November 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.....Anna Zahorik
I & A Specialist .....Kelly Janda
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 Managers
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 ..... Stephanie Crewe

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**

GREETINGS

Being thankful and expressing one's gratitude is a great personal practice to exercise on a regular basis. And if you ask me, reflecting on what you appreciate most in life and how these things or people actively impact your life should be something we do every day, like brushing your teeth. With Thanksgiving right around the corner I couldn't think of a better subject to write about. Not only does expressing ones thankfulness feel good, it has been proven to extend our lives. You don't believe me? Keep reading.

According to the National Council on Aging (NCOA), gratitude comes in all shapes and sizes, and is unique to the individual. The things that you are grateful for can also change from day to day. The one constant about gratitude is being aware of what you have rather than what you don't have.

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

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

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

Please join us on Friday, November 19th for our Thanksgiving Celebration, come hungry for some delicious turkey and great company. Don't forget to register for the meal either dining in or carryout!

Jake Erickson, Director

MONTHLY CAREGIVER SUPPORT GROUPS

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

You are not alone.

Free of Charge Professional Facilitators

Sturgeon Bay Chapter 1st & 3rd Wednesday of the month 1:00 p.m. – 2:30 p.m. ADRC 916 N. 14th Ave. Sturgeon Bay, WI 54235 **NOTE: THERE WILL BE NO MEETINGS HELD IN DECEMBER**	**Northern Door Chapter** This group is currently on hold but please feel free to join one of the other groups around the county.
Southern Door Chapter 2nd & 4th Tuesday of the month 1:00 pm. – 2:30 p.m. Brussels Community Center 1366 Junction Rd Brussels WI 54204	**Washington Island Chapter** This group is currently on hold right now, an announcement will be made when it resumes.

Assistance with transportation and respite care available, upon request.

Our support groups are a safe and supportive place for family caregivers to share the joys and challenges of caregiving with others in similar circumstances.

Please mark your calendars to attend or share this information with a family caregiver who could benefit.

FOR MORE INFORMATION CONTACT

The ADRC of Door County

(920) 746-2372 Toll Free (855) 828-2372

CELEBRATE FAMILY CAREGIVERS

November is National Family Caregiver Month, a time to recognize and thank the many hard working and devoted people who provide care to a loved one.

We all know a caregiver – the gentleman who patiently walks with his wife whose mobility is failing; the woman who gently nudges her forgetful husband to follow her back to the car after purchasing groceries; the woman who brings her aging mother to her doctor appointments; the man who brings his kids along to do some repairs on his parent's house. They are everywhere – family, friends and neighbors who help their loved ones with the daily tasks of life, allowing them to maintain their independence, dignity and quality of life. The role of the unpaid caregiver is invaluable and yet they often don't recognize their own worth.

Let's Celebrate Caregivers this month! Here are some simple things you can do to really help a caregiver and let them know that they are important and appreciated.

1. Stop by their house and say hello. You don't have to bring anything or do anything. Stopping for a quick visit to let them know you are thinking about them can mean a lot, especially if it is hard for them to get out of the house.

2. Call the caregiver and check in on how THEY are doing. Too often the conversation is about the person needing care and the caregivers' needs are forgotten. Listen to them without judging or advising. An opportunity to share their feelings openly and in confidence can be a great help and comfort.

3. Offer to help. Instead of telling them to call if they need something, be more persistent in offering your help. Try this. "I am going to help you. Do you want me to bring a meal or a mop?" Or ask what they need from the grocery store or when is a good time to send your teenage son over to mow/rake/shovel snow. Be specific and gently insist on helping.

4. Invite them to do something – go for a walk, coffee, a movie. Maybe they have turned you down too many times, so you stopped asking. Try asking again and offer to help find someone to be with their loved one if that is a problem. Even if they say no, being asked will help them see they are still included.

5. Remind them of the importance of self-care, then help them seek out ways to get a break. Go with them to visit the ADRC of Door County to find out the various types of support that are available.

6. Attend a support group meeting with them. Sometimes it is hard to go alone, and your presence will open up this valuable resource to them.

7. Check in regularly. A weekly phone call to ask how things are going can alleviate feelings of loneliness and help them feel special and important. Sometimes they just need someone to listen to them, and sometimes hearing about someone else's life gives them a break.

If you are comfortable doing so, offer to care for their loved one for an hour or two so they can get a break.

Take some time to recognize and thank the family caregivers that you know. They deserve to be celebrated!

Jane Mahoney- Older American's Act Consultant, Greater Wisconsin Agency on Aging Resources

LOOKING FOR SUPPORT GROUP LEADERS

We are looking for individuals who would be willing to volunteer their time two afternoons a month to lead a caregiver support group in Brussels or Sister Bay. Support groups for caregivers foster the setting for sharing information, insight, advice, and encouragement. They provide an opportunity to learn from others who face the same challenges and allow you to talk about your experiences. These leaders must be dedicated to helping others, be supportive, reassuring, and empathetic. Taking the initiative to begin one is a commitment, but with unlimited rewards.

Please call Jenny Fitzgerald if you have any questions or are interested in the opportunity at 920-746-2544.

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 with 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!!

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

Door County Connect Public Transit Services:

Formerly called
ADRC Bus/Van Service

DOOR 2 DOOR RIDES

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 (1/2 price rides for lunch at the ADRC) and $5.00 per trip in the extended area. **Schedule a Ride** Call: 920-746-6944

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

Find out more at www.doorcountyconnect.com

NEW – Connector Link
Route service in Sturgeon Bay every Wednesday. FREE Service
Call 920-746-6944 for more info.

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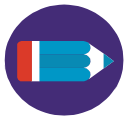
5 Things Everyone Can Do to Prevent Elder Abuse

1. Learn the signs of elder abuse and how we can solve the issue together.

2. Prevent isolation. Call and visit our loved ones and encourage them to strengthen their circles of connection.

3. Talk to friends and family members about how we can age well and reduce abuse in our communities by engaging in activities that help us connect, learn, give, and grow as we age.



4. Sign up to be a friendly visitor to an older person in our communities.

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

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

For more information on elder abuse prevention, please visit us online or call:

Door County Adult Protective Services at 920-746-7155
or
The Aging & Disability Resource Center at 920-746-2372

n4a advocacy | action | answers on aging

NCEA National Center on Elder Abuse

ADRC Aging & Disability Resource Center of Door County

Keck School of Medicine of USC

This material was completed for the National Center on Elder Abuse situated at Keck School of Medicine at the University of Southern California, in partnership with the National Association of Area Agencies on Aging, and is supported in part by a grant (No. 90ABRC000101-02) from the Administration for Community Living, U.S. Department of Health and Human Services (HHS). Grantees carrying out projects under government sponsorship are encouraged to express freely their findings and conclusions. Therefore, points of view or opinions do not necessarily represent official ACL or HHS policy.

MEDICARE OPEN ENROLLMENT

Prepare Early This Year for Open Enrollment
Assistance will be provided by mail, phone or e-mail!
All is subject to change

Do you have a Medicare Prescription Drug (Part D) plan? Every year Medicare Part D plans can change the list of prescription medications they will cover. That means even if you are taking the same medications, the amount you pay for your medications may change in 2022! The plans premiums, deductibles, and co-pays can also change each year.

What can people do about this? All Medicare beneficiaries should check their Part D coverage each year during Medicare's annual open enrollment period which runs **October 15 through December 7th**. This is the time of year to find out if your current plan will cost you more, or less than other Part D plans in 2022. If it is no longer the best plan for your medications, this is the time to make a switch to a Part D plan that will suit you better.

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

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

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

OR Email the info to:

For anyone 60 years of age and over: Mary Bink at Mbink@co.door.wi.us
For anyone 59 years of age and under: Anna Zahorik at Azahorik@co.door.wi.us

Assistance is also available through the following resources:

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

TOGETHER WE WILL MAKE THIS WORK!
Mary Bink, EBS of Door County, 920-746-2546
Anna Zahorik, DBS of Door County, 920-746-2368

MEDICARE PART D PRESCRIPTION DRUG COVERAGE CONFIDENTIAL PERSONAL INFORMATION WORKSHEET

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

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

FOR COVERAGE EFFECTIVE JANUARY 1, 2022, THE LAST DAY TO ENROLL/ DIS-ENROLL/CHANGE YOUR PART D PLAN IS DECEMBER 7, 2021.

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

INFORMATION FROM YOUR MEDICARE CARD:

Medicare Claim Number: ☐☐☐☐ ☐☐☐ ☐☐☐☐

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

_____ / _____ / _____ _____ / _____ / _____

Month Day Year Month Day Year

My Medicare.gov Login Information

Username: _____

Password: _____

GENERAL INFORMATION (PLEASE PRINT):

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

Mailing Address: _____

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

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

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

PRESCRIPTION NAME	DOSAGE	HOW OFTEN

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For more information on your long-term care options, contact your local ADRC.

DHS Approved 4/22/2021

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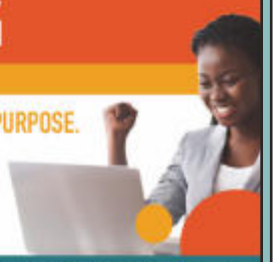

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ADRC DRUG TAKE BACK

THURSDAY, NOVEMBER 4TH
11 AM-1 PM

916 N. 14TH AVE. STURGEON BAY

GET RID OF UNWANTED & EXPIRED MEDICATIONS

Items **NOT** accepted: Needles, syringes, liquids, inhalers, aerosol cans, ointments, lotions, or thermometers

FREE PRESCRIPTION LOCK BAGS AND LOCK BOXES WILL BE AVAILABLE DURING THE TAKE BACK EVENT

DOOR COUNTY ALCOHOL & OTHER DRUG COALITION

A program of UNITED WAY of Door County

SEEKING VOLUNTEER TAX PREPARERS

If you are detail oriented, have a head for numbers and are comfortable using a computer, we invite you to join our team of trained tax preparers. Hours are flexible, comprehensive training is free and your mileage is reimbursed.

Training starts in the Fall. Then, you'll start your volunteer work with a team of wonderfully dedicated individuals during the February 1st through April 15 tax season.

We have a couple of different volunteer positions available within our program:

- Counselor - the person that sits down and actually does the tax preparation
- Client Facilitator (Greeter) - the person that greets the clients and gives them a little help filling out their information sheet when they arrive at the site.

If you are interested, we would love to hear from you. Training is on November 16th, 17th and 18th if you are interested!

For more information and to get started today please contact us by calling (920)746-2372 or emailing us at ADRC@co.door.wi.us.

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Some of the services we manage with you include:

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- Residential Care
- Medical Supplies & Equipment
- Outpatient Mental Health
- In-Home Supportive Care

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 OUR ADVERTISERS!

	MONDAY		TUESDAY		WEDNESDAY
1	9:00 DVD Fitness 9:30 Artists in Making-Mixed Media Workshop 10:00 Walk with Ease 11:00 Zumba Gold (Virtual) 12:00 Bridge 12:30 Poker 1:00 Samba 1:00 L.I.R. Presentation: Aging & Driving Considerations to Keep You Safe	2	8:30 Wonder Women 9:30 Euchre 10:00 Spanish Conversation 10:45 Cards (Southern Door meal site) 11:30 Travelogue Handouts 12:00 Music with Ken Pollock 1:00 Sheepshead 1:00 Apple iPhone/iPad Users Group 1:00 L.I.R. Presentation: Know Us Before You Need Us	3	9:00 DVD Fitness 9:30 Pinochle 10:00 Walk with Ease 10:30 Chair Yoga 11:00 Zumba Gold (virtual) 11:30 Brain Health Handouts 12:30 Poker 1:00 Mah Jongg 1:00 Windows Users Group 1:00 Caregiver Support Group
8	9:00 DVD Fitness 9:00 Stand up Move More 9:30 Artists in Making-Mixed Media Workshop 10:00 Walk with Ease 11:00 Zumba Gold (Virtual) 12:00 Bridge 12:30 Poker 1:00 Samba	9	8:30 Wonder Women 9:30 Euchre 10:00 Spanish Conversation 10:45 Cards (Southern Door meal site) 11:30 Travelogue Handouts 12:00 Music with George Sawyn 12:30 Game Room-Ping Pong, Giant Jenga, Connect Four 1:00 Sheepshead	10	9:00 DVD Fitness 9:30 Pinochle 10:00 Walk with Ease 10:30 Chair Yoga 11:00 Zumba Gold (virtual) 11:30 Brain Health Handouts 12:30 Poker 1:00 Mah Jongg 1:00 Windows Users Group 1:00 Caregiver Support Group
15	9:00 DVD Fitness 9:30 Artists in Making-Mixed Media Workshop 10:00 Walk with Ease 11:00 Zumba Gold (Virtual) 12:00 Bridge 12:30 Poker 1:00 Samba 1:00 ADRC Book Club	16	8:30 Wonder Women 9:00 Holiday Gift Tag Making 9:30 Euchre 10:00 Spanish Conversation 10:45 Cards (Southern Door meal site) 11:30 Travelogue Handouts 12:30 Game Room-Ping Pong, Giant Jenga, Connect Four 1:00 Sheepshead 1:00 Apple iPhone/iPad Users Group	17	9:00 DVD Fitness 9:30 Pinochle 9:30/10:30: Gadget Guy's (One-to One Support Group 10:00 Walk with Ease 10:30 Chair Yoga 11:00 Zumba Gold (virtual) 11:30 Brain Health Handouts 12:30 Poker 1:00 Mah Jongg 3:00 Conversations on Creativity Topic: (virtual)
22	9:00 DVD Fitness 9:30 Artists in Making-Mixed Media Workshop 11:00 Zumba Gold (Virtual) 12:00 Bridge 12:30 Poker 1:00 Samba	23	8:30 Wonder Women 9:30 Euchre 10:00 Spanish Conversation 11:30 Travelogue Handouts 12:00 Music with George Sawyn 12:30 Game Room-Ping Pong, Giant Jenga, Connect Four 1:00 Sheepshead	24	9:00 DVD Fitness 9:30 Pinochle 10:30 Chair Yoga 11:00 Zumba Gold (virtual) 11:30 Brain Health Handouts 12:30 Poker 1:00 Mah Jongg
29	9:00 DVD Fitness 9:30 Artists in Making-Mixed Media Workshop 11:00 Zumba Gold (Virtual) 12:00 Bridge 12:30 Poker 1:00 Samba	30	8:30 Wonder Women 9:30 Euchre 10:00 Spanish Conversation 11:30 Travelogue Handouts 12:30 Game Room-Ping Pong, Giant Jenga, Connect Four 1:00 Sheepshead		9:00 DVD Fitness 9:30 Pinochle 10:00 Walk with Ease 10:30 Chair Yoga 11:00 Zumba Gold (virtual) 11:30 Brain Health Handouts 12:30 Poker 1:00 Mah Jongg

	THURSDAY		FRIDAY
4	8:30 Wonder Women 9:00 Friendly Crafters 11:00 Zumba Gold (virtual) 11:30 Eat Well/Age Well Handouts 12:00 Country Hoe-Down Party Music with Last Man Standing Band 12:30 Game Room-Cornhole, Darts, Badminton 1:00 Woodcarving 2:00 Genealogy Club (Virtual)	5	9:00 DVD Fitness 10:00 Walk with Ease 12:30 Bridge 12:30 Poker 12:30 Travelogue Discussion
11	8:30 Wonder Women 9:00 Friendly Crafters 11:00 Zumba Gold (virtual) 12:00 Veteran's Day Tribute: VFW Post 3088, Beth Wartella of D.C. Veteran's Office, Patriotic Music by Ken Pollock 12:30 Game Room-Cornhole, Darts, Badminton 1:00 Woodcarving 2:00 Genealogy Club (Virtual)	12	Caregiver Conference No Activities Today
18	8:30 Wonder Women 9:00 Friendly Crafters 10:30 Chinese Exercise 11:00 Zumba Gold (virtual) 12:30 Game Room-Cornhole, Darts, Badminton 1:00 Woodcarving	19	9:00 DVD Fitness 10:00 Walk with Ease 12:00 Thanksgiving Meal-Message of Gratitude 12:30 Thanksgiving Themed Bingo 12:30 Bridge 12:30 Poker 12:30 Travelogue Discussion
25	Happy Thanksgiving! ADRC Closed	26	ADRC Closed
	8:30 Wonder Women 10:30 Chinese Exercise 11:00 Zumba Gold 12:30 Game Room-Cornhole, Darts, Badminton 1:00 Woodcarving		9:00 DVD Fitness 10:00 Walk with Ease 12:30 Bridge 12:30 Poker 12:30 Travelogue Discussion

NOVEMBER 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.

UPCOMING EVENTS

HOLIDAY GIFT TAG MAKING CLASS

Tuesday, November 16th
9:00-11:30 am

Attendees will make between 4-6 holiday gift tags and learn simple stamping basics; all supplies are provided. Participants will take home at least 5 projects. Limited to 5 people. Pre-registration required, call 920-746-2372.

NWTC FOOT CLINIC

Wednesday, December 1st
8:30 am-2:30 pm

NWTC nursing students will provide FREE foot care including a relaxing foot soak, soothing massage, and nail care.

Pre-registration is required by Wednesday, November 24th.

Southern Door Residents . . .

A friendly group gathers before lunch to play cards at the Brussels Community Center. This activity is volunteer led, and takes place from 10:45-11:45, the 1st and 3rd Tuesday of each month.

Everyone is welcome. . . have some fun, then stay for a delicious noon meal at the Brussels Community Center. Please call 24-hours prior 920-746-2372 to pre-register for a meal.

Ask the Athletic Trainer:

Tia Jackson MS, LAT, ATC
Licensed Athletic Trainer

Tia will provide instruction on how to safely utilize the equipment in the ADRC's fitness room. She can work with you to develop a personal plan to meet your fitness goals (exercises, sets, reps, duration, progressions, etc.). She can provide injury screens and resources/referrals to medical staff or programs.

Call 920-746-2372 to make an appointment!

GAME ROOM

Tuesday's **Thursday's**

PING PONG

LET'S PLAY!

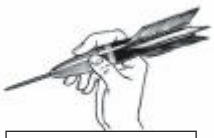
CORNHOLE

GIANT JENGA

GIANT CONNECT 4

ADRC GAME DAYS
Tuesday's & Thursday's

12:30-3:00 p.m.



DARTS

BADMINTON

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For more information contact:
Renee Derenne
920.901.7780
Reneedjayslegacy@gmail.com
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Call (920) 743-7943 for a no obligation tour

WOOD CARVERS GROUP

Wood carving - what is it?

The group of wood carvers that meets every Thursday is a "come as you can group". The same people are not always in attendance. Individuals come when they can and enjoy the fellowship of like-minded people - both gals and guys participate. Ole and Lena humor is also welcome.

Everyone works on the project of their choosing with their personal tools. The group is a resource to learn sources of tools and wood. Examples of recent works include a cardinal holiday ornament, a life sized pileated wood pecker, shallow and deep relief scenes, birds of all types, Santa Claus, a duck, chip carvings, and the list goes on. Each carving is done with hand tools (power carving creates too much dust, and chain saw carving is not permitted at the ADRC).

All skill levels are welcome. If you are a new carver, there is plenty of advice available. Participation is free and voluntary. If you think you "might" be interested, but not sure - stop by at 1:00 pm on Thursday and introduce yourself, meet whoever is in the room, visit, watch, ask a few questions, and as Ole would say, "I yust here to see vat dis carvin' stuf is all bout".

We look forward to meeting you and sharing our interest in the beauty of wood. —The Wood carvers

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Anna's Healthcare is a wonderful support system for you and your family. We're there to help give a better quality of life to our seniors.

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TECHNOLOGY SUPPORT

Apple iPhone/iPad Users Group

Tuesday, November 2nd & 16th @ 1:00 p.m.
Topic: An overview of iOS15, review settings and start on camera & photos, will also address issues and problems.
Call 920-746-2372 to pre-register

Gadget Guy's (One-to-One) Support Group

Wednesday, November 17th @ 9:30 & 10:30 a.m.
1 hour appointments are available
Call 920-746-2372 to pre-register.

Windows Users Group

Wednesday, November 3rd @ 1:00 p.m.
Topic: Snip & sketch screen capture & Windows store vs. downloaded programs
Call 920-746-2372 to pre-register

November Activity Kits

Thankful Heart Wreath

$2.00 Suggested Donation

Fall Colors Weaving Placemat

(2) Placemats/$2.50 Suggested Donation

Turkey Coaster Craft

(2) Coasters/$2.00 Suggested Donation

Consider joining our Meals-on-Wheels Volunteer Team!

Northern Door volunteers are currently needed.

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 older adults in need of meal assistance throughout Door County. Meals on Wheels volunteers serve our community by delivering a hot or frozen meal and companionship.

Meals on Wheels Facts

- Monday - Friday
- 12-15 meals delivered on each route
- Meal Delivery between 10:30 am-12:00 pm
- Pick up meals, deliver meals, return coolers
- Use your vehicle, mileage is reimbursable
- Must have reliable transportation and proof of insurance

To volunteer please contact the Aging and Disability Resource Center of Door County at: (920)746-2372 or email us at ADRC@co.door.wi.us

Become a part of our volunteer team today!

Opportunity to lead Men's Club

We are interested in forming a Men's Club that would answer men's innate need for activity. This club would provide an outlet for men to pursue their passions and interests, learn new things and share skills. It could be an opportunity to make stuff and tinker around, maybe even make new friends. Game days take place Tuesday and Thursday afternoons, they offer an opportunity to play ping pong, badminton, pickleball, darts, giant Jenga, giant connect four or corn hole in the large activity room at the ADRC. We also hope to offer shuffleboard and horseshoes next spring. It would be wonderful to have a volunteer or two interested in leading the Men's club. Here's your chance to share information about a hobby, organize a tournament, or simply join in the fun.

TRAVELOGUE SERIES & DISCUSSION GROUP

NOVEMBER'S FEATURED DESTINATIONS

NOV. 2– TURKEY

NOV. 9–UKRAINE

NOV. 16–UNITED KINGDOM

NOV. 23–VENICE

Visit exciting places via handouts, virtual links, videos and tours. Pick up travelogue information at the ADRC, packets are distributed each Tuesday with meals. A self-directed travelogue discussion group is offered Friday's at 12:30 p.m. Guest presenters/destination ideas are welcome. Pre-registration is required.

NOV. 30–VIETNAM

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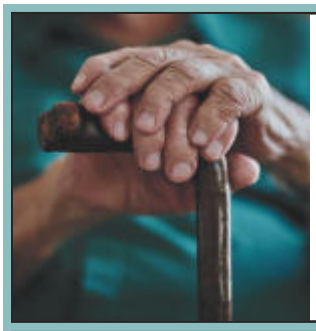

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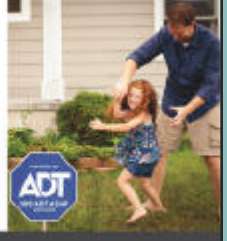

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Are You De-Evolving?

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

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

Staudenmaier Chiropractic Wellness Center

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920-743-7255 • www.BackToWellness.org
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SPECIAL EVENTS

Saddle up and mosey on over for a Country Hoe Down!

COME ON Y'ALL . . .

Thursday, November 4th @ Noon

Enjoy a comfy homestyle luncheon of pork chops, mashed potatoes, Malibu veggies, fruit, & pistachio torte. Last Man Standing - an acoustic band of musicians featuring Bluegrass, Folk and other cool tunes will perform. Pick your horse for the course & join an inflatable stick horse race, and/or play a few rounds of Western Bingo.

VETERANS DAY

HONORING ALL WHO SERVED

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

In honor of all who have served our Country, please join us for a commemorative speech by Beth & Nathan of the Door County Veteran's Office, a delicious meal of baked chicken & wild rice, and a patriotic musical tribute by Ken Pollock. A special thank you to VFW Post 3088 for your generosity and service.

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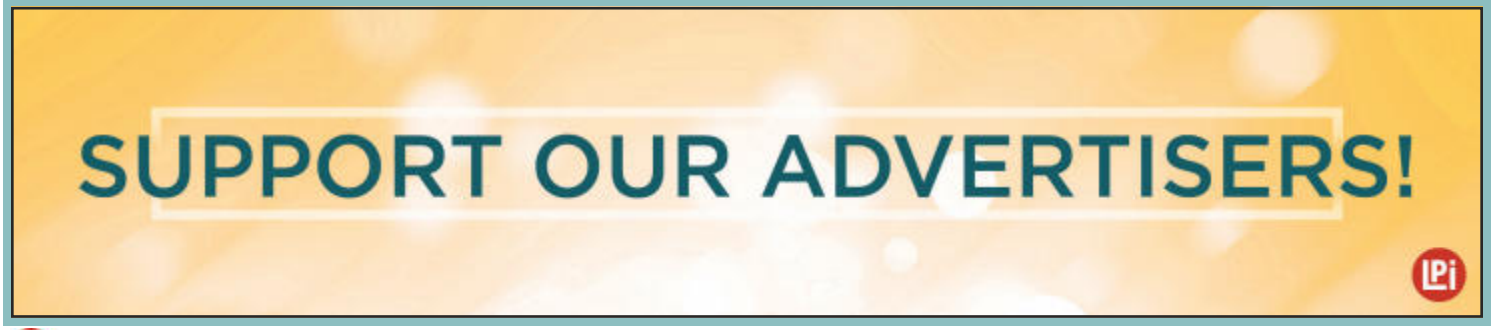

Strength Training Class
StrongBodies

LIFTING PEOPLE TO BETTER HEALTH

STRONGBODIES

Starting in December!

Interested in joining a strength training class?

The Aging & Disability Resource Center of Door County will be offering an evidence-based strength training program for middle-age and older adults. We will guide participants through the program and help them to see improvements in their health and wellness. No experience is necessary.

Strength training has been shown to reduce the risk for chronic diseases such as diabetes, heart disease, osteoporosis, and arthritis. Strength training also increases strength, muscle mass, and bone density.

Classes will take place Tuesday's & Thursday's @ 8:30 a.m. 12 week session beginning December 7th-February 24th

Pre-registration is required, please call 920-746-2372.

Photo Courtesy of pixabay.com

EAT WELL, CARE WELL.

HEALTHY EATING DURING THE HOLIDAYS

Eating healthy is tough around the holidays when there always cookies, pie, and many other goodies available. It may be tough, but it is not impossible to accomplish. Here are some quick, helpful tips to eating healthy snacks, meals, desserts around the holidays.

Tips:

- **Do not skip meals** to save up for a big meal. Skipping meals ultimately will make you hungrier, so you are more likely to overeat.
- **Eat slowly**. It takes up to 20 minutes for the brain to register that you are full. Eat slower so you do not overeat.
- **Make a small plate** of the foods you love the most, for example cookies or pie.
- **Get a full 7-8 hours of sleep**. If you are sleep deprived, you are more likely to eat more and tend to eat foods high in fat & sugar.
- **Do not forget to be active**. Exercising 30-60 minutes can go a long way during the holiday season.
- **Avoid or limit alcohol.**
- **Start by eating vegetables** as those will fill you up sooner than fatty foods.

Source: https://www.cdc.gov/diabetes/library/features/holidays-healthy-eating.html

WEEKLY CHALLENGES

EAT BEFORE A LARGE HOLIDAY MEAL

TRY TO GET 7-8 HOURS OF SLEEP

BE ACTIVE FOR AT LEAST 30 MINUTES

TRY ONE OF THE RECIPES BELOW

DID YOU KNOW?

AN AVERAGE AMERICAN CHRISTMAS DINNER CONTAINS OVER 7,000 CALORIES!

GWAAR Nutrition Team By: Hope Quilling, UW-Stout Dietetics Student 11-2021

Winter Fruit Salad Serves: 6

Ingredients

- 1 1-inch piece ginger, peeled and thinly sliced
- 1 vanilla bean, split lengthwise and seeds scraped out
- 1 lemon
- 5 large navel or blood oranges
- 2 mangoes, peeled and diced
- 2 firm bananas, peeled and diced
- 5 kiwis, peeled and diced
- 12 slices of mandarin oranges
- 1 cup pomegranate seeds
- ½ cup sugar

Instructions

1. Combine the sugar, 2 cups of water, ginger, and vanilla in a saucepan. Bring to a boil over medium- high heat. Reduce the heat and simmer for 5 minutes. Refrigerate until cold and serve.

Source: https://www.foodnetwork.com/recipes/food-network-kitchen/winter-fruit-salad-recipe

Roasted Brussels Sprouts with Pomegranate and Hazelnuts Serves: 4-6

Ingredients

- 1 ¼ pounds brussel sprouts, trimmed and halved
- 2 tablespoons olive oil
- Kosher salt and freshly ground pepper or salt-free blend of your choice
- Pomegranate juice and sugar mixed together for pomegranate molasses
- Seeds from 1 pomegranate
- ½ cup coarsely chopped toasted hazelnuts
- Finely grated zest of 1 lime
- 1 tablespoon finely grated orange zest

Instructions

1. Preheat oven to 375 degrees Fahrenheit.

2. Put the brussel sprouts in a medium roasting pan, toss with olive oil, and season with salt and pepper. Roast until light golden brown and soft on the inside (about 45 minutes).

3. Transfer the sprouts to a large bowl and add the pomegranate molasses, pomegranate seeds, hazelnuts, and lime and orange zests. Season as needed.

Source: https://www.foodnetwork.com/recipes/bobby-flay/roasted-brussels-sprouts-with-pomegranate-and-hazelnuts-recipe

GWAAR Nutrition Team By: Hope Quilling, UW-Stout Dietetics Student 11-2021

REVISED NUTRITION PROGRAM INFORMATION

Reservations are required & space is limited at all sites

ANYONE 60 YEARS OF AGE AND OVER:
$5.00 IS A SUGGESTED CONTRIBUTION
Under 60 cost is $12.00 per meal

Reservations Are Required for all meal sites for Carryout or Dine in meals
Meal pick up time for carryout meals in Sturgeon Bay is from 11:15a.m. - 11:45a.m.
Dine in meals are served at 12p.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 dine in, carryout & frozen Meals on Wednesday & Friday

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

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

Please call (920) 746-2523 if you are interested in receiving or making a referral for Home Delivered Meals (MOW's) or Frozen Meals.

WASHINGTON ISLAND MENU NOVEMBER

MONDAY	WEDNESDAY	FRIDAY
Beef Stroganoff Noodles Peas & Carrots Fruit Yogurt Wheat Roll 1	Sweet and Sour Chicken Egg Rolls Stir Fry Veggies with Broccoli, Water Chestnuts & Red Peppers Brown Rice Birthday Cake with Ice Cream Pineapple 3	Brats with Sauerkraut Potato Salad Baked Beans Fruit Cookie 5
Chicken Rice Casserole With Vegetables Buttered Carrots Fruit Yogurt Roll* 8	Chicken Piccata Rice Green Beans Peach Crisp Tossed Salad String Cheese 10	Ham German Potato Salad Buttered Beets Pudding Applesauce Rye Bread 12
Cheeseburger on a Bun Tater Tots Pickle Spears Coleslaw Fruit 15	Chili with Cheese & Onions Cornbread Fresh Veggies & Dip Fruit Cup Dessert 17	Turkey with Gravy Mashed Potatoes Steamed Broccoli Cranberries Apple Pie with Topping Roll 19
Meatloaf Scalloped Potatoes Stewed Tomatoes Fruit Cookie Bread 22	Pork with Red Sauce Northern Beans Rice Carrots Fruit Cup 24	*CLOSED* *HAPPY THANKSGIVING* *26*
Spaghetti with Meat Sauce Grated Parmesan Tossed Salad Fruit Yogurt Cup Bread Stick 29		

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

*****Due to circumstances beyond our control menu changes may occur from time to time.*****

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

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken-Ala-King Peas & Carrots Biscuit Fruit Cookie String Cheese 1	Hot Dog on a Bun Mac and Cheese Baked Beans Fruit Dessert 2	Ravioli with Meat Sauce Romaine Lettuce Salad Tropical Fruit Cup Garlic Bread Cheese Stick 3	Pork Chops Mashed Potatoes Malibu Veggies Pistachio Torte Fruit Wheat Roll 4	Pasta Crab Salad Tomato with Cottage Cheese Fresh Fruit Lemonade Cheese Cake Roll 5
Beef Stroganoff with Egg Noodles Squash Cottage Cheese Delight Vegetable Bread 8	Ham Succotash Scallope Potatoes Bread Pudding Apricots Wheat Roll 9	Baked Ziti Romaine Salad Garlic Bread Fruit Birthday Cake 10	Country Fried Steak Mashed Potatoes Mexican Corn Apple Pie Fruit Sliced Bread 11	**NO Carry Out or Dine-in at our Sturgeon Bay Site** Baked Cod Au Gratin Potatoes Pea Salad Fruit Blueberry Cheese Cake Rye Bread 12
Spaghetti Mixed Vegetables Fruit Whip Dessert Garlic Knots 15	Taco Salad with Corn Chips, Beef, Refried Beans, Tomatoes, Onions, Cheese, Sour Cream Grape Salad 16	Beef Tips over Pasta Green Beans Fruit Apple Torte Bread 17	BBQ Chicken on a Kaiser Roll Baked Beans Broccoli Salad Fruit Yogurt Parfait 18	Turkey & Stuffing Peas and Carrots Cranberries Pumpkin Pie with Topping Cheese Stick Bread 19
Cube Steak Stewed Tomatoes Steamed Potatoes Yogurt Fresh Fruit Bread 22	Tempura Chicken Egg Roll Stir Fry Veggies Brown Rice Fresh Fruit Lemon Bars 23	Meatloaf Wild Rice Peas and Carrots Mandarin Oranges Bread 24	CLOSED FOR THANKSGIVING 25	CLOSED FOR THANKSGIVING 26
Stuffed Peppers Au Gratin Potatoes Mixed Vegetables Pineapple with Cottage Cheese 29	Cheeseburger on a Bun Lettuce, Tomato, Sliced Onion Baked Beans California Blend Veggie Cream Puff Cake Fruit 30			

Due to circumstances beyond our control menu changes may occur from time to time.

To ensure we have enough food prepared please make reservations 24 hours in advance.

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