**Please Note:**
**All activities and events are subject to change or cancellation**

# *April 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
Projects & Accounts ..... Robin Mark
Activities/Volunteer Coordinator ..... Vacant
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 .....Teresa Mertens

Transportation
Transportation Manager.....Pam Busch
Bus Driver/Transportation .....Bill Berg

## 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

# February Greetings

Dear Friends & Community Members,

The health and safety of our staff, volunteers and participants continues to be a top priority in the wake of the evolving situation around the novel coronavirus (COVID-19) here in Door County. We have and continue to implement several preventative measures in response to the COVID-19 (Coronavirus) situation. We are here to help!

All activities, exercise classes and events are postponed until further notice. The following services will be provided over the phone to minimize potential exposure of our consumers: information and assistance services, youth-to-adult transitions, long term care options and benefit counseling. If a face-to-face appointment is needed, we will coordinate this on a case-by-case basis. Please call the ADRC at (920)746-2372 to discuss your service needs.

Congregate meals at all meal site locations will now be provided on a carryout basis only. If you are interested in reserving a carryout meal please make sure to call (920)746-2372 by 1:00 p.m. the day before. We also have frozen meals that are available for you to pick up and take home if you need additional meals during this time. Please ask about our frozen meal options when calling to reserve your carryout meal. To reserve a carryout or home delivered meal on Washington Island please call (920)847-2522.

Meals on Wheels will continue as before and as a preventative measure, we are conducting daily health pre-screens for staff and volunteers who will deliver your meals. We also have frozen meals that are available for you upon request if you need additional meals during this time. Please call (920)746-2372 to learn more about our frozen meal options

If you any questions or concerns, please reach out to the ADRC and ask for either Jennifer Fitzgerald or Jake Erickson.

Sincerely,

Jake Erickson, ADRC Director
Jennifer Fitzgerald, Assistant ADRC Director

# MONTHLY CAERGIVER SUPPORT GROUPS

FOR PERSONS WHO ARE PROVIDING CARE
FOR A FAMILY MEMBER OR FRIEND

*You are not alone.*

| | |
|---|---|
| **Sturgeon Bay Chapter**<br>1st & 3rd Wednesday of the month<br>1:00 p.m. – 2:30 p.m.<br>ADRC<br>916 N. 14th Ave.<br>Sturgeon Bay, WI 54235 | **Northern Door Chapter**<br>2nd & 4th Wednesday of the month<br>1:00 p.m. – 2:30 p.m.<br>Sister Bay Library, Community Room<br>2323 Mill Road<br>Sister Bay, WI 54234 |
| **Southern Door Chapter**<br>2nd & 4th Tuesday of the month<br>1:00 p.m. – 2:30 p.m.<br>Brussels Community Center<br>1366 Junction Rd<br>Brussels WI 54204 | **Washington Island Chapter**<br>1st Friday of the month<br>11:00 a.m. – 12:30 p.m.<br>WICHP Fellowship Hall at<br>Trinity Lutheran Church<br>1763 Town Line Rd<br>Washington Island, WI 54246<br>(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**

# Caregiver Corner

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

# When Caregiving Ends

Taking care of a loved one takes a lot of time and energy. Your own needs move lower on the priority list as you spend more time caring for your loved one. You start saying no to the weekly coffee clutch, decrease the number of days you participate in volunteer or paid work, leave your favorite hobbies on the shelf and slow down your travel plans. As your loved one needs more and more assistance it is tempting to just drop out of everything so you can be there for the person as much as possible.

While your intentions might be good, giving up things you enjoy also has negative consequences. The stress of intense caregiving can put your physical and mental health at risk now and leave you vulnerable when your role as caregiver is over. When deciding what activities to give up to be a caregiver, don't just think about your life situation now but also ask yourself the question, "What will I do when I am no longer needed as a caregiver?"

I have been spending a lot of time thinking about what a caregiver's life is like when caregiving ends. The death of my father left my mom with an entirely new life ahead of her. She went from having her days filled with caring for my dad to a world in which she lives alone. For several years she put her activities on hold and put Dad's needs first. During that time, I encouraged Mom to keep doing some of those things she really loved, even if it was infrequently. At the time, my hope was to keep her healthier and happier by designating time out of the week for herself. But now I see that keeping active in those activities was important in another way, too. Finding a new routine for her life now is a little easier because she remained involved with those activities. Had she given up everything, her whole identity would be lost now.

No matter what, life after caregiving will be a transition and will be a difficult adjustment. Here are some points to consider to help you when your job as caregiver has ended:

- Begin thinking about your future when you are still a caregiver. Having some long-term dreams and goals will make this transitional time easier.
- Time helps – while you will never forget your loved one, as time passes it will become easier to find your way in life without that person.
- Accept and express your feelings of loss, loneliness and whatever else you may be feeling – keep
- attending your caregiver support group, join a grief support group or find a trusted friend to share with. Seek help from a counselor if your grief leaves you overwhelmed by feelings of depression or hopelessness.
- Reconnect with things and people you used to be involved with.
- Look for new challenges – a new job, volunteer work or planning a trip somewhere you've always wanted to go will help you focus on positive things.
- Keep busy, but allow for quiet times to grieve. Reflect on what you've been through, be proud of the good work you did for your loved one and let go of any guilt you may feel.
- Change is the name of the game – reshaping your life and creating a "new normal" is what you need to do, but it is not done overnight. Give yourself time to find your way.

Even if you don't want to think about the death of your loved one, start creating a plan for what your life will be like after caregiving has ended. It isn't selfish to look at the future in which your caregiving role is over; it is simply practical and healthy. If you are able, involve your loved one in this discussion as they most likely want you to be happy, too. Life after caregiving happens, and it may even include a new, fulfilling adventure.

If you have questions about caring for a loved one or would like help in your caregiving journey, please call The ADRC of Door County at 920-746-2372

*Jane Mahoney -Older Americans Act Consultant Greater Wisconsin Agency on Aging Resources*

# 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

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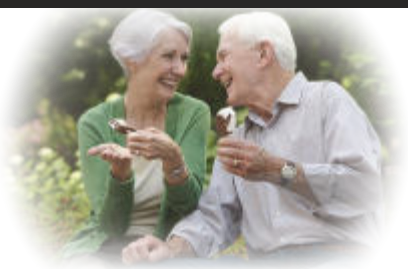

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info@erastarr.com

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# Thank You Volunteers

To all our volunteers who have helped during the past year, the board members on our advisory committees, staff and participants, we want to thank-you, for the hours you have dedicated to serving meals, wrapping silverware, helping at the check in station, giving tours, providing services, serving on the board, leading groups, teaching classes, performing, crafting, creating and coming forward when needed for various other events.

On behalf of all the staff at the ADRC, we are very thankful for the caring and trusting compassion you provide. We could not have served the Door County community the way we do without you!!! Your passion and commitment is inspirational.

*We honor you All this month!*

**During the past year:**
**More than 193 volunteers dedicated over 6997 hours of their free time to the ADRC!**

Volunteering makes an immeasurable difference in the lives of others. But did you know how much you help yourself by giving back? From lowering your stress to boosting self confidence, volunteers offer many health benefits– especially for older adults. Start reaping these mental and physical benefits today.

•**Decrease your risk of depression -** Volunteering with others increases social interactions and helps build a support system based on communication and interests. Both of which have been shown to decrease depression.

•**Enjoy a sense of purpose and self fulfillment–** Increase your self confidence while you're at it! Volunteer activities get you moving and thinking at the same time.

•**Reduce stress levels -** By saving your time spent in service to others you will feel a sense of meaning and appreciation both given and received, which can be calming.

# Did you Know?

## REAL ID Deadline Approaching October 1, 2020

*By the GWAAR Legal Services Team*

If you plan to fly within the U.S. or visit a military base or other federal buildings, the Department of Homeland Security will require identification that is REAL ID compliant (or you will need to show another acceptable form of identification, such as a passport) beginning October 1, 2020.

You will need to go to the Wisconsin Department of Motor Vehicles (DMV) to get a new driver's license or state identification (ID) card that is REAL ID compliant. According to the Wisconsin DMV, if it's time to renew your driver license or ID, you can upgrade to a REAL ID-compliant card for no additional fee. However, if your current driver license or ID will not expire before 2020, and you wish to obtain a REAL ID-compliant card, the cost of a duplicate card will apply (currently $14).

Wisconsin offers both REAL ID-compliant and non-compliant driver licenses and ID cards. The cards look similar; REAL ID-compliant are marked with a star, while non-compliant cards are marked "NOT FOR FEDERAL PURPOSES." Should you choose to continue to hold a non-compliant card, you will need another form of identification to board a plane or access federal sites.

If you have a valid U.S. passport or another acceptable form of federal identification, you can use that for identification, in place of a REAL ID-compliant driver license or ID card. View list of Transportation Safety Administration approved documents here: https://www.tsa.gov/travel/security-screening/identification.

**What documents are required to get a REAL ID?**
To obtain a REAL ID-compliant driver's license or ID card, individuals must visit a Wisconsin DMV and bring the following original documents or a certified copy (not a photocopy, fax or scan):

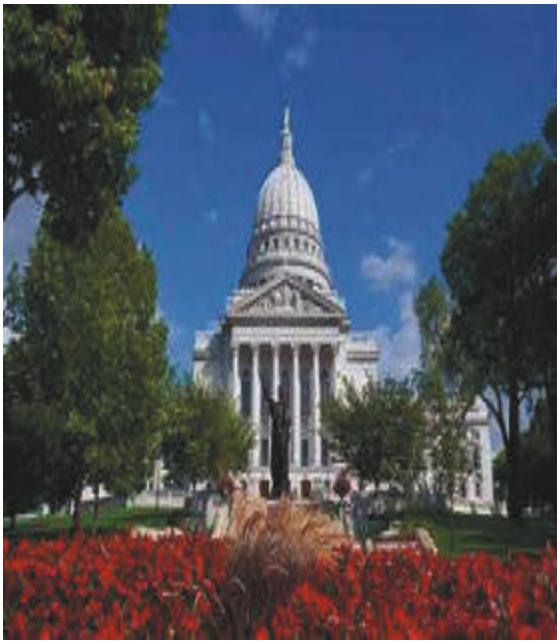
- Proof of Name and Date of Birth
- Proof of Legal Presence in the U.S.
- Proof of Identity
- Proof of Name Change (if applicable)
- Proof of Social Security Number
- Proof of Address

For a complete list of acceptable documents visit:

https://wisconsindot.gov/Pages/dmv/license-drvs/how-to-apply/realid.aspx

# Attend Aging Advocacy Day

**Your voice can make a difference!**



Are you interested in issues affecting older adults? Join members of the Wisconsin Aging Advocacy Network (WAAN) and others to help educate state legislators about issues impacting Wisconsin's aging population. Citizens from around the state will gather in Madison on **Tuesday, May 12**, for a day of advocacy training and meetings with legislators. No experience is necessary; you'll get the training and support you need before meeting with state lawmakers. Following the training, join others from your state Senate and Assembly district to provide information and share personal stories with your legislators to help them understand how specific policy issues and proposals impact older constituents.

**Wisconsin Aging Advocacy Day Schedule**

Park Hotel, 22 S. Carroll St., Madison and the Wisconsin State Capitol
9:00 – 10:00 a.m.: Registration, Park Hotel
10:00 a.m.: Issue briefing/advocate training, district planning time & lunch, Park Hotel
12:15 p.m.: Cross the street to the State Capitol
12:30 p.m.: Group photo, State Capitol
1:00 – 3:00 p.m.: Legislative visits, advocacy activities/networking, check-out and debriefing, State Capitol Offices and North Hearing Room—2nd Floor

Aging Advocacy Day 2020 activities focus on connecting aging advocates with their legislators to advocate for this year's WAAN priorities

Call the ADRC of Door County to register at 920-746-2372
Registration deadline is Friday, April 10th.
**A cost of $20.00 for transportation & lunch**
Depart the ADRC at 5:30am May 12th

## SAVE THE DATE:

Join us for an informational meeting on Thursday, April 23rd at 11am to learn more about aging advocacy day!

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NATIONAL CENTER ON ELDER ABUSE

# 12 Things Everyone Can Do to Prevent Elder Abuse

Our communities are like buildings that support people's wellbeing. Sturdy buildings ensure that people are safe and thriving at every age. We all have a part to play in this construction project.

**Here are 12 things everyone can do to build community supports and prevent elder abuse.**

> **Learn the signs** of elder abuse and neglect and how we can collectively solve the issue.

> **Talk to friends and family members** about how we can all age well and reduce abuse with programs and services like improved law enforcement, community centers, and public transportation.

> **Prevent isolation.** Call or visit our older loved ones and ask how they are doing regularly.

> **Send a letter** to a local paper, radio or TV station suggesting that they cover World Elder Abuse Awareness Day (June 15) or Grandparents Day in September.

> **Join Ageless Alliance**, an organization that connects people of all ages, nationwide, who stand united for the dignity of older people and for the elimination of elder abuse. Visit **agelessalliance.org**.

> **Provide respite breaks** for caregivers.

> **Encourage our bank managers** to train tellers on how to detect elder financial abuse.

> **Ask our doctors** to ask all older patients about possible family violence in their lives.

> **Contact a local Adult Protective Services or Long-Term Care Ombudsman** to learn how to support their work helping older people and adults with disabilities who may be more at-risk.

> **Organize an "Aging with Dignity" essay or poster contest** in a local school.

> **Ask religious congregation leaders** to give a talk about elder abuse at a service or to put a message about elder abuse in the bulletin.

> **Volunteer** to be a friendly visitor to a nursing home resident or to a homebound older person in our communities.

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

For more information on elder abuse prevention, please visit **ncea.acl.gov**.

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 [DHHS]. 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 DHHS policy. LAST DOCUMENT REVISION: DECEMBER 2017

Keck School of Medicine of USC

# Loaves & Fishes

**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 at 5:30pm **Last seating at 6:30pm**

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

**April 3/17**

**May 1,15**

**June 5,19,26**

**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.

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| | MONDAY | | TUESDAY | | WEDNESDAY |
|---|---|---|---|---|---|
| | | | | 1 | 8:30 AARP Taxes<br>9:00 Pinochle<br>10:00 DVD Fitness<br>12:30 R.I.D.E.<br>1:00 Caregiver Support Group<br>1:00 Windows 10 Users Group<br>1:00 Poker & Sheephead<br>1:00 Mah Jongg |
| 6 | 9:00 Sheephead<br>10:00 LIR: Understanding Alzheimer's and Dementia<br>10:00 DVD Fitness<br>11:00 Zumba Gold<br>12:00 Bridge<br>1:00 Samba | 7 | 8:30 AARP Taxes<br>8:30 Wonder Women<br>9:30 Spanish Conversation<br>9:30 Jolly Exercise<br>9:30 Euchre<br>10:30 Craft Class<br>12:00 Music with Ken<br>12:30 Bingo<br>1:00 Beginners Dance Class<br>1:00 Poker & Sheephead<br>1:00 Mah Jongg Beginners Class | 8 | 8:30 AARP Taxes<br>9:00 Pinochle<br>10:00 DVD Fitness<br>12:00 Spring Fling: Eddie Biebel<br>12:30 R.I.D.E.<br>1:00 Poker & Sheephead<br>1:00 Mah Jongg |
| 13 | 9:00 Sheephead<br>10:00 DVD Fitness<br>10:00 LIR: How to Read a Food Label<br>11:00 Zumba Gold<br>12:00 Bridge<br>1:00 Samba<br>1:30 Ask the Athletic Trainer | 14 | 8:30 AARP Taxes<br>8:30 Wonder Women<br>9:30 Spanish Conversation<br>9:30 Jolly Exercise<br>9:30 Euchre<br>10:00 Craft Class<br>10:00 LIR: Legal Issues for Seniors<br>12:00 Bayship<br>12:30 Bingo<br>1:00 Bridge<br>1:00 Beginners Dance Class<br>1:00 Poker & Sheephead<br>1:00 Mah Jongg Beginners Class | 15 | 8:30 AARP Taxes<br>9:00 Pinochle<br>10:00 DVD Fitness<br>12:30 R.I.D.E.<br>1:00 Caregiver Support Group<br>1:00 Poker & Sheephead<br>1:00 Mah Jongg |
| 20 | 9:00 Sheephead<br>10:00 DVD Fitness<br>10:00 LIR: Living on Washington Island<br>11:00 Zumba Gold<br>12:00 Bridge<br>12:00 Music with Lea Anne<br>1:00 Samba | 21 | 8:30 Wonder Women<br>9:30 Spanish Conversation<br>9:30 Jolly Exercise<br>9:30 Euchre<br>10:00 Craft Class<br>12:30 Bingo<br>1:00 Bridge<br>1:00 Beginners Dance Class<br>1:00 Poker & Sheephead<br>1:00 Mah Jongg Beginners Class<br>1:00 Bunco | 22 | 9:00 Pinochle<br>10:00 DVD Fitness<br>10:00 Hearing Loss of America Door Co. Chapter<br>12:30 R.I.D.E.<br>1:00 Hearing Loss Presentation<br>1:00 Poker & Sheephead<br>1:00 Mah Jongg |
| 27 | 9:00 Sheephead<br>10:00 DVD Fitness<br>11:00 Zumba Gold<br>12:00 Bridge<br>1:00 Samba<br>1:30 Ask the Athletic Trainer<br>1:30 Empowerment Dance Class for Parkinson's | 28 | 9:30 Trip: Packer Hall of Fame<br>8:30 Wonder Women<br>9:30 Spanish Conversation<br>9:30 Jolly Exercise<br>9:30 Euchre<br>10:00 Craft Class<br>12:30 Bingo<br>1:00 Beginners Dance Class<br>1:00 Poker & Sheephead<br>1:00 Mah Jongg Beginners | 29 | 9:00 Pinochle<br>10:00 DVD Fitness<br>12:00 Door Co. Library Update<br>12:30 R.I.D.E.<br>1:00 Poker & Sheephead<br>1:00 Mah Jongg |

# April 2020

| | THURSDAY | | FRIDAY |
|---|---|---|---|
| 2 | 8:30 AARP Taxes<br>8:30 Wonder Women<br>9:30 Jolly Exercise<br>11:00 Senior Fit<br>12:30 Bingo<br>12:30 Wood Carving<br>12:30 Knitting Group<br>1:00 Apple Users Group | 3 | 8:00 Gadget Guy<br>10:00 DVD Fitness<br>10:00 Ask an Exercise Physiologist<br>11:00 Zumba<br>11:00 Strong & Stable |
| 9 | 8:30 AARP Taxes<br>8:30 Wonder Women<br>9:00 Hand Quilters<br>9:30 Jolly Exercise<br>11:00 Senior Fit<br>11:00 Blood Pressure Checks<br>12:00 Music with George<br>12:30 Bingo<br>12:30 Wood Carving | 10 | 8:00 Gadget Guy<br>10:00 DVD Fitness<br>11:00 Zumba<br>11:00 Strong & Stable |
| 16 | 8:30 Wonder Women<br>9:00 Friendly Crafters<br>9:30 Jolly Exercise<br>11:00 Senior Fit<br>12:30 Bingo<br>12:30 Knitting Group<br>12:30 Wood Carving | 17 | 8:00 Gadget Guy<br>10:00 DVD Fitness<br>10:00 Ask an Exercise Physiologist<br>11:00 Zumba<br>11:00 Strong & Stable<br><br>**PLEASE NOTE:**<br>**NO MEAL SERVED AT NOON** |
| 23 | 8:00 Foot Clinic<br>8:30 Wonder Women<br>9:00 Friendly Crafters<br>9:00 Hand Quilters<br>9:30 Jolly Exercise<br>11:00 Learn about Advocacy Day<br>11:00 Senior Fit<br>11:45 Music with George<br>12:30 Bingo<br>1:30 Wood Carving | 24 | 10:00 DVD Fitness<br>11:00 Zumba<br>11:00 Strong & Stable<br>11:45 Music with Tim & Paul |
| 30 | 8:30 Wonder Women<br>9:00 Friendly Crafters<br>9:30 Jolly Exercise<br>11:00 Senior Fit<br>12:30 Bingo<br>12:30 Wood Carving | | |

**All Activities & Events are Subject to change or to cancellation**

**Remember to sign up at the front desk in advance for the following events or classes or call 920-746-2372.**

**Ask the Athletic Trainer**
4/08, 4/22

**Ask an Exercise Physiologist**
4/3, 4/17

**Gadget Guy**
4/03, 4/10, 4/17

**Parties & Meals:**
**We will start to serve at 11:45 on**
*4/8 Spring Fling*

**The locations of activities you attend may be changed** to accommodate AARP Tax Preparation appointments that occur in one of the Activity Rooms. Please look at the signs posted at the Activity Room doors. If you can't find your class, just ask at the front desk!

Thank you for your patience. Every effort has been made to try to accommodate all activities and programs.

# 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. Free.

**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. Free.

**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. Free.

**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. Free.

**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. Free.

**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. $3.00/class, payable to instructor.

**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 April 3 and April 17th. (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 charge)

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

# Foot Clinic

## **DATE SUBJECT TO CHANGE**

## Thursday, April 23, 2020
## 8:00am—1:30pm

The NWTC nursing students will conduct a foot clinic which includes a foot soak/massage with lotion and nail cutting

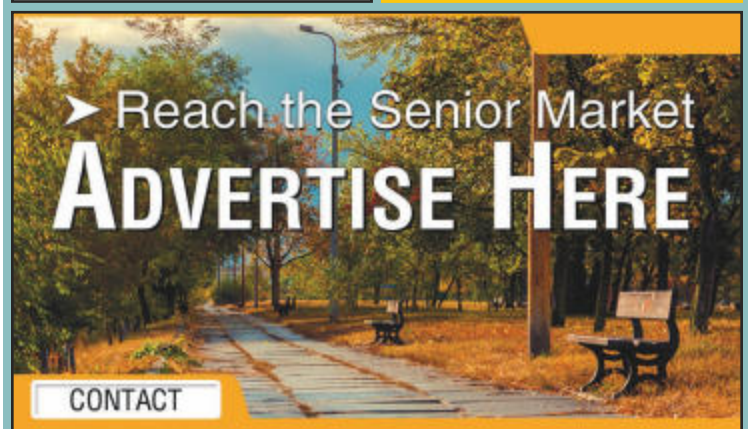
**The cost of this is FREE!!**

***Sign up required call after April 13th – call 920– 746– 2372***

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
51 W. Walnut Street
Sturgeon Bay, WI 54235
(920) 746-2166
Edward Jones
MAKING SENSE OF INVESTING



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

Limited Availability!
Door County's *ONLY* State Certified Adult Day Services
Sunflower Cottage OF DOOR COUNTY

Experience the peace of mind that your loved one will be safe and well taken care of.
***Sunflower Cottage provides :***
- *Transportation*
- *Certified care specialists*
- *Flexible Scheduling*
- *Individualized care plan*
- *Personal time for caregivers*

**Call (920) 818-1482 for a no obligation tour**

# Blood Pressure Checks

**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, April 23rd from 11:00am - noon.**

## Hearing Loss Association of America Door County Chapter

**Fostering: Information, Education, Friendship, Sharing, Support, and Help**

**Meets every 4th Wednesday of the month at the ADRC.**
**Registration begins at 10am, with meeting starting at 10:30am.**

**See you April 22nd! Open to all!**

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

URGENT CARE
Open every day 7am – 7pm
920.746.3800 • dcmedical.org
Door County Medical Center
IN PARTNERSHIP WITH HOSPITAL SISTERS HEALTH SYSTEM
Trusted team. Close to home.

We do the best we can for you and your family!
25 years in healthcare!
That speaks for itself.
Anna's healthcare inc.
Come and see us!
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.

Life.
Well Lived.
Well Ended.
Hospice adds life to days when you can't add days to life. When comfort and dignity matter most, rely on Unity to provide medical, emotional, spiritual and grief support wherever you call home.
Unity
Let us help.
Choose UnityHospice.org | (800)990-9249
Unity Hospice is a caring nonprofit partnership of Bellin Health, HSHS St. Mary's Hospital Medical Center and HSHS St. Vincent Hospital.

# ALL EVENTS SUBJECT TO CHANGE OR CANCELLATION

## Music With:

***Ken (guitar)***
**Tuesday, April 7th at 11am**

***George (guitar)***
**Thursdays, April 9th and 23rd at 11:45am**

***Tim and Paul (guitar)***
**Friday, April 24th at 11:45am**

***Lea Anne (guitar)***
**Monday, April 20th at 12pm**

**Thank you volunteers!**

## Trip to The Packers Hall of Fame
### Then lunch at Belgian Delight

**Date: Tuesday, April 28th**
**Time: 9:30 am (return by 2:30pm)**
**Cost: $23.00 for transportation and Packer Hall of Fame**
**Lunch: Pay on your own**

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

***Hearing Loss Association of America Door County Chapter***

***Hearing Loss presentation:***
*Learn how hearing loss association can help provide you with support & resources you may need regarding hearing loss*

***Wednesday, April 22nd at 1pm***
**Sign up at the front desk or call 746-2372**

## *Spring Fling Party*

Music with
**Eddie Biebel** starting at 12pm

**Lunch will be served starting at 11:45am**

**Wednesday, April 8th**

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

## April Craft Class

Project for the Month: Wind Chimes
Tuesdays at 10:30am
Limited spots available

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

## LIR presents:

***Understanding Alzheimer's & Dementia***
Monday, April 6th, 10am

***How to Read a Food Label***
Monday, April 13th, 10am

***Legal Issues for Seniors***
Tuesday, April 14th, 10am

***Living on Washington Island***
Monday, April 20th, 10am

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

## In June we will be having a Mother/Daughter/ Granddaughter Gala of Wedding Dresses

Do you have a wedding dress that you are willing to share so it can either be modeled or displayed?

Or are you willing to be a model for the gala?

Please contact Jenny at 746-2544

## Beginning Dance Class
Tuesdays in April
At 1pm

*Learning the basic elements of dance & movement
*Transitions and travelling steps

# 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 Jenny

920-746-2544

## 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 the front desk.

Meals on Wheels

***MAKE A DIFFERENCE IN YOUR COMMUNITY***

**Become an ADRC Meals–on–Wheels Driver**

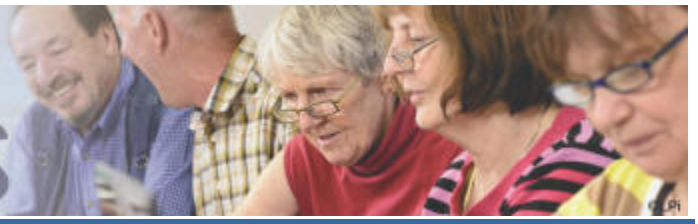
Volunteers are essential in providing care and compassion to older adults in need of nutrition assistance. With the help of dedicated volunteers, the Aging and Disability Resource Center of Door County is able to serve the many seniors in need of meal assistance throughout Door County. Our Meals on Wheels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

**Wednesday, April 1st**
**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

**Thursday, April 2nd**
**1st Thursday of the month 1pm - 3pm**

**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"

**April 3rd, 10th, and 17th**
**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."

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Medicare Advantage • Part D
Annuities • Long Term Care • Disability

**Rick Hannemann, Owner/Agent**
**Barb Gosser, Owner/Agent**

508 Jefferson St., Sturgeon Bay, WI

**920-746-1500 • 800-951-8848**

**www.hannemann-gosser.com**

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HOME SECURITY TEAM

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

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920-743-7255 • www.BackToWellness.org
Like us on facebook Staudenmaier Chiropractic Wellness Center

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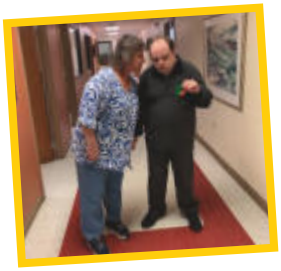
Sunshine House
A SUNSHINE RESOURCES ENTITY

## Personal Care

*Personal Care provides first class individualized care to nurture the human spirit.*

- Focused Care
- Qualified Staff to Assist with Personal Needs
- Socialization
- Cognitive Skill Building
- Companionship
- Respite for Caregivers



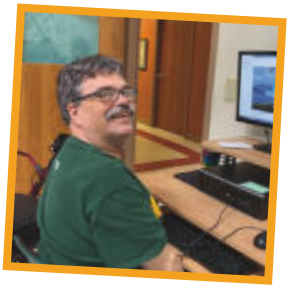
Contact Marsha Lau for a free tour and information on how Sunshine House Personal Care can nurture the lives of your loved one.
(920) 818-1450 or
mlau@sunshinehouseinc.org

*55 West Yew Street*
*Sturgeon Bay, WI 54235*
*sunshinehouseinc.org*
*(920) 743-7943*

## Day Services

*Day Services provide many activities to enrich the lives of all participants.*

- Socialization
- Cooking
- Educational Projects
- Arts, Crafts and Games
- Community Outings
- Dances and Events
- Respite for Caregivers



Contact Mike Rabas for a free tour and information on how Sunshine House Day Services can enrich the lives of your loved one.
(920) 818-1450 or
mrabas@sunshinehouseinc.org

EMPOWERMENT DANCE FOR PARKINSON'S

## Dancing with Parkinson's

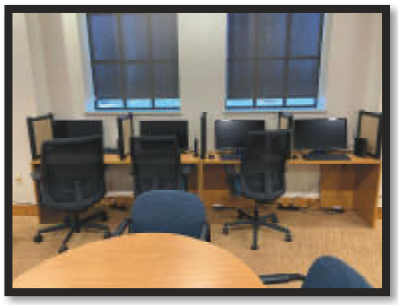
**A Class specifically for those living with Parkinson's and their caregiver**

## On Monday's
## April 27th—June 29th
## 1:30pm- 2:45pm
## $15.00 per class - Sign up required & Space is limited

**About the class:**

Class based on the dance for Parkinson's disease program foster an enriching safe and creative environment for participants and their family, friends and caregivers. Participants learn to enhance their aesthetic awareness and grace while addressing concerns as freezing, balance, flexibility, coordination, gait, social isolation and depression.

**To register stop at Front Desk at the ADRC to fill out class participation form**



## New Computer Workstations

We are excited to announce that we have recently installed four brand new community computer workstations. All four workstations are free to use and equipped with a monitor, mobile PC unit, keyboard and mouse.

Our computers are open for public use within our normal hours of operation and located in the lounge area of our building near the fireplace. Users do not have a restricted time limit while using our computers. Wait time might vary, depending on the number of visitors who would like to access a workstation. Please be mindful of others. We ask that you do not save anything on the computers. Anything saved will be removed automatically on logout and is un-recoverable. We recommend visitors who need to save documents bring a flash drive.

And what there's more! For all you puzzle lovers out there, we just bought and installed a table specifically reserved for those to work on. Why? Working on puzzles is proven to improve memory, problem solving skills, enhance overall mood and lower stress. So please feel free to plop down and spend a part of your day with us working on your favorite puzzle!

Pixabay.com, explorebob (photographer)

# EAT WELL, CARE WELL.

## NUTRITION TIPS TO PROMOTE WOUND HEALING

To help promote wound healing extra nutrients & nutrient dense calories are required. Some options for increasing calories include: adding mayo, olive oil, avocado, or nuts to your food. Additionally, protein is very important for wound healing. **Try to consume ~20-30 grams of protein** (0.4 grams/kilogram body weight) **at each meal**. To convert your weight in pounds to kilograms, divide by 2.2. For example, 150 pounds divided by 2.2 = 68 kg x 0.4 g= 27 grams protein per meal. **Studies have found eating equal amounts of protein at each meal is critical as we age**.

**Nutrient Dense protein sources include**: lean meats & poultry, fat-free or low-fat milk & dairy, seafood, eggs, beans and legumes. 1 oz. of meat, cheese, fish, 1 egg, ½ ounce of nuts or seeds, 1 TBSP of nut butter, ¼ cup of beans, or 2 tablespoons hummus, all include about 7 grams of protein. Adequate fluid intake is also important, water, tea, coffee, juice, and milk! Remember to enjoy foods from all the food groups- protein, fruits, vegetables, dairy and grains! This will help ensure adequate vitamins and minerals are being consumed. For example, one vitamin that is helpful to our immune system is Vitamin C. Vitamin C is in many fruits and vegetables like oranges, tomatoes, strawberries, etc.

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Dana Lemke

### WEEKLY CHALLENGES

Enjoy a meal that includes all five food groups! Protein, fruits, vegetables, dairy and grains.

Count how many grams of protein are in your meal.

Increase your calorie intake by adding "extras" like nuts, seeds, olive oil, etc.

Keep track of your fluid intake this week in a food diary.

### DID YOU KNOW?

**April 4th is National Vitamin C Day so celebrate by eating a lot of fruits and vegetables!**

## Amazing Apple Tuna Sandwich

**Serves 6 | Calories 244 | Protein 24g**

**INGREDIENTS:**

- 2 (5 oz) cans chunk-light tuna packed in water, drained
- 1 green apple, finely diced
- 1 stalk celery, diced
- ½ cup plain non-fat Greek yogurt
- 2 tsp mustard
- 2 tsp honey
- 100% whole wheat bread
- Large lettuce leaves

**DIRECTIONS:**

1. Mix together the yogurt, mustard and honey in a large bowl.
2. Add the tuna, apples and celery and mix again.
3. Spread the mixture out to slices of bread or on a bed of lettuce.
4. Refrigerate leftovers and eat within 3 days.

*Recipe adapted from: https://hungerandhealth.feedingamerica.org/recipe/apple-tuna-sandwiches-2/

## Simple and Savory Stir-Fry

**Serves 4 | Calories 349 | Protein 25g**

**INGREDIENTS:**

- 2 cups cooked brown rice
- Nonstick cooking spray
- 2 small boneless skinless chicken breast halves, cut into bite-size pieces
- 1/2 medium green cabbage head
- 4 medium peeled carrots
- 2 tsp. extra virgin olive oil
- 2 Tbsp. low sodium soy sauce
- 1 Tbsp. reduced-fat peanut butter
- 2 Tbsp. chopped, unsalted, unoiled peanuts

**DIRECTIONS:**

1. Cook rice according to the package.
2. While the rice cooks, spray a skillet with nonstick cooking spray and cook the chicken on medium heat. When the chicken is done, set aside.
3. Chop cabbage into strips and peel carrots. Add to the skillet and toss with oil. Cook on medium heat and stir frequently. Cook until crunchy and then add the chicken into the pan.
4. Stir in soy sauce, honey, and peanut butter.
5. Serve on a plate with rice, chicken and vegetables and sprinkle with peanuts.

Pexels.com, Jay Abrantes (Photographer)

- Recipe adapted from https://recipes.heart.org/Recipes/1021/Simple-Chicken-or-Shrimp-Stir-Fry

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Dana Lemke

# REVISED NUTRITION PROGRAM INFORMATION

ANYONE 60 YEARS OF AGE AND OVER:
$5.00 IS A SUGGESTED CONTRIBUTION

All Meal Sites Serve Lunch from 12:00 p.m.-12:30 p.m.

## Reservations Are Now Required for all meal sites!!!!

****Please call 24 hours in advance to ensure 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
**Delivering Frozen Meals Upon Request**

**Liberty Grove Meal Site**
**Town Hall Building**
11161 Old Stage Rd
Sister Bay WI 54234
Phone: (920)746-2523
**Serving carryout and frozen meals on Mondays, Wednesdays & Fridays**

**Southern Door Meal Site**
**Brussels Community Center**
1366 Junction Rd
Brussels WI 54204
Phone: (920)746-2523
**Serving carryout and frozen meals on Tuesdays and Thursdays**

**Washington Island Meal Site**
**Washington Island Community Center**
910 Main Rd.
Washington Island WI 54246
Phone: (920) 847– 2522
**Serving carryout meals on Monday, Wednesday and 2nd & 4th Friday**

**Sturgeon Bay Meal Site**
**Aging and Disability Resource Center**
916 N 14th Ave, Sturgeon Bay WI 54235
Phone: (920)746-2372
**Serving meals on a carryout basis and frozen meals: Monday thru Friday**
**No Soup and Salad Bar Until Further Notice**

**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—APRIL

| MONDAY | WEDNESDAY | FRIDAY |
|---|---|---|
| | Baked Chicken<br>Mashed Potatoes/Gravy*<br>Cauliflower & Carrots<br>Bread*<br>Cookie*<br>Cheese Stick 1 | |
| Sloppy Joe on a Bun*<br>Potato Wedges*<br>Cole Slaw<br>Warm Apple Slices*<br>String Cheese 6 | Pork Roast<br>Parsley Potatoes*<br>Broccoli<br>Cottage Cheese/Pineapple<br>Brownies w/Icing*<br>Whole Grain Roll* 8 | Crab Pasta Salad*<br>Fresh Veggies W/Dip<br>Fresh Fruit Salad*<br>String Cheese*<br>Garlic Bread Stick 10 |
| Pepper Steak<br>Baked Potato*<br>Honey Carrots<br>Yogurt Fruit Parfait*<br>Whole Grain Roll 13 | Ham<br>Potato Salad*<br>Boiled Cabbage<br>Birthday Cake w/Ice Cream<br>Chunky Apple Sauce*<br>Bread* 15 | |
| Taco Salad w/Corn Chips*, Ground Beef, Tomato, Onions, Cheese, Sour Cream, Black Beans<br>*Fruit<br>Bread Stick* 20 | Beef Stroganoff over Pasta*<br>Mixed Vegetables,<br>Tropical Fruit Cup*<br>Pistachio Torte* 22 | Chicken Parmesan W/Noodles*<br>Asparagus<br>Peaches*<br>Lemon Bars*<br>Garlic Bread 24 |
| Chili w/Cheese*<br>Cornbread<br>Green Salad<br>Angel Food Cake w/ Strawberries* 27 | Meatballs<br>Baked Potato*<br>Mixed Veggies<br>Pistachio Torte*<br>Fruit*<br>Bread* 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
## APRIL

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| | | Pepper Steak<br>Brown Rice*<br>Carrots<br>Broccoli Salad*<br>Pudding/Oranges*<br>Roll* 1 | BBQ Pork Sandwich*<br>Potato Salad*<br>Sweet Potatoes<br>Ice Cream*<br>Diced Pears* 2 | Tuna Casserole*<br>Pea /Pearl Onions<br>Fresh Fruit*<br>Strawberry-Lemon Squares*<br>Roll* 3 |
| Meatloaf<br>Baked Squash*<br>Buttered Beets<br>Dessert*<br>Pineapple*<br>Whole Grain Roll 6 | Spaghetti w/ Meat Sauce*<br>Salad<br>Pineapple*<br>Garlic Bread*<br>Cheesecake w/ Blueberries* 7 | Ham<br>Au Gratin Potatoes*<br>Cauliflower Blend<br>Yogurt Parfait*<br>Birthday Cake*<br>Roll* *Reservations Required 746-2372* 8 | Hot Dog on a Bun*<br>Baked Beans*<br>Stewed Tomatoes<br>Strawberry Short Cake*<br>Yogurt 9 | Baked Cod<br>Scalloped Potatoes*<br>Vegetables<br>Cherry Pie*<br>Fruit*<br>Rye Bread*<br>Cheese Stick 10 |
| Turkey & Stuffing*<br>Key West Vegetables<br>Berries /Yogurt*<br>Whole Grain Roll* 13 | Brat /Sauerkraut*<br>Potato Wedges*<br>Steamed Carrots<br>Brownie*<br>Fruit* 14 | Chicken Pot Pie<br>Biscuits*<br>Peas Pearl Onions<br>Fresh Fruit*<br>Cookie* 15 | Beef Tips /Pasta*<br>Cauliflower w/ Cheese<br>Warm Apple Slices*<br>Roll* 16 | Crab Pasta Salad*<br>Romaine Salad<br>Lemon Bars*<br>Whole Grain Roll*<br>Cheese Stick 17 |
| BLT Chicken Wrap*<br>Cream of Broccoli Soup*<br>Fruit Cup*<br>Cookie* 20 | Ravioli*<br>Marinara Sauce<br>Lettuce Salad<br>Peach Slices*<br>Bread Stick* 21 | Pork Chops<br>Scalloped Potatoes*<br>Veggies<br>Yogurt Parfait*<br>Bread* 22 | Cube Steak<br>Peppers, Onions<br>Stewed Tomatoes<br>Steamed Potato*<br>Fresh Fruit*<br>Cottage Cheese<br>Roll* 23 | Chicken Broccoli Casserole<br>Black Beans*<br>Vegetables<br>Applesauce*<br>Jell-O Cake*<br>Bread* 24 |
| Taco Salad, Refried Beans, Beef, Lettuce, Tomato, Onions, Cheese, Sour Cream, Grape Salad* 27 | Baked Ziti*<br>Lettuce Salad<br>Banana Split Torte*<br>Garlic Bread* 28 | Turkey Devon<br>Mashed Potatoes*<br>Broccoli<br>Strawberry Pretzel Salad*<br>Whole Grain Roll* 29 | Cream of Potato Soup<br>Egg Salad Sandwich<br>Veggie Blend<br>Yogurt Parfait*<br>Dessert* 30 | **Note:**<br>**No meal served in Brussels on April 7th** |

** 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***