July 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 - Thursday
7:30a.m. - 4:30p.m.
Friday 7:30a.m.- 1:30p.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

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.

Door County Connect Public Transit Services:
Formerly called ADRC Bus/Van Service

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–Thursday, 7:45am–4:15 pm and Friday 7:45am - 1:15pm. 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.

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.

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/

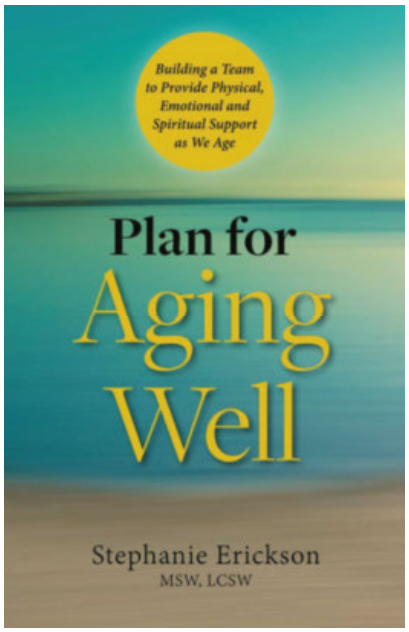
This group will provide caregivers with information, resources, and tools to help support them at home as well as connect them with other caregivers who may be facing the same challenges. Please note: this group is not intended to be in place of the support groups we hold.

RECOMMENDED READS

We're doing aging wrong. Our healthcare system delivers quick interventions that act as band-aids and fail to include the entire family. Our medical model focuses on the body and neglects the mind and soul, which are essential to our healing and comfort. Older adults are often scared and alone when they need more attention, support and love.

If you're a caregiver, you'll find the advice and resources you're looking for on how to support an aging relative. Perhaps you're worried about preparing for growing older yourself. ***Plan for Aging Well*** helps you create a viable plan to guarantee you have the financial, legal, family and healthcare support you and your loved ones need as you age.

Stephanie Erickson, a clinical social worker and family caregiving expert, drew on her in-depth knowledge and experience in this invaluable book.



Plan for Aging Well:

- Shines a light on the challenges and failures of our current eldercare system.
- Offers solutions for meeting older adults' physical, emotional and spiritual needs.
- Explains how to create a collaborative team approach to aging well.
- Includes step-by-step guides for all scenarios in a family's aging journey.

COMPUTER WORKSTATIONS

Need to use a computer and don't have one to use? We have installed four brand new community computer workstations. All four workstations are free to use and equipped with a monitor, mobile PC unit, keyboard and mouse.

Our computers are open for public use within our normal hours of operation and located in the lounge area of our building near the fireplace. At this time users do not have a restricted time limit while using our computers, but that may change in the future. Wait time might vary, depending on the number of visitors who would like to access a workstation. Please be mindful of others. We ask that you do not save anything on the computers. Anything saved will be removed automatically on logout and is un-recoverable. We recommend visitors who need to save documents bring a flash drive.

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TIMESHARE RESALE SCAMS

Did you buy a timeshare with dreams of the perfect vacation or as a great investment, and now the fees are going up, the terms are not as flexible as you thought they would be, or you are simply tired of going to the same place year after year? Whatever the reason, you want out. It won't surprise you to learn that are not alone. Many people end up unhappy with their timeshare property and are looking to sell. What you might not know is this can make you a prime target for fraudsters. A common scam targets timeshare owners that are trying to sell.

The timeshare resale scammer has it easy. He does not have to scare you or threaten you; he just has to tell you *exactly what you want to hear*. He will tell you that he already has a buyer willing to pay top dollar, that he can sell it for you quickly, or that he is able to cancel your contract and get you out from under dues and fees.

Great news, right? All you need to do is pay an upfront fee to cover closing costs, services, taxes, timeshare maintenance, or other fees. Once you send the money, you don't hear from the scammer again and you are out hundreds or thousands of dollars and STILL own the timeshare property you wanted to sell.

Timeshare resale scammers can be very good at making themselves look professional and appearing legitimate. They might pretend to be real estate agents, timeshare exit lawyers, or representatives of resorts.

Again, the **number one** warning sign is a request for money upfront.
What can you do? There are ways to protect yourself.
Do:

- Contact the resort and ask if they have a resale program or if they have ever worked with the person that contacted you.
- Research, research, research: this can include contacting the state attorney general and local consumer protection agencies. Check with the real estate licensing agency in the state where your time share is located to see if your contact is a licensed agent.
- Be realistic. If it sounds too good to be true, it probably is. Don't believe someone who offers you an unrealistic return on your investment.
- Be proactive: you don't have to wait for fraudsters to call you, do your own research on legitimate, licensed resale agents and call them.

Don't:

- Pay upfront: don't do business with anyone that needs to be paid upfront. Legitimate agents expect to be paid any fees at the time of closing.
- Give out private information: never give out private information to unsolicited callers.

Resources:
AARP website: How To Avoid Time-Share Resale Scams (aarp.org)
Resort Owner's Coalition: Alerts & Advisories | Resort Owners' Coalition (arda-roc.org)
Better Business Bureau: www.bbb.org
Federal Trade Commission: www.FTC.gov
Federal Bureau of Investigation: www.FBI.gov

COVID FUNERAL FUNDS STILL AVAILABLE

By the GWAAR Legal Services Team

In early April of 2021, the Federal Emergency Management Agency (FEMA) began accepting applications for funeral assistance related to COVID-19 fatalities. As of this month, FEMA has distributed more than $2 billion in funeral assistance, but funding continues to be available, and the program remains widely underused by eligible beneficiaries.

The FEMA funeral assistance program will pay up to $9,000 for qualifying funeral expenses with the average payment standing at around $6,500. There is no income eligibility limit to qualify for reimbursement and there is currently no deadline to apply for reimbursement, but applicants can expect to have to provide documentation to support the amount requested.

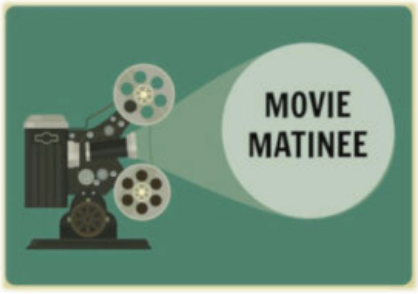
First, applicants are required to provide a death certificate that attributes the death directly or indirectly to COVID-19. That can be an obstacle due to inconsistencies in how causes of death are reported on death certificates. As an alternative, FEMA will also accept a letter from a coroner or medical examiner that identifies COVID-19 as a contributing factor.

Second, applicants will need to provide documentation of actual funeral costs, such as receipts or funeral home contracts, showing that the applicant accepted financial responsibility for those costs and that the expenses were incurred on or after January 20, 2020. Applicants will also need to be prepared to identify any burial or funeral insurance policies and any other sources of burial assistance already received. Burial expenses that were pre-paid prior to January 20, 2020, are not eligible for reimbursement.

The only way to apply for FEMA funeral assistance is by telephone (844-684-6333) so applicants should prepare before calling to provide all necessary information including the Social Security Number, date of birth, and last address of the deceased person along with their own address and telephone number.

MOVIE MATINEE

Tuesday, July 19th @ 1:00 PM
Dining Room



Enjoy a movie with others and some delicious popcorn. Movie is free, donations accepted for popcorn. Inquire at front desk for movie details. Pre-register by July 15th.

Note: MPLC regulations prohibit us from disclosing titles of upcoming movies in newsletter.

ADRC GARDENING CLUB

Tips to eat more vegetables and fruits each day

Keep fruit where you can see it. Place several ready-to-eat washed whole fruits in a bowl to tempt a sweet tooth.

Choose something new from the produce section. Variety and color are key to a healthy diet. On most days, try to get at least one serving from each: dark green leafy vegetables; yellow or orange fruits and vegetables; red fruits and vegetables; beans and peas; and citrus fruits.

Make it a meal. Try cooking new recipes that include more vegetables. Salads, soups, and stir-fries are just a few ideas.

https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/vegetables-and-fruits/

Key nutrients in Cucumbers:

Vitamin K – Needed for blood clotting, preventing excessive bleeding.

Potassium – Helps maintain normal blood pressure

Vitamin C - Helps wounds heal, is important for the immune system, and is an antioxidant, which protects cells from damage.

Kirby Cucumber

Cucumber Recipes to Soothe Your Skin

Our skin loves the calming, cooling effects of cucumber. That's why you may have noticed that cucumber-based treatments are extremely popular in spas. Cucumber is great for your skin because it contains potent antioxidants and anti-inflammatory properties, and it's both cooling and hydrating. A simple cucumber face mask can brighten your skin, giving your skin the appearance of being gently kissed by the sun. And if you've got a sunburn, cucumber can help soothe and cool your irritated skin.

1. Cucumber and Honey Face Mask

Ingredients

- 1/2 cucumber, cut into chunks
- 1 tablespoon honey

Directions

Blend the cucumber and honey until smooth. Apply mask to clean, dry skin of your face and neck. Allow the mask to remain on the skin for 20 minutes. Rinse with warm water and pat dry.

2. Cucumber Sunburn Soother

Ingredients

- 1 cucumber, cut into chunks
- 1/2 cup aloe vera

Directions

Blend the cucumber and aloe vera until it forms a paste. Chill in the refrigerator until cool.

Apply to sunburned areas of the skin. Allow paste to remain on the skin for 20 to 30 minutes. Rinse with cool water and gently pat dry.

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

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

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

DHS Approved 4/22/2021

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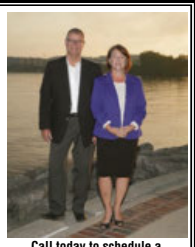

Call today to schedule a complimentary consultation with Attorney Robert A. Ross or Attorney Jane E. Seusy.

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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

Spreading Cheer Concert

Thursday, July 7th @ 11:30 am

Five Member Recorder Group @ 11:30

Meal: Cube Steak, Mashed Potatoes, Mixed Vegetable, Diced Peaches, Pudding

Island Getaway Party

Thursday, July 14th @ 11:30 am

Music with George Sawyn

Meal: Pasta Crab Salad, Tomato with Cottage Cheese, Tropical Fruit, Rice Krispy Treat

Island themed party with games & prizes.

Nutrition Series Kickoff

Wednesday, July 13th @ 12:30

Presenter: Jace Purdy
Topic: Great Grains Discoveries (Whole Grains)

Birch Creek Music Ambassadors

Wednesday, July 20th @ Noon

The ambassadors are selected from Birch Creek's jazz students based on an audition process that takes place at the beginning of each jazz session. Come and see these fabulous, young artists.

TECHNOLOGY SUPPORT

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

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

Apple iPhone/iPad Users Group

No classes this summer, resuming Sept. 6th

Call 920-746-2372 to pre-register.

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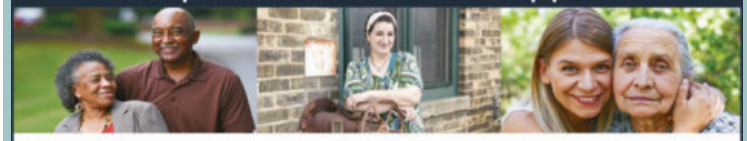
Your local Family Care option for personal care and support.



Some of the services we manage with you include:

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

For more information about the Family Care Program, contact your local Aging and Disability Resource Center (ADRC).

www.lakelandcareinc.com

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DHS Approval 5/2/18

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REPORT suspicious claims or activities

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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.

Turning 65? New to Medicare? Questions?
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920-318-2233 (TTY: 711)
Monday – Friday, 8 a.m. – 5 p.m.
vdoenges@humana.com

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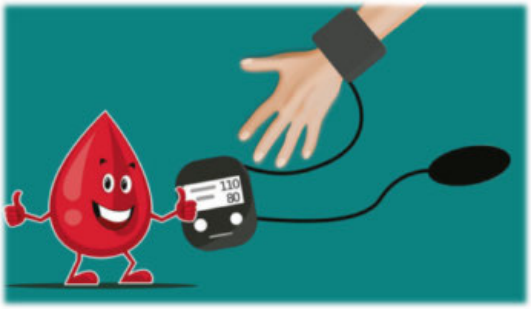
	MONDAY		TUESDAY		WEDNESDAY
4	**Closed!** **Happy 4th of July!**	5	8:30 Strong Bodies (Independent) 9:00 Euchre 10:00 Chess (All levels welcome) 10:00 Spanish Conversation 12:00 Patriotic Music with Ken Pollock 12:30 Game Room-Ping Pong, Giant Jenga, Connect Four 12:30 Cooyah @ Brussels Site 1:00 Sheepshead 1:00 Watercolor Painting	6	9:00 Pinochle 10:00 Walk with Ease 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
11	9:00/10:00/11:00 Medical Bill Assistance 9:30 Artists in Making-Mixed Media Workshop 10:00 Walk with Ease 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)	12	8:30 Strong Bodies (Independent) 9:00 Foot Clinic 9:00 Euchre 9:00 Card Making Workshop 10:00 Chess (All levels welcome) 10:00 Spanish Conversation 12:30 Game Room-Ping Pong, Giant Jenga, Connect Four 12:30 Cooyah @ Brussels Site 1:00 Sheepshead 1:00 Watercolor Painting	13	9:00 Pinochle 10:00 DVD Fitness 10:00 Walk with Ease 10:30 Chair Yoga 11:30 Brain Health Handouts 12:30 Poker 12:30 Purdy Good! FoodWise Nutrition Series 1:00 Mah Jongg
18	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	19	8:30 Strong Bodies (New Session) 9:00 Euchre 10:00 Chess (All levels welcome) 10:00 Spanish Conversation 12:30 Game Room-Ping Pong, Giant Jenga, Connect Four 12:30 Bunco 1:00 Sheepshead 1:00 Watercolor Painting 1:00 Movie Matinee	20	9:00 Pinochle 10:00 DVD Fitness 10:00 Walk with Ease 10:30 Chair Yoga 10:30 Men's Group 11:30 Brain Health Handouts 12:00 Birch Creek Jazz Ambassad Performance 12:30 Poker 1:00 Mah Jongg 1:00 Caregiver Support Group
25	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 Mah Jongg (Beginners Group)	26	8:30 Strong Bodies 9:00 Foot Clinic 9:00 Euchre 10:00 Chess (All levels welcome) 10:00 Spanish Conversation 12:30 Game Room-Ping Pong, Giant Jenga, Connect Four 12:30 Bunco 1:00 Sheepshead 1:00 Watercolor Painting	27	Brewer Game! 9:00 Pinochle 10:00 DVD Fitness 10:30 Chair Yoga 11:30 Brain Health Handouts 12:30 Poker 1:00 Mah Jongg

JULY 2022

	THURSDAY		FRIDAY
		1	9:00 Cardio Drumming 9:30/10:30 Gadget Guy's (One-to-One Tech Support) 10:00 DVD Fitness 10:00 Poker 11:00 Zumba Gold
7	8:30 Strong Bodies (Independent) 8:30 Practicing the Pause (Virtual) 9:00 Friendly Crafters 11:30 Eat Well/Age Well Handouts 11:30 Musical Performance-5 Member Recorder Concert 12:30 Game Room-Cornhole, Darts, Badminton 12:30 Bridge 1:00 Woodcarving 1:00 Current Events 2:00 Genealogy Club (Virtual)	8	9:30/10:30 Gadget Guy's (One-to-One Tech Support) 10:00 Walk with Ease 10:00 DVD Fitness 10:00 Poker 11:00 Zumba Gold
14	8:30 Strong Bodies (Independent) 8:30 Practicing the Pause (Virtual) 9:00 Friendly Crafters 12:30 Game Room-Cornhole, Darts, Badminton 12:00 Island Getaway Party-Music with George Sawyn 12:30 Bridge 1:00 Intergenerational Games 1:00 Woodcarving 1:00 Current Events	15	9:30/10:30 Gadget Guy's (One-to-One Tech Support) 10:00 DVD Fitness 10:00 Walk with Ease 10:00 Poker 11:00 Zumba Gold
21	8:30 Strong Bodies 8:30 Practicing the Pause (Virtual) 9:00 Friendly Crafters 11:00 Blood Pressure Clinic 12:30 Game Room-Cornhole, Darts, Badminton 12:30 Bridge 1:00 Intergenerational Games 1:00 Woodcarving 1:00 Current Events 1:00 "Life, Death and The Afterlife" Discussion Group	22	10:00 DVD Fitness 10:00 Walk with Ease 10:00 Poker 11:00 Zumba Gold
28	8:30 Strong Bodies 8:30 Practicing the Pause (Virtual) 9:00 Friendly Crafters 12:30 Game Room-Cornhole, Darts, Badminton 12:30 Bridge 12:30 Music with George Sawyn 1:00 Intergenerational Games 1:00 Woodcarving 1:00 Current Events	29	10:00 DVD Fitness 10:00 Poker 11:00 Zumba Gold

Blood Pressure Clinic



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

Drop-in's are welcome.

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

Life, Death and The Afterlife Discussion Group

Thursday, July 21st @ 1:00pm

Come to this discussion group where you can freely express your thoughts, feelings, and concerns in an open, non-judgmental, non-religious atmosphere. Everyone will have an opportunity to express their views and concerns. Death does not have to be feared. Call 920-746-2372 to pre-register. The group will meet the 3rd Thursday of each month.

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!

CYCLING WITHOUT AGE

To schedule your ride please call CWADC at **(920) 854-6544**.

Rides are available Friday's at the **Door County YMCA** from 9:00 AM to 3:00 PM.

Rides are scheduled on the hour and begin in the parking lot at 1900 Michigan Street in Sturgeon Bay. All rides need to be reserved ahead of time. Please arrive ten minutes before your ride begins to sign your waiver. Rides are limited to no more than two passengers at a time. Rides may be cancelled due to inclement weather. Helmets are available but not required for riders.

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

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

PETS AND HEALTHY AGING

By the GWAAR Legal Services Team

Many people of all ages enjoy having pets and treat them as members of the family. But did you know that having a pet may improve your health? Countless studies have shown that having a pet increases health and well-being, especially in older adults. Pets provide companionship that helps prevent loneliness and helps relieve stress, depression, and anxiety. Studies show that having a pet can even help lower blood pressure. Additionally, pets can help encourage their owners to stay active by requiring frequent walks and other cares, and this, in turn, has shown to help increase strength and reduce falls in older adults.

There are organizations that may help older adults with adoption fees and other care needs. The Pets for the Elderly Foundation helps pay the fees to participating animal shelters throughout the United States for senior citizens (age 60 and over) who adopt a companion dog or cat from a participating shelter – including pre-adoption veterinary exams and spay/neuter, if part of the adoption fee. The only participating shelter at this time in Wisconsin is Dane County Humane Society - 5132 Voges Road - Madison, WI 53718 - 608-838-0413. You can visit their website at https://www.giveshelter.org/. You can also check the Pets for the Elderly Foundation website for updates on participating shelters https://petsfortheelderly.org/.

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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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Purdy Good!

Easy Recipes With FoodWIse Nutrition Educator Jace Purdy

Meet Jace at the Door County ADRC on the second Wednesday of the month from 12:30-1:15pm. Eat healthier foods. Learn easy recipes. Class starts July 13th and ends December 14th.

Contact the ADRC to register
920-746-2372
or
Email Jace, jnpurdy@wisc.edu

FOOD WISE
Healthy choices, healthy lives.
UW–MADISON EXTENSION

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP and Expanded Food and Nutrition Education Program - EFNEP.
The University of Wisconsin-Madison Division of Extension is an EEO/AA institution committed to diversity among its employees and in its programs.

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

THANK YOU FOR YOUR SERVICE

We invite you to submit pictures of yourself or your family members who have served in the military. We will be putting a display together later this summer to honor Door County Veteran's service. Please email photos to: nscharrig@co.door.wi.us or drop off at the front desk.

Happy 4th of July!!!

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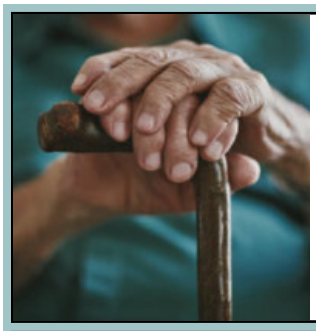

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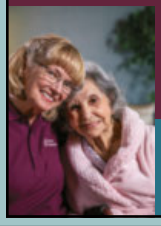

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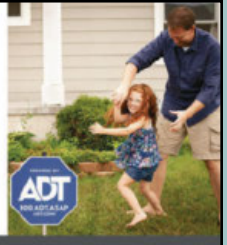

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Harry F Farfan, M.D., M.Sc, C.M. FRES, 1985

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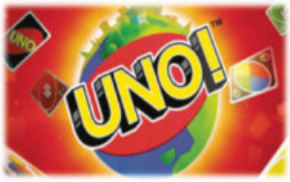
GAMES & CRAFTS

Intergenerational Games



Thursday's @ 1:00pm

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

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

Card Making Class- Send A Little Hope

Tuesday, July 12th, 9:00 am-Noon

Join us for a 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 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, July 7, 2022.

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BUS TRIP

Meleddy Cherry Orchard

Tuesday, July 12th
Bus Departs the ADRC @ 10:00am/Returns @ 11:30am

$14.00 payment due at time of pre-registration.
Deadline to pre-register is July 7th!

The bus will transport all participants to a location with an abundance of fresh cherries, ripe for the picking. Pails/belts will be provided. This activity is suitable for everyone. Join in the fun, and reap the healthy benefits of adding cherries to your diet.

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.

Photo Courtesy of pixabay.com

EAT WELL, CARE WELL.

CAPTIVATING CASSEROLES OR "HOT DISH"

If you have left overs and you are tired of eating the same old thing and want something different, casseroles are the way to go. There are endless options and you can use what you have on hand, in the fridge, pantry, freezer or garden. For example, if you have leftover baked chicken, why not try a new recipe such as chicken and dumpling casserole. You can find several more quick, healthy and delicious recipes at https://foodhero.org/recipes/healthy-recipes

If you are meal prepping or if someone asks how they can help you, casseroles can be made and froze to reheat later. Wondering whether to bake it, then let it cool and freeze it, or to freeze it as-is, before it goes into the oven. It depends on what's in it. If the casserole has raw protein (meat, poultry, seafood) in it, it should be completely cooked before freezing. If the protein is already cooked, you can freeze and cook later. Tip: Line the baking dish with enough aluminum foil so that there is overhang on all sides. When it is done cooking, let the casserole cool then remove it from the pan by lifting up the foil on both sides. Wrap up the casserole in the foil, then wrap it again in another layer or two of foil. Label the foil then store in the freezer until you're ready to reheat.

Whether you pre-cook the casserole or not, let is thaw overnight in the refrigerator before baking it in the oven for best results.

GWAAR Nutrition Team by: Gabrielle Lois UW- Stout Student 7-2022

Weekly Challenges

Find casserole recipes that interest you

Ask a Friend to Make a casserole for you

Make and Freeze a casserole

Visit FOOD-HERO.ORG

Reheat Casseroles at (325°F-350°F) for 20-30 minutes, or until hot throughout. If reheating from frozen state the time could be double.

CHICKEN AND DUMPLING CASSEROLE

Ingredients:

CHICKEN MIXTURE

3 Tablespoons vegetable oil

1 cup chopped each: **onion** (about 1 medium), **carrot** (about 2 small), and **celery** (about 2 stalks)

3 cups low-sodium chicken broth

3 Tablespoons flour

2 cups chopped cooked chicken

1 cup frozen peas (or whatever veggies you have)

1/2 teaspoon salt (optional)

1/4 teaspoon pepper

Rosemary, Thyme, and other herbs and seasonings to taste

DUMPLINGS

1 cup flour

2 teaspoons baking powder

¼ teaspoon salt

1 egg

⅓ cup 1% or nonfat milk

Instructions:

- Wash hands with soap and water. Preheat oven to 400 degrees F.

Chicken mixture: In a large skillet, add oil and heat over medium-high heat 350 degrees F in an electric skillet). Add onion, carrot, and celery; cook until soft.

- Add a small amount of unheated broth to the flour and stir until smooth. Slowly mix in remaining broth and add to skillet. Stir over medium heat as the mixture thickens.
- Add the chicken, veggies, and seasoning. Heat on low while making dumplings.

Dumplings: Mix the flour, baking powder, and salt in a mixing bowl. Add the egg to the milk and beat well. Stir into the flour until combined.

- Pour the chicken mixture into a lightly greased casserole dish. Drop dumpling dough by spoonful's onto chicken mixture (makes about 8 dumplings).
- Bake uncovered for 15 minutes or until the dumplings are golden brown.
- Refrigerate leftovers within 2 hours OR Freeze when cooled.

Recipes adapted from https://foodhero.org/recipes/chicken-and-dumpling-casserole

NUTRITION PROGRAM INFORMATION

Reservations are required 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—JULY

MONDAY	WEDNESDAY	FRIDAY
		Meatloaf Baked Potato Stewed Tomatoes Grape Salad Cheese Stick Roll 1
CLOSED FOR INDEPENDENCE DAY 4	Chicken Parmesan With Pasta Asparagus Fruit Parfait Garlic Bread Stick 6	Pork Chop Scalloped Potatoes Honey Carrots Melon Birthday Cake Bread 8
Cream of Broccoli Soup Egg Salad Sandwich on Wheat Bread Mandarin Oranges Cherry Pie Ala-Mode 11	Lasagna Steamed Corn Romaine Salad Fresh Fruit Garlic Bread 13	Cheeseburger with Lettuce, Tomato, and sliced Onion Potato Salad Three Bean Salad Watermelon 15
Taco Salad with Corn Chips Ground Beef, Tomato, Lettuce, Onion, Cheese, Sour Cream Fruit Ice Cream 18	Mushroom Swiss Burgers Mixed Veggies Baked Beans Fruit Brownies 20	Baked Chicken Sweet Potato Wedges Mixed Veggies with Cheese Fruited Jell-O with Topping Rice Krispy Bar Wheat Roll 22
Ham & Cheese Sandwich on Wheat Bread Chicken Vegetable Soup Fruit Salad Cole Slaw 25	Beef Tips with Mushrooms Egg Noodles Peas Fruit Yogurt Parfait Cookie 27	Spaghetti with Meat Sauce Parmesan Cheese Romaine Salad Fresh Fruit Garlic Bread Stick 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 JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Tuna Casserole Peas with Pearl Onions Fruit Cup Fresh Fruit Pistachio Torte Rye Bread 1
CLOSED FOR INDEPENDENCE DAY 4	Ham Au Gratin Potato Cauliflower Blend Vegetables Three Bean Salad Fresh Apple 5	Baked Ziti Romaine Salad Bread Stick Birthday Cake Orange 6	Cube Steak Brown Rice Mixed Vegetables Diced Peaches Pudding 7	Fish Sandwich With Cheese, Lettuce & Onion Coleslaw Banana Cookie 8
Vegetable Soup Egg Salad Sandwich with Lettuce Leaf Broccoli Salad Chocolate Pudding 11	BBQ Chicken on a Bun Potato Salad Cantaloupe Ice Cream 12	Stuffed Pepper Red Beans Steamed Carrots Peaches Cookie 13	Pasta Crab Salad With Tomato Cottage Cheese Tropical Fruit Rice Krispy Treat 14	Pork Chop Wild Rice Prince Charles Vegetables Fruit Cup Wheat Bread 15
Beef Stroganoff with Noodles Mixed Vegetables Three-Bean Salad Pudding with Fruit Roll 18	Sweet & Sour Chicken Brown Rice Egg Roll Oriental Veggies Mandarin Oranges 19	Polish Sausage on a bun With Sauerkraut Potato Salad Mixed Vegetable Yogurt Fruit Parfait 20	Vegetable Lasagna Green Salad Fresh Fruit Millionaire Pie Garlic Bread 21	Breaded Haddock Red Potatoes Malibu Veggies Cottage Cheese with Pineapple Cookie Rye Bread 22
Chef Salad with Chicken, Onions, Tomatoes, Cheese, & Egg Fresh Fruit Whole Grain Roll Sherbet 25	Chicken ala-King Steamed Peas Diced Pears Biscuit Yellow Cake with Pineapples & Whipped Topping 26	Grilled Chicken on a Bun Black Beans & Rice Malibu Blend Veggies Fruit Salad Chocolate Éclair 27	Spaghetti with Meat Sauce Green Beans Tossed Salad Fruit Fluff Whole Grain Texas Toast 28	Baked Cod Baked Potato Mixed Vegetables Melon Cheesecake with Cherries Whole Grain Bread 29

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