January 2022

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 ..... Vacant

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

Starting this month, we are thrilled to announce that our home delivered meals program, otherwise known as our Meals on Wheels program, is expanding! The increase will include one home delivered meal route at each Liberty Grove, Baileys Harbor and Brussels dining sites. We are excited to offer more home delivered meals and in having the ability to meet a greater need here in Door County.

However, we need your help to get started and launch our Meals on Wheels expansion! We are currently seeking volunteers to help us deliver our hot and frozen meals to residents who live around Liberty Grove/Sister Bay, Baileys Harbor and Brussels. All volunteers undergo a background screen and training.

The volunteer time commitment is flexible. We have some volunteer drivers who deliver once a week on the same day, once every two weeks on the same day or once a month usually on the same day. We also have volunteers that cannot commit to delivering on a regular basis and are placed on a sub list to fill in when someone else cannot deliver. Please help us spread the news and if you are interested in becoming a Meals on Wheels volunteer driver, contact us today!

The overall purpose of our Meals on Wheels program is to help promote the health, independence and quality of life for older adults here in our community. All of our meals are planned and approved by a registered dietician and prepared by an accomplished chef and kitchen team. Our home delivered meal is 'More Than a Meal' and provides meaningful social connections to help combat loneliness and isolation. In addition, our home delivered meal program provides a safety check for those older adults who might live alone or who might not have family who live close by.

Our home delivered meal program is available to older adults who have a difficulty getting out of their home are, unable to prepare nutritious and balanced meals for themselves or do not have assistance in preparing meals. In order to qualify to receive a home delivered meal, a brief home delivered meal assessment is required.

Meals are delivered between 10:30 a.m.–Noon. For people interested in receiving additional meals, we have frozen meals available to eat on the weekends or on days we do not deliver a hot meal. Each dining site serves meals on different days of the week and you can find that information on page 26 of our monthly newsletter. To learn more about our Meals on Wheels program and how to start receiving them, please call the ADRC at (920)746-2372 or email us at ADRC@co.door.wi.us.

Happy New Year!

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	**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

CAREGIVERS NEW YEAR'S RESOLUTION

The New Year's Resolution Every Caregiver Should Make

As caregivers, we know how to beat ourselves up. "I could have been more patient with Mom when she was crabby". "If I would have thought to bring fresh clothing, Dad would have been more comfortable". "I should have spent more - fill in the blank - time, money, energy or whatever, with my mother, my father, my husband, my grandmother, my child".

Okay. It's time to stop it.

We are ending one year and beginning a new one. I'm not huge on New Year's resolutions, because when I think I can improve something, I want to do it *now*. Also, I believe they can be a set-up for guilt when we fail to follow through.

However, there's another side to my feelings. I always loved a new box of crayons - the pointy ends, the smooth paper, the familiar crayon smell. I always loved a new tablet with nothing written in it. There seemed so much promise on those clean, blank pages. Promise that I could write something important, or beautiful or funny. And I've always loved writing that nice new digit after the date changes. "Maybe *this* is the year that I'll... "

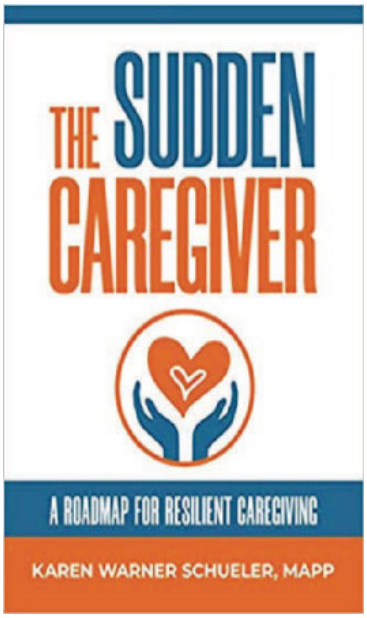
Yet the pointy crayons, if I were to make use of them, would become rounded and worn. The tablet would have scribbled out words that failed to meet my expectations. And the new digits for the New Year would soon become routine. I'll likely have to wait until another year for those big dreams to come true. For anything to become useful it must be used. And when it is used, it loses its shine. It becomes smudgy and imperfect. The only way to keep things perfect is to not use them.

The same goes for caregiving. If we are afraid of not doing everything right, we will be afraid to roll up our sleeves and dive in. If we blame ourselves for our imperfections, we will be afraid of getting involved. So, dear caregivers, I'm asking you to consider just one little New Year's resolution. Stop blaming yourselves for imperfections in your caregiving, real or imagined. Look at the New Year, not as a shiny new chance to be perfect, but as a clean slate to reflect a kinder view of yourself as you do your human best to be a good enough caregiver.

Roll up your sleeves, get educated, get support and do your best. Then let it go. The New Year will take care of itself. You take care of you.

By Carol Bradley Bursack

RECOMMENDED READS



Are you a sudden caregiver? When an unforeseen medical crisis robs someone you love of their health and wellbeing, do you feel caught off guard and ill-prepared for your caregiving role?

Plenty of research confirms what you may already know: caregiving is depleting, worrying, and exhausting, often leading to physical and emotional burnout, fear, and illness.

Yet a growing body of evidence tells us that while caregiving is depleting, it can also be a source of strength, well-being, and purpose.

Caregiving may be inevitable, but caregiver distress is not.

Written by a family caregiver *for* family caregivers, ***The Sudden Caregiver: A Roadmap for Resilient Caregiving,*** will help you to:

- Take control of the practical tasks and available resources your circumstances require.
- Minimize unpleasant surprises and maximize well-being for you and the person in your care.
- Leverage "resilience builders" to protect yourself against stress and replenish your spirit.

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.

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.

DCC 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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PROTECT YOURSELF FROM GOVERNMENT SCAMS

It starts with a phone call from someone claiming to be from the IRS, FBI, or Social Security Administration. You are informed that you owe taxes, or your Social Security number has been associated with criminal activity. You might be told that the police will be arriving at your door to arrest you, or your driver's license or Social Security number will be suspended. FEAR!

The caller might know your name or the last four digits of your Social Security number. They might have case numbers, or badge numbers to appear official. Caller ID displays are spoofed to look legitimate. The scammer misleads you into thinking they are who they say they are. DECEPTION!

You are told that immediate payment will solve the problem, but you must act fast. You might be asked to buy gift cards, wire money, send cash, or pay over the phone. These high-pressure tactics are designed to make you act quickly before you have time to think and investigate. PRESSURE!

Three things to consider:

- How were you contacted? An unsolicited, unexpected phone call is NOT how the IRS or SSA will contact you. Initial contact is typically by mail. Be suspicious of phone contact and don't trust Caller ID.
- How will you send payment? Untraceable payment methods like gift cards, cash, wires, or payment over the phone is NOT how legitimate agencies request payment.
- Are you being rushed? This should always make you suspicious. Never give anyone money without consulting with someone else. There is always time to independently verify what you are being told.

Protect yourself:

- Don't answer unsolicited calls. If someone claiming to be from a government agency leaves you a message, don't use the callback number they provide. Contact the agency directly.
- Never pay anyone by gift cards, or mail cash. Never give your account or debit/credit card information over the phone.
- Trust your instincts. If you feel afraid or rushed—STOP. Contact someone you trust and talk it out.

Resources:

- www.bbb.org Better Business Bureau
- www.FTC.gov Federal Trade Commission
- www.FBI.gov Federal Bureau of Investigation
- www.tigta.gov to report IRS impersonation Scam
- www.ssa.gov/fraud/ Social Security Administration

This article is part of a series being submitted by the Door County Coordinated Community Response Team subcommittee focusing on financial abuse against seniors. If you, or someone you know, is being abused financially, please contact the ADRC for referrals to get help.

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

INCLEMENT WEATHER CANCELLATIONS

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

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

Please remember that the safety of our Staff & Meals on Wheels drivers is very important, and helps us to keep delivering meals to your home. Driveways, sidewalks, walkways, and porches should be shoveled and ice-free. Roads that are not passable due to snow or ice may limit delivery to your home.

Thank you for your cooperation!

NORTHEAST
WI Technical College

Lunch & Learn: Aging Resource Fair

11 a.m.- 2 p.m. Thursday, January 13th

2438 S. Bay Shore Drive, Sister Bay (across from Carroll House Restaurant)

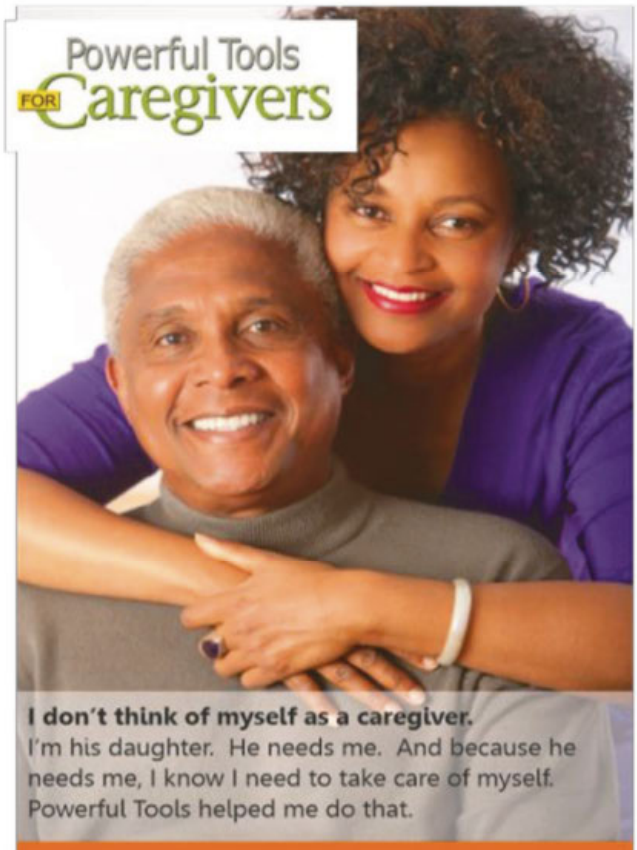
Come to the fair to learn how to care for yourself as you age and how to be a good care partner for others. Connect with area resources, develop skills, eat lunch and enjoy the company of others.

- Talk to representatives from many area agencies and organizations
- Listen to presentations on a variety of topics, including exercise, fall prevention, incontinence, dementia care, home safety and more.
- Enjoy a cup of coffee and a light lunch (while supplies last). Soup from Galectables.

Event is Free

Pre-registration recommended. Call 920-746-4970 or email sisterbay@nwtc.edu.

POWERFUL TOOLS FOR CAREGIVERS CLASS



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

When: Tuesday mornings (six weeks)
January 25th – March 1st 9:30 am – 11:00
NWTC Sister Bay, 2438 S Bay Shore Dr.

To register contact Program Coordinator Christy Wisniewski
(920) 746-3504 or Online at:
https://www.dcmedical.org/classes-and-events/powerful-tools-for-caregivers

Registration is required by January 18th

This is an In Person workshop!
Leaders:
Christy Wisniewski, Door County Medical Center
Jennifer Fitzgerald, Aging and Disability Resource Center

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

Door County Medical Center
IN PARTNERSHIP WITH HOSPITAL SISTERS HEALTH SYSTEM

ADRC Aging & Disability Resource Center of Door County

wiha Misconsin Institute for Healthy Aging

my choice WISCONSIN

My Choice Wisconsin is a managed care organization that serves government-funded programs to seniors and adults with disabilities in over 50 Wisconsin counties.

Visit us today:
mychoicewi.org/LPI
1-800-963-0035

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

DHS Approved 4/22/2021

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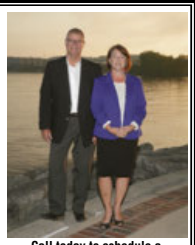

Call today to schedule a complimentary consultation with Attorney Robert A. Ross or Attorney Jane E. Seusy.

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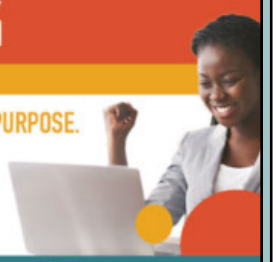

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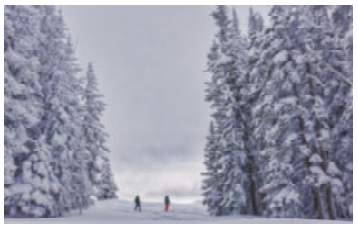

SATURDAYS & SUNDAYS: 1:00–3:30pm

Sponsored by Friends of Crossroads and Door County Silent Sports Alliance

Crossroads at Big Creek lends, free of charge, an array of ski and snowshoe equipment, sizes to fit age 3 through large adult. When trail conditions permit, go to the Crossroads Maintenance Building where volunteers will fit you with equipment, share a few pointers and a trail map and send you out on groomed (classical and skate) ski or hiking trails. When you have finished, return your equipment and enjoy a cup of hot chocolate.

PACKERS PLAYOFF PARTY

Calling all Cheeseheads, it's your time to shine.

Join in the celebration & show your Packer Pride.

Thursday, January 20th @ Noon

Enjoy a delicious meal certain to satisfy even the hungriest of fans.

Menu: Roast Turkey, Mashed Potatoes, Francais Blend Veggies, Cranberries, Pumpkin Pie w/ topping, roll.

Wear your favorite Packers gear & get ready to cheer!

Play games & win prizes.

WINTER PHOTO CONTEST

"Best of the Door"
Photography Contest
January 3rd - 31st

Grab your camera or phone and head to the great outdoors for some crisp, fresh air. Explore the peace and tranquility of Door County in the wintertime. Send your best winter photos to nscharrig@co.door.wi.us by January 31st for a chance to win the grand prize. All photos that are submitted will be on display at the ADRC. The winning photo will also be featured on the ADRC's Facebook Page.

Good luck and have fun!

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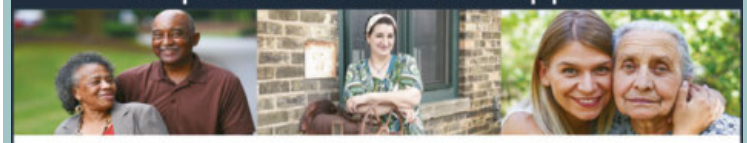

Some of the services we manage with you include:

- Care Management
- Personal Care
- 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).

www.lakelandcareinc.com

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DHS Approval 5/2/18

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WisconsinSeniorMedicarePatrol

Wisconsin SMP
Empowering Seniors To Prevent Healthcare Fraud

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
3	8:00 Winter Photo Contest Begins 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	4	8:30 Strong Bodies 9:30 Euchre 10:00 Spanish Conversation 10:45 Cards (Southern Door meal site) 12:00 Music with Ken Pollock 12:30 Game Room-Ping Pong, Giant Jenga, Connect Four 12:30 Knitting 1:00 Sheepshead 1:00 Mah Jongg (New Players) 1:00 Apple iPhone/iPad Users Group 1:00 Watercolor Painting	5	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 1:00 Windows Users Group
10	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	11	8:30 Strong Bodies 9:30 Euchre 10:00 Spanish Conversation 10:45 Cards (Southern Door meal site) 12:00 Music with George Sawyn 12:30 Game Room-Ping Pong, Giant Jenga, Connect Four 12:30 Knitting 1:00 Sheepshead 1:00 Mah Jongg (New Players) 1:00 Apple iPhone/iPad Users Group 1:00 Watercolor Painting	12	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
17	9:00 DVD Fitness 9:00 Intro. To Foundation Training 9:30 Artists in Making-Mixed Media Workshop 11:00 Zumba Gold (Virtual) 12:00 Martin Luther King, Jr. Day Tribute 12:00 Bridge 12:30 Poker 1:00 Samba 1:00 ADRC Book Club	18	8:00 Cholesterol Screenings 8:30 Strong Bodies 9:30 Euchre 10:00 Spanish Conversation 10:45 Cards (Southern Door meal site) 12:30 Game Room-Ping Pong, Giant Jenga, Connect Four 12:30 Knitting 1:00 Mah Jongg (New Players) 1:00 Sheepshead 1:00 Watercolor Painting	19	9:00 DVD Fitness 9:00 Foundation Training 9:30 Pinochle 9:30/10:30: Gadget Guy's (One-to-One Support Grou 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 (virtual)
24	9:00 DVD Fitness 9:00 Foundation Training 9:30 Artists in Making-Mixed Media Workshop 11:00 Zumba Gold (Virtual) 12:00 Bridge 12:30 Poker 1:00 Samba	25	8:30 Strong Bodies 9:30 Euchre 9;30 Powerful Tools for Caregivers Class 10:00 Spanish Conversation 12:00 Music with George Sawyn 12:30 Game Room-Ping Pong, Giant Jenga, Connect Four 12:30 Bunco 12:30 Knitting 1:00 Mah Jongg (New Players) 1:00 Sheepshead 1:00 Apple iPhone/iPad Users Group 1:00 Watercolor Painting	26	9:00 DVD Fitness 9:00 Foundation Training 9:30 Pinochle 10:30 Chair Yoga 11:00 Zumba Gold (virtual) 11:30 Brain Health Handouts 12:30 Poker 1:00 Mah Jongg
31	9:00 DVD Fitness 9:00 Foundation Training 9:30 Artists in Making-Mixed Media Workshop 11:00 Zumba Gold (Virtual) 12:00 Bridge 12:30 Poker 1:00 Samba 1:00 Ping Pong Tournament 4:00 Winter Photo Contest Ends				

		THURSDAY		FRIDAY
	6	8:30 Wonder Women 8:30 Practicing the Pause (Virtual) 9:00 Friendly Crafters 11:00 Zumba Gold (virtual) 11:30 Eat Well/Age Well Handouts 12:30 Game Room-Cornhole, Darts, Badminton 1:00 Woodcarving 2:00 Genealogy Club (Virtual)	7	9:00 Cardio Drumming 9:00 DVD Fitness 9:30/10:30 Gadget Guy's (One-to-One Tech Support) 11:00 Zumba Gold (Virtual) 12:30 Bridge 12:30 Poker
	13	8:30 Strong Bodies 8:30 Practicing the Pause (Virtual) 9:00 Friendly Crafters 11:00 Zumba Gold (virtual) 12:30 Game Room-Cornhole, Darts, Badminton 1:00 Woodcarving 2:00 Genealogy Club (Virtual)	14	9:00 Cardio Drumming 9:00 DVD Fitness 9:30/10:30 Gadget Guy's (One-to-One Tech Support) 11:00 Zumba Gold (Virtual) 12:30 Bridge 12:30 Poker
	20	8:30 Strong Bodies 8:30 Practicing the Pause (Virtual) 9:00 Friendly Crafters 11:00 Blood Pressure Screenings 11:00 Zumba Gold (virtual) 12:00 Packers Playoff Celebration 12:30 Game Room-Cornhole, Darts, Badminton 1:00 Woodcarving	21	9:00 Cardio Drumming 9:00 DVD Fitness 9:30/10:30 Gadget Guy's (One-to-One Tech Support) 11:00 Zumba Gold (Virtual) 12:30 Bridge 12:30 Poker
	27	8:30 Strong Bodies 8:30 Practicing the Pause (Virtual) 9:00 Friendly Crafters 11:00 Zumba Gold (virtual) 12:30 Game Room-Cornhole, Darts, Badminton 1:00 Woodcarving	28	9:00 Cardio Drumming 9:00 DVD Fitness 1100 Zumba Gold (Virtual) 12:30 Bridge 12:30 Poker

JANUARY

2022

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

"Warming Hearts & Hands" Tote

Do you enjoy knitting, sewing, and helping others? If so, we have the perfect project for you. Cozy winter items such as hats, scarves, mittens, socks, masks, etc. are needed to fill the "Warming Hearts & Hands" tote. Individuals in need will then be able to help themselves to (1) free item, no questions asked, no money exchanged. The tote will be available Monday-Friday 8:30 a.m.- 4:00 p.m. If you are interested in volunteering to make items to help fill the tote or in donating materials such as yarn, fabric, etc. Please contact Nicki @ 920-746-7153. Together, we can warm the hearts and hands of those in need in our Door County community.

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!

Cholesterol Screenings

Tuesday, January 18th

8:00-11:30 am

Appointments available every 10 minutes.

$35.00 cash or check payment.

Must fast for 12 hours, prior to appointment.

Call Casey @ Door County Public Health

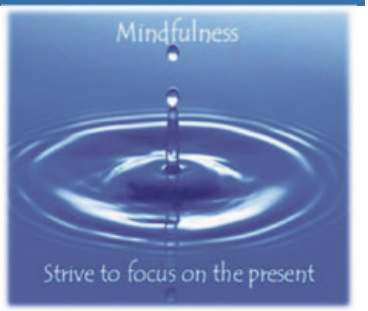
#920-746-2255 to pre-register!

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.

SELF-CARE/MINDFULNESS



Practicing the Pause is a weekly, 30-minute virtual opportunity to practice a variety of techniques to calm your mind and body, decrease stress, and increase self-awareness and resiliency. We'll practice holding space while also practicing skills such as deep breathing, guided imagery, gently stretching, etc.

We will gather virtually every Thursday morning, from 8:30-9:00 am. You are free to join whenever you are able. Practicing the Pulse, is a self-care community of practice brought to you by the University of Wisconsin-Madison Division of Extension Community Educators.

Receive the Zoom link to join by emailing nscharrig@co.door.wi.us, a minimum of one day prior. We strongly encourage you to check out the video below prior to your first session.

https://dunn.extension.wisc.edu/family-community/practicing-the-pause/

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920.901.7780
Reneedjayslegacy@gmail.com
www.jays-legacy.com

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

WELLNESS WORKSHOP/CLASSES

Foundation Training

Conscious based movement that builds better balance, more strength, and increased mobility.

If you're up for a New Year's Challenge - this should be it!

Wake up the body's innate sense to move well, live well, and feel good by breaking the movements that create pain. Learn gravity based exercises that lengthen, stretch, and tone your muscles to support you in your daily activities. Breathwork is incorporated to help elevate you to a new level of health and manage the daily force of gravity that is inevitable. All fitness levels are welcome. You will feel taller and more energized as you continue to practice the anatomy based movement principles.

- **Free introductory workshop**: Monday, January 17th @ 9:00 am
- **Six week, twice a week series:** Monday's & Wednesday's @ 9:00 am, January 19th- March 2nd
- **Cost:** $5.00 per class, payment due at time of first class.

Call 920-746-2372 to pre-register!

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Office Hours: 8am-4pm
Anna's Healthcare is a wonderful support system for you and your family. We're there to help give a better quality of life to our seniors.

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Hospice adds life to days when you can't add days to life. When comfort and dignity matter most, rely on Unity for expert medical, emotional and spiritual support.
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TECHNOLOGY SUPPORT

Apple iPhone/iPad Users Group

Tuesday, January 4th & 18th @ 1:00 p.m.
Topics: iPhone Camera and Photos, Settings along with open discussion.

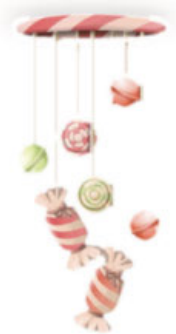
Gadget Guy's (One-to-One) Support Group

Friday, January 7th, 14th, & 21st @ 9:30 & 10:30 a.m.
1 hour appointments are available
Call 920-746-2372 to pre-register.

Windows Users Group

Wednesday, January 5th @ 1:00 p.m.
Topic: Internet Browser Security & Tips
Call 920-746-2372 to pre-register.

January Activity Kits



Peanut Butter & Wild Bird Seed Pine Cone Feeders
$8.00 Suggested Donation

Unfinished Wooden Wind Chimes
$5.00 Suggested Donation

Snowmen Bracelet Kits
$1.50 Suggested Donation

Snowflake Greeting Cards
$2.00 Suggested Donation

Consider joining our Meals-on-Wheels Volunteer Team!

Northern Door volunteers are 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
- Pick a day that works for you or be a sub driver
- 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!

Bring a book . . . Leave a book . . . Share a book

Welcome to the ADRC's Free Library

How does it work?

Take a book
If you see something you would like to read, take it!

Leave a book
If you have a new or gently used book you'd like to pass on, leave it here!

Share it
After reading, share it with a friend or leave a comment on a post it note and put it in the book, telling others what you enjoyed!

There is a Book Club that meets the 3rd Monday of each month at 1:00 p.m.

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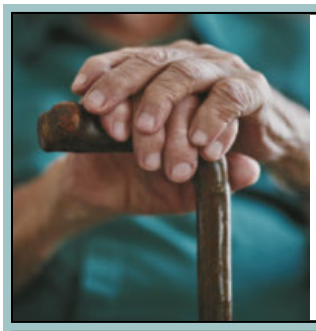

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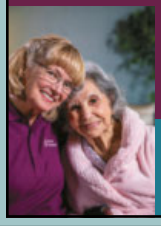

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CARDIO DRUMMING

Introduction to Cardio Drumming

Friday, January 7th
9:00 a.m.

Learn a drumming and movement workout that's specifically designed to enhance emotional and cognitive health as well as social competence. Experience how drumming and movement can contribute to the satisfaction of one's individual needs as it provides a unique, fun, and exciting alternative to traditional aerobics. Learn movements and rhythms with the use of stability balls & drumsticks that are appropriate and beneficial for the senior population. Classes will take place Friday's @ 9:00 am starting January 14th. Pre-registration is required, space is limited. Call 920-746-2372.

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Securities and Investment Advisory Services offered through **Woodbury Financial Services, Inc. (WFS)**, Membr FINRA/SIPC. WFS is separately owned and other entities and/or marketing names, products or services referenced here are independent of WFS.

Monday, January 31st

1:00-4:00 p.m.

DOOR COUNTY STYLE

TOURNAMENT DETAILS

Registration:
Call 920-746-2372 to sign up. Limited to 20 singles players. We will play single knock out challenge and the winners will advance to the next round.

Rules:
The tournament will be held in the large activity room at the ADRC. Please arrive at 12:30 pm to ensure a prompt start. Participants will be allowed warm up time prior to the first match. The match winner is the best of 3 games, and they will move on to the next round. Matches will be no more than 10 minutes per game, and 30 minutes total per match. Ping Pong tables, paddles, and balls will be provided. The rules will be announced at the beginning of the tournament. Enjoy the comradery, play fair and have fun.

Awards:
The ADRC Pro Ping Pong Trophy will be awarded to the winner. Additional awards will be given for the following:

- Best Sportsmanship
- Most Creative Team Name
- Craziest Ping Pong Attire

Practice time:
Everyone is welcome to stop in to practice during Game Days which take place on Tuesday's and Thursday's from 12:30-3:30 pm at the ADRC prior to the tournament.

EAT WELL, CARE WELL.
HIGH PROTEIN MEALS IN 1 POT

WHY DO I NEED PROTEIN?

Protein is extremely important as we age because it helps prevent muscle wasting. In fact, Sarcopenia is the name of the disease. Sarcopenia is characterized by age-related loss of muscle and function. As we age, it is important for us to maintain muscle mass so we can continue to stay active. To prevent muscle loss, focus on protein and incorporating exercise into your weekly routine. The current recommendation for protein is 0.8 grams for every kilogram of body weight per day. To get your weight in kilograms divide it by 2.2. Ex. 130 lbs. divided by 2.2 = 50 kg. However, research shows that older adults may benefit from consuming higher amounts of protein. You may benefit from consuming 1.2 to 1.5 grams of protein for every kilogram of body weight per day. Protein foods include seafood, meats, poultry, eggs, legumes, nuts, and seeds. Focus on increasing your intake of the listed foods. Below is a recipe that is tasty, easy, low-mess and high in protein. We encourage you to keep protein content in mind as you choose recipes or sneak protein into your existing recipes with nuts, seeds, cheese, chia seeds, whey protein powder or eggs.

WEEKLY CHALLENGES

TRY THE RECIPE PROVIDED

HAVE PROTEIN AT EACH MEAL

MAKE A MEAL WITH VIBRANT COLORS AND VARIETY

GO ON A WALK BEFORE OR AFTER YOUR MEAL TO HELP CONTROL STRESS

DID YOU KNOW?

SARCOPENIA AFFECTS ABOUT 20% OF PEOPLE AGES 60-70 AND 50% OF PEOPLE OVER THE AGE OF 80.

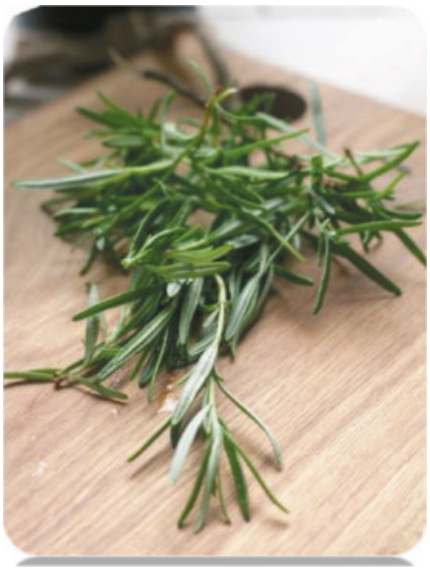
GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students Issue 1: 1-1-17 by Dana Lemke

APPLE CIDER CHICKEN

Makes 4 servings in only 30 minutes! ~300 cal. & 30 g. of protein. This recipe adapted from http://www.wellplated.com/apple-cider-chicken/

INGREDIENTS:

- 4 teaspoons vegetable oil or olive oil, divided
- 1 TBSP butter
- 1 ½ pounds boneless, skinless chicken thighs
- 1 teaspoon kosher salt or salt-free seasoning blend, divided
- ½ teaspoon freshly ground black pepper, divided
- ½ cup fresh apple cider
- 2 teaspoons Dijon mustard
- 3 medium firm, sweet apples, cored and cut into ½-inch slices
- 2 teaspoons chopped fresh rosemary, plus additional for serving



DIRECTIONS:

1. Heat 2 teaspoons of oil in a large skillet over medium- high heat. Sprinkle the top of the chicken evenly with 1/2 teaspoon kosher salt and 1/4 teaspoon pepper. Once the oil is hot and simmering, add the chicken to pan, top-side down. Let cook 4 minutes, then flip and continue cooking until the meat is cooked through and reaches an internal temperature of 160 degrees, 3-4 additional minutes. Remove to a plate and cover with foil to keep warm.
2. In a small bowl or large measuring cup, stir together the apple cider and mustard. With a paper towel, carefully wipe the skillet clean. Add the remaining 1 teaspoons of oil & the butter to the pan over medium high. Once the oil is hot, add the apple slices, remaining 1/2 teaspoon salt, 1/4 teaspoon pepper, and rosemary. Cook 5 minutes, until the apples are lightly tender and begin to turn golden. Return the chicken to pan and pour the cider mixture over the top. Let cook 4-5 minutes, until the liquid is reduced by half. Serve warm, sprinkled with additional chopped rosemary as desired.

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—JANUARY

MONDAY	WEDNESDAY	FRIDAY
Chili with shredded Cheese and Onion Brat on a Bun Romaine Salad Fruited Jell-O 3	Baked Chicken Wild Rice Mixed Veggies Fruit Salad Roll Cheese Stick 5	Meatloaf Baked Potatoes Steamed Carrots Apple Slices Cheese Stick Roll 7
Taco Salad with Corn Chips Ground Beef, Tomato, Onions, Cheese and Sour Cream Refried Beans Fruit 10	Baked Ham Scalloped Potatoes Green Beans Chunky Apple Sauce Pudding Wheat Roll 12	Pot Roast with gravy Steamed Potato Carrots Fruit Birthday Cake Wheat Roll 14
Spaghetti with Meat Sauce Shredded Cheese Tossed Salad Fruit Salad Garlic Bread 17	Beef Stew with Vegetables Mashed Potatoes Bread Slice Fruit 19	Pork Chop Scalloped Potatoes Broccoli Peach Upside-Down Cake Bread 21
Cream of Broccoli Soup Egg Salad Sandwich Pickle Spears Cookie Three Bean Salad 24	Salisbury Steak Mashed Potatoes Green Beans Whole Grain Roll Fruit Pudding 26	Lasagna Romaine Salad Fruit Garlic Bread Stick 28
Cheeseburger on a Bun, Sliced Onion, Lettuce, Tomato Baked Beans, Corn Vanilla Pudding with Topping Fruit 31		

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 JANUARY

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese Burger on a Bun with Onion, Tomato Baked Beans Steamed Corn Fruit Dessert 3	Ham Scallop Potatoes Broccoli Dessert Bread Fruit 4	Lasagna Vegetable Salad Peaches Red Velvet Cake Garlic Bread 5	Polish Sausage Sauerkraut on a Bun Macaroni Salad Mixed Vegetables Fruit with Yogurt 6	Tilapia Wild Rice Island Blend Veggies Rye Bread Pineapple with Cottage Cheese 7
Turkey Devon with Pasta Key Largo Vegetables Fruit Rice Krispy Treat Roll 10	Black Bean Soup Grilled Chicken Sandwich Lettuce, Onion, Cheese Fruited Jell-O Cookie 11	Pot Roast Parsley Potatoes Dilled Carrots Cinnamon Applesauce Jell-O-Cake Bread String Cheese 12	Country Fried Steak Mashed Potatoes Mexican Corn Coconut Cream Pie Fresh Fruit 13	Tuna Casserole Romaine Salad Fruit Rye Bread Strawberry-Lemon Square 14
Meatloaf Rice Pilaf Steamed Broccoli Fruit Whole Grain Roll Cookie 17	Taco Salad with Corn Chips, Refried Beans, Beef, Tomato, Onions, Cheese, Sour Cream Carrot Cake Fruit 18	Beef Stroganoff with Egg Noodles Winter Blend Veggies Banana Birthday Cake Bread 19	Roast Turkey Mashed Potatoes Francais Blend Veggies Cranberries Pumpkin Pie with Topping Roll 20	Pasta Crab Salad Tomato with Cottage Cheese Fruit Cup Cherry Almond Cake 21
Chicken-ala-King Steamed Peas 3 Bean Salad Mandarin Orange Biscuit 24	Chicken Parmesan with Pasta Malibu Vegetables Fruit Fluff Garlic Bread 25	Pepper Steak Steamed Rice Honey Carrots Fruit Cottage Cheese Cake Whole Grain Roll 26	Cream of Potato Soup Egg Salad Sandwich Apple Slices Cookie Broccoli Salad String Cheese 27	Baked Cod Steamed Potatoes Colesslelaw Cheese Stick Fresh Fruit Salad Rye Bread 28
White Bean Soup Chicken Wrap Fruit Cup Vanilla Pudding w/Topping 31				

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