December 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

December Greetings

Let's face it, lately the weather has been pretty miserable with the cold and snowfall breaking records for coming early in October. Unfortunately, it seems there are fewer warm days than there are cold days in our near future. So I guess we can give in and say winter is knocking on our front door. On the bright side, the month of December is oftentimes filled with excitement, laughter, and holiday cheer. This time of the year is one of my favorites and provides us just as much warmth, but in an internal kind of way. Everyone you meet seems to be in a terrific mood, smiling ear to ear, with a holiday tune buzzing through their soul. The Aging and Disability Resource Center (ADRC) is no exception to the infectious holiday merriment. We have a number of events and activities, you won't want to miss, take a look at our activities page.

This time of the year can also pose some additional safety risks, but can be avoided with some thoughtful wintertime safeguarding. Here is some helpful advice for preventing winter dangers:

Avoid Slipping on Ice:
Make sure to wear shoes with good traction and non-skid soles, and stay inside until the roads are clear. Replace a worn cane tip to making walking easier. Take off shoes as soon as you return indoors because often snow and ice attach to the soles and, once melted, can lead to slippery conditions inside.

Dress for Warmth:
Cold temperatures can lead to frostbite and hypothermia -- a condition where the body temperature dips too low. So don't let indoor temperatures go too low and dress in layers. Going outside? Wear warm socks, a heavy coat, a warm hat, gloves and a scarf. In very cold temperatures, cover all exposed skin. Use a scarf to cover your mouth and protect your lungs.

Fight Wintertime Depression:
Because it can be difficult and dangerous to get around, many people have less contact with others during cold months. This can breed feelings of loneliness and isolation. To help avoid these issues, family members can check in on each other as often as possible; even a short, daily phone call can make a big difference. You can also arrange a check-in system with neighbors and friends.

Check the Car:
Driving during the winter can be hazardous for anyone. But it is especially dangerous for older people, who may not drive as often anymore or whose reflexes may not be as quick as they once were. Get your car serviced before wintertime hits -- or ask a family member to bring it to a garage for you. Checking things like the oil, tires, battery and wipers can make a big difference on winter roads.

Prepare for Power Outages:
Winter storms can lead to power outages. Make sure you have easy access to flashlights and a battery-powered radio in case the power goes out. Stockpile warm blankets. Longer power outages can spoil the food in your refrigerator and freezer so keep a supply of nonperishable foods that can be eaten cold on hand. If the power goes out, wear several layers of clothing, including a hat. Move around a lot to raise your body temperature.

The most important tip to keep in mind during the colder months is to ask for help. If you need any wintertime assistance, don't hesitate to ask a family member or neighbor, or a professional at the Aging and Disability Resource Center for resource options. Arrange rides to the grocery store and doctor's appointments. Wintertime certainly poses challenges, but with a bit of planning and awareness, you will stay healthy and experience the joys of springtime soon enough.

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

INCLEMENT WEATHER CANCELLATIONS

Winter travel can be hazardous due to snow, ice, very low temperatures, or wind-chill factors. These conditions can make it unsafe to deliver food to your home & can result in meal delivery cancellation.

Meal cancellations will be posted on your local radio station (WDOR). **If Sturgeon Bay Public Schools are closed, then Door County Senior Dining & Meals on Wheels are cancelled.** Meals on Wheels & Senior Dining participants should be prepared to provide their own meals on days when meal delivery is cancelled. You are encouraged to keep a 2-3 day supply of nonperishable food or frozen meals on hand in case of an emergency situation.

Please remember that the safety of our Staff & Meals on Wheels drivers is very important, and helps us to keep delivering meals to your home. Driveways, sidewalks, walkways, and porches should be shoveled and ice-free. Roads that are not passable due to snow or ice may limit delivery to your home.

Thank you for your cooperation!

Caregiver Corner

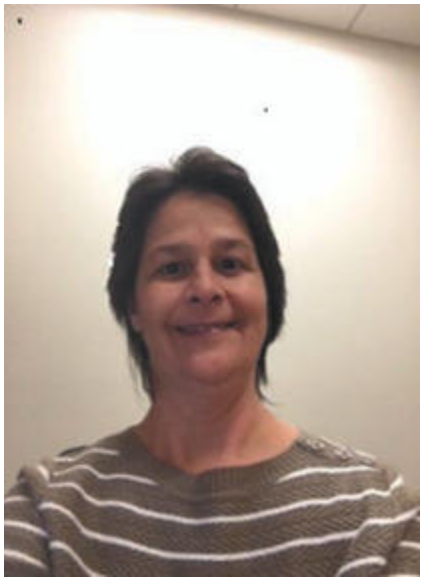
In our caregiver library here at the ADRC we have a large variety of caregiving videos available to check out and watch in your home or even here if desired. Keep in mind that we have others who are interested in viewing these videos and we would like to offer them the same opportunity to learn from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

Transportation

Hello, my name is Pam Busch and I'm very excited to join the transportation team at the ADRC! Transportation and keeping people moving in our community has been my passion. Some of you may know me through my work with Door-Tran. I was born and raised as a Jandrin in the southern Door area. Not moving far from where I grew up, I currently live in Forestville with my husband, Mike, and youngest daughter, Harlie. My older daughter, Kayla, lives in Sturgeon Bay with her husband Adam Lehman. I'm a very proud mom and hanging out with my family and camping are my favorite things to do.



If you have questions about transportation, please contact me at 920-746-5982, pbusch@co.door.wi.us or ask for me at the ADRC. I look forward to working with you!

The Value of the Older Worker

Per the U. S. Department of Labor our country's population of those 55 + is expected to reach 97.8 million by 2020. They will make up 28.7 % of our nation. Employers need to adjust their thinking and tap the underutilized senior population for workers. At the same time, seniors should seek opportunities to upgrade their skills or at the very least demonstrate they are actively participating in their community.

Our Senior Community Service Employment Program (SCSEP) provides such opportunities. In addition, the program pays eligible seniors $7.25 per hour for serving their community 20 hours per week at area non-profits and government agencies. It allows participation for up to four years.

In Door County, our partner agencies include the ADRC and Sunshine House. To be eligible, participants must be at least 55 years old, unemployed, and have a family income of no more that 125% of the federal poverty level. Locally the SCSEP is known as STEP: **S**enior **T**raining and **E**mployment **P**rogram. We are always accepting applications.

Currently we have a need for more seniors to work in the kitchen at the ADRC.
For more information on eligibility and to apply, simply call 920-593-3557.

Need a Lift!

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

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

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.

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Your Hometown Choice for Nursing and Rehabilitation Services!
- 24 hour skilled nursing care
- Inpatient and Outpatient Therapy Services

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Because I CARE!!
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The Reverse Gift List

This year as the holidays approach there is one more thing to add to your "to-do" list. It is called the Reverse Gift List and it's an exercise in which you think not about giving, but getting. It goes against all you've been taught, but when you are caring for someone else, it is vitally important to also care for yourself! The Reverse Gift List will help you get started!

To write a Reverse Gift List you need a sheet of paper, a pen or pencil and some ideas. Make two columns on your paper and label the first one "People I Trust". Label the second column "Things They Can Do". Now think of all the special people in your life who love you and care about you; neighbors, family (siblings, children, grandchildren, cousins), clergy and friends. Now write down some things they may enjoy doing that would be helpful to you; cook a meal a week, pick up groceries or medications, vacuum or dust, stop for a visit or sit with your loved one while you do something on your own. The possibilities are endless.

The idea is to think of things that are easy or enjoyable for them to do. Not everyone likes to cook, but your sister may really enjoy it! Your daughter may not be thrilled to clean your house for you but may find it easy to pick up your groceries while she's at the store anyway. Your cousin might enjoy doing your laundry or sweeping some floors while catching up on the latest news. Your pastor or priest might not want to mow your lawn but could schedule regular visits, so you have someone else to talk to. Your grandchild would likely enjoy stopping over after school for a snack and a visit each week.

Once you have written your Reverse Gift List, you can ask someone who is close to you to help you distribute the list, or you can talk to the people on the list and tell them your ideas. At this time of year your friends and family will be wondering what they can give you for Christmas. This is the perfect time to have a list of practical and helpful things you need.

The truth is, most people enjoy helping. Allowing the people that care about you to help is actually giving them a gift. It is giving them the gift of giving! And just so it doesn't feel lopsided, remember all the nice things you've done for other people, and all the things you will do again once your life isn't consumed with being a caregiver. There is a time for everything, and now is the time for you to be the receiver of gifts. Your time for giving has happened and will happen again. Just sit back, write your Reverse Gift List and let others take care of you for a change! Happy Holidays!

If you have any questions about caregiving, local support groups or ideas for your Reverse Gift List, please call The ADRC of Door County at 920-746-2372

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

Cost– Saving Programs for People with Medicare

By the GWAAR Medicare Outreach Team

The Holiday Season brings to mind thoughts of family, friends, gifts and good cheer. But for some, it can also be a stressful time filled with worries about not only the cost of those extras this month, but the ongoing costs of their monthly bills. For people with Medicare, there may be a program that can help.

There are several Medicare related programs for beneficiaries who have limited income and assets. "Medicare Savings Programs" can help qualified individuals by paying their Part B premium for them. That alone can save them over $135 per month. Some also have their co-pays and deductibles paid, based on their income and assets. If your monthly income is $1,405 or less for an individual, or $1,902 for a couple, and your resources are under $7,730 for an individual or $11,600 for a couple, you may already be eligible for one of these programs.

Another program, known as "Extra Help", assists qualified individuals with their prescription drug costs, like premiums, deductibles and copays. Enrollment in a Medicare Savings Program will automatically qualify you for Extra Help.

If you don't automatically qualify for Extra Help, you may still be eligible if your monthly income is $1,561 or less for an individual, or $2,113 for a couple, and your resources are under $12,890 for an individual and $25,720 for a couple. You can apply online for Extra Help with Social Security Administration at www.ssa.gov or by calling: 1-800-772-1213 (TTY 1-800-325-0778).

This year, remember those who may be struggling to make ends meet—and when you are out spreading holiday cheer, take a moment to spread the word about the money-saving Medicare programs. That will surely be a gift that keeps on giving!

For more information about these benefit programs or for assistance with Medicare questions, contact The ADRC of Door County at 920-746-2372

Need a *Great* Hot Meal

LOAVES & FISHES

Community Meal

Year 'round – Usually 1st, 3rd & 4th Friday Evenings

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.

December 6 & 20

WHEN IT COMES TO MEDICARE,
YOU HAVE CHOICES.

Let me help **you**

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.

12/2/2019, 11:00 AM
Door County Library
107 S. 4th Ave
Sturgeon Bay, WI 54235

12/2/2019, 1:00 PM
Door County Library
107 S. 4th Ave
Sturgeon Bay, WI 54235

12/16/2019, 11:00 AM
Door County Library
107 S. 4th Ave
Sturgeon Bay, WI 54235

12/16/2019, 1:00 PM
Door County Library
107 S. 4th Ave
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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A sales person will be present with information and applications. For accommodation of persons with special needs at sales meetings, call 920-217-4133, TTY 711.

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An obvious sign of scams: Payment in Gifts Cards

By the GWAAR Legal Services Team

Recently, a resident of Wisconsin received a threatening call from someone saying he was from the Social Security Administration. The resident was told there was a warrant out for her arrest, and that she needed to cooperate, or she would be arrested. He told her exactly how many minutes away the local Dollar General store was from her house, which is where he told her to buy $200 worth of eBay gift cards. The caller then instructed her to give him the redemption codes on the gift cards. The resident was obviously scared and complied. After she met this first demand, the caller told her she needed to get another $500 worth of gift cards to get out of trouble. Luckily, on her drive back to the store, she realized this may be a scam and went to the sheriff's office instead.
Gift cards have become a popular way for scammers to steal money because they are nearly as untraceable as cash and are much more transferable. In previous scams, imposters would ask you to wire money to them but, increasingly, they tell you to go put money on a gift card.

How the scams work
The caller will often tell you to go buy a popular gift card from iTunes, Google Play, Amazon, or in the case above, eBay. The caller will tell you to get the card at a store near you such as Walmart, Target, Walgreens, CVS, or a dollar store. They may even have you buy several cards at several stores. Sometimes, the caller will stay on the phone with you while you go to the store. Once you buy the card, the caller will demand the gift card number and PIN on the back of the card. Those numbers let the caller immediately get the money loaded onto the card. Once the caller has those numbers, the money is gone, and usually without a trace.

Examples of the types of callers

- · Someone may claim to be from the Social Security Administration, telling you that you owe money and if you fail to pay you risk losing your monthly benefit check.
- · A caller may pretend to be from law enforcement, a court, or an attorney's office, threatening arrest, court appearance, or bailing a family member out of jail.
- · Someone might call you and claim to be from the IRS, collecting back taxes or fines.
- · The callers might say they're from tech support, asking for money to fix your computer. They may try to tell you that they've detected a virus on your computer that they will help you remove.
- · Someone might even say he or she is a family member with an emergency and needs money right now.
- · Callers pretend to be from a utility company, telling you to pay your bill by gift card or they'll cut off your power or water.
- · Sellers on online auction sites who ask for gift cards will ask to "buy" big items like cars, motorcycles, boats, RVs,
- tractors and electronics.
- · Someone may pose as a servicemember to get your sympathy, saying he must sell something quickly before deployment and needs you to pay by gift card.
- · Callers will say you've won a so-called prize for a sweepstakes you probably never entered – but first you must use a gift card to pay fees or other charges.
- · A caller may buy something from you, probably online, and will send a check for more than the purchase price. The
- caller will then ask you to give them the difference on a gift card, and the check will bounce.
- What all of these callers have in common is an urgent need for you to send money right away. The most important
- takeaway? Gift cards are not used — and cannot be used — to pay bail, taxes or court fines. Gift cards are just that – gifts.

What if you paid a scammer with a gift card?
If you paid a scammer with a gift card, tell the company that issued the card right away. When you contact the company, tell them the gift card was used in a scam. Ask them if they can refund your money. If you act quickly enough, the
company might be able to get your money back. Also, tell the store where you bought the gift card as soon as possible. In the case above, the EBS helped the client notify the Dollar General store, which agreed to educate employees about these scams. You can also do the following:
· Tell the Federal Trade Commission about any type of scam or fraud you detect at ftc.gov/complaint, or call toll-free: 1-877-FTC-HELP.
· Report it to your state Attorney General (for a list of state offices, visit naag.org).

Energy Assistance Program

Anyone interested can apply for their 2019-2020 Energy Assistance benefit by contacting Kathy Fairchild at 920-746-7155 to schedule an appointment. The program is offered annually starting October 1st – May 15th and previous applicants must reapply each year.

For anyone new to the program:

WHEAP assistance is a one-time payment during the heating season (October 1 – May 15). The funding pays a portion of energy costs, but the payment is not intended to cover the entire energy costs of a residence. The amount of the energy assistance payment varies depending on a variety of factors, including the household's size, income, and energy costs. In most cases the energy assistance benefit is paid directly to the household's energy supplier.

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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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Sturgeon Bay, WI

(920) 743-8316

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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
2 8:00 Gadget Guy 9:00 Sheephead 9:30 Chair Massages 10:00 DVD Fitness 10:00 LIR: Exploring (B) Municipal Government 11:00 Zumba Gold 12:00 Bridge 12:30 RIDE 1:00 Aging Mastery Program	3 8:30 Wonder 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	4 9:00 Pinochle 10:00 DVD Fitness 11:30 Music with Lori 1:00 Windows 10 Users Group 1:00 Sheephead 1:00 Poker 1:00 Mah Jongg 1:00 Caregiver Supp. Group 1:00 RIDE 1:00 Bus Trip: Merry-Time Festival of Trees
9 9:00 Sheephead 10:00 DVD Fitness 11:00 Zumba Gold 12:00 Bridge 12:00 Music with Leanne 12:30 RIDE 1:00 Aging Mastery Program 1:30 Ask the Athletic Trainer	10 8:30 Wonder Women 9:00 Spanish Conversation 9:30 Jolly Exercise 9:30 Euchre 10:30 Crafts 12:00 Music with Jeana 12:30 Bingo 12:30 Bridge 1:00 Sheephead 1:00 Samba 1:00 Mah Jongg Beginners Class 1:30 Ladies Christmas Tea	11 9:00 Pinochle 10:00 DVD Fitness 10:00 Intro to Sage-ing 12:00 Sturgeon Bay High School Choir 1:00 Sheephead 1:00 Poker 1:00 Mah Jongg 1:00 RIDE
16 8:00 Gadget Guy 9:00 Sheephead 10:00 DVD Fitness 11:00 Zumba Gold 11:30 Doula Info in the Dining Room 12:00 Bridge 12:30 RIDE 1:00 Aging Mastery Program	17 8:30 Wonder Women 9:00 Spanish Conversation 9:30 Jolly Exercise 9:30 Euchre 10:30 Craft Class 12:00 St. Peter's Children's Choir 12:30 Bingo 1:00 Sheephead 1:00 Samba 1:00 Mah Jonng Beginners Class	18 9:00 Pinochle 1:00 Caregiver Support Group 10:00 DVD Fitness 11:30 Sunrise Ambassadors Visit 1:00 Poker 1:00 Sheephead 1:00 Mah Jongg 1:00 RIDE
23 8:00 Gadget Guy 9:00 Sheephead 10:00 DVD Fitness 11:00 Zumba Gold 12:00 Bridge 12:30 RIDE 1:00 Aging Mastery Program 1:30 Ask the Athletic Trainer	24 **Christmas Eve** **The ADRC is closed**	25 **Merry Christmas!** **The ADRC is closed**
30 9:00 Sheephead 10:00 DVD Fitness 11:00 Zumba Gold 12:00 Bridge 12:30 RIDE	31 8:30 Wonder Women 9:00 Spanish Conversation 9:30 Jolly Exercise 9:30 Euchre 10:30 Craft Class 11:30 New Year's Eve Party 12:30 Bingo 1:00 Sheephead 1:00 Samba 1:00 Mah Jonng Beginners Class	

	THURSDAY		FRIDAY
5	8:30: Wonder 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 1:00 Aging Mastery Program 1:00 LIR: CSI: Door County/ Sturgeon Bay	6	10:00 DVD Fitness 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 Aging Mastery Program	13	10:00 DVD Fitness 10:00 Ask an Exercise Physiologist 10:00 Acoustic Sound Circle 11:00 Zumba 11:00 Strong & Stable 12:00 Music with Tom and Tad **THE ADRC WILL CLOSE AT 2:30PM FOR A STAFF EVENT**
19	8:30 Wonder Women 9:00 Friendly Crafters 9:30 Jolly Exercise 11:00 Senior Fit 11:00 Blood Pressure Checks 12:00 Caroling by TJ Walker Students 12:30 Bingo 12:30 Knitting Group 12:30 Wood Carving 1:00 Aging Mastery Program	20	10:00 DVD Fitness 11:00 Zumba 11:00 Strong & Stable 12:00 Zumba Demo 12:00 Christmas Party
26	8:00 Gadget Guy 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	27	10:00 DVD Fitness 10:00 Ask an Exercise Physiologist 11:00 Zumba 11:00 Strong & Stable 11:45 Music with Tim and Paul

December Daily Activities

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

12/2: Gadget Guy

12/2: Chair Massages

12/4: Trip: Merry-Time Festival of Trees

12/9: Ask the Athletic Trainer

12/10: Ladies Christmas Tea

12/11: Intro to Sage-ing

12/13: Ask an Exercise Physiologist

12/16: Gadget Guy

12/20: Christmas Party

12/23: Gadget Guy

12/23: Ask the Athletic Trainer

12/27: Ask an Exercise Physiologist

12/31: New Year's Eve Party

Exercise Programs

Many of you have asked for a description of the ongoing exercise classes offered 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 (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 Markanique Wilding, of the YMCA. 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. An explanation and benefit of each exercise is provided. 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.

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

Exercise Physiologist Adam Peronto: Adam develops specific exercise plans to improve key health indicators, and helps you meet your health and fitness goals. He can help you improve your cardiovascular function, and increase your strength and flexibility. Adam is available by appointment between 10am-11am; this month on the 2nd and 4th Fridays of July. (no charge)

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. (no change)

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

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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(920) 746-2166
Edward Jones
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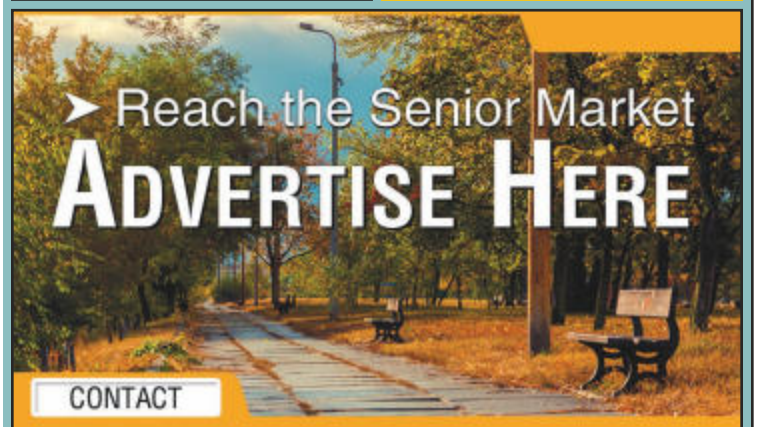
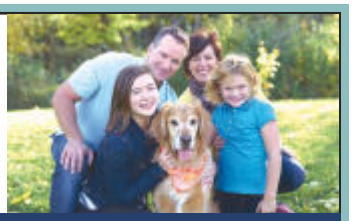


Contact Alex Nicholas to place an ad today! anicholas@4LPi.com or (800) 950-9952 x2538

Better health **starts with a primary care provider**



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

Michael Aleksandrowicz, MD

Laura Boucher, NP

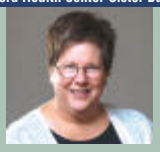
Paul Maes, MD

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.

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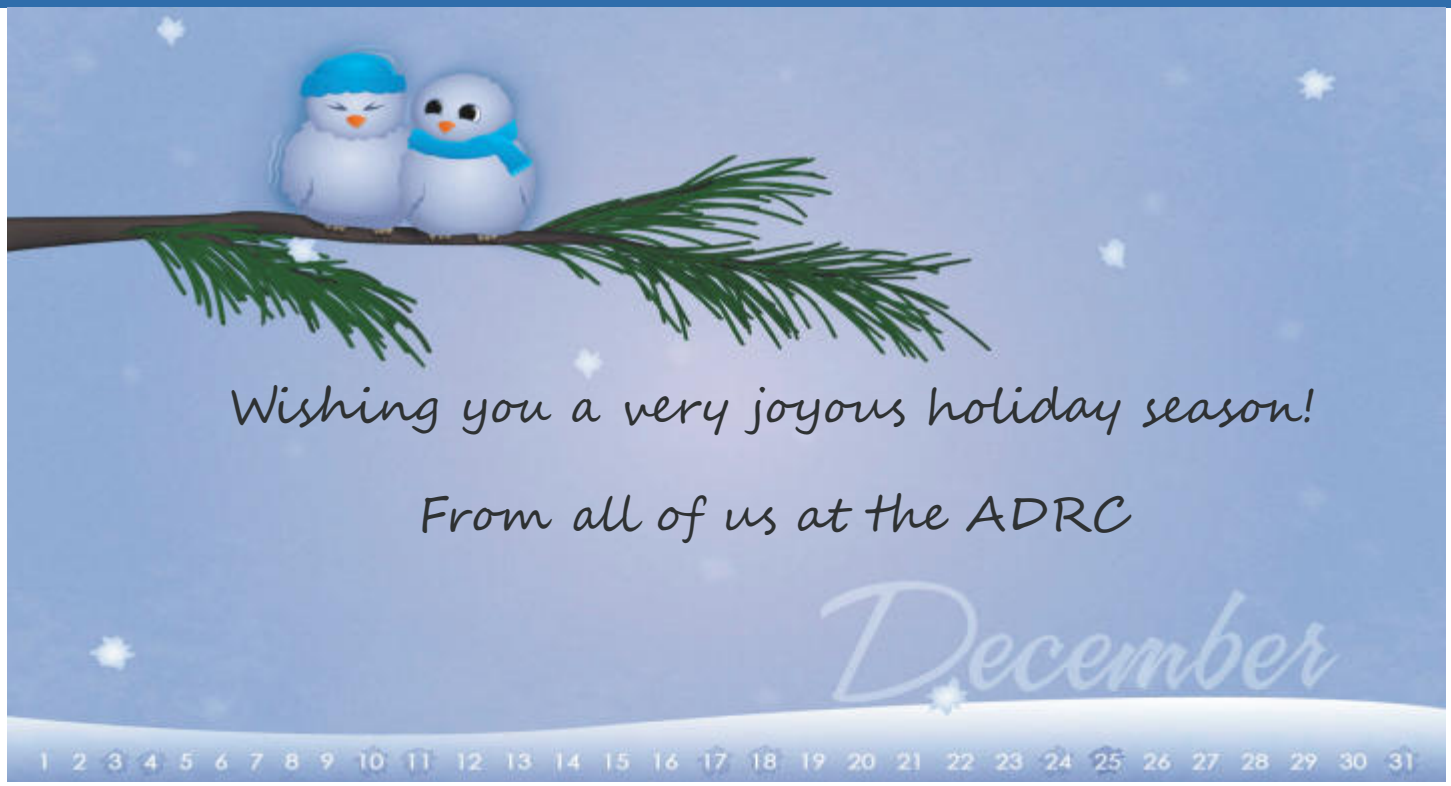
HOLIDAY WISHES



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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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Unity Hospice is a caring nonprofit partnership of Bellin Health, HSHS St. Mary's Hospital Medical Center and HSHS St. Vincent Hospital.

MUSIC/TRIPS/LEARNING/SPECIAL EVENTS

Music With:

Ken (guitar)
Tuesday, December 3rd at 11am

Lori (guitar)
Wednesday, December 4th at 11:30am

Leanne (guitar)
Monday, December 9th at 12pm

Jeana (piano)
Tuesday, December 10th at 12pm

George (guitar)
Thursdays, December 12th & 26th at 12pm

Tom and Tad (fiddle, banjo, guitar)
Friday, December 13th at 12pm

Music with Tim and Paul (guitar)
Friday, December 27th at 11:45pm

Bus Trip: Merry-Time Festival of Trees

Date: Wednesday, December 4th
Time: 1pm (return by 3pm)
Cost: $10
Trip includes admission to trees (and museum) and a raffle ticket ($5 value) to win a tree!

Sign up at the front desk or call 746-2372

Learning in Retirement

Exploring (B) Municipal Government
Monday, December 2nd, at 10am

CSI: Door County/Sturgeon Bay
Thursday, December 5th, at 1pm

Call Cathy at 746-7153 to register/more information

Ladies Christmas Tea

Date: Tuesday, December 10th
Time: 1:30pm

Wear your hat! If you need a hat, let us know when you register.

Sign up at the front desk or call 746-2372

Merry Christmas Party

Music by Jeana on piano

Friday, December 20th, 12 pm

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

Happy New Year Celebration

"Dean Martin" and "Elvis"
December 31st, 11:30am-1:00pm

Sign up at the front desk or call 746-2372

Additional Holiday Happenings (lunchtime)

Wednesday, December 11th: Sturgeon Bay High School
Tuesday, December 17th: St. Peter's Children's Choir
Wednesday, December 18th: Sunrise School Ambassadors
Thursday, December 19th: TJ Walker Middle School

Volunteer Opportunities

Meal–Time Helpers

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

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

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

WELCOME DESK VOLUNTEERS NEEDED

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

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

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

Volunteer applications are at front desk.

MAKE A DIFFERENCE IN YOUR COMMUNITY

Become an ADRC Meals–on–Wheels Driver

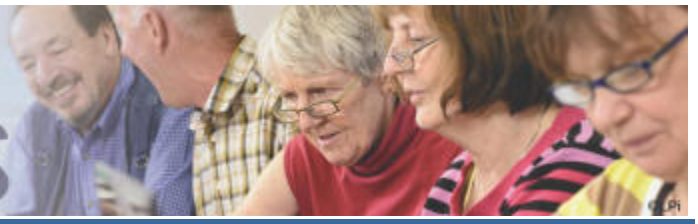
Volunteers are essential in providing care and compassion to older adults in need of nutrition assistance. With the help of dedicated volunteers, the Aging and Disability Resource Center of Door County is able to serve the many seniors in need of meal assistance throughout Door County. Our Meals on Wheels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

Meals are delivered Monday–Friday Between 10:30am-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
December 4th at 1pm

- 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
December 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"
December 2nd,16th, 23rd, 26th
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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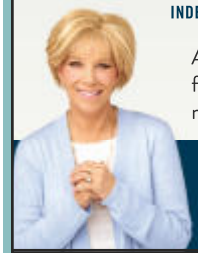

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Joan Lunden, journalist, best-selling author, former host of *Good Morning America* and senior living advocate.

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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, December 19th 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 December. See you January 22, 2020! Open to all!

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ACTIVITIES UPDATE

We would like to extend a big thank you to all the **volunteers playing music** in December! We have some new volunteers with some big talent, so check 'em out! See page 19 of this newsletter for dates/times.

Speaking of music, the **Acoustic Sound Circle** will be practicing here at the ADRC on Friday, December 13th, from 10am-noon. This group of talented musicians will gather near the fireplace in the lounge. Come to listen, stay for lunch, and then enjoy the bluegrass sounds of **Tom and Tad** at noon.

At the time this newsletter went to press, the **Bone Boys** were making plans for an ADRC gig. Stay tuned to announcements at lunch, the information table or TV in the lobby, or call 746-2372 for the date.

Don't stress out during the holidays! Take some time for yourself! Why not get a **chair massage**? The NWTC Massage Therapy students will be here on Monday, December 2nd, from 9:30am –11:30am. Stop by or call the front desk to make your appointment.

Are you living life to its fullest? Learn how! Join Trish Black, CSL, for **Introduction to Sage-ing** on Wednesday, December 11th at 10am.

Are there any **stamp collectors** out there interested in forming a group? Contact Cathy, Activities and Volunteer Coordinator at 746-7153 for more information.

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.

The very popular **Stepping On Program** for falls prevention returns to the ADRC in January! Christine Webb-Miller of the Door County YMCA is again facilitating this 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 on Wednesdays. Class begins on Wednesday, January 15th, and runs through March 26th. This is a community-based program and everyone is welcome.
No class fee. Sign up by calling the YMCA at 920-743-4949

The ADRC hopes to be hosting a **Memoir Writing class** in January. This 4-session series is for you if you wish to reflect on your past and write about your memories in an environment of positive feedback. Each session will include writing time, a "mini lecture" and reading of participants' work. Homework is required for this course. This class does not focus on writing for publication. The series will likely begin on Thursday, January 9th and continue every Thursday through January 30th. Class time will be from 1-3pm. Sign up at the front desk, or call 746-2372. We thank Dawn Craig for her willingness to bring this series to the ADRC.
FYI: The ADRC needs a portable overhead projector to host this class, if you know of one available for us to borrow, please call Cathy at 746-7153. Thanks!

A Twist on Holiday Traditions

Carmen Schroeder, RDN, CDE, CD

Holidays, like Hanukkah, Christmas, and the New Year, are celebrated in nations across the globe, but food traditions vary from place to place. You can make your own traditions, with some of the super food plant-based fare listed below. Healthy eating can taste good, even at holidays.

APPETIZER: Tasty and light. *Pumpkin Hummus* can be served with fresh veggies such as carrots, celery, sugar snap peas or cucumber slices.

1 (15 oz) can chick peas, drained and rinsed
½ cup canned pumpkin
2 Tbsp tahini paste (Peanut butter can be substituted for tahini paste).
1 Tbsp olive oil
1 Tbsp lemon juice
2 garlic cloves
¼ tsp smoked paprika.
Black pepper to taste. 1 tsp pumpkin seeds, optional

1. Add all of the ingredients except pumpkin seeds to a food processor or blender and blend until smooth. Garnish with pumpkin seeds (optional).

SIDE DISH-This savory *Sweet Potato Shepherd's Pie* will be a tasty accent to the meal. This recipe could be used for a main course anytime of the year. Serves 4.

1 large sweet potatoes (~9 oz), peeled and diced.
1 small onion, diced
1 garlic cloves, minced
8 ounce lean ground turkey

1 (14.5 oz) can diced tomatoes
8 ounce bag frozen mixed vegetables (such as carrots, peas, corn and green beans)
2 teaspoon yellow mustard
1 Tbsp Worcestershire sauce
1/8 tsp ground black pepper
1 tsp cornstarch
1.5 teaspoon cold water
1 Tbsp butter or margarine

1. Steam the sweet potatoes in a steam basket over ~1" water for ~15 minutes.
2. Sauté onions over medium-high heat for 3 minutes or until they look clear. Add garlic and sauté for 30 seconds. Remove from pan and set aside.
3. Add ground turkey to the sauté pan and cook well, ~ 6-7 minutes. Add the onion/garlic back into the pan and stir to mix.
4. To the ground turkey, add diced tomatoes, mixed veggies, mustard, Worcestershire sauce and pepper. Bring to a simmer.
5. In a small bowl, mix together the cornstarch and water. Stir the cornstarch mixture into the ground turkey/veggie mixture and simmer for 5 minutes.
6. Move the sweet potatoes to a medium bowl and mash with a potato masher or fork. Add butter/margarine and mix until smooth.
7. Preheat the broiler. Pour the cooked turkey mixture evenly into an 9"X13" pan or individual casserole dishes. Spread the sweet potatoes evenly on the top of the turkey mixture.
8. Broil until the potatoes are lightly browned on top, about 3-5 minutes, then 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 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—DECEMBER

MONDAY	WEDNESDAY	FRIDAY
Cheese Burger on a Bun* Baked Beans Coleslaw Pickle Spear Fruit* 2	Beef Stroganoff/ Noodles* Carrots Fruit Cup* Devil's Food Cake* Bread* String Cheese 4	
Tomato Soup* Egg Salad Sandwich* Fruit* Cookie* String Cheese 9	Sweet and Sour Chicken Stir Fry Vegetables Brown Rice* Egg Rolls Yogurt w/Fruit 11	Cornish Game Hens Wild Rice* Broccoli & Cauliflower Cranberries Peppermint Ice Cream* Roll* 13
Meat Loaf w/Gravy Mashed Potatoes* Beets Mandarin Oranges* String Cheese Bread* 16	Ham German Potato Salad* Steamed Cabbage Apple Pie/Ice Cream* Wheat Roll* 18	
Lasagna* Mixed Salad Fruit* Sherbet* Garlic Bread* 23	**Center Closed** **Merry Christmas** 25	Pork Chops Baked Potatoes* Green Beans Apple Sauce* Cherry Cheese Cake* Roll* 28
Brats w/Bun* Sauerkraut Potato Salad Carrots and celery slices Yogurt Fruit Parfait* 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
Cream of Broccoli Soup* Egg Salad Sandwich* Steamed Carrots Fruit* 2	Vegetable Lasagna* Tossed Salad Cheesecake w/Cherries Garlic Bread 3	Hot Dog w/Bun* Baked Beans* Stewed Tomatoes Yogurt Parfait* Birthday Cake* 4	Chicken-ala-King* Biscuits* Peas/Carrots Pineapple Chunks* Rice Pudding* 5	Tuna Casserole* Green Beans Fruit* Cherry Almond Coffeecake* Rye Bread 6
Swedish Meatball Mashed Potatoes* Asparagus Brownies* Fruit* Roll* 9	Beef Tips/Pasta* Broccoli Pineapple Upside Down Cake* Fruit* String Cheese 10	Baked Chicken Sweet Potato* Green Beans Yogurt Parfait * Roll* 11	Baked Ziti* Romaine Lettuce Salad Mandarin Oranges* Carrot Cake* Garlic Bread 12	Crispy Fish Filet Scalloped Potatoes* California Veggies Pudding W/Fruit* Wheat Roll* Registration Required 13
Grilled Chicken Sandwich* Scalloped Corn* Cole Slaw Pineapple/Cottage Cheese* 16	Baked Ham German Potato Salad* Veggie Apple Sauce* Poppy Seed Torte* Roll* 17	Swiss Steak Baked Potato* Mixed Vegetables Birthday Cake* Bread* String Cheese 18	Spaghetti w/ meat sauce* Lettuce Salad Fruit* Garlic Bread* Cookie* 19	Christmas Party Cornish Hens Wild Rice* Veggies Drumstick Torte* Cranberry Sauce* Roll* 20
Chicken Rice Casserole* Broccoli Sliced Cucumber Salad Yogurt Fruit Parfait* Roll* 23	**CLOSED** **Merry Christmas** 24	**CLOSED** **Merry Christmas** 25	Brats/Sauerkraut Baked Beans Mixed Vegetables Red Velvet Cake* Cottage Cheese/ Fruit 26	Baked Cod Parsley Butter Potatoes* Island Blend Veggies Cheesecake w/ Berries Cheese Stick 27
Stuffed Pepper Soup* Ham & Cheese/Rye* Apple Slices Cottage Cheese w/ Pineapple* 30	New Years Eve Party Pork Roast Mashed Potatoes* Veggie Blend Angel Food Cake Strawberries* Registration Required 31			

**** Signifies Foods that count as Carbohydrate choices. Milk is also served every day and is a carbohydrate choice.***
**** Carbohydrates are found in breads, cereals, grains, fruits, milk, starchy vegetables and sweets. Eating the same amount of carbs at each meal can control blood sugar.***
Meals are always subject to change due to unexpected circumstances
To insure we have enough food please make reservations 24 hours in advanced for Baileys Harbor, Brussels, or Liberty Grove. Call 920-746-2523