June-July 2022

MANITOWOC'S

AGING & DISABILITY RESOURCE CONNECTION

Sponsored By: ADRC Aging & Disability Resource Center of the Lakeshore

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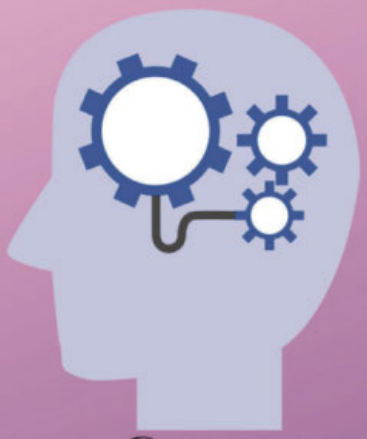
Are You Moving? Would you like to subscribe?

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.



Memory Screen Days

Get your FREE brain health check-up!
A memory screen is a wellness tool used to help identify possible changes in memory and cognition. It is not diagnostic, but can help direct people to address any concerns.
See below for a date and time that works best for you.
More locations may be available.
Please call the ADRC of the Lakeshore
at 1-877-416-7083 to register or for more information.

Thurs July 7 • 9am-12pm @ TR Senior Center
Thurs July 14, 2022 • 9am-12pm @ Manitowoc Senior Center
Wed July 20 2022 • 1pm-3pm @ Kewaunee ADRC of the Lakeshore

ADRC Aging & Disability Resource Center of the Lakeshore

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 & Jessica Manley
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*

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*

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

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 on 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

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: **Monday— Friday 10:15 am — 12:30 pm**

"Volunteering is so rewarding and it is wonderful to talk to other people." — LeRoy Stahl

"The people are so thankful." — Judy Colburn

"Whatever time and talents you have to offer are appreciated. Everyone is so grateful for anything you have to offer." — Patrick Gagne

Many congratulations to Marion and Laverne who volunteer for Home Delivered Meals.

Marion says that Laverne asked her to help her deliver meals and now the rest is history! One of them drives and one of them takes the meals to the person receiving them - a true team effort.

Both say that helping others is what they love the most about volunteering with the ADRC. Marion notes that the people are so thankful to receive these meals and Laverne loves seeing a smile on their faces.

Marion says there are some incredible people who are faithful in putting the meals together and it truly makes it so easy to volunteer. Both say to just try it if you're interested - you'll never regret helping others.

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

Volunteer Spotlight

Shady Lane

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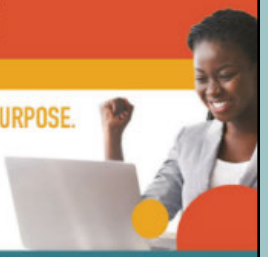

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anicholas@lpicommunities.com
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ADRC of the Lakeshore

1701 Michigan Ave, Manitowoc, WI 54220
Thursday, June 23rd from 9:30 AM - 11:30 AM
Thursday, June 23rd from 1 PM - 3 PM

ADRC Aging & Disability Resource Center of the Lakeshore

Join us! Experience the
WORLD-RENOWNED
VIRTUAL DEMENTIA TOUR®

Experience what it's like to live with dementia by walking in their shoes. This life-changing simulation teaches us how to provide better care.

For more details on the Virtual Dementia Tour or how you can attend this event, visit www.secondwind.org

Feel free to contact

ADRC of the Lakeshore at (877) 416-7083.
Registration is required!

Sign-up is on a first-come/first-serve basis and takes only 30 minutes.

Open to:
- FAMILIES
- CHURCHES
- FIRST RESPONDERS
- BUSINESS LEADERS
- COMMUNITY ORGANIZATIONS

VIRTUAL DEMENTIA TOUR®
YOUR WINDOW INTO THEIR WORLD

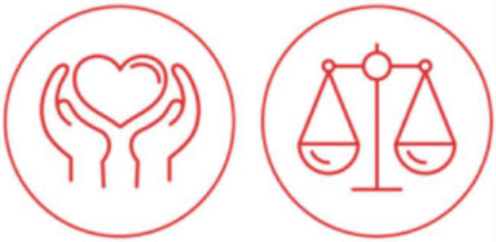
SECOND WIND DREAMS®

The Virtual Dementia Tour is an evidence-based, patented program designed to give people the opportunity to experience what dementia is like through an individualized, experiential tour.
Come learn how to make your community organization more dementia friendly!

Legal Information Available to Seniors

Seniors aged 60 or older who are residents of Manitowoc 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 Manitowoc. This service is scheduled for July 27, 2022 at the ADRC of the Lakeshore from 8:30 a.m. until 11:00 a.m with an attorney from the Steimle Birschback Law Firm. *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. **

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

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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,

Summer is here and I am worried about food safety in the hot weather. Is it ok to leave groceries in my car after I grocery shop? How do I keep food safe at a picnic or outdoor party?

Sincerely,
Concerned about Summer Food Safety

Dear Concerned,

This is a very important topic because according to the Centers for Disease Control (CDC) every year 1 in 6 Americans get sick and 3,000 die of foodborne disease caused from unsafe food handling. One can never be too cautious when it comes to food safety.

When grocery shopping, shop for cold and frozen foods last, right before you check out. If you are able to, place raw meats on the bottom rack of the grocery cart to prevent any raw meat juice from contaminating ready-to-eat foods in your grocery cart. When you are done grocery shopping drive right home and put your groceries away, do not leave them in your hot car while you run other errands. It is a good idea to take along a cooler and ice packs so you can place your cold foods inside the cooler after you leave the store. Once you get home, place perishable foods in the refrigerator or freezer immediately. Perishable foods should be refrigerated within 2 hours and if the outside temperature is above 90°F, refrigerate within 1 hour. If poultry and ground meat won't be used within 1-2 days it should be frozen, freeze other meats within 4-5 days.

If you will be grilling food for an outdoor party or picnic, wait to remove food from refrigeration until right before you will be cooking it. Make sure all meat is completely thawed before grilling to ensure even cooking. Safely thaw foods by either placing in the refrigerator, under cold running water, or in the microwave but only if you will be cooking immediately after microwave thawing.

If you will be transporting perishable food make sure it is on ice in a cooler and the temperature remains at 40°F or colder. Keep raw foods separate from ready-to-eat foods to prevent cross contamination. Keep the cooler out of direct sunlight and try to keep the lid closed as much as possible to keep the cold air inside.

Cook or grill foods to the proper temperature (see below) and hold them at 140°F or higher until served. Transfer cooked meats to a different plate than the one used to hold the raw meat. In hot weather food should not sit out for more than 2 hours, or 1 hour if the outside temperature is 90°F or higher. Refrigerate leftovers immediately.

Proper Cooking Temperatures

165°F for 15 seconds – Poultry, stuffed meats, stuffing containing meat; food cooked in the microwave; reheating of left-over foods.

155°F for 15 seconds – Ground raw beef, ground raw pork, injected meat.

145°F for 15 seconds – Fish, meat and pork, raw shell eggs.

135°F for 15 seconds – Cooking (reheating) commercially processed and packaged foods, cooking vegetables

By following these food safety tips you will have a fun and safe summer!

For more food safety information visit www.foodsafety.gov

Sources: www.foodsafety.gov, www.usda.gov

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

Thank you from all of us at the Aging and Disability Center of the Lakeshore for your generous donation! We are grateful to have your support!

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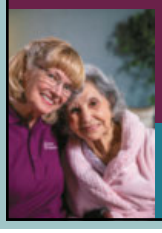

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What is a stroke?

A stroke happens when blood flow to the brain is blocked from a blood clot or a burst in a blood vessel. When our brain is deprived of blood it is also being deprived of oxygen. Brain cells can die within minutes without oxygen, so fast recognition of symptoms and treatment is crucial for retaining brain function.

Identifying Signs of a Stroke

Below is the basic **BE FAST** assessment that anybody can utilize to determine if an individual might be experiencing symptoms of a stroke:

Balance. Does the person have a sudden loss or change in balance or coordination?
Eyes. Is the person experiencing blurred vision, loss of vision, or double vision?
Face. Does the person have drooping on one side of the face? (Ask the person to smile.)
Arms. Have the person raise both arms? If an arm drifts downward, this could be a sign of a stroke!
Speech. Is the person slurring their speech or having difficulty speaking?
Terrible Headache. Is the person complaining of a terrible headache?

If the above symptoms are present, time to call 9-1-1!

Stroke Prevention

The best ways to prevent stroke include making healthy lifestyle choices and ensuring that any health conditions you may have are controlled. High cholesterol and high blood pressure both increase your chances of having a stroke. A diet low in fats helps keep your cholesterol low and a diet low in sodium helps lower blood pressure. Regular activity and maintaining a healthy weight are also important factors in preventing stroke. For adults, 150 minutes of moderate physical activity is recommended per week—this includes things like a brisk walk. Tobacco use and drinking too much alcohol also increase the risk of stroke. Ultimately, routine visits with your doctor and working with your health care team to ensure that you have had the appropriate stroke screenings and are taking the appropriate preventative measures are the best way to prevent a stroke.

Every minute spent delaying care can impair recovery and lead to long term health results or even death. Knowing the signs and symptoms of a stroke using **BE FAST** could save a life, even your own.

Kelsey Weaver, RN, BSN
Manitowoc County Health Department

Reference

Centers for Disease Control and Prevention. (2022, April 5). *About stroke*. Centers for Disease Control and Prevention. Retrieved April 25, 2022, from https://www.cdc.gov/stroke/about.htm

Farmer's Market Vouchers

ADRC Aging & Disability Resource Center of the Lakeshore

Beginning June 20th 2022, eligible individuals can visit one of our outreach sites or office locations to pick up Farmer's Market Vouchers.

Senior Farmers' Market Vouchers are offered to seniors to purchase fresh, locally grown fruits, vegetables and herbs from certified local farmers. The vouchers are provided by a grant from United States Department of Agriculture.

The ADRC of the Lakeshore will be stationed outside at each location underneath our blue ADRC canopy. Staff will assist with the application.

To be eligible, you must be 60 or older and fall within the income guidelines listed below

2022 Income Eligibility Table

Effective: **June 1, 2022** Based on 185% of the US DHSS **2022** Poverty Guidelines.

Use total gross income of ALL household members
- before taxes and deductions -

Household Size	Yearly	Monthly	Weekly
1	$25,142	$2,096	$484
2	$33,874	$2,823	$652
3	$42,606	$3,551	$820
4	$51,338	$4,279	$988
5	$60,070	$5,006	$1,156
6	$68,802	$5,734	$1,324
7	$77,534	$6,462	$1,492
8	$86,266	$7,189	$1,659

Pickup Times and Locations:

Manitowoc ADRC – 1701 Michigan Ave.
Monday, June 20th – 1pm-3pm
Wednesday, June 22nd – 1pm-3pm
Monday, June 27th – 1pm-3pm
Wednesday, June 29th – 1pm-3pm

Kewaunee ADRC – 810 Lincoln St.
Monday, June 20th – 10am-12pm
Wednesday, June 22nd – 10am-12pm
Monday, June 27th – 10am-12pm
Wednesday, June 29th – 10am-12pm

More outreach dates and locations are being planned. Please visit our ADRC website and Facebook page for more information coming soon!

STAFF SPOTLIGHT

Hello—my name is Teri Schroeder and I was employed with Manitowoc County for 28 years. I worked for the ADRC for 13 of those years until my retirement on May 2, 2022 as an administrative assistant.

It felt extremely rewarding to be able to help the customers that we serve. We offer many programs at our office.

I enjoy spending time with my family, my daughter, 3 grandchildren, and my 2 teddy bear fur babies. I also enjoy working in my yard, volunteering, traveling, babysitting and many other things.

The ADRC of the Lakeshore is excited to offer a

Hybrid Support Group

What does this mean?

Hybrid means you are able to join our Caregiver Support Group either virtually, or in-person, as it suits your personal schedule and comfort.

What will this look like?

When you join, you will be able to see all attendees, those physically in the room, and those on the computer. You will be able to talk, hear and converse easily with all members, no matter how you attend.

When is the Caregiver Support Group?

Caregiver Support Group is held the 3rd Thursday of every month from 2pm-3:30pm.

How do I join?

In-Person: No RSVP necessary- just show up!

Virtual: Call the ADRC of the Lakeshore to register and recieve your emailed link to join.

1-877-416-7083 or 920-683-4180

ADRC of the Lakeshore

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!

MMT MARITIME METRO TRANSIT

ADRC of the Lakeshore

Tips to Stimulate Your Brain

UNSCRAMBLE FARMING

In this brain teaser, the goal is to create words, from the scrambled letters, that are items related to farming. The solution uses every letter provided to make the word. Place one letter into each square.

1. PROC →
2. VAERHST →
3. WSO →
4. EEBRD →
5. RRAOCTT →
6. ANRHC →
7. RRLAU →

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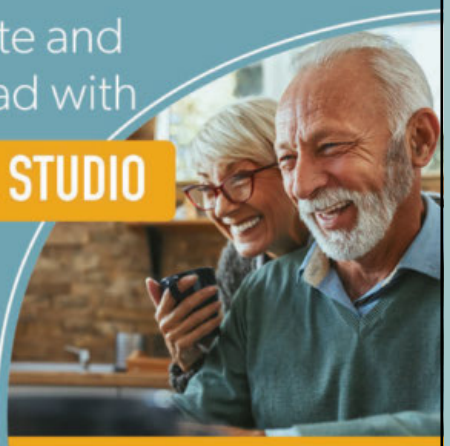

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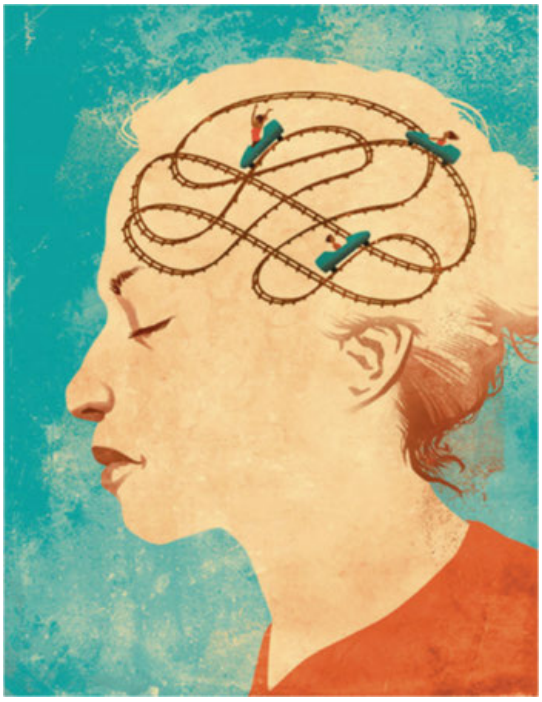
CAREGIVER CORNER

The Caregiving Rollercoaster



Caring for an older adult can sometimes feel like a rollercoaster ride. Much of the time you are filled with joy and pride as you spend time with your loved one. Then there are times when you feel overwhelmed and stressed by the challenges of caregiving. Guilt often follows. Then your loved one thanks you for all the work you do and you feel love and joy once more. These emotional ups and downs often occur during the course of one day. When you are caregiving, life becomes a rollercoaster ride that doesn't stop to let you off!

It is normal to experience a large array of emotions when providing care for a loved one. Caregivers who report higher levels of satisfaction have learned the skill of managing their negative emotions. They are also able to focus on all of the benefits of caregiving.

- Growing closer to their loved one as they spend time together
- Feeling enhanced self-worth for coping with a difficult situation
- "Repaying" their loved one who used to care for them
- Having an increased sense of purpose in their life and a sense of achievement

But no matter how positive a person is, negative feelings will still come around. The first step toward managing these feelings is to recognize them before they become problematic.

Some common emotions that creep up on caregivers are frustration, anger, fear and guilt. Some early warning signs of these feelings may be tension, headaches and increased impatience. As soon as you recognize negative feelings heading your way, step back and calm yourself before they take over. The following techniques can be helpful in keeping negative emotions at bay.

- Take some slow, deep breaths.
- Look at the event in a different way. Try to understand the other persons' perspective.
- Leave the room for awhile.
- Remember the good times.
- Participate in physical activity.
- Concentrate on the benefits and rewards of caregiving.

When you are calm again, think about what triggered the negative emotion and how it could have been avoided. You can use negative feelings as a catalyst for change. You may find you need more respite care, a change in routine, an outlet for emotional needs such as a support group or to distribute tasks to family members.

Negative emotions may not be pleasant, but they don't have to leave you full of anger and frustration. Learn to recognize the warning signs, calm yourself and initiate change to prevent it from happening again.

Life for a caregiver is like a rollercoaster ride, so buckle up and prepare for a thrilling ride!

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

Caregiver Support Groups

ADRC of the Lakeshore

In-Person Support Groups:

Caregivers of Early Stages Alzheimer's Support Group: 1st Tuesday of every month held from 10:00am-11:30am at the ADRC of the Lakeshore. This support group is for any caregiver caring for someone with dementia. (This group runs in conjunction with a support group for person's with dementia. Please call to speak with Ariel for any new members wishing to attend)

General Caregiver Support Group: 3rd Thursday of every month held from2:00pm-3:30pm at the ADRC of the Lakeshore. This support group is for any caregiver caring for someone over the age of 60 years.

Virtual/Hybrid Support Group:

General Caregiver Support Group: 3rd Thursday of every month held from 2:00pm-3:30pm via BlueJeans online platform. This virtual support group is held in conjunction with the in-person general caregiver support group. (See In-person listing)
*Registration required to receive BlueJeans online invitation.

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

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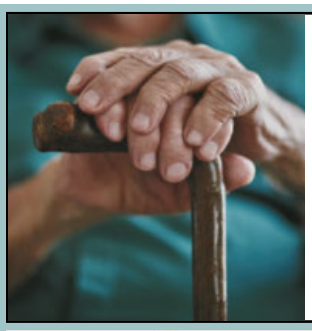

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DHS Approved 4/22/2021

Prevention Program Workshops

Stepping On is a workshop which will help you recognize your risk of falling and help you build the physical strength and practical skills you need to avoid falling.This workshop is proven to reduce your risk of falls by up to 50%.

Like many people, you may not realize you are at risk for being injured by a fall. You might think that falls only happen to frail, older adults, or that falls are a normal part of aging. Don't let these myths keep you from facing your fears and learning to prevent falls.

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.

Living Well with Chronic Conditions

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
- Communicating effectively with friends, family and your medical team
- Relaxation techniques

Powerful Tools for Caregivers is a six-week workshop that will help you cope with the challenges that come with your role as a caregiver. By taking care of your own physical, emotional, and financial needs, you become a better caregiver. A committed attendance to all six classes is highly recommended as each class builds upon the previous one.

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 paid helpers as well as many more.

Call 1-817-416-7083 or 920-683-4180 to be added to our wait list and reserve your spot for upcoming Fall Prevention Classes!

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.

ADRC of the Lakeshore

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@manitowoccountywi.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.

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2022-2024 Aging Plan Updates

Every three years, the Aging and Disability Resource Center (ADRC) of the Lakeshore creates a multi-year plan that helps guide the programs, services, and resources that work to improve and enrich the lives of the aging populations of both Kewaunee and Manitowoc Counties. The 2022-2024 Aging Plan was developed utilizing information gathered by the aging program specialists and coordinators, as well as information obtained through various community engagement efforts.

Goals that have been identified in our Aging Plan include continued Caregiver support, improving health and immunity through both education and providing immune healthy foods, diversity, increasing customer choice, disbursing Senior Farmers Market Vouchers and fresh produce to the homebound, and promoting the aging plan.

This article is the first of several steps to accomplishing the goal of promoting the Aging Plan for increased public awareness. In addition to appearing in this publication twice yearly, Aging Plan updates will be posted on the ADRC website and Facebook.

Provide Support to Caregivers: Our Caregiver Specialists have secured presentations designed to help caregivers transition out of the caregiver role. The Compassus Hospice has committed to provide a transition presentation in Kewaunee County in July, and the Sharon Richardson Hospice has committed to provide a transition presentation in Manitowoc County in the Fall of this year.

Improve Health and Immunity: As of April 1st, our Registered Dietician began identifying two immune healthy foods each month and highlighting these on the monthly menus distributed to meal recipients. Regular education is also being provided to our meal recipients on how food can benefit the immune system. Additionally, our Registered Dietician is working with our food vendors to ensure that immune healthy foods are incorporated into future menus.

Increase Customer Choice and Provide Options: Our Prevention Program staff is in the process of scheduling both an in-person and a virtual Powerful Tools for Caregivers class. An in-person class will be scheduled in the Fall and a virtual class will be scheduled for Winter.

Senior Farmers Market Vouchers and Produce to the Homebound: The Manitowoc County Corporation Council has given us the opinion that ADRC staff may serve as a proxy for recipients to receive Senior Farmers Market Vouchers. Our next step in this process will be contacting the USDA for confirmation of this opinion.

Keep an eye open for continued updates on the Aging Plan!

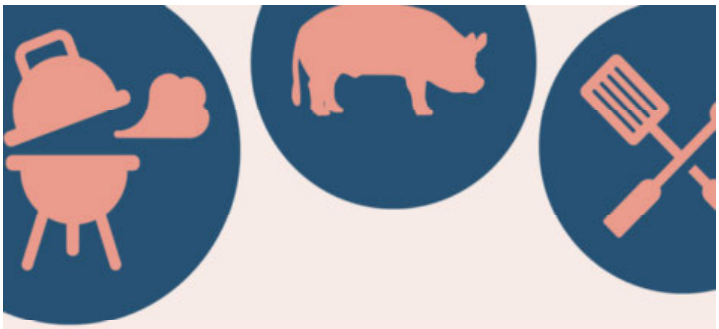
"Being a dad isn't easy, but when somebody does it right, it reminds the rest of us what a world-changing difference a good dad can make."
Andrew Blackburn

June 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7 Caregivers of Early Alzheimer's support group @ ADRC 10am-11am	8 Lakeshore Memory Café 10am-11am	9	10	11
12	13	14 	15 Men's Caregiver Support Group 9 AM @ ADRC World Elder Abuse Day	16 General Caregiver Support Group 2 PM @ ARDC	17	18
19 	20	21	22	23 Virtual Dementia Tour @ ADRC 9:30-11:30 AM & 1-3 PM	24	25
26	27	28 WCUB 980 @ 8:15 AM Farmers Market Vouchers	29	30		

July 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	ADRC CLOSED 4	5 Caregivers of Early Alzheimer's support group @ ADRC 10am-11am	6 Lakeshore Memory Café 10am-11am	7 Memory Screen Day 9 am—12 pm @ TR Senior Center	8	9
10	11	12	13 WOMT 1240 AM @ 9:30 AM Elder Benefit Services	14 Memory Screen Day 9 am—12 pm @ Manitowoc Senior Center	15	16
17	18	19	20 Men's Caregiver Support Group 9 AM @ ADRC	21 General Caregiver Support Group 2 PM @ ARDC	22	23
24 31	25	26 WCUB 980 AM @ 8:15 AM	27	28	29	30



FATHER'S DAY GIFT CERTIFICATES AVAILABLE NOW!

ADRC of the Lakeshore

The ADRC of the Lakeshore Nutrition Program is pleased to present gift certificates for our meal program this Father'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

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 my change due to current safety needs or requirements.

ADRC Aging & Disability Resource Center of the Lakeshore

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.

June's theme is: Beerntsen's Confectionary—Let's hear from our friends at Beerntsen's! Come join us for a time of history and reminiscing on this beloved local sweets shop. We might even share a treat!

July's theme is: Patriotic Bingo—Join us for a chance to win some prizes as we play Patriotic Bingo! Red, white and blue are the colors of the day! We'll celebrate America and Maybe you'll win a prize!

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

Manitowoc County Drug Disposal Program 2022

DIRECTIONS:

Remove pills from original container and put them in a sealed "ziplock" style bag that is quart size or smaller before placing in the drug drop box. Empty pill containers may be placed in your home recycling or trash. **Liquid, powder, and cream medications should remain in original bottles with caps tightened.**

YES

DROP:

- Unused and/or expired medications
- Over-the-counter medications
- Prescription medications
- Pet medications
- Controlled substances
- Supplements

NO

DO NOT DROP:

- Sharps (needles, syringes, lancets etc.)
- Chemical waste/mercury products
- Electronic glucose monitors
- Non-medical inhalers
- Personal care products (shampoo, etc.)
- Pill bottles or boxes

PERMANENT DROPBOX LOCATIONS:

Manitowoc County Sheriff's Office: 1025 South 9th St, Manitowoc, 8am-3:30pm M-F
Manitowoc City Police Dept: 910 Jay St, Manitowoc, 7:30am-4:30pm M-F
Two Rivers Police Dept: 1717 East Park St, Two Rivers, 8am-4:30pm M-F
Kiel Police Dept: 619 Paine St, Kiel, 7:30am-3pm M-F
Mishicot Village Hall: 511 E. Main Street, Mishicot, WI, open during Village Hall hours

Prevent drug abuse, overdose, and help keep our water supply clean!

ADRC of the Lakeshore
1701 Michigan Ave
Manitowoc, WI 54220

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June-July 2022

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