

# AGING & DISABILITY RESOURCE CONNECTION

Sponsored By:



## What's Inside this Issue?

- Senior Nutrition Program..... 2
- Stepping Up Your Nutrition..... 3
- Nutrition Exchange..... 4
- Transportation..... 5
- Volunteer Spotlight / Volunteer Opportunities..... 6
- Staff Spotlight ..... 7
- Dementia Services..... 8
- Protection from Identity Thieves ..... 9
- What's Happening at the ADRC ..... 10
- Support Groups ..... 11
- Caregiver Corner ..... 12
- Older Americans Month ..... 13
- Health & Wellness Workshops..... 14
- Sip & Swipe ..... 15
- Native American Roots ..... 16
- Ask I&A / Manitowoc Public Library. 17
- Disability Resource Fair 2024 ..... 18
- Medicare A-D..... 19
- Word Search ..... 20
- Lions Club Loan Closet / Aging Advocacy Days ..... 21
- Recipe/Crossword Answer ..... 22
- Staff Listing/Newsletter Sign Up/ Donations ..... 23
- National Volunteer Month ..... 24

**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.

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 (920) 683-4180. To view the menus, please go to [www.adrcofthelakeshore.com](http://www.adrcofthelakeshore.com), and click on Nutrition.

### MANITOWOC

Senior Center  
330 Custer Street  
(920) 683-4384

Mon-Fri - 11:30 am

*You do not need to be a member to attend.*

### TWO RIVERS

Senior Center  
1520 17th Street  
(920) 793-5596

Mon-Fri - 11:30 am

*You do not need to be a member to attend.*

### KIEL

Kiel Community Center  
510 Third Street  
(920) 894-7861

Mon-Fri - 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.**

# 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

**May 29, 2024**

1:00 - 3:00 pm

ADRC of the Lakeshore, Manitowoc  
1701 Michigan Avenue, Education Room



# 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!



MMT is the Lakeshore's One-Stop-Shop for affordable, reliable, and safe fixed-route public transit system providing service throughout Manitowoc and Two Rivers. MMT services the City of Manitowoc with five routes and one route that services the City of Two Rivers; on an hourly schedule. MMT offers parallel ADA service for elderly or disabled individuals who are unable to use the fixed-route public bus system.

MMT contracts with Manitowoc County to provide the County's Elderly & Disabled Transportation Programs as well as the ADRC of the Lakeshore's Volunteer Rural Elderly and/or Disabled Transportation Program and the Out-Of-County Volunteer Medical Transportation Program.

**Contact your Mobility Manager directly at 920-686-6977 for transportation information/resources or to become a volunteer driver for the ADRC of the Lakeshore's transportation programs.**

## **2025-2029 Manitowoc County Transportation Coordinated Plan Review Meeting.**

This is an opportunity to give input to the five-year transportation plan document which depicts area's we are doing well, areas to improve, and proposed projects.

**April 24, 2024**

**1:00 - 2:00 pm**

**ADRC of the Lakeshore, Education Room**

For information about the meeting, please contact:  
Kim Novak at (920) 683-4180 or email  
kimnovak@manitowocountywi.gov.

# Volunteer Spotlight: Justin Lonzo & Amy MacMillin - Home Delivered Meals



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

Amy MacMillin my broker from 1st Anderson Real Estate asked if I could join her in delivering meals with her one day at the office. I told her I would be happy to and thanks for asking. She delivers for Kiwanis club so I thought I would sign us up to deliver for our real estate office also.

**What surprised you most about volunteering?**

Experiencing the tremendous amount of joy that volunteering brings and the connection that's made when the recipients greet you with a smile and are grateful you are there.

**When your friends/family members find out that you volunteer for the ADRC of the Lakeshore Program, what do they say or ask?**

Most of them say, "Oh I didn't know you did that." Then I invite them along to share the experience with me and 100% of the time, so far, it has been, "Let me know when you deliver next, I would be glad to help." The wonderful community we live in!

**What has been your most rewarding experience while volunteering?**

Volunteering has had a positive impact on my personal growth and community connection.

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

In the hustle of modern life where everyone is occupied with career and various commitments, taking just an hour to volunteer will bring you a sense of fulfillment and well being.

## GIVE BACK TO YOUR COMMUNITY

Contact us to join our amazing group of volunteers!



**Home Delivered Meals  
Drivers**



**Manitowoc Meal Site  
Office Volunteer**



**Meal Site Kitchen Support  
Manitowoc (16 years +)**

## 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 28<sup>th</sup>. 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. 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.



Visit Our Website: [www.adrcofthelakeshore.com](http://www.adrcofthelakeshore.com) | 7



# 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.

## DEMENTIA 201

Thursday, May 23, 2024  
10:00 AM - 11:30 AM  
ADRC of the Lakeshore - Manitowoc

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.

## EARLY-STAGE SUPPORT GROUP

First Tuesday of the Month  
10:00 AM - 11:30 AM  
ADRC of the Lakeshore - Manitowoc

Each meeting will host two groups simultaneously in separate 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.)

## LAKESHORE MEMORY CAFÉ

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

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.

### 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.





# 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.

WHAT'S HAPPENING AT THE MANITOWOC COUNTY

# ADRC of the Lakeshore

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

- April 2**      **Early Stages Support Group:** 10:00-11:30 am  
ADRC of the Lakeshore (See page 11 for details)
- April 3**      **Lakeshore Memory Café:** 10:00-11:30 am - Spring Craft  
Manitowoc Library, Balkansky Room (See page 8 for details)
- April 9**      **Stepping On:** 1:00-3:00 pm  
Manitowoc Two Rivers YMCA (See page 14 for details) Registration Required.
- April 16**     **Disability Resource Fair:** 4:00-6:30 am  
Stangel Learning Community (See page 18 for details)
- April 17**     **Men's Caregiver Support Group:** 9:00-10:30 am  
ADRC of the Lakeshore (See page 11 for details)
- April 18**     **Family Caregiver Support Group:** 2:00-3:30 pm  
ADRC of the Lakeshore (See page 11 for details)
- April 24**     **Manitowoc County Transportation Coordination Meeting:** 1:00-2:00 pm  
ADRC of the Lakeshore (See page 5 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 8 for details)
- May 7**      **Early Stages Support Group:** 10:00-11:30 am  
ADRC of the Lakeshore (See page 11 for details)
- May 8**      **ADRC on the Radio:** 9:30 am - WOMT Be My Guest  
Topic: Disability & Elder Benefit Specialists
- March 15**    **Men's Caregiver Support Group:** 9:00-10:30 am  
ADRC of the Lakeshore (See page 11 for details)
- May 16**     **Family Caregiver Support Group:** 2:00-3:30 pm  
ADRC of the Lakeshore (See page 11 for details)
- May 20**     **Bingocize:** 1:30-2:30 pm  
Manitowoc County Office Complex (See page 14 for details). Registration Required.
- May 21**     **Medicare A-D** - 3:00-4:00 pm  
Manitowoc County Office Complex (See page 19 for details) Registration Required.
- May 23**     **Dementia 201:** 10:00-11:30 am  
ADRC of the Lakeshore (See page 8 for details)
- May 28**     **ADRC on the Radio:** 8:15 am - WCUB 980 Breakfast Club  
Topic: Transportation
- May 29**     **Stepping Up Your Nutrition:** 1:00-3:00 pm  
ADRC of the Lakeshore (See page 3 for details) Registration Required.

# ADRC of the Lakeshore Manitowoc Support Groups

## EARLY-STAGE SUPPORT GROUP

First Tuesday of each month  
10:00 - 11:30 am  
ADRC of the Lakeshore

Simultaneous meetings for both caregivers and for those affected by dementia in early stages.

Assessment required prior to first session. Contact Ariel for initial assessment.  
1-877-416-7083.

## MEN'S CAREGIVER SUPPORT GROUP

Third Wednesday of each month  
9:00 - 10:30 am  
ADRC of the Lakeshore

Opportunity for male caregivers to connect with, and support, other male caregivers.

No RSVP required to attend.

## FAMILY CAREGIVER SUPPORT GROUP

Third Thursday of each month  
2:00 - 3:30 pm  
ADRC of the Lakeshore 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.





# 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.





**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.



# HEALTH & WELLNESS WORKSHOPS

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

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 one hour to play a few games of bingo and learn and engage in various exercises.

Throughout the program, our participants should see improvement in:

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



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.*



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.

## SCHEDULED WORKSHOPS

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

### Stepping On:

Tuesdays, April 9 - May 21 | 1:00– 3:00 pm  
Manitowoc / Two Rivers YMCA  
205 Maritime Drive, Manitowoc, WI 54220

### Bingocize:

Mondays & Wednesdays, May 20 - July 29 | 1:30– 2:30 pm  
Manitowoc County Office Complex  
4319 Expo Drive, Room 300, Manitowoc, WI 54220

### 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.



# 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 introductory workshop called "Sip and Swipe". Someone you love may enjoy a small workshop to learn about technology.

## Upcoming Session:

**Monday, September 16 & September 23**

**1:00 pm - 3:00 pm**

**Kiel Community Center**

**510 Third Street, Kiel, WI 53042**

**RSVP by September 2nd at 1-877-416-7083**

**This workshop is for beginners in technology.  
Devices are provided.**

Visit Our Website: [www.adrcofthelakeshore.com](http://www.adrcofthelakeshore.com) | 15



August 8, 1909: Thousands gather for the dedication of the Chief Mexico Monument at the Manitowoc Rapids Road Hill.

## Native American Roots

From Manitowoc County Historical Society website:  
[www.manitowocountyhistory.org](http://www.manitowocountyhistory.org)—January 23, 2019

In the days before settlement, our area was named Manitowoc by the Native Americans who called this area their home. Manitowoc, meaning home of the good spirit, was regarded as a magical place for the mixed bands of Ottawa, Potawatomi, Menominee and Ojibwa people.

There were 3 fairly large sized Indian villages located in our area: one in Manitowoc Rapids, one near Two Rivers, and another at the fork of the Manitowoc River. Many smaller Villages or encampments could also be found throughout the area.

The band in Manitowoc Rapids was situated about 2 miles from the mouth of the river, where the historic Indian trail along Lake Michigan was located. The Indian trail went from Chicago to Fort Howard. The trail later came to be known as the Green Bay Military Road. A band of Chippewas also settled near Cato Falls on the upper Manitowoc River.

The head chief of most of the mixed bands in our area was Waumegesako, or the “Wampum”. He was most commonly known as Chief Mexico. According to records, he was born in 1789 and was “a man of fine physique, erect, over 6 feet in height, very dignified and courteous in his demeanor, possessing considerable strength of character, and more than ordinary intelligence. In his dress he was plain and unassuming, indulging in none of the fineries and

tinsel so common among Indians of both sexes.”

“He was upright in all his dealings with his white neighbors as well as with his own people... .” He spoke only broken English. The Chief had 11 children, many of which relocated to the Menominee Indian Reservation in Keshena after his death. He also had 4 wives (two were Menominee sisters).

Chief Mexico died in 1844 in Manitowoc Rapids. According to the Dr. Louis Falge in his book “The History of Manitowoc County Wisconsin”:

“Rumor has it that his death occurred in a log hut, upon the river’s bank on Wm. Hein’s farm, then known as Champlin’s Mill in the Cato, Rapids town line. The crumbling mouldy ruin was dismantled in 1903. ... Some five hundred of the dusky mourners, and a number of his white neighbors congregated during a fierce snow storm for the funeral... .”

After Chief Mexico’s death, his son Makoos was chosen as the chief. The band continued to live at the forks at Rapids until about 1869 when they moved to the Menominee Reservation.

In 1909 the Manitowoc County Historical Society dedicated a marker to Chief Mexico in Manitowoc Rapids. It is estimated that about 5,000 people attended the dedication.

Other areas of Manitowoc County also have a connection to our Native American heritage. Daniel Smith named Mishicot after his friend, Chief Mishicott as a sign of his respect for the leader of the area Potawatomi community. Local legend has always said that Mishicott's name translated to "hairy legs." The original spelling was Mishicott, with two T's at the end. It is believed the second T was officially dropped around the time the village was incorporated.

The community of Meeme, located in southern Manitowoc County, was named after the Chippewa word for "wild pigeon."

.....  
*The Manitowoc County Historical Society was formed in 1906 and is one of the oldest historical societies in Wisconsin.*

*To learn more about the history of Manitowoc County go to: [www.manitowocountyhistory.org](http://www.manitowocountyhistory.org) or visit the Manitowoc County Historical Society Museum and Pinecrest Village located at 924 Pinecrest Road in Manitowoc.*



# 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.



**HOURS:**  
Monday - Thursday: 9:00 am 8:00 pm  
Friday: 9:00 am 6:00 pm  
Saturday: 9:00 am 3:00 pm  
Sunday: 12:00 pm 4:00 pm\*

\*Closed Sundays Memorial Day–Labor Day

### Drop-In Chess Club | First Wednesday of Every Month, 6-7:30PM | Balkansky Room

Want to improve your memory and concentration or practice logical thinking skills? Make a smart move and join us for Drop-In Chess Club! Those of all abilities and ages (6-years plus) are welcome, but staff will not offer formal instruction. Chess boards are provided and library materials are available for further learning.

### Book Tasting | Wednesday, April 10, 5:30-7PM | Balkansky Room

In honor of National Library Week, ManitoWoc Public Library is hosting a "Book Tasting" event. Excite your appetite for a yummy good read by attending this program. Sample books from our tasting menus, share your feedback and come away with a wish list of tasty titles. Registration opens March 25 at 5PM.

### Movie Nights at the Library: My Fair Lady (1964, G, 2hr 50min) | Thursday, May 9, 4-7PM | Balkansky Room

ManitoWoc Public Library’s Matt Mottl invites one and all to join him for a screening of *My Fair Lady*.

For a complete listing of events at the ManitoWoc Public Library, go to [www.manitowoclibrary.org](http://www.manitowoclibrary.org)

# DisAbility Resource Fair 2024

MANITOWOC COUNTY COMMUNITY ON TRANSITION

## MAKING CONNECTIONS FOR ALL AGES

(INFANTS THROUGH ELDERLY)

Opportunities to visit booths, gather information and speak with organizations/providers about available resources for students and adults of all ages with special needs.

**DATE:** APRIL 16, 2024  
**TIME:** 4:00PM-6:30PM

**LOCATION:**  
STANGEL LEARNING  
COMMUNITY  
1002 E. CEDAR AVE.  
MANITOWOC

## MAKING WORKFORCE CONNECTIONS

Explore Wisconsin Career Pathway Maps and learn about programming available to assist students and families navigate high school opportunities.



## FAMILIES, EDUCATORS AND PROVIDERS ARE ENCOURAGED TO ATTEND!

Scan this code with your phone to easily add this even to your calendar and receive reminders!



## WHAT IS THE MANITOWOC COUNTY COMMUNITY ON TRANSITION (CCOT)?

**Mission:** Educators, community agencies, parents, employers, and service providers of the CCoT work together to provide a continuum of services for students with disabilities as they transition from secondary school to work, higher education and/or community living. Through cooperative and collaborative efforts, we strive to prepare students and their families for a smooth and successful transition to adult living.

IF YOU WOULD LIKE MORE INFORMATION OR ARE INTERESTED IN JOINING THE CCOT, PLEASE CONTACT:  
ALICIA.HAUGEN@DWD.WISCONSIN.GOV

JOIN US FOR A FREE

# Medicare A-D Presentation

**TUESDAY, MAY 21**

**3:00-4:00 PM**

**4319 EXPO DRIVE, ROOM 300  
MANITOWOC, WI 54220**



**REGISTRATION IS REQUIRED  
CALL 1-877-416-7083**



Visit Our Website: [www.adrcofthelakeshore.com](http://www.adrcofthelakeshore.com) | 19



# 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  
 O D N K H T C U E P T M X E C G M S I N  
 R E S U L A O O M M E I S U R O O E H N  
 I L M N S A T S N H N W T O R O N S O S  
 D A I N M N H U L N N N E E G T T L M Y  
 A W S E A A T O S C E G O A R W A I I L  
 W A S V I I T T M K S C S G A C N L U V  
 E R I A N S N E N A S K T S E N A M A A  
 E E S D E I N X L L E N H I E R A A N N  
 I A S A I U D A G M E I V S C R O R A I  
 L N I S N O C S I W N E O S K U A Y I A  
 L A P A I L A S P G R T A A I K T L D A  
 I A P R I L S O T M A V N N S T K A N I  
 N W I R A O H O O C B S J A O A I N I N  
 O O O B U A N N C O A K L I N Z O D D I  
 I I A R D O T S U S F A Q S A T I M R G  
 S M I I S T T E S U H C A S S A M R P R  
 A A I N R O F I L A C S E A I N N C A I  
 E A K S A R B E N G N M G N I M O Y W V

**Word List:**

- |            |              |               |             |
|------------|--------------|---------------|-------------|
| ALASKA     | ARKANSAS     | CALIFORNIA    | COLORADO    |
| ARIZONA    | ALABAMA      | MASSACHUSETTS | MICHIGAN    |
| MINNESOTA  | INDIANA      | MARYLAND      | WISCONSIN   |
| ILLINOIS   | PENNSYLVANIA | WYOMING       | LOUISIANA   |
| OHIO       | FLORIDA      | IOWA          | KANSAS      |
| KENTUCKY   | MONTANA      | NEBRASKA      | CONNECTICUT |
| OKLAHOMA   | TEXAS        | TENNESSEE     | UTAH        |
| DELAWARE   | IDAHO        | HAWAII        | MAINE       |
| NEVADA     | OREGON       | VERMONT       | VIRGINIA    |
| WASHINGTON | MISSOURI     | GEORGIA       | MISSISSIPPI |

Answers on page 22





## THE LIONS CLUB LOAN CLOSET

**Need a walker, wheelchair, commode, or transfer bench temporarily? Or maybe you need it long term but 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 period.

Call 1-877-416-7083 or stop at our office located at 1701 Michigan Avenue in Manitowoc, today!



**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.  
#WIAgingAdvocacyDay #WIAAD24**

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

# 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

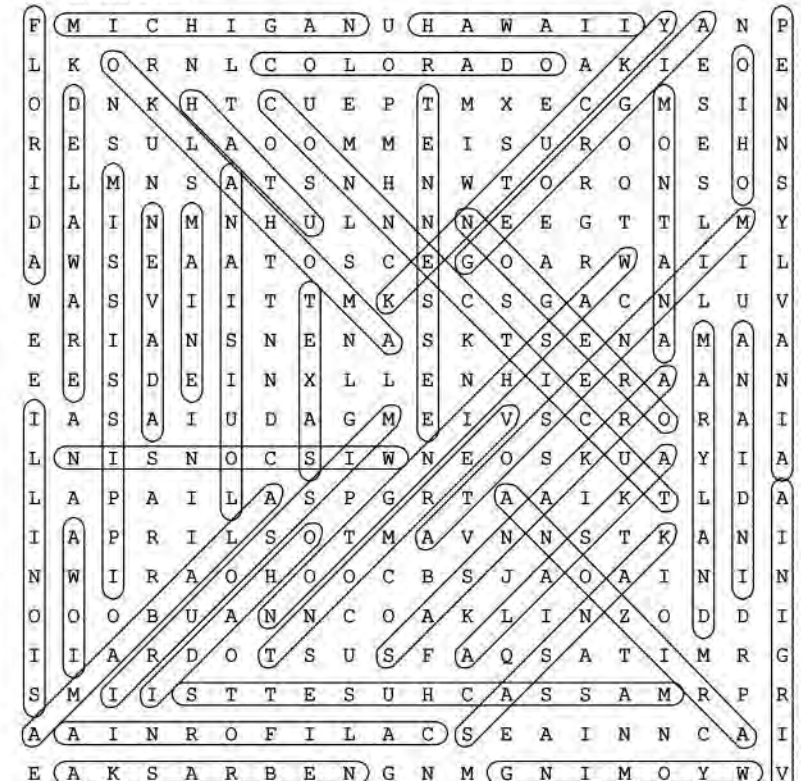
Manitowoc County – ADRC of the Lakeshore The ADRC of the Lakeshore is committed to ensuring that no person is excluded from, participation in, denied the benefits of, or otherwise subjected to discrimination on the basis of race, color, national origin, disability, sex, age, religion, income status or 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](mailto:kimnovak@manitowoccountywi.gov) or visit our administrative office at 1701 Michigan Avenue, Manitowoc, WI 54220. For more information visit our website, [www.ADRCoftheLakeshore.com](http://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 & Jolene Vanne  
**Disability Benefit Specialist  
(those under 60 years old)**

Jessica Knippel  
**Elder Benefit Specialist**

Cassie Lohse, Jacob Gomm, Julie  
Grosshuesch, Lori Edwards, Paul  
Kersten, & Stephanie Madson  
**Information & Assistance  
Specialist**

Anne Spieker  
**Family Caregiver Specialist**

Jenny Krueger  
**Outreach Coordinator**

Kim Kracht & Marissa Johnson  
**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: 8:00 am—5:00 pm  
Tues-Friday: 8:00 am—4:30 pm

1701 Michigan Avenue  
Manitowoc, WI 54220

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

Fax: 920-683-2718

Email: [adrc@manitowocountywi.gov](mailto:adrc@manitowocountywi.gov)  
Visit us online at [www.adrcofthelakeshore.com](http://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 Manitowoc County.





ADRC of the Lakeshore  
1701 Michigan Ave  
Manitowoc, WI 54220

PRESORTED  
STANDARD  
US POSTAGE  
PAID  
UMS

Label

# 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!**

