

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.

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, 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.**

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 USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low incomes. SNAP can help you buy nutritious food for a better diet. To find out more, contact Oregon State line at 211. USDA is an equal opportunity provider and employee.
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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>)



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.**

2024 VOLUNTEER BANQUET

April 16, 2024 - Our Legacy Restaurant

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!



Volunteer Spotlight:

Tom Reed - Transportation Driver



How did you become a volunteer with the ADRC of the Lakeshore Program? My friend was telling me about being a volunteer driver and said it was something I might enjoy as a retiree.

What surprised you most about volunteering?

You end up going to many different places to pick folks up and you see areas you would not normally visit.

What do you wish other people knew about the ADRC?

It's a great way to help people out and to serve your community. It's a good way to improve your communication skills and to work with others.

What has been your most rewarding experience while volunteering?

It's almost universal that the riders are thankful and appreciate the time we give to help out.

What might someone be surprised to know about you?

My mom lived to be in her 90's and when her mobility began to deteriorate I learned how difficult it is to transport a loved one in a wheelchair. I enjoy helping the wheelchair folks.

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

You don't know until you try it and you can pick when and how often you serve. The work will make you feel good. This is a very easy, flexible commitment.

Visit Our Website: 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.

VIRTUAL DEMENTIA TOUR

Thursday, June 27, 2024
9:30 - 11:30 am or 1:00 - 3:00 pm
ADRC of the Lakeshore - Manitowoc

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

Thursday, July 25, 2024
10:00 AM - 11:30 AM
ADRC of the Lakeshore - Manitowoc

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 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, 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

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.)

♥ FARMERS MARKET VOUCHERS ♥

Beginning June 10, 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.

Manitowoc ADRC – 1701 Michigan Avenue

Monday, June 10th, 9:00 - 11:00 am
 Wednesday, June 12th, 9:00 - 11:00 am
 Tuesday, June 18th, 1:00 - 3:00 pm
 Thursday, June 20th, 1:00 - 3:00 pm

Two Rivers Senior Center - 1520 17th Street

Monday, June 17th, 1:00 - 3:00 pm

Manitowoc Senior Center - 3330 Custer Street

Friday, June 28th, 9:00-11:00 am
Hmong Interpreter Available

Kiel Community Center - 510 Third Street

Friday, June 14th, 9:00-11:00 am

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

WHAT'S HAPPENING AT THE MANITOWOC COUNTY

ADRC of the Lakeshore

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

- June 4** **Early Stages Support Group:** 10:00-11:30 am
ADRC of the Lakeshore (See page 11 for details)
- June 5** **Lakeshore Memory Café:** 10:00-11:30 am - Dairy Month
Washington House Ice Cream Parlor, Two Rivers (See page 8 for details)
- June 10** **Farmers Market Vouchers:** 9:00-11:00 am - ADRC Manitowoc (See page 9 for details)
- June 12** **Farmers Market Vouchers:** 9:00-11:00 am - ADRC Manitowoc (See page 9 for details)
- June 14** **Farmers Market Vouchers:** 9:00-11:00 am - Kiel Community Center (See page 9 for details)
- June 17** **Farmers Market Vouchers:** 1:00-3:30 pm
Two Rivers Senior Center (See page 9 for details)
- June 18** **Farmers Market Vouchers:** 1:00-3:00 pm
ADRC of the Lakeshore (See page 9 for details)
- June 19** **Men's Caregiver Support Group:** 9:00-10:30 am
ADRC of the Lakeshore (See page 11 for details)
- June 20** **Farmers Market Vouchers:** 1:00-3:00 pm
ADRC Manitowoc (See page 9 for details)
- June 20** **Family Caregiver Support Group:** 2:00-3:30 pm
ADRC of the Lakeshore (See page 11 for details)
- June 25** **ADRC on the Radio:** 8:15 am—WCUB 980 AM/97.1 FM, Breakfast Club
Topic: Senior Farmers Market Vouchers (See page 13 for details)
- June 27** **Virtual Dementia Tour:** 1:00-3:00 pm
ADRC of the Lakeshore (See page 8 for details)
- June 28** **Farmers Market Vouchers:** 9:00-11:00 am
Manitowoc Senior Center (See page 9 for details)
- July 2** **Early Stages Support Group:** 10:00-11:30 am
ADRC of the Lakeshore (See page 11 for details).
- July 16** **Medicare A-D** - 3:00-4:00 pm
Manitowoc County Office Complex (See page 19 for details) Registration Required.
- July 17** **Men's Caregiver Support Group :** 9:00-10:30 am
ADRC of the Lakeshore (See page 11 for details)
- July 18** **Family Caregiver Support Group** 2:00-3:30 pm
ADRC of the Lakeshore (See page 11 for details)
- July 22** **ADRC on the Radio:** 9:30am - WOMT 1240 AM/107.9 FM, Be My Guest
Topic: Aging Plan (See page 13 for more information)
- July 25** **Dementia 101:** 10:00-11:30 am
ADRC of the Lakeshore (See page 8 for details)
- July 30** **ADRC on the Radio:** 8:15 am—WCUB 980 AM/97.1 FM, Breakfast Club
Topic: Where to Find Information (See page 13 for details)

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.



ATTENTION ALL CAREGIVERS: We Have a Workshop for You!

Powerful Tools
FOR Caregivers

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 \(aarp.org\)](#)



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

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:

Thursdays, Sept 12 - Oct 24 | 12:30 - 2:30 pm
Kiel Community Center
510 3rd Street, Kiel, WI 53042

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 Sessions

Monday, Sept. 16 & 23
1:00 pm - 3:00 pm
Kiel Community Center
510 Third St., Kiel, 53042
Please RSVP by Sept. 2

Monday, Nov. 18 & 25
1:00 pm - 3:00 pm
ADRC Education Room
1701 Michigan Avenue
Manitowoc, 54220
Please RSVP by Nov. 2

To RSVP, call 1-877-416-7083

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

Visit Our Website: www.adrcofthelakeshore.com | 15

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/>



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

Summer Reading Program Sign-Up | Thursday, June 6, 12:00-2:00 PM | at Cedar Crest

Sign up for Manitowoc Public Library's Summer Reading Program at Cedar Crest! **First 100 to sign up get a coupon for a free scoop of ice cream!** *In case of inclement weather, this event will be canceled.*

Summer Reading Program | June 10—August 10

Read or be read to a total of 30 days to complete the program. Every five days read earns you a prize! Sign up on the Beanstack app or grab a paper tracker at a Service Desk.

American Farmer: A Photo-Portrait Exhibition | June 17 – October 20 | Main Floor at MPL

A Program of ExhibitsUSA, a national division of Mid-America Arts Alliance and The National Endowment for the Arts, "American Farmer" celebrates the living spirit of our heartland through the faces and voices of the people who keep it alive. Featuring forty-five full-color and black-and-white portraits and interviews with farmers across the United States—from cattle ranchers to strawberry growers—American Farmer tells the honest and inspiring stories of the true stewards of our land.

An Evening with Temple Grandin | Friday, June 21, 6:00 PM | at Capital Civic Center

The evening will feature an onstage interview with Dr. Grandin, followed by a Q&A session, and a book signing. Copies of Dr. Grandin's books will be available for purchase. While the event is free, tickets will be required for entry. More details about ticketing will be forthcoming. This event is made possible through the generous support of the Friends of Manitowoc Public Library and Visit Manitowoc. Globally-known for her work in autism education and animal behavior, Dr. Grandin is the New York Times bestselling author of several published books, in addition to numerous academic works on animal behavior.

Movie Nights at the Library: *Annihilation* | Thursday, July 11, 5:00-7:00 PM | Balkansky Room

Manitowoc Public Library's Matt Mottl invites one and all to join him for a screening of *Annihilation* (2018, R, 1hr 55min). Snacks and beverages provided.

For a complete listing of events at the Manitowoc Public Library, go to www.manitowoclibrary.org

TIPS FOR DAILY LIFE WITH ALZHEIMER'S



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.

JOIN US FOR A FREE

Medicare A-D Presentation

TUESDAY, JULY 16

3:00-4:00 PM

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



REGISTRATION IS REQUIRED CALL 1-877-416-7083

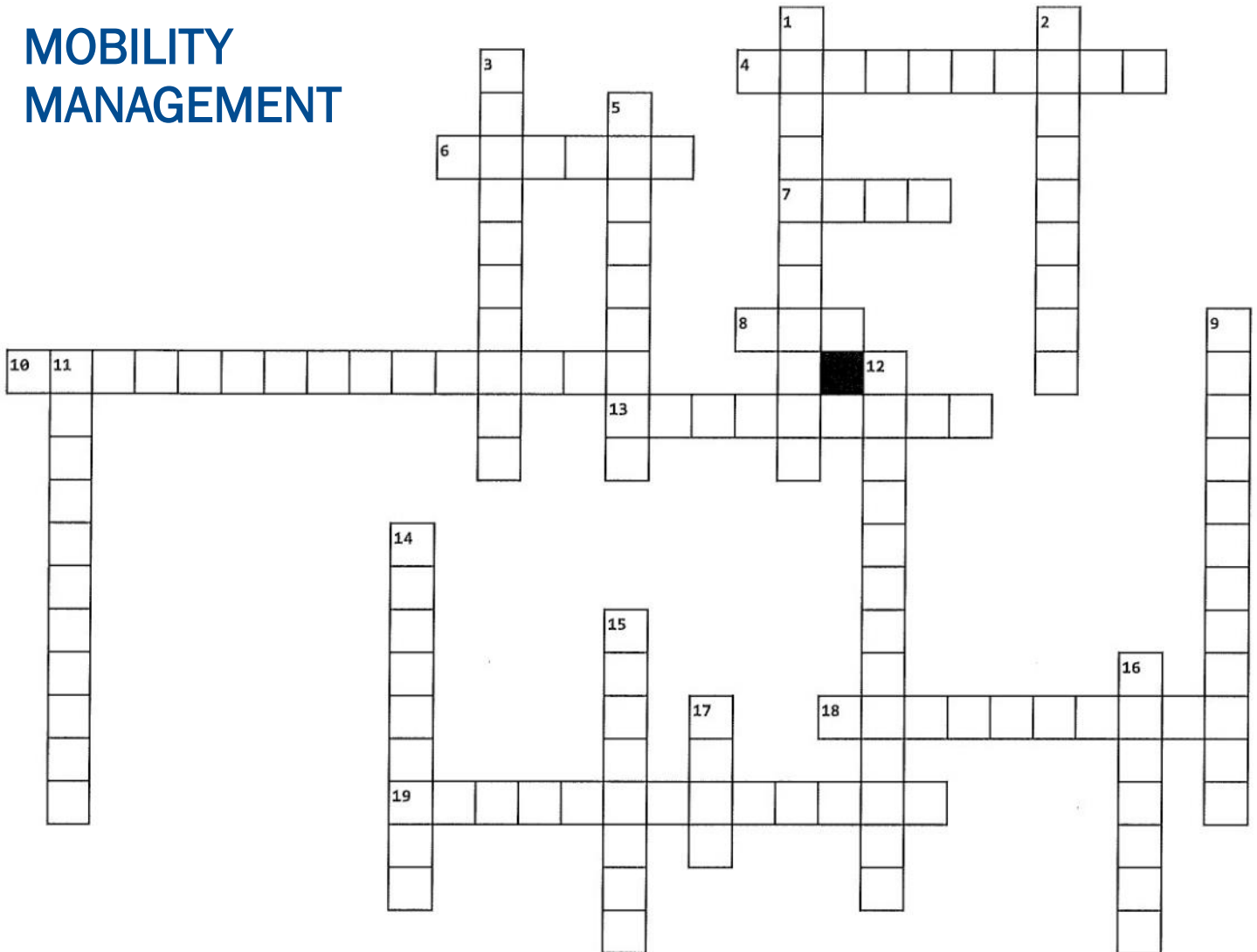
NEXT PRESENTATION: SEPTEMBER 17, 2024

**MANITOWOC COUNTY OFFICE COMPLEX
4319 EXPO DRIVE, ROOM 300, MANITOWOC, WI 54220**



Visit Our Website: www.adrcofthelakeshore.com | 19

MOBILITY MANAGEMENT



Across

- 4. Able to Walk
- 6. Elderly
- 7. Wisconsin Association of Mobility Managers
- 8. Maritime Metro Transit
- 10. Transportation Leader
- 13. List
- 18. Trip Planning
- 19. Another Word for Coordination

Down

- 1. To Enable
- 2. Free Assistant
- 3. Mobility Device
- 5. There and Back
- 9. Freedom
- 11. One Call Center
- 12. Not Able to Walk
- 14. Available Means
- 15. Restricted
- 16. Leader
- 17. Aging and Disability Resource Center

Answers on page 22

Staff Spotlight: Marcia Dorner - Kewaunee Meal Site Manager



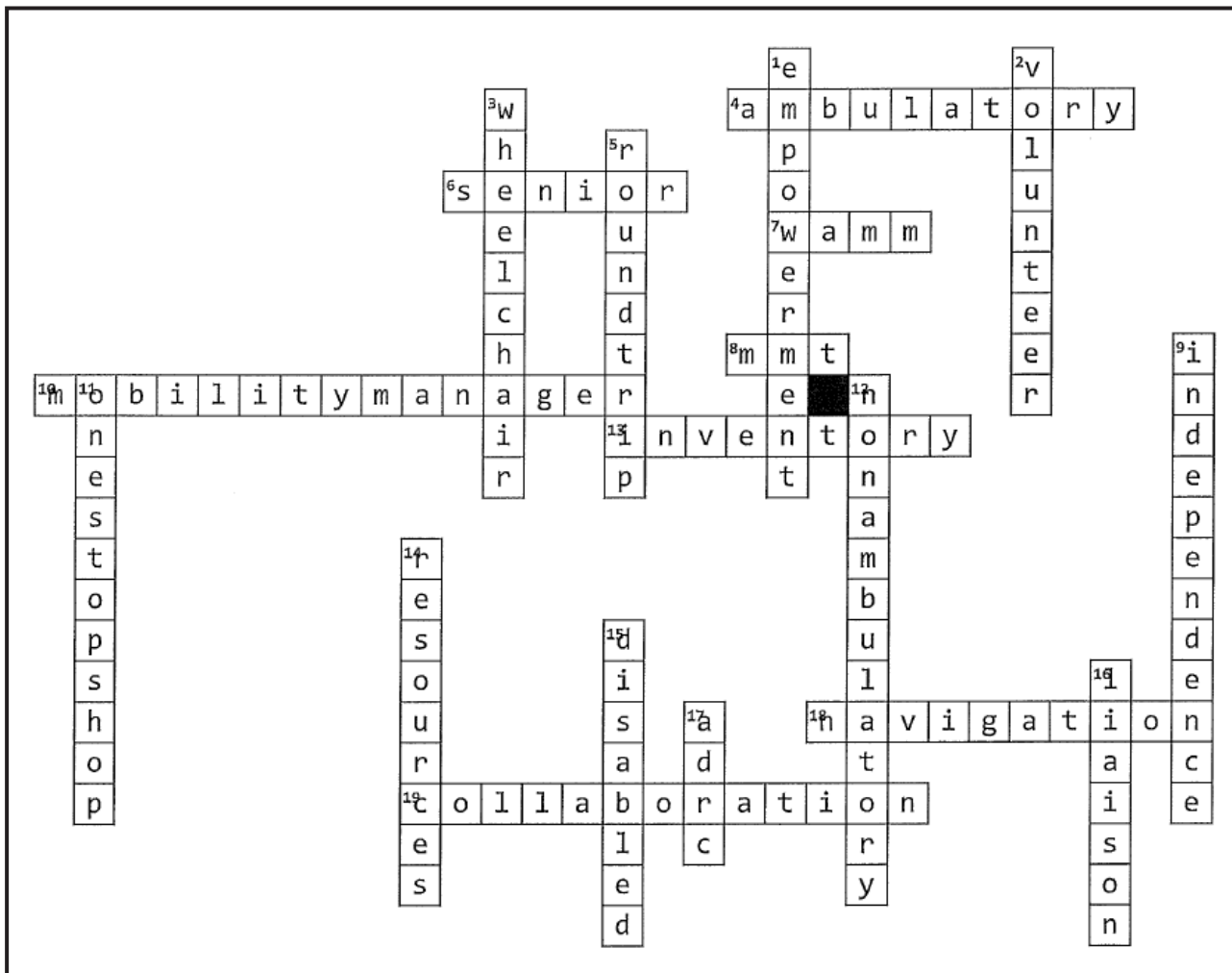
How long have you worked for the ADRC? Why have you chosen this career path? I have been here for 5 years. Growing up I always knew I wanted a job where I can help people every day. The ADRC seems to truly embrace that.

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!



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!



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@manitowoccountymi.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 & 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
Katie Deprey & Katrina Pratt
**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
Visit us online at www.adrcofthelakeshore.com

THANK YOU FOR YOUR DONATION!

The ADRC of the Lakeshore would like to express their gratitude to **St. Thomas the Apostle Catholic Community** for their generous donation to our Home Delivered Meals Program. On May 8th, St. Thomas the Apostle Catholic Community organized a Wine and Cheese tasting event and donated a portion of their proceeds to support our program.

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.

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Senior Farmers Market Vouchers will be available beginning June 10th 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 9.