March 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:
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 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

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.

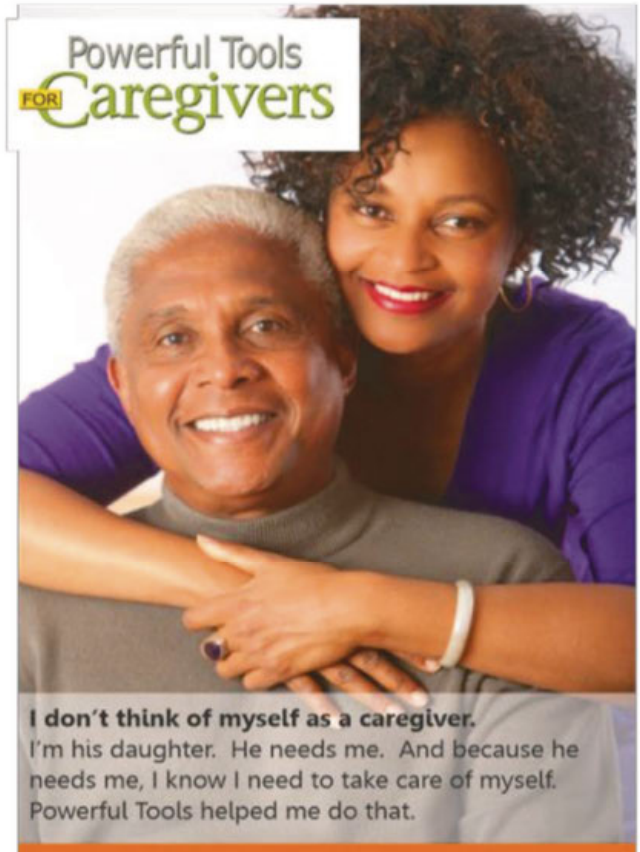
Assistance with transportation and respite care available, upon request

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

POWERFUL TOOLS FOR CAREGIVERS CLASS



I don't think of myself as a caregiver.
I'm his daughter. He needs me. And because he needs me, I know I need to take care of myself. Powerful Tools helped me do that.

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:

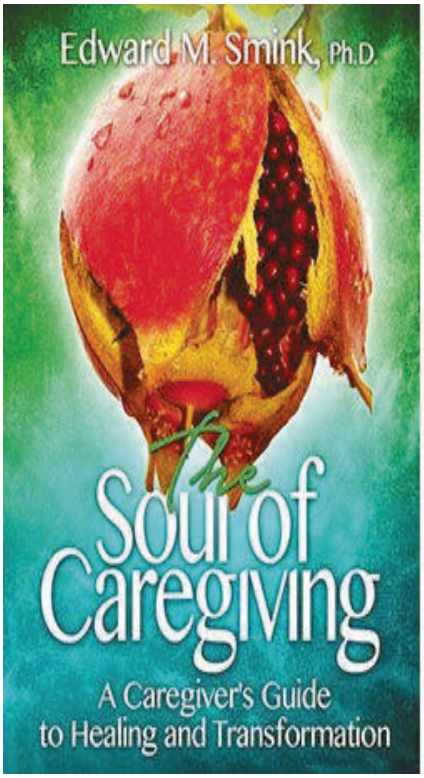
- Reduce stress, guilt, anger, and depression and improve emotional well-being
- Manage time, set goals, and solve problems
- Master caregiving transitions and be part of decision-making
- Communicate effectively with the person needing care, family members, doctors, and other helpers
- Find and use 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

RECOMMENDED READS



The Soul of Caregiving-A Caregiver's Guide to Healing and Transformation

By: Edward M. Smink, Ph.D.

Who are the caregivers? We all are, for at the heart of being human is the capacity to care, to reach out to others and explore the relationships we build. The Soul of Caregiving is about us and how we, as caregivers, serve, even sacrifice, for those in need. Professionally skilled as we may be, a fundamental core component of our busy lives as caregivers, is the necessity to stop and rest. It is not a waste of time, but rather a luxury of time, to ponder, reflect, and grow from our experiences. Our inner strengths nourished us to build compassion resilience that overcomes compassion fatigue and burnout.

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.

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

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Now offering End-of-Life Doula Care
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Advocates2.com
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Contact Alex Nicholas to place an ad today!
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or (800) 950-9952 x2538

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CONTRACTOR SCAMS

Seniors and caregivers for seniors should be on the lookout for scams that target them. The prevalence of scams designed to trick consumers into giving up their money, property or personal information makes extra vigilance crucial. Seniors, especially those who live alone, are prime targets for home repair scams, also known as "Contractor Scams".

Indicators of Home Repair Fraud:

- A person knocks on the door claiming to be a "handyman" that was hired by the neighbors. He claims that he can give the senior a discount price on a service because he is already working in the neighborhood. He asks for a partial payment upfront, and says he will return the next day after he finishes the neighbor's job, but never returns.
- A worker comes to a senior's door and tells the senior that his/her roof (driveway, chimney or furnace) has a problem. He claims he has extra material from a job and can do this job at cost. If the work ends up getting done at all, it will probably be incomplete, poorly done, or overpriced.
- A contractor is hired for a routine service, such as a furnace tune-up. The contractor will arrive and perform the service. But in doing so, he finds a "major problem" that needs to be fixed immediately, and possibly suggests there could be a potential for danger if the repair is not made immediately, and he is able to make the expensive repair.
- A contractor insists on a cash deposit or full payment up front.
- A contractor offers to drive the senior to the bank to withdraw funds to pay for the work.

Avoiding Home Repair Fraud:

- **Watch for "red flags".** Say no to cash-only deals, high-pressure sales tactics, and on-site inspections.
- **Get references from past customers.** Get references so you can check on the quality of the work.
- **Work with local businesses.** Make sure the contractor has appropriate identification that tells you it is a legitimate company versus a fly-by-night operator.
- **Make sure it's legal.** Confirm that any business being considered for hire is licensed and registered to do work in your area.
- **Get it in writing.** And always be sure to get a written contract with the price, materials and timeline. The more detail, the better.
- **Get multiple estimates.** A written estimate should include a description of the work to be done, materials, completion date, and the price. Don't automatically choose the lowest bidder.

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

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!

ST. PATRICK'S DAY FACTS

Shamrocks, saint and shillelaghs

St. Patrick's Day, celebrated on March 17, honors Ireland's patron saint who died on that day in 461. Icons of the Irish holiday and the history of St. Patrick:

Shamrock
- Small, three-leafed herb appears on United Kingdom's coat of arms with English rose, Scottish thistle

Irish flag
- Green stands for Catholics; orange for Protestants; white for wish for harmony

Leprechauns
- Fairies who work day and night mending shoes of other fairies

Shillelagh (shi-lay'-lee)
- Walking stick; word is Irish for stout oak club or cudgel; also name of a forest that once stood in County Wicklow

Patrick: Saint and legend

387: Born in Britain to a Roman family; his father served as a magistrate; his original name was Maewyn

Early 400s: Taken to Ireland as a slave; after six years, he escaped to France where he studied for priesthood

432: Sent to Ireland as a Christian missionary by Pope Celestine I, who named him Patricius, which means noble in Latin; he introduced Roman alphabet, Latin literature; Christianized land

Familiar legend
He drove the snakes from Ireland by beating a drum

Source: "Shamrocks, Harps and Shillelaghs" by Edna Barth, "All About American Holidays," World Book

© 2002 KRT

Cardio Drumming (Spring Session)

Friday, March 18th-April 22nd
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. Pre-registration is required, space is limited. Call 920-746-2372.

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

Assisted Living Apartments

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Sturgeon Bay, WI 54235
(920) 743-9117
www.rossestateplanning.com

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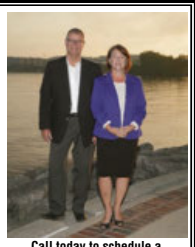
- Power of Attorney
- Long Term Care Planning
- Medicaid Planning & Applications
- Special Needs Trusts
- Probate & Trust Administration



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

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BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.

- Work-Life Balance
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- Paid Training
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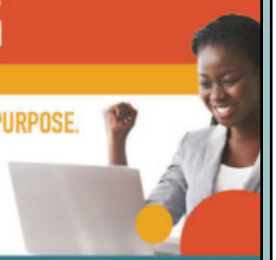

Contact us at: careers@4lpi.com | www.4lpi.com/careers

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Door County Medical Center
IN PARTNERSHIP WITH HOSPITAL SISTERS HEALTH SYSTEM

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WE CAN HELP.
(920) 746-3778

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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

CHAIR YOGA

Wednesdays 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.

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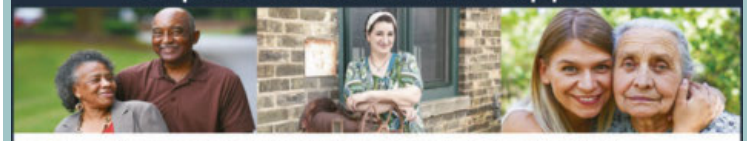
Your local Family Care option for personal care and support.



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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DETECT suspected fraud, abuse, or errors

REPORT suspicious claims or activities

Toll-free Helpline:
888-818-2611
Email: smp-wi@gwaar.org
www.smpwi.org
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
		1	Mardi Gras! 8:30 Wonder Women 9:00 Foot Clinic 9:00 Euchre 12:30 Game Room-Ping Pong, Giant Jenga, Connect Four 12:30 Knitting 1:00 Sheepshead 1:00 Watercolor Painting 1:00 L.I.R. Class: Spring & Summer Fishing Around Door County	2	9:00 Pinochle 10:00 DVD Fitness 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	9:30 Artists in Making-Mixed Media Workshop 10:00 DVD Fitness 11:00 Zumba Gold (Virtual) 12:00 Bridge 12:30 Poker 1:00 Samba 1:00 L.I.R. Class: Cyber Security: Reducing Personal Information on the Internet	8	8:30 Wonder Women 9:00 Foot Clinic 9:00 Euchre 12:30 Game Room-Ping Pong, Giant Jenga, Connect Four 12:30 Knitting 1:00 Sheepshead 1:00 Watercolor Painting	9	9:00 Pinochle 10:00 DVD Fitness 10:30 Chair Yoga 11:00 Zumba Gold (virtual) 11:30 Brain Health Handouts 12:30 Poker 1:00 Mah Jongg
14	Pick up March Madness Bracket 9:30 Artists in Making-Mixed Media Workshop 10:00 DVD Fitness 11:00 Zumba Gold (Virtual) 12:00 Bridge 12:30 Poker 1:00 Samba	15	Pick up March Madness Bracket 8:30 Wonder Women 9:00 Foot Clinic 9:00 Euchre 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	16	9:00 Pinochle 10:00 DVD Fitness 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	9:30 Artists in Making-Mixed Media Workshop 10:00 DVD Fitness 11:00 Zumba Gold (Virtual) 12:00 Bridge 12:30 Poker 1:00 Samba 1:00 ADRC Book Club	22	8:30 Wonder Women 9:00 Foot Clinic 9:00 Euchre 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 Pinochle 10:00 DVD Fitness 10:30 Chair Yoga 11:00 Zumba Gold (virtual) 11:30 Brain Health Handouts 12:30 Poker 1:00 Mah Jongg 1:00 L.I.R. Class: National Railroad Museum: Dinner in the Dini Part 1
28	9:30 Artists in Making-Mixed Media Workshop 10:00 DVD Fitness 11:00 Zumba Gold (Virtual) 12:00 Bridge 12:30 Poker 1:00 Samba	29	8:30 Wonder Women 9:00 Foot Clinic 9:00 Euchre 12:30 Game Room-Ping Pong, Giant Jenga, Connect Four 12:30 Knitting 1:00 Sheepshead 1:00 Watercolor Painting	30	9:00 Pinochle 10:00 DVD Fitness 10:30 Chair Yoga 11:00 Zumba Gold (virtual) 11:30 Brain Health Handouts 12:30 Poker 1:00 Mah Jongg 1:00 L.I.R. Class: National Railroad Museum: Dinner in the Dini Part 2

	THURSDAY		FRIDAY
	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** 9:30/10:30 Gadget Guy's (One-to-One Tech Support) 10:00 DVD Fitness 11:00 Zumba Gold 12:30 Bridge 12:30 Poker
	10 8:30 Wonder Women 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** 9:30/10:30 Gadget Guy's (One-to-One Tech Support) 10:00 DVD Fitness 11:00 Zumba Gold 12:30 Bridge 12:30 Poker
y	**17** Happy St. Patrick's Day! 8:30 Wonder Women 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 (New Session) 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
ıd ng Car,	**24** 8:30 Wonder Women 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 Cardio Drumming 10:00 DVD Fitness 11:00 Zumba Gold 12:30 Bridge 12:30 Poker
ıd ng Car,	**31** 8:30 Wonder Women 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	

MARCH 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.

TO YOUR HEALTH…

BOOK CLUB

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

Book of the Month

"The Lovely Bones" -Alice Sebold

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

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.

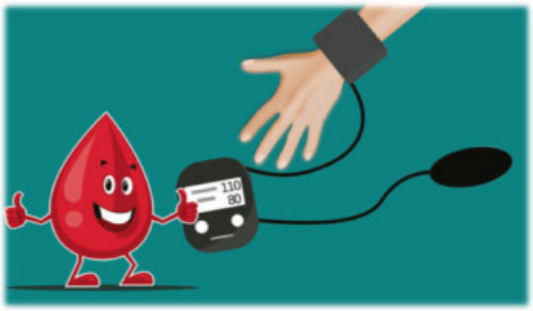
Pre-registration is required by Friday, April 1st.
Call 920-746-2372.

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, March 17th
11:00 a.m. with Kate

Drop-in's are welcome.

MARDI GRAS CREATIVITY

Fun ways to get festive for Mardi Gras

Regardless of where you live, you can be a part of the festivities from the safety of your own home with these simple but fun crafts and snacks.

1. String Mardi Gras Beads: Green, gold, and purple beads are traditional. String beads together and make necklaces or bracelets.

2. Make A Mardi Gras Wreath: Use party masks, of any color. You can create a wreath design by attaching the ends of the masks together. Decorate individual masks with beads and glitter, attach string to the backs of the wreath, hang it, and enjoy.

3. Create A Festive Centerpiece: Paint a few bottles silver, using acrylic paint. Bottles of different heights can create an eye-catching display. Attach a party mask to a dowel for each bottle, accent each mask with a crown in contrasting colors, and finish the display by hanging colorful beads at the end of each mask.

4. Bake French Vanilla Cupcakes: Consider making festive cupcakes for your loved ones. Don't forget to decorate the cupcakes with colorful piped frosting and candies.

5. Paint Decorative Nails: Have a salon day and paint your nails in green, gold, and purple. Embellish nails with miniature fleur-de-lis designs in a contrasting color or make bead-like patterns.

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920.901.7780
Reneedjayslegacy@gmail.com
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- *Individualized care plan*
- *Personal time for caregivers*

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

CRAFT PROJECTS

March Activity Kits

Glitter Felt Shamrock Pin
$1.00 Suggested Donation

St. Patrick's Day Beaded Bracelets
$1.00 Suggested Donation

Design-it-yourself Canvas Potholders
$4.00 Suggested Donation

Felt Shamrock Bouquets
$1.00 Suggested Donation

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annashealthcare.com | 920-818-1200
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Anna's Healthcare is a wonderful support system for you and your family. We're there to help give a better quality of life to our seniors.

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TECHNOLOGY SUPPORT

Apple iPhone/iPad Users Group

Class resumes Tuesday, March 15th @ 1:00 p.m.

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

Friday, March 4th, 11th, & 18th,
9:30 & 10:30 a.m.
1 hour appointments are available.
Call 920-746-2372 to pre-register.

March

Seasonal Activities

Make a garden plan including what and where you will plant items.
Celebrate St. Patrick's Day by stirring up something green in the kitchen.
Reminisce about Spring time.
Plan a craft for each week in honor of National Craft Month.
Make a four leaf clover garland to hang on a door or in your home.
Tell a story, write a story, or read a story for World Story Telling Day.
Write a limerick.
Take spring walks and notice which flowers are starting to pop up.
Use a homemade quilt as a conversation piece in honor of National Quilting Day.
Listen and dance to Irish music. Celebrate the first day of Spring.

VOLUNTEER OPPORTUNITIES

Consider joining our Meals-on-Wheels Volunteer Team!

Volunteers are still 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!

MARCH MADNESS BRACKET CONTEST

Brackets will be available to pick up at the ADRC on Monday, March 14th & Tuesday, March 15th. Promptly enter your bracket before the first game of the tournament begins on Wednesday, March 15th.

All bracket entries will be posted at the ADRC, we will track participants progress throughout the tournament by circling the winning teams. A prize will be awarded to the winner, and they will be acknowledged on the ADRC Facebook page after the championship game on April 4th.

No money will be exchanged.
This is not a pool, it's just for fun.

IT'S MARCH MADNESS, BABY!

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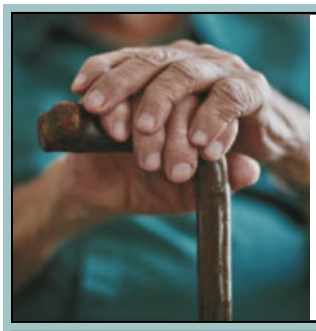

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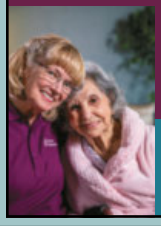

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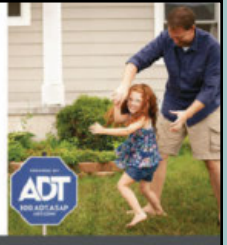

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Are You De-Evolving?

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

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

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LEARNING IN RETIREMENT CLASSES @ THE ADRC

Spring & Summer Fishing Around Door County
Tuesday, March 1st-1pm-3pm

Cyber Security: Reducing Personal Information on the Internet
Monday, March 7th-1pm-3pm

National Railroad Museum: Dinner in the Dining Car
Wednesday, March 23rd & 30th-1pm-3pm

Civilian Response to Active Shooter Events
Wednesday, April 6th-10am-Noon

To register: call 920-746-4947, email: dclir@nwtc.edu,
or visit: nwtc.edu/LIR

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Strength Training Class

Strong Bodies

LIFTING PEOPLE TO BETTER HEALTH

STRONGBODIES

New Session Starting in April!

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.

Image by congerdesign from Pixabay

Eat Well, Care Well.

Going Green and Minimizing Food Waste

Minimizing food waste and going green go hand in hand. Here are a few ways to get started.

- Buy local and in-season foods.
- Save the peeling from veggies and freeze to use in a soup stock later.
- Put very ripe, soft fruits in a smoothie or mash them and freeze to use later in a recipe or smoothie.
- Start a compost pile or check to see if there in a local service or farm you could donate food waste to.
- Flip to the other side of this paper for more information on these simple tasks.

Americans waste $250 billion in food each year, that is equivalent to each household losing $1,866 per year. You can help reduce food waste and aid in the #gogreen movement. Thank you!

WEEKLY CHALLENGES

CRAFT A MEAL USING WHAT YOU HAVE ON HAND

EAT THE WHOLE VEGETABLE

UTILIZE "UGLY" FOODS IN SMOOTHIES

SHOP LOCALLY AND EAT IN SEASON FOODS

DID YOU KNOW?

FOOD TAKES UP MORE SPACE IN US LANDFILLS THAN ANYTHING ELSE.

GWAAR Nutrition Team By: Mikayla Lenz 3-22

Tips to decrease food waste

1. Use what you have

- Decrease the amount of food thrown out by using it in a creative meal before it spoils or freeze it to use later.

2. Eat the whole vegetable

- The peel of all vegetables contains minerals, vitamins, and fiber. If you do peel the vegetables, consider making a vegetable broth.

3. Utilize "Ugly" food

- Ugly fruit can have spots or be misshaped. These don't reduce the nutrition of the fruits or vegetables.
- If the texture of the fruit is not optimal, use the food in a smoothie or cut it up or shred it and put it in salads, casseroles, baked goods, etc.

4. Shop locally and eat in-season foods

- Foods in-season have the best flavor.
- Seasonal foods are the cheapest at these times.

For more information visit FDA.gov https://www.fda.gov/food/consumers/food-loss-and-waste

Source: https://www.usnews.com/news/healthiest-communities/articles/2020-01-23/americans-waste-240-billion-in-food-each-year-study-says

GWAAR Nutrition Team By: Mikayla Lenz 3-22

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—MARCH

MONDAY	WEDNESDAY	FRIDAY
	Baked Ham Sweet Potatoes Beets Brownies Roll 2	Spaghetti with meat sauce Romaine Salad with Shredded Cheese Fruit Parfait Garlic Bread 4
Chili with shredded cheese Cornbread Carrot & Celery Sticks with Dip Cottage Cheese with Pineapple Cookie 7	Sweet & Sour Chicken Rice Oriental Veggies with Water Chestnuts Egg Roll Yogurt with Berries 9	Vegetable Lasagna Garlic Bread Tossed Salad Fruit Red Velvet Cake 11
Chicken Salad on a hard roll With Lettuce and sliced Tomatoes Potato Salad Baked Beans Cheesecake with Cherries 14	Corned Beef Parsley Potatoes Steamed Cabbage Pistachio Torte Fruit Rye Bread 16	Pasta Crab Salad Steamed broccoli Rye Bread Angel Food cake With Strawberries 18
Taco Salad with Corn Chips Refried Beans Ground Beef, Chopped Romaine, Diced Tomatoes, Onions, Cheese, Sour Cream Grape Salad 21	Baked Chicken Sweet Potatoes Mixed Veggies Fruited Jell-O String Cheese Roll 23	Beef Tips Wild Rice Steamed Broccoli and Cauliflower Pineapple Cake Fruit 25
Cream of Potato soup BLT Chicken Wrap Fruit Cup Ice Cream 28	Salisbury Steak Mashed Potatoes Cauliflower with Cheese Fruit Cookie Roll 30	

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 MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Taco Salad with Refried Beans, Ground Beef, Romaine, Tomato, Onions, Cheese, Sour Cream Cottage Cheese Cake 1	Brat on a Bun With Sauerkraut Potato Salad Key Largo Vegetables Fruit with Yogurt 2	Sweet & Sour Chicken Egg Roll Brown Rice Oriental Veggies Pineapple String Cheese 3	Butternut Squash Soup Egg Salad Sandwich Yogurt & Fruit Cookie Broccoli & Cauliflower with Dip 4
Beef Stroganoff Egg Noodles Brussels Sprouts Apricots Pudding with Whipped Topping Bread 7	Roast Pork Mashed Potatoes Francais Vegetables Angel Food Cake with Strawberries Whole Wheat Bread Slice 8	Vegetable Lasagna Tossed Salad Tropical Fruit Multigrain Roll Birthday Cake 9	Ham German Potato Salad Key Largo Vegetables Applesauce Rice Pudding String Cheese 10	Baked Cod Scalloped Potatoes 3 Bean Salad Fruit Rye Bread Pumpkin Bars 11
Grilled Chicken on a Roll with Cheese, Lettuce, Onion Macaroni Salad Rice Crispy Treats Fruit Salad 14	Chili with Shredded Cheese Salad Mix Fruit Dessert Corn Bread 15	Stuffed Peppers Scalloped Potatoes Mixed Veggies Fresh Fruit Roll 16	Corned Beef Steamed Cabbage Parsley Potatoes Mandarin Oranges Pistachio Torte Rye Bread 17	Cheese Ravioli With Marinara Steamed Broccoli Peach Slices Multigrain Roll 18
BBQ Chicken on a Hard Roll Baked Beans Cole Slaw Fruit String Cheese Cookie 21	Pot Roast Red Potatoes Baby Carrots Fruit Cream Puff Cake Multigrain Roll 22	Chicken Salad on Lettuce Sliced Tomato Cottage Cheese with Pineapples Ice Cream Muffin 23	Meat Loaf Au Gratin Potatoes Steamed Carrots Sliced Peaches Yogurt Bread 24	Pasta Crab Salad Tossed Salad Fruit Rye Bread Lemon Torte String Cheese 25
Polish Sausage Red Beans with Dirty Rice Beets Yogurt Parfait Lemon Meringue Pie Roll 28	Pork Chops Steamed Potato Cauliflower & Broccoli Bread Pudding Banana 29	Country Fried Steak Mashed Potatoes Mixed Vegetables Pear Slices Dessert Bread Slice 30	Baked Chicken Baked Squash Green Beans Chocolate Pudding String Cheese Fresh Fruit Roll 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