

October 2024 — November 2024

KEWAUNEE COUNTY

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

Home Delivered Meals

Meals provided to our homebound community members.



To be eligible for our home delivered meals program, a person must be 60+ and meet 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.
- 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.
- The individual is 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.
- The individual is 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: 1-877-416-7083

Senior Dining Sites

Meals provided in a dine-in setting, allowing for participants to meet new people, renew old friendships, and stay up-to-date on everything going on in their community.

Dining sites are open to individuals aged 60+ and their spouses. Government grants cover a portion of the meal costs, but a contribution for your Senior Meal is appreciated. Spouses under the age of 60 are required to pay the full cost of the meal.

Reservations are required at least **1** business day 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 ADRC of the Lakeshore at 1-877-416-7083. To view the menus, visit www.adrcofthelakeshore.com and click on Nutrition.

Kewaunee

Community Congregational
Church

502 Center Street

920-683-4180

Monday - Friday: 11:15 am

Luxemburg

St John Lutheran Church

700 Heritage Road

920-683-4180

2nd & 4th Wednesday: 11:30 am

Nutrition Exchange

with Alyssa Weber, Registered Dietician, Certified Dietician

The Nutrition Exchange allows readers to submit nutritional questions to be answered by a Registered Dietician. Questions can be mailed to the Aging & Disability Resource Center of the Lakeshore, Attention: Nutrition Exchange at 1701 Michigan Avenue, Manitowoc, WI 54220. Please include your name when submitting a question.



All names will remain confidential.

Malnutrition Awareness Week takes place every fall. The goal of Malnutrition Awareness Week is to educate healthcare professionals on early detection, prevention, and treatment of malnutrition, educate consumers/patients to discuss their nutrition status with healthcare professionals, and increase awareness of nutrition's role on patient recovery.

When your body does not get the right balance of energy and nutrients that it needs, you may become malnourished. Malnutrition, in this case, is considered "undernutrition." Malnutrition threatens your health and your ability to fight sickness and injuries.

Malnutrition is not always easy to see, so it is important to keep an eye out for possible signs that you may be malnourished. The major signs of malnutrition include:

- Sudden unexpected weight loss
- Loss of appetite
- Muscle weakness
- Frequent nausea, vomiting, or diarrhea
- Slow-healing wounds
- Feeling tired or fatigued
- Swelling in your ankles, legs, or belly
- Getting sick often

You may be at a greater risk for malnutrition if you suffer from a chronic health condition, such as diabetes, cancer, heart disease, or dementia.

Malnutrition is a serious issue that can have dangerous consequences on your well-being. The effects of malnutrition in older adults include:

- Higher risk of falls and broken bones
- Less independence
- Higher stress levels
- Higher risk of infections

The good news is that malnutrition can be prevented and treated through a healthy diet and lifestyle. Here are some tips to help you stay healthy and meet your nutritional needs.

- Buy foods that are tasty, easy to prepare, and rich in calories and protein. Examples of high-protein foods include milk, beans, meat, and eggs. Try adding herbs and spices into your meals to make them more interesting.
- Make your meals social! Ask family or friends to eat with you. Go out to restaurants that offer senior discounts.
- Eat 5-6 small meals a day instead of 3 large meals.
- Build muscles and strength by lifting weights, using resistance bands, or taking walks.
- Find an oral nutrition supplement that you like. Oral nutrition supplements are an easy way to get in the calories, protein, and essential nutrients that your body needs. Look for oral nutrition supplements that provide at least 150 calories and 15-30 grams of protein per 8 ounces. Oral nutrition supplements can be purchased at the grocery store, pharmacy, or ordered online from various manufacturers.

You can also prepare your own shake or smoothie. Here are two high calorie and high protein recipes.

Creamy Peach Smoothie:

1 cup vanilla ice cream

1/2 cup whole milk

1 peach, or canned peaches

Combine all ingredients in a blender and blend until smooth.

Calories: 435 **Protein:** 11 grams **Carbohydrates:** 51 grams

Chocolate Peanut Butter Protein Smoothie

1 cup milk

3/4 cup sliced, frozen (ripe) banana

1/2 cup plain Greek yogurt

1 TBSP unsweetened cocoa powder

1 TBSP natural peanut butter

Combine all ingredients in a blender and blend until smooth

Calories: 402 **Protein:** 26 grams **Carbohydrates:** 41 grams

Lakeshore Memory Café

A great opportunity for discussion, connections,
refreshments, and creative fun!

First Wednesday of Every Month

10:00 - 11:30 AM

Manitowoc Public Library - Balkansky Room



October 2nd

Glaze & Paint:

Pumpkins, cider, and spice: Oh My!
Leaves are falling outside, but we'll be cozy
and crafty indoors. It's always a pleasure
to have Katie from Glaze & Paint lead us in
a craft!

November 6th

Thanksgiving Therapy:

Thanksgiving is a time to slow down and be
grateful with our loved ones. Sometimes
we just need to relax, too! Come by and
visit with some therapy dogs and share
what you're thankful for!



Kewaunee County
Health Department

Fall Health Initiative

INFLUENZA & COVID VACCINATIONS

Influenza vaccinations starting 10/1

Covid vaccinations starting as they
become available

Bring all insurance cards at time of
appointment as there is a cost
associated with these vaccinations.

To make your appointment, call:
920-388-7160

Find the Lighthouses!

There are three lighthouses hidden throughout the newsletter! They will look like the one pictured here, but they could be a different color or they could be much larger or much smaller.



When you find all three, write your answers down, along with your name and phone number, and mail it to:

Aging & Disability Resource Center
c/o Tehya Miller
1701 Michigan Avenue
Manitowoc, WI 54220

Answers must be received by October 31st to be considered. **One winner will be chosen at random.** Winner will be announced in the next newsletter and will receive a prize basket from the ADRC!

prize basket must be picked up from the Kewaunee County ADRC office

Daylight Savings Time: Sunday November 3

Don't forget to turn your clocks **back** one hour!



HAPPY VETERANS DAY

— ★★ ★★ ★★ —
HONORING ALL WHO SERVED

11.11.2024

THANK YOU FOR YOUR SERVICE

Happy Thanksgiving

Offices Closed:
Thursday November 28
&
Friday November 29

Helping People, Changing Lives: 3 Health Benefits of Volunteering

From Mayo Clinic Health System

Volunteers make an immeasurable difference in people's lives and often serve to help others. Did you know that volunteering can benefit your health as well? The good news is that you don't need to be a philanthropist or senator to enhance or create change in your community. Your actions, big or small, can help others and benefit your health. Research has shown that volunteering offers significant health benefits, especially for older adults, including:

1. Improves physical and mental health.

Volunteer activities keep people moving and thinking at the same time. Research has found that volunteering among adults aged 60 and over provided benefits to their physical and mental health. Volunteers report better physical health than non-volunteers. Research also has shown that volunteering leads to lower rates of depression and anxiety, especially for people 65 and older.

Volunteering reduces stress and increases positive, relaxed feelings by releasing dopamine. By spending time in service to others, volunteers report feeling a sense of meaning and appreciation, both given and received, which can have a stress-reducing effect.



Reduced stress further decreases the risk of some physical and mental health problems, such as heart disease, stroke, depression, anxiety and general illness. In addition, people who volunteer have lower mortality rates than those who do not, even when controlling for age, gender and physical health.

2. Provides a sense of purpose and teaches valuable skills.

The work that volunteers provide is essential to everyday activities, giving volunteers a sense of purpose, especially when giving their time and talent in the areas they find meaningful. Older volunteers experience greater increases in life satisfaction and self-esteem.

3. Nurture new and existing relationships.

Volunteering increases social interaction and helps build a support system based on common interests. One of the best ways to make new friends and strengthen existing relationships is to participate in a shared activity.

In many cases, volunteers have diverse backgrounds, which helps expand their social network and allows them to practice social skills with others.

People volunteer for different reasons, such as exploring careers, sharpening skills, staying active during retirement, meeting new people, and serving their communities. Yet all volunteers share a common desire to improve the health and welfare of people in their communities.

OCTOBER/NOVEMBER 2024 VOLUNTEER SPOTLIGHT

Sue Doran - Powerful Tools for Caregivers Class Facilitator

How did you become a volunteer with the ADRC of the Lakeshore? After utilizing the services of the ADRC for my parents and taking the PTC class, I was asked by the program manager to take the classes to become a facilitator for PTC.

What surprised you most about volunteering? Most surprising was the satisfaction of seeing the light of hope and encouragement dawn in the eyes of participants as the “tools” made an impact.

What has been your most rewarding experience while volunteering? It has been rewarding to meet and make new friends and acquaintances while volunteering.

What might someone be surprised to know about you? It may come as a surprise to know how fascinating I find visiting Third World countries and immersing in their culture on a basis of missions and humanitarian aid.



Medicare Open Enrollment Is Here!

October 15-December 7

Do you have a Medicare Prescription Drug (Part D) plan?

Every year, Medicare Part D plans change the list of prescription medications they will cover. Even if you are taking the same medications, the amount you pay for your medications may change in 2025! Plan premiums, deductibles, and co-pays can also change.

What do you need to do?

All Medicare beneficiaries should check their Part D coverage during Medicare’s annual open enrollment period, October 15-December 7. Find out if your current plan will cost you more or less than other Part D plans in 2025. If it is no longer the best plan for your medications, this is the time to make a switch to a Part D plan that will suit you better. To compare plans, go to the official Medicare website: [medicare.gov](https://www.medicare.gov)

Who can help?

Assistance is available through the following resources:

- 1-800-MEDICARE or www.medicare.gov
- Disability Rights Wisconsin Medicare Part D Helpline: 1-800-926-4862 (if under the age of 60)
- Wisconsin Medigap Prescription Drug Helpline: 1-855-677-2783 (If age 60+)
- Local insurance agents/brokers and certain pharmacies
- Check out the ADRC website regarding our new appointment process: www.adrcofthelakeshore.com, or call 1-877-416-7083 for more information

From the Desk of Tracy Nollenberg, WCEM

Kewaunee County Emergency Management Director

As the fall season starts to arrive, what can you do to help be better prepared for the change in season? Below are just a few things you can do to help better prepare you for the autumn season.

1. **Clear outdoor walkways** - Autumn leaves are beautiful, but fallen wet leaves are slippery and a fall risk. Keep all your outdoor walkways free of them.
2. **Update your lighting** - Remember that Daylight Savings Time ends Sunday, November 3, 2024, and the days are getting shorter. Reliance on artificial light is the name of the autumn game. Check the batteries in all stored flashlights and make sure that they are easy to get to in case of an emergency. Stock up on candles, lightbulbs, and batteries.
3. **Dress warmly and wisely** - Fall fashion is here, which means making sure plenty of sweaters and lightweight jackets are on hand. You need to have properly fitted, non-skid boots with good traction, which can prevent slipping and falling.
4. **Pre-winter heating maintenance** - Schedule your pre-winter heating maintenance appointment and adjust your thermostats to be ready for seasonal temperature fluctuations. If you use an app to control your heating and cooling temperatures, review the time and heat settings you have scheduled for the fall season. If you have a fireplace, have the chimney inspected and cleaned. If space heaters are a necessity, read and follow the directions for them. Make sure they are never left unattended, and that there is at least three feet between the device and anything flammable, such as wall curtains. Also, never use an extension cord on a space heater.
5. **Pre-winter fire safety check** - Check your smoke and carbon monoxide detectors. Change the batteries in these devices and test them to make sure they're in good working order. Plan on doing detector testing every month of the fall and winter.
6. **Update your emergency travel vehicle kit** with winter items like: extra gloves/hats, extra socks, check your flare, make sure you have jumper cables, update any snack or drinking items in your kit, a phone charger, and other items you may need if you get stranded or breakdown while waiting for someone to come and assist you.
7. **Update your home emergency kit**- Swap out water and canned, ready-to-eat foods. In the event of a power outage, call your electric company to let them know you are without power. During a prolonged power outage, let your town chairman, city mayor, or village president know of your situation.

Our office has NOAA weather radios for sale. These are great for being kept informed of severe weather when we lose power as they have battery back-up. They cost \$30 each and we will program them for you to receive weather notifications. Contact our office to purchase yours at 920-845-9701.





ADRC of the Lakeshore Support Groups



Early Stage Caregiver Support Group

2nd Wednesday of Every Month

10:00-11:00 AM

ADRC of the Lakeshore
810 Lincoln Street, Kewaunee

Each meeting hosts two groups in separate rooms: one group for individuals affected by dementia and/or memory loss (early stage), and the other for family caregivers of individuals affected by dementia.

Assessment is necessary prior to first session.
Call 1-877-416-7083 to schedule assessment.

Family Caregiver Support Group

3rd Thursday of Every Month

9:30-11:00 AM

St John Lutheran Church
700 Heritage Road, Luxemburg
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.

ADRC of the Lakeshore

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

- Oct 2** **Lakeshore Memory Café:** 10:00-11:30 am - Glaze & Paint
Manitowoc Public Library, Balkansky Room (See pages 4 & 19 for details)
- Oct 3** **Medicare A-D Presentation:** 3:00-4:00 pm
ADRC Kewaunee. Registration required. (See page 17 for details)
- Oct 8** **Kewaunee County Senior Resource Fair:** 9:00 am-12:00 pm
Kewaunee County Fairgrounds, Exhibition Hall, Luxemburg
(See back page for details).
- Oct 9** **Early Stage Caregiver Support Group:** 10:00-11:00 am
ADRC Kewaunee. Initial assessment required.
(See page 9 for details)
- Oct 17** **Family Caregiver Support Group:** 9:30-11:00 am
St John Lutheran Church, Luxemburg (See page 9 for details)
- Oct 23** **Powerful Tools for Caregivers:** 9:00-10:30 am
Kewaunee County Expo Hall. First of six-week workshop. Registration required.
(See page 14 for details)
- Oct 29** **ADRC on the Radio:** 8:15 am - Breakfast Club, WCUB 980
Topic: Dementia, Placements, & the Caregiver
- Nov 1** **Sip & Swipe:** 9:30-11:30 am
ADRC Kewaunee. First of two classes. Registration required.
(See page 20 for details)
- Nov 6** **Lakeshore Memory Café:** 10:00-11:30 am - Thanksgiving Therapy
Manitowoc Public Library, Balkansky Room (See pages 4 & 19 for details)
- Nov 13** **Early Stage Caregiver Support Group:** 10:00-11:00 am
ADRC Kewaunee. Initial assessment required.
(See page 9 for details)
- Nov 20** **Dementia 201:** 10:00-11:30 am
ADRC Kewaunee. Registration required. (See page 19 for details)
- Nov 21** **Family Caregiver Support Group:** 9:30-11:00 am
St John Lutheran Church, Luxemburg (See page 9 for details)
- Nov 25** **Pro Bono Information Project:** 9:00-11:30 am
ADRC Kewaunee. Registration required. (See page 12 for details)
- Nov 26** **ADRC on the Radio:** 8:15 am - Breakfast Club, WCUB 980
Topic: Checking On Your Neighbor

DMV Offers Option to Add Emergency Contact Information to License Data

News Release from the WisDOT Office of Public Affairs

The Wisconsin Department of Transportation (WisDOT) Division of Motor Vehicles (DMV) now offers an option for motorists and individuals to add emergency contact information to their driver's license or ID record. Adding the information is voluntary and will not appear on the card.

Governor Evers signed the "To Inform Families First" or "TIFF" law last year. It was put in place to provide law enforcement the ability to contact a family member or other loved one more quickly in the event of an emergency. Adding this information is not required. Only law enforcement, including police in other states, are able to access the information.

To add emergency contact information to a DMV record, visit www.wisconsin.dmv.gov/emergencycontact for the convenient online self-service application. A visit to a DMV customer service center is not necessary.



Fall Word Search



- APPLE
- AUTUMN
- CANDY
- CARAMEL
- CIDER
- FOOTBALL
- HALLOWEEN
- HARVEST
- HAYBALES
- HAYRIDE
- LEAVES
- NOVEMBER
- OCTOBER
- PIE
- PUMPKIN
- SCARECROW
- SUNFLOWERS
- SWEATERS
- THANKFUL
- THANKSGIVING
- TURKEY

words can be forwards, backwards, and diagonal

Answers on page 22

Pro Bono Project Offers Free Legal Advice to Seniors

Seniors aged 60 or older may make a half-hour appointment with the volunteer attorney at the ADRC of the Lakeshore. During this time, they can explain their problem, go over any paperwork they have related to the problem, and ask any questions about what their options are or where they can go for more help. The attorney will meet with individuals confidentially and discuss the situation. **The attorney will NOT become the individual's lawyer, nor will the attorney be representing them.** Rather, the attorney will listen to the individual's concerns, ask relevant questions, and then advise as to whether the problem can be addressed by some other individual, whether they need to see a lawyer in private practice, or whether this is something the person can handle on their own.

The ADRC of the Lakeshore's Benefit Specialist Program, in cooperation with local attorneys who are members of the Wisconsin Bar Association and the Elder Law Center of the Greater Wisconsin Agency on Aging Resources, Inc. are sponsors of the Pro Bono Project. The attorneys from the Bar Association generously donate their time to talk with county elders about their legal problems.

Upcoming Events:

**Kewaunee County
ADRC**

810 Lincoln St

November 25, 2024

9:00-11:30

Registration is required.

Please call the ADRC at
1-877-416-7083 for more
information or to register.

Do You Qualify for Social Security Spouse's Benefits?

From Social Security Administration

Social Security benefits are a crucial part of the retirement income for millions of Americans. If you don't have enough Social Security credits to get benefits on your own work record or your own benefit is small, you may be able to receive benefits as a spouse. Your spouse must be receiving benefits for you to get benefits on their work record. If your spouse does not receive retirement or disability, you'll have to wait to apply on your spouse's record.

In addition, to be eligible for spouse's benefits, you must be one of the following:

- 62 years of age or older.
- Any age if you have a child who is younger than 16 in your care or has a disability and is entitled to benefits on your spouse's record.

How the spouse's benefit is determined

Your full spouse's benefit could be up to one-half the amount your spouse is eligible to receive at their full retirement age. If you choose to receive your spouse's benefits before you reach full retirement age, your payment will be permanently reduced.

Your spouse may have postponed or plan to postpone their retirement to increase their monthly benefit amount by earning delayed retirement credits. However, your maximum spouse's benefit remains 50% of their full retirement age benefit, not their higher amount including delayed retirement credits. (Your benefit as a surviving spouse would be based on the higher amount.)

If you wait until you reach full retirement age to receive benefits, you'll receive your full spouse's benefit amount. You may also get your full spouse's benefit if you are under full retirement age, but care for a child and one of the following applies:

- The child is younger than age 16.
- The child has a disability and is entitled to benefits on your spouse's record.

Payments to family members do not decrease your spouse's retirement or disability benefit.

If you get retirement and spouse's benefits

If you're eligible for retirement and spouse's benefits, you must apply for both, and you'll receive a combined benefit equaling the higher spouse's amount. This requirement is called "deemed filing" because when you apply for one benefit you are "deemed" to have applied for the other benefit.

If you receive retirement on your own record, we will pay that amount first. If your benefits as a spouse are higher than your own benefit, you will get a combination of benefits that equals the higher spouse's benefit.

Consider this example: Sandy is eligible for a monthly retirement benefit of \$1,000 and a spouse's benefit of \$1,250. If she waits for Social Security until her full retirement age, she will receive her own \$1,000 retirement benefit. We will add \$250 from her spouse's benefit, for a total of \$1,250 a month. Sandy only gets an additional spouse's benefit because her own benefit is less than half her spouse's full retirement age benefit.

To learn more, please visit the Social Security Administration's website: blog.ssa.gov.





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.

BINGOeize®

Bingocize is a 10-week program that combines the game of bingo with strength and balance exercises, for a great way to get moving, get socializing, and win some 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, participants should see improvements in:

- Mobility and independence
- Cognitive functioning
- Range of motion
- Upper and lower body strength

Powerful Tools FOR Caregivers

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

By taking care of yourself, you become a better caregiver. This class meets once a week for 1.5 hours.

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

SteppingOn

Stepping On is a seven-week workshop that can help you avoid a dangerous and costly fall so you can keep doing the things you love to do.

Participants will learn:

- To identify and remove/avoid fall hazards in your home and outside
- How vision, hearing, medications, and footwear affect your risk of falling
- Strength and balance exercises you can adapt to your individual level
- How to get back on your feet the right way after a fall

Participants meet once a week for two hours.

Upcoming Workshops

Powerful Tools for Caregivers:

Wednesdays, October 23-November 27

9:00 - 10:30

Kewaunee County Exhibition Hall

625 3rd Street, Luxemburg

Registration is required for participation. Please call 1-877-416-7083 to RSVP.

The Importance of Fitness as a Caregiver

Coming up in November, caregivers across the nation will be celebrated during National Family Caregiver Appreciation Month! But here at the ADRC of the Lakeshore, we celebrate and support the caregivers in our communities all year long. We know that caregivers and seniors are more active than ever before and are engaging in all sorts of activities on a daily basis. Exercise is one of those activities and is just as vital as any other activity. In fact, a 2013 study in Population Health Management showed that exercise is more important than diet when maintaining a healthy lifestyle. More specifically, the study found that seniors who exercised regularly were more likely to have:

- Improved physical and mental health
- Increased energy
- Improved social interactions
- Decreased limitations with daily activities
- Lowered risk of depression
- Reduced falls and injuries
- Decreased rates of hospitalization
- Lowered rates of chronic disease (or more manageable symptoms for those who were already affected by it)



The above list is evidence there are many great benefits to beginning a regular workout routine. And for caregivers, who are being pulled in many directions, focusing on physical health will aid you in the long run. There is no time like the present to get started on taking care of yourself by getting some exercise in each and every day. Let's start celebrating National Family Caregiver Appreciation Month with a little bit of self-love and exercise!

Article written by: Anne Spieker, Family Caregiver Specialist Resource: Great Senior Living

Ask I&A

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



Ask I&A October/November 2024: What is the difference between Medicare & Medicaid?



Although people often use the terms Medicare and Medicaid interchangeably, Medicare and Medicaid are not the same programs.

Medicare is the federal healthcare insurance for people 65 and older or those who have a qualifying disability and have been receiving Social Security Disability for 24 months. You can choose Original Medicare (Part A & B) or a Medicare Advantage Plan (Part C) for healthcare coverage. If you choose Original Medicare, you will also decide if you want drug coverage (Part D) and supplemental coverage, such as a Medigap policy. Medigap is a Medicare

Supplemental Plan (not included with Medicare Advantage Plans) that can help pay for out-of-pocket costs like co-insurance, co-pays, or deductibles.

New enrollees can enroll into Medicare during the Initial Enrollment Period (IEP), which is the 3 months before, month of, and 3 months after their 65th birthday. For those eligible for Medicare based on disability, you will be auto enrolled into Medicare and have the 3 months before, the month it goes into effect, and the 3 months after. The Annual Open Enrollment for Medicare, which occurs October 15-December 7, is the only time to change plans for most people. Changes to your plan would be effective January 1. There are Special Enrollment Periods (SEP) in which an individual can make changes to their Medicare coverage outside of normal enrollment if they are meeting a qualifying event.

Understanding Medicare can be overwhelming for any one person. That is why it is encouraged to attend the Medicare A-D trainings offered quarterly at the ADRC of the Lakeshore for Kewaunee and Manitowoc county residents. Additionally, Benefit Specialists through the ADRC provide information and assistance regarding public and private benefits or programs, such as Medicare. Additional information on Medicare can also be located at www.medicare.gov.

Medicaid is a joint federal and state program that provides health coverage for people with limited income or resources. In Wisconsin, there are different types of Medicaid programs, each with their own eligibility criteria. To apply for Medicaid as a Kewaunee or Manitowoc County resident, please contact the East Central Income Maintenance Partnership at 1-888-256-4563 or apply online at www.access.wi.gov.

For more information, please contact the ADRC of the Lakeshore toll free at 1-877-416-7083.

JOIN US FOR A FREE

Medicare A-D Presentation

THURSDAY, OCTOBER 3

3:00 - 4:00 PM

KEWAUNEE COUNTY ADRC

810 LINCOLN STREET



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



Upcoming Events at the Library!

Join us at the Kewaunee County Senior Resource Fair on **Tuesday, October 8** at the Kewaunee County Fairgrounds in Luxemburg. Play a fun Plinko game hosted by the Kewaunee and Algoma Public Libraries for a chance to win a Hawaiian-themed prize!

Don't miss out on these activities at the Kewaunee Public Library:

- Discover different flavored teas to sample on the first Tuesday of each month at 2pm
- Join the Senior Coffee Club for a warm beverage and great conversations on the third Thursday at 10:30am
- Enjoy an adult matinee on the second Friday of every month at 1pm
- Mark your calendars for **October 4** at 10:30am when local author Chase Pagel reads her latest book, "Big Farms, Little Farms." This educational book is perfect for young farmers to learn about planting, harvesting, and animal care. Bring your grandkids along for a delightful time!



Gentle Exercise Class

Mondays, Oct 7 - Dec 16

9:00 - 10:00 am



St Johns Lutheran Church

700 Heritage Rd, Luxemburg

Call Diane: 920-609-2765



Staff Spotlight: Tehya Miller - Outreach Coordinator



How long have you worked for the ADRC? Why have you chosen this career path?

I have worked at the ADRC for just under 2 months. Ever since being involved in an organization in high school called Sting Cancer, I knew that I wanted to work in the non-profit field, and this job is a perfect mix of being able to work in non-profit with volunteers and being able to utilize all of my skills!

What is the best part of your job?

The best part of my job has been able to work with all of the different departments within the ADRC. I'm not working with just one group of individuals, I really have my irons in all of the fires at the ADRC and I love being a part of everything that's going on!

What might someone be surprised to know about you?

I love to hike. My brother, sister-in-law, and I like hiking the Ice Age Trail (which is now part of the National Park Service as a National Scenic Trail!) in Two Rivers, and my favorite place in Wisconsin to hike is High Cliff State Park.

What is a secret talent no one knows about?

It's not a huge secret, but I'm a baker! Before starting at the ADRC, I worked at a bakery in my hometown for 3.5 years, where I was the store manager and assistant baker. I love to bake, and used to bake a lot in college during exams when I was stressed out.

Dementia Services

“Dementia doesn’t rob someone of their dignity, it’s our reaction to them that does.” -Teepa Snow

Our Dementia Care Specialist (DCS) provides education and awareness about Alzheimer’s disease and other dementias. This includes providing options to caregivers and those affected by memory loss in regards to community resources and services, assistance with future planning, and implementing evidence-based programs to help individuals affected by dementia live independently in their communities. The goal of the DCS 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

No events in Oct/Nov

Stay tuned for upcoming events!

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.

Lakeshore Memory Café

10:00-11:30 AM

Manitowoc Public Library - Balkansky Room

Wednesday October 2

Glaze & Paint

Wednesday November 6

Thanksgiving Therapy

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!

No RSVP is required for attendance.

See page 4 for more information

Dementia 201

Wednesday November 20

810 Lincoln St, Kewaunee WI 54216

10:00-11:30 AM

Part two of an educational series on the topic of dementia. Dementia is currently the 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 201 will discuss how caregivers can handle different behaviors and symptoms of dementia. Attendance at Dementia 101 first is not required, but strongly encouraged.

We don’t remember

days

we remember

moments

-Cesare Pavese

There are no fees for participation in any ADRC Dementia Services programs, but registration is required.

Please call 1-877-416-7083 to RSVP.

ADRC ON THE RADIO

HEAR THE ADRC TALK IN MORE DETAIL ABOUT THEIR PROGRAMS AND SERVICES:

Breakfast Club: 8:15 AM



OCTOBER 29

TOPIC: DEMENTIA, PLACEMENTS, & THE CAREGIVER

WENDY HUTTERER, ADRC Director

ARIEL KONING, Dementia Care Specialist

NOVEMBER 26

TOPIC: CHECKING ON YOUR NEIGHBOR

Melissa Konop, ADRC Program Manager

SIP & SWIPE

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

Join us at Sip & Swipe!

This 2-week course will help you learn the basics of technology literacy, such as turning a tablet on/off, creating an email account, and how to search the Internet.

Fridays, November 1 & November 8

9:30 – 11:30 AM

ADRC of the Lakeshore
810 Lincoln St, Kewaunee

RSVP by October 25th by calling: 1-877-416-7083. Devices are provided.



Bingocize



“Bingocize was a great experience for me. It helped me physically, mentally, and socially.”

- Wendy W

“This class is a winner!”

“I am 87 years old and I enjoyed Bingocize very much.”
- Shirley Haack



The ADRC of the Lakeshore debuted a brand new Health & Wellness workshop this year, and these testimonies seem to say that it was a hit! Bingocize is a twice a week, 10-week program that combines bingo and small strength and balance exercises for a great way to get moving, get socializing, and best of all—win some prizes!

Stay tuned for our upcoming Bingocize classes in 2025!

For more information on Bingocize, turn to page 14.



Kewaunee County Veterans:

Do you need assistance with:

- Compensation claims
- Survivors benefits
- State benefits

Visit your Kewaunee County Veterans Office!

Office Hours:

Monday-Friday

8:00 AM - 4:30 PM

Location:

810 Lincoln Street

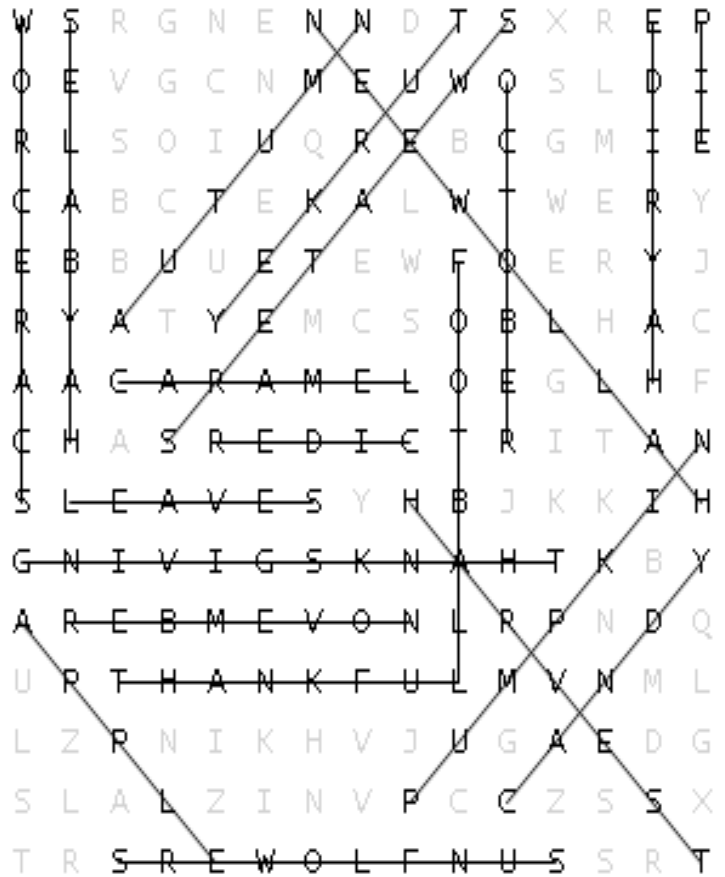
Kewaunee, WI 54216

Phone: 920-388-7198

Email: CVS0@kewauneeco.org

Thank you for your service!

Solution for Fall Word Search from page 11



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.



Thank you for your contribution!

The ADRC of the Lakeshore would like to extend a huge thank you to St. Thomas the Apostle Catholic Church for their recent donation to our programs! Father Dave Beaudry is pictured here, with Lori Fure, Wendy Hutterer, and Kim Novak. Thank you St. Thomas the Apostle!

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

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

Tehya Miller
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



Would you like to make a contribution to the ADRC of the Lakeshore?

The ADRC of the Lakeshore and The Older Americans Act program greatly appreciate your support!

I have included a contribution in the amount of: \$ _____

Checks, please, not cash. Checks made 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 Number: _____

Please mail to: ADRC of the Lakeshore

1701 Michigan Ave, Manitowoc WI 54220

A graphic with the words 'THANK YOU' in a playful, multi-colored font. 'THANK' is in large, bold letters with 'T' in blue, 'H' in yellow, 'A' in pink, 'N' in light blue, and 'K' in pink. 'YOU' is in a smaller, cursive-style font with 'Y' in light blue and 'O' in yellow.



Join our mailing list!

Sign up to receive our newsletter directly to your home or email.

Call 1-877-416-7083 or email adrc@manitowocountywi.gov 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

A colorful poster for a Senior Resource Fair. The background is white with a border of vibrant pink and blue hibiscus flowers and tropical leaves. The text is arranged in a vertical layout on the right side of the poster.

Aloha!
KEWAUNEE COUNTY
SENIOR RESOURCE FAIR

COME JOIN US! THIS IS A FREE, FUN, & VERY INFORMATIVE
HAWAIIAN THEMED EVENT!
OCTOBER 8, 2024
KEWAUNEE COUNTY FAIRGROUNDS
EXPO HALL
625 THIRD STREET, LUXEMBURG
9:00 AM - 12:00 PM

CONNECT WITH LOCAL SENIOR-SERVING ORGANIZATIONS ABOUT THE
BENEFITS THEY PROVIDE IN OUR COMMUNITY. EVENT IS OPEN TO ALL
SENIORS, FAMILIES WITH AGING LOVED ONES, AND CAREGIVERS.

FIND RESOURCES THAT SERVE YOU!
FOR MORE INFORMATION CALL 1-877-416-7083

OVER 60 EXHIBITORS

- FREE GIVEAWAYS & DOOR PRIZES
- CARE PROVIDER RESOURCES
- HEALTH & WELLNESS SCREENINGS (BLOOD PRESSURE, BLOOD SUGAR, BALANCE, MEMORY, VISION, DENTAL, & MORE)
- VACCINATIONS AVAILABLE (TETANUS, INFLUENZA, & COVID)

BRING ALL INSURANCE CARDS & MEDICARE PART B CARD

BINGO STARTS @ 12:30 PM **BINGO**

GREAT FOOD & DRINKS AVAILABLE TO PURCHASE BY THE
AMERICAN LEGION AUXILIARY

The logo for the American Legion Auxiliary, featuring a blue star inside a circular emblem.