

AGING & DISABILITY RESOURCE CONNECTION

Sponsored By:



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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,

What fruits and vegetables are in season right now?
And do you have any good recipes I can try?

Anonymous

Dear Anonymous,

Summer is here! That usually means many of the fruits and vegetables we love are in season and are even more delicious than usual. Typically, when a food is “in season” the price is lower, which is good news for all of us! Now is your time to stock up on some of your favorites!

Let’s highlight a favorite this time of year, rhubarb! Did you know rhubarb is actually a vegetable? It has a very sour taste on its own so sugar is usually added to a recipe containing rhubarb. Rhubarb is a good source of vitamin K, fiber, and antioxidants and moderately high in vitamin C. Rhubarb also contains calcium oxalate, which contributes to kidney stones, and should be enjoyed in moderation if you are prone to this condition.

Spring (June)	Early Summer (June/July)
Asparagus	Beans Kohlrabi
Garlic	Beets Lettuce
Green Onions	Blackberries Mulberries
Herbs	Blueberries New Potatoes
Kale	Bok Choy Peas
Leeks	Broccoli Peppers
Lettuce	Cabbage
Mushrooms	Cauliflower
Parsnips	Cherries
Peas	Chinese Cherries
Radishes	Cucumbers
Rhubarb	Currants
Snow Peas	Gooseberries
Spinach	Green Onions
Sprouts	Greens
Sugar Snap Peas	Herbs
Swiss Chard	Huckleberries

Rhubarb Crisp for Two

Topping Ingredients

3 Tbsp old fashion oats
3 Tbsp brown sugar
3 Tbsp pecans, chopped
2 Tbsp unsalted butter

Fruit Filling

1 ½ cups rhubarb stalks
½ cup sugar
2 Tbsp flour
¼ tsp cinnamon

Instructions:

Preheat oven to 375 degrees F. Grease ramekin, custard cup, or small pan with cooking spray. In a medium bowl combine oats, flour, brown sugar, and pecans. Add the butter and cut in using a pastry cutter, a fork, or your fingers and mix until large crumbs form. Set aside. Clean the rhubarb and cut the stalks into ½ inch pieces. In a large bowl add the prepared rhubarb, sugar, flour, and cinnamon. Mix until well combined and juices start to form. Divide the rhubarb between two prepared ramekins or custard cups, or one small pan. Sprinkle the crumble over the top of the rhubarb mixture. Place the custard cups on a baking dish. Place in a preheated oven for 18-20 minutes or until the rhubarb mixture is bubbling and the crumble is golden brown. Remove from the oven and let cool. Serve with a scoop of vanilla ice cream.

Nutrition Facts per 1 serving (recipe is 2 servings) Calories: 521kcal Fat: 20g (Saturated Fat: 8g) Cholesterol: 31g Sodium: 12mg Carbohydrates: 87g (Fiber: 3.8g, Sugar: 71.5g) Protein: 3.5g Potassium: 375mg Calcium: 115mg (Source: <https://www.wordsofdeliciousness.com/rhubarb-crisp-for-two/#recipe>)

Make this a meal with a whole grain roll and roasted vegetables or a fruit salad.

If you have lactose intolerance, try lactose-free milk, fortified plant milk and easier-to-digest dairy such as hard cheeses and yogurt.

Ultra-filtered milk is dairy milk with lactose removed, which makes it higher in protein and lower in carbohydrate.

Nutrition Facts labels show the amount of calcium in milligrams (mg) and of vitamin D in micrograms (mcg) of one serving.

The unit of measurement for vitamin D has been updated from international units (IU) to micrograms (mcg). 40 IUs = 1 mcg

Salmon Patties

Makes 4 (4-inch) patties

Prep time: 10 minutes

Cook time: 10 minutes

Ingredients

- 1 can (14.5 ounces) **salmon** with bones, drained
- 1 slice of **bread**, torn into small pieces
- 1 Tablespoon **mayonnaise**
- 1 Tablespoon **lemon juice**
- 1 **egg**, lightly beaten
- ½ cup minced **celery**
- ½ cup minced or grated **carrot**
- ½ cup minced **onion**

Directions

1. In a medium bowl, break up the salmon and mash the bones with a fork. Remove the salmon skin if desired.
2. Add the rest of the ingredients and mix well.
3. Firmly press about ½ cup of the mixture into a 1-inch thick patty. Repeat to make more patties.
4. Lightly spray or oil a large skillet and place it over medium heat.
5. Add the patties and cook until they are golden brown, about 5 to 7 minutes per side.
6. Refrigerate leftovers within 2 hours.



Nutrition Facts	
4 servings per container	
Serving size	1 patty (137g)
Amount per Serving	
Calories	170
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 370mg	16%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 20g	
Vitamin D 12mcg	60%
Calcium 249mg	20%
Iron 1mg	6%
Potassium 373mg	8%
Vitamin A 127mcg	14%
Vitamin C 3mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Low-Fat Tartar Sauce

In a small bowl, combine 1/2 cup low-fat plain yogurt, 1 Tablespoon pickle relish, 2 teaspoons dried minced onion, 1 teaspoon dried parsley flakes, 1 teaspoon mustard and 2 drops hot pepper sauce (optional). Serve right ahead or cover and refrigerate until used. **Makes** 1/2 cup

Nutrition Facts for a 2 Tablespoon serving: 20 calories, 0.5 g fat, 0 g saturated fat, 0 mg cholesterol, 95 mg sodium, 3 g total carbohydrate, 0 g fiber, 2 g protein, 0 mcg vitamin D, 59 mg calcium (4% DV), 0 mg iron, 82 mg potassium (2% DV)



This material was funded by OSU's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 711. OSU is an equal opportunity provider and employer. ©2020 Oregon State University Extension Service prohibits discrimination in all its programs, services, activities, and materials on the basis of race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, financial/parental status, income derived from a public assistance program, political beliefs, genetic information, veteran's status, reprisal or retaliation for past civil rights activity. That of prohibited bases apply to all programs. Oregon State University, Oregon State University Extension Service is an Equal Opportunity Provider and Employer.



FARMERS MARKET VOUCHERS

Beginning June 11, 2024, eligible individuals can visit our office to pick up Farmers Market Vouchers.

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

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

Kewaunee ADRC – 810 Lincoln Street

Tuesday, June 11th, 10:00 - 12:00 pm

Thursday, June 13th, 10:00 - 12:00 pm

Luxemburg (St. John Lutheran Church)

700 Heritage Road

Wednesday, June 26th, 10:00- 12:00 pm

Algoma (Denny’s Super Value) - 510 5th Street

Friday, June 14th, 1:00 - 3:00 pm

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

Effective: June 1, 2024 Based on 185% of the US Dept. of 2024 Health and Human Services Poverty Guidelines.			
Use total gross income – before taxes and deductions - of ALL household members.			
Household Size	Yearly	Monthly	Weekly
1	\$27,861	\$2,322	\$536
2	\$37,814	\$3,152	\$728
3	\$47,767	\$3,981	\$919
4	\$57,720	\$4,810	\$1,110
5	\$67,673	\$5,640	\$1,302
6	\$77,626	\$6,469	\$1,493
7	\$87,579	\$7,299	\$1,685
8	\$97,532	\$8,128	\$1,876
Each additional household member	\$9,553	\$830	\$192



ATTENTION ALL CAREGIVERS: We Have a Workshop for You!



Powerful Tools for Caregivers is an educational series designed to provide caregivers with the tools to take care of themselves while simultaneously caring for someone else.

BUT WAIT- Who is a caregiver? A caregiver is an individual who provides direct or indirect care to a family member or friend. A lot of times, these individuals do not realize they are caregivers. They are simply cooking a few meals for their parents, driving their friend to the store, or helping their spouse remember to take their medication. And while this may be manageable at first, often the demands on the caregiver increase, causing them to spend less and less time on themselves and their own needs.

Did you know:

- Nearly one in every five Americans are caregivers.¹
- In 2023, caregivers spent an average of 26 hours per week providing care.²
- In 2021, the estimated economic value of family caregivers' unpaid contributions was approximately \$600 billion.³

If you identify as a caregiver, *Powerful Tools for Caregivers* is the right workshop for you! It is an evidence-based program proven to help caregivers reduce stress, improve self-confidence, increase the ability to make tough decisions and locate

helpful resources.

Powerful Tools for Caregivers is a six-session workshop that meets once a week for 90 minutes. Experienced leaders provide the participants with tools they will need on their caregiving journey through a sequence of interactive lessons, discussions, and brainstorming sessions. All participants will receive the book, *The Caregiver Helpbook*, to keep.

Past participants of the program have said that this class has not only taught them a lot about how to take care of themselves but has given them the chance to connect with other caregivers and socialize. Some wish they would have taken the workshop sooner.

BONUS: All graduates of this workshop are personally invited to a monthly or bimonthly *Caregiver Social* where they can continue to build their support network while listening to presentations and enjoying some light snacks.

If you are interested in any of our upcoming *Powerful Tools for Caregivers* workshops, please call the ADRC at 1-877-416-7083. We hope to see you soon!

[1] <https://www.caregiving.org/caregiving-in-the-us-2020>

[2] [2023 Study — Caregiving in America, Statistics on Family Caregivers and Beyond | Guardian \(guardianlife.com\)](#)

[3] [Valuing the Invaluable 2019 Update: Charting a Path Forward \(aarp.org\)](#)

2024 VOLUNTEER BANQUET

April 17, 2024 - St. John Lutheran Church (Apron Gang)

We held our Annual Volunteer Appreciation Banquet last month. Thank you, volunteers for sharing your time with us and making the ADRC of the Lakeshore programs such a success!



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

POWER OUTAGES

The month of April brought a multi-day power outage to a number of residents here in Kewaunee County.

For those that did lose power, did you call or notify your electric company? When you lose power, it is recommended to call your utility company to inform them about your outage. If you have Wisconsin Public Service (WPS), this can be done by reporting the outage on-line, use the WPS smartphone app or call 1-800-450-7240.

When WPS has been notified of a customer without power, they can keep customers informed of crew assignment, power restoration, and other relevant information. That notification also lets WPS know where the outage is at.

If you see a downed power pole or electric line call 1-800-450-7240 or 911.

A few tips for when you experience a power outage:
Report your outage in one of three ways:

- Use the WPS app
- Go to their website and report it online
- Call 800-450-7240
- Stay at least 25 feet away from downed power lines and assume they are energized
- Report downed power lines to WPS or local law enforcement
- Keep refrigerator and freezer doors closed as much as possible
- Unplug or turn off appliances to avoid overloading when power is restored
- Stay out of flooded basements or rooms
- Go to safe shelter if your home is extremely cold or hot
- Use flashlights, not candles
- Get power restoration updates on the WPS app or online

- Use generators properly
- Leave a light on to know when power is restored
- Check with municipality for shelters or other resources during extended outages
- Use key for electronic entry doors if keypad is not battery operated
- Use food safety tip for frozen and refrigerated items
- Check on neighbors and relatives, especially seniors or anyone with medical conditions
- Be cautious during flooding and follow flood safety tips

Uplift WI



UPLIFT WI
HERE WHEN YOU NEED AN EAR

Call 534-202-5438 to reach Uplift WI

Aging-Friendly Kewaunee County

We want to hear from you!

Please join us and help make Kewaunee County an Aging-Friendly place to live. Our group meets monthly. We discuss ideas and plan strategies to help our neighbors stay healthy and active in our county.

Contact Renee Koenig at 920-388-7137 or renee.koenig@wisc.edu for details.



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.

ADRC of the Lakeshore

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

- June 5** **Lakeshore Memory Café:** 10:00-11:30 am - Dairy Month
Washington House Ice Cream Parlor, Two Rivers (See page 19 for details)
- June 11** **Farmers Market Vouchers:** 10:00 am -12:00 pm - ADRC Kewaunee (See page 5 for details)
- June 12** **Sip & Swipe:** 9:30-11:30 am
ADRC Kewaunee (See page 15 for details) Registration required.
- June 13** **Farmers Market Vouchers:** 10:00 am -12:00 pm - ADRC Kewaunee (See page 5 for details)
- June 14** **Farmers Market Vouchers:** 1:00 pm - 3:00 pm - Algoma (See page 5 for details)
- June 18** **Powerful Tools for Caregivers :** Tuesdays through July 30, 1:30-3:00 pm
ESI, formerly East Shore Industries, (See page 14 for details) Registration required.
- June 19** **Sip & Swipe:** 9:30-11:30 am
ADRC Kewaunee (See page 15 for details) Registration required.
- June 20** **Family Caregiver Support Group:** 9:30-11:00 am
St John's Lutheran Church, Luxemburg (See page 9 for details)
- June 25** **ADRC on the Radio:** 8:15 am - WCUB 980 Breakfast Club
Topic: Senior Farmers Market Vouchers (See page 5 for details)
- June 26** **Early-Stage Support Group:** 10:00-11:00 am
ADRC Kewaunee (See page 9 for details)
- June 26** **Farmers Market Vouchers:** 10:00 am -12:00 pm - Luxemburg (See page 5 for details)
- June 26** **Virtual Dementia Tours:** 1:00-3:00 pm
St John's Lutheran Church, Luxemburg . Registration required. (See page 19 for details)
- July 10** **Early-Stage Support Group:** 10:00-11:00 am
ADRC Kewaunee (See page 9 for details)
- July 11** **Medicare A-D:** 3:00-4:00 pm
ADRC Kewaunee (See page 12 for details) Registration required.
- July 18** **Family Caregiver Support Group:** 9:30-11:00 am
St John's Lutheran Church, Luxemburg (See page 9 for details)
- July 22** **ADRC on the Radio:** 9:30 am - WOMT Be My Guest
Topic: 2025-2027 Aging Plan (See page 20 for details)
- July 22** **Pro Bono Information Project:** 9:00-11:30 am
ADRC Kewaunee. Registration required.
- July 24** **Dementia 101:** 10:00-11:30 am
Kewaunee County Board Room (See page 19 for details) Registration required.
- July 30** **ADRC on the Radio:** 8:15 am - WCUB 980 Breakfast Club
Topic: Where to find Information (See page 20 for details)
- Sept 12** **Stepping on:** 9:30-11:30 am
St John Lutheran Church, Luxemburg (See page 14 for details)

Independence Day

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

WORD LIST

AMERICA
CELEBRATE
FLAG
HOME OF THE BRAVE
LIBERTY
PHILADELPHIA
SPARKLERS
UNCLE SAM

BARBECUES
COLONIES
FOURTH
INDEPENDENCE
OLD GLORY
PICNICS
STARS
UNITED

BLUE
DECLARATION
FREEDOM
JULY
PARADE
RED
STRIPES
USA

BRITAIN
FIREWORKS
HOLIDAY
LAND OF THE FREE
PATRIOTIC
REVOLUTION
SUMMER
WHITE

Answers on page 22

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

THURSDAY, JULY 11

3:00-4:00 PM

KEWAUNEE COUNTY ADRC



REGISTRATION IS REQUIRED CALL 1-877-416-7083

**NEXT PRESENTATION:
THURSDAY, SEPTEMBER 10, 2024
KEWAUNEE COUNTY ADRC**



TIPS FOR DAILY LIFE WITH ALZHEIMER'S

ALZHEIMER'S  ASSOCIATION

Coping skills will help you handle day-to-day challenges, maximize your independence and live a meaningful life with your diagnosis.

- Set realistic goals and focus on what you can do today. Set realistic expectations for yourself and use the skills you have to be successful in dealing with challenging tasks. Some tasks may become too difficult for you to complete even with reminder aids. Reduce stress by asking family or friends for help, if needed.
- Develop a daily routine. Make a daily plan to keep track of the few tasks you want to accomplish each day. Having a schedule can reduce the time you spend figuring out what needs to be done and when, and makes you more successful in accomplishing your goals and limiting mistakes.
- Approach one task at a time and don't get stuck. Give yourself enough time to complete a task. Don't pressure yourself to succeed. If something becomes too difficult, take a break and try again later. Spending time to change something you cannot control can be a waste of energy and can prevent you from focusing your attention on what you can control.
- Know that you have more than one chance to solve most problems. It's not uncommon to have to try different strategies to achieve your overall goal. Assess what could have been done differently and make adjustments as needed.
- Recognize the triggers that cause you stress. What are the triggers that cause you anxiety, worry or stress? For example, if others are hurrying you, explain what you are trying to accomplish and ask that they provide you the time needed to be successful. Knowing what causes stress allows you to make plans in advance or decisions about the type of activities/tasks you choose to participate in.
- Use your sources of strength. Family, friends, prayer, your inner strength, pets — all these sources can get you through hard times, even as you face daily challenges or setbacks.

Advice from People Living with Alzheimer's

The Alzheimer's Association National Early-Stage Advisors, and other individuals living with the

disease, share their personal insights about the daily strategies they use to address such challenges. Their experiences can help you to think creatively as you develop your own strategies for living with the disease.

Daily Challenge: Remembering which medications I have taken.

Coping Strategy: "I place a yellow sticky note onto a particular medication saying "Do not take me" as a reminder that the medication has already been taken."

DAILY CHALLENGE: Locating my spouse in a crowded area.

COPING STRATEGY: "I wear the same color shirt as my spouse when going out in public. If I become anxious in a crowd and can't find her, I simply look down at the color of my shirt to help me remember what she was wearing."

DAILY CHALLENGE: Forgetting whether or not I washed my hair in the shower.

COPING STRATEGY: "I move the shampoo and conditioner bottles from one side of the shower to the other once I have completed washing my hair so that I know that I have completed the task."

DAILY CHALLENGE: Difficulty writing

COPING STRATEGY: "My care partner assists me by writing out the checks and then I sign them."

DAILY CHALLENGE: Friends shying away from me

COPING STRATEGY: "Understandable and not uncommon; your best and real friends will stay with you, in thick and thin. That's where you need to invest your time and energy."

DAILY CHALLENGE: Accepting changes in abilities

COPING STRATEGY: "Don't stress. Recognize that some things may become more difficult for you to do. Try to accept that these changes are out of your control and focus on the things you can still do."

To read the full article, go to www.alz.org/help-support/i-have-alz/live-well/tips-for-daily-life

To learn how the ADRC of the Lakeshore can help you with a dementia diagnosis, caregiving for a someone with a diagnosis, or available community resources, contact our Dementia Care Specialist at 1-877-416-7083.

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.

Powerful Tools for Caregivers:

Tuesdays, June 18 - July 30 | 1:30 - 3:00 pm

ESI (formerly East Shore Industries)

813 Rabas Street, Algoma, WI

Stepping On:

Thursdays, Sept. 12 - Oct. 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.



Powerful Tools for Caregivers:

Wednesdays, Oct. 23 - Nov 30 | 9:00 - 10:30 am

Kewaunee County Exhibition Hall (4-H Room)

625 Third Street, Luxemburg

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 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 June 5th at 1-877-416-7083

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

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,

What is the difference between Power of Attorney, Guardianship and Supportive Decision Making?

This question comes up frequently when future planning or when an individual is no longer able to make decisions on their own. Below explains the basics of advance directives and breaks down the differences between Power of Attorney, Guardianship, and Supportive Decision Making.

Advance Directives/Power of Attorney: Advance Directives are legal documents that allow individuals to put their preferences in writing in the event they are no longer able to communicate them. Advance directives also allow individuals to designate someone to make certain decisions on their behalf. Power of attorney documents (POAs) are common ways to do this. The two main POA types are health care and finances. POA documents need to be completed prior to incapacitation, which occurs when a team of doctors (two) has declared an individual unable to handle their own affairs. To find the advance directive form that is suitable for your situation, you may contact your physician’s office, local hospital, family attorney, or you can obtain the state power of attorney documents online at <https://www.dhs.wisconsin.gov/forms/advdirectives/adformspoa.htm>

Power of Attorney for Health Care: The POA for health care allows the individual to appoint another person(s) to make their health care decisions if s/he becomes unable to make these decisions. The person(s) appointed to carry out an individual’s healthcare wishes is the Health Care Agent. It is important to discuss end-of-life choices with the Health Care Agent prior to an emergency, so that s/he is able to carry out personal wishes. This document gives the Health Care Agent authority to make

decisions only when activated (when the individual has been determined incapable to make health care decisions by two physicians). This document DOES NOT give your Health Care Agent any other authority for your financial or estate decisions.

Power of Attorney for Finance and Property: A power of attorney for finance and property, or financial power of attorney, is a way to arrange for someone to manage your finances. A financial POA document can be drafted to go into effect as soon as it is signed or can specify that it does not go into effect until incapacitation.

Guardianship: A guardian is an individual or agency appointed by the court to make decisions on behalf of someone whom is unable to make or communicate their own decisions. This may include a guardian of person, estate, or both. Guardians are for individuals who have not completed any advance planning, such as power of attorney documents, and a physician has completed a report declaring that the individual is in need of a guardian. Once the physician’s report is completed, the court must then find the individual to be incompetent in order for a guardianship to be awarded. Incompetent means that a person has an impairment that is permanent and causes the individual to be unable to make decisions regarding their health and/or finances. Below are some links where you can gather some additional information on Guardianship.

The Basics of Guardianship: <https://gwaar.org/api/cms/viewFile/id/2004459>

Guardianship Support Center: <https://gwaar.org/guardianship-resources>

Supportive Decision Making Agreement: Supportive Decision-Making is a way of supporting and recognizing adults with disabilities and older adults as their own decision-maker. This agreement allows the individual with a disability to make their own life decisions such as housing, employment, education, medical, etc. with the help of a supporter. Supporters are designated by the individual to be present for decisions to provide guidance or hands on assistance. You can obtain the state document online at <https://www.dhs.wisconsin.gov/forms/f02377.pdf>. Below are some links where you can gather some additional information on Supportive

Decision- Making.

Supported Decision-Making: <https://gwaar.org/api/cms/viewFile/id/2004259>

The Arc: <https://arcwi.org/2018/04/13/supported-decision-making/>

Disability Rights Wisconsin: <https://disabilityrightswi.org/resource-center/supported-decision-making/>



406 FREMONT STREET, ALGOMA, WI 54201
 MONDAY – FRIDAY: 10:00 AM - 4:00 PM
 PHONE: 920-487-2297 | WWW.ALGOMAPUBLICLIBRARY.ORG

Saturday, June 1 | 10:30 am | Smartphone Photos with Bug Tussel

Learn how to view, save, share, organize, and edit photos on your smartphone. This class is designed for smartphone users who are comfortable with the basics and are ready to learn more about managing photos on their device. For both iPhone and Android smartphones.

Have a smartphone? Bring it with you for hands-on practice. Don't forget to bring your login credentials for your phone and Apple or Google account! Moderate tech experience recommended.

Thursday, June 13 | 5:30 pm | Books & Brews

Join us to discuss your latest reads. We will be meeting at *Homestead Kitchen & Tap* (County Road D, Algoma). For information on how to participate, please email the library (alg@algomapubliclibrary.org).

Saturday, June 15 | 10:00 am - 2:00 pm | Open Quilting Lab

Come bring your current project, machine and supplies to sew for a couple hours with friends from 10 am to 2 pm. Experienced quilter available for questions.

Friday, July 19 | 7:00 pm | Outdoor Movie

Bring your lawn chairs, blankets, and snacks and join us for a fun family friendly evening at the Movies! Sponsored by the Algoma Public Library and the Algoma Community Development Committee. Legion Park 620 Lake Street, Algoma There will be free popcorn! (Popcorn will be limited).

The Movie will start at dusk. Movie to be Announced!

Wed, July 3

Fireworks at the Shore

at Lakehaven Hall, Downtown Kewaunee
 sponsored by Kewaunee Area Chamber of Commerce

MUSIC! FOOD! DRINKS! FIREWORKS!



MUSIC

4pm - Dusk
The Cougars

Veteran's Tribute:
8:45 pm at the end of Ellis



FOOD

Serving 3 pm - 10:30 pm. Muskrat City Sportsman's Club will be serving brats, burgers and hot dogs and more!
All proceeds go toward scholarship fund and educational programs.

Staff Spotlight: Marcia Dorner - Kewaunee Meal Site Manager



How long have you worked for the ADRC? Why have you chosen this career path? I have been here for 5 years. Growing up I always knew I wanted a job where I can help people every day. The ADRC seems to truly embrace that.

What is the best part of your job? My favorite aspect of my job is the variety of duties. I love that every day presents me with different challenges.

What has been your most rewarding experience working with the ADRC of the Lakeshore? The people I serve and the relationships built are amazing.

What might someone be surprised to know about you? I am a mother of 3 children, ages 23, 14, and 13. They all help out with a cleaning business I started 6 years ago.

What is a secret talent no one knows about? I have a passion for cleaning and can see dirt from very far away. Haha!

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.

VIRTUAL DEMENTIA TOUR

Wednesday, June 26, 2024

1:00 - 3:00 pm

St John's Lutheran Church - Luxemburg

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.

This is an evidence-based, patented program designed to give people the opportunity to experience what dementia is like through an individualized, experiential tour.

Please RSVP by calling 1-877-416-7083.

DEMENTIA 101

10:00 - 11:30 AM

Wednesday, July 24, 2024

Kewaunee County Board Room

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

Please RSVP by calling 1-877-416-7083.

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, JUNE 5, 2024

Washington House Guest - We can't celebrate National Dairy Month without some ICE CREAM! And who better to join us than our guest from the Two Rivers' Washington House Ice Cream Parlor and tap room? Join us for some history and some ice cream.

WEDNESDAY, JULY 3, 2024

Canceled - Enjoy your holiday!

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***

See page 9 for details. Please RSVP by calling 1-877-416-7083. (Assessment necessary prior to first session.)



ADRC ON THE RADIO

BE SURE TO LISTEN FOR THE ADRC ON THE RADIO TALKING IN MORE
DETAIL ABOUT THEIR PROGRAMS AND SERVICES.

BREAKFAST CLUB: 8:15 AM



JUNE 25

TOPIC: SENIOR FARMER'S
MARKET VOUCHERS

JULY 30

TOPIC: WHERE TO FIND INFORMATION

BE MY GUEST: 9:30 AM



JULY 22

TOPIC: 2025-2027 AGING PLAN

WENDY HUTTERER, ADRC DIRECTOR
LORI J FURE, OLDER AMERICANS
ACT MANAGER



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





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@kewauneecco.org

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

Calling all seniors for a morning of fun and games at the Kewaunee County Fair! Join us for Senior Citizen Bingo on Friday, July 12th at 10:30 AM in the Entertainment Building.

Gather your friends and get ready to dab your way to victory! Prizes will be given to lucky winners. Don't miss out on this exciting event!

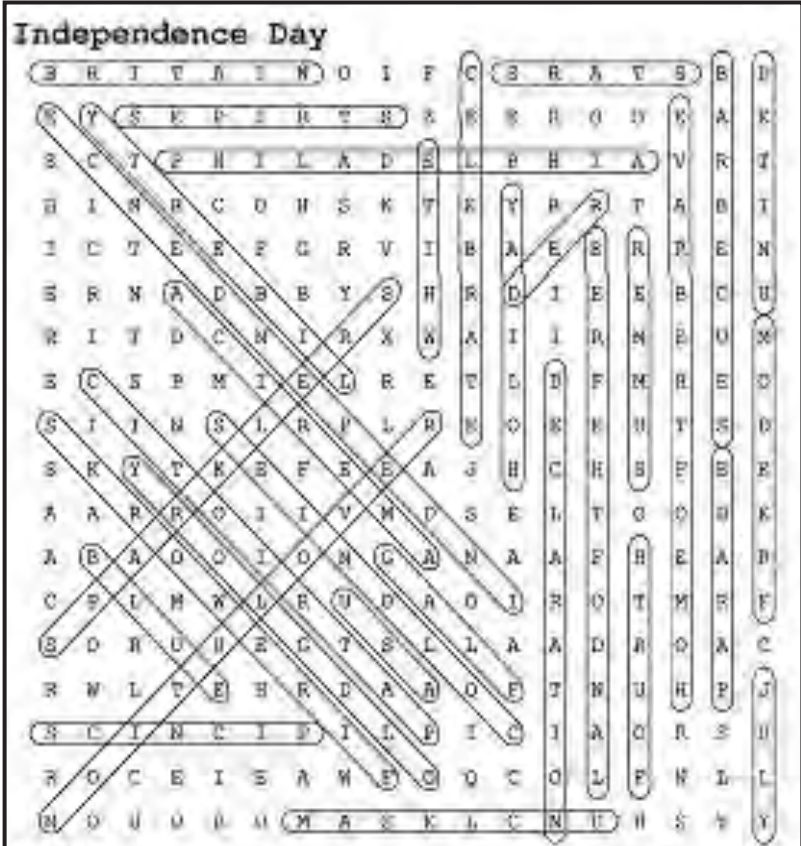
Solution for Independence Day Word Search from page 20

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.



ADRC Staff Listing

Wendy Hutterer
ADRC Director

Lori Fure
Older Americans Act Manager

Melissa Konop
ADRC Program 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

Cassie Lohse, Jacob Gomm,
Julie Grosshuesch, Lori Edwards,
Paul Kersten, Stephanie Madson
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 want to help the Aging & Disability Resource Center of the Lakeshore and The Older Americans Act Program continue to be an effective community service to older adults and individuals with disabilities and their families.

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

CHANGE SERVICE REQUESTED

PRESORTED
STANDARD
US POSTAGE
PAID
UMS

Label



Senior Farmers Market Vouchers will be available beginning June 11th to eligible individuals. Vouchers are used to purchase fresh, Wisconsin grown fruits and vegetables, and herbs from certified Wisconsin farmers.

To be eligible, you must be 60 or older and fall within income guidelines. For more information, please turn to page 5.