January 2020

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 ..... Silver Umberham
Contracted Dietician ..... Vacant

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

January Greetings

Most every country in the world celebrates January 1st as the beginning of the new year. Have you ever wondered what other countries customs are when it comes to celebrating New Year's and do you have your own customs?

1. Children in Belgium write New Year's Letters to their parents or godparents.
2. People in Greece hang an onion on the front door as a symbol of rebirth in the new year and break a pomegranate– an ancient symbol prosperity and luck– on the doorstep before entering the house on New Year's Day.
3. In Denmark family and friends eat a huge cone-shaped cake decorated with fire crackers and flags on New Year's Eve and throw dishes on someone's doorstep on New Years Day to ensure they will have many friends visiting in the coming year.
4. Buddhist temples in Japan ring their bells 108 times to welcome Toshigami, the New Year's god.
5. Many people in Estonia eat up to 12 meals on New Year's Eve, believing that they'll acquire the strength of that many men in the coming years. They typically leave part of the meal uneaten as a gift for spirits of ancestors who may visit.
6. On New Years Eve, people in Finland practice molybdomancy, which is the process of melting lead in a small pan on the stove, then quickly casting it into cold water, and then "reading" the shape of the melted metal by candlelight to foretell the future of the coming year.
7. Single women in Ireland put mistletoe leaves under their pillows on New Years Eve so they'll have better luck finding a husband in the coming year.
8. In Germany, they eat jam-filled doughnuts and tiny marzipan pigs on New Year's Eve to ensure good luck in the new year.
9. In Argentina, people eat a bean dish similar to hoppin' john on New Year's Eve to bring good luck and career success.
10. In the Czech Republic they put on an incredible fireworks display on the Charles Bridge just after midnight on New Year's Eve.
11. In Serbia, New Year's Eve is celebrated like Christmas with gifts from Santa.
12. In Scotland, it is customary to drink a glass or two of spiced "hot pot" beverage similar to wassail with friends to celebrate New Year's Eve.
13. In Holland eating a hoop - or - ring– shaped sweet treat such as a doughnut on New Years Eve will bring a "full circle" of good luck.

Happy New Year's!
Jenny Fitzgerald - Assistant 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 **Please Note:** **There will be no Support Group on January 14th**	**Washington Island Chapter** 1st Friday of the month 11:00 a.m. – 12:30 p.m. WICHP Fellowship Hall at Trinity Lutheran Church 1763 Town Line Rd Washington Island, Wi 54246 (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!

NORTHEAST
WI Technical College

Aging & Caregiving Resource Fair

11 a.m.- 2 p.m. Thursday, January 23

2438 S. Bay Shore Drive, Sister Bay (across from Carroll House Restaurant)

Come to the fair to learn how to care for yourself as you age and how to be a good care partner for others. Connect with area resources, develop skills, eat lunch and enjoy the company of others.

- Talk to representatives from many area agencies and organizations
- Listen to presentations on a variety of topics
- Learn some helpful skills
- Enjoy a free cup of coffee and a light lunch (while supplies last).

Event is Free

Pre-registration recommended. Call 920-746-4970 or e-mail sisterbay@nwtc.edu.

Transportation Changes for 2020

Changes will affect the ADRC and Door 2 Door systems

Hello, my name is Pam Busch. This past October, I joined the Door County Transportation Department as the new Transportation Manager. Some of you may know me through my work with Door-Tran since 2007. Transportation and keeping people moving in our community is my passion.

As the Transportation Manager, I want to be sure you are aware of transportation changes for 2020. Door 2 Door Rides, shared ride taxi service, will continue services, however the following Connector Routes offered by Sunshine House and the ADRC will end on December 31, 2019 along with the Brussels, Egg Harbor, Valmy, Sister Bay, and Algoma Connectors. Door 2 Door Rides will continue to serve these areas with a preferred 24-hour notice.

Effective January 1, there will also be fare increases for the ADRC Bus/Van and Door 2 Door Rides. The ADRC has not had a fare increase since it began about 40 years ago. The current cost is $1 per stop, which will increase to $2 per stop. Trips that are to the ADRC for lunch will be $2 round trip.

Door 2 Door Rides will also have fare increases. The Orange Core Zone will increase by $.50 for full adult fares ($3.50 to $4) and by $.25 for reduced fares for individuals with a disability or who are age 3-22 or 60+ ($1.75 to $2). Travel within other Zones will change from $6.50 to $7 and $3.25 to $3.50. Fares to cross zones will not be increased at this time.

If you have any questions about these changes, please contact Pam Busch at 920-746-5982 or email pbusch@co.door.wi.us. You may also visit Pam at the ADRC.

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 do various tasks 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 the ADRC, which isolates these individuals and diminishes their quality of life.

The ADRC bus and van are both wheelchair accessible. The cost of a ride is $2.00 per stop. The ride to and from the ADRC for the Noon meal is $2 round trip. Gift Certificates are also available.

Rides are provided 8:15am-3:45pm, Mon– Fri

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

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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The Dangers of Hypothermia

The cold weather is upon us in Wisconsin! While some people enjoy the snow and cold and others can't wait for summer to return, no one can deny that winter can produce some dangers, especially for older people. Not only are there slippery sidewalks to contend with, but also the possibility of hypothermia.

Hypothermia is a drop in body temperature that is caused by staying in a cool place for too long. This may bring to mind images of someone who is lost outside in a blizzard, but hypothermia can strike a person in their own home where the heat is turned down too low. A body temperature below 96 degrees can cause an irregular heartbeat leading to heart problems and even death if not treated promptly. Hypothermia is especially dangerous because it happens gradually and affects your thinking. You may not even realize you need help!

As caregivers, it important to be aware of the symptoms and risks of hypothermia as people with advanced age are especially vulnerable. When checking in on your relatives, friends or neighbors, be especially aware of the symptoms of hypothermia.

- Confusion or sleepiness
- Slowed, slurred speech or shallow breathing
- Weak pulse or low blood pressure
- Cold, pale skin
- A lot of shivering or stiffness in the arms or legs
- Chilly rooms or other signs that they have been in a cold place
- Poor control over body movements or slow reactions

If you think someone may have hypothermia, take his/her temperature and if it doesn't rise above 96 degrees, call 9-1-1. It is very important that a person with hypothermia is treated by a physician.

Sometimes people are tempted to turn their thermostats down too low as a way of saving money on their energy bill, but this can result in a dangerous situation. It is essential for people keep their homes warm by setting the thermostat to at least 68 degrees.

There are some things you can do to keep yourself warm and cut down on heating costs such as closing vents and doors to rooms you are not using. Wearing several layers of loose clothing and eating enough food to keep up your body weight will also help you stay warmer in your house. Additionally, you can also call your power or gas company for information on weatherizing your home. If paying for heat is a problem due to a limited income, you may qualify for help through the Energy Assistance Program. Call Kathy Fairchild at 920-746-7155 for more information. May you have a happy and safe winter!

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

Stepping On Program

For Falls Prevention

The Door County YMCA

Presents:

Stepping On

Building Confidence and Reducing Falls

January 15 – February 26

Wednesdays | 1:00 – 3:00pm

ADRC COMMUNITY CENTER
916 N. 14th Ave
Sturgeon Bay, WI 54235

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

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

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

wiha
Wisconsin Institute for Healthy Aging

Sign up today by calling the YMCA at
920.743.4949 • 920.868.3660

AAA the Y

For additional questions or information please contact,
Christine Webb-Miller at cwebb-miller@doorcountyymca.org or call (920) 743-4949.

Tax Credit Would Aid Wisconsin Caregivers

Posted on 11/30/19 by The AARP Bulletin

Wisconsin voters overwhelmingly support a state-income-tax credit for family caregivers, a recent AARP Wisconsin survey found. The Credit for Caring bill, introduced in the Legislature this year, would create a $500 nonrefundable individual tax credit for certain expenses a family caregiver incurs while assisting a qualified family member.

Caregivers spend an average of $7,000 per year on related costs. The AARP survey of 1,000 registered Wisconsin voters age 40 and older found that nearly 90 percent approve of the measure. More than 80 percent also support the proposed CARE Act. The legislation would require hospitals to provide family caregivers with the medical instructions they need to look after loved ones after they are discharged.

AARP Wisconsin unveiled the results of the survey this fall as part of a push to give more support to the state's 580,000 unpaid family caregivers, who provide an estimated $6.9 billion worth of care. This story is provided by AARP Wisconsin. Visit the AARP Wisconsin page for more news, events, and programs affecting retirement, health care, and more.

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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NATIONAL CENTER ON ELDER ABUSE

The Facts About Elder Abuse

Elder abuse is the harming of an older person. It can include neglect, physical, emotional, financial or sexual abuse.

Here are some elder abuse facts that everyone should know.

- About 1 in 10 Americans age 60+ have experienced abuse.[1]
- Without decent health care and public resources, our population becomes more at risk for abuse as we age.[2]
- The impact of elder abuse is felt by people of all ages.
- Elder abuse also reduces older people's participation in the life of our communities.
- Elder abuse creates health care and legal costs that are often carried by public programs like Medicare and Medicaid.[3]

*It is up to **all of us** to prevent and address elder abuse!*

Our country's value of justice for all requires that we construct strong supports that help people of all ages. Ending isolation, creating and improving transportation, law enforcement, senior centers and social services can help stop abuse.

Visit **ncea.acl.gov** to learn more.

[1] Acierno, R., Hernandez, M.A., Amstadter, A.B., Resnick, H.S., Steve, K., Muzzy, W., & Kilpatrick, D.G. (2010). Prevalence and correlates of emotional, physical, sexual, and financial abuse and potential neglect in the United States: The national elder mistreatment study. *American Journal of Public Health, 100*(2), 292-297. doi:10.2105/AJPH.2009.163089

[2] Lachs, M.S., & Pillemer, K.A. (2015). Elder abuse. *New England Journal of Medicine, 373*(20), 1947-1956. doi:10.1056/NEJMra1404688

[3] National Committee for the Prevention of Elder Abuse, Virginia Tech, & MetLife Mature Market Institute. (2011). *The MetLife study of elder financial abuse: Crimes of occasion, desperation and predation against America's elders.* New York, NY: Metropolitan Life Insurance Company. Retrieved from https://ltcombudsman.org/uploads/files/issues/mmi-elder-financial-abuse.pdf

NCEA
National Center on Elder Abuse

This material was completed for the National Center on Elder Abuse situated at Keck School of Medicine at the University of Southern California and is supported in part by a grant [No. 90ABRC000101-02] from the Administration for Community Living, U.S. Department of Health and Human Services (HHS). Grantees carrying out projects under government sponsorship are encouraged to express freely their findings and conclusions. Therefore, points of view or opinions do not necessarily represent official ACL or HHS policy. LAST DOCUMENT REVISION: DECEMBER 2017

Keck School of Medicine of USC

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 2019– May 15th 2020 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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- In-Home Supportive Care

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

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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
		1 Happy New Year! The ADRC is closed today.
6 9:00 Sheephead 10:00 DVD Fitness 11:00 Zumba Gold 12:00 Bridge 12:30 RIDE	7 8:30 Strong Women 8:30 Wonder Women 9:00 Spanish Conversation 9:30 Jolly Exercise 9:30 Euchre 11:00 Music with Ken 12:30 Bingo 1:00 Poker 1:00 Sheephead 1:00 Samba 1:00 Mah Jongg Beginners Class	8 9:00 Pinochle 10:00 DVD Fitness 12:30 RIDE 1:00 Sheephead 1:00 Poker 1:00 Mah Jongg
13 9:00 Sheephead 10:00 DVD Fitness 11:00 Zumba Gold 12:00 Bridge 12:30 RIDE 1:30 Ask the Athletic Trainer 2:00 Lunchtime Volunteer Meeting	14 8:30 Strong Women 8:30 Wonder Women 9:00 Spanish Conversation 9:30 Jolly Exercise 9:30 Euchre 12:00 Music with Jeana 12:00 Bayship 12:30 Bingo 12:30 Bridge 1:00 Sheephead 1:00 Poker 1:00 Samba 1:00 Mah Jongg Beginners Class	15 9:00 Pinochle 10:00 DVD Fitness 11:30 Doula Info in the Dining Room 12:30 RIDE 1:00 Caregiver Support Group 1:00 Stepping On 1:00 Poker 1:00 Sheephead 1:00 Mah Jongg
20 9:00 Sheephead 10:00 DVD Fitness 11:00 Zumba Gold 11:00 LWV Voter Registration Assist 11:45 Music with Lea Anne 12:00 Bridge 12:30 RIDE	21 8:30 Strong Women 8:30 Wonder Women 9:00 Spanish Conversation 9:30 Jolly Exercise 9:30 Euchre 12:30 Bingo 1:00 Poker 1:00 Sheephead 1:00 Samba 1:00 Mah Jonng Beginners Class	22 9:00 Pinochle 10:00 DVD Fitness 10:30 Door Advocates for Hearing Impaired 12:00 Door Co. Library Update 12:30 RIDE 1:00 Stepping On 1:00 Poker 1:00 Sheephead 1:00 Mah Jongg
27 9:00 Sheephead 10:00 DVD Fitness 11:00 Zumba Gold 12:00 Bridge 12:30 RIDE 1:30 Ask the Athletic Trainer **1ST DAY to SCHEDULE TAX APPOINTMENTS**	28 8:30 Strong Women 8:30 Wonder Women 9:00 Spanish Conversation 9:30 Jolly Exercise 9:30 Euchre 12:30 Bingo 1:00 Poker 1:00 Sheephead 1:00 Samba 1:00 Mah Jonng Beginners Class	29 9:00 Pinochle 10:00 DVD Fitness 12:30 RIDE 1:00 Stepping On 1:00 Poker 1:00 Sheephead 1:00 Mah Jongg

	THURSDAY		FRIDAY
2	8:30: Wonder Women 9:00: Friendly Crafters 9:30: Jolly Exercise 11:00 Senior Fit 12:00 Music with George 12:30 Bingo 12:30 Wood Carving 12:30 Knitting Group 1:00 Apple Users Group	3	8:00 Gadget Guy 10:00 DVD Fitness 11:00 Zumba 11:00 Strong & Stable
9	8:30 Strong Women 8:30 Wonder Women 9:00 Friendly Crafters 9:00 Hand Quilters 9:30 Jolly Exercise 11:00 Senior Fit 12:00 Packers Party 12:30 Bingo 12:30 Wood Carving 1:00 Memoir Writing 1:00 Mini Health Fair	10	8:00 Gadget Guy 10:00 DVD Fitness 10:00 Ask an Exercise Physiologist 11:00 Zumba 11:00 Strong & Stable
16	8:30 Strong Women 8:30 Wonder Women 9:00 Friendly Crafters 9:30 Jolly Exercise 11:00 Senior Fit 12:00 Winter White Celebration 12:30 Bingo 12:30 Knitting Group 12:30 Wood Carving 1:00 Memoir Writing	17	8:00 Gadget Guy 10:00 DVD Fitness 11:00 Zumba 11:00 Strong & Stable 11:45 Music with Tim & Paul
23	8:30 Strong Women 8:30 Wonder Women 9:00 Friendly Crafters 9:00 Hand Quilters 9:30 Jolly Exercise 11:00 Senior Fit 11:00 Blood Pressure Checks 12:00 Music with George 12:30 Bingo 12:30 Wood Carving 1:00 Memoir Writing	24	8:00 Gadget Guy 10:00 DVD Fitness 10:00 Ask an Exercise Physiologist 11:00 Zumba 11:00 Strong & Stable
30	8:30 Strong Women 8:30 Wonder Women 9:00 Friendly Crafters 9:30 Jolly Exercise 11:00 Senior Fit 12:30 Bingo 12:30 Wood Carving 1:00 Memoir Writing	31	10:00 DVD Fitness 11:00 Zumba 11:00 Strong & Stable

January Daily Activities

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

1/3: Gadget Guy

1/9: Packers Party

1/9: Memoir Writing Class (4 classes)

1/10: Gadget Guy

1/10: Ask an Exercise Physiologist

1/13: Ask the Athletic Trainer

1/16: Winter White Celebration

1/17: Gadget Guy

1/24: Gadget Guy

1/24: Ask an Exercise Physiologist

1/27: Ask the Athletic Trainer

AARP Tax assistance will once again be available for Taxes and Homestead Credit. You can start calling for appointments on the 28th of January.

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 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 January 10th and January 24th. (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.

UW-Madison Nursing Students Mini Health Fair

WISCONSIN
UNIVERSITY OF WISCONSIN-MADISON

ADRC Door County

Join us on Thursday, January 9th, 2020

From 1:00 pm - 4:30 pm

At The ADRC Community Center

916 N. 14th Ave Sturgeon Bay

- Vaccinations
- Recommendations
- What and Why
- Blood Pressure Screenings
- Fall Risk Assessments
- What is Diabetes???
- Purposeful Physician Appointments
- Learn how to use your electronic personal health records
- Hand Massages with Essential Oils
- Questions you should ask your doctor

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

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

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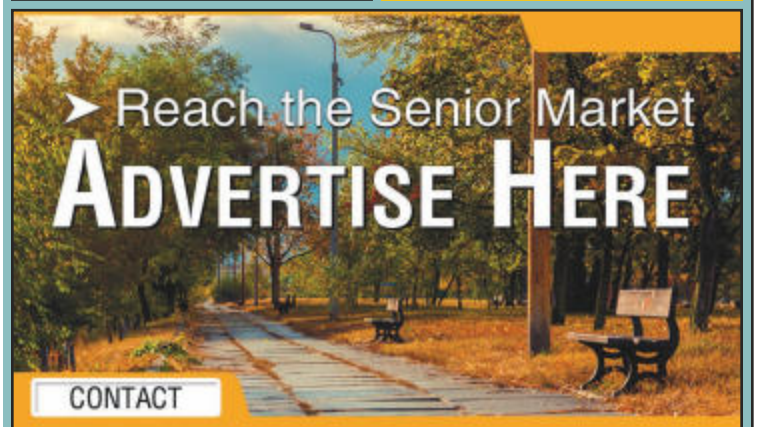
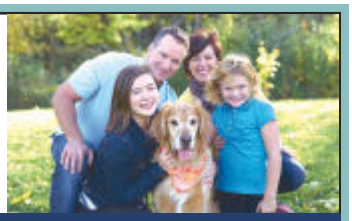
Sturgeon Bay, WI 54235
(920) 746-2166
Edward Jones
MAKING SENSE OF INVESTING



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

Better health
starts with a primary care provider



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

Michael Aleksandrowicz, MD

Laura Boucher, NP

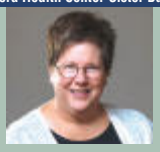
Paul Maes, MD

Britain O'Connor, MD

Andrea Patza, NP

Aurora Health Center-Sister Bay

Michael Flood, PA-C


Sally Luthi, NP

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

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

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

Aurora Health Care
For your life.

VOTER REGISTRATION ASSIST OFFERED

Door County League of Women Voters will assist in registering and updating voter information at:

*Baileys Harbor Senior Lunch - Town Hall Building 2392 County Rd F January 17, 11:30-12:30

*ADRC Sturgeon Bay 916 N. 14th Ave Sturgeon Bay January 20, 11:00 to 1:00

*Brussels Senior Lunch -Brussels Community Center 1366 Junction Rd January 21, 11:30-12:30

*Liberty Grove Senior Lunch - Town Hall at 11161 Old Stage Rd January 27, 11:30-12:30

A voter's registration needs to be updated if the voter has moved or had a name change since last voting. Having current information on record is especially important for those voting early, or by mail. **For more information contact Barb Graul at 743-6842**

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Open every day 7am – 7pm
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We do the best we can for you and your family!
25 years in healthcare! That speaks for itself.
Anna's healthcare inc.
Anna's Healthcare has two beautiful locations. The city of Sturgeon Bay and the country of New Franken.
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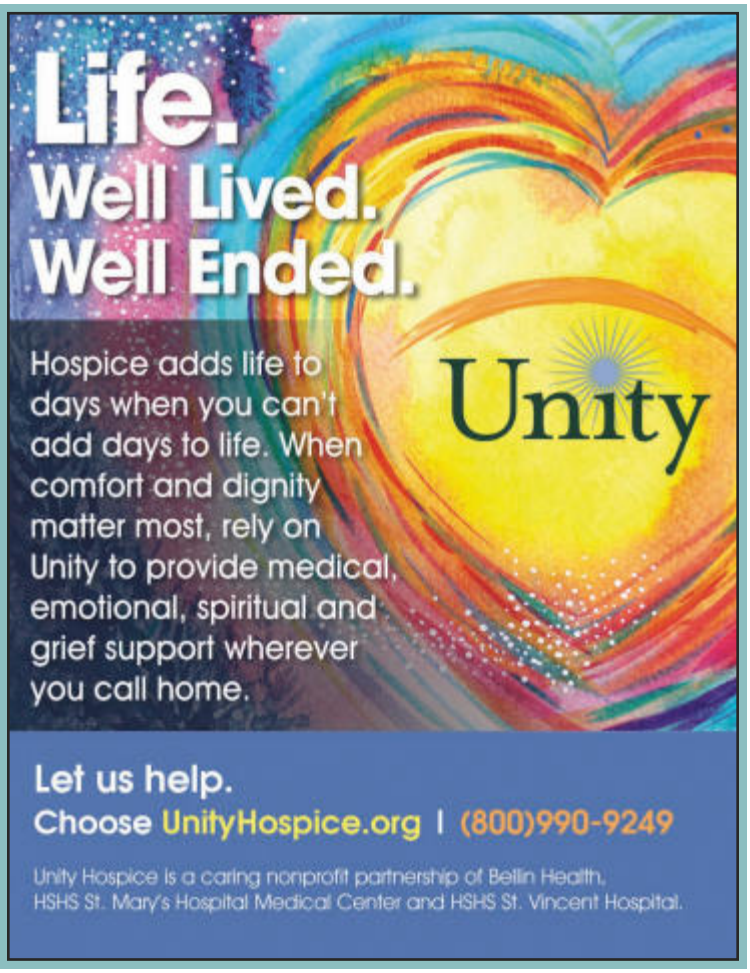
839 S. 18th Ave. | Sturgeon Bay, WI 54235
annashealthcare.com | 920-818-1200
Office Hours: 8am-4pm
Anna's Healthcare is a wonderful support system for you and your family. We're there to help give a better quality of life to our seniors.



MUSIC/TRIPS/LEARNING/SPECIAL EVENTS

Music With:

George (guitar)
Thursdays, January 2rd and 23rd at 12pm

Ken (guitar)
Tuesday, January 7th at 11am

Jeana (piano)
Tuesday, January 14th at 12pm

Tim and Paul (guitar)
Friday, January 17th at 11:45am

Leanne (guitar)
Monday, January 20th at 11:45am

UW-Madison Nursing Students Mini Health Fair
Thursday, January 9th from 1pm-4pm

Memoir Writing Class with Dawn Craig

This class is for you if you wish to reflect on your past and write about your memories in an environment of positive feedback.

Dates: 4 Thursdays (4 class series)
January 9th, 16th, 23rd, & 30th
Time: 1pm-3pm
Cost: Free

Sign up at the front desk or call 746-2372
Registration is limited to 8 participants

PACKERS PARTY

Let's celebrate a great season, Super Bowl bound, or not!
Wear your Packers gear!
Thursday, January 9th at noon
Sign up at the front desk or call 746-2372

Winter White Celebration

Thursday, January 16th
Noon

It's the quiet season in Door County.

Come and enjoy the relaxing sound of *Harpfully Yours* as you dine on a delicious lunch. There will be door prizes and a raffle too.

Sign up at the front desk or call 746-2372

Ask the Athletic Trainer

Mondays
January 13th and 27th
1:30pm - 2:30pm
Fitness Room
Appointment is required
Call 746- 2372

Ask an Exercise Physiologist

Fridays
January 10th and 24th
10:00am - 11:00am
Exercise Room
Appointment is required
Call 746-2372

Volunteer Opportunities

Notice of Meeting for Lunch Time Volunteers

Monday, January 13th
2:00-3:00pm
Large Activity Room

If you are a volunteer in the dining room during the lunch service, your attendance at this important meeting is appreciated.

If unable to attend, 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.

Meals on Wheels

MAKE A DIFFERENCE IN YOUR COMMUNITY

Become an ADRC Meals–on–Wheels Driver

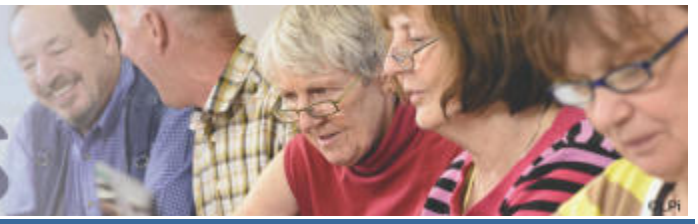
Volunteers are essential in providing care and compassion to older adults in need of nutrition assistance. With the help of dedicated volunteers, the Aging and Disability Resource Center of Door County is able to serve the many seniors in need of meal assistance throughout Door County. Our Meals on Wheels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

Meals are delivered Monday–Friday Between 10:30am-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

There will be no meeting UNTIL March 4th

1st Wednesday of the month -1pm-3pm

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

Apple User Group

January 8th at 1:00pm-3pm

1st Thursday of the month (except January)

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"

January 3rd, 10th, 17th, and 24th

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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"Inclusa's purpose is to make individuals feel that they're not alone, that they have some choice in their care."

Local long-term care supports and services delivered with a focus on your life, your choice.

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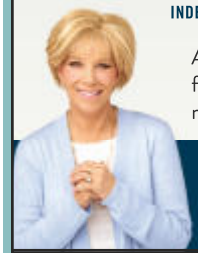
Call today to connect with a **SENIOR LIVING ADVISOR**

INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE



A Place for Mom has helped over a million families find **senior living solutions** that meet their **unique needs**.

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

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Are You De-Evolving?

"Aging and Degenerative (arthritic) changes are NOT SYNONYMOUS"

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

Staudenmaier Chiropractic Wellness Center

30 N 18th Ave. • Sturgeon Bay
920-743-7255 • www.BackToWellness.org
Like us on facebook Staudenmaier Chiropractic Wellness Center

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, January 23rd 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
See you January 22, 2020! Open to all!

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American Standard Walk-In Tubs
WALK-IN BATHTUB SALE! SAVE $1,500
- Backed by American Standard's 140 years of experience
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We match our members to the health and long-term care supports and services they need.
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ACTIVITIES UPDATE

The ADRC is 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 begin on Thursday, January 9th and continue every Thursday through January 30th. Class time is from 1-3pm. Sign up at the front desk, or call 746-2372. No class fee. We thank Dawn Craig for her willingness to bring this series to the ADRC.

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 February 26th. This is a community-based program and everyone is welcome. No class fee. Sign up by calling the YMCA at 920-743-4949.

Our thanks to **Trish Black, CSL,** for presenting **Growing Older with Wisdom, Dignity and Grace** last month. Those in attendance said that the class was thought-provoking and very interesting. We are hoping Trish will return to share more about this revolutionary approach to growing older called Sage-ing®.

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**? If you need help in getting started, or wish to network with others, our ADRC consumer "mentors" are here for you! Contact Cathy, Activities and Volunteer Coordinator at 746-7153 for more information.

If you're a Green Bay Packers fan, (or you just want to eat some great macaroni and cheese,) plan on attending the **Packers Party on January 9th at noon!** At the time of this writing, the Packers have high hopes of going to the playoffs! Regardless of the outcome, this season brought fans something to cheer about! Please register at the front desk or call 746-2372.

It's the quiet season in Door County. **Tammy Kazmierczak of Harpfully Yours joins us for a Winter White celebration at lunch on Thursday, January 16th at noon.** We'll have a few prizes…..If you have white apparel, please wear it to increase your chances of winning.

There will be **no Craft Class (Tuesdays 10:30am) in the months of January, February, or March.** Our volunteer facilitators, Lynn and Sue, will be taking a well-deserved break. Craft Class will return in April.

The ADRC is looking to create an **Activity Focus Group.** We need individuals who have ideas for activities and programming to make the ADRC of Door County even better! We'd love to have you join us on Tuesday, January 14th at 1pm in the Large Activity Room.

Be Fiber Wise

Carmen Schroeder, RDN, CDE, CD

Nutrition is an ever evolving science, as seen on daily headlines. One nutrition source has remained constant, the need for fiber in the daily diet.

Why Fiber Is So Good for You

Fruits, vegetables, legumes and whole grains all contain dietary fiber. It's an important part of a healthy eating plan with a multitude of health benefits.

- **Heart disease:** Fiber may help prevent heart disease by helping reduce cholesterol.
- **Weight management**: Fiber slows the speed at which food passes from the stomach to the rest of the digestive system – this can make us feel full longer. Foods that are higher in dietary fiber often are lower in calories as well.
- **Diabetes**: Because fiber slows down how quickly food is broken down, it may help control blood sugar levels for people with diabetes by reducing blood sugar levels after meals.
- **Digestive issues**: Fiber increases bulk in the intestinal tract and may help improve the frequency of bowel movements. Dietary fiber sources contain prebiotics, which is nourishment for a healthy microflora.

The recommended amount of dietary fiber is 14 grams for every 1,000 calories per day, or, about 25 grams for women and 38 grams for men each day.

Whole grains and legumes are a great way to get the benefits of fiber:

- **Eat barley, oats and oat bran** — all are good sources of soluble fiber.
- **Choose whole grain breads** with at least 3 grams of fiber per serving. Read the label for whole grain sources and fiber content.
- **Choose cereals with at least 5 grams of fiber per serving.** To find high-fiber cereals look for those made from whole grains, bran and rolled oats.
- **Look for Brown rice. It** is brown because it still has the husk, which is the fiber. Wild rice is also high in fiber.
- **Eat dried beans and peas in soups, chili, and hummus or add them to salads.**

It also is important to drink plenty of water and to increase your fiber intake gradually in order to give your body time to adjust.

Nutrition Cont.

Ways to Enjoy More Fruits and Vegetables

- **Add color to salads with baby carrots, grape tomatoes, spinach leaves or mandarin oranges.**
- **Keep cut-up veggies handy for a mid-afternoon snack, and dip them in hummus**
- **Stuff an omelet with veggies. Make your eggs exciting with broccoli, spinach, carrots, peppers, tomatoes, squash or onions.**
- **Add pizzazz to sandwiches with sliced pineapple, apple, peppers, cucumber or tomato as filling.**
- **Make a habit of adding fruit to your morning hot or cold cereal or yogurt.**
- **Microwave a cup of veggie soup as a snack or with a sandwich for lunch.**
- **Add grated, shredded or chopped veggies such as zucchini, spinach and carrots to lasagna, meatloaf, mashed potatoes, pasta sauce and rice dishes.**
- **To that cheese pizza, pile on broccoli, spinach, green peppers, tomatoes, mushrooms or zucchini.**
- **Make fruit your dessert. Make your main dish a salad of leafy greens and other colorful veggies. Top with chickpeas or edamame.**
- **Dip whole wheat pita wedges in hummus, baked tortilla chips in salsa, strawberries or apple slices in vanilla yogurt or graham crackers in applesauce.**
- **At gas stations, look for raw veggies, fresh fruit or nuts rather than chips.**

The Original All-Bran® Muffins

1 1/4 cups all-purpose flour
1/2 cup sugar
1 tablespoon baking powder
1/4 teaspoon salt
2 cups Kellogg's® All-Bran® Original cereal
1 1/4 cups fat-free milk
1 egg
1/4 cup vegetable oil

DIRECTIONS

1. Stir together flour, sugar, baking powder and salt. Set aside.

2. In large mixing bowl, combine KELLOGG'S ALL-BRAN cereal and milk. Let stand about 2 minutes or until cereal softens. Add egg and oil. Beat well. Add flour mixture, stirring only until combined. Portion evenly into twelve 2 1/2-inch muffin pan cups coated with cooking spray.

3. Bake at 400°for about 20 minutes or until golden brown. Cool 10 minutes. Serve warm.

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—JANAURY

MONDAY	WEDNESDAY	FRIDAY
	CLOSED NEW YEAR'S 1	
Meatloaf Steamed Potatoes* Stewed Tomatoes Apple Slices* Cheese Stick Roll* 6	Chili w/ Shredded Cheese Onions Brat on a Bun* Lettuce Salad Fruited Jell-O* 8	Baked Chicken Mashed Potatoes* Mixed Veggies Fruit Salad* Roll* Cheese Stick 10
Taco Salad w/Corn Chips* Ground Beef, Tomato, Onions, Cheese, Sour Cream Bread Stick. Fruit* 13	Sweet & Sour Chicken over Rice* Egg Rolls* Oriental Vegetables Fruit Pie Ala Mode* 15	
Spaghetti w/Meat Sauce* Shredded Cheese Tossed Salad Fruit Salad* Garlic Bread 20	Tomato Basil Soup* Chicken Wrap* Fruit Cup* Pistachio Torte* 22	Pork Chops Scalloped Potatoes* Green Beans Peach Upside Down Cake* Bread* 24
Cream of Broccoli Soup* Egg Salad Sandwich* Pickle Spears Cookie* Three Bean Salad 27	Roast Beef w/Gravy Steamed Potato* Broccoli /Cheese Sauce Fruit* Birthday Cake* Biscuit* 29	

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

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

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

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

STURGEON BAY, BRUSSELS, LIBERTY GROVE, BAILEYS HARBOR MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		CLOSED NEW YEARS 1	Ham Scalloped Potatoes* Beets Angel Food Cake* w/Strawberries Bread 2	Sloppy Joe/Bun* Scalloped Corn* Cole Slaw Pineapple Cake* Fruit Cocktail* String Cheese 3
Hamburger/Bun* Cheese, Tomato & Lettuce Slice French Fries* Fruit* Cookie* **6**	Baked Ziti* Vegetable Salad Peaches* Red Velvet Cake* Garlic Bread* 7	Pork Chops Parsley Potatoes* Dilled Carrots Cinnamon Applesauce Birthday Cake* String Cheese Bread* 8	Mac & Cheese* Hot Dog on a Bun* Stewed Tomatoes Dessert* Fruit* **PACKER PARTY** **Registration** **Required** 9	Cod & Wild Rice* Island Blend Veggies Rye Bread* Pineapple w/ Cottage Cheese 10
Chicken-ala-King* Steamed Peas Cowboy Salad Mandarin Orange* Biscuit* 13	Beef Stroganoff w/Egg Noodles* Winter Blend Veg Banana* Jell-O-Cake* Bread* 14	Cream of Tomato Soup* Grilled Chicken Sand.* Lettuce, Onion, Cheese Fruited Jell-O Cookie* 15	Roast Turkey Mashed Potatoes* Francais Blend Veg. Cranberries* Apple Pie* Roll* Winter White Party 16 Registration Required	Taco Salad/Corn Chips*, Ground Beef Tomato, Onions, Cheese, Sour Cream Fruit* Bread Stick* 17 Liberty Grove Baileys Harbor ONLY Chef Salad
Meatloaf Mashed Potatoes* Steamed Broccoli Fruit* Dessert* Roll* 20	Pasta Crab Salad* Tomato w/Cottage Cheese Fruit Cup* Cherry Almond Coffee Cake* 21	Pepper Steak Steamed Rice* Honey Carrots Fruit* Rice Pudding* Roll* 22	Cream of Potato Soup* Egg Salad Sand.* Apple Slices* Cookie* Three Bean Salad String Cheese 23	Baked Cod Steamed Potatoes* Coleslaw Cheese Stick Fresh Fruit Salad* Rye Bread* 24
Stuffed Pepper Soup Chicken Wrap* Fruit Cup* Fruit Fluff* 27	Chicken Parmesan w/Noodles* Asparagus Pistachio Torte * Garlic Bread* 28	Beef Tips w/Brown Rice* Green Beans Stewed Tomatoes Cherry Crisp* String Cheese 29	Polish Sausage Sauerkraut w/Bun* Potato Salad* Green Beans Apricots w/Yogurt* 30	Tuna Casserole* Romaine Salad Fruit* Rye Bread* Strawberry-Lemon Square 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