May 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**

OLDER AMERICANS MONTH 2022

Older adults play vital, positive roles in our communities – as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more. Just as every person is unique, so too is how they age and how they choose to do it – and there is no "right" way. That's why the theme for Older Americans Month 2022 is *Age My Way.*

Every May, the Administration for Community Living (ACL) leads the celebration of Older American Month. This year's theme focuses on how older adults can age in their communities, living independently for as long as possible and participating in ways they choose.

While *Age My Way* will look different for each person, here are common things everyone can consider:

- Planning: Think about what you will need and want in the future, from home and community-based services to community activities that interest you.
- Engagement: Remain involved and contribute to your community through work, volunteer, and/or civic participation opportunities.
- Access: Make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place.
- Connection: Maintain social activities and relationships to combat social isolation and stay connected to your community.

This year, the Door County Aging and Disability Resource Center is excited to celebrate Older Americans Month with our partners in the aging community.

Diverse communities are strong communities. Ensuring that older adults remain involved and included in our communities for as long as possible benefits everyone. Please join the Aging and Disability Resource Center in strengthening our Community by joining the many programs and events that take place each month.

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	***RESTARTING MAY 11TH*** **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

RESOURCES TO ADRESS MENTAL HEALTH CONCERNS AMONG OLDER ADULTS

In 2021, eight people in Door County died by suicide. Six of these (75%) were age 60 or older. In recognition of May as Mental Health Awareness Month, Door County Department of Health & Human Services (DHHS) and Senior Life Solutions at Door County Medical Center (DCMC) are joining together to call attention to this critical issue for seniors in our community. Together, these two organizations work to reduce stigma, improve access to care, educate communities on signs and symptoms, and highlight mental health progress.

"The past couple of years have forced many to accept tough situations that they had little to no control over, resulting in many experiencing mental health issues for the first time," said Lauren Daoust, Program Director of DCMC's Senior Life Solutions program. "If you found that it impacted your mental health, you aren't alone."

While rural and urban areas have similar prevalence of mental illness, the circumstances and access to treatment may look different for communities like ours. *The National Rural Health Association (NRHA)* tells us that rural residents face more obstacles obtaining behavioral health services. As a result, distinct mental health differences are seen rurally compared to urban residents.

Studies have also shown that the risk of suicide is higher in rural areas, making it that much more vital that individuals seek out and have access to help. According to the *Door County Medical Center Community Health Needs Assessment*, Door County has a suicide rate of 13.17 per 100,000 population, nearly 2 points higher than the national average. The National Council on Aging indicates that while older adults comprise just 12% of the population, they make up approximately 18% of suicides. Older adults tend to plan suicide more carefully and use more lethal methods. Among seniors who attempt suicide, one in four will succeed, compared to 1 in 200 youths. Even if a senior who attempts suicide does not die, they are less likely to recover from the effects. As one of the fastest aging counties in Wisconsin, we need to be aware of these unfortunate facts.

While solutions such as telehealth and other services promise to expand access to mental health care across the U.S., there are things we can all do to help ourselves and others who may be struggling.

Do regular check-ins with friends -Simply talking about mental health can open up the door for people to feel more comfortable and less afraid to seek help. *The American Psychiatric Association says*, "Research shows that knowing or having contact with someone with mental illness is one of the best ways to reduce stigma. Individuals speaking out and sharing their stories can have a positive impact. When we know someone with mental illness, it becomes less scary and more real and relatable."

Learn what symptoms to watch for. According to the American Psychiatric Association (APA), things to watch for include sleep or appetite changes, rapid or dramatic shifts in mood, loss of initiative or desire to participate in activities, increased sensitivity, recent social withdrawal, and loss of interest in activities previously enjoyed, or difficulty performing everyday tasks.

Seek support- Mental Health is essential to everyone's overall health and well-being, so just like other areas of your health, you may at times need to seek additional support from a professional. There are many ways someone can receive the support they need, including individual or group therapy, teletherapy, support groups, etc. Mental health support can help reduce stress and improve the quality of life for those it serves by helping provide a space to identify problems, build coping skills, and find unbiased support.

DCMC's Senior Life Solutions works year-round to provide education, amplify the voices of those in need, and continues to improve the quality of life for the patients we serve. If you would like more information, education, or would like to discuss support for yourself or a loved one, please call us at (920)746-3791.
If you or someone you know is at risk of suicide, call the Door County Crisis Hotline at (920)746-2588. In case of emergency, call 911.

After much thought and careful consideration, I have decided to retire as the Elderly Benefit Specialist of Door County. I have loved my job, my co-workers and the relationships I have built with each of you! I'd like to express my heartfelt gratitude to each of you for making my job so rewarding. My last day with the County will be May 5, 2022. I'm looking forward to spending time with my family, a little grandma sitting, and enjoying coffee on the patio.

MARY BINK

ADRC DRUG TAKE BACK

THURSDAY, MAY 5TH
11 AM-1 PM

916 N. 14TH AVE. STURGEON BAY

GET RID OF UNWANTED & EXPIRED MEDICATIONS

Items **NOT** accepted: Needles, syringes, inhalers, aerosol cans, or thermometers

FREE PRESCRIPTION LOCK BAGS AND LOCK BOXES WILL BE AVAILABLE DURING THE TAKE BACK EVENT

DOOR COUNTY ALCOHOL & OTHER DRUG COALITION

A program of UNITED WAY of Door County

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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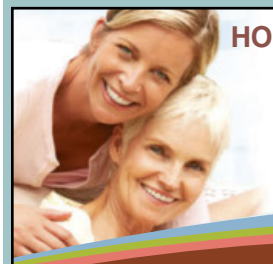

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ABUSE IN LATER LIFE: DOMESTIC VIOLENCE

The Department of Justice (DOJ) and the Department of Health and Human Services defines elder abuse as "abuse, neglect, abandonment, or financial exploitation of an older individual by another person or entity who has a trust-based relationship with the older adult or, any harm that occurs because an older person is targeted by a stranger based on their age or disability" (DOJ, 2013).

Elder abuse can often overlap with other forms of violence and abuse. For example, if an elder reports financial abuse by their son, there might also be forms of abuse such as domestic violence or sexual abuse that might come out after the son is removed from having power and control over his parent. Due to the aging population in Door County, area professionals participated in trainings to become facilitators for National Clearinghouse on Abuse in Later Life (NCALL) and Office on Violence Against Women (OVW) trainings. All area law enforcement have been trained on how to handle cases and reports of all forms of elder abuse (financial, emotional, sexual and physical). Local law enforcement, prosecution, Adult Protective Services, and victim advocates from both sexual assault and domestic violence agencies have developed a subcommittee in the county to offer on-going education, trainings, and awareness about the issue of elder abuse.

What does domestic violence and elder abuse look like together?

One must first understand domestic violence to begin to compare and realize the overlaps that can occur with elder abuse. According to the National Coalition Against Domestic Violence (NCADV):
"Domestic violence is the willful intimidation, physical assault, battery, sexual assault, and/or other **abusive behavior** as part of a systemic pattern of power and control perpetrated by one intimate partner against another. It includes physical violence, sexual violence, psychological violence, and emotional abuse. The frequency and severity of domestic violence can vary dramatically; however, the one constant component of domestic violence is one partner's consistent efforts to maintain **power and control** over the other."

Domestic abuse in later life looks very similar; however, perpetrators can be whom the victim has an expectation of trust, particularly spouses, intimate partners, adult children, grandchildren, other family members, and non-related caregivers. NCALL also considers sexual abuse of an older adult by anyone (including strangers) to be abuse in later life.

Power and control is the main factor for perpetrators to engage in abusive tactics. According to NCALL:
"Perpetrators of abuse in later life often employ a pattern of coercive tactics to gain and maintain power and control over a victim. Abusers intimidate and manipulate victims to gain some kind of benefit. They are often greedy and feel entitled to do whatever is necessary to get what they want."

A great resource to visualize the power and control dynamics of domestic abuse in later life is the NCALL Abuse in Later Life Power and Control wheel: http://s3-us-east-2.amazonaws.com/ncall/wp-content/uploads/2018/12/11123539/NCALL_ALL_Power_Control_Wheel_2016.pdf

Additional resources: https://www.ncall.us/
Local resources: https://helpofdoorcounty.org/

CHECK IT OUT . . .

Chess is coming to the ADRC – Come to Play or to Learn

Beginning on Tuesday, April 19, 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 discussion topic & writes it on the whiteboard.

Save the Date

Wednesday, May 11th, 2022, 1:00 – 4:00 p.m.

Aging Advocacy Day

Wisconsin Aging Advocacy Network

You are invited!

Join aging advocates virtually from across the state to celebrate our legislative successes and prepare to make issues impacting older adults and family caregivers a top priority for state legislators in 2022 and beyond.

Register at:

https://gwaar.wufoo.com/forms/wisconsin-aging-advocacy-day-2022/

More details coming soon!

https://gwaar.org/aging-advocacy-day-2022

Contact: Janet Zander, 1414 MacArthur Rd., Madison, WI 53714, janet.zander@gwaar.org, (715) 677-6723

SACRED PASSING WORKSHOP

Creating a Sacred Passing for Loved Ones

Introductory Workshop 1.5 hours
$45.00

Join Marggie Moertl in this introductory workshop and learn what a sacred passing is, and how to seek that for those you love. Marggie will share her deep experience in creating sacred space, and the many ways that each of us can develop this in our own lives.

This introduction will be followed by a longer workshop at a later date. This full workshop will dive deeply into the dying process with the physical, emotional, and mental changes that naturally occur. Finally, the creation of deep spiritual peace will be introduced and techniques given to each participant to incorporate into their own lives and to lay the foundation for it. Referral sources will be offered for practitioners to assist you on your path.

Introductory Workshop

Wednesday, May 18th. 1:00-2:30pm
Investment $45
ADRC of Door County, 916 N. 14th Ave, Sturgeon Bay

Registration Required:
Phone: 920-495-1566
Email: marggiemoertl@gmail.com

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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.

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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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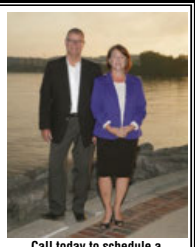

Call today to schedule a complimentary consultation with Attorney Robert A. Ross or Attorney Jane E. Seusy.

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Door County Medical Center

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

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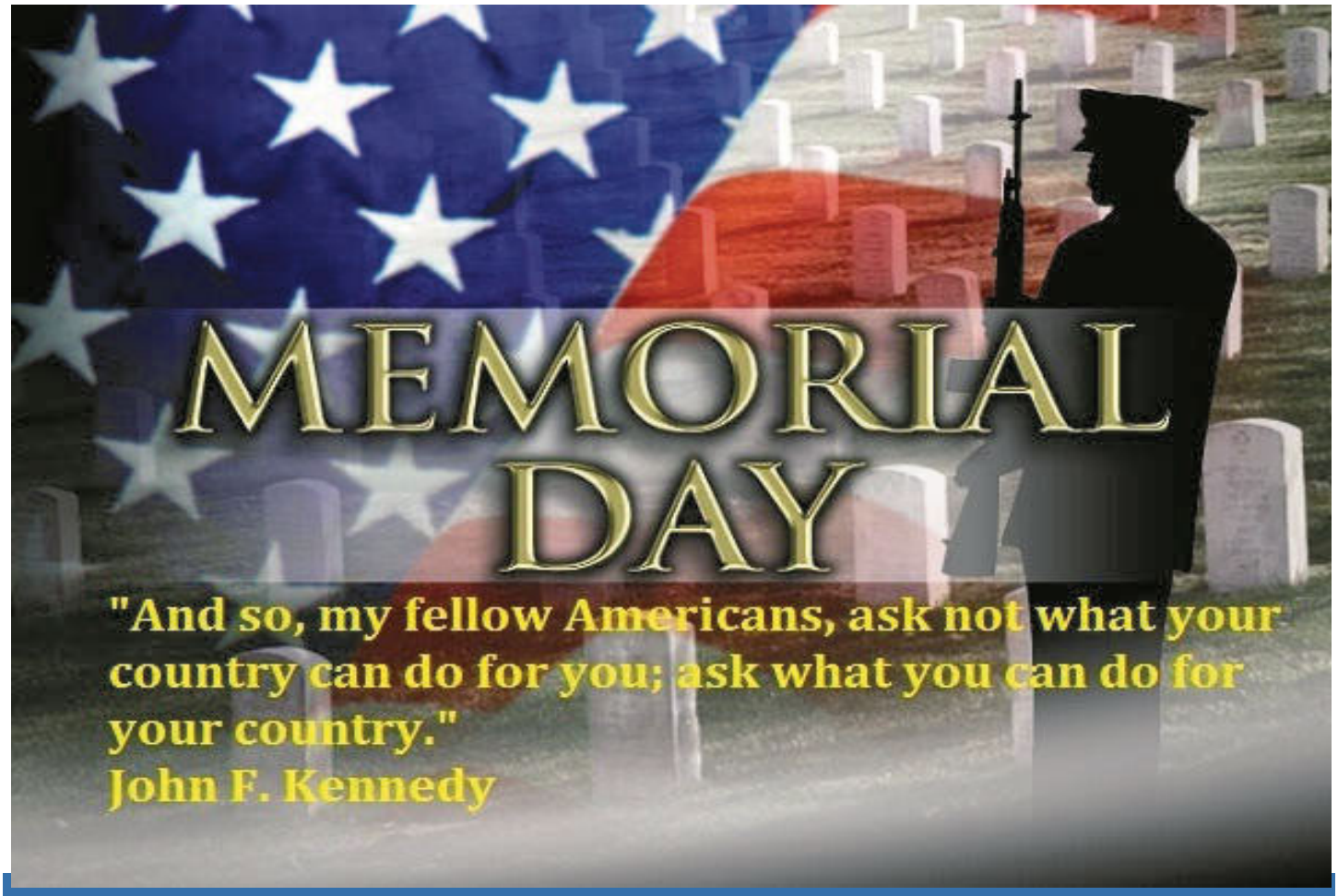
Senior Life Solutions

CELEBRATE CINCO DE MAYO

Thursday, May 5th @ 11:30 am

- Menu: Taco Salad w/ Corn Chips, Ground Beef, Tomato, Lettuce, Onion, Cheese, Refried Beans, Sour Cream, Fruit, Cookie
- Refreshing blender drinks will be served
- Musical Entertainment by Ben Larsen
- Enjoy Crafts & Games



TECHNOLOGY SUPPORT

Apple iPhone/iPad Users Group

Tuesday, May 3rd & 17th @ 1:00 p.m.

Windows Users Group

Wednesday, May 4th @ 1:00 p.m.

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

Friday, May 6th, 13th, & 20th, 9:30 & 10:30 a.m.
1 hour appointments are available.

Call 920-746-2372 to pre-register.

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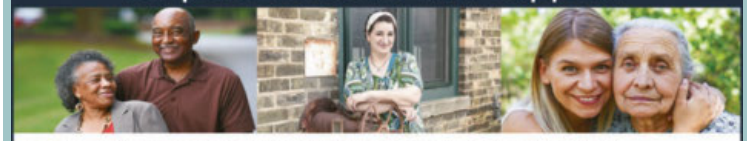
Your local Family Care option for personal care and support.



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).

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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.

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	MONDAY		TUESDAY		WEDNESDAY
2	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	3	8:30 Strong Bodies 9:00 Euchre 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 1:00 i-Pad/i-Phone Users Group 1:30 Navigating Grief Group	4	9:00 Pinochle 10:00 DVD Fitness 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
9	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	10	8:30 Strong Bodies (New Session) 9:00 Foot Clinic 9:00 Euchre 10:00 Chess (All levels welcome) 12:30 Game Room-Ping Pong, Giant Jenga, Connect Four 1:00 Sheepshead 1:00 Watercolor Painting 1:00 i-Pad/i-Phone Users Group 1:30 Navigating Grief Group	11	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 Windows Users Group 1:00 Mah Jongg
16	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 1:00 Book Club	17	8:30 Strong Bodies 9:00 Euchre 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 1:00 i-Pad/i-Phone Users Group 1:30 Navigating Grief Group	18	9:00 Pinochle 10:00 DVD Fitness 11:30 Brain Health Handouts 12:30 Poker 1:00 Mah Jongg 1:00 "Physical & Spiritual Care of t Dying" Workshop 1:00 Caregiver Support Group 3:00 Conversations on Creativity (virtual)
23	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	24	8:30 Strong Bodies 9:00 Foot Clinic 9:00 Euchre 10:00 Chess (All levels welcome) 12:00 Heart Healthy Presentation 12:30 Game Room-Ping Pong, Giant Jenga, Connect Four 12:30 Bunco 1:00 Sheepshead 1:30 Navigating Grief Group 1:00 Watercolor Painting	25	9:00 Pinochle 10:00 DVD Fitness 10:30 Men's Group 11:30 Brain Health Handouts 12:30 Poker 1:00 Mah Jongg
30	**Memorial Day! ADRC is Closed**	31	8:30 Strong Bodies 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 1:30 Navigating Grief Group 1:00 Watercolor Painting		

		THURSDAY		FRIDAY
	5	8:30 Strong Bodies 8:30 Practicing the Pause (Virtual) 9:00 Friendly Crafters 11:30 Eat Well/Age Well Handouts 12:00 Cinco De Mayo Celebration 12:30 Game Room-Cornhole, Darts, Badminton 1:00 Woodcarving 1:00 Current Events 2:00 Genealogy Club (Virtual)	6	9:30/10:30 Gadget Guy's (One-to-One Tech Support) 10:00 DVD Fitness 11:00 Zumba Gold 12:00 Mother's Day Celebration 12:30 Bridge 12:30 Poker
	12	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 Woodcarving 1:00 Current Events 2:00 Genealogy Club (Virtual)	13	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
the	19	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 Current Events 1:00 "Life, Death and The Afterlife" Discussion Group	20	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
	26	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 Woodcarving 1:00 Current Events	27	9:00 Cardio Drumming 9:30/10:30 Gadget Guy's (One-to-One Tech Support) 10:00 DVD Fitness 11:00 Zumba Gold 12:00 Memorial Day Celebration! 12:30 Bridge 12:30 Poker

MAY 2022

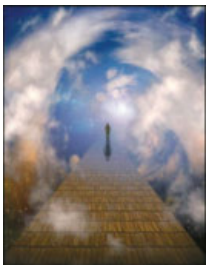
In Person Classes/ Programming:
Pre-registration is Required, call 920-746-2372. Subject to cancellation or change based on restrictions.

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.

TO YOUR HEALTH . . .

Life, Death and The Afterlife Discussion Group

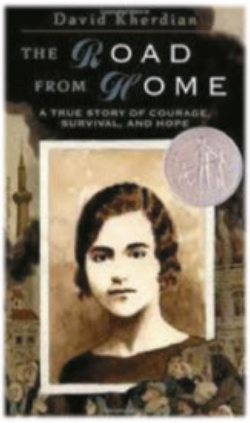


Thursday, May 19th @ 1:00pm

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.

ADRC BOOK CLUB

Monday, May 16th @ 1:00 pm



Book of the Month

"The Road from Home: The Story of an Armenian Girl" by David Kherdian

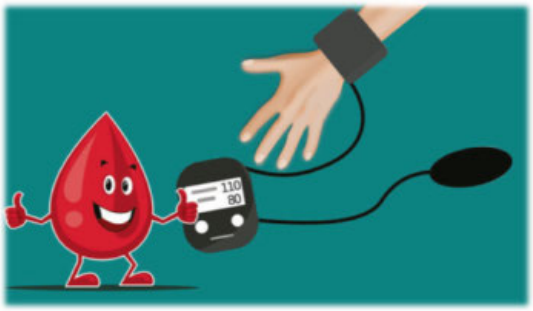
New members are welcome!

Ask the Athletic Trainer:

Tia Jackson MS, LAT, ATC
Licensed Athletic Trainer

Tia will provide instruction on how to safely utilize the equipment in the ADRC's fitness room. She can work with you to develop a personal plan to meet your fitness goals (exercises, sets, reps, duration, progressions, etc.). She can provide injury screens and resources/referrals to medical staff or programs. Call 920-746-2372 to make an appointment!

Blood Pressure Clinics



Thursday, May 19th
11:00 a.m. with Nancy

Drop-in's are welcome.

MEN'S GROUP

Begins Wednesday, May 11th

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.

HEARTHSIDE
920-854-7225
Assisted Living Home For The Elderly
Sister Bay, WI 54234

Cardinal Ridge
Residential Care
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Kaylyn • 920-743-9289

Do you want to stay living in your home?

Need QUALITY In-Home supports to help you?

Let **JAY'S LEGACY HOME CARE** provide professional, personally tailored, and compassionate in-home supports that keeps you independent, healthy, and living at home.

JAY'S LEGACY HOME CARE

For more information contact:
Renee Derenne
920.901.7780
Reneedjayslegacy@gmail.com
www.jays-legacy.com

Limited Availability!
Door County's *ONLY* State Certified Adult Day Services

Experience the peace of mind that your loved one will be safe and well taken care of.

Sunflower Cottage provides :
- *Transportation*
- *Certified care specialists*
- *Flexible Scheduling*
- *Individualized care plan*
- *Personal time for caregivers*

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.

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

URGENT CARE
Open every day 7am – 7pm
920.746.3800 • dcmedical.org
Door County Medical Center
IN PARTNERSHIP WITH HOSPITAL SISTERS HEALTH SYSTEM
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!
25 years in healthcare!
That speaks for itself.
Anna's healthcare inc.
Come and see us!
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.

SOONER IS BETTER
for quality living during serious illness
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.
Let us help. Choose UnityHospice.org | (800) 990-9249

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
- 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

Become a part of our volunteer team today!

MAY ACTIVITY KITS

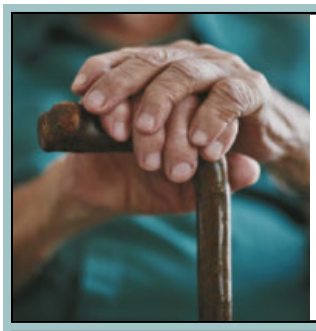
Design your own Decorative Kites
$5.00 Suggested Donation

Cinco De Mayo Maracas
$3.00 Suggested Donation

Color-it-Yourself Ceramic Vases
$4.00 Suggested Donation

Wooden Butterfly Photo Holders
$2.00 Suggested Donation

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



"It's my life and they respect that."

Local long-term care supports and services delivered with a focus on Life. Defined by you.

Life. Defined by you. INCLUSA

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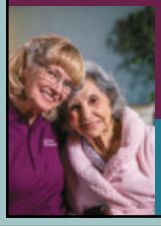
SUPPORT OUR ADVERTISERS!

Home Instead. To us, it's personal



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Each Home Instead® franchise office is independently owned and operated.

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Danielle Pierre, Agent

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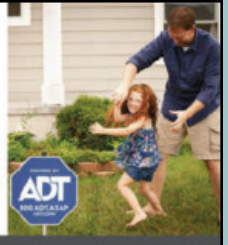

ADT Authorized Provider | SafeStreets | 1-855-225-4251

Are You De-Evolving?

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

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

Staudenmaier Chiropractic Wellness Center

30 N 18th Ave. • Sturgeon Bay
920-743-7255 • www.BackToWellness.org
Like us on facebook Staudenmaier Chiropractic Wellness Center

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.

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

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532 Jefferson St., Sturgeon Bay, WI 54235

GREEN BAY
(920) 490-8654
1345 W. Mason St., Ste 107, Green Bay, WI 54303

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ADRC GARDENING CLUB

Join the Club . . .

Thursday, June 9th @ 1:00 pm
Planting of the Raised Beds &
GreenStalk Towers

Thursday, June 16th @ 10:30 am
Master Gardeners Presentation & Tour of Garden Spaces

Tips of the Month

- Begin planting warm-season annuals and summer bulbs, such as dahlias and cannas.
- Mulch around your newly-planted flowers, vegetables, shrubs, and trees to help reduce weeds and retain moisture.
- Mow your lawn when the grass is dry. To keep a healthy lawn, never cut more than one-third off the total grass height.
- You can place houseplants outside once the nights remain above 50 degrees.
- Start cucumber, cantaloupe, summer squash, and watermelon seeds indoors.
- Sow cabbage, Brussels sprouts, and cauliflower indoors for fall garden transplants.
- Sow more cool-season vegetables outside: beets, carrots, lettuce, chard, and radishes.
- Sow green beans, sweet corn, pumpkin, and melons.
- Start hardening-off tomatoes.
- Plant sweet potato slips.
- Harvest rhubarb. Pull off leaf stalks instead of cutting them.
- Protect beets from leaf miners by placing row covers over them.
- Finish pruning spring-flowering shrubs that are done blooming.
- Finish cutting back the dead branches on perennial flowers and other shrubs.
- Supply your taller plants with supports; the growing plants will hide the supports and be more stabilized.
- Remember to water your plants and lawns, especially newly panted seeds.
- Apply fertilizer to give the vegetable garden a good start.
- Control weeds before they seed!

Source: https://www.almanac.com/gardening/tips/WI/Sturgeon%20Bay/2022-05

Picture courtesy of bing.com

EAT WELL, CARE WELL.

CONVERTING RECIPES TO GLUTEN-FREE

Finding gluten-free products can be difficult, especially finding gluten-free recipes. When making a new recipe that contains gluten, it can be confusing, frustrating, and difficult to make it gluten-free friendly. Here are a few tips and tricks to make any recipe gluten-free.

Swap the Flour. There are many gluten-free labeled flours at grocery stores. One fan favorite brand that has a variety of gluten- free flour choices is Bob's Red Mill 1 to 1. This brand can be used in the same ratio as the regular flour in your recipes. Other options that substitute flour include corn flour, brown rice flour, coconut flour, and oat flour. Be aware of the texture and substation rate for flours that are not 1 to 1 will be very different.

Milk. All types of cow's milk are naturally gluten-free. But, if milk have flavorings in them, they may have gluten in them. It is important to always look at food labels. If there are flavorings in milk that contain (Wheat), substitutions include coconut milk, rice milk, oat milk, and most nut milks.

WEEKLY CHALLENGE

LOOK CLOSELY AT FOOD LABELS

TRY SUBSTITUTING A GLUTEN-FREE FLOUR IN A RECIPE

VISIT CELIAC.ORG TO LEARN MORE

TRY A GLUTEN-FREE RECIPE

DID YOU KNOW?

The later the age of diagnosis of Celiac Disease, the greater the chance of developing other autoimmune disorders and complications.

GWAAR Nutrition Team in Collaboration with UW- Stout Dietetic Students by Hope Quilling 5-22

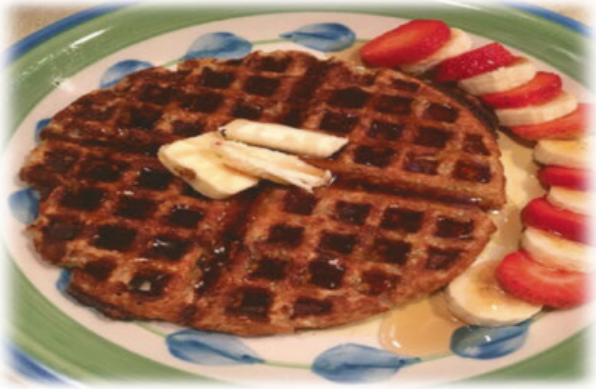
GLUTEN FREE OATMEAL WAFFLES

Ingredients:

- Cooking spray
- 1 ½ cups gluten-free rolled oats (note: oats are naturally gluten-free but some are processed in a plant where wheat options are made and could be cross-contaminated. Read the label to be sure they are gluten-free).
- ¾ cup almond milk
- 1 egg
- 3 tablespoons vegetable oil, applesauce, or mashed banana
- 1 tablespoon brown sugar
- 1 teaspoon baking powder

Instructions

- Preheat waffle iron to manufacturer's instructions, grease with cooking spray.
- Combine oats and almond milk in a large bowl.
- Whisk egg yolk and oil (applesauce or banana) together in a small bowl, stir into oat mixture.
- Beat egg white in a glass, metal, or ceramic bowl until stiff peaks form.
- Stir brown sugar and baking powder into oat mixture.
- Scoop ½ cup batter onto preheated waffle iron and spread to edges. Close iron and cook for 5 minutes. Repeat with remaining batter.



Recipe inspired by: https://www.allrecipes.com/recipe/256559/cathys-gluten-free-oatmeal-waffles/?printview

Serves 2

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—MAY

MONDAY	WEDNESDAY	FRIDAY
Chicken Parmesan With Noodles Asparagus Fruit Fluff Garlic Bread 2	Swedish Meatballs With Egg Noodles Beets Applesauce Multigrain Roll Birthday Cake 4	Italian Sausage on a Bun With sauerkraut German Potato Salad Red Beans Pistachio Torte 6
Baked Ziti With Shredded Cheese Tossed Salad Cheesecake With Fruit Topping Fresh Grapes 9	Chicken Piccata Brown Rice Romaine Salad Fruit Brownies 11	Meatloaf with Gravy Baked Squash Coleslaw Pineapple Chunks Cake with Ice Cream Bread 13
Beef Tips Mashed Potatoes Cauliflower with Cheese Sauce Sliced Peaches Roll 16	Sweet & Sour Pork Egg Roll Brown Rice Oriental Veggies Yogurt with Fruit 18	Beef Stroganoff With Egg Noodles Winter Blend Vegetables Banana Chocolate Cake Wheat Bread 20
Ham Sweet Potatoes Asparagus Yogurt Fruit Parfait Whole Grain Bread Slice 23	Brat on a Bun With Sauerkraut Potato Wedges Baked Beans Cheese Stick Fruit 25	Pork Chop Mashed Potatoes & Gravy Green Beans Cherry Pie with Ice Cream Whole Grain Roll 27
CENTER CLOSED **MEMORIAL DAY** **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 MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cheeseburger on a Bun Lettuce Leaf Macaroni Salad 3 Bean Salad Watermelon Vanilla Pudding 2	Chicken Pot Pie Biscuits Peas and Carrots Fruit Pumpkin Bars 3	Swiss Steak with Tomatoes & Peppers Steamed Potatoes Mixed Vegetables Pudding with Fruit Wheat Roll 4	Taco Salad with Corn Chips, Ground Beef, Tomato, Lettuce, Onion, Cheese, Refried Beans, Sour Cream Fruit, Cookie 5	Baked Cod Scalloped Potatoes Pea Salad Fruit Blueberry Cheesecake Rye Bread 6
Hot Dog on a Bun Baked Beans Broccoli Salad Tropical Fruit Cookie Cheese Stick 9	Swedish Meatball Mashed Potatoes Steamed Carrots Rice Pudding Fruit Multi Grain Roll 10	Stuffed Peppers Au gratin Potatoes Mixed Vegetables Pistachio Torte 11	Baked Chicken Sweet Potatoes Spring Blend Vegetables Cream Puff Cake Fruit Wheat Bread 12	Spaghetti with Meat Sauce Tossed Salad with Cheese Fruit Parfait Garlic Bread Stick 13
Chicken Tenders Carrots Coleslaw Yogurt Fruit Cup 16	Beef Stroganoff with Noodles Key Largo Blend vegetables Fruit Rice Krispy Treat Multigrain Sour Dough Bread 17	Pork Roast Scalloped Potatoes Brussels Sprouts Bread Pudding Whole Wheat Bread 18	Turkey Devon Mashed Potatoes Broccoli Birthday Cake Multigrain Roll Fruit 19	Cheesy Veggie Egg Bake Bagel & Cream Cheese Sausage Patties Orange Juice Cantaloupe 20
Grilled Chicken on a Bun With Cheese, Lettuce and Tomato Mexican Corn Pineapple Dessert 23	Pot Roast Parsley Potatoes Dilled Carrots Cinnamon Apple Sauce Jell-O-Cake Whole Grain Roll 24	Stuffed Pepper Soup Egg Salad Sandwich Mandarin Oranges Dessert Pickle Spear 25	Chicken Parmesan with Pasta Asparagus Cherry Almond Cake Fresh Fruit Garlic Bread 26	Crab Pasta Salad Lemon Bars Whole Grain Roll 3 Bean Salad 27
CENTER CLOSED MEMORIAL DAY 30	Chicken Rice Casserole Broccoli Salad Cottage Cheese Delight 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