May 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

HHS Director .....Joe Krebsbach
HHS 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

REOPENING PLANS

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

As you know, the current state surrounding the coronavirus situation here in Door County is ever-evolving, and our plans are always subject to change. However, we truly appreciate everyone's understanding and patience as we continue to hold many discussions on how to gradually open our doors in an effort to keep you, our staff, volunteers and the community at-large safe and healthy.

On Monday, April 5th, the Aging and Disability Resource Center/Door County Community Center building opened our doors to the public but by appointment or pre-registration only. This includes those who have a scheduled an office visit with an Information & Assistance Specialist/Elderly or Disability Benefit Specialist, pre-registered to use the fitness room or public computer workstations and all small group activities or classes.

Walk-ins will be seen by front desk staff to make a future appointment or to complete any activity or class pre-registration. At this time appointments for the fitness room and computer stations will only be set up for one week at a time.

Public Computer Workstations

There are two public computer workstations available and pre-registration for use is required. Time limits for computer use will be set for 45 minutes, leaving at least 15 minutes to clean and disinfect. Individuals will have the option to extend their time if there are no appointments immediately following.

All public computer appointments will begin no earlier than 9:00a.m. and no later than 3:00p.m. so there is time to clean the station before the end of the day. Individuals are required to wear a mask while using the computer workstations.

Fitness Room

The ADRC fitness room is also open to the public but on a limited basis. There will only be two people allowed in the fitness room at any given time and preregistration for use is required.

Appointments for fitness room use will be 45 minutes, allowing at least 15 minutes to clean/disinfect in between each use. All fitness room appointments will begin no earlier than 9:00a.m. and no later than 3:00p.m. to allow enough time for cleaning, before the end of the day.

Individuals signed up for a fitness room appointment are required to wear a mask anytime they are in the building besides the fitness room.

Equipment in the fitness room will be arranged in such a way allowing at least 6 feet of distancing.
The fitness room will be disinfected after each use. Individuals will be expected to use the disinfecting wipes after use of fitness room equipment.

Activities & Programming

Pre-registration is required for all activities, classes and programming. Class sizes are limited, and we are asking participants to please wear a mask, use proper hand hygiene before and after each class or activity and social distancing will be required. Please call (920)746-2372 to register.

--Jake Erickson, Director--

In-Home Vaccinations

Door County continues to make excellent progress in the ongoing effort to provide and administer the COVID-19 vaccination to eligible residents living in our community. According to the State of Wisconsin's Department of Health vaccination data, over 54% of the overall Door County population have received at least one dose of the vaccine and 35% have completed the two-dose vaccination series, to date.

However, there is still more work to be done and we need your help and support!

The Aging and Disability Resource Center (ADRC), Door County Connect (Public Transit System), Door County Public Health and Emergency Medical Services (EMS) are diligently working to ensure that everyone who wants it, has access to the COVID-19 vaccine.

We recognize that there are residents without access to transportation or whose medical or physical condition make it very difficult to leave their home and travel to a vaccination clinic.

I'm excited to announce that after a lot of hard work and planning, Door County Public Health has started to provide COVID-19 vaccines to residents in their homes. There are many steps that go into coordinating in-home vaccines and we appreciate your patience as we continue to work through all of the logistics.

If you or someone you know are interested in receiving a COVID-19 vaccine and have a difficult time physically getting to a vaccination clinic or would like help coordinating transportation to a vaccination clinic, please contact the Aging and Disability Resource Center (ADRC) by calling: (920)746-2372 or send us an email at ADRC@co.door.wi.us.

If you have any questions, please do not hesitate to reach out. Thank you

--Jake Erickson, Director--

HOME SAFETY TIPS FOR CAREGIVERS

We work hard keeping our loved ones safe and healthy. We monitor diet and medications and activities as best we can. Something that is sometimes overlooked is basic home safety. Falls are the leading cause of injury deaths among people over 65. Over half of falls happen due to hazards in the home. Fortunately, performing a home safety check can help prevent accidents and falls. The following are some suggestions from the Centers for Disease Control and Prevention for keeping your home safe.

FLOORS: Be sure there is a clear walkway through each room. Move furniture around so the path is clear. Remove throw rugs and keep clutter (books, papers, blankets, etc.) off the floor. Be sure there are no cords or wires from lamps, phones, etc across the walkway.

STAIRS AND STEPS: Always keep stairs clear of any objects such as shoes, books, etc. Fix broken or uneven steps. Be sure there is ample lighting above the stairs at the top and the bottom. Furthermore, install a light switch at the top and bottom of the stairs so you never have to walk stairs in the dark. If there is carpet on the stairs, make sure it is firmly attached. Lastly, install handrails on both sides of the stairs. Be sure that they are as long as the stairs and are very secure.

KITCHEN: Rearrange your cupboards so that the things you use the most are at waist level, where they are easy to reach. If you need to use a step stool, use one that is stable and has a bar to hold on to. Never use a chair as a step stool.

BATHROOMS: The floor of the shower or bathtub should have a non-slip rubber mat or self-stick strips to keep it from being slippery. Install grab bars inside the tub and next to the toilet.

BEDROOMS: Place lamps within reach on either side of the bed and make sure they are easy to turn on and off. Make sure there is a clear path from the bed to the bathroom. Consider using a nightlight in the bedroom and bathroom.

In addition to making your home safe, consider these other tips to help prevent falls:

- Regular exercise makes you stronger and improves coordination and balance.
- Have your pharmacist or doctor check all the medicines you take (including over the counter) as some may make you sleepy or dizzy.
- Check your vision yearly. Poor vision can increase your risk of falling.
- Get up slowly after you sit or lie down. Count to 10 before walking.
- Always wear shoes, outside and inside the house as well.
- Use bright bulbs in all rooms of your house.
- Having uniform lighting in each room is safest.
- Hang lightweight curtains or shades to reduce glare.
- Paint a contrasting color on the top of all steps so you can see the stairs better.

The Centers for Disease Control and Prevention have created a checklist that you can use to ensure your home is safe. Access the checklist online: https://www.cdc.gov/steadi/pdf/check_for_safety_brochure-a.pdf Or you can call the ADRC of Door County at 920-746-2372 for more information.

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.

Caregiver Resource Library

Whether you are new to caregiving or providing continuing care, explore the caregiver resource library at the ADRC of Door County to help guide you and provide you practical tips and advice to help you on your caregiving journey.

The caregiver library is a loan library with over 100 items including DVD's and videos, books and a variety of articles on health and caregiving . These items can be checked out and watched at home or viewed here at our center if desired.

We are excited that the ADRC of Door County can provide caregivers with caregiving resources.

A large part of our organization's mission is to offer ongoing support to families and friends who are providing care for a loved one in our community.

Stop by and take a look and see what we have!!

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

DCC DOOR COUNTY CONNECT PUBLIC TRANSIT

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

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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ARE YOU A VICTIM OF ABUSE IN LATER LIFE?

GET THE HELP AND SUPPORT YOU NEED!

Abuse in Later Life is the willful harm, neglect, abandonment or financial exploitation of an adult 50 years or older by someone usually in an ongoing, trust-based relationship.

No older adult in Wisconsin, should be harmed in any way...ever. If you are a victim of abuse in later life, you have the power to regain control with the help of the victim advocates at the Elder Rights Project.

Victim advocates can help to plan for your safety, find safe housing, provide emotional support, and connect you with resources, referrals as well as legal services.

For free & confidential help:

VISIT: regaincontrolwi.org

CALL: 1-844-614-5468

"This project was supported by grant number 2018-FW-AX-K004, awarded by the Office on Violence Against Women, U.S. Department of Justice to the Wisconsin Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women."

THE POWER TO REGAIN CONTROL

STOP ABUSE IN LATER LIFE

Stepping On Program

For Falls Prevention

The Door County YMCA

Presents:

Stepping On

Building Confidence and Reducing Falls

June 7th – July 26th, 2021

Mondays | 1:00 – 3:00pm

*No Class on July 5th

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

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

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

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

wiha Wisconsin Institute for Healthy Aging

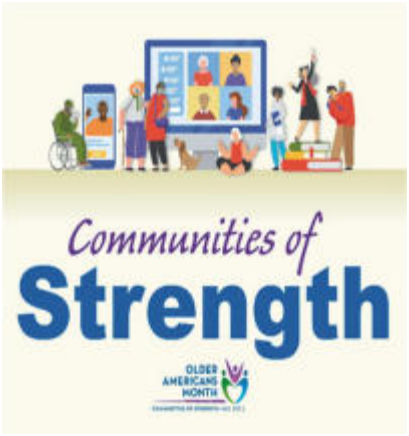
Sign up today by calling the YMCA at
920.743.4949 • 920.868.3660

AAA the Y

For additional questions or information please contact,

Christine Webb-Miller at cwebb-miller@doorcountyymca.org or call (920) 743-4949

Older Americans Month: Communities of Strength



In tough times, communities find strength in people—and people find strength in their communities. In the past year, we've seen this time and again in Door County as friends, neighbors, and businesses have found new ways to support each other.

In our community, older adults are a key source of this strength. Through their experiences, successes, and difficulties, they have built resilience that helps them to face new challenges. When communities tap into this, they become stronger too.

Each May, the Administration for Community Living leads the celebration of Older Americans Month (OAM). This year's theme is *Communities of Strength*, recognizing the important role older adults play in fostering the connection and engagement that build strong, resilient communities. Strength is built and shown not only by bold acts, but also small ones of day-to-day life—a conversation shared with a friend, working in the garden, trying a new recipe, or taking time for a cup of tea on a busy day. And when we share these activities with others—even virtually or by telling about the experience later—we help them build resilience too.

This year, The Door County ADRC will celebrate OAM by encouraging community members to share their experiences. Together, we can find strength—and create a stronger future.
Here are some ways to share and connect:

Look for joy in the everyday: Celebrate small moments and ordinary pleasures by taking time to recognize them. Start a gratitude journal and share it with others via social media, or call a friend or family member to share a happy moment or to say thank you.

Reach out to neighbors: Even if you can't get together in person right now, you can still connect with your neighbors. Leave a small gift on their doorstep, offer to help with outdoor chores, or deliver a home cooked meal.

Build new skills: Learning something new allows us to practice overcoming challenges. Take an art course online or try a socially distanced outdoor movement class to enjoy learning with others in your community. Have a skill to share? Find an opportunity to teach someone, even casually.

Share your story: There's a reason storytelling is a time-honored activity. Hearing how others experience the world helps us grow. Interviewing family, friends, and neighbors can open up new conversations and strengthen our connections.

When people of different ages, backgrounds, abilities, and talents share experiences—through action, story, or service—we help build strong communities. And that's something to celebrate!

Please join The ADRC of Door County in strengthening our community such as joining the virtual Aging Advocacy Day on May 10th and 12th and help educate state legislators about the issues impacting Wisconsin's aging population.

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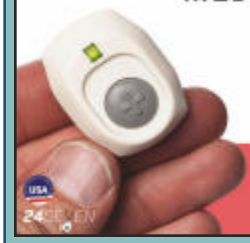

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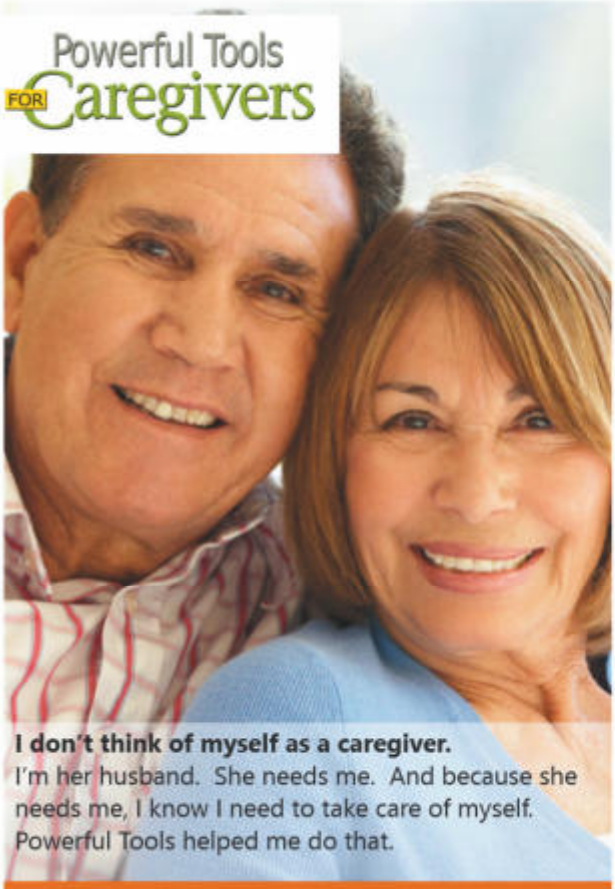

There's a Powerful Tools for Caregivers workshop starting soon near you!

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

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

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

SAVE THE DATE

Aging Advocacy Day Virtually
Your voice can make a difference!

Join us on…

Monday, May 10th from 1pm-3pm Training on Talking points on the issues and tips for connecting with your legislators.

Wednesday, May 12th from 1pm -2pm Virtual meeting with the Senator and Assembly Representative from our district

STAY TUNED FOR MORE INFORMATION AND HOW TO REGISTER

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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
3	ADRC Activity Kit of the week: Design your own: Maracas-$3.00 (In-Person) 9:00 DVD Fitness (In-Person) 11:00 Zumba Gold (In-Person)	4	9:00 Strong Bodies (virtual) 9:00 Arts & Crafts (In-Person) 10:00 Music with Ken Pollock (In-Person & Virtual) 11:30 Travelogue Handouts/ Destination: Hungary (In-Person) 1:00 Games (In-Person)	5	9:00 DVD Fitness (In-Person) 11:00 Zumba Gold (virtual) 11:30 Brain Health Handouts (In-Person) 1:00 Windows 10 Class (virtual) 2:00 Aging Mastery Program Book Club, Topic: Connections in Community (In-Person) 2:00 Cinco de Mayo Event (In-Person)
10	ADRC Activity Kit of the week: Canvas Pot Holders & Fabric Markers-$8.00 (In-Person) 9:00 DVD Fitness(In-Person) 11:00 Zumba Gold (In-Person) 1:00 ADRC Gracious Gardeners Kickoff Meeting (In-Person)	11	9:00 Strong Bodies (virtual) 9:00 Arts & Crafts (In-Person) 10:00 Door County Pickleball League Presentation (In-Person) 11:30 Travelogue Handouts Destination: India (In-Person) 1:00 Games (In-Person)	12	9:00 DVD Fitness (In-Person) 11:00 Zumba Gold (virtual) 11:30 Brain Health Handouts (In-Person) 2:00 Aging Mastery Program Book Club (In-Person)
17	ADRC Activity Kit of the week: Ceramic Flower Vases + Paint-$4.00 (In-Person) 9:00 DVD Fitness (In-Person) 10:00 Walk with Ease (In-Person) 11:00 Zumba Gold (In-Person)	18	9:00 Strong Bodies (virtual) 9:00 Arts & Crafts (In-Person) 10:00 Guitar Music with Laura Lee (In-Person & Virtual) 11:30 Travelogue Handouts Destination: Indonesia (In-Person) 1:00 Games (In-Person)	19	9:00 DVD Fitness (In-Person) 10:00 Walk with Ease (In-Person) 11:00 Zumba Gold (virtual) 11:30 Brain Health Handouts (In-Person) 1:00 Apple iOS class (virtual) 3:00 Conversations on Creativity Topic: Installation Art (virtual)
24	ADRC Activity Kit of the week: Patriotic Garland Craft Kit-$6.00 (In-Person) 9:00 DVD Fitness (In-Person) 10:00 Walk with Ease (In-Person) 11:00 Zumba Gold (In-Person) 12:15 Bus Trip- The Ridges Sanctuary Spring Orchid Guided Hike (In-Person)	25	9:00 Strong Bodies (virtual) 9:00 Arts & Crafts (In-Person) 10:00 Memorial Day Concert with Ken Pollock (In-Person & Virtual) 11:30 Travelogue Handouts Destination: Ireland (In-Person) 1:00 Games (In-Person)	26	9:00 DVD Fitness (In-Person) 10:00 Walk with Ease (In-Person) 11:00 Zumba Gold (virtual) 11:30 Brain Health Handouts (In-Person)
31	Happy Memorial Day! The ADRC is Closed.				

	THURSDAY		FRIDAY
6	9:00 Strong Bodies (virtual) 9:00 Friendly Crafters (In-Person) 11:00 Zumba Gold (virtual) 1:00 Woodcarving (In-Person)	7	9:00 DVD Fitness (In-Person) 10:00 Mother's Day Concert w/ Ben Larsen (In-Person & Virtual) 11:00 Zumba Gold (In-Person) 2:00 Travelogue Discussion Group (In-Person)
13	9:00 Strong Bodies (virtual) 9:00 Friendly Crafters (In-Person) 10:00 Music with George Sawyn (In-Person & Virtual) 11:00 Zumba Gold (virtual) 11:30 Eat Well/Age Well Handouts (In-Person) 1:00 Woodcarving (In-Person) 1:00 Chinese Exercise Demonstration & Class Sign-up (In-Person)	14	9:00 DVD Fitness (In-Person) 10:00 Ask the Exercise Physiologist (In-Person) 11:00 Zumba Gold (In-Person) 2:00 Travelogue Discussion Group (In-Person)
20	9:00 Strong Bodies (virtual) 9:00 Friendly Crafters (In-Person) 11:00 Zumba Gold (virtual) 1:00 Woodcarving (In-Person) 1:00 Peninsula Art School Workshop (In-Person)	21	9:00 DVD Fitness (In-Person) 10:00 Walk with Ease (In-Person) 11:00 Zumba Gold (In-Person) 2:00 Travelogue Discussion Group (In-Person)
27	9:00 Strong Bodies (virtual) 9:00 Friendly Crafters (In-Person) 10:00 Music with George Sawyn (In-Person & Virtual) 11:00 Zumba Gold (virtual) 1:00 Woodcarving (In-Person)	28	9:00 DVD Fitness (In-Person) 10:00 Walk with Ease (In-Person) 10:00 Ask the Exercise Physiologist (In-Person) 11:00 Zumba Gold (In-Person) 2:00 Travelogue Discussion Group (In-Person)

MAY 2021

In Person Classes/ Programming:
Pre-registration is Required, call 920-746-2372. 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 Activity Kits:
Call 920-746-2372 to request a kit, they can be completed at home or in the Arts & Crafts room. Kits are limited & have a suggested donation amount.

PENINSULA ART SCHOOL WORKSHOPS

Creative Collaboration

Thursday, May 20, 1:00-2:30 pm

(In-Person Workshop @ the ADRC of Door County)

Pre-registration is required, call 920-746-7153 $2.00 fee for materials

Artists are often thought of as solitary figures, struck by inspiration while working alone in their studios, when in fact they have been influencing each other and working together for centuries. During this workshop, we'll learn about artistic collaborations throughout history, view works from the Peninsula Art School's exhibition, Reply All: A Visual Thread, and create art together through a series of collaborative games.

Conversations on Creativity

Wednesday, May 19th, 3:00-5:00 p.m. (via Zoom)

Topic: Installation Art

This is your chance to come together with other learners to talk about art and artists. We'll explore the topic through articles, podcasts, videos, and/or books. Join us for lively discussion.

The program is free and open to all. Call 920-746-7153 to receive a link to join.

SPRING ORCHID TOUR - BUS TRIP

The Ridges Sanctuary-Spring Orchid Guided Hike
Monday, May 24th
Bus Leaves the ADRC @ 12:15 p.m.
Bus Returns: 3:15 p.m.

The Ridges Sanctuary is internationally recognized for the incredible diversity of plant life. Nearly 500 vascular plants find their home in this rich complex of boreal forest and wetlands. Among all the plants found here, perhaps none are better known and sought after than the orchids. Over 25 native orchids bloom in The Ridges Sanctuary. These range in size from the tiny Heartleaf Twayblade to the tall, elegant Showy Lady's-slipper. Embrace this wonderful opportunity to take a guided hike with an experienced naturalist.

Pre-registration is required, cost is $8.00, transportation is limited, call 920-746-7153.

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

Cardinal Ridge
Residential Care
... the quality of life you deserve
817 Circle Ridge Place,
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.

JAY'S LEGACY HOME CARE

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

DID YOU KNOW!

Supplies are limited but we still have some medication lock boxes left at the ADRC. These lock boxes are specially designed to store your prescription and over-the-counter medications in one secure place and assist in protecting your family from medication misuse. Here is the link to the survey that needs to be completed before you receive the lock box https://doorcountyparents.com/medication-lock-boxes-available/

If you have a question, please reach out to Cami Peggar at The United Way at cami@unitedwaydc.com or call 920-421-2177. Otherwise stop by the ADRC to up pick one up.

Prescription Drug Drop Off

Ever wonder what to do with old medications that you longer use or is expired and want to dispose of it safely but did not know where to take it? Did you know that you could drop off unused prescription to the Door County Sheriff's Dept? Located at 1201 S Duluth Ave, Sturgeon Bay, Monday - Friday from 8a.m.-430p.m.

Completely take medications out of their package and put them in a ziplock baggie. If the pills are in a pillow pack, put pillow pack in ziplock baggie, no need to pop the pills out.

Please note the following items are NOT accepted:
Liquids, syringes, needles, thermometers, creams, and lotions.

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

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

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

GRACIOUS GARDENER'S GROUP

We invite you to veg out with us . . .
Join the Gracious Gardener's Group

Informational Meeting & Tour of the Garden Space
Monday, May 10th @ 1:00 p.m.
Pre-registration is required, please call Nicki @ 920-746-7153.

We will discuss hands-on educational sessions, organize plant/seed exchanges and much more, your ideas are welcome.
There will be opportunities to volunteer, share recipes, and safely socialize.
A sweet treat will be available in honor of Mother's Day for all who attend.

Le invitamos a que venga con nosotros, te queremos conocer!

Únase al cortés grupo de jardineros para una reunión informativa y un recorrido por el espacio del jardín comunitario.
Cuando? El Lunes 10 de mayo a la 1:00 p.m.

Se requiere preinscripción para asegurar su espacio, llamando al 920-746-7153.

Platicaremos sobre sesiones educativas prácticas, intercambios de plantas / semillas, y mucho más donde su participación será muy bienvenida.

Habrá oportunidades de ser voluntariado, compartir recetas, preparar comidas y otras ideas. Y un dulce bocadillo estará disponible en honor al día de las madres para todos los que asistan. Si quiere más información en Español, no dude en llamar a Erika al 414-520-3436.

Volunteer Opportunities

VOLUNTEER

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

Interested in Leading a Fitness Class?

Volunteers may have the opportunity to attend a training seminar to become certified, or maybe you already have experience as a fitness instructor or trainer. Activities can include walking groups, seated exercises with light weights, or yoga classes. Call 920-746-7153 for more information.

We are currently accepting applications for a creative volunteer to help coordinate the Arts & Crafts program!

This individual will encourage and inspire consumers to express their creativity, 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 & we welcome your ideas. If interested in applying for this creative volunteer position, please contact Nicki at 920-746-7153

TRAVELOGUE SERIES & DISCUSSION GROUP

MAY'S FEATURED DESTINATIONS

MAY 4- HUNGARY

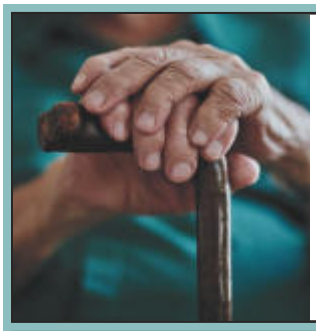
MAY 25- IRELAND

MAY 11- INDIA

MAY 18 INDONESIA

Visit exciting places via handouts, virtual links, videos and tours. Pick up travelogue information at the ADRC, or call 920-746-7153 to arrange to have it e-mailed. A self-directed travelogue discussion group will take place Friday's at 2:00 p.m. at the ADRC. Guest presenters/destination ideas are always welcome. Pre-registration is required. A travelogue packet is included with the carryout meal every Tuesday.

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.

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inclusa.org | 877-376-6113

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- 24 hour skilled nursing care
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Are You De-Evolving?

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

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

Staudenmaier Chiropractic Wellness Center

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

HEALTH & WELLNESS:CHINESE EXERCISE

Boost your energy. . . Calm your mind. . .

In-Person Demonstration & Class Sign-up
Thursday, May 13th @ 1:00 p.m.

Pre-registration is required, class size is limited.
Call 920-746-7153.

Learn simple, non-impact exercises that promote circulation, flexibility, balance, coordination, and concentration: great for stiff joints, better balance, and stress management. Presentation will provide an introduction to sitting, standing, stretching, and moving exercises derived from Tai Chi and other internal arts, along with therapeutic exercise methods based on these exercises. Demonstration will include Q&A opportunities, so feel free to come with questions. Presenter Roy Rasmussen has 35 years of experience teaching martial arts and has shared these exercises with hundreds of students over the past decade.

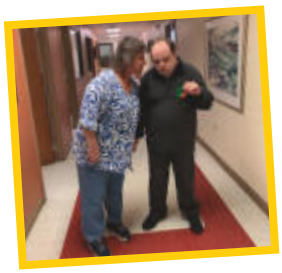
Advertisements below are provided for information only, endorsements are not implied or assumed.

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



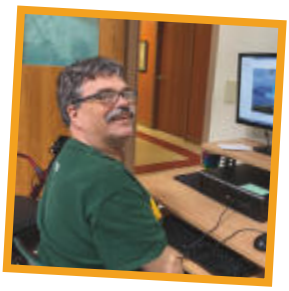
Contact Jenni Jorgenson for a free tour and information on how Sunshine House Personal Care can nurture the lives of your loved one (920) 743-7943.

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.

TECHNOLOGICAL ASSISTANCE

Looking for Assistance, Support, Tips, Guidance? We can help!
Join Windows 10 and Apple iOS Classes (virtually via Zoom)

- Windows 10 classes covers helpful topics to make using your Windows computer or laptop easier.
- Apple iOS classes cover topics on how to use your iPhones and iPads more effectively.

Both classes are well taught, informative, and a knowledgeable volunteer is available to answer questions you may have.

Upcoming Classes:
May 5th @ 1:00 p.m. Windows – Windows Update Procedures
May 19th @ 1:00 p.m. iOS – iCloud; Backup / Restore options

Pre-registration is required. Call 920-746-7153 to receive a virtual link to join.

The Gadget Guy's: Monthly Tips

CodeRED Emergency Notification System: How does it work?
https://youtu.be/WXbwh7i7zqo

How to use the new CodeRED Mobile Alert app for iOS
https://youtu.be/v2BzF_WmL8M

Programming a NOAA Weather Radio
https://youtu.be/fbcdJxrBAng

The best weather apps for your iPhone or Android
https://youtu.be/WlRZlo1FhN4

Photos courtesy of pixabay.com and pexels.com

EAT WELL, CARE WELL.

LUNCH IDEAS IN LESS THAN 10 MINUTES

Making lunch can sometimes be put off until there is not enough time to put together something nutritious. Lunch can be more than just a basic sandwich or salad. Here are some quick and nutritious lunch ideas to try instead of eating the same meal for lunch every day.

MEAL PREP –Plan ahead meals that you want to have throughout the week. Spend 10 minutes a night getting the meals together or find time to batch make a recipe and divide into containers for the week. Prep items that take time…you can cut up the veggies, fruits, and even cook the meat ahead of time. Search "Meal Prep Ideas" for some great tips and suggestions.

LEFTOVERS –Most do not eat all the food that is made from one recipe or meal. Utilize the leftovers by making another meal out of it. A lot of food goes to waste, this is an easy way to make a meal and cut down on expenses! Search "Creative Leftover Recipes" on the internet and have fun trying out new things!

WEEKLY CHALLENGES

SEARCH "MEAL PREP IDEAS" ON THE INTERNET

CHECK OUT HTTPS://WWW.EATTHIS.COM/10-MINUTE-RECIPES/

UTILIZE LEFTOVERS IN CREATIVE WAYS

TRY ONE OF THE RECIPES PROVIDED

DID YOU KNOW

THE AVERAGE AMERICAN SPENDS $10 A DAY ON GOING OUT TO EAT FOR LUNCH INSTEAD OF BRINGING THEIR OWN.

GWAAR Nutrition Team in Collaboration with UW Stout Dietetics Students by: Hope Quilling 5-2021

Chicken Avocado Burritos (2 servings) **Adapted from** Source: Emmie Martin CNBC https://www.cnbc.com/

Ingredients

- 1 cup rotisserie chicken—shredded
- 1/2 cup shredded cheese- Mexican or taco blend
- 1/2 diced avocado
- ¼ tablespoon chopped cilantro
- 2 whole wheat tortillas
- ½ teaspoon olive oil
- Optional: sour cream

Instructions

1. Mix shredded chicken, cheese, avocado, cilantro, and sour cream (if using) in a bowl.

2. Spread mixture evenly over the tortillas and wrap like a burrito.

3. Heat a pan or skillet with olive oil to coat the surface over medium high heat.

4. Cook burritos on hot pan for a minute or two on each side until they are crispy and toasted.

Zesty Chicken Soft Tacos (2 servings) Adapted from **https://www.tasteofhome.com/recipes/zesty-chicken-soft-tacos/**

Ingredients

- 1/2 cup reduced-fat sour cream
- 1 tablespoon Sriracha chili sauce
- 1 tablespoon lime juice
- ¾ teaspoon grated lime zest (optional)
- ¼ teaspoon salt
- Pinch of black pepper
- 2-3 tortillas, warmed
- ¾ c to 1 cup rotisserie chicken, skin removed, shredded
- Fresh cilantro (optional)

Directions

In a small bowl, mix the first six ingredients. Spread over tortillas, top with chicken and, if desired, cilantro. Variation: If you do not have enough chicken or you prefer a vegetarian option, substitute your favorite bean.

Nutrition Facts

1 taco: 420 calories, 14g fat (5g saturated fat), 111mg cholesterol, 942mg sodium, 33g carbohydrate (7g sugars, 1g fiber), 37g protein.

GWAAR Nutrition Team in Collaboration with UW Stout Dietetics Students by: Hope Quilling 5-2021

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
Chicken Parmesan w/ Noodles* Asparagus Fruit Fluff* Garlic Bread* 3	Swedish Meatball Egg Noodles* Beets, ¾ cup Applesauce, 3/4 cup* Multigrain Roll* Birthday Cake* 5	Italian Sausage on Bun* w/Sauerkraut German Potato Salad* Red Beans Pistachio Torte* Fresh Fruit* 7
Baked Ziti* w/ Shredded Cheese Tossed Salad Cheesecake w/Fruit Topping* Fresh Grapes* Bread Stick* 10	Meatloaf w/Gravy Baked Squash* Coleslaw Pineapple Chunks* Birthday Cake w/ Ice Cream* Bread* 12	Pork Chop Mashed Potatoes* Gravy Green Beans Cherry Pie w/ ice cream* Roll* 14
Beef Tips Mashed Potatoes* Cauliflower w/cheese sauce Sliced Peaches* Brownies* Roll* 17	Sweet & Sour Pork Egg Roll* Brown Rice* Oriental Veggies Yogurt w/Fruit* 19	Beef Stroganoff w/Egg Noodles* Winter Blend Veggies Banana Chocolate Cake* Wheat Bread* 21
Ham Sweet Potatoes* Asparagus Yogurt Fruit Parfait* Bread* 24	Brat on a Bun* Sauerkraut Potato Wedges* Baked Beans* Cheese Stick Fruit* 26	Baked Chicken Scalloped Potatoes* Carrots Green Salad w/Dressing Wheat Roll* 28
CENTER CLOSED MEMORIAL DAY **31**		

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 MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cheese Burger on Bun* Lettuce Leaf, Potato Salad* 3-Bean Salad* Watermelon* Bread Pudding 3	Swedish Meatball Mashed Potatoes* Steamed Carrots Rice Pudding* Fruit* Multi Grain Roll 4	Taco Salad w/Corn Chips, Ground Beef, Tomato, Lettuce, Onion, Cheese, Refried Beans, Sour Cream Fruit* Cookie* 5	Swiss Steak Tomato/Green Peppers Steamed Potatoes* Mixed vegetables Pudding with Fruit Wheat Roll* 6	Baked Cod* Scallop Potatoes* Pea Salad Fruit Blueberry Cheesecake* Rye Bread* 7
Hot Dog on Bun* Baked Beans Molded Vegetable Salad Tropical Fruit* Cookie* Cheese Stick 10	Baked Chicken Sweet Potatoes* Spring Blend Veggies Cream Puff Cake* *Fruit Wheat Bread* 11	Stuffed Peppers* Au gratin Potatoes Mixed vegetables Cheesecake w/Blueberries* 12	Chicken Rice Casserole* Steamed Broccoli Cottage Cheese Delight Fruit* Corn Bread* 13	Spaghetti* w/Meat Sauce Tossed Salad w/ Cheese Fruit Parfait* Garlic Bread Sticks* 14
Chicken Tenders* Carrots Coleslaw Yogurt Fruit Cup* 17	Beef Stroganoff over Egg Noodles* Key Largo Blend Veggies Yogurt Fruit Parfait* Rice Krispy Treat* Bread* 18	Pork Roast Scalloped Potatoes* Brussel Sprouts Cherry Pie* Bread* 19	Turkey Devon Mashed Potatoes* Broccoli Birthday Cake* Bread* Fruit* 20	Cheesy Vegetarian Egg Bake* Bagel w/Cream Cheese* Sausage Patties Orange Juice Cantaloupe* 21
Grilled Chicken on Bun* Cheese/ Lettuce/Tomato Mexican Corn Pineapple* Dessert* 24	Pot Roast Parsley Potatoes* Dilled Carrots Cinnamon Apple Sauce Jell-O-Cake* WholeGrain Roll*25	Stuffed Pepper Soup* Egg Salad Sandwich* Mandarin Oranges* Dessert* Pickle Spear 26	Chicken Parmesan/Pasta* Asparagus Cherry Almond Cake* Fresh Fruit* Garlic Bread* 27	Crab Pasta Salad* Romaine Salad Lemon Bars* Whole Grain Roll* 3 Bean Salad 28
CENTER CLOSED MEMORIAL DAY 31				

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

To 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