April 2021

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.....Vacant
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

Aging and Disability Resource Center (ADRC) of Door County Questionnaire

We want to hear from you!

Every three years, the Aging and Disability Resource Center (ADRC) of Door County is required by the State of Wisconsin to complete a strategic plan that serves as a platform to create, improve and expand services we provide our community. This living document is known as our "Three Year Aging Plan" and the new plan will cover 2022-2024.

Our staff and advisory committee members participate in the development of this plan, but input and feedback from you is extremely valuable.

Your response is a key element in determining how we are currently doing in serving our community, in identifying areas of program improvement and in coming up with creative ways to fill existing service gaps. It also allows an opportunity for those who are affected by or interested in an issue to be involved in decision-making.

You can also fill out the survey online: https://www.surveymonkey.com/r/V2J9QJ3

We hope everyone is staying safe. You are not alone!

Please do not hesitate to call us at (920)746-2372 if you need any additional support or you would like help filling out the questionnaire.

1. Where in Door County do you reside?

☐ Northern Door ☐ Washington Island ☐ Southern Door ☐ Sturgeon Bay

2. What age bracket are you in?

☐ Under 30 ☐ 30-39 ☐ 40-49 ☐ 50-59 ☐ 60-69 ☐ 70-79 ☐ 80-89 ☐ 90+

3. Where do you gather information about Door County's programs and services? (Check all that apply)

☐ WDOR Radio Station/Website ☐ WBDK Radio Station/Website ☐ 106.9 Lodge Radio Station/Website

☐ Peninsula Pulse Newspaper/Website ☐ Facebook (i.e. Social Media) ☐ Other: _____

4. In what ways has the COVID-19 pandemic impacted your life the most? (Check the top three)

☐ Mental Health ☐ Access to Food/Groceries ☐ Financial Security ☐ Staying Connected to Family/Friends ☐ Regular Physical Activity ☐ Access to Healthcare ☐ In-Home Support ☐ Other: _____

5. What Aging and Disability Resource Center (ADRC) services have you received? (Check all that apply)

☐ Caregiving Support ☐ Fitness Room / Exercise Classes ☐ Information & Assistance Finding Resources

☐ Fall Prevention Resources ☐ Applying for FamilyCare ☐ Social Opportunities (Events, Activities, Trips…)

☐ Help applying for: BadgerCare, FoodShare, Social Security Programs (SSI/SSDI), Long Term Care Programs...

☐ Dine-in Meals / Carryout Meals ☐ Frozen / Hot Home Delivered Meals ☐ Tax Preparation

☐ Medicare Open Enrollment ☐ None ☐ Other: _____

6. Do you live alone?

☐ Yes ☐ No

7. Do you have enough support and/or resources you need to live safe and independent at home? If not, please explain why. ☐ Yes ☐ No, why: _____

8. What do you feel are the main challenges for older adults living in Door County? (Check all that apply)

☐ Housing ☐ Nutrition/Food Resources ☐ Finding In-Home Support ☐ Caregiver Support ☐ Transportation

☐ Physical Activity ☐ Dementia ☐ Opportunities to Interact with Others ☐ Loneliness ☐ Mental Health

☐ Staying Connected to Friends/Family ☐ Financial Security ☐ End of Life Preparedness ☐ Other: _____

9. What do you feel are the main challenges for adults living with a disability in Door County? (Check all that apply)

☐ Access to Healthcare ☐ Housing ☐ Nutrition/Food Resources ☐ Employment/Job Training

☐ Physical Activity ☐ Staying Connected to Friends/Family ☐ Finding In-Home Support ☐ Financial Security

☐ Opportunities to Interact with Others ☐ Transportation ☐ Mental Health ☐ Other: _____

10. Are you are interested in participating in a one-on-one follow up call or a small virtual group discussion to talk about the main issues and challenges older adults and adults living with a disability face living here in Door County? If yes, please provide us your contact information:

Name: _____ Phone Number: _____

11. Is Door County meeting the needs and challenges of older adults and adults living with a disability? What additional services and programs would improve the lives of older adults and adults living with a disability in our community? Please share your thoughts and ideas below.

_____

_____

_____

_____

_____

_____

_____

Thank you for participating!

Please Return To: Aging and Disability Resource Center of Door County

916 N. 14th Avenue, Sturgeon Bay, WI 54235

FIND SUPPORT IN YOUR CAREGIVING ROLE

Talk to someone who provides care for their aging loved one and they will tell you what a stressful job caregiving can be. The American Medical Association states that the role of caregiving places demands on the caregiver which leaves them at risk for health problems including serious illness and depression. And according to the American Journal of Public Health, middle-aged and older women caring for their spouses are six times more likely to suffer from depression or anxiety disorders than their non-caregiving counterparts. The result of this decline in health by the caregiver not only affects the person giving the care, but it may also compromise the care they are providing their loved one.

Reading information like this can make caregiving sound very bleak and discouraging. But we also know that Caregiving can be a very rewarding job. The key difference between a caregiver who is barely hanging on and one who is managing successfully is having proper support in their role as a caregiver. Healthy and content caregivers not only receive help with the ongoing responsibilities of providing care but they also have found an emotional support network.

The American Medical Association suggests to physicians that "a referral to a support group should be recommended for all caregivers." Oftentimes, people hear the words "support group" and immediately tune out. They are uncomfortable with the idea of sharing their feelings. Or they think of a support group as a pity party or place to complain about their lives. But support groups are much more than that and the benefits they offer are valuable. Even amidst the pandemic, these groups continue to meet by phone or online.

The definition of a support group is a gathering (in person, by phone or video-conference) of people in similar situations who provide each other moral support, practical information, and coping tips. Here are some of the benefits of attending support group meetings.

- They provide valuable information that will increase your knowledge of caregiving. One of the best resources for caregivers is other caregivers!
- They teach coping skills. The information and advice that the group provides can assist in problem solving the many different challenging situations you may be experiencing.
- They are a place to share common concerns and joys. Others in similar situations can then offer encouragement and support.
- They are a safe place to identify and express stressful feelings with people who will understand and offer emotional support. Having this support can improve your mood and decrease feelings of distress. They provide affirmation and advocacy. The group serves as a source of validation and can offer avenues to local resources.

The benefits of attending support group meetings can help you feel less alone, give you new strategies to cope with day-to-day stressors and help you feel affirmed in your work as a caregiver. The result will be a healthier, happier you which in turn means better care for your loved one. By taking time to care for your physical and emotional needs, you will discover you can feel more joy and contentment in your caregiving role.

Currently there are dozens of support groups meeting virtually - by phone or video conference. You can find a list of them by visiting http://wisconsincaregiver.org/virtual-events-for-caregivers or contact The ADRC of Door County at 920-746– 2372 to join a local group. If you have never attended a support group, give it a try. You might find it to be just the thing you needed to help you through another day or week of caregiving. If you are in need of other caregiver support or resources, please contact the ADRC of Door County at 920-746– 2372.

Jane Mahoney
Older American's Act Consultant
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.

NEW YEAR, NEW LOOK, SAME GREAT SERVICE

Recently, the County of Door rebranded its transportation services and welcomes you to get connected and get on board. Door County Connect (formerly called ADRC Bus/Van Service) and Door County Connect-Door 2 Door Rides are your public transit services.

You may have noticed that the ADRC bus/van and Door 2 Door Rides vehicles have a new look. The important thing to know is that these services will provide the same great service they have in the past. Therefore, if you rode with the ADRC transportation service in the past, please continue to ride with Door County Connect. Bill Berg, the bus driver, will continue to get you where you need to go. New riders are also welcome to ride!

The Door County Connect services are still available as they were in the past and at the same cost. To schedule a ride with Door County Connect (formerly called ADRC bus/van service) please call (920) 746-6944. To schedule a ride with Door County Connect-Door 2 Door Rides please call (920) 746-6948.

Door County Connect services provided almost 35,000 rides in 2020, a decrease of 13,000 from 2019 due to COVID-19. The drivers of both of these services continue to disinfect the vehicles before and after their shifts and between riders as much as possible. The drivers and riders are required to wear masks and distance themselves.

To learn more about Door County Connect services go to www.doorcountyconnect.com or call Pam Busch at (920) 746-5982 or email transportation@co.door.wi.us.

Get Connected. Get on Board.

DOOR COUNTY CONNECT

Get Connected. Get on Board.
In Door County transportation is a basic need. It can be a hardship for people who do not have access to safe, reliable, and affordable transportation. Door County Connect is here to help and is your public transit service to get you to work, medical care, shopping, or activities at the ADRC.

Door County Connect has two programs that can help:

DOOR 2 DOOR RIDES

Door County Connect-Door 2 Door Rides, serves most of Door County. Services are based on taxi zones that have varying schedules and fares. Service is available throughout Door County.

Schedule a Ride Call: 920-746-6948
or toll free 888-337-9485

DCC DOOR COUNTY CONNECT PUBLIC TRANSIT

Door County Connect travels throughout the City of Sturgeon Bay and an extended area up to 10 miles from the ADRC. Service is available Monday–Friday, 8:15 am–4:00 pm. Riders pay $2.00 per stop in the City and $5.00 per trip in the extended area.
Schedule a Ride Call: 920-746-6944

Find out more at www.doorcountyconnect.com

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April is Sexual Assault Awareness Month

Sexual abuse can happen at any age. Although there is limited research on sexual assault specific to older adults, some studies have found that the majority of older sexual abuse victims have cognitive impairments or functional limitations. This means that it is important for everybody to know what sexual abuse is, what the warning signs are, and who to contact if you are worried about somebody.

According to the American Psychological Association, sexual abuse is "unwanted sexual activity, with perpetrators using force, making threats or taking advantage of victims not able to give consent." **Elder sexual abuse is unwanted sexual conduct against a person over the age of 60.**

Some **signs of sexual abuse** in older adults include:

- Withdrawal from social interactions
- Pelvic injury
- Difficulty sitting or walking
- Bruising on areas of the groin
- Contraction of a sexually transmitted infection (STI)
- Inappropriate or unusual behavior between the victim and the suspect
- Bloody or torn undergarments

What can you do if you suspect somebody is being sexually abused?

Trust your gut. Believe information that the victim tells you. People may not trust the accounts of adults with memory issues; it is important not to brush concerns aside even when a person's cognition is in question. Beyond that, you can call Adult Protective Services, the Sexual Assault Center, and law enforcement to assist in evaluating and acting on suspected sexual abuse. If you are concerned about abuse occurring in a residential facility, a report can be filed with the Division of Quality Assurance.

Door County Adult Protective Services 920-746-7155	**Sexual Assault Center of Door County of Door 920-746-8996**	**Door County Sheriff's Department 920-746-2400**	**Sturgeon Bay Police Department 920-746-2450**	**WI Division of Quality Assurance 800-642-6552**

EVIDENCE-BASED FITNESS

Space is limited.
Sign up today!

ADRC
Aging & Disability Resource Center of Door County

Why Walk With Ease?

Looking for relief from arthritis pain? Just want to be active? The Arthritis Foundation's **Walk With Ease** program can teach you how to safely make physical activity part of your everyday life.

Walk With Ease is designed to help people living with arthritis better manage their pain, but it's also ideal for people without arthritis who want to make walking a regular habit. If you can be on your feet for 10 minutes without increased pain, Walk With Ease may be for you. Classes are one-hour each, three times per week for six weeks.

Program Benefits

- Reduce the pain and discomfort of arthritis
- Increase your balance, strength and walking pace
- Build confidence in your ability to be physically active
- Improve your overall health

Join us and learn to Walk With Ease!

Arthritis Foundation™

wiha Wisconsin Institute for Healthy Aging

BE A BEACON OF HOPE

Be a Beacon of Hope: Suicide Prevention in Door County

Recent suicides in Door County have sounded an alarm in our community. From 2015-2018, a total of 22 lives were lost in Door County due to suicide. The county had 7 deaths per year by suicide in both 2019 and 2020.

A recently released report by the Centers for Disease Control found increases in suicides and suicidal ideation due to the COVID-19 pandemic. 11% of American adults reported seriously considering suicide in June 2020. This is roughly double the percentage for June 2019. The report also found the rate of individuals reporting symptoms of depression and anxiety was 3 to 4 times higher in 2020 than in 2019. 40% of Americans reported some mental health or substance use concern related to the pandemic.

The Door County Mental Health Focus Group is embarking on a campaign to turn this tide. Look for lighthouses around the county with messages of hope and resources to contact for help. Working together, we can make a difference and achieve zero suicides in our community.

If you believe someone is at risk for suicide,

Question: Ask directly if they are thinking about suicide;

Persuade them to let you get them help;

Refer them to appropriate resources.

Door County Crisis Hotline: 920.746.2588

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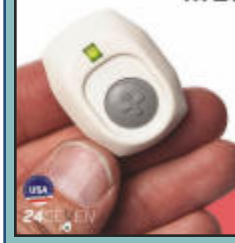

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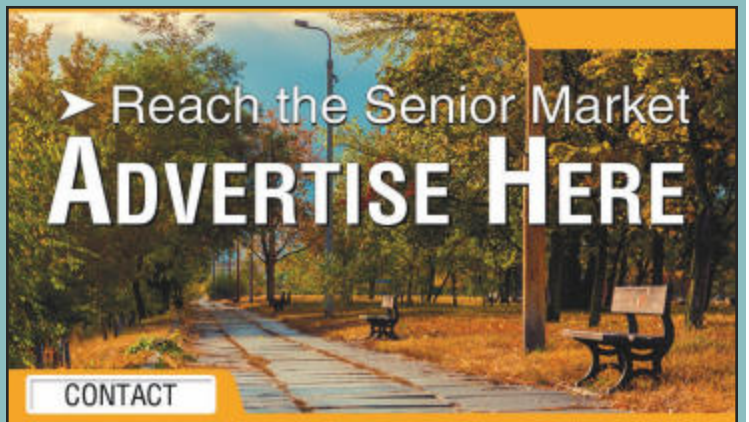

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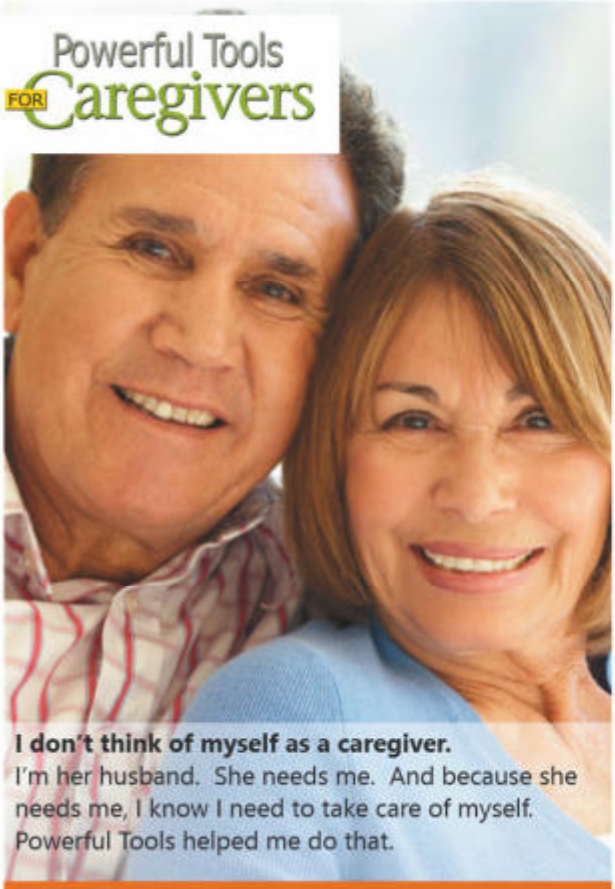

There's a Powerful Tools for Caregivers workshop starting soon near you!

Location: ADRC of Door County
916 N. 14th Ave Sturgeon Bay

Dates: Mondays, May 24h – July 5th
9:30a.m.-11:00p.m.
(Note: No Class May 31st)

Cost: FREE!!

Call or Register Online to receive materials and participation Instructions call (920)746-3504 *or* go online to dcmedical.org/classes-and-events

Caregiving is rewarding.

But it can be challenging too.

Caring for someone with an injury or illness — such as dementia, cancer, heart disease, Parkinson's disease, stroke or others — can be physically, emotionally and financially demanding.

Taking care of yourself is important.

Powerful Tools for Caregivers (PTC) can show you the way!

What is Powerful Tools for Caregivers? And why should I take it?

Powerful Tools focuses on **your** well-being. The class meets once a week for six weeks and has been studied and shown to help family caregivers:

- Reduce stress, guilt, anger, and depression and improve emotional well-being
- Manage time, set goals, and solve problems
- Master caregiving transitions and be part of decision-making
- Communicate effectively with the person needing care, family members, doctors, and other helpers
- Find and use community resources

ADRC Aging & Disability Resource Center of Door County

Door County Medical Center

wiha Wisconsin Institute for Healthy Aging

ADRC @ HOME ACTIVITIES

April 6th
Last Letter

April 13th
Never Have I Ever

April 20th
Earth Day Scavenger Hunt/Clean up

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

April 27th
Trivia

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Your local Family Care option for personal care and support.

Some of the services we manage with you include:

- Care Management
- Personal Care
- Residential Care
- Medical Supplies & Equipment
- Outpatient Mental Health
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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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This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

SUPPORT THE ADVERTISERS THAT SUPPORT OUR COMMUNITY

	MONDAY		TUESDAY		WEDNESDAY
5	ADRC @ Home kits of the week: D.I.Y. Ceramic Boot Planters/D.I.Y. Decorative Kite 11:00 Zumba Gold (virtual)	**6**	9:00 Strong Bodies (virtual) 11:00 Music with Ken Pollock (virtual) 1:30 Armchair Travel handouts/virtual links: Destination: France 2:00 Virtual Games: Last Letter	**7**	11:00 Zumba Gold (virtual) 11:30 Brain Health handouts
12	ADRC @ Home kits of the week: Unfinished Wood Butterfly Photo Holders/ D.I.Y. Jumbo Decorative Pinwheels 11:00 Zumba Gold (virtual)	**13**	9:00 Strong Bodies (virtual) 11:30 Armchair Travel handouts/virtual links: Destination: Germany 2:00 Virtual Games: Never Have I Ever	**14**	11:00 Zumba Gold (virtual) 11:30 Brain Health Handouts 2:00 Aging Mastery Program Book Club
19	National Volunteer Week! ADRC @ Home kit of the week: Color your own Earth Day Flowerpots/ Nautical Bracelet Kit 11:00 Zumba Gold (virtual)	**20**	9:00 Strong Bodies (virtual) 11:30 Armchair Travel handouts/virtual links: Destination: Greece 2:00 Virtual Games: Earth Day Scavenger Hunt/ Clean up	**21**	11:00 Zumba Gold (virtual) 11:30 Brain Health Handouts 2:00 Aging Mastery Program Book Club 3:00 Peninsula Art School: Conversations on Creativity (virtual)
26	ADRC @ Home kit of the week: D.I.Y. Wood Sailboat/Butterfly Suncatchers 11:00 Zumba Gold (virtual)	**27**	9:00 Strong Bodies (virtual) 11:30 Armchair Travel handouts/virtual links: Destination: Hawaii 2:00 Virtual Games: Trivia	**28**	11:00 Zumba Gold (virtual) 11:30 Brain Health Handouts 2:00 Aging Mastery Program Book Club

	THURSDAY		FRIDAY
1	9:00 Strong Bodies (virtual) 11:00 Zumba Gold (virtual) 11:30 April Fool's Day Handouts	**2**	11:00 Zumba Gold (virtual)
8	9:00 Strong Bodies (virtual) 11:00 Zumba Gold (virtual) 11:30 Eat Well/Age Well Handouts	**9**	10:00 Ask the Exercise Physiologist 11:00 Zumba Gold (virtual) 11:30 Music with Tim & Paul Ciglar (virtual)
15	9:00 Strong Bodies (virtual) 11:00 Zumba Gold (virtual)	**16**	9:30 Expressive Arts Group (virtual) 11:00 Zumba Gold (virtual) 2:00 Nature Hike: Sturgeon Bay Ship Canal
22	9:00 Strong Bodies (virtual) 11:00 Zumba Gold (virtual) 11:30 Earth Day Handouts 12:00 Earth Day Concert: Jeanne Kuhns & George Sawyn	**23**	10:00 Ask the Exercise Physiologist 11:00 Zumba Gold (virtual)
29	9:00 Strong Bodies (virtual) 11:00 Zumba Gold (virtual)	**30**	11:00 Zumba Gold (virtual)

APRIL 2021

In Person Classes/ Programming:
Subject to cancellation or change based on restrictions.

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. Kits are limited & have a suggested donation amount.

Please call 920-746-2372 to

MEALS ON WHEELS VOLUNTEER HEROES

The meal is both balanced and delicious. Cheerful smiles on both sides of the doorway may be camouflaged by masks, but there is no hiding the joy in their eyes. The friendly greeting of the volunteers – a former pastor, a retired dentist, a public health worker, a hard-working stay-at-home mom, a middle-aged man giving back during his lunch break – all delivering community members a warm meal. They visit briefly, tell a joke, or discuss the news, then say goodbye until next week.

These people – the volunteers and the consumers – make up the Meals-on-Wheels program. The Aging and Disability Resource Center of Door County administers this effort 252 days a year. Currently, 62 community volunteers, serve over 22,000 meals annually. Every single meal is important, but perhaps even more crucial is the human interaction that takes place. You may be wondering, why do they volunteer?

Meet Mary Lou:

When she retired after 18 years as a Moravian Pastor she knew she wanted to deliver Meals on Wheels. She witnessed the huge difference it made in her mother's life. It was one of the ministries that kept her mother independent, and helped maintain her dignity. Mary Lou understands the importance of service and interaction in people's lives. She feels it brings purpose to people's lives and overall health. Wellness checks are very important. In some cases, she is the only person the Meals on Wheels recipients interact with the entire day. Mary Lou's mission is to step outside of herself and focus on the needs of others. She finds comfort knowing that this service allows people to stay in their own homes longer. One day, Mary Lou knocked on a door and heard a muffled sound, a Meals on Wheels consumer had fallen and was lying on the floor, he tried to get up and fell again. Mary Lou immediately called the ADRC, EMS was contacted and the consumer received assistance. If Mary Lou hadn't delivered the meal that day, the end result may have been tragic. Mary Lou respects the protocol that has been put in place to keep everyone safe during the pandemic. The masking, hand sanitizer, non-contact delivery, and paper bags. An extra bonus for her, was the pleasant surprise to have the opportunity to be vaccinated early due to being a volunteer. When Mary Lou leaves home before a Meals on Wheels shift she often tells her hubby: "See you later, I'm going to make the world a better place."

Meet Doug:

Doug's mother delivered Meals on Wheels many years ago, so he knew first-hand how rewarding it can be. Newly retired from his dental practice, he had some extra time on his hands. Doug enjoys giving back to the community and exclaimed, "Someday I might need help myself, it makes me feel good to show empathy to others while meeting their needs." Doug looks forward to every single time he volunteers. Forming relationships with people he wouldn't otherwise know is a source of joy for him. He feels it is important to maintain a sense of community and has met many interesting people. Doug is very impressed with how responsible people have been regarding personal protection during Covid. The thing he enjoys most about volunteering is having conversations with people and hearing other perspectives.

Meet Louise:

Louise started delivering Meals on Wheels during the middle of the pandemic, looking to broaden her horizons, and experience new volunteer opportunities. Her husband Harold is the driver, allowing her to completely focus on the consumers. She enjoys the chance to meet lots of different people. "I like spreading the word about the ADRC of Door County and all the good things happening," Louise shared. She feels that the recipients are all very appreciative of her efforts. Louise's most memorable experience so far is the relationship she built with a man she delivered meals to several months back. He always asked her to call him "Mr. Bill". Louise was very touched by him, he shared the kindest words every time she stopped by with his meal. She could tell it made his day to have her there to visit with. He is no longer on her delivery route, but she has very fond memories of their visits and she misses him. Louise stated, "The Meals on Wheels program is more important than ever due to the ADRC dining room being closed and the need for a well-rounded meal."

Meet Nancy:

After working as a Public Health Nurse for 36 years, Nancy realizes the importance of the Meals on Wheels program. "I'm doing it in honor of my parents, my parents have benefited greatly from the program, it has allowed them to remain independent well into their 90's," Nancy stated. "I absolutely love it! It is great learning the names of all the consumers, & chatting with them every week. I enjoy bringing sunshine into their world," exclaimed Nancy. The biggest personal benefit Nancy gains is the opportunity to serve others. She utilizes her Public Health nurse experience while being observant of others. One day, a consumer didn't answer his door, Nancy went inside looking for him. She soon discovered he wasn't home, she immediately called the ADRC, so they could contact their emergency contact. It turned out he had an appointment and had forgot to cancel his meal. During the pandemic, Nancy feels the importance of Meals on Wheels is greater than ever due to isolation. "Seeing a friendly face can make all the difference and is so important. Anyone who is healthy and well should consider volunteering."

The ADRC of Door County is always looking for new volunteers to join our team. If you are looking for a way to make a difference in our community while impacting people's lives, consider becoming a Meals on Wheels volunteer.

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

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... the quality of life you deserve
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Sturgeon Bay, WI 54235
Kaylyn • 920-743-9289

Do you want to stay living in your home?

Need QUALITY In-Home supports to help you?

Let **JAY'S LEGACY HOME CARE** provide professional, personally tailored, and compassionate in-home supports that keeps you independent, healthy, and living at home.

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

Limited Availability!
Door County's ***ONLY*** State Certified Adult Day Services

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) 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.

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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.

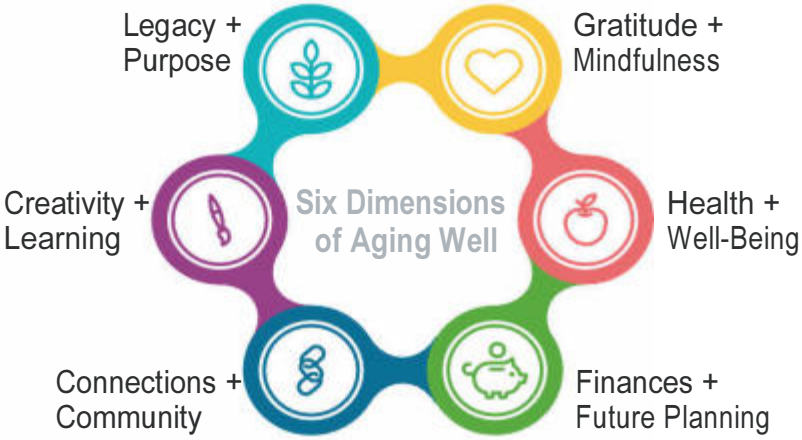
We do the best we can for you and your family!
25 years in healthcare!
That speaks for itself.
Anna's healthcare inc.
839 S. 18th Ave. | Sturgeon Bay, WI 54235
annashealthcare.com | 920-818-1200
Office Hours: 8am-4pm
Come and see us!
Anna's Healthcare is a wonderful support system for you and your family. We're there to help give a better quality of life to our seniors.

SOONER IS BETTER
for quality living during serious illness
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

The Aging Mastery® Starter Kit Has Arrived!

We are proud to partner with the National Council on Aging (NCOA) to o?er you the **Aging Mastery® Starter Kit.**

The Starter Kit will inspire you to take steps toward positive aging across six dimensions and help you build your own playbook for aging well. Each dimension has speci?c guideposts, or actions, that you are encouraged to incorporate your daily life.



The Starter Kit contains:

- *Aging Mastery Playbook*
- Activity Cards
- Exercise DVDs
- Notepad
- Magnet

The Aging Mastery kit will empower you to embrace your gift of longevity by spending more time each day doing things that are good for yourselves and others. Join us at the ADRC of Door County for a five-week book club beginning April 14th, as we explore together building the best play book for your life.

Interested? Age 60 or older? Call and ask us how to join our book club and receive your own Aging Mastery Starter Kit. There is a voluntary contribution of $10.00 for the kit.

For more information contact Nicki Scharrig @ 920-746-7153.

ADRC Aging & Disability Resource Center of Door County

Volunteer Opportunities

VOLUNTEER

WORK OUT . . .GIVE BACK

Interested in Volunteering and Physical Fitness?

You might want to consider leading a exercise class at the ADRC of Door County. Depending on the class, volunteers may have the opportunity to attend a training seminar to become certified or possibly already have experience as a fitness instructor or trainer. Activities may include walking groups, seated exercises with light weights, or yoga classes. Call Nicki at 920-746-7153 for more information.

We are currently accepting applications for a creative volunteer to lead Arts & Crafts Activities!

This individual will help develop Arts and Crafts programming. They will coordinate activities to help consumers express their creative spirits, exercise fine motor skills, and build personal relationships. Possible mediums may be acrylics, beading, drawing, painting, card-making, clay, watercolor, photography, etc. The possibilities are limitless & the impact priceless! If interested in applying for this unique volunteer position, please contact Nicki at 920-746-7153

The Gadget Guy's: Monthly Tips

How to Create New FACEBOOK Account | Updated 2021 | Step by Step for Beginners
https://youtu.be/NaqR1bJCdiY

How to Create Twitter Account (Updated)
https://youtu.be/QJAibLM_FO0

How to Use Instagram, Part 1: How to Set Up Your Instagram Account
https://youtu.be/bLTDZbzKRew

How to Use Instagram, Part 2: Navigating the Instagram App
https://youtu.be/gJW3xJI7XAg

ADRC @ HOME - ARMCHAIR TRAVEL

APRIL'S FEATURED DESTINATIONS

FRANCE

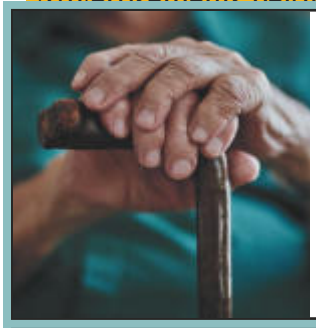
GERMANY

GREECE

EXPLORE EXCITING PLACES IN THE COMFORT OF YOUR HOME. THIS PROGRAM WILL PROVIDE SENSORY EXPERIENCES AND EDUCATIONAL OPPORTUNITIES VIA HANDOUTS, VIRTUAL LINKS, VIDEOS AND TOURS.

HAWAII

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



"It's my life and they respect that."

Local long-term care supports and services delivered with a focus on Life. Defined by you.

INCLUSA

inclusa.org | 877-376-6113

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Your Hometown Choice for Nursing and Rehabilitation Services!

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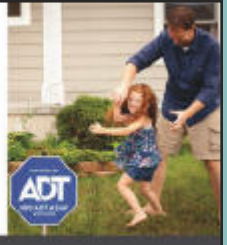


ADT Authorized Provider | SafeStreets | 1-855-225-4251

Are You De-Evolving?

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

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

Staudenmaier Chiropractic Wellness Center

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

ADOPT-A-GRANDPARENT PROGRAM

"I like that I'm giving a grandparent, who might not have anyone else, a chance to talk to someone and write them letters"–A Grandchild

"I don't have any Grandchildren and I enjoy children a lot, so I thought it would be a fun program to do."- A Grandparent

- *Register*
- *Join*
- *Discover your match*
- *Establish Communication*
- *Form a Relationship*
- *Build a Friendship*
- *Have Fun*
- *Be Happy*

If you are interested in joining, please call Nicki @ 920-746-7153.

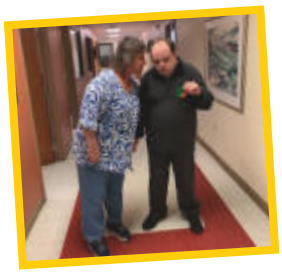
Advertisements below are provided for information only, endorsements are not implied or assumed.

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



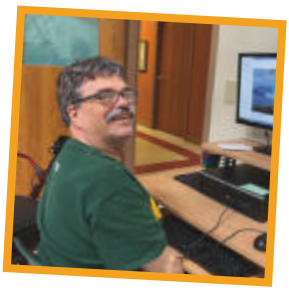
Contact Jenni Jorgenson for a free tour and information on how Sunshine House Personal Care can nurture the lives of your loved one (920) 743-7943.

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.

NATIONAL VOLUNTEER WEEK - APRIL 18-24TH

Thank you to all our amazing volunteers. These individuals went above and beyond during uncertain times and deserve special recognition. **THANK YOU VOLUNTEERS!**

Lisa Anderson
Mary Anderson
Peter Anderson
Helen Bacon
Debra Bailey
Lynn Ballendux
Karen Bellin
Wilder Benites-Arcibia
Roxanne Boren
Marcia Brandt
John Carmichael
Lynn Casteel
Jim Christenson
Paul Ciglar
Tim Ciglar
Susan Clemens
Margaret Coonan
Helen Cordon
Brenda Cornell
Barbara Crnkovich
Katie Dahl
Carol Davis
Joyce Dekeyser
David Ford
John Glesner
Donald Greene
Sue Greene
Elisa Haller
Debbie Harmer
Ron Harmer
Jonathan Hemb
Linda Henkel
Robert Herland
Susie Herland
Edward Herrick
Rich Higdon
Jeffery Holland
Greg Holub
Daniel Hubing
Kathryn Hubing
Tiffany Huston
Eugene Jacobs
Orville Johnson
Terie Johnson
Shannon Klapperich
George Kleist
Marilyn Kleist
Amy Konop
Kayla Kudick
Jeanne Kuhns
Ben Larsen
Nicholas Lee
Donna Leighton
Beverly Luethge
Deanna Martin
Max Martin
Linda Merline
Jane Metko
Heidi Meyer
Paul Mickelson
Mark Mueller
John O'Gara
Douglas Otopalik
Jeanne Pfaff
Joan Pleuss
Mary Plummer
Ken Pollock
John Reed
Linda Reutter
Dan Ripp
Nancy Ruff
Shirley Runck
Dorothy Russell
George Sawyn
Richard Seiler
Judy Sinitz
Jennifer Smith
Barb Spude
Bruce Stelter
Judith Stelter
Brian Stephens
James Stiefvater
Nancy Stults
Deanna Swanson
Linda Taylor
Tom Taylor
Elke Timm
Becky Tremble
Claudette VanErt
Michael VanEss
Susan VanEss
Greg Virlee
Maggie Virlee
Suzanne Wagner
Rick Wellbaker
Robyn Wellbaker
Jane Welsing
Harold Wenzel
Louise Wenzel
Lawrence Wickman
Grace Woodruff
Laureen Zenefski
Paul Zenefski

Photo courtesy of Pixabay.com

EAT WELL, CARE WELL.
ORAL HEALTH CARE TIPS

Oral health is one area that is unfortunately often forgotten. Oral health is extremely important, especially as we get older. Calcium and vitamin D are nutrients that will keep your teeth strong. Teeth are bones and require the same nutrients as the rest of our bones. Foods that are high in calcium and vitamin D include dairy products like milk and cheese. Vitamin D is also found in salmon and mushrooms. However, since teeth are exposed, they also need to be brushed and flossed daily. The American Dental Association recommends brushing twice a day for two minutes and flossing once per day. You can also keep your smile healthy by avoiding highly sugary foods as they can cause decay in the teeth leading to cavities. Leaving cavities untreated can lead to more serious problems like root canals and even needing teeth removed. Visiting the dentist twice per year can help prevent more serious problems before they happen, so make sure to keep regular appointments scheduled!

Source: American Dental Association https://www.mouthhealthy.org/

WEEKLY CHALLENGES

FLOSS EVERYDAY

BRUSH TWICE EACH DAY

HAVE A DAIRY SNACK

MAKE A SMOOTHIE WITH GREEK YOGURT, MILK AND FRUIT

DID YOU KNOW?

LOW FAT AND FAT FREE DAIRY FOODS CAN ENHANCE YOUR ORAL HEALTH.

GWAAR Nutrition Team By: Erica McMillan 4-2021

BONE HEALTHY FOODS

Salmon: Rich in vitamin D

Leafy Greens: Rich in calcium

Broccoli: Rich in calcium

Soy Products: Rich in calcium

Cheese: Rich in calcium and vitamin D

REVISED NUTRITION PROGRAM INFORMATION

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

Reservations Are 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

MONDAY	WEDNESDAY	FRIDAY
		Lasagna* Broccoli Tossed Salad Fruit Jell-O with whipped Topping* Garlic Bread Stick* 2
Chicken Broccoli Casserole with Black Beans* Carrots Applesauce* Jell-O Cake* 5	Pork Roast Parsley Potatoes* Broccoli Cottage Cheese with Pineapples Brownies with Icing* Whole Grain Roll* 7	Meatloaf Au Gratin Potatoes* Green Beans Sliced Peaches* Yogurt* Roll* 9
Pepper Steak Baked Potato* Honey Carrots Yogurt Fruit Parfait* Whole Grain Roll 12	Ham Potato Salad* Boiled Cabbage Birthday Cake with Ice Cream Chunky Apple Sauce* Bread* 14	Sweet & Sour Chicken Egg Roll* Brown Rice* Oriental Vegetables Pineapple* String Cheese 16
Chicken Ala King Peas Biscuit* Apple Crisp* Fresh Fruit 19	Beef Stroganoff over Pasta* Romaine Salad Tropical Fruit Cup* Pistachio Torte* 21	Chicken Parmesan with Noodles* Asparagus Peaches* Lemon Bars* Garlic Bread 23
Brat on a Bun* Sauerkraut, Onions Potato Salad* Baked Beans Fruit with Yogurt* 26	Meatballs Baked Potato* Peas and Carrots Pistachio Torte* Fruit* Bread* 28	Baked Chicken Mashed Potatoes and Gravy* Cauliflower & Carrots Bread* Cookie* Cheese 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 APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			BBQ Pork Sandwich* Romaine Salad* Sweet Potatoes Ice Cream* Diced Pears* 1	Tuna Casserole* Peas/Pearl Onions Fresh Fruit* Strawberry-Lemon Squares* Roll* 2
Meatloaf Baked Squash* Buttered Beets Dessert* Pineapple* Whole Grain Roll* 5	Spaghetti with Meat Sauce* Salad* Cheesecake with Blueberries* Garlic Bread Stick* 6	Ham Au Gratin Potatoes* Cauliflower Blend Yogurt Parfait* Birthday Cake* Roll* 7	Cheeseburger* Baked Beans* Potato Salad* Strawberry Short Cake* Yogurt 8	Baked Cod Scalloped Potatoes* Vegetables Cherry Pie* Fruit* Rye Bread* Cheese Stick 9
Turkey Mashed Potatoes* Key West Veggies Berries /Yogurt* Whole Grain Roll* 12	Brat on a bun with Sauerkraut* Potato Wedges* Steamed Carrots Brownie* Fruit* 13	Chicken Pot Pie Biscuits* Peas/ Pearl Onions Fresh Fruit* Cookie* 14	Beef Tips with Pasta* Cauliflower Apple Slices * Roll* 15	Crab Pasta Salad* Romaine Salad Lemon Bars* Whole Grain Roll* Cheese Stick 3-Bean Salad 16
BLT Chicken Wrap* Cream of Broccoli Soup* Fruit Cup* Cookie* 19	Cheese Ravioli* Marinara Sauce Lettuce Salad Peach Slices* Bread Stick* 20	Pork Chop Scalloped Potatoes* Veggies Yogurt Parfait* Bread* 21	Cube Steak with Peppers, Onions Stewed Tomatoes Steamed Potatoes* Fresh Fruit* Cottage Cheese Roll* 22	Chicken Broccoli Casserole Black Beans* Vegetables Applesauce* Jell-O Cake* Bread* 23
Taco Salad, Refried Beans, Beef, Lettuce, Tomato, Onions, Cheese, Sour Cream Grape Salad* 26	Baked Ziti* Lettuce Salad Banana Split Torte* Garlic Bread Stick* 27	Turkey Devon Mashed Potatoes* Broccoli Strawberry Pretzel Salad* Whole Grain Roll* 28	Cream of Potato Soup Egg Salad Sandwich Veggie Blend Yogurt Parfait* Dessert* 29	Pepper Steak Brown Rice* Carrots Broccoli Salad* Pudding Oranges* Roll* 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 ensure we have enough food please make reservations 24 hours in advance.
For Sturgeon Bay meals Call Barb at 746-2372
For Baileys Harbor, Brussels, or Liberty Grove. Call Wendy at 920-746-2523