

AGING & DISABILITY RESOURCE CONNECTION

What's Inside this Issue?

- Senior Nutrition Program2
- Nutrition Exchange.....3
- Stepping Up Your Nutrition4
- How to Avoid a Scam.....5
- Caregiver Corner6
- Aging Advocacy Days / Free Cancer
Screening, Veterans Services7
- Emergency Management /
Sip & Swipe8
- Staff Spotlight9
- What's Happening at the ADRC 10
- Word Search..... 11
- Medicare A-D Presentation 12
- Protection from Identity Thieves 13
- Health & Wellness Workshops..... 14
- Support Groups 15
- Ask I & A / Harmful Links 16
- Volunteer Spotlight / Volunteer
Opportunities..... 17
- Older Americans Month 18
- Dementia Services 19
- Algoma/Kewaunee Libraries..... 20
- Food Pantries 21
- Recipe/Crossword Answer 22
- Staff Listing/Newsletter Sign Up/
Donations 23
- National Volunteer Month 24

Sponsored By:



The mission of the Aging & Disability Resource Center of the Lakeshore is to be a single source of information, assistance, and access to community resources for the aging population, people with disabilities, their families, and caregivers in the Kewaunee and Manitowoc County communities.

SENIOR NUTRITION PROGRAM

SENIOR DINING SITES

Senior Dining Sites are open to individuals age 60 or older and their spouse, regardless of their age. Limited government grants cover a portion of the meal costs. A contribution for your Senior Meals is appreciated, though no one is denied service due to inability to contribute. Guests under the age of 60 are required to pay the full cost of the meal. Kewaunee County residents are welcome at the dining site of their choice.

Reservations are required at least 24 hours in advance. Call the dining center where you will eat between 10:00 am and 12:00 pm. If the dining center is closed, call the Aging and Disability Resource Center of the Lakeshore at 1-877-416-7083. To view the menus, please go to www.adrcofthelakeshore.com, and click on Nutrition.

KEWAUNEE COUNTY

Community Congregational Church
502 Center Street
(920) 683-4180

Mon-Fri -11:15 am

LUXEMBURG

St. John Lutheran Church
700 Heritage Road
(920) 683-4180

2nd & 4th Wednesday - 11:30 am

HOME DELIVERED MEALS

Any of the following individuals are eligible to receive home delivered meals on a voluntary contribution basis.

A person aged 60 or older who meets the following requirements:

- The individual is incapacitated by reason of accident, illness, disability, frailty, or isolation;
- The individual is unable to obtain food and prepare adequate meals due to a lack of or inadequacy of facilities; an inability to shop, cook, or prepare meals safely; or a lack of appropriate knowledge or skill;
- The individual lacks the support of family, friends, neighbors, or another meal support service in the home or community; or
- The individual is unable to consume meals at a congregate dining location due to personal health reasons or other reasons that make dining in a congregate setting inappropriate.
- A spouse or domestic partner of a person eligible for a HDM as described above, regardless of age or condition, if screening concludes that participation is in the best interest of the older individual, or
- An adult with a disability who resides with an eligible HDM participant, if screening concludes that participation is in the best interest of the older individual.



**Are you or someone you know eligible for Home Delivered Meals?
Contact the ADRC today to learn more at 1-877-416-7083.**

Nutrition Exchange

with Alyssa Weber, Registered Dietitian, Certified Dietitian

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, Attention: 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,

My life is so busy I feel like I don't have time to prepare healthy meals. Can you give me some tips for making quick and healthy meals?

***Sincerely,
No Time for Healthy Eating***

Dear No Time,

You're not alone in feeling this way. Most people are so busy they barely have time to sit down. The good news is you DO have time to prepare healthy meals. Healthy does not have to equal complicated or time consuming.

Try to cook ahead. Designate one day of the week, like Sunday, to make a double batch of a recipe. Freeze half of it for a meal down the road. Eat the other half that week, you will probably have leftovers for at least two meals. Some good dishes to make ahead and freeze include chili or other soup, casseroles, and lasagna. Just remember to put the frozen meal into the fridge the day before you plan on cooking it to allow it to thaw safely.

Have you tried using your slow cooker or crock pot? This handy kitchen appliance is a life saver for busy people. Most people own one but forget to use it. Add all the ingredients to the crock pot in the morning, let it simmer all day and you'll have a hot meal waiting for you at the end of the day. Basic crock pot recipes include chopped up vegetables, meat, spices and some form of liquid (water, broth, etc.). There are cookbooks designated just for crock pot recipes. Check your local library!

Make sure your pantry is always stocked with the

essentials. It is hard to make a meal when you don't have any ingredients on hand. Frozen fish or meat is easy to thaw and grill or bake. Frozen vegetables make for a quick and healthy side dish or can be tossed into a pot of soup or casserole without any chopping or dicing. Canned pinto or black beans are a low cost, high protein addition to a taco or enchilada casserole.

Pre-washed and chopped salad mixes are great meals when you add a variety of fresh vegetables such as carrots, cucumbers, peppers, tomatoes, cabbage, and onions. To bulk up the protein content of the salad add diced hard-boiled eggs, canned tuna or salmon, baked chicken or turkey, nuts, seeds, and cheese. Top with a vinaigrette made with oil and vinegar and you have a healthy and satisfying meal.

Make a stir fry. I always seem to have random vegetables left in my fridge at the end of the week that I don't want to go to waste. Add them to a fry pan (a wok if you have one) with some oil and sauté until tender. Add some chicken, beef, or shrimp, a little soy sauce, and serve over whole grain brown rice.

Another idea to help use up those leftover vegetables is to make an omelet. There is nothing wrong with eating breakfast for dinner. Eggs are a great protein source, easily accessible, and easy to cook. Frozen vegetables also work well in an omelet. Just make sure you lightly steam frozen vegetables before added to your eggs or they will not be heated through.

I hope some of these ideas help you to realize that eating healthy does not have to be complicated or take a lot of preparation in the kitchen. Happy cooking!

STEPPING UP YOUR NUTRITION WORKSHOP

Malnutrition is a condition that can lead to muscle loss and dizziness, increasing the risk of falls. If you have two or more chronic conditions, you may be at risk of malnutrition.

This one-time, two-hour workshop is free, fun and interactive. Invite a friend, family member, caregiver, or come alone and make new friends!

Stepping Up Your Nutrition teaches you:

- How nutrition affects falls
- Why muscle matters
- How to get enough protein and fluid
- What you can do to eat better and improve your health and concentration.

For more information about the workshop or to register, please call 1-877-416-7083.



UPCOMING WORKSHOP

April 24, 2024

9:00 - 11:00 am

Kewaunee County Board Room
810 Lincoln Street, Kewaunee

How to Avoid a Scam



Four Signs That It's a Scam

1 Scammers **PRETEND** to be from an organization you know.



Scammers often pretend to be contacting you on behalf of the government. They might use a real name, like the FTC, Social Security Administration, IRS, or Medicare, or make up a name that sounds official. Some pretend to be from a business you know, like a utility company, a tech company, or even a charity asking for donations.

They use technology to change the phone number that appears on your caller ID. So the name and number you see might not be real.

2 Scammers say there's a **PROBLEM** or a **PRIZE**.



They might say you're in trouble with the government. Or you owe money. Or someone in your family had an emergency. Or that there's a virus on your computer. Some scammers say there's a problem with one of your accounts and that you need to verify some information.

Others will lie and say you won money in a lottery or sweepstakes but have to pay a fee to get it.

3 Scammers **PRESSURE** you to act immediately.



Scammers want you to act before you have time to think. If you're on the phone, they might tell you not to hang up so you can't check out their story.

They might threaten to arrest you, sue you, take away your driver's or business license, or deport you. They might say your computer is about to be corrupted.

4 Scammers tell you to **PAY** in a specific way.



They often insist that you can only pay by using cryptocurrency, wiring money through a company like MoneyGram or Western Union, using a payment app, or putting money on a gift card and then giving them the numbers on the back of the card.

Some will send you a check (that will later turn out to be fake), then tell you to deposit it and send them money.



Your Ethical Will: A Celebration of Your Life!

Written by Tracy Cinealis, Sharon S. Richardson Community Hospice

Unlike legal wills, ethical wills are not written by lawyers, but by you. Essentially, legal wills share who is getting the “material stuff” while ethical wills are a way to share with your family and friends your beliefs, life lessons, and hopes for the future.

In a study conducted by Ken Dychtwald, PhD, gerontologist, almost 80% people believe the most important issue concerning inheritance is sharing values and life lessons. That’s right, your loved ones are more interested in learning about your legacy than who gets the house, car, and savings (if there is any).

Creating an ethical will fills in knowledge gaps that links generations. It can convey feelings, thoughts and truths that are hard to say face-to-face, and affirm what others mean to you. Sometimes it can be a spiritual experience that provides a sense of completion to a specific stage of life. It can also help us come to terms with our own mortality and creates something of meaning that will live on after we are gone.

Some questions to consider: Where did your parents grow up? Were they born in a different country? How did they come to the USA? Were they sponsored? How did your parents meet? What was going on when you were born? What is the source of

your name? Which person in your family do you look like? Act like? Are there any lessons your parents or you have learned from good and bad experiences?

An ethical will takes themes from our past, present and future so we can share meaningful stories, lessons learned, regrets, personal values and beliefs, expressions of love and gratitude, apologies, hopes and dreams for the present and future generations, and even include requests and funeral plans. You can use photos, voice, music, film, websites, social media and/or writing to communicate your ethical will.

By thinking about your legacy and making an in-depth assessment of who you are and sharing it, you’ll be providing family and friends with a treasured gift that will resonate long after you are gone. It’s a gift so powerful that you can’t place a specific monetary value on it, but it’s surely worth its weight in gold!

If you would like more information regarding caregiver support, contact the Family Caregiver Specialists at the ADRC of the Lakeshore at 1-877-416-7083.

SAVE THE DATE: AGING ADVOCACY DAY 2024

Tuesday, May 14, 2024

Join us for the 8th annual Aging Advocacy Day!

Advocates from around the state will gather to help educate state legislators about issues affecting older adults and caregivers in Wisconsin!

Morning training at the Best Western Premier Park Hotel, 22 South Carroll Street, Madison and afternoon visits with your legislators/key staff members at the Wisconsin State Capitol.

We will also be working with local aging network partners to schedule and host follow up in-district meeting opportunities over the summer of 2024.

Make a difference. Let your voice be heard.



Contact: Janet Zander
1414 MacArthur Rd, Madison, WI 53714
Janet.zander@gwaar.org | (608) 228-7253

#WIAgingAdvocacyDay #WIAAD24

FREE Skin Cancer Screening

Saturday, April 13, 2024
8:30 am to Noon

Prevea Health Center
101 School Creek Trail
Luxemburg

- ✓ Open to all age groups
- ✓ Free Spot checks by a medical professional
- ✓ Find out the danger signs of skin cancer and how to protect your skin

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

Co-Sponsors:
Kewaunee Co. Public Health Dept.
Prevea Health, Luxemburg

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

Kewaunee County Veterans



Kewaunee County Veterans Service Office would like to extend our personal thanks to our local heroes for their service and sacrifice to our Country. Our mission is to assist our Veterans and their families in connecting with their earned benefits. Call your CVSO and go over all your benefits you may be entitled to.

The signing of the PACT ACT established presumptive conditions for Gulf War and Post 9/11 Veterans. It also added new presumptive conditions and locations where Agent Orange was used.

BENEFITS TO APPLY FOR:
DISABILITY COMPENSATION CLAIMS
WARTIME SERVICE PENSION
SURVIVOR BENEFITS
EDUCATION BENEFITS
and many more....

Our office has 2 laptops that can be used by veterans for personal use, however you cannot take them home.

810 Lincoln St
Kewaunee, WI 54216
Open Mon-Fri
8a.m. to 4:30p.m.



County Veteran Service Officer
Nathan Thomas
Phone: (920) 388-7198
Fax: (920) 388-7139
Email: cvso@kewauneeeco.org

Veterans should be checking on their benefits at least once a year. Call today!

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

Spring Weather Starts Off With the Statewide Tornado Drill

Spring time is nearing and with that are tasks that we do annually, like change your battery in your smoke detector and your NOAA Weather Radio, check your carbon monoxide tester, and check your fire extinguisher(s).

Did you know that the smoke detector should be replaced at least every 10 years, a carbon monoxide tester should be replaced every 5 to 7 years, and your home fire extinguisher, if it is disposable (non-rechargeable), should be replaced every 10 years along as well?

April is the start of Severe Weather Awareness, making sure you have multiple ways to be notified in the event Severe Weather is headed your way, having a NOAA weather radio can provide that! The week of April 8, 2024 is Severe Weather Awareness Week. The Statewide Tornado Drill is scheduled for Thursday April 11 with a backup date of Friday, April 12. Kewaunee County will be participating with sending out text messages using the Kewaunee County Mass Emergency Notification System as 1:45pm and then again at 6:45pm for residents to check their emergency supplies and to know what their safety

plan is. Follow Kewaunee County Emergency Management on Facebook for more information as that date gets closer.

When it comes to severe weather in our area, have multiple ways to be kept informed. Not everyone is outside when an outdoor emergency siren is sounded, which is a signal to go inside and tune into your radio or TV for more information. It is a great idea to have a weather app on your phone. It does not matter which one, pick the news channel you prefer. If not signed up for Kewaunee County's mass emergency notification system you will want to do this at <https://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 could include storm shelters being opened, a number to call to notify of storm damages, roads that might be temporarily closed, heating or cooling sites being opened, and other similar types of messages. Other types of messages for non-severe weather include: chemical spill, incident occurring at Point Beach Nuclear Plant, boil water advisory, or other non-weather related type message. If you are not already set up in our notification system and do not have a computer or need assistance, please call our office at (920) 845-9701 and we will be glad to assist you.



Sip & Swipe

Learning technology can be a daunting task. Do you know someone who struggles with the basic understanding of technology?

The Aging and Disability and Resource Center offers a two-session workshop for an introduction to technology called "Sip and Swipe".

Someone you love just might enjoy a small workshop to learn about technology.

Wednesdays, June 12 & June 19

9:30 - 11:30 am

ADRC of the Lakeshore, 810 Lincoln Street, Kewaunee

RSVP by May 29 at 1-877-416-7083

**THIS WORKSHOP IS FOR BEGINNERS IN TECHNOLOGY.
DEVICES ARE PROVIDED.**

Staff Spotlight: Anne Spieker - Family Caregiver Specialist

How long have you worked for the ADRC? Why have you chosen this career path? I started August 28th. The reason I chose to work for the ADRC is because I had a neighbor lady who was struggling on her own and I became her unofficial Caregiver. I loved her dearly. I have been an advocate for the ADRC and all they provide since I was a Director for Brightstar Care out of Racine. I believe in what we do here because we provide great guidance, support and resources.

What is the best part of your job? Seeing the face of a caregiver when I give them the exact answer, tool, or support they need to keep going.

What has been your most rewarding experience working with the ADRC of the Lakeshore? Helping caregivers feel stronger during their time of need.

What might someone be surprised to know about you? I am in love with animals. Been pet sitting since 2008 and have over 56 five star ratings. Animals get me, lol.

What is a secret talent no one knows about? I am a published author with one book on Amazon, titled Hologram of the Soul and, more to come. I make wool mittens out of wool sweaters and have sold them as far as Sweden and the Pacific Northwest. I ride my bike up to 45 miles a week in nice Wisconsin weather.



ADRC of the Lakeshore

TO REGISTER FOR A WORKSHOP, CALL 1-877-416-7083.

- April 3** **Lakeshore Memory Café:** 10:00-11:30 am - Spring Craft
Manitowoc Library, Balkansky Room (See page 19 for details)
- April 5** **Stepping On:** 9:30-11:30 am—Kewaunee County Health & Human Services, Lower Level
(See page 14 for details) Registration required.
- April 13** **Free Skin Cancer Screening:** 8:30-12:00 pm
Prevea Health Center, Luxemburg (See page 7 for details). Registration required.
- April 15** **Sip & Swipe:** 9:30-11:30 am
ADRC of the Lakeshore. (See page 8 for details) Registration Required.
- April 18** **Family Caregiver Support Group:** 9:30-11:00 am
St John's Lutheran Church, Luxemburg (See page 15 for details)
- April 24** **Stepping Up Your Nutrition:** 9:00-11:00 am
Kewaunee County Board Room (See page 4 for details)
- April 24** **Early-Stage Support Group:** 10:00-11:00 am
ADRC of the Lakeshore (See page 15 for details)
- April 30** **ADRC on the Radio:** 8:15 am - WCUB 980 Breakfast Club
Topic: Volunteers
- May 1** **Lakeshore Memory Café:** 10:00-11:30 am - Sing-A-Long
Manitowoc Library, Balkansky Room (See page 19 for details)
- May 8** **ADRC on the Radio:** 9:30 am - WOMT Be My Guest
Topic: Disability and Elder Benefit Specialists
- May 16** **Medicare A-D** - 3:00-4:00 pm
ADRC of the Lakeshore (See page 12 for details) Registration Required.
- May 16** **Family Caregiver Support Group:** 9:30-11:00 am
St John's Lutheran Church, Luxemburg (See page 15 for details)
- May 20** **Bingocize:** 10:00-11:00 pm
ESI, formerly East Shore Industries (See page 14 for details). Registration Required.
- May 22** **Early-Stage Support Group:** 10:00-11:00 am
ADRC of the Lakeshore (See page 15 for details)
- May 22** **Dementia 201:** 10:00-11:00 am
Kewaunee County Board Room (See page 19 for details) Registration Required.
- May 27** **Pro Bono Project:** 9:00-11:30 am
ADRC of the Lakeshore . Registration Required.
- May 28** **ADRC on the Radio:** 8:15 am - WCUB 980 Breakfast Club
Topic: Transportation
- June 12** **Sip & Swipe:** 9:30-11:30 am
ADRC of the Lakeshore. (See page 8 for details) Registration Required.

40 States

F M I C H I G A N U H A W A I I Y A N P
 L K O R N L C O L O R A D O A K I E O E
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Word List:

ALASKA
 ARIZONA
 MINNESOTA
 ILLINOIS
 OHIO
 KENTUCKY
 OKLAHOMA
 DELAWARE
 NEVADA
 WASHINGTON

ARKANSAS
 ALABAMA
 INDIANA
 PENNSYLVANIA
 FLORIDA
 MONTANA
 TEXAS
 IDAHO
 OREGON
 MISSOURI

CALIFORNIA
 MASSACHUSETTS
 MARYLAND
 WYOMING
 IOWA
 NEBRASKA
 TENNESSEE
 HAWAII
 VERMONT
 GEORGIA

COLORADO
 MICHIGAN
 WISCONSIN
 LOUISIANA
 KANSAS
 CONNECTICUT
 UTAH
 MAINE
 VIRGINIA
 MISSISSIPPI

Answers on page 22

JOIN US FOR A FREE
**Medicare A-D
Presentation**

**THURSDAY, MAY 16
3:00-4:00 PM
KEWAUNEE COUNTY ADRC**



REGISTRATION IS REQUIRED CALL 1-877-416-7083

**NEXT PRESENTATION:
THURSDAY, JULY 11, 2024
KEWAUNEE COUNTY ADRC**



Protect Yourself from Identity Thieves

By Mark Majestic, Associate Commissioner,
Office of Program Integrity

Identity theft is when someone uses your personal information to impersonate you or steal from you.

Did you know the consequences of identity theft are not just financial?

These crimes have significant effects on relationships at work and home.

They impact physical, mental, and emotional health and lead to lost opportunities for victims that are often hard to measure.

Types of Identity Theft

There are 2 types of identity theft you should be aware of:

- Thieves stealing your data, physically or digitally, without contacting you directly.
- Thieves contacting you directly and convincing you to provide sensitive information. In these instances, you may never know how the thief got your information.

How Identity Thieves Use Your Information

Identity thieves steal personal information like your name, address, credit card or bank account numbers, Social Security number (SSN), and medical insurance account numbers. They use this information to:

- Buy items with your credit cards or bank accounts.
- Obtain new credit cards or accounts in your name.
- Use your SSN to get a job.
- Open phone or utility accounts in your name.
- Steal your tax refund.
- Use your health insurance to obtain medical care.
- Pretend to be you if they are arrested.

How to Spot Identity Theft

To spot identity theft:

- Keep track of your mail for missing bills or other documents.
- Review your credit card and bank statements for unauthorized transactions.
- Obtain and review your credit reports regularly to



make sure they do not include accounts you have not opened.

Ways to Prevent Identity Theft

While no plan is perfect, taking the precautions below can help you better protect your personal information:

- Protect documents that have personal information.
- Ask questions before giving out your SSN.
- Protect your personal information online and on your phone by using a strong password and adding multi-factor authentication when offered.
- Safeguard your information on social networks.

What to Do if You Believe Someone Has Stolen Your Identity

- Report fraud to the company where it occurred.
- Contact a credit bureau to place a fraud alert on your credit report.
- File a complaint with the Federal Trade Commission.
- File a police report.
- For more information about how to protect your SSN from identity thieves, read our publication, "Identity Theft and Your Social Security Number". Please report suspected Social Security imposter scams — and other Social Security fraud — on the OIG's website.

It's important to protect yourself against identity theft because it can damage your credit status. Repairing this damage can cost you a great deal of time and money.

HEALTH & WELLNESS WORKSHOPS

The ADRC offers evidence-based health and wellness workshops through partnerships with local hospitals, clinics, senior centers and fitness centers. These health and wellness workshops reduce emergency room visits, hospitalizations and overall health care costs.



Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. 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.



Powerful Tools for Caregivers is a workshop which focuses on ways to take care of yourself, identify and reduce personal stress, communicate feelings, needs and concerns and master caregiving decisions while caring for someone else.

By taking care of your own physical, emotional, and financial needs, you become a better caregiver. This class meets 2.5 hours a week for 6 weeks.

**If respite care is needed, please contact the ADRC at least one month prior to the start of the workshop to make arrangements.*

New in 2024!



Bingocize is a 10-week health promotion program that combines the game of Bingo with exercise and health information. This is a great way to get moving, socialize, and win some fun prizes.

Participants meet twice a week for about an hour to play a few games of bingo and learn and engage in various exercises.

Throughout the program, participants should see improvement in the following areas:

- Mobility and Independence
- Cognitive Functioning
- Range of Motion
- Upper and Lower Body Strength

SCHEDULED WORKSHOPS

Contact us to be added to our call list and be notified when a new class begins.

Bingocize:

Mondays & Wednesdays, May 20 - July 29 | 10:00 - 11:00 am
ESI (formerly East Shore Industries)
813 Rabas Street, Algoma, WI

Stepping On:

Thursdays, September 12 - October 24 | 9:30 - 11:30 am
St. John Lutheran Church
700 Heritage Road, Luxemburg

Powerful Tools for Caregivers - Virtual

Tuesdays, Sept. 24 - Oct. 29 | 2:00 - 3:30 pm
Via Microsoft Teams. Link provided upon registration.



CALL THE ADRC TO REGISTER FOR WORKSHOPS: 1-877-416-7083.

Our workshops are free, but a suggested \$10 contribution does cover supplies. Please note that workshops will be canceled if the minimum number of participants is not met one week prior to the start date.

ADRC of the Lakeshore Kewaunee County Support Groups

EARLY-STAGE CAREGIVER SUPPORT GROUP

Fourth Wednesday of each month
10:00 –11:00 am
ADRC of the Lakeshore

**Note: Starting July 2024, meeting will change to
the second Wednesday of the month.**

Each meeting will host two groups simultaneously in separate meeting rooms: One group for individuals affected by dementia and/or memory loss (early stage). One for the family caregivers of individuals affected by dementia.

Please RSVP by calling 1-877-416-7083.
(Assessment necessary prior to first session.)

FAMILY CAREGIVER SUPPORT GROUP

Third Thursday of each month
9:30 - 11:00 am
St . John Lutheran Church
700 Heritage Road, Luxemburg, WI
Or virtually via Microsoft Teams.

This is an opportunity for caregivers to meet other caregivers, share their experiences, and gain support in providing care for your loved ones.
Attend in-person or virtually.

Call 1-877-416-7083 for virtual invitation. No
RSVP required for in-person attendance.

Ask I&A

“Ask I&A” provides our Information and Assistance Specialists’ most commonly asked questions, and their answers. Our hope is by sharing, we are able to help others struggling with the same questions.



Dear Information and Assistance Specialist,

Question: What is a Medicaid asset assessment and when it is needed?

Medicaid is a publicly funded health insurance that can cover the costs of health-related care for qualifying individuals. This can include funding for a nursing home, assisted living facility, or care services for a person living in their own home or apartment. Medicaid sets certain asset limits, with specific limits for a married couple. An asset assessment is required for someone who is married and may need public funding to help pay for the costs of their care. This process involves submitting an application and supporting documentation to the county’s Economic Support unit to determine the married couple’s current value of their assets. Assets may include bank balances, investments and retirement accounts, real estate property, registered vehicles, and more. Once the process is complete, the married couple is notified of the current value of their countable assets and the asset limit they must reach in order to be financially eligible for Medicaid. Sometimes, the couple must pay out of pocket for care services and other expenses until they reach the determined asset limit. This is known as a “spend down.”

For more information on Medicaid asset assessments, call the East Central Income Maintenance Partnership at 1-888-256-4563. The ADRC of the Lakeshore can provide basic guidance on this process and, in some situations, is the starting point for having an asset assessment completed. Some married couples also choose to consult with a legal professional on this matter, such as an estate planner or elder law attorney.

Scammers hide harmful links in QR codes to steal personal information

- Inspect the URL before clicking
- Keep your phone’s OS up to date
- Use strong passwords and multi-factor authentication



Volunteer Spotlight:

Fred Garbo - Home Delivered Meals



How did you become a volunteer with the ADRC of the Lakeshore Program?

I was looking for another opportunity to make a difference.

What surprised you most about volunteering?

The “warm fuzzy feeling” of the opportunity to help others.

What do you wish other people knew about volunteering with the ADRC of the Lakeshore?

There are a lot of different opportunities available for you to give of yourselves. Just call and ask!

What might someone be surprised to know about you?

That I have been in some capacity, over the past 50+ years been in a position to provide assistance to others.

If someone was hesitant to volunteer, what would you tell them?

It really is as much (or more) of a benefit to yourself being able to make a difference in other people’s lives.

GIVE BACK TO YOUR COMMUNITY

Contact us to join our amazing group of volunteers!



Home Delivered Meals Drivers

Monday - Friday
10:45 am - 1:00 pm



Meal Site Kitchen Support

Monday - Friday
8:30 am - 12:30 pm



May is Older American's Month. Let's Celebrate the Beauty of Aging. Smile Often, Laugh Abundantly, Love Generously. You have so much to give.

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by a federal agency, the Administration for Community Living (ACL), OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving the older adults in our communities.

This year's theme, "Powered by Connection," focuses on the profound impact that meaningful connections have on the well-being and health of older adults – a relationship underscored by the

U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community.

What Can You Do To Connect?

- Invite more connection into your life by finding a new passion, joining a social club, taking a class, or trying new activities in your community.
- Stay engaged in your community by giving back through volunteering, working, teaching, or mentoring.
- Invest time with people to build new relationships and discover deeper connections with your family, friends, colleagues, or neighbors.



DEMENTIA SERVICES

Our Dementia Care Specialist (DCS) provides education and awareness about Alzheimer's disease and other dementias. This includes providing options to caregivers and individuals affected by memory loss regarding community resources and services, assisting with future planning, and implementing evidence-based programs to help individuals affected by dementia live independently in their communities. The goal of the Dementia Care Specialist is to utilize resources readily available in the community to delay or prevent institutionalization or publicly funded long-term care services.

For more information regarding resources or services available, contact our Dementia Care Specialist at 1-877-416-7083.

EARLY-STAGE SUPPORT GROUP

10:00 - 11:00 AM
Fourth Wednesday of the Month
ADRC of the Lakeshore

Starting July 2024, meeting will change to the
SECOND WEDNESDAY OF THE MONTH

Each meeting will host two groups simultaneously in separate meeting rooms: One group for individuals affected by dementia and/or memory loss (early stage). One for the family caregivers of individuals affected by dementia.

Please RSVP by calling 1-877-416-7083.
(Assessment necessary prior to first session.)

DEMENTIA 201

10:00 - 11:30 AM
Wednesday, May 22, 2024
Kewaunee County Board Room

Join us for this free lecture on how to handle various behaviors we may face in caring for people living with dementia.

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.

Call 1-877-416-7083 to register or for more information.

LAKESHORE MEMORY CAFÉ

First Wednesday of the Month
10:00 - 11:30 AM
Manitowoc Public Library - Balkansky Room

Kewaunee County Memory Café has been discontinued due to low attendance. We invite you to join us in Manitowoc County:

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!

WEDNESDAY, APRIL 3, 2024

Spring Craft - We're going to create our own sunshine to welcome SPRING! Think green thoughts.

WEDNESDAY, MAY 1, 2024

Sing-A-Long - Our wonderful guest, Andrea, will tickle those ivories while we provide the singing. Don't worry about the words, we'll have the lyrics.



APRIL 7 - 13, 2024 IS NATIONAL LIBRARY WEEK!



Visit the Kewaunee Public Library any time that week and enter into our prize drawing. Every month we also offer:

- Page Turner's Adult Book Club (4/9/24 at Noon)
- Recipe of the Month (4/11/24 at Noon)
- Afternoon Adult Matinee (4/12/24 at 1:00 pm)
- Senior Coffee (4/18/24 at 10:30 am)

Call the Kewaunee Public Library at (920) 388-5015 for more information!



Genealogy 101: Tips & Tricks | Wednesday, April 10 | 12:30 p,m

Are you a budding genealogist looking to dabble in genealogy? This is a basic class on how to get started with tips and tricks.

Painted Rocks with Abbey and the Friends of Crescent | Monday, May 6 | 3:00-5:00 pm

Local artist Abbey C. will be here lead rock painting in celebration of Great Lakes Awareness Day. Stop by the library on Monday, May 6th between 3 PM and 5 PM to help us celebrate. While you are here, check out the Friends of Crescent Beach table where you can find additional information about their organization, the work that they do, and volunteer opportunities that are available for you. Sign up recommended.

For a full list of more fun events please visit: www.algomapubliclibrary.org



Lakeshore
COMMUNITY
PANTRY

Food Pantry
521 Juneau Street
Kewaunee, WI 54216
(920) 388-9050

Every Wednesday
1:00 - 3:00 pm

**LC Food Pantry
Marv's Bin**

**Holy Trinity Church
(Basement)**
510 Church Street
Casco, WI 54205
(920) 845-5362

1st & 3rd Thursday
5:00 - 7:00 pm

2nd & 4th Saturday
9:00-11:00 am

**Kewaunee
County Food
Pantry**

1528 Sunset Avenue
Algoma, WI 54201
(920) 487-FOOD (3663)
kcfpantry@gmail.com

Food Pick Up Hours:
Mon & Wed
10:30 am - 1:00 pm



Hawaiian Ham Skewers

PREP TIME: 15 MIN COOKING TIME: 15 MIN SERVES: 4-6

Hawaiian Glaze:

- 1/2 cup ketchup
- 1/2 cup pineapple juice
- 2 Tblsp brown sugar
- 1/4 cup reduced-sodium soy sauce or tamari
- 2 garlic cloves, minced
- 1 Tblsp ginger root, minced or grated

Ham Skewers

- 4-6 skewers
- 1.5 lbs ham steaks, cut into 1.5-2 inch squares
- 1 large red onion, cut into wedges
- 1/2 fresh pineapple
- 4 oz fresh mushrooms, halved
- 1 green onion, thinly sliced



Directions

1. To prepare glaze: In small bowl, whisk ketchup, pineapple juice, brown sugar, soy sauce, garlic and ginger root until combined; reserve, refrigerated, for up to 3 days.
2. Heat grill to medium-high. Skewer ham, onion, bell pepper, pineapple and mushrooms by alternating pieces and brush with about one-third of glaze.
3. Grill 8-12 minutes, or until slightly charred and vegetables are cooked as desired, turning as needed. Glaze skewers about halfway through cooking and again before serving. Garnish with green onion.

Title VI - Notice of Nondiscrimination to the Public

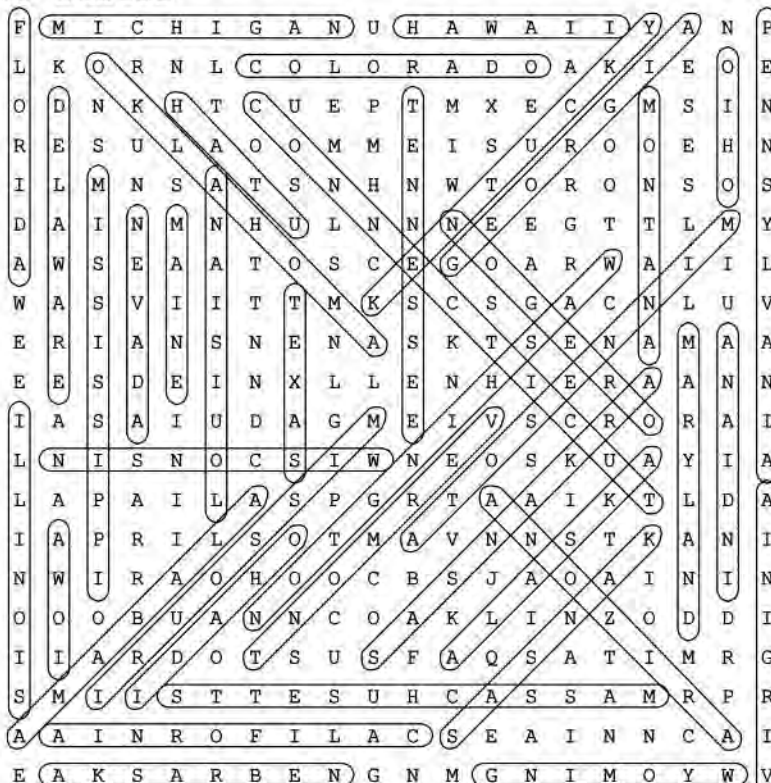
Manitowoc County – ADRC of the Lakeshore The ADRC of the Lakeshore is committed to ensuring that no person is excluded from, participation in, denied the benefits of, or otherwise subjected to discrimination on the basis of race, color, national origin, disability, sex, age, religion, income status or 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 our website, 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.

Solution for 40 States Word Search from page 20

40 States



ADRC Staff Listing

Wendy Hutterer
ADRC Director

Lori Fure
Older Americans Act Manager

Melissa Konop
**Information & Assistance
Manager**

Kim Novak
Business Services Manager

Emily Siemers
Nutrition Program Supervisor

Ariel Koning
Dementia Care Specialist

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

Angie Pietroske
Elder Benefit Specialist

Katie Deprey & Katrina Pratt
**Information & Assistance
Specialist**

Lisa Van Remortel
**Family Caregiver Specialist/
Administrative Support**

Jenny Krueger
Outreach Coordinator

Alee Vander Velden
Administrative Support

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



Hours:
Monday - Friday: 8:00 am - 4:30 pm

810 Lincoln Street
Kewaunee, WI 54216

Phone: 920-683-4180 or 1-877-416-7083
Fax: 920-683-2718

Email: adrc@manitowocountywi.gov
Visit us online at www.adrcofthelakeshore.com

WANT TO MAKE A CONTRIBUTION TO THE AGING & DISABILITY RESOURCE CENTER AND THE OLDER AMERICANS ACT PROGRAM?

I have included a contribution in the amount of \$_____.
(Checks please, not cash, payable to Aging & Disability Resource Center. Receipt sent upon request.)

Please designate this contribution in Memory or Honor of:

I give permission to acknowledge my contribution 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

Join our mailing list!

Sign up to receive our newsletter directly to your home or email.
Call 1-877-416-7083 to subscribe.

The Aging & Disability Resource Connection is a bimonthly publication created to keep you informed of issues and events that may interest you and to inform you of available resources in Kewaunee County.



ADRC of the Lakeshore
810 Lincoln Street
Kewaunee, WI 54216

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APRIL IS NATIONAL VOLUNTEER MONTH

Our incredible network of volunteers delivers approximately 300 meals per day to Manitowoc and Kewaunee Counties, transport an average of 100 Manitowoc residents per month to doctor appointments, shopping, and other locations, and facilitate several workshops per year!

You bring the ADRC to life! Thank you for all that you do!

