February 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 .....Jordan Lau

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

With Valentine's Day right around the corner, I thought it would be appropriate to write about relationships and their importance on healthy aging. According to a New York Times article entitled, "A Longer Life Is Lived with Company", the key to a long and healthy life is quality relationships with family and friends. This article was a quick read but a great reminder that we as human beings must feel some level of emotional connectedness and affirmation in order to live long and happy lives.

But as the pandemic continues on, that might be a lot easier said than done at the moment. We are currently experiencing yet another winter where COVID cases are on the rise and many of us are going without handshakes, hugs and friendly smiles. And with the spread of the most recent variant, a lot of us are feeling uncomfortable getting out and intermingling indoors.

However, staying connected to friends and family and exercising healthy self-care has never been more important than the present moment. Here are a few great ways to minimize your risk of contracting COVID and optimizing your ability to stay connected!

Create Virtual Opportunities: Nothing beats spending time with friends and family face-to-face. But as we wait for the COVID situation here in Door County to improve and for times to start feeling a little safer, a really great option right now is to create virtual opportunities to stay connected. Don't wait for others to reach out, instead create your own video calls to friends and family.

Get Outdoors: There isn't a better place to get outside or to go for a drive than Door County. And yes, the winter season can make getting some fresh air a little more difficult compared to warmer months. But it is very important for your mental health to get more physical exercise and light exposure during the winter months. Exposure to sunlight assists our bodies in the production of melatonin, important for quality sleep, and serotonin, an essential mood booster.

Keep a Routine: We are all creatures of habit. Routine and structure create stability and comfort. A common side effect for individuals entering or in retirement can be the loss of a firm or consistent routine. In other words, a sort of drifting in and out of a regular day-to-day schedule. Throughout the winter months it is also common to fall asleep or doze off when the sun goes down. And this can quickly throw off a healthy sleep pattern. Most older adults should get an average of seven to nine hours of sleep. It is also equally important to plan meals and regular activities throughout the day.

Most importantly, if you are feeling lonely or socially isolated, please reach out and let someone know. Being open and honest with someone like a friend, family member or your healthcare provider will help. From everyone over here at the ADRC, we hope you and your loved ones are healthy and staying safe. We are here to help you. Please do not hesitate to reach out for assistance and support.

You are not alone! 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	**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

SO, I'M A CAREGIVER. NOW WHAT?

Care·giv·er *- Someone who helps a person with something they used to do by themselves.*

If you have recently discovered that you are, indeed, a caregiver, you have taken an important first step! Identifying yourself as a caregiver is important because it connects you with resources, helps you deal with stress and gives you tools to provide the best care possible for your loved one.

The first benefit to realizing your role as a caregiver is that you will be connected with community resources. Finding out about local resources not only can make your work easier and more effective, but it can greatly benefit the person you're caring for. Home care agencies, home delivered meals, volunteer organizations, transportation services, support groups and senior congregate dining are some services that can lighten the load for any caregiver.

Second, caregiving can be difficult and stressful! When you add caregiving duties to your own busy schedule and health issues, it can sometimes push you to the limit. When you are able to identify that one of your stressors is your role as a caregiver, it is easier to sort things out and look for ways to reduce that stress. Maintaining friendships, attending support groups, taking time for you and caring for your own health are good ways to fend off stress.

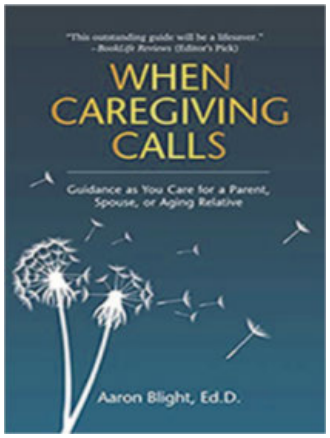
And lastly, once you see yourself as a caregiver you will begin to see just how important your role is in the life of your loved one. It may prompt you to look for even more areas that the care receiver needs help and get more people to be involved! Delegating duties to other family members and/or friends is something that not only takes the strain off of one person but is good for everyone involved.

No matter how much or how little you are involved in a person's life, if you are doing something that the person is no longer able to do on their own, you are a caregiver. Do not downplay the tasks that you do! The assistance you are giving may be the one thing keeping the person living in their own home. You are a caregiver – enjoy your journey!

For information on local resources, support groups, caregiving tips and other related items please contact The ADRC of Door County at 920-746-2372.

by Jane Mahoney
Greater Wisconsin Agency on Aging Resources

RECOMMENDED READS



When Caregiving Calls: Guidance as You Care for a Parent, Spouse, or Aging Relative
by Aaron Blight

WINNER--2020 Best Indie Book Awards, Non-Fiction: Caregiving

Caring for a parent, spouse, or relative who cannot care for them-selves due to age, infirmity, or illness is one of the noblest human activities. It's also one of the most stressful, posing challenges that can be painful, confusing, frustrating, and deeply rewarding-sometimes all at once. *When Caregiving Calls* is an invitation to a deep conversation about caregiving and its meaning for you. Dr. Blight has lived the caregiving experience in many ways—now he shares his insights in eighteen brief, thoughtful chapters that examine the many facets of caregiving.

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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SCAMMER WILL BE YOUR VALENTINE– FOR A PRICE

Intelligent, knowledgeable, trustworthy, and kind. Does this describe you? It also describes common characteristics of survivors of a relationship scam. With these crimes on the rise during the pandemic, the Door County Coordinated Community Response Team (CCR) wants seniors in our community to be on the lookout for these fraudsters. Crimes of this nature have doubled during the pandemic to the tune of $304 million dollars. This article will help seniors learn about these scams so they can help themselves or others who may be in danger of being swindled.

Relationship scams are defined by a pattern of behavior in which a con-artist befriends someone and convinces them to part with their money. This could appear as a romance, companion/friend, or even a substitute for a parent-child relationship.

Before a fraud can be successful, the target must be convinced to participate in giving away their money. This is done through several forms of emotional abuse. The scammers target seniors through social media platforms as well as in-person. Bad actors seek out insecurities in otherwise savvy individuals. They exploit even the smallest insecurity through emotional manipulation until they have developed an emotional bond. This may happen quickly, but scammers will spend several months, and even years,

Once the bond is established, the scammer will begin asking for money. It may begin as small favors such as falling short on rent or minor car repairs. Scammers will commonly repay these small amounts to “prove” they are trustworthy. If the victim has bonded quickly, the scammer will ask for a larger amount right away. A common tactic is to claim a tragedy has suddenly befallen the scammer and they need emergency funds until they can gather the balance on their own.

The scammer will always ask for the funds in cash, or a “same-as-cash” format such as wire transfers, cashier’s checks, pre-paid credit cards, and several gift cards. They will speak fast, demand immediate action, threaten the relationship, and more to convince the victim to send money before there is time to mentally process the request. Once the money is sent, there is often little that can be done to retrieve it.

Again, victims are commonly found to be intelligent, knowledgeable, trustworthy, and kind. Many seniors believe they are immune due to their confidence in their own competencies. Unfortunately, because the scam is about an emotional connection, anyone with a generous heart and regular income is a potential target.

You may request or download handouts on this topic that provide more in-depth guidance from consumer agencies such as State of Wisconsin Department of Agriculture, Trade and Consumer Protection (DATCP) or the Federal Trade Commission. *This article is being submitted by a member of the Door County CCR Team; a group of area professionals is focused on improving the quality of life for seniors. If you, or someone you know, is being scammed by fake relationship, 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

TAX SEASON IS HERE!

The ADRC, in partnership with the AARP tax preparation volunteers, are planning to assist folks with filing their taxes and homestead applications this year. **We will start taking contactless tax appointments on Tuesday, February 1, 2022 for appointments starting on February 15th.**

The plan is to conduct tax returns similar to what we did last year by implementing a number of "No Contact" procedures. This will mean additional steps to ensure that everyone remains safe and healthy. On the day of your scheduled appointment please bring your tax documents to the ADRC, and a tax preparer will make sure the correct documents are in order. You will then leave the documentation with a tax preparer who will then contact you when your taxes are complete so you can review and sign them.

Please call the ADRC at 920-746-2403 to set up your tax appointment

WHAT I NEED FOR MY TAXES AND HOMESTEAD APPOINTMENT:

1. **Social Security Card**
2. **Photo ID**
3. **If you rent, your Rent Certificate signed by your Landlord**
4. **Property Tax Bill if you own your home**
5. **Last years Tax Return**

It is extremely helpful for the tax preparers if you have last years tax return, so please bring that along if you have it.

IF YOU DON'T HAVE or forgot any of the first 4 items you will be asked to reschedule your appointment for the next available time.

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!

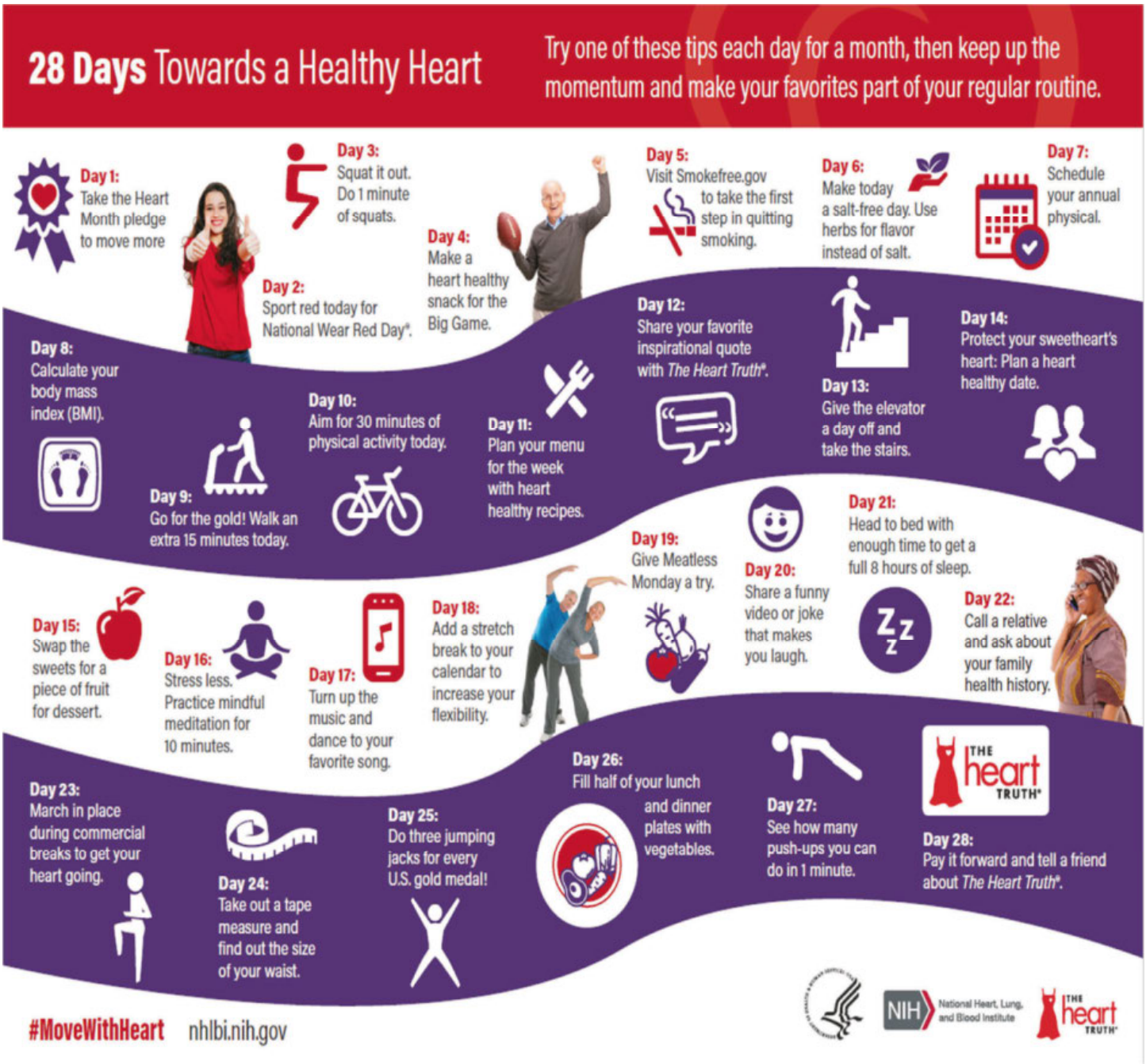
FOODWISE NUTRITION PROGRAM

Ready to make a change?

Join FoodWise staff on Wednesday,

February 9th at 12:30 for **Heart Healthy Meals for 1-2**

February is Heart Month, and we hope many people will commit to themselves to get heart healthy. In January, many people create a New Year's Resolution to lose weight or work out. Gym memberships may indeed increase in January but, by the time February rolls around, dedication often becomes challenging. Exercise is, of course, heart healthy and it is important to stay physically active. But, few people can lose weight with exercise alone, and few people get physically fit without changing their diets too. The two go hand in hand. For lasting weight loss, we need exercise AND we need to look at how we plan our meals, how we shop, and how we prepare our meals.



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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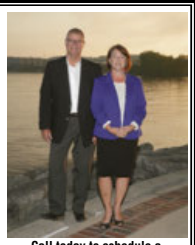
- Long Term Care Planning
- Medicaid Planning & Applications
- Special Needs Trusts
- Probate & Trust Administration



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

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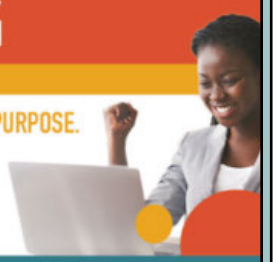

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Heart-Healthy Presentation

Lydia LeBeau, pharmacist and manager of Bay Hometown Pharmacy will be speaking on "Heart Healthy Tips and Tricks" for American Heart Month.

This short talk will review easy lifestyle changes you can make to lower your risk for heart disease and stroke, including heart healthy foods, vitamins, and activities.

Originally from Michigan's Upper Peninsula, Lydia graduated from Ferris State University with her Doctor of Pharmacy degree in 2021.

This event will be at 11:30am on February 23rd.

Free blood pressure screenings offered afterwards.

CHAIR YOGA

A new 8-week chair yoga class begins Wednesday, February 2nd at 10:30 am.

Discover the benefits of slow mindful yoga while building your nervous system resilience. We will be using a chair as a prop for sitting and standing poses.

Proper breathing and relaxation along with modified yoga poses are taught.

If you are new to this class your first class is free. Yoga is for everyone, come and see if it is for you!

Class instructor is Vickie Daoust.
Cost is $3 per class payable to her.
Pre-registration is required,
please call 920-746-2372.

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

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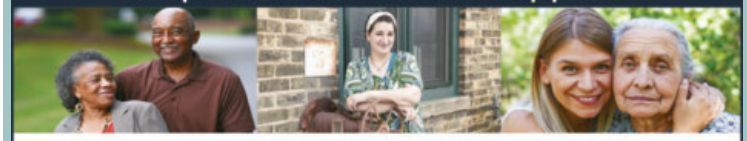

Some of the services we manage with you include:

- 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
		1	Winter Contests Begin! 8:30 Strong Bodies 9:00 Euchre 9:30 Powerful Tools for Caregivers class 10:00 Spanish Conversation 12:30 Game Room-Ping Pong, Giant Jenga, Connect Four 12:30 Knitting 1:00 Sheepshead 1:00 Watercolor Painting	2	Groundhog Day! 9:00 DVD Fitness 9:00 Pinochle 9:00 Foundation Training/Wellnes 10:30 Chair Yoga 11:00 Zumba Gold (virtual) 11:30 Brain Health Handouts 12:30 Poker 1:00 Caregiver Support Group 1:00 Mah Jongg
7	9:00 DVD Fitness 9:00 Foundation Training/Wellness 9:30 Artists in Making-Mixed Media Workshop 11:00 Zumba Gold (Virtual) 12:00 Bridge 12:30 Poker 1:00 Samba	8	8:30 Strong Bodies 9:00 Euchre 9:30 Powerful Tools for Caregivers class 10:00 Spanish Conversation 12:30 Game Room-Ping Pong, Giant Jenga, Connect Four 12:30 Knitting 1:00 Sheepshead 1:00 Watercolor Painting	9	9:00 DVD Fitness 9:00 Pinochle 9:00 Foundation Training/Wellnes 10:30 Chair Yoga 11:00 Zumba Gold (virtual) 11:30 Brain Health Handouts 12:30 FoodWise—Healthy Meals 12:30 Poker 1:00 Mah Jongg 1:00 Windows Users Group
14	Happy Valentine's Day! 9:00 DVD Fitness 9:00 Foundation Training/Wellness 9:30 Artists in Making-Mixed Media Workshop 11:00 Zumba Gold (Virtual) 12:00 Bridge 12:30 Poker 1:00 Samba	15	8:30 Strong Bodies 9:00 Euchre 9:30 Powerful Tools for Caregivers class 10:00 Spanish Conversation 12:30 Game Room-Ping Pong, Giant Jenga, Connect Four 12:30 Knitting 1:00 Sheepshead 1:00 Watercolor Painting	16	9:00 DVD Fitness 9:00 Foundation Training/Wellnes 9:00 Pinochle 10:30 Chair Yoga 11:00 Zumba Gold (virtual) 11:30 Brain Health Handouts 12:30 Poker 1:00 Caregiver Support Group 1:00 Mah Jongg 3:00 Conversations on Creativity (virtual)
21	President's Day! 9:00 DVD Fitness 9:00 Foundation Training/Wellness 9:30 Artists in Making-Mixed Media Workshop 11:00 Zumba Gold (Virtual) 12:00 Bridge 12:30 Poker 1:00 Samba 1:00 ADRC Book Club	22	8:30 Strong Bodies 9:00 Euchre 9;30 Powerful Tools for Caregivers Class 10:00 Spanish Conversation 11:30 Heart Healthy Tips Presentation 12:30 Game Room-Ping Pong, Giant Jenga, Connect Four 12:30 Bunco 12:30 Knitting 1:00 Sheepshead 1:00 Watercolor Painting	23	9:00 DVD Fitness 9:00 Foundation Training/Wellnes 9:00 Pinochle 10:30 Chair Yoga 11:00 Zumba Gold (virtual) 11:30 Brain Health Handouts 12:30 Poker 1:00 Mah Jongg
28	Winter Contests Deadline! 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				

		THURSDAY		FRIDAY
ss	3	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)	4	9:00 Cardio Drumming 9:00 DVD Fitness 9:30/10:30 Gadget Guy's (One-to-One Tech Support) 11:00 Zumba Gold 12:30 Bridge 12:30 Poker
ss	10	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)	11	9:00 Cardio Drumming 9:00 DVD Fitness 9:30/10:30 Gadget Guy's (One-to-One Tech Support) 11:00 Zumba Gold 12:30 Bridge 12:30 Poker
ss	17	8:30 Strong Bodies 8:30 Practicing the Pause (Virtual) 9:00 Friendly Crafters 11:00 Blood Pressure Screenings 11:00 Zumba Gold (virtual) 12:30 Game Room-Cornhole, Darts, Badminton 1:00 Woodcarving 1:00 "Life, Death, and The Afterlife" Discussion Group	18	9:00 Cardio Drumming 9:00 DVD Fitness 9:30/10:30 Gadget Guy's (One-to-One Tech Support) 11:00 Zumba Gold 12:30 Bridge 12:30 Poker
ss	24	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	25	9:00 DVD Fitness 1100 Zumba Gold 12:30 Bridge 12:30 Poker

FEBRUARY 2022

In Person Classes/ Programming:
Pre-registration is Required, call 920-746-2372. Subject to cancellation or change based on restrictions.

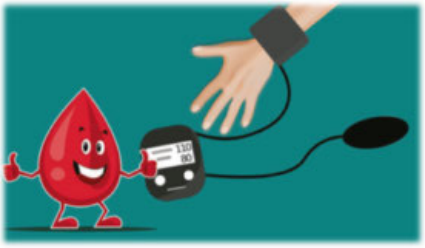
Virtual Events:
Call 920-746-2372 to pre-register and receive a link to join.

ADRC Activity Kits:
Call 920-746-2372 to request a kit, all have a suggested donation amount.

The location of activities you attend may be changed to accommodate AARP Tax Preparation appointments that occur in one of the Activity Rooms. Please look at the signs posted at the Activity Room doors. If you can't find your class, just ask at the front desk!

Thank you for your patience. Every effort has been made to try to accommodate all activities and programs.

Blood Pressure Clinics



Thursday, February 17th
11:00 a.m. with Kate

Tuesday, February 22nd
Noon with Lydia

Drop-in's are welcome.

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!

NWTC FOOT CLINIC

Friday, April 8th
8:30 am-Noon

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

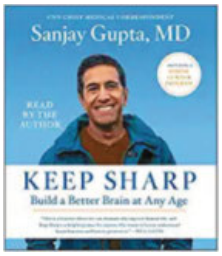
Pre-registration is required by
Friday, April 1st.
Call 920-746-2372.

BOOK CLUB

The ADRC of Door County Book Club will meet Monday, February 21st

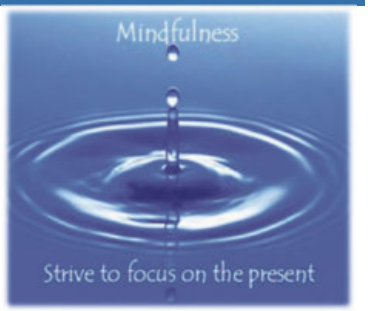
Book of the Month-

"Keep Sharp & Build a Better Brain at any Age"- Sanjay Gupta M.D.



New Book Club members are welcome!
Pre-register by calling 920-746-2372

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
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WELLNESS WORKSHOP/CLASSES

Foundation Training

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

If you're up for a Wellness 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.

- **Twice a week series:** Monday's & Wednesday's @ 9:00 am, February 7h- 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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TECHNOLOGY SUPPORT

Apple iPhone/iPad Users Group

No Classes in February. Resumes March 16th @ 1:00 p.m.

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

Friday, February 4th, 11th, & 18th @ 9:30 & 10:30 a.m.

1 hour appointments are available
Call 920-746-2372 to pre-register.

Windows Users Group

Wednesday, February 9th @ 1:00 p.m.
Topic: Windows Tips PDF Document
Call 920-746-2372 to pre-register. We are looking for a new facilitator for this class, our leader Dan Hubing is moving out of the area. A big thank you for his volunteerism over the years.

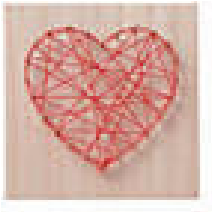
February Activity Kits

Heartstring Art Craft Kit
$7.00 Suggested Donation

Unfinished Wooden Wind Chimes
$3.00 Suggested Donation

I Love you Keychain Craft Kits
$5.00 Suggested Donation

Happy Valentine's Day Garland Kits
$6.00 Suggested Donation



Consider joining our Meals-on-Wheels Volunteer Team!

Volunteers are needed for new routes In Baileys Harbor & Brussels.

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!

WINTER CONTESTS

CHINESE NEW YEAR - TIGER COLORING CONTEST & WINTER OLYMPICS TRIVIA

Stay warm & cozy & have some fun by entering a few winter contests. Pick up your Year of the Tiger coloring sheet and/or Winter Olympic trivia contest at the front desk of the ADRC or with a carryout meal during the month of February.

Be sure to put your name & phone number on your entry sheets. Entry deadline is Monday, Feb. 28th for both contests. Prizes will be awarded. Prizes will be awarded.

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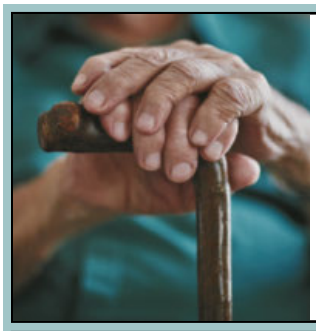

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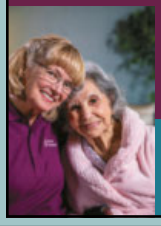

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GENEALOGY 101

Saturdays, February 5th– 26th

9:10-10:45 am Bonus Programs: 10:50 am-Noon

Brown County Library - Central Library Auditorium

To pre-register, call 920-448-5815

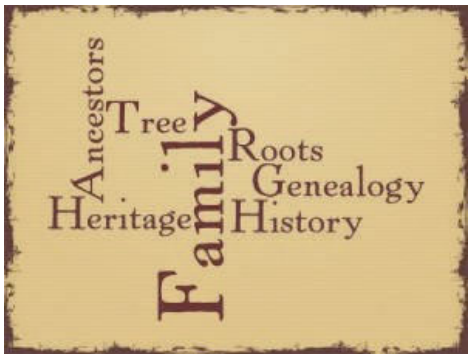
(If interested in joining a carpool from the ADRC of Door County, call 920-743-5629)

February 5th- Census Records: More than a head count.
Bonus! Documentation: How to label and document.

February 12th– Newspapers: It's amazing what was printed.
Bonus! French-Canadian Research presented by Evelyn Reignier

February 19th– Land Records: Finding Property, who owned it.
Bonus! An update on Irish records presented by Dave Miller

February 26th– Immigration: Naturalization & passenger lists.
Bonus! Belgian Research presented by Evelyn Reignier



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Life, Death and The Afterlife Discussion Group

An Open Discussion About Death, Dying and the Afterlife.

Discussion Group begins February 17th
3rd Thursday of each Month

Most people have not given the death and dying process much thought. Have you? What are your concerns? Have you planned for it? Have you lost a loved one or perhaps you are facing your own death soon? We all have our worries and questions!

Come to this discussion group where you can freely express your thoughts, feelings and concerns in an open, non-judgmental, non-religious atmosphere. Everyone will have an opportunity to express their views and concerns. Death does not have to be feared.

Location: ADRC of Door County's Caregiver Library from 1pm – 3pm starting February 17, 2022 and then the 3rd Thursday of the following months. Space is limited to 15 people, so please call 920-746-2372 to register.

Host1: Marggie Moertl. Marggie has many years of clinical experience within hospice and home care nursing and providing End of Life Doula services. She brings all of that with her and combines it with her deeply intuitive gifts. www.embraceyourinnerselfllc.com

Host2: Steve Freier. Steve has over 20 years researching Death, Dying and the Afterlife, has read hundreds of books on these topics and viewed as many or more videos as well on NDEs, OBEs, the Afterlife and what it's like, etc. He is also a video producer and writer and contributes regular book reviews to the online magazine, theinnervoicemagazine.com

Images by ds_30 and RitaE from Pixabay

EAT WELL, CARE WELL.

LOWER SODIUM CANNED FOODS & HOW TO USE

Even if you purchase low-sodium canned foods, rinse them in water before you use them to remove as much extra salt as possible, recommended by Colorado State University Extension. While you cannot do this with soup, it works well with canned beans and vegetables and can help you lower the sodium in some canned goods of which there isn't a low-sodium version.

Preparation. For a canned food to be low in sodium, it needs to have 140 milligrams of sodium or less per serving. If you cannot find a low-sodium option for a particular food, those labeled "reduced sodium" or "no added sodium" can also make good choices and allow you to reduce your sodium intake, although they still may contain relatively high levels of sodium.

Canned Spinach– If your spinach always goes bad before you get a chance to eat it, canned spinach is the way to go. Canned spinach actually contains more vitamin C per serving than its fresh counterpart!

No Salt Added Tomato Sauce- Pasta lovers, take note. It is a good rule of thumb to look for low-sodium versions of tomato sauce whether you buy cans or jars.

WEEKLY CHALLENGES

BUY LOW SODIUM CANNED GOODS

TRY ONE OF THE OVERNIGHT OATS RECIPES

REDUCE OR ELIMINATE SALT IN COOKING

CUT BACK ON PROCESSED FOODS

DID YOU KNOW?

Most Americans consume 4,000 to 6,000 milligrams of sodium a day. The recommended intake is 2,400 milligrams a day.

GWAAR Nutrition Team in Collaboration with UW- Stout Dietetic Students by Baylie Neider 2-22

Sauteed spinach with garlic

Ingredients:

1-2 cloves garlic, minced
3 tablespoons veggie broth, or a drizzle of your favorite low sodium oil
2 cups fresh spinach
1 tablespoon white wine
A squeeze of fresh lemon juice

Instructions:

1. Sauté garlic with 1 tablespoon broth or drizzle of oil on medium-low heat for 1 to 2 minutes or until fragrant.
2. Add the spinach, the other 2 tablespoons of broth, or a little bit more oil and wine. Sauté 3-4 minutes until spinach is wilted.
3. Squeeze some lemon on top and enjoy on its own or as a side to any meal!

Source: https://www.veggiesdontbite.com/veestro-review-best-sauteed-spinach/

Low sodium spaghetti sauce

Ingredients:

1/4 cup chopped onions
15 oz no salt added tomato sauce (canned)
8 tablespoons of no salt added tomato paste
1 1/2 tablespoons sugar (optional)
3 teaspoons garlic, diced or minced
1 1/2 teaspoons dried, ground oregano
2 tablespoons leaves basil (dried)
1/8 teaspoons crushed red pepper flakes
1 1/2 cups of water

Instructions:

Spray a pan with cooking spray. Cook the onions until they're translucent and add the tomato sauce and tomato paste, then water. Stir in all the spices and let the sauce simmer on low for 30 minutes. Adding in ground beef is optional.

Source: https://www.recipe-diaries.com/low-sodium-spaghetti-sauce/

REVISED NUTRITION PROGRAM INFORMATION

Reservations Are Required for all meal sites for Carryout meals
Meal pick up time for carryout meals in Sturgeon Bay is from 11:15a.m. - 11:45a.m.

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

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 & 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 carryout and frozen meals on Monday, Wednesday & Friday

Southern Door Meal Site
Brussels Community Center
1366 Junction Rd
Brussels, WI 54204
Phone: (920)746-2523
Serving carryout and frozen meals on Tuesday and Thursday

Washington Island Meal Site
Washington Island Community Center
910 Main Rd.
Washington Island, WI 54246
Phone: (920) 847– 2522
Serving carryout and frozen meals on Monday, Wednesday & Friday

Sturgeon Bay Meal Site
Aging and Disability Resource Center
916 N 14th Ave, Sturgeon Bay WI 54235
Phone: (920)746-2372
Serving 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—FEBRUARY

MONDAY	WEDNESDAY	FRIDAY
	Chili Hot Dog on a Bun Diced Onions Green Beans Pistachio Torte 2	Pepper Steak Steamed Rice Honey Carrots Fruit Bread Slice 4
Chicken-ala-King Steamed Peas Pineapple String Cheese Biscuit 7	Meatloaf Au Gratin Potatoes California Blend Veggies Applesauce Bread Slice 9	Pork Chop with Gravy Baked Potato Mixed Vegetables Strawberry Shortcake String Cheese Roll 11
Spaghetti with Meat Sauce Green Beans Romaine Salad Fruit Salad Garlic Bread 14	Chicken Piccata Rice Romaine Salad Peaches Cake with Ice Cream 16	Ham Mashed Potatoes Green Beans with Almonds Apricots & Cottage Cheese Birthday Cake Roll 18
Beef Stroganoff over Noodles Carrots Lettuce Salad Fruit Yogurt Cup Bread 21	Egg Salad Sandwich on Wheat Bread with Lettuce, Onions, Cheese Slice Potato Salad Steamed Corn Cottage Cheese with Pineapple 23	Pork with Tomato Sauce Northern Beans Rice Dilled Carrots Angel Food Cake with Strawberries 25
Beef Stew with Vegetables Mashed Potatoes Wheat Bread Fruit 28		

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 FEBRUARY

Monday	Tuesday	Wednesday	Thursday	Friday
	Sweet and Sour Chicken La Choy Vegetables Rice Egg Rolls Dessert Fortune Cookie 1	BBQ Chicken on a Hard Roll Potato Salad Winter Blend Veggies Lemon Bar Fruit Cheese Stick 2	Pork Chop Wild Rice Key Largo Blend Vegetables Peach Crisp Three Bean Salad Bread 3	Tuna Casserole Steamed Peas Pineapples Cheesecake with Cherries Rye Bread 4
Baked Ziti Italian Blend Vegetables Tossed Salad Cookie Bread Sticks 7	Beef Tips Mashed Potatoes Green Beans Fresh Fruit Cheese Stick Rice Crispy Treat Wheat Roll 8	Chicken Ala King Peas Biscuit Birthday Cake Fresh Fruit 9	Cheesy Vegetarian Egg Bake Bagel with Cream Cheese Bacon Orange Juice Cantaloupe 10	Tilapia Rice Pilaf Coleslaw Fruit Dessert Bread String Cheese 11
Spaghetti with Meat Sauce Grated Cheese Tossed Salad Fruit Garlic Bread Dessert 14	Turkey Devon Mashed Potatoes Steamed Carrots Apricots Strawberry Pretzel Dessert Roll 15	Lasagna Steamed Broccoli Tossed Salad Fresh Fruit Millionaire Pie Garlic Bread 16	Cream of Potato Soup Egg Salad Sandwich Fresh Fruit Three Bean Salad Cookie 17	Baked Cod Red Potatoes Pea Salad Fruit Strawberry Shortcake Bread 18
Swiss Steak Stewed Tomatoes Mashed Potatoes Yogurt & Fruit Parfait Roll 21	Mac and Cheese Hot Dog on a Bun Broccoli Salad Strawberry-Lemon Square Apple Slices 22	Chicken Parmesan With Pasta Steamed Cauliflower Cherry Crisp 3 Bean Salad Garlic Bread 23	Baked Ham German Potato Salad Mixed Vegetables Cherry Pie with Topping Mandarin Oranges Whole Grain Bread 24	Pasta Crab Salad Tomatoes Cottage Cheese Bread stick Fruit Cookie String Cheese 25
Chicken Breast Black Beans with Rice Steamed Peas Peaches Cottage Cheese Cake Roll 28				

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