June 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 ..... Jessica Flores
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**

SENIOR FARMERS MARKET PROGRAM

The Door County ADRC will again be the local agency coordinating the Senior Farmers Market Nutrition Program (SFMNP). The Senior Farmers Market Nutrition Program offers low-income older adults an opportunity to purchase fresh, locally grown fruits, vegetables, and herbs from certified farmers.

SENIOR FARMERS MARKET APPLICATIONS WILL BE HELD AT
THE ADRC OF DOOR COUNTY
916 N. 14th Ave, Sturgeon Bay

Who is Eligible to Receive SFMNP Checks?
An eligible person is:
1. A senior age 60 or above or Native American age 55 or above, AND
2. Who is 185% of poverty level or below

Household Size	185% Federal Guideline Monthly Income	Annual Income
1	$2,096	$25,142
2	$2,823	$33,874
3	$3,551	$42,606
4	$4,279	$51,338

For each additional household member, add $728 monthly and $8,732 annually

- You will be eligible for **only** the current years Senior Farmers Market Nutrition Program period
- An authorized representative may be designated to apply for the certification and to purchase foods on behalf of the participant. You must have a signed statement from the eligible senior designating you as his/her authorized representative the day you apply.
- Only one coupon book per household

Coupons can be used from mid -June through October 31st at any participating farmers market or roadside stand in Wisconsin. In addition to offering nutritious foods, the Senior Farmers Market Nutrition Program supports local economies by increasing the use of farmers markets.

Beginning June 1st, call the ADRC of Door County at (920) 746-2372 if you're a Door County resident over the age of 60 and a staff member will assist you with the application over the phone. At that time one of our staff will help you navigate our new process and how pick up will work.

MONTHLY CAREGIVER SUPPORT GROUPS

CREATE CONNECTIONS, LEARN TOGETHER, SHARE CONVERSATIONS, AND OFFER CARE AND SUPPORT.

You are not alone!

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** 2nd Wednesday of the Month 1:00 p.m. -2:30p.m. Sister Bay Library, Community Room 2323 Mill Road Sister Bay, WI 54234
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** 1st Friday of the Month 10:00a.m.—11:30a.m. WICHP Fellowship Hall at Trinity Lutheran Church 1763 Town Line Rd. Washington Island, WI 54246 (920) 847-2108

Assistance with transportation & respite care available, upon request

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

WELCOME OUR NEW ELDER BENEFIT SPECIALIST

Hello everyone, I'm Jessica Flores. I started in the Elder Benefit Specialist position mid-April. While I am new to this role, I have prior experience with many of the programs delivered through the ADRC and other public benefit programs. I look forward putting that background to good use for those in Door County. Small tidbit about me- I am an Algoma native and love all the beaches we are surrounded by as they are my happy place. If you find a cool looking rock, or lake glass, please bring it in for show & tell.

CHECK IT OUT . . .

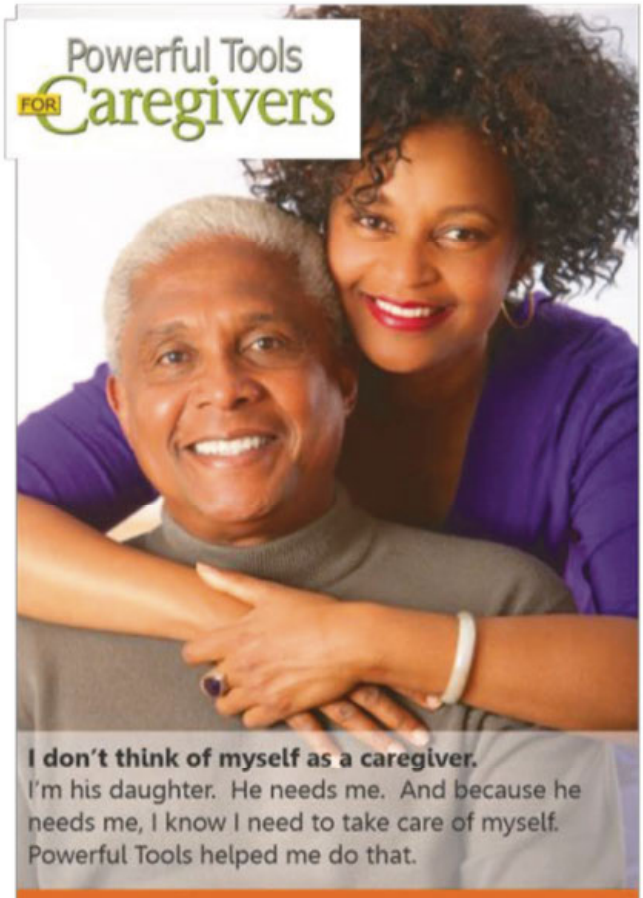
Chess at the ADRC – Come to Play or to Learn

Each Tuesday at 10:00 a.m. area chess players will have an opportunity to play chess with others who enjoy this exciting, strategic game. Players of all levels are welcome. If you don't know how to play, we can teach you. It's not as hard as you might think. Chess boards and pieces will be provided.

CURRENT EVENTS DISCUSSION

Thursday's 1:00-2:00pm
ADRC Dining Room
Everyone is welcome!

First person to arrive selects the day's first discussion topic.



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

When: Tuesday mornings (six weeks)
June 7th – July 12th 9:30 am – 11:00
ADRC, 916 N. 14th Ave. Sturgeon Bay

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 June 3rd

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

Do you Love to Work in the Kitchen?

The Aging and Disability Resource Center in Sturgeon Bay is looking for someone to join our team on a casual basis in the absence of a kitchen team member or meal site manager. This job includes working on a team to help prepare, package and serve hot meals for our Meals on Wheels, carryout and congregate meal programs. This position would also be responsible in helping us maintain a clean and orderly kitchen area according to current food safety standards. Kitchen experience is preferred but not required.

Please call Jenny Fitzgerald, Assistant Director at 920-746-2544 for more information about the position and how to apply.

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Contact Alex Nicholas
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or (800) 950-9952 x2538

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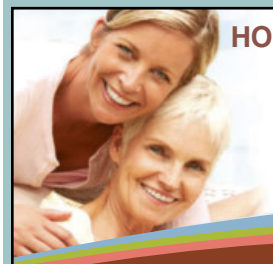
(920) 559-1131 | melissa@olivebenefits.com



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info@erastarr.com

NATIONAL CENTER ON ELDER ABUSE

Red Flags of Abuse

Our communities are like structures that support people's safety and wellbeing. One of the most important ways we can all contribute to this ongoing construction project is by looking out for warning signs of maltreatment. Does someone you know display any of these signs of abuse? If so, **TAKE ACTION IMMEDIATELY**. Everyone, at every age, deserves justice. **Report suspected abuse as soon as possible.**

Emotional & Behavioral Signs

- Unusual changes in behavior or sleep
- Fear or anxiety
- Isolated or not responsive
- Depression

Physical Signs

- Broken bones, bruises, and welts
- Cuts, sores or burns
- Untreated bed sores
- Torn, stained or bloody underclothing
- Unexplained sexually transmitted diseases
- Dirtiness, poor nutrition or dehydration
- Poor living conditions
- Lack of medical aids (glasses, walker, teeth, hearing aid, medications)

Financial Signs

- Unusual changes in bank account or money management
- Unusual or sudden changes in a will or other financial documents
- Fraudulent signatures on financial documents
- Unpaid bills

WHAT IS ELDER ABUSE?

Elder abuse is the mistreatment or harming of an older person. It can include physical, emotional, or sexual abuse, along with neglect and financial exploitation. Many social factors–for example, a lack of support services and community resources–can make conditions ripe for elder abuse. Ageism (biases against or stereotypes about older people that keep them from being fully a part of their community) also play a role in enabling elder abuse. By changing these contributing factors, we can prevent elder abuse and make sure everyone has the opportunity to thrive as we age.

TYPES OF ELDER ABUSE

- **Physical abuse:** Use of force to threaten or physically injure an older person
- **Emotional abuse:** Verbal attacks, threats, rejection, isolation, or belittling acts that cause or could cause mental anguish, pain, or distress to an older person
- **Sexual abuse:** Sexual contact that is forced, tricked, threatened, or otherwise coerced upon an older person, including anyone who is unable to grant consent
- **Exploitation:** Theft, fraud, misuse or neglect of authority, and use of undue influence as a lever to gain control over an older person's money or property
- **Neglect:** failure or refusal to provide for an older person's safety, physical, or emotional needs

HOW CAN WE PREVENT AND ADDRESS ELDER ABUSE?

We can lessen the risk of elder abuse by putting supports and foundations in place that make abuse difficult. If we think of society as a building that supports our wellbeing, then it makes sense to design the sturdiest building we can—one with the beams and load-bearing walls necessary to keep everyone safe and healthy as we age. For example, constructing community supports and human services for caregivers and older adults can alleviate risk factors tied to elder abuse. Increased funding can support efforts to train practitioners in aging-related care. Identifying ways to empower older adults will reduce the harmful effects of ageism. And leveraging expert knowledge can provide the tools needed to identify, address, and ultimately prevent abuse.

HOW CAN WE REPORT SUSPECTED ABUSE?

No matter how old we are, justice requires that we be treated as full members of our communities. If we notice some of these signs of abuse, it is our duty to report it to the proper authorities.

Programs such as **Adult Protective Services (APS)** and the **Long-Term Care Ombudsmen** are here to help. For reporting numbers, contact **Eldercare Locator** at 1-800-677-1116 (eldercare.gov).

*If you or someone you know is in a life threatening situation or immediate danger, call **911** or the local police or sheriff.*

To report abuse in Door County call 920-746-7155

The National Center on Elder Abuse (NCEA) directed by the U.S. Administration on Aging, helps communities, agencies and organizations ensure that older people and adults with disabilities can live with dignity, and without abuse, neglect, and exploitation. We are based out of Keck School of Medicine of USC. NCEA is the place to turn for education, research, and promising practices in preventing abuse.

Visit us online for more resources!

ncea.acl.gov

NCEA
National Center on Elder Abuse

This material was completed for the National Center on Elder Abuse situated at Keck School of Medicine at the University of Southern California and is supported in part by a grant [No. 90ABRC000101-02] from the Administration for Community Living, U.S. Department of Health and Human Services [DHHS]. Grantees carrying out projects under government sponsorship are encouraged to express freely their findings and conclusions. Therefore, points of view or opinions do not necessarily represent official ACL or DHHS policy. LAST DOCUMENT REVISION: DECEMBER 2017

Keck School of Medicine of USC

GARDENING CLUB

ADRC "Growing Together" Educational Opportunity

Thursday, June 16th @ 10:30am
ADRC Dining Room

Join Master Gardener, Helen Bacon and Activity/Volunteer Coordinator Nicki Scharrig in a presentation and tour of the vegetable raised beds and newly planted fruit trees at the ADRC. Helen and Nicki have worked with UW Extension to secure a number of grants to help them purchase raised beds, a shed and equipment for the garden.

Find out what is planted, how it is distributed and how this garden has inspired additional gardens and gardening ideas at other locations in Door County. We welcome volunteers and we provide education and instruction on how to garden as well as nutrition and recipe ideas. Your ideas, help and input are welcome!

After the tour, if you would like to stay and visit, we invite you to join us for lunch at the ADRC. The meal that day is Chicken Parmesan. The suggested donation is $5.00 if you are age 60 or older, and $12.00 if you are younger. We would love to have you join us for some great conversation and "garden talk".

For more information and to register, please email Helen Bacon at hlbacon55@hotmail.com by Monday, June 13th. Please call 920-746-2372 to pre-register for lunch if you are interested.

Pea Fun Facts:
Peas have been found in historical sites dating nearly 10,000 years old. Peas are thought to have originated from either Thailand and Myanmar, the Middle East, or Ethiopia. Wisconsin ranks third in the nation for the processing of peas!

my choice WISCONSIN

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

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

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

DHS Approved 4/22/2021

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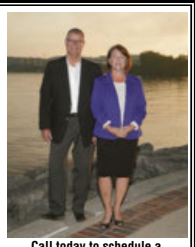

Call today to schedule a complimentary consultation with Attorney Robert A. Ross or Attorney Jane E. Seusy.

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Door County Medical Center

Dedicated to providing support, answers, and direction for an improved quality of life for older adults.

WE CAN HELP.
(920) 746-3778

Senior Life Solutions

SPECIAL EVENTS

Pineapple Party

Tuesday, June 7th @ 11:30 am

Music with Ken Pollock

Meal: Ham, Scalloped Potatoes, Capri Veggies, Pineapple Tidbits, Rice Krispy Treat, Roll.

Luau themed party with games & prizes.

Father's Day Celebration

Friday, June 17th @ 11:30 am

Music with Ben Larsen

Meal: Pork Roast, Red Potato with Sour Cream, Asparagus, Mixed Fruit, Cookie, String Cheese, Roll

Complimentary gift for everyone! in attendance.

1st Day of Summer Party

Tuesday, June 21st @ 11:30 am

Music with Beth Chafey-Hon

Meal: Lemon Pepper Chicken, Black Beans, Cauliflower, Cottage Cheese Delight, Bread

Beach party theme with games & prizes.

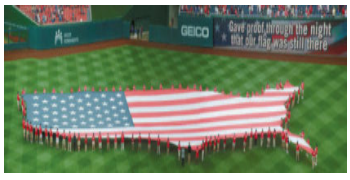
4th of July/Baseball Party

Thursday, June 30th @ Noon

Meal: Hot Dog on a Bun, Coleslaw, Baked Beans, Angel Food Cake with Mixed Berries, Cheese Stick

Baseball/4th of July themed day.

Wear red, white and blue and/or your favorite team's gear.



TECHNOLOGY SUPPORT

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

Friday, June 3rd, 10th, & 17th, 9:30 & 10:30 a.m.
1 hour appointments are available.

Apple iPhone/iPad Users Group

No classes this summer, resuming Sept. 6th

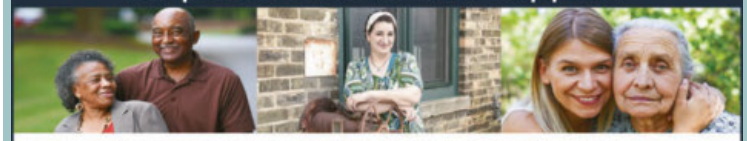
Windows Users Group

No classes this summer, resuming Sept. 7th

Call 920-746-2372 to pre-register.

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

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

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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.

Turning 65? New to Medicare? Questions?
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vdoenges@humana.com

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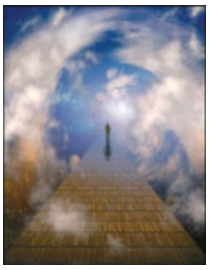
	MONDAY		TUESDAY		WEDNESDAY
				1	9:00 Pinochle 10:00 DVD Fitness 10:30 Chair Yoga 11:30 Brain Health Handouts 12:30 Poker 1:00 Mah Jongg 1:00 Caregiver Support Group
6	9:00/10:00/11:00 Medical Bill Assistance (by appointment) 9:30 Artists in Making-Mixed Media Workshop 10:00 DVD Fitness 11:00 Zumba Gold 12:00 Bridge 12:30 Poker 1:00 Samba 1:00 Mah Jongg (Beginners Group)	7	8:30 Strong Bodies 9:00 Euchre 10:00 Chess (All levels welcome) 12:00 Pineapple Party-Music with Ken Pollock 12:30 Game Room-Ping Pong, Giant Jenga, Connect Four 12:30 Cooyah @ Brussels Site 1:00 Sheepshead 1:00 Watercolor Painting	8	9:00 Pinochle 10:00 DVD Fitness 10:30 Chair Yoga 10:30 Men's Group 11:30 Brain Health Handouts 12:30 Poker 1:00 Mah Jongg
13	9:00/10:00/11:00 Medical Bill Assistance 9:30 Artists in Making-Mixed Media Workshop 10:00 DVD Fitness 10:00 Walk with Ease (New Session) 11:00 Zumba Gold 12:00 Bridge 12:30 Poker 1:00 Samba 1:00 Mah Jongg (Beginners Group)	14	8:30 Strong Bodies 9:00 Foot Clinic 9:00 Euchre 9:00 Card Making Workshop 10:00 Chess (All levels welcome) 12:30 Game Room-Ping Pong, Giant Jenga, Connect Four 12:30 Cooyah @ Brussels Site 1:00 Sheepshead 1:00 Watercolor Painting	15	9:00 Pinochle 10:00 DVD Fitness 10:00 Walk with Ease 11:30 Brain Health Handouts 12:30 Poker 1:00 Mah Jongg 1:00 Caregiver Support Group 3:00 Conversations on Creativity (virtual)
20	9:00/10:00/11:00 Medical Bill Assistance 9:30 Artists in Making-Mixed Media Workshop 10:00 DVD Fitness 10:00 Walk with Ease 11:00 Zumba Gold 12:00 Bridge 12:30 Poker 1:00 Samba 1:00 Mah Jongg (Beginners Group) 1:00 Book Club	21	8:30 Strong Bodies 9:00 Euchre 10:00 Chess (All levels welcome) 11:30 1st Day of Summer Celebration-Music with Beth Chafey-Hon 12:30 Game Room-Ping Pong, Giant Jenga, Connect Four 12:30 Bunco 1:00 Sheepshead 1:00 Watercolor Painting	22	9:00 Pinochle 10:00 DVD Fitness 10:00 Walk with Ease 10:30 Men's Group 11:30 Brain Health Handouts 11:30 Fraud Protection Presentatio with Nicolet Bank 12:30 Poker 1:00 Mah Jongg
27	9:00/10:00/11:00 Medical Bill Assistance 9:30 Artists in Making-Mixed Media Workshop 10:00 DVD Fitness 10:00 Walk with Ease 11:00 Zumba Gold 12:00 Bridge 12:30 Poker 1:00 Samba 1:00 Mah Jongg (Beginners Group)	28	8:30 Wonder Women 9:00 Foot Clinic 9:00 Euchre 10:00 Chess (All levels welcome) 12:30 Game Room-Ping Pong, Giant Jenga, Connect Four 12:30 Bunco 1:00 Sheepshead 1:00 Watercolor Painting	29	9:00 Pinochle 10:00 DVD Fitness 10:00 Walk with Ease 11:30 Brain Health Handouts 11:45 Musical trio featuring pianist violin players 12:30 Poker 1:00 Mah Jongg

JUNE 2022

	THURSDAY		FRIDAY
2	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 1:00 Current Events 2:00 Genealogy Club (Virtual)	3	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
9	8:30 Strong Bodies 8:30 Practicing the Pause (Virtual) 9:00 Friendly Crafters 12:00 Music with George Sawyn 12:30 Game Room-Cornhole, Darts, Badminton 1:00 Intergenerational Games 1:00 Garden Club: Plant beds 1:00 Woodcarving 1:00 Current Events 2:00 Genealogy Club (Virtual)	10	9:00 Cardio Drumming (No Class) 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
16	8:30 Strong Bodies 8:30 Practicing the Pause (Virtual) 9:00 Friendly Crafters 10:30 Master Gardeners Presentation 11:00 Blood Pressure Clinic 12:30 Game Room-Cornhole, Darts, Badminton 1:00 Intergenerational Games 1:00 Woodcarving 1:00 Current Events 1:00 "Life, Death and The Afterlife" Discussion Group	17	9:00 Cardio Drumming 9:30/10:30 Gadget Guy's (One-to-One Tech Support) 10:00 DVD Fitness 10:00 Walk with Ease 11:00 Zumba Gold 11:30 Father's Day Celebration-Music with Ben Larsen 12:30 Bridge 12:30 Poker
23	8:30 Strong Bodies 8:30 Practicing the Pause (Virtual) 9:00 Friendly Crafters 12:00 Music with George Sawyn 12:30 Game Room-Cornhole, Darts, Badminton 1:00 Intergenerational Games 1:00 Woodcarving 1:00 Current Events	24	9:00 Cardio Drumming 10:00 DVD Fitness 10:00 Walk with Ease 11:00 Zumba Gold 12:30 Bridge 12:30 Poker
30	8:30 Wonder Women 8:30 Practicing the Pause (Virtual) 9:00 Friendly Crafters 12:00 4th of July/Baseball Themed Party 12:30 Game Room-Cornhole, Darts, Badminton 1:00 Intergenerational Games 1:00 Woodcarving 1:00 Current Events		

TO YOUR HEALTH . . .

Life, Death and The Afterlife Discussion Group



Thursday, June 16th @ 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.

CHAIR YOGA

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!

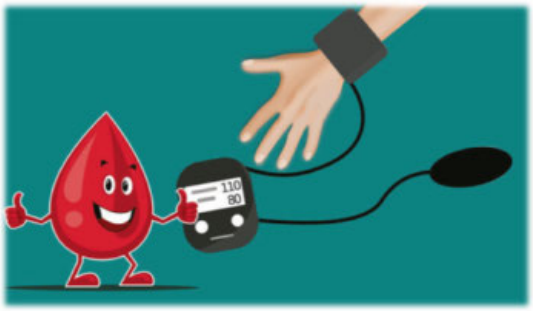
Class instructor is Vickie Daoust, Cost is $3 per class payable to her. Pre-registration is required, please call 920-746-2372

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 Clinic



Thursday, June 16th
11:00 a.m. with Nancy

Drop-in's are welcome.

MEN'S GROUP

2nd & 4th Wednesday of each Month

The ADRC is starting up a volunteer led Men's Group. This is an opportunity just for men to work on hobbies/projects, explore new destinations, go on adventures, and have meaningful discussions. Ideas are welcome! If interested, please call 920-746-2372 or register at the front desk at the ADRC.

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

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Assisted Living Home For The Elderly
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920.901.7780
Reneedjayslegacy@gmail.com
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Call (920) 743-7943 for a no obligation tour

TAKE ME OUT TO THE BALLGAME

Milwaukee Brewers vs Minnesota Twins

Wednesday, July 27th

1:10 pm Game

Round-trip Deluxe Motor coach ride departs ADRC @ 7:30 am and returns 7:30 pm.
Fun tailgate party with games, food, and refreshments.

Field level seats- Tickets are $65 each. This is considered a select game, seniors are invited to stroll around the outfield warning track of American Family Field after the game.
Sign up at the front desk or call 920-746-2372.

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Trusted team. Close to home.
Check out our job openings at:
dcmedical.org/careers

We do the best we can for you and your family!
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That speaks for itself.
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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.

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Hospice adds life to days when you can't add days to life. When comfort and dignity matter most, rely on Unity for expert medical, emotional and spiritual support.
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Space is limited.
Sign up today!

ADRC of Door County

Monday, Wednesday, Friday's
10:00-11:00 am

Summer Session
June 13th-July 22nd

Call 920-746-2372 to pre-register!

Why Walk With Ease?

Looking for relief from arthritis pain? Just want to be active? The Arthritis Foundation's **Walk With Ease** program can teach you how to safely make physical activity part of your everyday life.

Walk With Ease is designed to help people living with arthritis better manage their pain, but it's also ideal for people without arthritis who want to make walking a regular habit. If you can be on your feet for 10 minutes without increased pain, Walk With Ease may be for you. Classes are one-hour each, three times per week for six weeks.

Program Benefits

- Reduce the pain and discomfort of arthritis
- Increase your balance, strength and walking pace
- Build confidence in your ability to be physically active
- Improve your overall health

Join us and learn to Walk With Ease!

Arthritis Foundation™

wiha Wisconsin Institute for Healthy Aging

VOLUNTEER OPPORTUNITIES

Join our Volunteer team & discover a new you!

We have opportunities to help with:

- Chaperoning Bus Trips
- Decorating for Special Events/Parties
- Gardening Projects
- Facilitating Programs/Classes
- Meals on Wheels Drivers
- Sealing Meals
- Serving & Cleaning up after Meals
- Washing Dishes

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

JUNE ACTIVITY KITS

Design it yourself Wooden Sailboat
$3.00 Suggested Donation

Jumbo Decorative Pinwheels
$3.00 Suggested Donation

Personalized Picture Frames
$2.00 Suggested Donation

Rainbow Heart Tissue Paper Craft
$2.00 Suggested Donation

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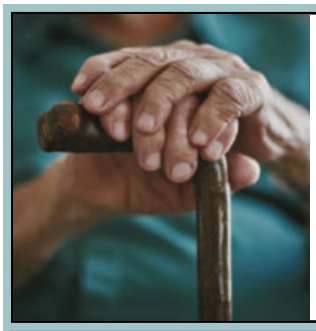

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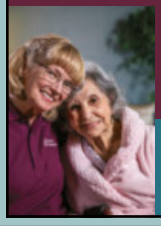

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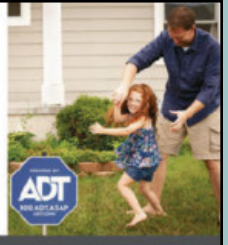

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Are You De-Evolving?

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

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

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920-743-7255 • www.BackToWellness.org
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MEDICAL BILL ASSISTANCE

Have you ever been 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.

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BUS TRIP

Door County Maritime Museum and Historic Tug John Purves

Monday, June 13th

Bus Departs ADRC @ 9:30am/Returns @ 11:30am

$17.00 payment due at time of pre-registration.

Deadline to pre-register is June 9th!

The Door County Maritime Museum showcases the area's rich maritime roots. Hard-working anglers, brave ship captains and lonely lighthouse keepers are some of the personalities you'll discover in the galleries of the Museum...Where Great Lakes maritime history comes alive!

The new Jim Kress Maritime Lighthouse Tower features ten floors of interactive educational exhibits that highlight maritime history, people and industries.

Explore the tugboat John Purves and enjoy an additional maritime experience. Built in 1919 as the Butterfield, the John Purves has been painstakingly restored and outfitted. Explore the entire 149-foot tug, from engine room to crew cabins, galley and wheelhouse, and get a feel for the daily life of her hard-working 13-man crew.

Good walking shoes are strongly recommended. Be prepared to walk stairs and uneven surfaces.

Intergenerational Games

Starting Thursday, June 9th

Do you like to play card games like Uno and/or active games like Ping Pong? Do you enjoy spending time with people or all ages?

If so, join in the fun Thursday afternoons from 1:00-2:00 pm this summer. There will be a small group of youth at the ADRC looking to have a good time playing games and making new friends.

Cardmaking Workshop

Tuesday, June 14th

9:00 am-Noon

Join us for the "On the Horizon" Cardmaking Class. By making and sending these cards, you will brighten someone's day.

No cardmaking experience is necessary; great for beginners and experienced card makers. You'll make three "On the Horizon" cards and one bonus card. You'll learn card making tips and tricks along the way.

Class fee: $12 All supplies are provided. Please pay at the time of registration. Registration Deadline: Thursday, June 9, 2022.

Photo courtesy of pixabay.com

EAT WELL, CARE WELL.

LOW-SODIUM COOKING TIPS

Sodium (salt) is used in most dishes and processed foods. Salt seems to be the first spice that we reach for because it enhances the flavor of foods, but many other spices or herbs can do the same. Regularly consuming too much sodium can increase one's risk of developing high blood pressure, heart disease, and stroke. So, it is important to limit one's sodium intake to 2300 mg or less per day for prolonged health.

Shopping tips: Canned beans, vegetables, sauces, and soups are often very high in sodium. However, there are usually "low-sodium" or "no salt added" versions that can help you monitor and limit your daily sodium intake while enjoying and cooking with the same types of foods.

Focus on fresh: Select fresh foods like whole fruits and vegetables which naturally contain little to no sodium. Incorporate these into your cooking or eat them as a snack instead of a salty processed food.

Alternatives to salt – When seasoning your recipes, try to use spices instead of salt. Spices such as garlic powder, onion powder, paprika, cumin, oregano, and pepper add much flavor without the addition of sodium. Fresh herbs or citrus juices can also increase flavor too.

How to consume less sodium. Start by making small changes. It will be hard to suddenly cut sodium out of your diet. Focus on fresh options, incorporate more sodium-free spices, and select low-sodium foods.

GWAAR Nutrition Team by: Nicole Tellock 6-2022

WEEKLY CHALLENGES

READ NUTRITION LABELS TO KNOW HOW MUCH SODIUM A FOOD CONTAINERS

USE SPICES AND HERBS INSTEAD OF SALT IN YOUR MEALS THIS WEEK

CHOOSE FRESH FRUIT AND VEGETABLES OVER PROCESSED FOODS

SELECT LOW– SODIUM OPTIONS OF CANNED GOODS

DID YOU KNOW?

2300 MG OF SODIUM IS EQUAL TO 1 TSP OF SALT. IT IS RECOMMENDED TO LIMIT YOUR DAILY IN-TAKE TO 2300 MG OR LESS

LOW-SODIUM SHEET PAN CHICKEN AND VEGGIE FAJITAS

Ingredients

2 lbs. chicken breast, sliced in half lengthwise and cut into small strips
1 green pepper, sliced
1 red bell pepper, sliced
1 yellow bell pepper, sliced
1 onion, sliced
Cooking spray (can brush the pan with regular oil)
1 Tbsp. olive oil (or oil of choice)
8 low-sodium tortillas

Seasoning

1 tsp. chili powder
½ tsp. paprika
½ tsp. garlic powder
½ tsp. onion powder
½ tsp. dried oregano
½ tsp. dried cilantro
½ tsp. cumin
¼ tsp. cayenne pepper

Instructions

- Preheat the oven to 350 degrees F.
- Lightly coat the sheet pan with cooking spray or oil
- Slice the peppers, onion, and chicken into strips
- Combine the spice mixture in a small dish
- Spread the sliced peppers, onions, and chicken on the prepared sheet pan (make sure the chicken strips do not overlap)
- Drizzle 1 tbsp olive oil over the entire pan
- Sprinkle the seasoning mixture over the entire pan
- Gently toss the ingredients to evenly coat the chicken and vegetables with oil and seasoning
- Bake for 20 minutes or until the chicken reaches 165 degrees F
- Serve in warm low-sodium tortillas
- Top the fajitas with toppings of your choice*

Yield: 8 fajitas | 300 calories per fajita | Prep time: 10-15 minutes | Total time: 30-35 minutes

Each fajita contains 225 mg sodium, which makes it a low-sodium meal option.

*Additional toppings such as cheese, salsa, or guacamole will add some additional sodium, so this is something to be mindful of.

Recipe adapted from the following source: https://www.nourishedsimply.com/sheet-pan-chicken-fajitas/

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—JUNE

MONDAY	WEDNESDAY	FRIDAY
	Meatloaf Red Potatoes Peas and carrots Fresh Fruit Cookie Roll 1	Italian Sausage on a Bun German Potato Salad Green Beans Pistachio Torte Fresh Fruit 3
Spaghetti with Meat Sauce Parmesan Cheese Tossed Salad Fruit Salad Cheese Stick Garlic Bread 6	Brat on a Bun Sauerkraut Potato Salad Baked Beans Fruit with Yogurt 8	Ham Sweet Potatoes Broccoli & Cauliflower Fruit Cheesecake Rye Bread 10
Grilled Chicken Sandwich with Lettuce, Tomato, Cheese Butternut Squash Fresh Fruit Rice Crispy Treats 13	Chicken Chop Suey Brown Rice Stir Fry Vegetables Chow Mein Noodles Cantaloupe Yogurt Bread 15	Baked Chicken Mashed Potatoes with Gravy Broccoli Wheat Bread Birthday Cake Fruit 17
Hot Dog w/Bun Baked Beans Cucumber Salad Fruit Salad Cheese Stick 20	Lasagna Asparagus Romaine Salad Fresh fruit Garlic Bread 22	Pork Chop Scalloped Potatoes Steamed Carrots Applesauce Ice cream Bread 24
Beef Stroganoff Egg Noodles Brussel Sprouts Fruit Vanilla Pudding Roll 27	Roast Pork Red Potatoes Steamed Carrots Cherry Pie Wheat Roll 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 JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Country Fried Steak Mashed Potatoes Malibu Vegetables Apple Pie Roll 1	Baked Ziti Lettuce Salad Steamed Broccoli Banana Garlic Bread 2	Battered Haddock Cole Slaw Three Bean Salad Berry and Yogurt Parfait Rye Bread 3
Brats with Sauerkraut on a Bun Baked Beans Potato Salad Rice Pudding String Cheese Fruit 6	Ham Scalloped Potatoes Capri Veggies Pineapple Tidbits Rice Krispy Treat Whole Grain Roll 7	Pepper Steak Wild Rice Steamed Broccoli Bread Pudding Fresh Fruit 8	Chicken Ala King Steamed Peas Jell-O Cake Orange Biscuit 9	Spaghetti with Meat Sauce Grated Cheese Tossed Salad Melon Slice Bread Stick 10
Grilled Chicken Breast Tomato, Lettuce and Cheese Butternut Squash Three Bean Salad Banana Hard Roll 13	Baked Cod Scalloped Potatoes Steamed Broccoli Melon Cubes Rye Bread 14	Beef Stroganoff Egg Noodles Prince Charles Vegetables Rice Krispy treat Fresh Fruit Yogurt Cup Roll 15	Chicken Parmesan Mozzarella Cheese Rice Pilaf Winter Blend Vegetables Pistachio Fluff Garlic Bread Stick Fruit 16	Pork Roast Red Potato with Sour Cream Asparagus Mixed Fruit Cookie String Cheese Roll 17
Swiss Steak Mashed Potatoes Key Largo Vegetables Fruit Yogurt Parfait Cookie Bread 20	Lemon Pepper Chicken Black Beans Cauliflower Cottage Cheese Delight Bread 21	Meatloaf Baked Potato Francias Blend Vegetables Fruit Pistachio Torte Whole Wheat Roll 22	Pasta Crab Salad over Romain Leaf Tomato with Cottage Cheese Fresh Fruit Cherry Almond Coffee Cake Bread 23	Baked Cod Red Potatoes Cole Slaw Fruit Rye Bread Vanilla Pudding with Topping 24
Sweet & Sour Chicken Egg Roll Brown Rice Oriental Vegetables Yogurt & Berries 27	Swiss Burger on a Bun with lettuce and Tomato slices Pacific Blend Vegetables Fruit Pineapple Cake 28	Turkey Baked Potatoes Summer Squash Fresh Fruit Pudding Bread 29	Hot Dog on a Bun Coleslaw Baked Beans Angel Food Cake with Mixed Berries Cheese Stick 30	

Due to circumstances beyond our control menu changes may occur from time to time.
To ensure we have enough food prepared please make reservations 24 hours in advance.
For meals in Sturgeon Bay Call Barb at 920-746-2372
For meals at Baileys Harbor, Brussels, or Liberty Grove Call Wendy at 920-746-2523