April 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**

FOOT CARE CLINIC

WHEN:
Bi-Weekly on Tuesdays from 9am-3pm

WHERE:
The ADRC of Door County
916 N. 14th Avenue, Sturgeon Bay

Starting on Tuesday, February 22nd the ADRC of Door County in partnership with Healthy Feet, LLC will be offering a bi-weekly foot care clinic on Tuesdays from 9am-3pm throughout 2022.

This service will be offered by Lisa Taylor, RN who has professional foot and nail care training from UW-Eau Claire, along with many years of foot care experience.

- The cost is $30 per visit (cash or check)
- Appointments are 30 minutes
- Patients are asked to bring their own hand towel to your appointment.

Appointments are necessary and can be scheduled by calling the ADRC at (920)746-2372.

PROFESSIONAL FOOT CARE SERVICES INCLUDE:

Warm Foot Soak

Diabetic Foot Care

Lower Leg and Foot Assessment

Trimming of Toenails

Calluses and Corn Reduction

Thinning or Debridement of Thick Overgrown Nails

Minor Ingrown Nails Addressed

A Lower Leg and Foot Massage with Light Lotion

Referrals to Your Primary Care Physician or Podiatrist if Needed

THE BENEFITS OF TALK THERAPY

To understand the benefits of talk therapy, you must first understand it. *Verywell Mind* explains that talk 'therapy, also known as psychotherapy, is the use of verbal techniques designed to help improve the quality of life for those it serves by reducing or eliminating symptoms, helping to build coping skills, and improving communication.

Now that you understand Talk Therapy, let's dive into the benefits of Talk Therapy highlighted below from an interview published in *Forbes* with Marian Margulies, Ph.D., a psychologist in New York City.

1. "A huge benefit of talk therapy is that its effects are long-lasting." Many people were taught to keep their feelings to themselves, which often leads to the development of negative thought processes. Having a safe space to talk about your feelings is one of the biggest benefits of talk therapy. It allows you to address those suppressed feelings and learn how to move forward.

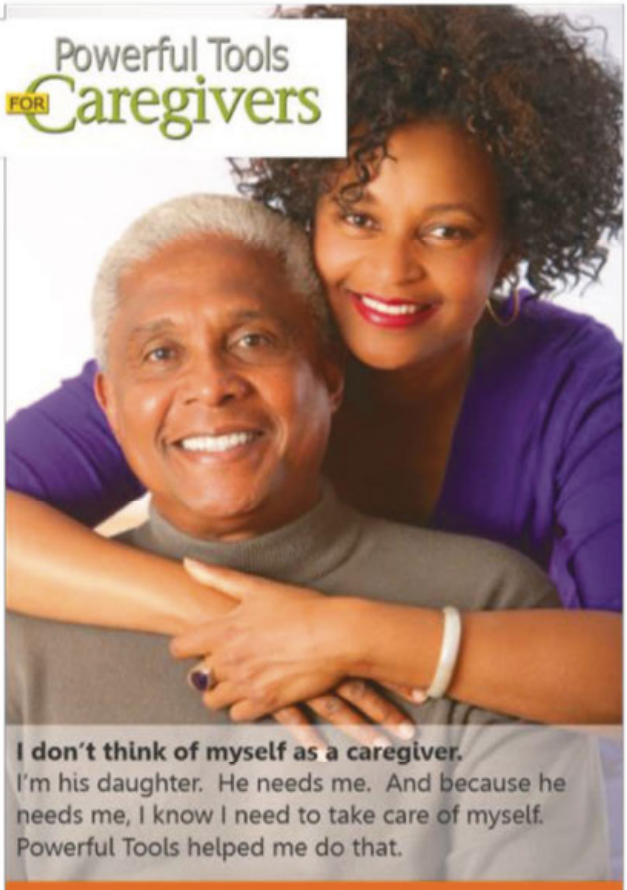
2. "You know you're not alone." Talk therapy can be provided in a variety of settings, including group therapy or a support group. This allows you an opportunity to talk with others who may be experiencing similar things and find support and assurance through speaking about your experiences and listening to them talk about theirs.

3. "The positive gains continue and grow over time as though some of the work gets further consolidated after therapy stops." Much of talk therapy is spent discussing events, issues, and/or trauma you have experienced that may have impacted your current mental health. This allows you an opportunity to address those situations and build coping skills for the future. This helps you reduce the impact certain conditions have on your overall well-being and set you up for success.

4. "…Depression and anxiety are well known to have significant, and sometimes debilitating, physical effects." Those struggling mentally often physically feel the effects through chronic pain, headaches, insomnia, etc. Because talk therapy is designed to help improve your mental health, it often helps reduce the physical impact declined mental health can have on your body.

Talk therapy is designed to meet each person's specific needs, so how each person benefits will be slightly different. The important thing to remember is that if you, or someone you know, needs support, it is always okay to reach out for help. We understand that asking for help can be difficult, but we want you to know you are not alone. Whether through our program, or another service, we want to work with you to identify and address any unmet needs to provide you the support you need and deserve.

Senior Life Solutions is Door County Medical Center's program, designed to meet the unique needs of individuals typically 65 and older experiencing depression and/or anxiety related to life changes that are often associated with aging. If you or someone you know is struggling with a recent heart-related diagnosis or a decline in emotional health, our program wants you to know we are here to help. Whether through our program, or another service, our team works to identify and address the emotional needs of those in our community and provide support. If you need more information, education, or would like to discuss support, please call (920)746-3778 or visit www.dcmedical.org



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

When: Tuesday mornings (six weeks)
April 19th–May 24th 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 April 12th

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 Wisconsin Institute for Healthy Aging

NAVIGATING GRIEF GROUP

At The ADRC of Door County 916 N. 14th Avenue
Tuesday Afternoons
April 19th-May 24th
1:30 P.M. – 3:00 P.M.

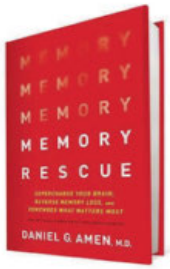
New

Join us for the six week Navigating Grief group facilitated by a Unity Grief Counselor and trained volunteer. The group will cover a range of topics with targeted handouts to support the information and support provided during group. The topics include what to expect as you grieve and mourn the death of a loved one, sharing memories, the importance of a continued bond with your loved one, coping with grief, and building a strong support network. The group will be capped at 12 participants to ensure that all group members have time to share and explore their grief experience each session.

To register for the group please call Unity at (920) 338-1111 and ask to speak with a grief counselor. Registration ends on Thursday, April 4th

RECOMMENDED READS

Memory Rescue: Supercharge Your Brain, Reverse Memory Loss, and Remember What Matters Most



A proven program from #1 *New York Times* bestselling author and brain researcher Dr. Daniel Amen to help you change your brain and improve your memory today!

Brain imaging research demonstrates that memory loss actually starts in the brain decades before you have any symptoms. Learn the actions you can take to help not just prevent memory loss later in life . . . but to begin restoring the memory you may have already lost.

Expert physician Dr. Amen reveals how a multipronged strategy—including dietary changes, physical and mental exercises, and spiritual practices—can improve your brain health, enhance your memory, and reduce the likelihood that you'll develop Alzheimer's and other memory loss–related conditions.

Keeping your brain healthy isn't just a medical issue; it's a God-given capacity and an essential building block for physical, emotional, and spiritual health. Take action against the fast-increasing memory crisis that threatens this crucial part of who you are—and help your brain, body, and soul stay strong for the rest of your life.

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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info@erastarr.com

GRANDPARENT SCAMS

Scam artists will use any leverage they can get to separate you from your money. Sadly, that includes exploiting grandparents' love and concern for their grandchildren, giving rise to a breed of impostor fraud specifically targeting older Americans known as "Grandparent Scams."

Grandparent scams typically work something like this: The victim gets a call from someone posing as his or her grandchild. This person explains, in a frantic-sounding voice, that he or she is in trouble: There's been an accident, or an arrest, or a robbery. To up the drama and urgency, the caller might claim to be hospitalized or stuck in a foreign country; to make the impersonation more convincing, they will throw in a few family particulars, gleaned from the actual grandchild's social media activity.

The scammer offers just enough detail about where and how the emergency happened to make it seem plausible and perhaps turns the phone over to another scammer who pretends to be a doctor, police officer or lawyer and backs up the story. The "grandchild" implores the target to wire money immediately, adding an anxious plea: "Don't tell Mom and Dad!" They often ask for payment via gift card, prepaid card or wiring money to a particular Western Union office.

Tips to Avoid Becoming a Victim of a Grandparent Scam

Don't drop your guard because the number on your caller ID looks familiar. Scammers can use technological tricks to make it appear that they're calling from a trusted number.

Resist the pressure to act quickly. This scam depends upon a grandparent's compassion for their grandchildren outweighing any concern about potential scams. The excuses created by the scammer almost always involve an emergency and a desire for secrecy. A scammer often claims that there is no time to speak to others or that the "grandchild" will be embarrassed if other family members know about the situation.

Do hang up immediately and call the grandchild or other family member in question, on a known number, to make sure they're safe. With luck, they'll answer, and you'll know the supposed emergency call is a scam.

Don't send cash, wire money, or provide numbers from gift or cash-reload cards to a person claiming to be a grandchild. Scammers prefer those payment methods because they're difficult to trace.

If you speak to someone who claims to be a police officer, do call the relevant law enforcement agency to verify the person's identity and any information they've given you.

If you believe that you have been the target or victim of a Grandparent Scam, contact the Door County Sheriff's Office (920-746-2400) or the Sturgeon Bay Police Department (920-746-2450) to make a report.

NATIONAL HEALTHCARE DECISIONS DAY

National Healthcare Decisions Day on April 16th exists to inspire, educate and empower the public and providers about the importance of advance care planning. National Healthcare Decisions Day is an initiative to encourage patients to express their wishes regarding healthcare and for providers and facilities to respect those wishes, whatever they may be.

A Power of Attorney for Healthcare form designates an agent to make decisions if a person cannot make such decisions, perhaps as a result of an accident or illness. The Wisconsin Living Will/Declaration to Physicians form allows a person to state wishes for when a person might not be unable to communicate them in the future. It is best to consider and prepare these important documents before they may be needed and before a health crisis. Discussions ahead of time can decrease anxiety and eliminate potential conflicts among loved ones in an already stressful situation at the hospital. Review of these documents with an attorney is strongly encouraged. Fortunately for Door County residents, a number of local attorneys are experienced in these matters.

For more information, visit https://www.dhs.wisconsin.gov/forms/advdirectives/index.htm

NATIONAL VOLUNTEER WEEK– THANK YOU VOLUNTEERS!

Erin Adler
Lori Allen
Kathy Anderson
Lisa Anderson
Mary Anderson
Nancy Anschutz
Bill Arbter
Jody Arbter
Carol Babb
Helen Bacon
Karen Bellin
Wilder Benites-Archibia
Martha Bennett
Arnie Berto
Helen Berto
Michael Biggs
Trish Black
Karen Bournaville
Lynn Castell
Beth Chafey
Jim Christenson
Paul Cigler
Tim Cigler
Margaret Coonan
Helen Cordon
Jim Costigan
Barbara Crnkovich
Vickie Daoust
Debbie Dahms
Linda Darmody
Carol Davis
Sue Eliason
Mike Frieburger
David Ford
Nancy Ford
Sally Frea
Elaine Gabert
John Glesner
Lynn Gudmundsen
Lois Hall
Debbie Harmer
Ronald Harmer
Paula Hedeen
Susan Herland
Steve Hey
Kate Higginbotham
Sandy Hillmer
Greg Holub
Dan Hubing
Kathy Hubing
Eugene Jacobs
David Janda
Conrad Johnson
Linda Johnson
Orville Johnson
Terie Johnson
Jeff Kramer
Joyce Kramer
Wiley Krapf
Betty Kroll
Tom Kroll
Kayla Kudick
Ben Larsen
Paul Lee
Donna Leighton
Bev Luethge
Jerry Marsden
Max Martin
Bill Matson
Jo McCarty
Terry McGuire
Heidi Meyer
Mark Moeller
Cindy Nelson
Jeanne Pfaff
Cheryl Pfister
John O'Gara
Jeanne Oros
Steve Osterhaus
Douglas Otopalik
Joan Pleuss
Mary Plummer
Ken Pollock
Roy Rasmussen
John Reed
Linda Reutter
Molly Ritchie
Todd Rockway
Kathleen Rothmeyer
Toni Rojak
Bill Ruff
Nancy Ruff
Dorothy Russell
Peggy Sankey
Paul Sankey
George Sawyn
Barb Spude
Bruce Stelter
Julia Stitch
Sandra Stoneham
Nancy Stults
Deanna Swanson
Mark Thiede
Elke Timm
Claudette Van Ert
Michael Van Ess
Susan Van Ess
Linda Voll
Suzanne Wagner
Harold Wenzel
Louise Wenzel
Sandy White
Deb Whitelaw-Gorski
Larry Wickman
Debra Wolf
Terry Wolf
Laure Zenefski
Paul Zenefski

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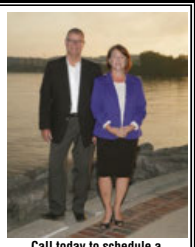
- Power of Attorney
- Long Term Care Planning
- Medicaid Planning & Applications
- Special Needs Trusts
- Probate & Trust Administration



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

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IN PARTNERSHIP WITH HOSPITAL SISTERS HEALTH SYSTEM

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WE CAN HELP.
(920) 746-3778

Senior Life Solutions

1ST ANNUAL

DOOR COUNTY VOLUNTEER FAIR

JOIN US TO CONNECT TO VOLUNTEER OPPORTUNITIES IN OUR COMMUNITY!

THE FOCUS OF THIS YEAR'S VOLUNTEER FAIR IS "PEOPLE HELPING PEOPLE" AND WILL FEATURE A VARIETY OF HEALTH & HUMAN SERVICES BASED ORGANIZATIONS.

WEDNESDAY, APRIL 20
9 AM - NOON
ADRC 916 N. 14TH AVE.
STURGEON BAY

The Door County Volunteer Recruitment Group

For more information, contact Nicki at nscharrig@co.door.wi.us 920-746-7153

TECHNOLOGY SUPPORT

Apple iPhone/iPad Users Group

Tuesday, April 6th & 20th
@ 1:00 p.m.

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

Friday, April 1st, 8th, & 15th,
9:30 & 10:30 a.m.
1 hour appointments are available.

Call 920-746-2372 to pre-register.

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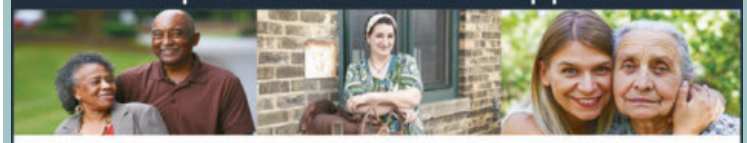
Your local Family Care option for personal care and support.



Some of the services we manage with you include:

- Care Management
- Personal Care
- Residential Care
- Medical Supplies & Equipment
- Outpatient Mental Health
- 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

SMP
Senior Medicare Patrol

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
4	9:00/10:00/11:00 Medical Bill Assistance 9:30 Artists in Making-Mixed Media Workshop 10:00 DVD Fitness 11:00 Zumba Gold 12:00 Bridge 12:30 Poker 1:00 Samba	5	8:30 Strong Bodies (New Session) 9:00 Euchre 9:30 Powerful Tools for Caregivers Class 12:30 Game Room-Ping Pong, Giant Jenga, Connect Four 12:30 Knitting 1:00 Sheepshead 1:00 Watercolor Painting 1:00 i-Pad/i-Phone Users Group	6	9:00 Pinochle 9:00 Foot Clinic 10:00 DVD Fitness 10:00 Spanish Conversation (New Session) 10:30 Chair Yoga 11:30 Brain Health Handouts 12:30 Poker 1:00 Windows Users Group 1:00 Mah Jongg 1:00 Caregiver Support Group 1:00 L.I.R. Class: Civilian Respons Active Shooter Events
11	9:00/10:00/11:00 Medical Bill Assistance 9:30 Artists in Making-Mixed Media Workshop 10:00 DVD Fitness 11:00 Zumba Gold 12:00 Bridge 12:30 Poker 1:00 Samba	12	8:30 Strong Bodies 9:00 Euchre 9:30 Powerful Tools for Caregivers Class 12:30 Game Room-Ping Pong, Giant Jenga, Connect Four 12:30 Knitting 1:00 Sheepshead 1:00 Watercolor Painting	13	9:00 Pinochle 9:00 Foot Clinic 10:00 DVD Fitness 10:00 Spanish Conversation 11:30 Brain Health Handouts 12:30 Poker 1:00 Mah Jongg 3:00 Conversations on Creativity (virtual)
18	National Volunteer Week! 9:00 Volunteer Celebration Breakfast 9:30 Artists in Making-Mixed Media Workshop 10:00 DVD Fitness 11:00 Zumba Gold 12:00 Bridge 12:30 Poker 1:00 Samba 1:00 ADRC Book Club	19	8:30 Strong Bodies 9:00 Euchre 9;30 Powerful Tools for Caregivers Class 12:30 Game Room-Ping Pong, Giant Jenga, Connect Four 12:30 Bunco 12:30 Knitting 1:00 Sheepshead 1:30 Navigating Grief Group 1:00 Watercolor Painting 1:00 i-Pad/i-Phone Users Group	20	9:00 Door County Volunteer Fair 9:00 Foot Clinic 9:00 Pinochle 10:00 DVD Fitness 10:00 Spanish Conversation 11:30 Brain Health Handouts 12:30 Poker 1:00 Mah Jongg 1:00 Caregiver Support Group
25	9:30 Artists in Making-Mixed Media Workshop 10:00 DVD Fitness 11:00 Zumba Gold 12:00 Bridge 12:30 Poker 1:00 Samba	26	8:30 Strong Bodies 9:00 Euchre 9;30 Powerful Tools for Caregivers Class 12:30 Game Room-Ping Pong, Giant Jenga, Connect Four 12:30 Bunco 12:30 Knitting 1:00 Sheepshead 1:30 Navigating Grief Group 1:00 Watercolor Painting	27	9:00 Pinochle 9:00 Foot Clinic 10:00 DVD Fitness 10:00 Spanish Conversation 10:30 Chair Yoga 11:30 Brain Health Handouts 12:30 Poker 1:00 Mah Jongg

		THURSDAY		FRIDAY
			1	**April Fool's Day!** 9:00 Cardio Drumming 9:30/10:30 Gadget Guy's (One-to-One Tech Support) 10:00 DVD Fitness 11:00 Zumba Gold 12:30 Bridge 12:30 Poker
se to	7	8:30 Strong Bodies 8:30 Practicing the Pause (Virtual) 9:00 Friendly Crafters 11:30 Eat Well/Age Well Handouts 12:30 Game Room-Cornhole, Darts, Badminton 1:00 Woodcarving 2:00 Genealogy Club (Virtual)	8	8:30 NWTC Foot Clinic 9:00 Cardio Drumming 9:30/10:30 Gadget Guy's (One-to-One Tech Support) 10:00 DVD Fitness 11:00 Zumba Gold 12:30 Bridge 12:30 Poker
	14	8:30 Strong Bodies 8:30 Practicing the Pause (Virtual) 9:00 Friendly Crafters 12:30 Game Room-Cornhole, Darts, Badminton 1:00 Woodcarving	15	9:00 Cardio Drumming 9:30/10:30 Gadget Guy's (One-to-One Tech Support) 10:00 DVD Fitness 11:00 Zumba Gold 12:30 Bridge 12:30 Poker
	21	8:30 Strong Bodies 8:30 Practicing the Pause (Virtual) 9:00 Friendly Crafters 12:30 Game Room-Cornhole, Darts, Badminton 1:00 Woodcarving 1:00 "Life, Death and The Afterlife" Discussion Group	22	**Earth Day!** 9:00 Cardio Drumming 9:30/10:30 Gadget Guy's (One-to-One Tech Support) 10:00 DVD Fitness 11:00 Zumba Gold 12:30 Bridge 12:30 Poker
	28	8:30 Strong Bodies 8:30 Practicing the Pause (Virtual) 9:00 Friendly Crafters 12:30 Game Room-Cornhole, Darts, Badminton 1:00 Woodcarving	29	10:00 DVD Fitness 11:00 Zumba Gold 12:30 Bridge 12:30 Poker

APRIL 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.

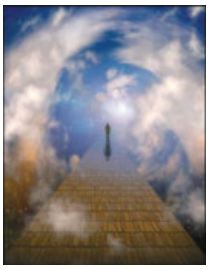
ADRC Activity Kits:
Call 920-746-2372 to request a kit, all have a suggested donation amount.

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.

Life, Death and The Afterlife

Discussion Group



Thursday, April 21st @ 1:00pm

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. Call 920-746-2372 to pre-register. The group will meet the 3rd Thursday of each month.

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.

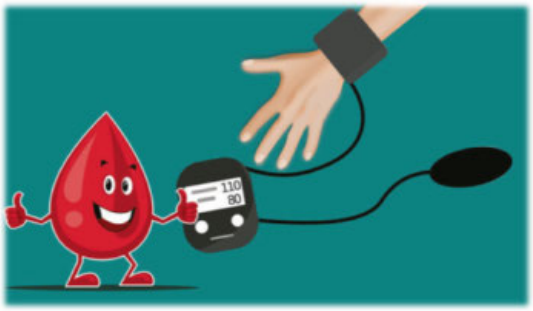
Pre-registration is required.
Call 920-746-2372.

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!

Blood Pressure Clinics



Thursday, April 21st
11:00 a.m. with Nancy

Drop-in's are welcome.

Earth Day Activities

- Turn off electronic equipment when you are not using it.
- Avoid using lights during day time, instead use natural energy.
- Use energy-efficient products to save energy.
- Make a habit of turning off the water while brushing your teeth and after washing your hands.
- Reuse the items to minimize waste disposal. Recycle items such as paper, plastic, cardboard, etc.
- Prefer to use fans instead of using AC to reduce carbon emission.
- Sharing is caring! You can share those items that you are not going to use further. It will help to reduce unwanted waste accumulation.
- Watch short films inspiring environmental conservation with your family or friends.
- Use social media like Facebook, Twitter, and Instagram to interact with people by sharing the knowledge about Earth day.
- Fix leaky faucets and choose a shower over bath.
- Buy local (local products consumption will reduce carbon footprint by minimal transport requirements).
- Minimize plastic carry bags by keeping a cloth bag handy.

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- *Certified care specialists*
- *Flexible Scheduling*
- *Individualized care plan*
- *Personal time for caregivers*

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

SPRING PHOTO CONTEST

"Best of the Door"
Photography Contest
April 1st - 29th

Spring is in the air! Before heading out on your next adventure, remember to grab your camera or phone. Explore the beauty and capture photographs of the season in Door County. Send your best spring photos to nscharrig@co.door.wi.us by April 29th 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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We do the best we can for you and your family!
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839 S. 18th Ave. | Sturgeon Bay, WI 54235
annashealthcare.com | 920-818-1200
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.

Luminary WALK
Benefitting Unity Grief and Education Center
FRIDAY, MAY 6, 2022
Heritage Hill State Historical Park
2640 S. Webster Ave | Green Bay, WI
6:30 pm Check-In, Registration & Activities
7:45 pm Program
8:00 pm 1.5 Mile Luminary Loop
Let's come together to raise awareness and funds for the new Unity Grief and Education Center as we create a community where no one grieves alone. Walk in honor of a loved one, in support of someone grieving or to show support for those in our communities who are facing a loss. Walkers will enjoy a stroll on the serene 1.5-mile paved walking trail guided by glowing luminaries. A wheelchair accessible tram will be available.
Register online at Unityhospice.org/luminarywalk and submit a $35 minimum donation by Friday, April 8th to be guaranteed your t-shirt.

Why Volunteer?

Jo McCarty

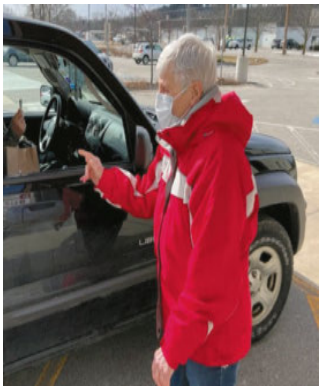
Jo learned of the opportunity to volunteer for the carryout meal program by attending a Learning in Retirement presentation. She was exploring opportunities to volunteer, and realized the ADRC is a great fit for her.

Jo is motivated by helping others, she is willing to help out as often, and where ever needed. She likes having something to look forward to each day, and volunteering helps her get out of the house, and do something good.

She recognizes the important work the ADRC does. Jo expressed, "I'm happy to see people taking advantage of the many things available at the ADRC. Everything from the meals, to exercise classes, presentations, and tax services. I feel comfortable reaching out if I ever need assistance with health issues, and encourage others to utilize the wonderful resources."

Jo enjoys socializing and is excellent at recognizing the unique needs of each individual. Her message is . . . "Always make customer service the priority. Take the time to visit with each person, don't be short with others, friendships will develop."

Karen Bournoville



Karen loves to volunteer. She has been involved in numerous organizations throughout Door County, throughout the years. Most recently, she has been an active part of the carryout meal program at the ADRC. "I need to volunteer, it keeps me going. God has been good to me, and that's why I give back", Karen shared.

"It's all about people, I love people. The ADRC is awesome, it is the perfect place for seniors to go and have fun."

The message Karen shared is . . . "If you're able to volunteer, you should be doing so. It's great for you, you meet people, you socialize, you feel good!"

Consider joining our Meals-on-Wheels Volunteer Team!

Volunteers are needed for a new route in 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!

April Activity Kits

Color your own Earth Day Flower Pots
$5.00 Suggested Donation

Bunny Craft Kit Magnets
$1.00 Suggested Donation

Do-it-Yourself Decorative Kites
$3.00 Suggested Donation

Spring Unfinished Wooden Wind Chimes
$2.00 Suggested Donation

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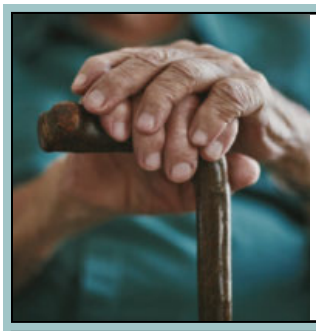

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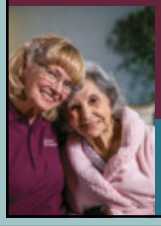

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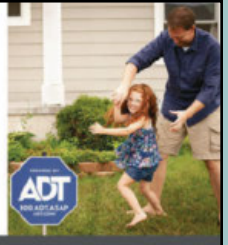

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Are You De-Evolving?

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

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

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MEDICAL BILL ASSISTANCE

Are you ever confused about your medical billing? Does a bill just seem like something is wrong with it? Did you know that an insurance company can reject your claim if one letter is off in your name, your address or any piece of information that is on the medical bill?

Medicare won't pay for a yearly physical, but will pay for an "Annual Wellness Visit". If the doctor's office doesn't code it correctly, it will be denied and you will have to pay for the visit. Also, if you go to that "Annual Wellness Visit" just one day early, before 365 days are up, you will have to pay for the visit yourself.

Medical bill assistance is available at the ADRC!

Carol Davis, a volunteer with years of experience working both in a doctor's office and with medical insurance is available to help you. She can call the doctor's office, hospital or insurance company together with you. She hopes to provide a service to help you better understand your medical insurance, organize it, and even resolve an insurance issue if the need arises.

Call 920-746-2372 to schedule an appointment at the ADRC. Medical bill assistance will be available on Monday's and you can make an appointment for 9:00, 10:00, or 11:00 am.

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Strength Training Class

StrongBodies

LIFTING PEOPLE TO BETTER HEALTH

STRONGBODIES

New Session Starting April 5th!

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 April 5th-June 23rd.

Pre-registration is required, please call Judeen at UW Extension 920-746-2260.

Photo Courtesy of pixabay.com

EAT WELL, CARE WELL.

STRESS AWARENESS

Stress is a common occurrence for a lot of people. There are many different stressors in life, and it varies from person to person. It is important to determine the causes of stress in your life so you can manage it. Stress can negatively affect our health if it is not managed appropriately. Stress can elevate blood pressure, cause headaches, and even increase your risk of heart disease! Below are some ways you can help manage and alleviate stress.

Consume Nutrient-Rich Foods – Eating a nutrient rich diet is a great way to decrease the negative effects stress can have on your body. Antioxidants can reduce oxidative stress that occurs in the body.

Laugh – It may seem simple, but it has been proven that laughing can increase the release of endorphins that help reduce stress. So, find something or someone that makes you laugh and enjoy!

Daily Exercise – Doing daily exercise can help relieve stress. This is just one of the many benefits to staying active.

Deep Breathing- Again, so simple! Deep breathing exercise can help reduce your body's negative reaction to stress. Try looking up some videos of YouTube to guide you through some exercises.

WEEKLY CHALLENGES

TRY OUT SOME YOGA MOVES!

CALL A FRIEND OR FAMILY MEMBER TO CHAT.

PRACTICE DEEP BREATHING EXERCISES.

EXAMINE WHAT BRINGS YOU STRESS AND HOW/ IF YOU CAN AVOID IT.

Did you Know…

The American Heart Association has stress management information

https://www.heart.org/ search "Stress Management"

GWAAR Nutrition Team in Collaboration with UW-Stout Dietetics Student by: Erica McMillan 4-22

Deep breathing exercises: the 4-7-8 method

The 4-7-8 deep breathing method has been used for a long time as a way to alleviate stress. The purpose of this exercise is to focus on breathing rather than your cause of stress and to slow down your body's response to stress. The method is simple:

1. Lie down on your back in a comfortable position and place one hand over your heart and one on your stomach.
2. Take note of your breathing pattern and heart rate as it may be elevated as a sign of stress.
3. Begin breathing by inhaling and slowly counting to **4**.
4. After your inhale, hold your breath in and slowly count to **7**.
5. Exhale for **8** seconds.
6. Repeat this exercise until your heart rate has slowed or as long as needed.

Note: Immediately discontinue this exercise if you feel lightheaded or have any sort of discomfort.

Photo Courtesy of pixabay.com

GWAAR Nutrition Team in Collaboration with UW-Stout Dietetics Student by: Erica McMillan 4-22

REVISED NUTRITION PROGRAM INFORMATION

Reservations are required & space is limited at all meal sites for Dine-In & Carryout 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.

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 dine-in, carryout and 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 Monday, Wednesday & Friday

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 Tuesday and Thursday

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 and Friday

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

MONDAY	WEDNESDAY	FRIDAY
		Lasagna Broccoli Tossed Salad Fruited Jell-O with Whipped Topping Garlic Bread Stick 1
Chicken Broccoli Casserole with Black Beans Carrots Applesauce Jell-O Cake 4	Pork Roast Parsley Potatoes Broccoli Cottage Cheese with Pineapple Brownies with Icing Whole Grain Roll 6	Meatloaf Au Gratin Potatoes Green Beans Sliced Peaches Yogurt Whole Grain Roll 8
Pepper Steak Baked Potato Honey Carrots Yogurt Fruit Parfait Whole Grain Roll 11	Ham Potato Salad Boiled Cabbage Birthday Cake with Ice Cream Chunky Applesauce Wheat Bread 13	Sweet & Sour Chicken Egg Roll Brown Rice Oriental Vegetables Pineapple String Cheese 15
Chicken Ala King Peas Biscuit Apple Crisp Fresh Fruit 18	Beef Stroganoff over Pasta Romaine Salad Tropical Fruit Cup Ice Cream 20	Chicken Parmesan With Noodles Asparagus Peaches Lemon Bars Garlic Bread 22
Brat on a Bun With Sauerkraut & Onions Potato Salad Baked Beans Fruit with Yogurt 25	Baked Chicken Mashed Potatoes with Gravy Cauliflower & Carrots Wheat Bread Cookie Cheese Stick 27	Meatballs Baked Potato Peas and Carrots Pistachio Torte Fruit Bread 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 APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Tuna Casserole Peas with Pearl Onion Fresh Fruit Strawberry-Lemon Squares Roll 1
Meatloaf Baked Squash Buttered Beets Dessert Pineapple Whole Grain Roll 4	Spaghetti with Meat Sauce Salad Cheesecake with Blueberries Garlic Bread Stick 5	Ham Au Gratin Potatoes Cauliflower Blend Yogurt Parfait Birthday Cake Roll 6	Cheeseburger on a bun Baked Beans Potato Salad Strawberry Short Cake Yogurt 7	Baked Cod Scalloped Potatoes Vegetables Cherry Pie Fruit Rye Bread Cheese Stick 8
Turkey Mashed Potatoes Key West Vegetables Berries with Yogurt Whole Grain Roll 11	Hot Dog on a Bun Mac and Cheese Broccoli Salad Brownie Fresh Fruit 12	Chicken Pot Pie Biscuits Peas with Pearl Onions Fruit Salad Cookie 13	Beef Tips Penne Pasta Steamed Carrots Apple Slices Roll 14	CLOSED 15
BBQ Chicken Sandwich Cole Slaw Sweet Potatoes Ice Cream Diced Pears 18	Cheese Ravioli Marinara Sauce Malibu Vegetables Romaine Salad Bread Stick 19	Pork Chop Scalloped Potatoes Veggies Diced Peaches with Cottage Cheese Bread 20	Cube Steak Peppers, Onions Stewed Tomatoes Steamed Potato Fresh Fruit Cottage Cheese Roll 21	Chicken Broccoli Casserole Black Beans Vegetables Applesauce Jell-O Cake Bread 22
Taco Salad with Refried Beans, Beef, Lettuce, Tomato, Onions, Cheese, Sour Cream Apple 25	Baked Ziti Lettuce Salad Banana Split Torte Garlic Bread Stick 26	Turkey Devon Mashed Potatoes Broccoli Strawberry Pretzel Salad Whole Grain Roll 27	Cream of Potato Soup Egg Salad Sandwich Veggie Blend Yogurt Parfait Dessert 28	Pepper Steak Brown Rice Carrots Pudding Orange Roll 29

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