December 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

DECEMBER GREETINGS

Dear Friends & Community Members,

Due to the recent rise in positive COVID-19 cases here in Door County, starting on Wednesday, November 11th the Aging and Disability Resource Center (ADRC) front doors were locked.

We are still providing services and are here to help!

ADRC staff are available by phone, email or video chat to discuss needed support and resources. The following services will be provided remotely 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.

You are not alone! Contact us today – by phone (920)746-2372 or email adrc@co.door.wi.us.

We are still offering carryout meals at all five dining sites throughout Door County and hot home delivered meals or more commonly known as Meals on Wheels.

We also have frozen meals that are available upon request. If you or someone you know is interested in reserving a carryout meal, receiving hot home delivered meals or picking up frozen meals, please call (920)746-2372.

All in-person activities, exercise classes and events are postponed until further notice. We are offering more programs that you can access from the comfort of your home – over the phone or computer. Please watch out for new activity, event or program announcements on our Facebook page (ADRC of Door County – Door County Community Center) and/or website (www.adrcdoorcounty.org) by visiting our "ADRC@Home" webpage.

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

Sincerely,

Jake Erickson, ADRC Director
Jennifer Fitzgerald, Assistant ADRC 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 currently 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. Please call the ADRC if Interested In joining 746-2372	**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

RESILIENCE: A HELPFUL TOOL FOR CAREGIVERS

When life takes a turn you weren't expecting and you find yourself in a place you'd rather not be, do you fall apart or face the situation with confidence and strength? There's nothing like a global pandemic to test your ability to cope. Add to that the regular challenges of being a caregiver and the stress that comes with the holidays and even the strongest person may falter. While your first reaction to these challenges might be fear and anxiety, adopting principals of resilience can help you respond more positively during hard times.

Resilience is the ability to cope when things go wrong. Some people are better at this than others, but all of us can learn to become more resilient by adopting these principles:

1.) Solve the right problems. Instead of mulling over things you are powerless to change, focus on what you can do. You can't make COVID-19 go away or somehow undo the fall your mother took. But you can find ways to add meaning to each day and add safety measures to prevent falls in the future.

2.) Find meaningful activities. As a caregiver, it is easy to lose your own individuality in the hubbub of what needs to get done, especially with the added challenges of the pandemic. However, it is vital to carve out time to do something you love; something that gives you energy and recharges your battery.

3.) Get connected. It is vital to stay connected to others and reach out for help when needed. Asking for help is not a sign of weakness but a sign of wisdom and strength. Even with COVID restrictions in place, a friend can drop off a meal or visit with you and your loved one by phone. Participating in a virtual support group or event can also connect you with others who are in a similar situation which can help you feel more positive about your situation.

4.) Remain hopeful. You can't change what has happened, but you can look positively toward the future. Set goals to focus on – both long term and everyday goals. Find a success in each day to keep you feeling optimistic and capable. Actively foster positive thoughts.

5.) Learn from experience. Reflect on how you faced hardships in the past and build on those strategies that were successful. When you do make a mistake – like losing your temper – don't dwell on it. Figure out what led to the blunder – like a lack of sleep – and fix it. Find practical and correctable reasons for mistakes rather than focus the blame inward to yourself as a "bad" person.

6.) Believe in your ability to cope. It is easy to get overwhelmed with the responsibility of caregiving added to the challenges facing the world right now. Feelings of fear and anxiety are normal and okay; validate them. Then move forward and be aware of the personal strengths and resources you have.

7.) Take pride in your accomplishments. When you find success, whether big or small, give yourself credit. Acknowledging that an achievement was the result of your hard work and effort rather than just good luck helps you feel capable to deal with the hardships and setbacks that come your way.

Caregiving can be full of challenges and difficulties, especially with all the added stressors right now. Becoming a resilient caregiver will help you adapt to these tough times and become a stronger and more confident person in all you do.

If you have questions about your caregiving experience, please call The ADRC of Door County at 920-746-2372.

Jane Mahoney -Caregiver Support Specialist
Greater Wisconsin Agency on Aging Resources

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/

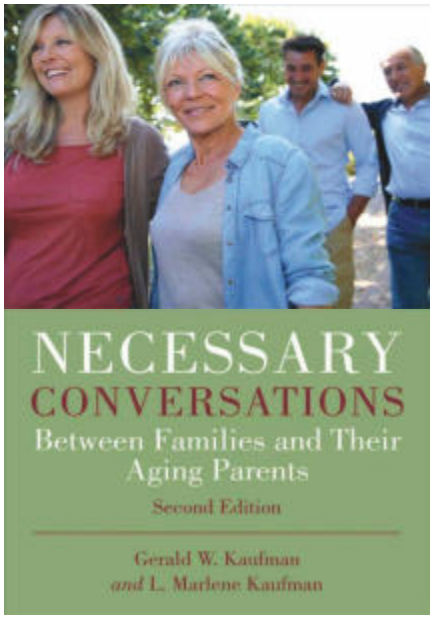
This group will provide caregivers with information, resources, and tools to help support them at home as well as connect them with other caregivers who may be facing the same challenges. Please note: this group is not intended to be in place of the support groups we hold.

Recommended Reads

In this timely book, long-time family counselors, Gerald and Marlene Kaufman, urge aging people, their adult children, family members, and other caretakers to talk directly with each other about the decisions that lie ahead as they age. "Do it before a crisis hits," say the Kaufmans. "A good time to start is when the parents retire."
Necessary Conversations focuses on four primary areas:

- Parents' finances
- Parents' medical care
- Parents' living arrangements
- When to stop driving

This honest and resourceful guide for aging adults and their family members includes helpful suggestions for starting these conversations and overcoming confrontation.



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:
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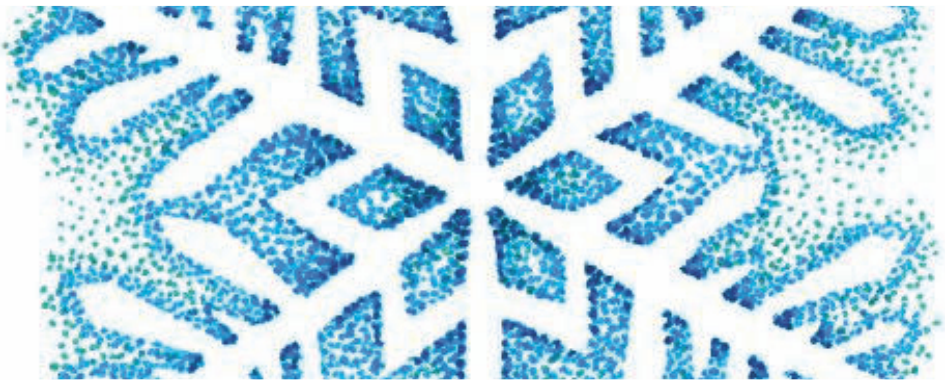
HOME FOR THE HOLIDAYS



Plan ahead.
Stay connected.
Know the signs.

You can prevent elder abuse.

If you're like most Americans, you don't get to see your elderly loved ones as often as you'd like. The holidays offer an opportunity to visit with parents and grandparents. Given that 1 in 10 older Americans are abused and neglected, the National Center on Elder Abuse wants everyone to know what they should be looking for when visiting elderly loved ones to ensure that they are aging with respect and dignity.

For many of us, the holidays offer a once-a-year time to visit with elderly relatives who live at a distance. These holiday visits are a good time to assess what assistance parents or other elderly loved ones might need to safely age in their homes. There are many things to consider. Prepare a checklist of things to look out for and to discuss with your elderly loved one. It might include questions such as:

- Does an elderly loved one require help with chores or housekeeping, bathing, dressing, shopping and meal preparation, managing money, transportation or medications?
- Are they isolated? How often do they socialize with others?
- If living with another, are they dependent on that person for care? Is that person an appropriate caregiver? Does the caregiver understand the medical conditions that the elder has?
- During your visit, keep an eye out for warning signs of self-neglect, or abuse or neglect by others (see below). Remember that most elder abusers are related to the older person.
- If, *before* you make your trip, you suspect that your loved one needs extra assistance, plan a longer stay so that you can visit local aging service organizations, physicians and attorneys during regular work hours.

Make the most of your visits by taking some private time with the elder to discuss future planning. Seniors may not be aware of a gradual decline and may be reluctant or unable to plan for needed care. Support and guidance from family members can help prevent serious accidents and future health complications. Noticing and correcting problems can help keep seniors safely in their homes. *Allow time* for them to express anxieties and needs. You can decide together what needs to be done and who can help..

Some warning signs to look for:

SELF-NEGLECT

If the senior lives alone and does not have anyone providing assistance, self-neglect may become an issue. Some things to look for include:

- Senior appears confused
- Senior is no longer able to handle meal preparation, bathing, bill paying, etc.
- Senior seems depressed
- Senior is drinking too much or is abusing drugs
- Senior is falling frequently
- Senior appears undernourished, dehydrated, under-medicated, or is not getting care for problems with eyesight, hearing, dental problems, incontinence, etc.

NEGLECT OR ABUSE BY OTHERS

If the senior lives with others or has someone coming in to help, neglect or abuse may become an issue. Some things to look for include:

- Presence of "new best friend" who is willing to care for the senior for little or no cost
- Recent changes in banking or spending patterns
- Older person is isolated from friends and family
- Caregiver has problems with drugs, alcohol, anger and/or emotional instability
- Caregiver is financially dependent on the older person
- Family pet seems neglected or abused
- You find an abundance of mail and/or phone solicitations for money ("You're a winner!")
- Senior seems afraid of the caregiver
- Senior has unexplained bruises, cuts, etc.
- Senior has "bed sores" (pressure sores from lying in one place for too long)
- Senior appears dirty, undernourished, dehydrated, over- or under-medicated, or is not receiving needed care for problems with eyesight, hearing, dental issues, incontinence.

What should you do?

- If you suspect your older loved one is at risk and he/she lives in the community, call your local Adult Protective Services or Office on Aging. If the person lives in a licensed facility, call the local Long-term Care Ombudsman. You can find the numbers for your state at www.ncea.aoa.gov.
- Introduce yourself to responsible neighbors and friends. Give them your address and phone numbers in case of an emergency.
- Ask your elderly loved ones directly if they are afraid of anyone, if anyone is taking things
- without their permission; if anyone is asking them to do things they are not comfortable with, or if anyone is humiliating them. These screening questions may reveal hidden anxieties caused by abuse or neglect.

RESOURCES

National Center on Elder Abuse: https://ncea.acl.gov
Ageless Alliance: www.agelessalliance.org
Eldercare Locator: www.eldercare.gov

This toll-free service operates Monday through Friday, 9:00 a.m. to 8:00 p.m. (Eastern time) and can be reached at 1-800-677-1116.
AARP: http://assets.aarp.org/externalsites/caregiving/planAhead/longdistanceissues.html Tips on Long-distance Caregiving.

PREVENTING WINTER DANGERS

Let's face it, lately the weather has been beautiful with unseasonably warm weather for this time of year. Unfortunately, it seems there are fewer warm days than there are cold days in our near future. So I guess we can give in and say winter is knocking on our front door. This time of the year can also pose some additional safety risks, but can be avoided with some thoughtful wintertime safeguarding. Here is some helpful advice for preventing winter dangers:

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

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

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

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

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

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

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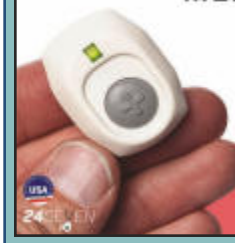

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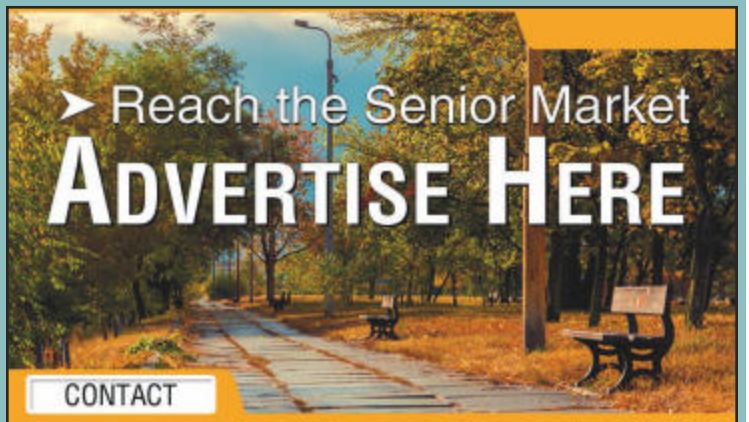

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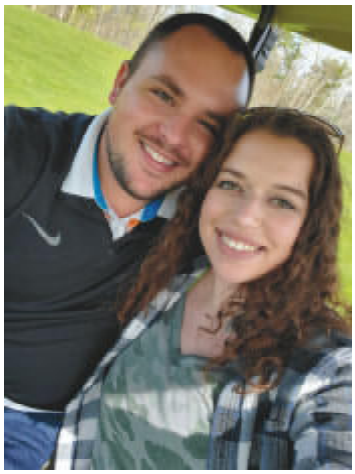
WELCOME NEW STAFF

Hello, my name is Amber Plautz and I am the new Information and Assistance Specialist at the ADRC. I received my Bachelors of Social Work from UW- Green Bay. Prior to joining Door County, I was with the ADRC of the Wolf River Region for over 4 years. I am very excited about joining this team and learning more about resources and services in this area.



Currently, I am living in Green Bay but I am excited to move to Sturgeon Bay in the summer. When I am not at work I enjoy spending time with my family and friends, reading, playing volleyball, and (trying) to learn how to golf and bowl.

I look forward to meeting you!

I am Katherine (Katie) LaViolette, the new Disability Benefit Specialist, located at the Aging and Disability Resource Center. I have travel throughout our United States and Around the World, and finally calling Door County home at last, as my husband's entire family is from this most desirable area. I was born in San Diego, CA and raised in Virginia Beach, VA; as both of my parents were in the United States Navy.

Then I met my husband, Rick, who was in the United States Marine Corp. So, traveling is almost instinctual for me as I have lived in Pascagoula, MS, Jacksonville, FL, Strasburg, PA, Queens, NY, Haymarket, VA, Fredericksburg, VA, Twentynine Palms, CA, Carmel, CA, Cherry Point, NC, Emerald Isle, NC, and Okinawa, Japan. I received a Double Bachelor of Science in both Social Psychology and Criminal Justice Administration from Park University of Parkville, MO.

Volunteering in the Community has always held a special place in my heart; with such organizations as: Regional Food Pantries, Interfaith Outreach Services, Monterey County Reads Program, AmeriCorps and the American Red Cross. I have worked for the North Carolina Division of Marine Fisheries, the National Resources and Environmental Affairs Division of Northland Research, USMC Semper Fit Health Promotion Program, Court Appointed Special Advocate (CASA), and Aurora Medical Center.

Rick and I have over twenty years together and our Daughter, Ava, is thoroughly enjoying Sturgeon Bay High School. I enjoy kayaking, (weather permitting), hiking, cross country skiing, and playing tennis. We have two Dogs: a 9-year-old Golden, named Bella and a 7-month-old Maltipoo named Daisy.

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	MONDAY		TUESDAY		WEDNESDAY
		1	2:00 Virtual Reindeer Games: Trivia ADRC @ Home kit of the week: 25 Days of Christmas Activity Calendar	2	11:00 Zumba Gold (virtual 11:30 Brain Health Handouts 1:00 Windows Tech Series (virtual) Topic: File Explore & Updates
7	11:00 Zumba Gold (virtual) ADRC @ Home kits of the week: Jingle Bell Ornaments/ Cinnamon Stick Ornaments	8	2:00 Virtual Reindeer Games: Bingo	9	11:00 Zumba Gold (virtual) 11:30 Brain Health Handouts
14	11:00 Zumba Gold (virtual) 2:00 Ben Larsen's Holiday Concert (Virtual) ADRC @ Home kits of the week: Winter Yarn Wreath/ Holiday Adult Coloring Book	15	2:00 Virtual Reindeer Games: Scavenger Hunt	16	11:00 Zumba Gold (virtual 11:30 Brain Health Handouts 1:00 Apple IOS Version14 Tech Series (virtual) Topic: Views and Default Setting
21	11:00 Zumba Gold (virtual) 2:00 1st Day of winter: Crossroads Cross Country Ski/Hike (weather dependent) ADRC @ Home kit of the week: Gingerbread Houses	22	2:00 Virtual Reindeer Games: Name that Holiday Tune	23	11:00 Zumba Gold (virtual) 11:30 Brain Health Handouts 2:00 Ben Larsen's Christmas Eve Concert (virtual)
28	11:00 Zumba Gold (virtual) ADRC @ Home kits of the week: New Year's Eve Star Crown/Glitter Votives	29	2:00 Virtual Reindeer Games: Minute to win it - count down to 2021	30	11:00 Zumba Gold (virtual) 11:30 Brain Health Handouts

	THURSDAY		FRIDAY
3	11:00 Zumba Gold (virtual) 11:30 Winter Wellness Tips Handouts	4	11:30 Friday Funnies Handouts
10	11:00 Zumba Gold (virtual) 12:00 Helen Cordon's Accordion Holiday Concert (Virtual)	11	10:00 Ask the Exercise Physiologist 11:00 Zumba Gold (virtual) 11:30 Friday Funnies Handouts
17	11:00 Zumba Gold (virtual) 2:00 Drive-Thru Hot Cocoa & Candy Canes	18	11:00 Zumba Gold (virtual) 11:30 Friday Funnies Handouts 1:00 Tim & Paul Ciglar Holiday Concert (Virtual)
24	Merry Christmas! ADRC is Closed	25	Merry Christmas! ADRC is Closed
31	11:30 New Year's Eve Party Favors, Treats 2:00 Comedy Show (virtual)	1	Happy New Year! ADRC is Closed!

DECEMBER 2020

Virtual Events:
Call 920-746-2372 to pre-register and share your e-mail address to receive a link to join.

ADRC @ Home Kits:
Call 920-746-2372 to request a kit and arrange a time for drive thru pickup.

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

25 Days of Christmas

Activities List Ideas

1. Get a Chocolate Advent Calendar.
2. Visit a Living Nativity.
3. Have a Picnic next to the Christmas Tree.
4. Serve a Red and Green Dinner.
5. Build a Snowman/Snowball Fight
6. Make an ugly Christmas Sweater.
7. Have a Christmas Craft Day.

8. Relax with Homemade Peppermint Hot Chocolate.
9. Decorate a festive Gingerbread House.
10. Enjoy Candied Popcorn and have a Game Night.
11. Write Letters to Santa.
12. Cut down your Christmas Tree.
13. Decorate your Tree and Drink Eggnog.
14. Take a Drive & discover Christmas light displays.
15. Read Christmas Books by the Tree.
16. Have a Christmas Movie Marathon Day in your PJ's.
17. Make Tortilla Snowflakes.
18. Make Paper Snowflakes & Decorate your Home.
19. Make Edible Treats for the Birds.
20. Go Ice Skating.
21. Read the True Story of Christmas (Luke 2: 1-20)
22. Donate to Toys for Tots.
23. Adopt a Family or Child for the Christmas Season.
24. Host a virtual Sing-a-Long/Caroling
25. Bake Cookies and deliver to your neighbors front porch.

VIRTUAL REINDEER GAMES

Enjoy these virtual games in December at 2:00 p.m.

Dec. 1st
Holiday Trivia

Dec. 22nd
Name that Christmas Tune

Dec. 8th
Holiday Themed Bingo

Please call Nicki at 920-746-7153 2 days prior to pre-register and receive a virtual link to join.

Dec. 15th
Christmas Scavenger Hunt

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

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For more information contact:
Renee Derenne
920.901.7780
Reneedjayslegacy@gmail.com
www.jays-legacy.com

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- *Transportation*
- *Certified care specialists*
- *Flexible Scheduling*
- *Individualized care plan*
- *Personal time for caregivers*

Call (920) 743-7943 for a no obligation tour

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.

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

URGENT CARE
Open every day 7am – 7pm
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25 years in healthcare!
That speaks for itself.
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839 S. 18th Ave. | Sturgeon Bay, WI 54235
annashealthcare.com | 920-818-1200
Office Hours: 8am-4pm
Anna's Healthcare is a wonderful support system for you and your family. We're there to help give a better quality of life to our seniors.

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ADRC @ HOME SURVEY

We realize the Door County Community needs our support and services now more than ever.

Please return your completed survey to: 916 N. 14th Ave. Sturgeon Bay, WI 54235 or take it online by visiting https://www.surveymonkey.com/r/RX3GM3J

To best meet your needs, we are asking you to complete the short survey below to help us better understand how we can safely help you during the COVID-19 pandemic. We also want to learn about the activities and services you would most enjoy during these uncertain times.

What are the biggest challenges you are currently experiencing? (Check all that apply):

___Mental Health ___Healthcare ___Financial ___Nutrition

___Physical Fitness ___Isolation ___Transportation ___Caregiving

___Other:

Which virtual activities would you likely participate in?

___Physical Fitness ___Book Club ___Adopt-a-Grandparent program

___Presentations/Tours ___Music/Theater ___Wellness/Fitness Support ____Games

___Other:

What types of activity kits or packets would you most prefer?

___Arts/Crafts ___Brain Health ___Comics ___Adult Coloring Books

___Seasonal Recipes ___Caregiver Resources ___Healthcare Resources

___Other:

Would you be willing to pay a small fee to obtain an activity kit? ___Yes ___No

Are there additional ways the ADRC can assist you on a virtual or drive-thru basis?

Volunteer Opportunities

VOLUNTEER

The Gadget Guy's: Monthly Tips

How to use YouTube: App Tutorial (HD)
https://youtu.be/mTerLFDGjnM

Google Maps Basics
https://youtu.be/g0ZEwxuzUgo

Getting Directions with Google Maps Android
https://youtu.be/wsWwnq97ywQ

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 program for you! Please call Nicki @ 920-746-7153 if interested.

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

ADOPT-A-GRANDPARENT PROGRAM

The ADRC is facilitating an Adopt-A-Grandparent program aimed to foster positive, meaningful relationships and help people feel less lonely. This program is a one-year commitment of 1-2 hours a week. We will match participants with an individual with similar interests to get to know each other via phone, video chat, virtual games, or handwritten letters. All ages are welcome, creativity is key to discovering the best in your new friend. The Adopt-a-grandparent program is aimed to combat loneliness, create happiness, encourage companionship and is cross-generational.

We are looking for kind, considerate individuals of all ages to participate. If you are interested, we will mail you a registration form, pair you up, and arrange an introductory call to get you started. The program includes students from local schools and various organizations. If you are looking for a unique experience to enrich your life, Adopt-A-Grandparent is the program for you! If you have any questions, please email nscharrig@co.door.wi.us or call Nicki @ 920-746-7153.

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

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

ADRC @ HOME
WINTER ACTIVITY KITS

Celebrate the holiday season in style. These fun activity kits are available to pick up at the front drive-thru. Assemble them in the comfort of your home. Kits are limited. Call today to reserve yours!

25 Days of Christmas Activity Calendar
Week of Dec. 1st

Jingle Bell Ornaments or
Cinnamon Stick Ornaments
Week of Dec. 7th

Winter Yarn Wreath or
Holiday Coloring Book
Week of Dec. 14th

Peanuts Gingerbread House
Week of Dec. 21st

New Year's Eve Crown or
Glitter Votives
Week of Dec. 28th

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

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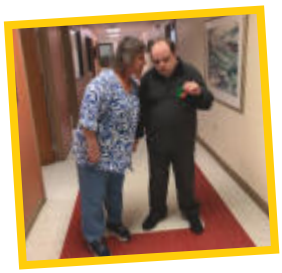
A SUNSHINE RESOURCES ENTITY

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



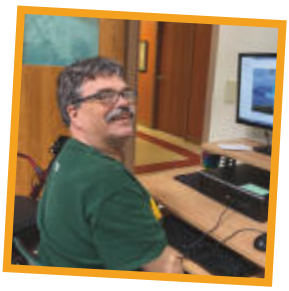
Contact Jenni Jorgenson for a free tour and information on how Sunshine House Personal Care can nurture the lives of your loved one (920) 743-7943.

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.

PREPARE FOR A NEW YEAR. . . A NEW YOU

Healthy Ways to Celebrate New Year's Eve

1. **Pamper yourself:** Enjoy a hot bath, massage, hydrating face mask, manicure kit, etc.
2. **Watch the Sunrise:** Grab your partner or invite a close friend and go for an early morning walk.
3. **Go Skiing:** Embrace the snow while burning calories and getting in shape.
4. **Make Healthy Beverages:** Squeeze fresh fruit juice or pour sparkling cider in a champagne glass.
5. **Dance:** Crank up the tunes at home or attend a virtual New Year's Zumba party.
6. **Play Board Games or Interactive Video Games:** Invite the family to each choose their favorite.
7. **Watch a Comedy Show or Funny Movie:** Laughing is beneficial for your heart, immune system and mental well-being.

INCLIMATE WEATHER CANCELLATIONS

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

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

Please remember that the safety of our Staff & Meals on Wheels drivers is very important, and helps us to keep delivering meals to your home. We try very hard to deliver in spite of the weather. Please be patient with our drivers as delays may happen. Every now and then a storm is too much for even our courageous drivers. Driveways, sidewalks, walkways, and porches should be shoveled and ice-free. Roads that are not passable due to snow or ice may limit delivery to your home.

Thank you for your cooperation!

EAT WELL, CARE WELL.

QUICK HOLIDAY RECIPES:

Balancing being a caregiver and having time to prepare holiday meals can be daunting, but it does not have to be! Preparing holiday entrees and desserts quickly does not compromise flavor or how much your family and friends will enjoy these traditional meals.

There are many tips and tricks that can speed up the process of making these meals. First, plan out what you would like to prepare – don't go overboard. Go shopping early for groceries that you can buy ahead of time.

Evaluate if you can prep anything in advance and store in the freezer or refrigerator. You can make any sauces, gravies, or vegetables the day before. Then, when it comes time for the holiday meal, you will have less to make. Stay relaxed and enjoy the process of making the meal on the day. Finally, remember how much those near to you will enjoy spending time together around your home-cooked meal.

WEEKLY CHALLENGES

INCORPORATE 1 EXTRA FRUIT AND 1 EXTRA VEGETABLE INTO YOUR TRADITIONAL HOLIDAY RECIPES

SUBSTITUTE OLIVE OIL FOR BUTTER WHEN PREPARING HOLIDAY RECIPES

REPLACE ADDED SALT WITH A SPICE SUCH AS GARLIC OR ONION POWDER

Happy Holidays!

GWAAR Nutrition Team in Collaboration with UW-Stout Dietetics Students. By: Nicole Tellock. Dec. 2019

Quick Holiday Recipe: Sweet Potato Custard

Ingredients:

½ cup cooked sweet potato

¼ cup mashed banana
(about 1 small banana)

½ cup evaporated skim milk

1 Tbsp packed brown sugar

1 beaten egg yolk
(or 2 Tbsp + 2 tsp egg substitute)

¼ tsp salt
2 T of raisins

½ Tbsp sugar

½ tsp ground cinnamon

Yield: 3 servings

Recipe adapted by Nicole Tellock from *Delicious Heart Healthy Eating*.

Directions:

1. Preheat oven to 325˚
2. Spray a 1-quart casserole dish with nonstick cooking spray.
3. In a medium bowl, stir together sweet potato and banana. Add milk, blending well.
4. Add brown sugar, egg yolk, and salt. Mix thoroughly.
5. Transfer sweet potato mixture to casserole dish.
6. Combine raisins, sugar, and cinnamon. Sprinkle over the top of the sweet potato mixture.
7. Bake for 40-45 minutes, or until a knife inserted near the center comes out clean.
8. Serve and enjoy!

GWAAR Nutrition Team in Collaboration with UW-Stout Dietetics Students. By: Nicole Tellock. Dec. 2019

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 - DECEMBER

MONDAY	WEDNESDAY	FRIDAY
	Beef Stroganoff with Noodles* Carrots Fruit Cup* Devil's Food Cake* Bread* String Cheese 2	Baked Chicken with gravy Rice Pilaf Peas & Carrots Vanilla Pudding* Fruit Rye Bread 4
Cheeseburger on a Bun* Baked Beans Coleslaw Pickle Spear Fruit* 7	Sweet and Sour Chicken Stir Fry Vegetables Brown Rice* Egg Roll Yogurt w/Fruit 9	Pork Chops Baked Potato* Green Beans w/Carrots Apple Sauce* Cherry Cheesecake* Roll* 11
Lasagna* Romaine Salad Fruit* Sherbet* Garlic Bread* 14	Ham German Potato Salad* Steamed Cabbage Apple Pie with Ice Cream* Wheat Roll* 16	Swedish Meatball Mashed Potatoes* Squash Fruit Whip* Whole Grain Roll* 18
Chili w/Cheese* and Onions Corn Bread* Fresh Vegetables w/Dip Apple Salad* 21	Cornish Game Hen Wild Rice* Cranberries Sweet Potato Peppermint Ice Cream* Roll* 23	**Center Closed** **Merry Christmas** 25
Brats on a Bun* Sauerkraut Potato Salad Carrot slices Yogurt Fruit Parfait* 28	Meatloaf with Gravy Mashed Potatoes* Beets Mandarin Oranges* String Cheese Bread* 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 – DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Cream of Potato Soup* Egg Salad Sandwich* Steamed Carrots Fresh Broccoli and Cauliflower w/Humus Fruit* 1	Vegetable Lasagna* Tossed Salad w/ Shredded Carrots Cheesecake w/ Cherries Garlic Bread Stick* 2	Chicken-ala-King* Biscuits* Peas and carrots Pineapple Chunks* Rice Pudding* 3	Breaded Tilapia* Red Potatoes* Cole Slaw Fruit* Cherry Almond Coffeecake* Rye Bread 4
Meat Loaf Mashed Potatoes* Peas and Carrots Brownie* Fruit* Roll* 7	Beef Tips with Pasta* Broccoli Pineapple Upside Down Cake* Fruit* String Cheese 8	Baked Chicken Sweet Potato* Lima Beans Yogurt Parfait * Roll* 9	Baked Ziti* Romaine Salad Mandarin Oranges* Carrot Cake* Garlic Bread Sticks* 10	Baked Cod Scalloped Potatoes* California Veggies Pudding with fruit* Wheat Roll* 11
Grilled Chicken Sandwich* Steamed Carrots Black Beans Pineapple with Cottage Cheese* 14	Baked Ham German Potato Salad* Veggie Apple Sauce* Poppy Seed Torte* Roll* 15	Swiss Steak Baked Potato* Mixed Vegetable Birthday Cake* Bread* String Cheese 16	Spaghetti with meat sauce* Salad Blend Fruit* Garlic Bread* Cookie* 17	Cornish Hens Calf. Blend Veggies Wild Rice* Cranberry Sauce* Drumstick Torte* Roll* 18
Chicken Pot Pie over Biscuits* Peas w/Pearl Onions Yogurt Fruit Parfait* Cookie 21	Brats/Sauerkraut Baked Beans Carrots and Broccoli Red Velvet Cake* Cottage Cheese/Fruit 22	BBQ Pork Sandwich* Potato Salad** Steamed Corn Christmas Crunch Cake* Fruit* 23	**CLOSED MERRY CHRISTMAS** 24	**CLOSED MERRY CHRISTMAS** 25
Butternut Squash Soup Ham & Cheese on Rye* Cottage Cheese w/ Pineapple* Broccoli Salad 28	Breaded Cod Rice Pilaf* Island Blend Veggies Cheesecake w/ berries Cheese Stick 29	Hot Dog w/Bun* Baked Beans* Stewed Tomatoes Yogurt Parfait* Birthday Cake* 30	Pork Roast Mashed Potatoes* Mexican Corn Angel Food Cake with Strawberries* Wheat Bread 31	**CLOSED NEW YEARS DAY**

** 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 Sturgeon Bay meals Call Barb at 746-2372
For Baileys Harbor, Brussels, or Liberty Grove. Call Wendy at 920-746-2523