will meet on Mondays and Thursdays from 1pm-3pm for 5 weeks. $20 for 10 classes. If interested, sign up at the front desk or call 746-2372.

Are you interested in **genealogy**? We have a few consumers here at the ADRC who are willing to "mentor" those that share their interest. If you need help in getting started, or wish to network with others, these ADRC consumers are here for you! Contact Cathy, Activities and Volunteer Coordinator at 746-7153 for more information.

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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/LEARNING/SPECIAL EVENTS

Music with Ken (guitar)
Tuesday, November 5th at 11am

Music with Tim (guitar)
Monday, November 11th at 11:45am

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

Music with George (guitar)
Thursday, November 14th at 12pm

Bus Trip: Oneida Casino

Date: Wednesday, November 6th
Time: 8:15am (return by 3pm)
Cost: $15 (transportation only)

Bring money for gambling & lunch on your own. Several dining choices available.

Sign up at the front desk or call 746-2372

Learning in Retirement Presents:

Alzheimer's: Understanding Alzheimer's and Dementia
Friday, November 8, at 10am

Alzheimer's: Healthy Living for Your Brain and Body
Friday, November 22, at 10am

Call Cathy at 746-7153 to register/more information

Chair Yoga
Vicki Daoust, RYT 200
November 12th – December 17th
Tuesdays, 10:30am-11:30am
$3/class payable to instructor
Walk-ins welcome. Call 746-2372 for more info.

Healthy Weights for Less
Imelda Delchambre, UW Extension
Eating healthy doesn't have to cost a lot.
Monday, November 11th at 11:30am
Sign up at the front desk or call 746-2372

Budgeting Life After Retirement
Leslie Boden, Director
Money Management Counselors
Tuesday, November 12th at 1pm
Sign up at the front desk or call 746-2372

Special Events

Friday, November 8th, 11am: Veterans Day Remembrance
Ken Pollock plays patriotic songs , Beth Wartella of the Veterans Administration presides over the ceremony.

Monday, November 18th, 3pm: Griffon Quartet
Enjoy the resident string quartet of ***Midsummer's Music,*** recognized for "superb playing, palpable chemistry, spirit, and emotional connection."

Tuesday, November 19th, 12pm: Vintage Celebration
Relive memories as Jeanne Kuhns and George Sawyn play favorite tunes from the 1930's and 1940's.
Wear any jewelry, hat or apparel from your past or any item handed down to you, or we'll display for you.

Wednesday, November 20th, 11:30pm: ADRC Sing-Along
ADRC's Arby Roth, and her daughter Char on piano, leading us in a few of their favorite songs.

Friday, November 22nd, 11:45am: Thanksgiving Feast
The Community Choir of Door Co. will sing as we feast on a delicious Thanksgiving meal.

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 of 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!

For more information 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 10:30am-12:00pm

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
Will NOT meet in November
Next meeting is December 4th

- 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
November 7th 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"
November 4th, 18th, and 25th
8:00 -11:00 AM

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

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Call today to connect with a **SENIOR LIVING ADVISOR**

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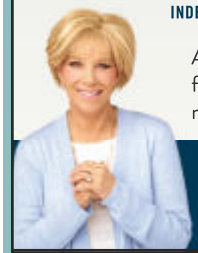

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Joan Lunden, journalist, best-selling author, former host of *Good Morning America* and senior living advocate.

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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 at the ADRC on Thursday, November 21st 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
No meeting in November or December. See you January 22, 2020! Open to all!

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

TELL US WHAT YOU THINK

Back in September we asked those of you who come to the ADRC to tell us what you think of the ADRC by answering a short survey.

One of the questions asked,
"What is it about the ADRC you are most thankful for? Here are the answers we received:
"Meeting new people. The staff are the best."
"Thankful we have so many things to do!"
"Beautiful building"
"I always feel welcomed. Staff is friendly, food is great."
"Music/Food"
"Helping us older adults with problems, and lunch."
"The opportunity to be involved with others."
"Having a place to go and enjoy different activities."
"Friendly people and help with things."
"Good food. Very pleasant people."
"That there is such an opportunity for us."
"Friends."
"The very good meals and wonderful company. It is so beautiful and a great place to meet friends."
"The staff and all their thoughtfulness and compassion."
"The seniors"
"All of it; I love the ADRC."

We also asked for program and activity ideas and got a few:
"Ping pong"
"Pen Pals" *(We've got a Pen Pal program with Sunrise School, see front desk.)*
"More art projects"
"Chair yoga" *(Chair yoga class returns on November 12th at 10:30am)*
"Sign language class"
"Balancing your money" *(Come to "Budgeting Life After Retirement" on November 12th)*
"Tour Lambeau Field"
"Recycle the milk cartons and plastic cups."

We appreciate your feedback and ideas, and will work to continue what we are already doing well, and incorporate your ideas into future programs. Thank YOU for your thoughts!

November: American Diabetes Month

Carmen Schroeder, RDN, CDE, CD

Every 20 seconds, someone is diagnosed with diabetes. Diabetes is one of the leading causes of disability and death in United States. There are ways to prevent or delay type 2 diabetes, such as eating healthy, being physically active, quitting smoking, and maintaining a healthy weight.

Delaying & Preventing Diabetes:

- ***Eat healthier:*** Fill at least one-half your plate with fruit and vegetables. Choose whole grains, lean meat and poultry. Eat fatty fish 1-2 times weekly. Choose low fat dairy products. Choose foods high in fiber; fresh fruit and vegetables, whole grains and legumes.

- ***Eat less refined sugar:*** Good energy sources can be found in fresh fruit (fructose), milk (lactose) and whole grains and legumes (starch). Limit desserts or foods with added sugars, such as high fructose corn syrup, sucrose, dextrose or other sugars.

Be Active:

- It is never too late to increase your physical activity. Join a group for exercise or find a walking buddy. Aim for 30 minutes on most days.

Quit Smoking:

- Within a few years of quitting your smoking, your risk of stroke and coronary artery disease are similar to non-smokers. Resources to assist your efforts include **Wisconsin Tobacco Quit Line** or www.smokefree.gov, which can provide a step-by-step quit guide and tools to help you quit.

***The American Diabetes Association has an on-line* Type 2 Diabetes Risk Test. *Lifestyle, family history, health history and age all impact on your risk. You can find the risk test at www.diabetes.org. Type* RISK TEST in the Search Box.**

SQUASH

Butternut

Hubbard

Delicata

Buttercup (Turban)

Acorn

Turban

Sweet Dumpling

Spaghetti

When selecting winter squash, choose firm squash with no visible blemishes or soft spots. Store in a dry, cool spot (but not the refrigerator) and use within a month or so. Hubbard squash are very big with a thick shell that's bumpy and ranges in color from bright orange to deep green. It can be stored up to 5 months in a cool, dry area, as it gets sweeter over time. The flesh of the "spaghetti squash", when cooked, separates out like strings of spaghetti, and can be served with butter, salt and pepper or with sauces.

4 Ways to Cook Winter Squash

Bake: Cut in half, scoop out seeds. Add 1 tablespoon butter and (if desired) 2 teaspoons honey, brown sugar, or maple syrup. Bake in the oven at 350 degrees about 30-40 minutes.
Roast: Cut in half, scoop out seeds. Place, cut-side up, on a baking sheet, rub with softened butter or oil, season with salt and pepper. You can drizzle with brown sugar, maple syrup or orange juice. Flip the squash over and roast for 40-45 minutes at 400 degrees F. Insert a fork under the skin to test for doneness. When cooled, the skin peels off easily.
Boil/Steam: Cut in half, scoop out seeds. Peel and cut squash into chunks. Place in a saucepan with water and boil or steam until tender.
Microwave: Cut in half, scoop out seeds. Microwave on high for seven minutes per pound.

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 Site 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.
****Please call 24 hours in advance to insure we have an adequate amount of food.****

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—NOVEMBER

MONDAY	WEDNESDAY	FRIDAY
Chicken Rice Casserole w/Vegetables* Buttered Carrots Fresh Fruit* Yogurt * Roll* 4	Ham German Potato Salad* Buttered Beets Pudding* Applesauce* Rye Bread* 6	Baked Chicken Baked Potato* Green Beans Peach Crisp* Wheat Roll* String Cheese 8
Cheese Burger on Bun* Tater Tots* Pickle Spears Coleslaw Fruit* Carrot Cake* 11	Pork Chops Mashed Potatoes* Boiled Cabbage Pistachio Torte* Applesauce* Wheat Roll* 13	
Meatloaf Scalloped Potatoes* Stewed Tomatoes Fruit* Cookie* Bread* 18	Beef Stroganoff Noodles* Peas &Carrots Fruit Yogurt Wheat Roll* 20	Turkey w/Gravy Mashed Potatoes* Steamed Broccoli Cranberries* Apple Pie w/Topping* Roll* 22
Spaghetti * w//Meat Sauce Grated Parmesan Tossed Salad Fruit* Yogurt Cup* Bread Stick* 25	Sweet and Sour Chicken Egg Rolls* Stir Fry Veggies Brown Rice* Birthday Cake/Ice Cream* Pineapple* 27	

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

Mon day	Tuesday	Wednesday	Thursday	Friday
				NO MEALS SERVED CLOSED FOR STAFF TRAINING 1
Chicken-Ala-King Peas & Carrots Biscuit*/Fruit* Cheese Cake w/Fruit topping* 4	Swedish Meatballs Wild Rice* Green Beans Mandarin Oranges* Peach Crisp* Bread* 5	Ravioli w/Meat Sauce* Romaine Salad Tropical Fruit * Garlic Bread* Cheese Stick 6	Pasta Crab Salad Tomato w/Cottage Cheese Fresh Fruit* Lemonade Cheese Cake/Roll* 7	Pork Chops Mashed Potatoes* Mixed Veggies Pistachio Torte* Fruit* Wheat Roll* 8 *Reservations required*
Beef Stroganoff Egg Noodles* Summer Squash Blend Grape Salad* Birthday Cake* Wheat Roll* 11	Baked Chicken Wild Rice* Sliced beets Pineapple Chunks* Fruit Pie Topping* Wheat Roll* Cheese Stick 12	BBQ Pork on Kaiser Roll* Potato Salad* Broccoli Salad Fruit Yogurt Parfait* 13	Shepard's Pie* Romaine Salad Applesauce* Roll Angel Food Cake w/ Berries* 14	**NO MEAL SERVED IN STURGEON BAY** **Due to an Event** Meals on Wheels, Liberty Grove & Baileys Harbor will have: Chef Salad Blue Berry Cheese Cake* 15
Cube Steak Stewed Tomatoes Steamed Potatoes* Yogurt Cup* Fruit* Bread* 18	Ham/German Potato Salad* Steamed Cabbage Bread Pudding* Apricots * Wheat Roll* 19 *Reservations required*	Stuffed Peppers* Scalloped Potatoes* Mixed Vegetables Pineapple w/ Cottage Cheese 20	Beef Tips / Pasta* Key Largo Blend w/ Cheese Fresh Fruit* Cherry Crisp* Bread* 21	Turkey/ Stuffing* Francais Blend Cranberries* Apple Pie/Topping* Cheese Stick Bread* 22 *Reservations required*
Spaghetti* w/Meat Sauce/ Salad Fruit Whip * Cheese Cake w/ Blueberries* Cheese Stick Bread Stick* 25	Tempura Chicken Egg Roll* Stir Fry Veggies Brown Rice* Fruit* Lemon Bars* 26	Taco Salad /Corn Chips* Ground Beef, Tomato, Onions, Cheese, Sour Cream Fruit* Bread Stick* 27	CLOSED FOR THANKSGIVING 28	CLOSED FOR THANKSGIVING 29

**** 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 insure we have enough food please make reservations 24 hours in advanced for Baileys Harbor, Brussels, or Liberty Grove. Call 920-746-2523