

April-May 2022

MANITOWOC'S

AGING & DISABILITY RESOURCE CONNECTION

Sponsored By:



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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 or would like to be removed from the mailing, please contact, Olivia Delikowski 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 Manager

Melissa Konop
Information & Assistance Manager

Kim Novak
Business Services Manager

Kim Loose
Nutrition Program Coordinator

Ariel Yang
Dementia Care Specialist

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

Jessica Knippel
Elder Benefit Specialist

Jodi Linsmeier, Lori Edwards,
Julie Grosshuesch, Paul Kersten,
Stephanie Madson &
Lauren Daun
Information & Assistance Specialist

Becky Wasurick
Caregiver Specialist

Olivia Delikowski
Outreach Coordinator

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.

MANITOWOC COUNTY DINING SITES AND TIMES

Manitowoc:

Manitowoc Senior Center
3330 Custer St
Monday – Friday at 11:30 AM
**You do not need to be a member to attend*

Hmong Community Dining Site
First Presbyterian Church
502 N 8th Street
Thursdays at 11 AM

Kiel:

Kiel Community Center
510 Third Street
Monday–Friday at 11:30 AM

Two Rivers:

Two Rivers Senior Center
1520 17th Street
Monday–Friday at 11:30 AM
**You do not need to be a member to attend*

Reedsville:

Reedsville Manor Apartments
431 Madison St.
Monday, Tuesday & Thursday at 11:00 AM.

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



Our Home Delivered Meals program is in need of volunteers for various sites throughout the county. Below are the available sites and dates open. If you are able to give just 2 hours per day, you can change the life of a senior who is homebound by delivering a warm meal.

Manitowoc Senior Center: Monday–Friday 11 am–1 pm
Reedsville Meal Site: Substitutes Monday, Tuesday or Thursday 11 am–1 pm
Two Rivers Meal Site for the Mishicot Route: 11 am – 1 pm

“Volunteering is so rewarding and it is wonderful to talk to other people.” – LeRoy Stahl



Many congratulations to Karen Naidl who volunteers for with the Memory Cafe in Manitowoc!

Karen was invited several years ago by Mary Vallis and she thought it would be a great opportunity because her uncle had Alzheimer's. She says that she couldn't have imagined the joy it brings her. She says she comes home with more joy than she gives out - it's a fun morning for everyone.

She says that she wishes people knew what a rewarding experience it is to work with the memory cafe. It actually is a very small commitment but such a wonderful way to serve.

Karen says the memory cafe has had so many wonderful programs - how to be a beekeeper, the Cedar Crest Ice Cream, but she always enjoys seeing the joy on everyone's face when the Two Rivers High School Show Choir performs. A fun fact about Karen is that she was at the original Ice Bowl in 1967.

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

Volunteer Spotlight

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Thrive Locally



discussing disability

World Autism Awareness Day—Ann Habeck, Disability Benefit Specialist

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 way to celebrate

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

Going Beyond the Typical Spring Cleaning—Lexi Otis, Manitowoc County Public Health Educator

About this time each year, spring cleaning occurs in many homes. People start looking at items they no longer need or use, clean and disinfect those areas that have been neglected throughout the year, and purge items around the house that are old or broken. This year, The Manitowoc County Health Department encourages community members to add fire safety to their spring cleaning list.



Many individuals know to check their smoke alarms each month by pressing the “test” button on the outside of their alarms. What most don’t know, is that smoke alarms actually expire. The U.S. Fire Administration recommends replacing smoke alarms every 10 years. To check the manufacturing date of your alarm, simply remove the smoke alarm from the wall or ceiling and look at the back of the alarm for the date of manufacturing. If more than 10 years has passed, the alarm needs replaced. If less than 10 years have passed, simply put the alarm back in its place. Don’t forget about those fire extinguishers either! Most fire extinguishers are only good for 5-15 years after their manufacturing date. Most expirations dates are stamped onto the cylinder of the extinguisher or handle or printed on the plastic neck piece.

For individuals who are hearing impaired, we encourage you to add special alarms. There are alarms that include a strobe light that will alert someone to smoke. There are also devices that can be set up to shake someone’s bed at the sound of an alarm. Alarms provide early detection to possible fires that can help save lives.

Make sure you apply the spring cleaning philosophy of “Out with the old and in with the new” to your fire protection equipment. If you need assistance checking your equipment, please call our department at 920-683-4155 to talk about options that may be available to you.

Visit Our Website: www.adrcofthelakeshore.com | 5

Call us today for all of your questions:

- Medicare - Supplements, Advantage plans (Part C) & Prescriptions (Part D)
- Life Insurance/Funeral Trusts
- Annuities
- Marketplace/Short Term Medical



Kelly Anhalt-Koenig
(920)698-6304



Carrie Baumann
(920) 254-1611

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>



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 _____

Address _____

Phone No. _____

Please mail to: ADRC of the Lakeshore, 1701 Michigan Ave, Manitowoc, WI 54220



Betty Schuler
in memory of
Dale Schuler

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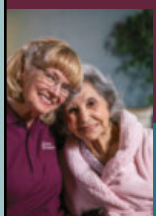
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Prevention Program Workshops

Stepping On

Stepping On is a falls prevention workshop that meets for 2 hours a week for 7 weeks. Trained leaders coach you to recognize your risk of falling and help you build the balance, strength and practical skills you need to avoid a fall.

Stepping On:

Site: Kiel Community Center

**Tuesdays beginning April 12th through May 24th from
1:30pm-3:30pm**

Living Well with Chronic Conditions is a 6-week workshop for adults of all ages who have one or more on-going health problems. The program focuses on helping you feel better, have more control, and do the things you want to do.



Living Well:

Site: St. Thomas the Apostle- Newton

**Thursdays beginning April 14th through May 19th from
9am-11:30am**

Powerful Tools Caregivers

Powerful Tools for Caregivers is a 6-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.

Powerful Tools for Caregivers

Site: ADRC of the Lakeshore

**Tuesdays beginning May 3rd through June 7th
1:00pm-3:30pm**

Call 1-817-416-7083 or 920-683-4180 to reserve your seat in a workshop now!!



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!

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!

Age my way!



Tips to Stimulate Your Brain

UNSCRAMBLE

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

1. NMDAOLIN →

2. RVITOOUS →

3. OOSRPNA →

4. YRICSL →

5. RYHAONM →

6. BTOORMNE →



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.



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

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.



Let's go!

As a reminder, we offer local rides to our Senior Dine-In Sites! In the cities of Manitowoc & Two Rivers, it's just \$1.50 round trip to head to lunch and enjoy conversation and camaraderie!

We also still offer out of county medical transportation for those needing to get to various doctor appointments.

Our rural residents can enjoy door-to-door service with one of our volunteer drivers at a minimal cost. If you're needing a trip to the grocery store, doctor's office or even your hair salon, there are options available!

Having a transportation disadvantage can be difficult for anyone - we continue to strive to provide assistance and options.

Please call our Mobility Manager at (920) 686-6977 for more information or to schedule your ride today!



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.



The Lions Club Loan Closet

Need a walker, wheelchair, commode or transfer bench temporarily? Or maybe you need it long term but you want to try before you buy. We are here for you! The Lions Club Loan Closet, run by the ADRC of the Lakeshore, has a variety of durable medical equipment available to rent. You even receive your money back if you return your item by the end of the rental program. This program is CASH ONLY and is located at our office on 1701 Michigan Ave, Manitowoc, WI. Call (877) 416-7083 for more information!

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Contact us today for a tour or more
information at **920.686.1797**
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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

Caregiver Support Groups



In-Person Support Groups:

Caregivers of Early Stages Alzheimer's Support Group: 1st Tuesday of every month held at 10:00am at the ADRC of the Lakeshore (held in conjunction with Person's with Early Alzheimers Support Group)

General Caregiver Support Group: 3rd Thursday of every month held at 2:00pm at the ADRC of the Lakeshore

Men's Support Group: 3rd Wednesday of each month at 9:00am-10:30am at the ADRC of the Lakeshore

Virtual Support Group:

General Caregiver Support Group: 2nd Wednesday of each month at 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.**

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DHS Approved 4/22/2021



Could a Medicare Savings Program Help You?

For many Medicare beneficiaries, it can be difficult to make your Social Security check stretch enough to buy groceries, medications, pay the electric bill, insurance bill, phone bill and rent. Do you worry about how you will pay your bills? Would an extra \$148 in the bank each month help? Perhaps the Medicare Savings Program can help you!

Medicare Savings Programs are designed to help people who have limited income and assets. If you are qualified, your Medicare Part B premium is paid for you. That is a savings of over \$148 per month! In certain cases, the deductible and co-pays are also covered.

In order to qualify for a Medicare Savings Program you need to meet income and asset guidelines. If you are single, your income must be less than \$1,449 per month with assets below \$7,970. If you are married, your income must be less than \$1,959 per month with assets below \$11,960. If you are anywhere close to these limits, call the Aging & Disability Resource Center and make a phone appointment, because some funds may not be counted toward that limit.

In addition, if you qualify for a Medicare Savings Program, you can also get a reduced premium and lower deductible and co-pays for your Medicare Part D insurance through a program called "Extra Help". That could save you more money each month on your prescription medications! For more information or assistance with benefits, please contact the Elder Benefit Specialists at the Aging & Disability Resource Center at 877-416-7083.



DID YOU KNOW?

77,222 SENIOR MEALS WERE SERVED IN 2021!

Our Meal Sites in Kewaunee and Manitowoc Counties certainly delivered last year and averaged 208 meals per day! Our volunteer force truly came through for us in 2021 and, as our needs continue to increase in 2022, we are looking for more drivers for our Home Delivered Meal Program! For more information on volunteering, please call our Volunteer Coordinator at (877) 416-7083 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.



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 Kimnovak@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,

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A Trip Down Memory Lane

There's no better way to remember the "good old days" than through food! Enjoy a vintage recipe found below!

BANANA CREAM PIE

Prepare 9-inch pastry shell. Combine $\frac{1}{2}$ cup sugar, 5 level tbbps. flour, and $\frac{1}{4}$ tsp. salt in top of double boiler. Add 2 cups milk slowly, mixing thoroughly. Cook over rapidly boiling water until well thickened, stirring constantly. Cook 10 min. longer, stirring occasionally. Stir small amount of hot mixture into 2 egg yolks, which have been slightly beaten; then pour back into remaining hot mixture while beating vigorously. Cook 1 min. longer. Remove mixture from heat and add 1 tbsp. butter or marg. & $\frac{1}{2}$ tsp vanilla. Cool. Peel and slice 3 ripe bananas into pie chell and cover immediately with filling. Top with meringue or sweetened whipped cream.

Ingredients


A prepared 9-inch pastry shell
1/2 cup sugar
5 level tablespoons flour
1/4 teaspoons salt
2 cups milk
2 egg yolks
1 tablespoon butter or margarine
1/2 teaspoon vanilla
3 ripe bananas



Method

Prepared 9-inch pastry shell. Combine 1/2 cup sugar, 5 level tablespoons flour, and 1/4 teaspoon salt in top of a double boiler. Add 2 cups milk slowly, mixing thoroughly. Cook over rapidly boiling water until well thickened, stirring constantly. Cook 10 minutes longer, stirring occasionally. Stir a small amount of hot mixture into 2 egg yolks, which have been slightly beaten; then pour back into remaining hot mixture while beating vigorously. Cook 1 minute longer. Remove mixture from heat and add 1 teaspoon butter or margarine and 1/2 teaspoon vanilla. Cool. Peel and slice 3 ripe bananas into pie shell and cover immediately with filling. Top with meringue or sweetened whipped cream.

April 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 Caregivers of Early Stages Alzheimer's Support Group 10 AM @ ADRC	6 Lakeshore Memory Café 10-11 AM	7	8 ADRC Virtual Caregiver Support Group 1:15-2:45pm	9
10	11	12	13 Virtual Caregiver Support Group 1:15-2:45 pm Call to register	14 Dementia 201 1:00-2:30 PM @ ADRC	15 Offices Closed SPRING HOLIDAY	16
17 <i>Happy Easter!</i>	18	19	20 Men's Caregiver Support Group 9 AM @ ADRC	21 General Caregiver Support Group 2:00 PM @ ADRC	22	23
24 	25	26 WCUB 980 AM @ 8:15 AM Medicare A-D Presentation 3 - 4pm	27	28	29	30

May 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Caregivers of Early Alzheimer's support group @ ADRC 10am-11am	4 Lakeshore Memory Café 10am-11am	5	6	7
8	9	10	11 ADRC Virtual Care- giver Support Group 1:15-2:45pm	12	13	14
15	16	17 Men's Caregiver Support Group 9 AM @ ADRC	18	19 General Caregiver Support Group 2 PM @ ARDC	20	21
22	23 WOMT 1240 AM @ 9:30 AM ADRC services	24	25	26	27	28
29	30 ADRC Closed 	31 WCUB 980 AM @ 8:15 AM Volunteering				



Who to Contact: Social Security or Medicare?

Sometimes it's confusing to know who to contact and for what. Social Security and Medicare offer related services, so people aren't always certain who does what. This "cheat sheet" can help.

Contact Social Security to:

See if you're eligible for Medicare;

Create a [my Social Security](#) account to do things like request a replacement Medicare card and report a change of address, name, or phone number;

Sign up for Medicare Part A (Hospital Insurance) and Medicare Part B (Medical Insurance);

Apply for Extra Help with Medicare prescription drug coverage (Part D) costs;

Report a death; and

Appeal an Income-Related Monthly Adjustment Amount (IRMAA) decision (for people who pay a higher Part B and/or Part D premium if their income is over a certain amount).

Find information on how to do all of this and more on Social Security's [Medicare](#) website.

Contact Medicare to:

See what services Medicare covers;

Get detailed information about Medicare health and prescription drug plans in your area, including costs and services;

Choose and enroll in a Medicare health or prescription drug plan that meets your needs;

Find a Medicare Supplement Insurance (Medigap) policy in your area;

Find doctors, health care providers, and suppliers who participate in Medicare;

Get information and forms for filing a Medicare appeal or for letting someone speak with Medicare on your behalf;

Compare the quality of care provided by plans, nursing homes, hospitals, home health agencies, and dialysis facilities; and view Medicare publications. Visit the [Medicare](#) website for more information on these services.

Lakeshore Memory Café!

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 the 1st Wednesday of the month from 10am-11:30am at the Manitowoc Public Library in the Balkansky Room. April's theme is: [Springtime Sing-Along: Come join us for a sing-along to welcome spring! We'll sing songs to bring you happy smiles. Don't worry—we'll provide the words for you!](#)

May's theme is: [Let the Sunshine In—Join us as we create our own shimmering and sparkling suncatchers!](#)

Call the Dementia Care Specialist at 1-877-416-7083 for more information.

Medicare 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.

**Manitowoc County Office Complex—
4319 Expo Drive Room 300**
**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.





ADRC of the Lakeshore
1701 Michigan Ave
Manitowoc, WI 54220

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April-May 2022

MANITOWOC'S

AGING & DISABILITY RESOURCE CONNECTION

Committee Members Needed

The ADRC of the Lakeshore is looking for individuals who would be interested in serving on our Transportation Coordinating Committee. This committee looks at transportation issues in Manitowoc County for the Older Adult population (age 60 & up) and the Disabled (both physical and intellectual disabilities) population (age 18 & up)



If you are interested in serving on either of these, please contact the ADRC of the Lakeshore, at 920-683-4180.