

April– May 2022

KEWAUNEE'S

AGING & DISABILITY RESOURCE CONNECTION

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What's Inside this Issue?

We Love Our Volunteers!	1
Meal sites/Volunteers/Tablet Rental...	2
Discussing Disability	3
Tips to Stimulate your Brain.....	4
Nutrition Exchange	5
Mother's day/Age My Way/ Severe Weather	6
A Healthier You	7
Staff Spotlight/Med A-D/Legal Info	8
Volunteer Spotlight	9
Caregiver Corner	10
Dementia Programing	11
ADRC Donation/ Thank you	12
April/May Calendar	13-14
April/May Events/Non-discrimination...	15
Pouring in Your Neighbors Cup	16
Prevention Programs	17
ESI/ Skin Cancer	18
Support Groups	19
Kewaunee & Algoma Library Info ...	20

Are You Moving? Would you like to subscribe?

If you are moving, would like to receive "The Aging & Disability Resource Connection" via mail or e-mail, are planning to be away or would like to be removed from the mailing, please contact, Jessica Manley at 1-877-416-7083.



Thank You
NATIONAL VOLUNTEER
MONTH – APRIL 2022

In 2021, our volunteers recorded 13,448.65 hours of service. From delivering meals to teaching classes, helping distribute the newsletter, to transporting seniors and the disabled to medical appointments, serving on our boards, and even more in between. If we had to pay them, the total would cost \$332,933.89 in wages.

We are so very thankful for each and every one of those hours and hope you know that we couldn't do any of this without you! We appreciate you. This community appreciates you. Those you serve appreciate you.

NOTHING SHINES BRIGHTER THAN A VOLUNTEER

ADRC Staff Listing

Wendy Hutterer
ADRC Director

Paul Hacker
Older Americans Act Program Manager

Melissa Konop
Information & Assistance Supervisor

Kim Novak
Business Services Manager

Kim Loose
Nutrition Program Coordinator

Ariel Yang
Dementia Care Specialist

Ann Habeck
Disability Benefit Specialist (those under 60 years old)

Angie Pietroske
Elder Benefit Specialist

Katrina Pratt
Information & Assistance Specialist

Katie Deprey
Information & Assistance Specialist

Lisa Van Remortel
Caregiver Specialist/ Administrative Support

Jessica Manley
Administrative Support

Kim Kracht
Administrative Support

Teri Schroeder
Administrative Support

Some staff work between our two office locations, but all can be reached by calling the ADRC at 1-877-416-7083.

KEWAUNEE COUNTY DINING SITES AND TIMES.

Algoma:
Youth Club
620 Lake Street
11:15am Mondays, Wednesdays, Fridays

Dyckesville:
St. Louis Parish Center
E8726 County Line Rd
11:15am Mondays

Casco:
Casco Housing
201 Wiesner Ave
11:15am Tuesdays

Luxemburg:
St. John Lutheran Church
700 Heritage Rd
11:15am Wednesdays

Kewaunee:
Kewaunee Senior Center - Community Congregational Church
502 Center St
11:15am Monday through Friday

To see the menu, please visit our website-
www.adrcofthelakeshore.com

Importance Notice

We would like to update you the impact of a nationwide supply chain and food product availability shortages. Disruptions are due to lack of availability of raw ingredients and labor to produce, unload, and transfer food products. Some food and/or beverage products normally provided to our senior meals may not be available or arrive as scheduled. Due to unforeseen circumstances, last-minute menu changes and product substitutions may occur. Be assured meals will continue to meet the nutritional standards for our senior meals. We ask for your patience and understanding as we do our best to continue to serve the seniors of our community.

Senior Nutrition Program
ADRC of the Lakeshore



The ADRC of the Lakeshore seeks your help with our Senior Nutrition Program! For a few hours a day you can help a homebound resident receive a nutritious meal they otherwise wouldn't receive! We are participating in a contactless delivery and have increased safety during the pandemic. If you would like to help or would like more information please call the ADRC of the Lakeshore at 1-877-416-7083 and ask for the Volunteer Coordinator today!

Tablet Rental

Tablet rentals are available for any ADRC customer, aged 60+, who does not own an electronic device allowing them to stay socially connected. There is a non-refundable fee of \$50.00 for a tablet rental period of 6 months. For an additional \$30.00 non-refundable charge, a 3-month extension can be requested and approved if no other customer is on the waiting list. Priority will be given to any ADRC customer wishing to utilize the tablet for ADRC programming. Please call the ADRC of the Lakeshore at 1-877-416-7083 for more information.



discussing disability

Ann Habeck – Disability Benefit Specialist

World Autism Awareness Day

For the past 15 years, World Autism Awareness Day has been celebrated on April 2nd. Each year, more is learned about Autism Spectrum Disorder. Here is some information to help be better informed on this World Autism Awareness Day:

What is autism?

Autism, or autism spectrum disorder (ASD), refers to a broad range of conditions characterized by challenges with social skills, repetitive behaviors, speech and nonverbal communication. According to the Centers for Disease Control, autism affects an estimated 1 in 44 children in the United States today.

We know that there is not one autism but many subtypes, most influenced by a combination of genetic and environmental factors. Because autism is a spectrum disorder, each person with autism has a distinct set of strengths and challenges. The ways in which people with autism learn, think and problem-solve can range from highly skilled to severely challenged. Some people with ASD may require significant support in their daily lives, while others may need less support and, in some cases, live entirely independently.

Several factors may influence the development of autism, and it is often accompanied by sensory sensitivities and medical issues such as gastrointestinal (GI) disorders, seizures or sleep disorders, as well as mental health challenges such as anxiety, depression and attention issues. Signs of autism usually appear by age 2 or 3. Some associated development delays can appear even earlier, and often, it can be diagnosed as early as 18 months. Research shows that early intervention leads to positive outcomes later in life for people with autism.

At any age– Many people who have milder forms of autism go undiagnosed until adulthood.

- Loss of previously acquired speech, babbling or social skills
- Avoidance of eye contact
- Persistence for solitude
- Difficulty understanding other people's feelings
- Delayed language development
- Persistent repetition of words or phrases (echolalia)
- Resistance to minor changes in routine or surroundings
- Restricted interests
- Repetitive behaviors (flapping, rocking, spinning, etc.)
- Unusual and intense reactions to sounds, smells, tastes, textures, lights and/or colors



Autism in Adulthood

- Over the next decade, an estimated 707,000 to 1,116,000 teens (70,700 to 111,600 each year) will enter adulthood and age out of school based autism services.
- Teens with autism receive healthcare transition services half as often as those with other special healthcare needs. Young people whose autism is coupled with associated medical problems are even less likely to receive transition support.
- Many young adults with autism do not receive any healthcare for years after they stop seeing a pediatrician.
- More than half of young adults with autism remain unemployed and unenrolled in higher education in the two years after high school. This is a lower rate than that of young adults in other disability categories, including learning disabilities, intellectual disability or speech–language impairment.
- Of the nearly 18,000 people with autism who used state funded vocational rehabilitation programs in 2014, only 60 percent left the program with a job. Of these 80 percent worked part-time at a median weekly rate of \$160, putting them well below the poverty level.
- Nearly half of 25-year– olds with autism have never held a paying job.

Research demonstrates that job activities that encourage independence reduce autism symptoms and increase daily living skills.

To learn more about Autism, find resources, or to find more ways to celebrate

World Autism Awareness Day, visit <https://www.autismspeaks.org/>

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Tips to Stimulate Your Brain

UNSCRAMBLE Create words from the scrambled letters that relate to music Try to use each letter.

- NMDAOLIN →
- RVITOOUS →
- OOSRPNA →
- YRICSL →
- RYHAONM →
- BTOORMNE →

Nutrition Exchange

with Alyssa Weber, RDN, CD

The Nutrition Exchange allows readers to submit nutritional questions to be answered by a Registered Dietitian. Questions can be mailed to the Aging & Disability Resource Center of the Lakeshore, Attn: Nutrition Exchange at 1701 Michigan Avenue, Manitowoc, WI 54220. We request that you include your name when submitting a question. All names will be kept confidential.

Dear Alyssa,

As I age I'm curious what nutrients are especially important for me?

***Sincerely,
Curious about Nutrients***

Dear Curious,

Eating right and staying active are important no matter what your age. As we get older our bodies have different needs, so certain nutrients become especially important for good health.

Calcium and Vitamin D

Adults older than 70 need more calcium and vitamin D to help maintain bone health than they did in their younger years. To meet these needs, select calcium-rich foods and beverages and aim for three servings of low-fat or fat-free dairy products each day. Other sources of calcium include fortified cereals and fruit juices, dark green leafy vegetables, canned fish with soft bones, and fortified plant-based beverages. Sources of vitamin D include fatty fish, such as salmon, eggs and fortified foods and beverages. If you take a calcium supplement or multivitamin, choose one that contains vitamin D.

Vitamin B12

Some adults older than 50 may not be able to absorb enough vitamin B12. Fortified cereal, lean meat and fish and seafood are sources of vitamin B12. Ask your doctor or a registered dietitian nutritionist if you need a vitamin B12 supplement.

Dietary Fiber

Eat fiber-rich foods to stay regular. Dietary fiber also may help lower your risk for heart disease and reduce your risk for Type 2 diabetes. Eat whole-grain breads and cereals, and more beans, peas, and lentils- along with whole fruits and vegetables which also provide dietary fiber.

Potassium

Consuming adequate potassium, along with limiting sodium (salt) intake, may lower your risk of high blood pressure. Fruits, vegetables, beans and low-fat or fat-free dairy products are all sources of potassium. Also, select and prepare foods with little or no added salt. Add flavor to food with herbs and spices.

Know Your Fats

Most of the fats you eat should be polyunsaturated and monounsaturated fats, which are primarily found in nuts, seeds, avocados, vegetable oils and fish. Choose foods that are low in saturated fat to help reduce your risk of heart disease.

Source: <https://www.eatright.org/health/wellness/healthy-aging/special-nutrient-needs-of-older-adults>





ADRC OF THE LAKESHORE

**MOTHER'S DAY
GIFT CERTIFICATES**

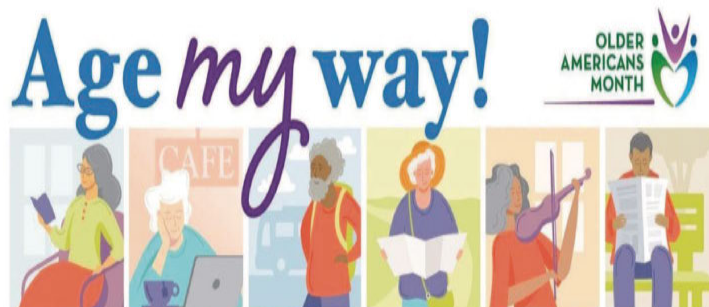
The ADRC of the Lakeshore Nutrition Program is pleased to present gift certificates for our meal program this Mother's Day! These are redeemable at the meal site or for those receiving home delivered meals. Contact our nutrition coordinator for purchase at (877) 416-7083 TODAY!

ADRC
Aging & Disability Resource Center
of the Lakeshore

The ADRC of the Lakeshore is proud to celebrate Older Americans Month

In 1963, Older Americans Month was established by President Kennedy, and through proclamation every May therein after, pays tribute and acknowledges the contributions, both past and current, of the older persons in our country.

Join us in honoring our communities older Americans!



From the desk of Tracy Nollenberg, WCEM
Kewaunee County Emergency Management Director

Severe Weather Awareness

Each spring, we encourage our residents to be prepared for Severe Weather in Kewaunee County. Daylight Savings was on March 13 and had us all setting our clocks an hour ahead. With that being done, it is a good time to review a few other things that need attending. Daylight Savings time is a good reminder to test our smoke detector (s) and to switch out the battery in it. This is also a good time to rotate our canned goods and water in our home preparedness kit, as well as change the battery in your weather radio. You will also want to take a peek at your travel emergency kit. Swap out any snack goods and water in there.

The first full week in April, is Severe Weather Awareness Week in Wisconsin, with the Statewide Tornado Drill set for April 7, 2022 for 1:45pm and again at 6:45pm. A phone call and a text message from Kewaunee County will be sent during this drill.

When it comes to being notified of severe weather, you want to have multiple ways for this. You may not live in an area that has outdoor emergency sirens or you may not be outdoors when sirens are sounded. Having a weather app on your phone is a great idea. Also, if not already signed up for Kewaunee County's mass emergency notification system you will want to do this at <http://www.kewauneeco.org> and look for the "Stay Informed" icon located at the lower left portion of the screen. Our Messages will be relevant to Kewaunee County. Examples of messages surrounding severe weather include storm shelters being opened, a number to call to notify of storm damages, roads that might be temporarily closed, and other similar types of messages. If you do not have a computer or need assistance, please call our office at (920) 845-9701.

A HEALTHIER YOU



Kewaunee
Health & Fitness

160 Terraqua Dr., Kewaunee, WI 54216

Get a jump start on your New Year's resolution to be a healthier you!

Yoga: Monday-Friday, 8:15 am

Water Therapy: Mon, Wed, Fri; 9:00 am

Silver Sneakers: Thursday, 9:30 am

Pickleball: Tuesday, 2:00-5:00 pm; Thursday, 12:45-2:45 pm; Saturday, 10-12 pm

Indoor Pool/Hot Tub/ Walking Track

Algoma Community Wellness Center

Please contact Algoma Community Wellness Center for confirmation on dates, times and programs available at 920-487-7001 ext. 4000 as changes may have occurred due to COVID 19. The Center is asking members to fill out a Google form before returning to the center.



Blood Pressure Screening:

Checked by Nurse Kari to assess risk factors dealing with your health. Be equipped with an action plan to decrease your risk of heart disease or stroke.

Virtual Chair Yoga:

Complete chair based exercises guided by a virtual instructor. Increase strength, power, flexibility, balance, and decrease depression, body fat, and pain.

Joyous Joints Hip & Knee:

Are you considering or have had a joint/hip replacement? Do you want to improve your joint's flexibility and keep your muscles strong? Continue doing the activities you love while experiencing less pain with Door County Medical Center.

Wellness Monday With Zach

Get up and get moving! Join Zach with a variation of bands, balls, and dumbbells. Switching between standing and seated chair exercises, this class is a great way to start the

On-Site Nurse Services:

Provided by Door County Medical. Utilize these FREE services for nutritional/health advice, blood pressure checks, etc.

Gentle Plus Exercise Class

Gentle + Exercise class is a great class for seniors who want to socialize with others and have fun. Participants will enjoy great music, balance, strength, & coordination exercises while either sitting or standing. After some classes we have a social time, with a speaker on how to boost your memory. We will have Elvis entertain us one day, and we're hoping to have some exciting Field Trips. Join us anytime to find out the details!

Luxemburg- Mondays at St. John Church, 700 Heritage Rd., Luxemburg

April 11, 18, 25 & May 2, 9, 16, 23 From 9am-10am

Rankin- Tuesdays at St. John's Church, Rankin, E5221 Church Rd, Algoma/Rankin

April 12, 19, 26 & May 3, 10, 17, 24 from 9am-10am

Contact Diane Dorner 920-609-2765 for more information.



STAFF SPOTLIGHT



Hello

My name is Kim Robertson. I have been working at ADRC for 1 ½ years as a meal site manager for Algoma. It is such a blessing to know you're helping people and to see smiles on their face on a daily basis. I am a mother of a beautiful daughter named Amber who was born with Down syndrome and has been my inspiration and is who has helped make me who I am today. I have 1 fur baby a Chihuahua named peanut. I love spending time talking and laughing with friends and family. My hobbies include drawing and painting and completing diamond paintings with my daughter. I also like puzzles and reading the bible.

Medicare: Parts A-D Presentation

Join us for an in person FREE Medicare Information Session!
For anyone new to Medicare Turning 65 soon or new to Medicare.



Kewaunee County Human Services, 810 Lincoln St. Kewaunee, WI 54216

Call to reserve a spot 920-683-4180 or 1-877-416-7083

Please note the format of session may change due to current safety needs or requirements.

Legal Information Available to Seniors

Seniors aged 60 or older who are residents of Kewaunee County and want to consult with an attorney to help them sort out legal issues may make an appointment with the volunteer attorney at the Aging & Disability Resource Center of the Lakeshore in Kewaunee. This service is scheduled for **May 23, 2022** from 9:00 a.m. until 11:00 a.m. To make an appointment, contact the Aging & Disability Resource Center toll-free at 1-877-416-7083. Appointments are available on a first come first served basis.

Seniors may request a one-half hour appointment with the attorney. During this time, they can explain their problem, go over any paperwork that they have related to the problem and ask questions about what the options are or where they can get more help. The attorney will meet with individuals confidentially and discuss the situation. **The attorney will not become "YOUR" lawyer nor will they be "representing" the person.** Rather the attorney will listen to the individual's concerns, ask relevant questions and then advise as to whether the problem can be addressed by some other individual, whether they need to see a lawyer in private practice or whether this is something the person can handle on their own. The Aging & Disability Resource Center of the Lakeshore's Benefit Specialist Program, in cooperation with local attorneys who are members of the Wisconsin Bar Association and the Elder Law Center of the Greater Wisconsin Agency on Aging Resources, Inc. are sponsors of the *Kewaunee County Elderly Pro Bono Project*. The attorneys from the Bar Association generously donate one-half day to talk with county elders about their legal problems.

* * Please note that the format of services may change due to current public safety needs or requirements. **



Many congratulations to Katie Haasch who volunteers for with the Memory Cafe in Algoma!

Katie got involved after she went through Dementia training at the library. She approached her director about having a memory cafe at their library in Algoma and saw it as an opportunity to provide a service to those who are dealing with dementia or working with someone with dementia. She said they wanted to create a safe place to provide resources and programming.

She says that she wishes people knew that Dementia and the Memory Cafe are not anything to be ashamed of. Dementia affects a lot of people. Working to understand those who are suffering helps them to have a better life.

Katie says she is patient and wants to remind everyone that we all forget things. She also adds that everyone needs help so volunteering, whether at the ADRC or your church, we could all use a little help these days. Volunteering is easy to do and you will feel a sense of accomplishment.

If you'd like to give back to your community just like Katie, please call the Volunteer Coordinator at the ADRC at (877) 416-7083 for more information today!

Volunteer Spotlight

Visit Our Website: www.adrcofthelakeshore.com | 9

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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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CAREGIVER CORNER

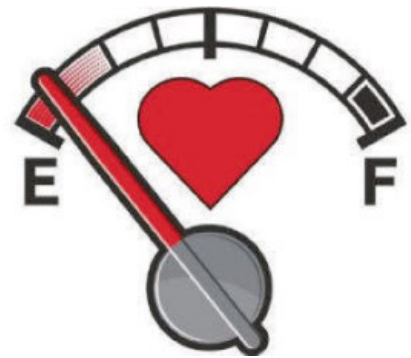
Recognize Caregiver Burnout

Providing care for an aging or disabled loved one might be one of the hardest jobs you will ever do. Assisting with daily cares such as dressing, grooming and bathing is physically challenging. Maneuvering through the maze of medical and social services can be trying and time-consuming. Watching your loved one lose his/her independence is emotionally difficult. And the changes in your personal, social and work life as a result of caregiving may leave you feeling confused, unhappy and frustrated. These stresses can pile up on even the strongest of individuals and negatively impact your physical and mental health.

It is important to recognize when the frustrations you are feeling go beyond your ability to manage and into what is often called **caregiver burnout**. When you can identify the warning signs of burnout and learn interventions to reduce stress levels, your caregiving tasks will be more manageable and enjoyable.

Here are some warning signs of Caregiver Burnout:

- Being on the verge of tears or crying a lot
- Feeling helpless or hopeless
- Overreacting to minor nuisances
- Feeling constantly exhausted
- Losing interest in or having decreased productivity from work
- Withdrawing from social contacts
- Increasing use of alcohol or stimulants
- Change in eating or sleeping patterns
- Inability to relax
- Scattered thinking
- Feeling increasingly resentful
- Being short-tempered with care recipient frequently
- Increasing thoughts of death



You may not always recognize the signs of burnout in yourself, but those close to you probably will. Be open to your friends' and families' feedback about how you are doing. Then heed the warnings to counteract burnout.

Once you have recognized that you are experiencing burnout you can try various things to help you cope. Here are some suggestions:

- Participate in a support network. Find family and friends whom you can share joys and frustrations with.
- Consult with a professional counselor for one-on-one counseling.
- Attend a support group to receive positive feedback and coping strategies from others in similar situations.
- Maintain good health by exercising regularly and eating a healthy diet.
- Take regular time out for journaling, meditating or contemplation.
- Stay involved in hobbies and activities you enjoy.

When you understand and acknowledge that caregiving may leave you feeling stressed and anxious you are better able to protect yourself against caregiver burnout. The most important thing you can do to prevent burnout and be an effective caregiver is to take care of yourself!

For more information on Caregiver Burnout and other caregiver issues, please contact the Aging & Disability Resource Center of the Lakeshore at 1-877-416-7083.

By Jane Mahoney
Older Americans Act Consultant
Greater Wisconsin Agency on Aging Resources

DEMENTIA 101 & 201 SERIES

An educational series on the topic of Dementia. Dementia is currently the sixth leading cause of death in the United States, with Alzheimer's being the most common cause of dementia among older adults. This disease is often difficult to understand and is a sensitive topic to discuss. Dementia 101 will discuss the differences between "normal aging" and more serious cognitive decline caused by diseases such as Alzheimer's. Dementia 201 will discuss how caregivers can handle different behaviors and symptoms of dementia. Attending both presentations is not required but strongly encouraged.

Dementia 101: Wed April 13, 2022 • Kewaunee Human Services
810 Lincoln St, Kewaunee, WI 54216

Thurs April 14, 2022 • ADRC of the Lakeshore
1701 Michigan Ave, Manitowoc, WI 54220

The time for all presentations will be from 1:00pm - 2:30pm



DEMENTIA 101

An educational course on the topic of Dementia. Dementia is currently the sixth leading cause of death in the United States, with Alzheimer's being the most common cause of dementia among older adults. This disease is often difficult to understand and is a sensitive topic to discuss. Dementia 101 will discuss the differences between "normal aging" and more serious cognitive decline caused by diseases such as Alzheimer's.

Dementia 101: Wednesday May 25, 2022
Algoma Public Library
406 Fremont Street, Algoma, WI 54201
Time: 11am-12:30pm

Please call the Aging and Disability Resource Center of the Lakeshore at 1-877-416-7083 to register or if you have any questions. The classes will be capped at 10 attendees, with later registrants added to a wait list. Future classes will be held based on interest.



Memory Cafés

Kewaunee Memory Café
...for those with Memory Loss
Every 3rd Wednesday
monthly from 10am- 11am
Located at Kewaunee Library
(822 Juneau St., Kewaunee)

Dates:
April 20th -
May 18th -

Algoma Memory Café
...for those with Memory Loss
Every 2nd Wednesday
monthly from 10am- 11am
Located at Algoma Library
(406 Fremont St., Algoma)

Dates:
April 13th -
May 11th -

April- "Spring Garlands":
We're making garlands to
decorate for springtime!

May- "Flower Planting": Here
come the May flowers! Ready
to get planting? We'll start our
own planters and see if
anything grows this summer!

Memory Cafés welcome those experiencing early stage Dementia, mild memory loss or cognitive impairment, and family and friends of those affected. It's a great opportunity for lively discussions, information gathering, refreshments, camaraderie, and lots of creative fun! We have a Dementia Specialist professional on hand to answer questions and an enormous wealth of experience among participants to be shared. We'd be delighted if you would join us! Call the Dementia Care Specialist at 1-877-416-7083 for more information.

I would like to make a contribution to the Aging & Disability Resource Center and Older Americans Act program.

I have included a donation in the amount of \$_____.

(Checks please, not cash, payable to Aging & Disability Resource Center. Receipt sent upon request.)

Please designate this donation in Memory or Honor of: _____

I give permission to acknowledge my donation in the "Thank You" column of "The Aging & Disability Resource Connection" publication: Yes ____ No ____

Name _____

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Please mail to: ADRC of the Lakeshore, 810 Lincoln St., Kewaunee, WI 54216



Peggy Seiler
in memory of
Jon Seiler &
Wanda Tarnoof

Thank you from
all of us at the
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If time doesn't work for you, contact us at:

DANISH VILLA: (920) 863-6643 or ALLEGIANT MANAGEMENT: 1-888-393-3282



Chad & Jennie Pavlat, Owners

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ADRC of the Lakeshore, Kewaunee, WI

C 4C 01-1407

April 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Happy Easter!

ADRC is Closed
SPRING HOLIDAY

Ruby's
PANTRY
8:30am

Pouring in Your Neighbor's cup -
9am-10:30am
Severe Weather Awareness week
statewide Tornado Drill -
1:45pm & 6:45pm

Pouring in Your Neighbor's cup -
4pm-5:30pm

Algoma Memory Café 10am-11am
Dementia 101-
1pm-2:30pm
ADRC Virtual Caregiver Support Group 1:15-2:45pm

Rankin Gentle Plus Exercise Class
9-10am

Luxemburg Gentle Plus Exercise Class
9-10am

General Caregiver Support Group
9:30am-11am

Kewaunee Memory Café 10am-11am

Rankin Gentle Plus Exercise Class
9-10am


Luxemburg Gentle Plus Exercise Class
9-10am

Alzheimer's support group 10am-11am

WCUB 980 AM @ 8:15am
Medicare A-D Presentation 3 - 4pm
Rankin Gentle Plus Exercise Class 9-10am

Luxemburg Gentle Plus Exercise Class
9-10am

May 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>1</div> <div>Luxemburg Gentle Plus Exercise Class 9-10am</div>	<div>2</div> <div>Luxemburg Gentle Plus Exercise Class 9-10am</div>	<div>3</div> <div>Rankin Gentle Plus Exercise Class 9-10am</div>	<div>4</div>	<div>5</div>	<div>6</div>	<div>7</div>
<div>8</div> <div>  </div> <div> <div>9</div> <div>Luxemburg Gentle Plus Exercise Class 9-10am</div> </div>	<div>9</div> <div>Rankin Gentle Plus Exercise Class 9-10am</div>	<div>10</div> <div>ADRC Virtual Caregiver Support Group 1:15-2:45pm Algoma Memory Café 10am-11am</div>	<div>11</div>	<div>12</div>	<div>13</div> <div>  </div>	<div>14</div>
<div>15</div> <div>Luxemburg Gentle Plus Exercise Class 9-10am</div>	<div>16</div> <div>Rankin Gentle Plus Exercise Class 9-10am</div>	<div>17</div> <div>Kewaunee Memory Café 10am-11am</div>	<div>18</div> <div>General Caregiver Support Group 9:30am-11am</div>	<div>19</div>	<div>20</div>	<div>21</div>
<div>22</div> <div>Luxemburg Gentle Plus Exercise Class 9-10am WOMT 1240 AM @ 9:30am ADRC Services</div>	<div>23</div> <div>Rankin Gentle Plus Exercise Class 9-10am</div>	<div>24</div> <div>Caregivers of Early Alzheimer's support group 10am-11am Dementia 101- 11am-12:30pm</div>	<div>25</div>	<div>26</div>	<div>27</div>	<div>28</div>
<div>29</div> <div>  </div>	<div>ADRC Closed 30</div>	<div>31</div> <div>WCUB 980 @ 8:15am- Volunteering</div>				

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April/May Events

Ruby's PANTRY

LUXEMBURG, WI POP-UP

\$22 Cash Donation **9:00 am-
10:30 am**
(or until food is gone)
April 9 Doors open at
May 14 8:30 am
(2nd Saturday of each month)

PANTRY

St. John Lutheran Church
700 Heritage Road,
Luxemburg

Everyone Who Gets Hungry
Qualifies! No Income or
Residency Requirements.
You will receive an abundance
of grocery items.

Title VI - Notice of Nondiscrimination to the Public

- Manitowoc County – ADRC of the Lakeshore The ADRC of the Lakeshore is committed to ensuring that no person is excluded from, participation in, denied the benefits of, or otherwise subjected to discrimination on the basis of race, color, national origin, disability, sex, age, religion, income status or limited English proficiency (LEP) in any and all programs, activities or services administered by the ADRC of the Lakeshore in accordance with Title VI of the Civil Rights Act of 1964 and related nondiscrimination authorities.
- Any person who believes they've been aggrieved by any unlawful discriminatory practice may file a complaint with the ADRC of the Lakeshore. For more information on the ADRC of the Lakeshore's civil rights program, and the procedures to file a complaint, contact 920-683-4180, (for hearing impaired, please use Wisconsin Relay 711 service); email Kimnoak@manitowocountywi.gov or visit our administrative office at 1701 Michigan Avenue, Manitowoc, WI 54220. For more information, visit <https://www.ADRCoftheLakeshore.com>
- A complainant may file a complaint directly with the Federal Transit Administration by filing a
- complaint with the Office of Civil Rights, Attention: Title VI Program Coordinator, East Building, 5th Floor-TCR, 1200 New Jersey Ave., SE
- Washington, DC, 20590. If information is needed in another language, contact 920-683-4180. Si se necesita informacion en otro idioma de contacto, 920-683-4180. Yog muaj lus qhia ntxiv rau lwm hom lus, hu rau 920-683-4180.



Prevention Program volunteer facilitators are improving the health and well-being of our community all while having fun and making a difference! Topics range from caregiving to falls prevention to empowering those with chronic conditions.

April 6th	April 7th
4:00-5:30 pm	9-10:30 am
Large Conference Room	Large Conference Room
(Public Health & Human Services)	(Public Health & Human Services)

ADRC of the Lakeshore | 810 Lincoln St. Kewaunee, WI 54216 | 877.416.7083



Extension
UNIVERSITY OF WISCONSIN-MADISON
KEWAUNEE COUNTY

Are you a caregiver?



Like many people, you may not realize you're a caregiver. You might think of what you do as simply helping someone important to you. If you do any of the following, the Powerful Tools for Caregivers workshop is for you:

- * Help someone with medication
- * Grocery-shop for or with someone
- * Take someone to the doctor visits and interpret medical instructions
- * Check on dietary needs
- * Manage cleaning, laundry and other household chores
- * Care for someone who doesn't live near you
- * Provide care or support for someone in your home, in theirs, or in a facility

What is Powerful Tools for Caregivers?

Powerful Tools for Caregivers is a six-week workshop that teaches you how to take care of yourself while caring for someone else. By taking care of your own physical, emotional, and financial needs, you become a better caregiver.

The workshop gives you tools to:

- * Reduce stress, guilt, anger, and depression
- * Manage your time, set goals and solve problems
- * Communicate effectively with the person needing care family member, doctors, and helpers as well as many more.

***If respite services are needed to attend, please inform us when registering.*

This class will be held virtually and in-person in Fall, 2022. You may choose which method works best for you. Call 1-877-416-7083 for more information or to be placed on our waitlist for the next class.

Don't let a Fall Keep You From Maintaining a Home



One in four people age 65 or older has a fall each year. Don't be one of them.

The next Stepping On Workshop begins:

Site: Kewaunee County Public Health/Human Services Building

Wednesdays beginning April 20th through June 1st from 9:30am - 11:30am

Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. Stepping On has been researched and proven to reduce falls by 30%.

In just seven weeks, you'll learn:

- ⇒ To identify and remove or avoid fall hazards in your home and outside
- ⇒ How vision, hearing, medication, and footwear affect your risk of falling
- ⇒ Strength and balance exercises you can adapt to your individual level
- ⇒ To get back on your feet the right way if you do fall.

Call 1-877-416-7083 for more information or to be placed on the Fall, 2022 waitlist.



Do you have an ongoing health condition that has kept you from doing things you want to do?

Living Well is a six-week workshop for adults of all ages who have one or more on-going health problems.

As many as 80% of older adults are living with at least one chronic condition, including asthma, arthritis, cancer, diabetes, depression, heart disease, high blood pressure, osteoporosis, pain and/or fatigue and others. People who took Living Well showed a 27% reduction in the average number of emergency department visits. Living Well helps you build self-confidence in your ability to manage your condition and take better care of yourself. You will get information and advice for:

- ♦ Healthy eating and nutrition: food label reading and meal planning
- ♦ Fitness exercise & fun!
- ♦ Stress and depression management
- ♦ Partnering with health provider
- ♦ Communication effectively with friends, family and your medical team
- ♦ Relaxation techniques

Call 1-877-416-7083 for more information or to be placed on our waitlist for our Fall, 2022 Class.





Meaningful Summer
Meaningful Summer
Meaningful Summer

Have Fun. Keep Cool. Meet Friends. Explore Summer!

Envision a summer of growing, learning and connecting with others.

Explore Summer is a fun-filled summer program that provides meaningful activities that are also fun and engaging. Participants will gain confidence and develop life skills as they explore their community through adventure packed activities. Those activities include:

- Bay Beach
- Wildlife Sanctuary
- Park visits
- Business tours
- Community volunteering
- Recreation opportunities
- Day Camping
- Museums

Reserve your spot today!

Please return all forms by May 20, 2022

We look forward to seeing you in June for a fun filled summer!

For More Information
Contact Kirsten / ESI
Ph: (920) 487-3541
Email: kirsten@esimpowers.com

Date
June 6—August 26

Program Time
9 am—3 pm

Individuals Served
Open to youth 15—21 years of age

Transportation
Transportation is available

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Individuals

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May is SKIN CANCER AWARENESS MONTH

Open to all age groups

Free spot checks by a
medical professional

Learn how to protect
your skin

Find out the danger
signs of skin cancer

**FREE Skin
Cancer
Screening**

Skin cancer is the most common form of
cancer. A skin cancer screening only takes a few
minutes and could save your life.

When: Saturday, May 7, 2022 from 8:30 am to Noon
Where: Prevea Luxemburg Health Center, 101 School Creek Trail, Luxemburg

Register by Calling the Kewaunee County Public
Health Department at 920-388-7160

Co-Sponsors:
Kewaunee County Public Health
Department and Prevea Luxemburg
Health Center

Masking and social
distancing will be required at
the screening.

18 | ADRC of the Lakeshore • Kewaunee, WI



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

DHS Approved 4/22/2021



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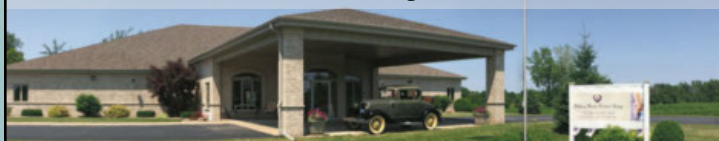
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fax: 920.845.5960 | cell: 920.495.5950 | helpingheartslc@yahoo.com

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ADRC of the Lakeshore, Kewaunee, WI

E 4C 01-1407

Support Groups

****We are currently offering in person, phone or virtual support groups. Please note that the format of the group may change due to current public safety needs or requirements.****

Caregiver Support Groups



In-Person Support Groups:

Caregivers of Early Stages Alzheimer's Support Group: 4th Wednesday of every month held from 10:00am - 11:00am at the ADRC of the Lakeshore (held in conjunction with Person's with Early Alzheimer's Support Group)

General Caregiver Support Group: 3rd Thursday of every month held from 9:30am-11:00am at St. John Lutheran Church, 700 Heritage Rd., Luxemburg

Virtual Support Group:

General Caregiver Support Group: 2nd Wednesday of each month from 1:15pm -2:45pm via Bluejeans online platform
*Registration required to receive Bluejeans online invitation

***Call 1-877-416-7083 for any further questions or for additional information.**

The ADRC of the Lakeshore Lending Library has added the following series of Teepa Snow - PAC educational DVD videos:

The Journey of Dementia
In-Home Dementia Care: Tips and Techniques
The Art of Caregiving
Challenging Behaviors in Dementia Care: Recognizing and Meeting Unmet Needs
Improving Communications in Dementia Care
It's All in Your Approach
Progression of Dementia: Seeing GEMS-Not Just Loss
Understanding Vascular Dementia
Understanding Frontotemporal Dementia
Lewy Body Dementia: What Everyone Needs to Know
Practical Tips for Better Living with Parkinson's Disease

Contact your Family
Caregiving Program Specialist
at 1-877-416-7083 to start
the lending process.



Volunteer Ombudsmen are needed and wanted to advocate for people living in local nursing homes.

The State of Wisconsin Board on Aging and Long Term Care has openings in the Volunteer Ombudsman Program for Northeastern Wisconsin.

Please consider applying for this volunteer opportunity to become a trained advocate for nursing home residents in your community.

For more information contact: Kim Verstegen, Volunteer Coordinator : 1-800-815-0015, e-mail BOALTC@wisconsin.gov



ADRC of the Lakeshore
810 Lincoln Street
Kewaunee, WI 54216

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KEWAUNEE'S April– May 2022

AGING & DISABILITY RESOURCE CONNECTION

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Algoma Public Library

The Algoma Library
is open to the public
Monday-Thursday 10am-7pm
Friday 10am– 6pm
Saturday 10 am-3pm
Do you want to get the most
updated programming
information? To receive a
copy of the monthly newslet-
ter or for more information on
programs please call
920-487-2295.

Kewaunee Public Library

Taste Tester's Cookbook

Club Tues., April 5 & May 3
at 4:00pm In person with a
demo & a recipe to share.

Page Turner's Book Club

Tues., April 12 & May 10
at 12:00pm By Zoom
discussing a book we pick
to read.

Senior Coffee Club

Thurs., April 21 & May 19
at 10:30am

For more information please stop in or call 920-388-5015

Kewaunee Library is open to full hours!

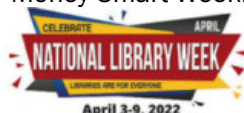
Monday– Thursday 10am-7pm

Friday 10am-6pm

Saturday 9am-1pm

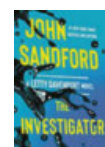
Sunday Closed

Join us for National Library week and
Money Smart Week!



New Releases

April



May

