November 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.....Katie LaViolette
I & A Specialist ..... Jennifer Bender
I & A Specialist .....Lisa VanAlstine
I & A Specialist .....Amber Plautz
Projects & Accounts ..... Robin Mark
Activities/Volunteer Coordinator …Nicki Scharrig
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

NOVEMBER GREETINGS

Every year at the end of November we celebrate one of my favorite holidays, Thanksgiving. It's one of my personal favorites because I typically spend it surrounded by great friends and family. However, this year's Turkey Day plans will look much different than in the past. In fact, this year some of you might be feeling that it's a lot harder to be thankful for something, given the unique challenges due to COVID-19.

Being thankful and expressing one's gratitude, even if feeling impossible at times, is a great personal practice to exercise on a regular basis. And if you ask me, reflecting on what you appreciate most in life and how those things or people positively impact your life, should be something we do every day and even more so this year.

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

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

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

This year for Thanksgiving, I'd like to challenge you to reach out to someone you know (neighbor, friend, adult child, grandchild, caregiver) and express your gratitude for the impact they have made in your life. If you know someone who has had a particularly tough year, send them a letter or give them a call. We are a strong community of incredible people and we will get through this trying time together. And it takes extra effort during tougher times.

Please join us on Friday, November 20th for our Thanksgiving Feast, come hungry and bring home a delicious turkey meal. Don't forget to register for your carry out meal by 1pm the day before!

From everyone over here at the ADRC, we hope you and your loved ones are healthy and staying safe. These are still uncertain times and we are here to help you. Please do not hesitate to reach out for assistance or support. **You are not alone!**

--Jake Erickson, Director

MONTHLY CAREGIVER SUPPORT GROUPS

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

You are not alone.

Sturgeon Bay Chapter This group is on hold but please feel free to join one of the other groups Virtually	**Northern Door Chapter** Every Wednesday 1:00 p.m. – 2:30 p.m. Join the group virtually For meeting access and how to log in please call The ADRC at 746-2372
Southern Door Chapter 2nd & 4th Tuesday of the month 1:00 pm. – 2:30 p.m. Brussels Community Center 1366 Junction Rd. Brussels, Wi 54204	**Washington Island Chapter** This group is on hold but please feel free to join one of the other groups Virtually

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

TIME TO REVIEW YOUR MEDICARE PLAN

Prepare Early This Year!
Due to the Pandemic Open Enrollment will look a little different!
Assistance will be provided by mail, phone or e-mail!

Do you have a Medicare Prescription Drug (Part D) plan? Every year Medicare Part D plans can change the list of prescription medications they will cover. That means even if you are taking the same medications, the amount you pay for your medications may change in 2021! The plans' premiums, deductibles, and co-pays can also change each year.

What can people do about this? All Medicare beneficiaries should check their Part D coverage each year during Medicare's annual open enrollment period which runs **October 15 through December 7th**. This is the time of year to find out if your current plan will cost you more, or less than other Part D plans in 2021. If it is no longer the best plan for your medications, this is the time to make a switch to a Part D plan that will suit you better.

Make sure you will have appropriate prescription drug coverage in the new year. You can compare plans on the official Medicare website at Medicare.gov. Medicare beneficiaries in Door County can also receive free, unbiased assistance with plan comparisons from the our Benefit Specialists at the ADRC of Door County.

Start preparing early this year. The ADRC has a form with instructions to help you get organized. See reverse side of this letter. Don't let this opportunity pass you by! Go to Medicare.gov to compare plans online or for local assistance MAIL THE COMPLETED FORM TO:

ADRC OF DOOR COUNTY – OPEN ENROLLMENT
916 N 14TH Ave
Sturgeon Bay WI, 54235

OR Email the info to:

For anyone 60 years of age and over: Mary Bink at Mbink@co.door.wi.us
For anyone 59 years of age and under: Katie Laviolette at klaviolette@co.door.wi.us

Assistance is also available through the following resources:

- 1-800-MEDICARE or www.medicare.gov
- Medigap helpline 1-800-242-1060
- Disability Drug Helpline 1-800-926-4862 (if under age 60)
- Wisconsin Medigap Prescription Drug Helpline 1-855-677-2783

TOGETHER WE WILL MAKE THIS WORK!
Mary Bink, EBS of Door County, 920-746-2546
Katie Laviolette, DBS of Door County, 920-746-7154

MEDICARE PART D PRESCRIPTION DRUG COVERAGE CONFIDENTIAL PERSONAL INFORMATION WORKSHEET

DO YOU HAVE A CARE MANAGER WITH THE FAMILYCARE PROGRAM: ☐ -YES ☐ -NO

IF YES, PLEASE SEE YOUR FAMILYCARE CARE MANAGER FOR ASSISTANCE WITH YOUR MEDICARE PART D PRESCRIPTION DRUG PLANS. YOU DO NOT NEED TO PROCEED WITH THIS FORM.

FOR COVERAGE EFFECTIVE JANUARY 1, 2021, THE LAST DAY TO ENROLL/ DIS-ENROLL/CHANGE YOUR PART D PLAN IS DECEMBER 7, 2020.

You may find it helpful to gather all of your prescription drug bottles, or get a computer printout from your pharmacist, your red, white, and blue Medicare card and any other health insurance cards before you fill out this worksheet. ***Please note: information from your Medicare card, your name and your birth date are needed to provide you with personalized information on your prescription drug coverage.***

INFORMATION FROM YOUR MEDICARE CARD:

Medicare Claim Number: ☐☐☐☐ ☐☐☐ ☐☐☐☐

Medicare Part A effective date: ***AND*** Medicare Part B effective date:

_____ / _____ / _____ _____ / _____ / _____

Month Day Year Month Day Year

GENERAL INFORMATION (PLEASE PRINT):

Name: _____ **Date of birth:** _____

Mailing Address: _____

(Street) (City/Town) (Zip Code)

County: _____ **Phone #:** _____ **Gender:** ☐ -Male ☐ -Female

List all your prescription information or send along a current computer printout from your pharmacist.
PLEASE MAKE SURE TO USE THE FULL NAME OF THE PRESCRIPTION & PRINT CLEARLY.

PRESCRIPTION NAME	DOSAGE	HOW OFTEN

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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Protect Wisconsin's Seniors, Report Elder Abuse.

Elder Abuse can be verbal, physical, emotional, sexual or financial. It can also be intentional or unintentional neglect. Unfortunately, Elder Abuse is a growing problem in Wisconsin, negatively impacting the lives of our senior citizens and their families.

In fact, Wisconsin's population of seniors 65 and older is projected to increase by more than 70% in the next 20 years. That's why all Wisconsinites share the responsibility to help protect our senior citizens by recognizing and reporting any signs of Elder Abuse.

If you feel that you are a victim of Elder Abuse or you believe it has been inflicted upon someone you know or love, REPORT IT!

RESPECT YOUR ELDERS
REPORT ABUSE

Call the Wisconsin Elder Abuse Hotline

1-833-586-0107

or visit **ReportElderAbuseWI.org**

ENERGY ASSISTANCE PROGRAM

Anyone interested can apply for their 2020-2021 Energy Assistance benefit by calling 920-746-7155 to schedule an appointment. The program is offered annually starting October 1st – May 15th and previous applicants must reapply each year.

For anyone new to the program:

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

Powerful Tools for Caregivers

Powerful Tools for Caregivers is an educational program signed to help family caregivers feel empowered in their care for their loved ones and for themselves. You will benefit from this class whether you are helping a parent, spouse, or friend.

Participants will learn to:

- Reduce stress
- Improve self confidence
- Better communicate feelings
- Increase their ability to make tough decisions
- Locate helpful resources

Register for Powerful Tools for Caregivers ONLINE Workshop!

When: Monday mornings (six weeks) November 16th – December 21st, 2020
From: 9:30am – 11:00am
Leaders: Christy Wisniewski & Adam Peronto
Cost: FREE also workbook materials included

To register contact Program Coordinator Christy Wisniewski at (920) 746-3504
Registration is required by Nov 12th

Participants will need a tablet or computer with mic/audio and have internet access. Practice and support will be available by program leaders.

OLDER ADULTS SAYS THEY EXPERIENCE AGEISM

By the GWAAR Legal Services Team

A recent poll conducted by the University of Michigan asked a national sample of adults age 50-80 about their experiences with different types of everyday ageism, positive views on aging, and health. Older adults experience ageism in their everyday lives through interactions with other people and exposure to ageist messages on TV, online, or in newspapers and magazines. These forms of ageism may negatively affect older adults' health and well-being.

The poll looked at older adults' experiences with three categories of everyday ageism: exposure to ageist messages, ageism in interactions with other people, and personally held beliefs about aging and older people. Overall, 82% of older adults reported regularly experiencing at least one of these categories of ageism in their everyday lives.

Two-thirds of older adults reported exposure to ageist messages. These included hearing, seeing, or reading jokes about old age, aging, or older people or suggestions that older adults and aging are unattractive. Almost half of older adults reported experiencing ageism in their interactions with other people. Their experiences included other people assuming that they have difficulty using cell phones and computers, hearing and/or seeing, or remembering and/or understanding. Some of the individuals polled said that others assume that they do not do anything valuable or that they need help with tasks they can do on their own. Finally, 36% of older adults said they believed that feeling lonely, depressed, sad, or worried are a normal part of getting older.

Two in five older adults reported experiencing multiple forms of ageism. This was more common among those age 65-80 as compared to those age 50-64. Women were more likely to experience multiple forms of ageism than men, and individuals with annual household incomes below $60,000 were more likely to experience multiple forms of ageism than individuals with higher incomes. Being retired and living in a rural area were also associated with experiencing more forms of ageism.

In addition, older adults who spent more time watching TV, browsing the internet, and/or reading magazines were more likely to report experiencing more forms of ageism. Individuals who spent more than four hours per day doing this were more likely to experience multiple forms of ageism than those who spent less time.

Finally, adults who said they looked older than others their age were more likely to report experiencing multiple forms of ageism than those who felt they looked the same or younger than others their age. Over one-third of older adults said they invested time and/or effort to look younger than their age, and those who reported experiencing multiple forms of ageism were more likely to do this.

Unfortunately, older adults who said they experienced three or more forms of ageism in their everyday lives had worse physical and mental health than those who reported experiencing fewer forms of ageism. They were also more likely to have a chronic health condition, like diabetes or heart disease. Moreover, they were they were more likely to report symptoms of depression.

Not all of the poll results were bad, however. Nearly 90% of adults who responded to the poll said that they feel more comfortable being themselves as they have gotten older, and 80% said that they have a strong sense of purpose. About two-thirds of older adults said that, as they have gotten older, their feelings about aging have become more positive and that their life is better than they thought it would be. Older adults with positive views on aging reported that they experienced fewer forms of ageism in their everyday lives and had better physical and mental health.
For more information about this poll, please see: https://www.healthyagingpoll.org/

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www.ourseniorcenter.com

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CELEBRATE CAREGIVING BY PLEDGING TO CARE FOR YOURSELF

November is National Family Caregiver Month, a time to recognize the many hard working and devoted people who make it their mission to keep a loved one happy and safe. There are thousands of caregivers across Wisconsin who are selflessly putting their own lives on hold to make sure their loved ones are being cared for. But who will care for the caregiver? Ideally relatives, friends, and neighbors are there to help but in order to truly be a healthy caregiver, there must be a promise to care for oneself. The Family Caregiver Alliance laid the groundwork for caregivers to do just that. Please read A Caregiver's Pledge and take the pledge to not only care for your loved one, but to care for YOU.

A Caregiver's Pledge

1. I will understand that I can't care for anyone else if I also don't care for myself. I will keep an image in my mind of putting the oxygen mask on myself first.

2. I will remember that the only person I can change is myself. I cannot change my loved one who is ill, nor my family members.

3. I will find opportunities to laugh, daily. These might come in movies, jokes, television, or with friends who can see the humor in my situation and remind me to do the same.

4. I will get away from my caregiving duties on a regular basis, even if it is just to walk around the block. But I will also find ways to have lunch with a friend, go to a movie, window shop, breathe in fresh air, watch the sunset, or eat a hot fudge sundae.

5. I will visit a support group, either online (wisconsincaregiver.org) or in person in my community, so that I know that I am not alone. If a support group isn't right for me, I will find a friend to talk to, call my family consultant, or attend a workshop.

6. I will learn as much as I can about my loved one's illness so I can better care for him or her with understanding. I will learn techniques that will make caregiving easier for both of us.

7. I will say "yes" when people offer to help. I will make a list of things they can do and post it on the refrigerator, so that when those offers come, I'll be ready. When there are not offers, I will ask for help, even though it might be hard to do so.

8. I will use community resources—such as Meals on Wheels, paratransit, day care programs, and volunteer respite programs—to help make my caregiving duties easier.

9. I will find something I really like to do and make sure I find time to do it on a regular basis. Just because I am a caregiver, doesn't mean I have to give up everything that is meaningful to me. I will read, knit, garden, scrapbook, do genealogy or woodworking for a designated period of time every week.

10. I will remember that I am loved and appreciated, even when my loved one can't tell me that. I will honor the nurturing, responsibility, caring and support that I provide to my loved one as a gift I give.

If you need information about local resources or have specific questions about 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

NEW! Caregiver Facebook Page

If you are caregiving and need some extra support or resources, please join our new private Facebook group:

Door County Caregiver Connection

https://www.facebook.com/groups/DCcaregivers/

This group will provide caregivers with information, resources, and tools to help support them at home as well as connect them with other caregivers who may be facing the same challenges. Please note: this group is not intended to be in place of the support groups we hold.

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

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	MONDAY		TUESDAY		WEDNESDAY
2	10:00 Walk with Ease (Evidence Based Walking Program) 2:00 Social Connection ADRC OPEN Practice Rounds All Week	**3**	10:00 Crafts 10:30 DVD Fitness ADRC OPEN Practice Rounds	**4**	9:00-11:00 Massages 10:00 Walk with Ease 11:00 Zumba Gold (virtual 11:30 Brain Health Handouts 1:00 Windows Tech Series (virtual) Topic: Taskbars & Apps
9	10:00 Walk with Ease 11:00 Zumba Gold (virtual) 1:00-3:00 D.C.L.I.R. Native Orchid Research & Restoration 2:00 Social Connection ADRC Open Practice Rounds All Week	**10**	10:00 Crafts 10:30 DVD Fitness	**11**	10:00 Walk with Ease 11:00 Zumba Gold (virtual) 11:30 Brain Health Handouts 11:30 Veteran's Day Honorary Event (virtual)
16	10:00-12:00 D.C.L.I.R. "Basic Cyber & Internet Security" 11:00 Zumba Gold (virtual) 2:00 Social Connection	**17**	10:00 Crafts 10:30 DVD Fitness 1:30-3:30 Expressive Arts Group ADRC Open Practice Rounds	**18**	11:00 Zumba Gold (virtual 11:30 Brain Health Handouts 1:00 Apple IOS Version14 Tech Series (virtual) Topic: Widgets ADRC Open Tournament
23	11:00 Zumba Gold (virtual) 11:30 National Game & Puzzle Week Handouts 2:00 Social Connection	**24**	10:00 Crafts 10:30 DVD Fitness 1:30-3:30 Expressive Arts Group 2:00 Apple Cider Stand	**25**	11:00 Zumba Gold (virtual) 11:30 Brain Health Handouts
30	10:00 Walk with Ease 11:00 Zumba Gold (virtual) 2:00 Social Connection				

	THURSDAY		FRIDAY
5	10:30 DVD Fitness 12:30 Woodcarving Green Bay Packer Spirit Day-7:20 p.m. Game vs. 49ers	6	10:00 Walk with Ease 11:30 Friday Funnies Handouts 2:00 Social Connection
12	10:00-12:00 D.C.L.I.R. "Climate Change Effects on Health" 10:30 DVD Fitness 11:00 Zumba Gold (virtual)	13	10:00 Walk with Ease 10:00 Ask the Exercise Physiologist 11:00 Zumba Gold (virtual) 11:30 World Kindness Day Handouts 2:00 Social Connection
19	10:30 DVD Fitness 11:00 Zumba Gold (virtual) 12:30 Woodcarving ADRC Open Tournament	20	11:00 Zumba Gold (virtual) 11:30 Friday Funnies Handouts/Fall Treat Bags 2:00 Social Connection ADRC Open Tournament
26	Happy Thanksgiving! ADRC is Closed	27	ADRC is Closed

NOVEMBER 2020

Daily Activities:
Call to pre-register in advance for all events and classes. Participants are limited.

ADRC OPEN:
Call to reserve a practice tee-time Nov. 2nd-13th for a chance to qualify for the tournament.

Virtual Events:
Call to pre-register and share your e-mail address to receive a link to join.

Please call 920-746-2372 to pre-register and if you have any questions about new programs or virtual opportunities.

ADRC OPEN TOURNAMENT

1st Annual
ADRC Open
Mini Golf Tourney

November 18th-20th

Compete for a chance to win the highly acclaimed
"ADRC Green Jacket"

Registration:
Call 920-746-2372 to pre-register and sign up for a tee time. Limited to (15) two-person teams. Pick a creative team name and tell us when registering. Indoor 9-hole course at the ADRC with straight play & challenge holes. Teams will need to qualify to compete in tournament.

Awards will be given to the following:
- Best Team Spirit (regardless of score)
- Most Creative Team Name
- Craziest Golf Outfit
- Most Holes in One

Course Rules:
- Every time the putter touches the ball it counts as a stroke regardless if it barely rolled or if you meant to bump it . . . it is still a stroke.
- We use the honor system when counting strokes. One person per team will be the designated scorekeeper.
- If you hit your ball too hard and it bounces off the putting green you must start again from the tee. The errant shot counts as a stroke.
- Play fair. If you are caught cheating you will be disqualified from the tournament. Remember this is not the Masters, it is the **ADRC Open** we are all here just to have fun!

Bonus: The course will be open for practice rounds from November 2nd-13th. Turn in your scorecard from your practice round to qualify. Call 920-746-2372 to reserve a practice tee time. Proper social distancing protocol will be in place throughout the tourney and during all practice rounds.

NATIONAL STRESS AWARENESS DAY

Relax and unwind . . .

Wednesday, November 4th
9:00-11:00 a.m.

Complimentary-

- Chair Massage
- Relaxation Tips & Handouts
- Fidget Sticks & Giveaways

Call to 920-746-2372 to pre-register for a Chair Massage.

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

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Computer Workstations & Fitness Room Access

Public Computer Workstations

There will only be one public computer workstation available at any given time and preregistration for use is required. Time limits for computer use will be 45 minutes at a time, leaving at least 15 minutes to clean and disinfect. Individuals will have the option to extend their time if there are no appointments immediately following. All public computer appointments will begin no earlier than 9:00a.m. and no later than 3:00p.m. so there is time to clean the station before the end of the day. Appointments will not occur during the time we provide our carry out meals between 11a.m. – 12:30p.m. to ensure the proper screening can be completed. Individuals are required to wear a mask while using the computer workstations. The computer and workstation will be disinfected after each use, by ADRC staff.

Fitness Room

The ADRC fitness room is also open to the public but on a very limited basis. There will only be two people allowed in the fitness room at any given time and preregistration for use is required. Appointments for fitness room use will be 45 minutes, allowing at least 15 minutes to clean/disinfect in between each use. All fitness room appointments will begin no earlier than 9:00a.m. and no later than 3:00p.m. to allow enough time for cleaning. Appointments will not occur during the time we provide our carry out meals between 11a.m. – 12:30p.m. to ensure the proper screening can be completed. Individuals signed up for a fitness room appointment are required to wear a mask anytime they are in the building besides the fitness room. Equipment in the fitness room will be arranged in such a way allowing at least 6 feet of distancing. The fitness room will be disinfected after each use, by ADRC staff. Individuals will also be expected to use the disinfecting wipes after each use of fitness room equipment. All hand weights, kettle bells and exercise bands have been removed at this time.

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

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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.

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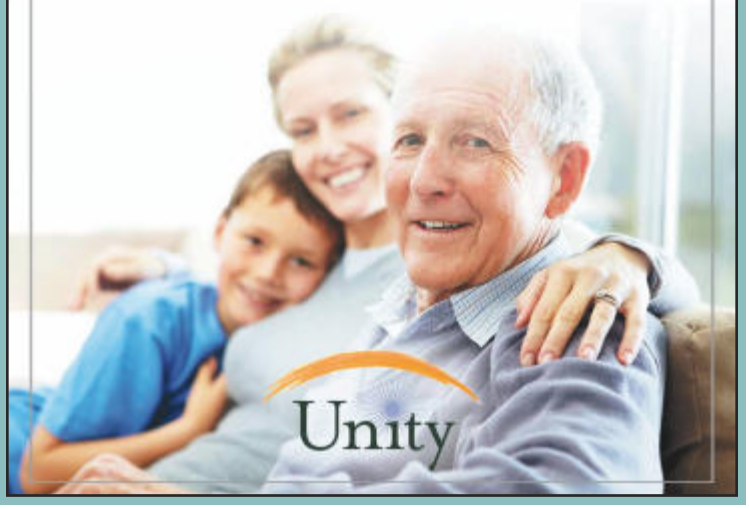
Hospice adds life to days when you can't add days to life. When comfort and dignity matter most, rely on Unity for expert medical, emotional and spiritual support.
Let us help. Choose UnityHospice.org | (800) 990-9249


We invite Veteran's to enjoy a carryout meal & receive an honorary gift Wednesday, November 11th!

In honor of all who have served our Country, there will be a variety of virtual opportunities to enjoy from your home. A special commemorative speech by Beth Wartella of the Door County Veteran's Office will be featured, along with an inspiring music video. Ken Pollock will be offering a patriotic Fireside performance that will be recorded at the ADRC & available to view via Facebook Live and the ADRC @ Home video library.

ADRC @ HOME PROJECT - GRATITUDE JAR

On November 1, decorate a jar in festive autumn fashion. Every day, have each family member add a note stating something they are grateful for or a good thing that happened that day.

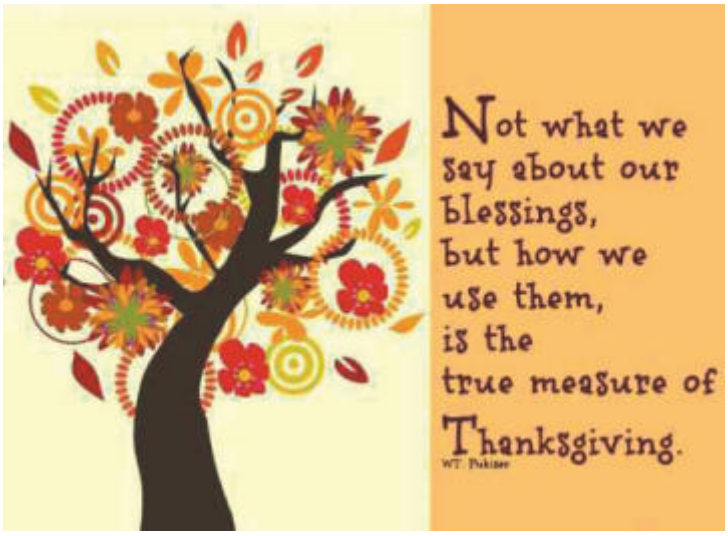
On Thanksgiving Day, bring the jar to your dinner table and take turns reading the notes from your Gratitude Jar.

Happy Thanksgiving!

Volunteer Opportunities

Compassionate Calling Tree Volunteers Needed!

Looking for a rewarding way to socialize and reach out to others while staying safe at home this winter? We are exploring a way to engage volunteers and consumers of the ADRC through a Volunteer Calling Tree program. If you enjoy making new friends, talking on the phone, sharing uplifting conversation, and essentially making someone's day, this is the perfect project for you! Please call Nicki @ 920-746-7153 if interested.



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

The Gadget Guy's: Monthly Tips

How To Use Zoom App On Android Tutorial
https://youtu.be/jCX0pIut8gM

How To Use Zoom On iPad Tutorial
https://youtu.be/2bLIVzPJTdQ

Are you interested in being a Pen Pal?

We are getting a good response of people interested in the Pen Pal program and are still accepting participants. Please contact Nicki @ 920-746-7153 to share your name, contact information, and hobbies. You will be matched with a Pen Pal who has similar interests to make the experience of being a Pen Pal fulfilling and meaningful for everyone involved.

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

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

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

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

EXPRESSIVE ARTS GROUP

Tuesday, November 17th & 24th
1:30-3:30 p.m.

Please come share your wisdom. No art experience needed! Come join Tanya Kavicky-Mels, MA, LMFT and Registered Expressive Arts Therapist for two sessions of Expressive Arts Based activities that fosters connection, exploration, playing, learning and helps us to connect with each other.

You will use drawing, some writing, painting (water color) and music to discuss legacies and learning lessons in life. Scientific Research has shown that engaging in art activities helps calm down the nervous system, relaxes the body, improves brain functioning, and helps us feel more social and want to connect with others. Classes will be held at the ADRC. Pre-registration is required, please call 920-746-2372.

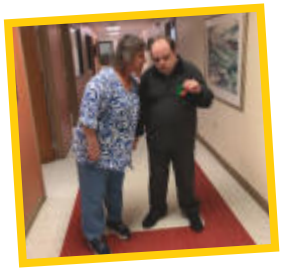
Advertisements below are provided for information only, endorsements are not implied or assumed.

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



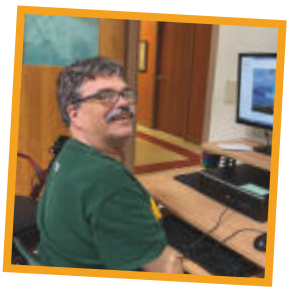
Contact Jenni Jorgenson for a free tour and information on how Sunshine House Personal Care can nurture the lives of your loved one (920) 743-7943.

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 Dawn Thiry for a free tour and information on how Sunshine House Day Services can enrich the lives of your loved one. (920) 743-7943.

ADRC TEST KITCHEN

The nutrition program at the ADRC of Door County is looking to freshen things up and we need your help and if you ever dreamt of being a taste tester, now is your chance!

We are looking for some of our meal site participants to enjoy sampling some new food items that we are going to whip up in our Sturgeon Bay kitchen! You may be asked to try a range of food such as a side dish, entrée or dessert.

If you have any family recipes or even just your favorite one and would like to see it added to our menu, please share it with us. Our amazing kitchen team will then go over what is submitted and narrow it down.

If you would like to be a taste tester, please call the ADRC at 920-746-2372.

Along with testing the new food items, tasters will be asked to complete a short questionnaire about what you sampled.

Please send recipes to Jenny Fitzgerald, Assistant ADRC Director either by email at jfitzgerald@co.door.wi.us

Or mail to: Jenny Fitzgerald
916 N. 14th Ave.
Sturgeon Bay, Wi 54235

Thank you and we look forward to hearing from you!

TIPS FOR HEALTHY SKIN:

Taking care of yourself as a caregiver can be tough! The skin is the largest system of the body, let's discuss how to keep it healthy.

Exfoliating the skin can help rid of dirt and dead skin cells that build up over time. Try exfoliating once every week (depending on sensitivity of skin).

Do not forget to moisturize the skin. Moisturizing the skin helps hydrate the skin as well as keeping it look healthier and younger.

Many of the foods we intake can affect the way our skin looks, feels, and functions. Vitamin C is needed to provide structure to the skin, examples of foods with Vitamin C are red peppers, brussels sprouts, lemons, oranges, blueberries and grapefruit. These foods also have antioxidants that can help fight against cell damage and things that harm the skin. Many different foods can help the production of healthy skin.

WEEKLY CHALLENGE

CHOOSE LOW-FAT OR DAIRY FREE PRODUCTS

USE WHOLE GRAIN BREAD AND PASTA

ADD 1 FRUIT AND 1 VEGETABLE TO EACH MEAL

DRINK A GLASS OF WATER WITH EVERY MEAL

DID YOU KNOW?
Pumpkin seeds are high in zinc, which helps to regulate the activity of skin oil glands and helps wound healing!

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students By: Hope Quilling

Healthy Skin Avocado Salad

Ingredients:

1.) 1 avocado
(peeled, pitted and diced)

2.) ½ sweet onion
(chopped)

3.) ½ large ripe tomato
(chopped)

4.) Salt and pepper to taste

5.) ¼ cup pumpkin seeds

6.) ½ green bell pepper
(chopped)

Directions:

1.) In a medium bowl, combine avocado, onion, bell pepper, tomato, & pumpkin seeds. Toss gently.

2.) Season with salt & pepper.

In this recipe, the avocado protects the skin from environmental damages, and helps keep the skin strong and healthy. The bell pepper keeps the skin firm and strong. The tomato protects the skin from the sun and helps prevent wrinkling.

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students By: Hope Quilling

REVISED NUTRITION PROGRAM INFORMATION

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

Reservations Are Now Required for all meal sites for Carryout meals
Meal pick up time is from 11:30a.m.—12:00p.m.

****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
Serving carryout meals on Wednesday & Friday
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 Friday and frozen meals on Fridays

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 - NOVEMBER

MONDAY	WEDNESDAY	FRIDAY
Beef Stroganoff Noodles* Peas &Carrots Fruit Yogurt Wheat Roll* 2	Sweet & Sour Chicken Egg Rolls* Stir Fry Veggies /w Broccoli, Water Chestnuts & Red Peppers Brown Rice* Birthday Cake/Ice Cream* Pineapple* 4	Grilled Brats/Sauerkraut Potato Salad* Steamed Corn Baked Beans* Fruit Cookie* 6
Chicken Rice Casserole w/Vegetables* Buttered Carrots Fruit* Yogurt * Roll* 9	Ham German Potato Salad* Buttered Beets Pudding* Applesauce* Rye Bread* 11	Baked Chicken Baked Potato* Green Beans Peach Crisp* Wheat Roll* String Cheese 13
Cheese Burger on a Bun* Tater Tots* Pickle Spears Coleslaw Fruit* 16	Chili w/Cheese & Onions Cornbread* Fresh Veggies & Dip Fruit Cup* Dessert* 18	Turkey w/Gravy Mashed Potatoes* Steamed Broccoli Cranberries* Apple Pie w/Topping* Roll* 20
Meatloaf Scalloped Potatoes* Stewed Tomatoes Fruit* Cookie* Bread* 23	Pork Chops Steamed Potatoes* Boiled Cabbage Pistachio Torte* Applesauce* Wheat Roll* 25	*CLOSED* *HAPPY THANKSGIVING* *27*
Spaghetti with Meat Sauce* Grated Parmesan Tossed Salad Fruit* Yogurt Cup* Bread Stick* 30		

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

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

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

STURGEON BAY, BRUSSELS, LIBERTY GROVE, BAILEYS HARBOR MENU –NOVEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken-Ala-King Peas & Carrots Biscuit* Fruit* Cookie * String Cheese 2	Brats/ Sauerkraut Mac & Cheese* Baked Beans* Fruit* Dessert* 3	Ravioli with Meat Sauce Romaine Salad Tropical Fruit* Garlic Bread* Cheese Stick 4	Pasta CrabSalad* Tomato w/ Cottage Cheese Fresh Fruit* Lemonade Cheesecake* Roll* 5	Pork Chops Mashed Potatoes* Malibu Veggies Pistachio Torte* Fruit* Wheat Roll* 6
Beef Stroganoff Egg Noodles* Squash Cottage Cheese Delight Vegetable Bread* 9	Ham Succotash Scalloped Potatoes* Bread Pudding* Apricots * Wheat Roll* 10	Baked Ziti* Romaine Salad Garlic Bread* Fruit* Birthday Cake* 11	Baked Chicken Wild Rice* Sliced Beets PineappleChunks* Fruit Pie w/ Topping* Wheat Roll* 12	Baked Cod, Au Gratin Potatoes* Pea Salad, Fruit* Blueberry Cheese Cake* Rye Bread* 13
Spaghetti* Tossed Salad Fruit Whip * Dessert* Bread Stick* 16	Taco Salad with Corn Chips*, Refried Beans, Ground Beef, Tomato, Onion, Cheese, Sour Cream, Fruit* Hawaii Roll* 17	Beef Tips over Pasta* Peas and Carrots Fresh Fruit* Peach Crisp* Bread* 18	BBQ Chicken on a Kaiser Roll* Potato Salad* Broccoli Salad Fruit Yogurt Parfait* 19	Turkey & Stuffing* Francais Blend Veggies Cranberries* Apple Pie w/ Topping* Bread* Cheese Stick 20
Cube Steak Stewed Tomatoes Steamed Potatoes* Yogurt Cup* Fruit* Bread* 23	Tempura Chicken Egg Roll* Stir Fry Veggies Brown Rice* Fruit* Lemon Bar* 24	Meatloaf Wild Ric-e* Green Beans Mandarin Oranges* Bread* 25	CLOSED FOR THANKSGIVING 26	CLOSED FOR THANKSGIVING 27
Stuffed Peppers* Au Gratin Potatoes* Mixed Vegetables Cottage Cheese & Pineapple 30				

** Signifies Foods that count as Carbohydrate choices. Milk is also served every day and is a carbohydrate choice.*
** Carbohydrates are found in breads, cereals, grains, fruits, milk, starchy vegetables and sweets. Eating the same amount of carbs at each meal can control blood sugar. Meals are always subject to change due to unexpected circumstances*

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