

AGING & DISABILITY RESOURCE CONNECTION

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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.

Manitowoc

Senior Center
330 Custer Street
920-683-4384

Monday - Friday:
11:30 am

*you do not need to be a member
to attend*

Kiel

Kiel Community Center
510 Third Street
920-894-7861

Monday - Friday:
11:30

Two Rivers

Senior Center
1520 17th Street
920-793-5596

Monday - Friday:
11:30 am

*you do not need to be a member
to attend*

Spaghetti Squash with Tomatoes & Herbs

- 1 medium spaghetti squash
- 2 cloves garlic
- 2 tsp olive oil
- 1 can diced tomatoes, drained
- 1 TBSP fresh basil, chopped
- 2-3 TBSP grated Parmesan or Romano cheese
- 1/8 tsp dried oregano



1. Cut spaghetti squash in half and scoop out the seeds and fibers. Pierce a few holes in the squash skin with a large knife to allow steam to escape.
2. Place squash halves, cut side up, in a large microwave-safe dish with 1/4 cup water. Cover with plastic wrap and pierce the wrap in a few places to allow steam to escape. Microwave on high 10-20 minutes or until the skin gives easily under pressure. Let stand 1-2 minutes.
3. Using a fork, scrape the pasta-like insides out into a bowl.
4. Meanwhile, sauté the minced garlic in the 2 teaspoons of olive oil until it's softened and fragrant. Add the tomatoes, basil, and oregano to the garlic and simmer for 10-15 minutes. Spoon the tomato mixture on top of the squash strands. Top with grated cheese and enjoy!

Nutrition Exchange

with Alyssa Weber, Registered Dietitian, Certified Dietician

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. 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

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.



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.

Volunteer Spotlight: Dianne Gierke

How did you become a volunteer with the ADRC of the Lakeshore?
By talking to Missy and seeing where I might fit in. My husband was already driving the Senior Citizen car.

What surprised you most about volunteering? The amount of people volunteering and how long they were in the program. My first kitchen partner retired at age 86!

What do you wish other people knew about volunteering with the ADRC? How much you are needed and appreciated.

What has been your most rewarding experience while volunteering?
Working with so many special people who really care. Some of my kitchen partners have become really dear friends. Missy, who is in charge of the Kiel program, is phenomenal.

If someone is hesitant to volunteer, what would you tell them?
Definitely step up and give it a try. It's fun and you have nothing to lose.



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.

Dementia 201

Thursday, November 21

1701 Michigan Ave, Manitowoc WI 54220

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.

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

Boost Your Brain and Memory

Every Thursday

October 10 - November 15

10:00-11:30 AM

Manitowoc Public Library - Balkansky Room

A six-week, instructor-led course with a holistic and evidence-based approach to improving brain health. This class will teach you new habits to help you maintain cognitive health as well as practice new skills for better memory performance. This program is intended for those who are not diagnosed with dementia, to learn ways they can lower their risk of developing dementia.

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

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

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.



WHAT'S HAPPENING AT THE MANITOWOC COUNTY

ADRC of the Lakeshore

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

- Oct 1** **Early Stage Support Group:** 10:00-11:30 am
ADRC of the Lakeshore. Initial assessment required.
(See page 11 for details)
- Oct 2** **Lakeshore Memory Café:** 10:00-11:30 am - Glaze & Paint
Manitowoc Public Library, Balkansky Room (See pages 8 & 21 for details)
- Oct 10** **Boost Your Brain and Memory:** 10:00-11:30 am
Manitowoc Public Library, Balkansky Room.
First of 6-week class, every Thursday. Registration required.
(See page 8 for details)
- Oct 16** **Men's Caregiver Support Group:** 9:00-10:30 am
ADRC of the Lakeshore (See page 11 for details)
- Oct 17** **Family Caregiver Support Group:** 10:00-11:30 am
ADRC of the Lakeshore (See page 11 for details)
- Oct 29** **ADRC on the Radio:** 8:15 am - Breakfast Club - WCUB 980
Topic: Dementia, Placements, & the Caregiver
- Nov 5** **Early Stage Support Group:** 10:00-11:30 am
ADRC of the Lakeshore. Initial assessment required.
(See page 11 for details)
- Nov 6** **Lakeshore Memory Café:** 10:00-11:30 am - Thanksgiving Therapy
Manitowoc Public Library, Balkansky Room (See pages 8 & 21 for details)
- Nov 18** **Sip & Swipe:** 1:00-3:00 pm
First of two week class. ADRC of the Lakeshore. Registration required.
(See page 13 for details)
- Nov 20** **Men's Caregiver Support Group:** 9:00-10:30 am
ADRC of the Lakeshore (See page 11 for details)
- Nov 21** **Dementia 201:** 10:00-11:30 am
ADRC of the Lakeshore. Registration required. (See page 8 for details)
- Nov 21** **Family Caregiver Support Group:** 2:00-3:30 pm
ADRC of the Lakeshore (See page 11 for details)
- Nov 26** **ADRC on the Radio:** 8:15 am - Breakfast Club, WCUB 980
Topic: Checking On Your Neighbor



ADRC of the Lakeshore Support Groups



Early Stage Caregiver Support Group: 2nd Wednesday of Every Month, 10:00-11:30 AM

Each meeting hosts two groups in separate rooms: one 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.

Men's Caregiver Support Group: 3rd Wednesday of Every Month, 9:00-10:30 AM

An opportunity for male caregivers to connect with, and support, other male caregivers.

Family Caregiver Support Group: 3rd Thursday of Every Month, 10:00-11:30 AM

This is an opportunity for caregivers to meet each other, share their experiences, and gain support. Attend in-person or virtually. Call 1-877-416-7083 for virtual invitation.

All groups meet in-person at ADRC of the Lakeshore

1701 Michigan Ave, Manitowoc

For more information, call 1-877-416-7083

Visit Our Website: www.adrcofthelakeshore.com | 11



Daylight Savings Time: Sunday November 3
 Don't forget to turn your clocks **back** one hour!



Upcoming Events at the Library!

October

- Genealogy Help
 - Every Tuesday, 3-5 PM
- Drop-In Chess Club
 - October 2, 6-7:30 PM
- Everything You Always Wanted to Know About Peonies But Were Too Afraid to Ask!
 - October 9, 6 PM
- Wisconsin's Most Haunted Locations w/ Chad Lewis
 - October 24, 6 PM
- Death In A Nutshell: Informational Sessions on Death
 - October 26 10 AM-2 PM

November

- Cats On Mats w/ Kate Casey
 - November 13, 6 PM
- "Waltraud: A True Story of Growing Up in Nazi Germany": An Author Event w/ Tammy Borden
 - November 18, 6 PM
- Open Sew & Badging w/ Betty
 - November 18, 2 PM
- Enchanted Evergleams at MPL
 - November 27-January 5



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.

Mondays, November 18 & November 25
9:30 - 11:30 AM

ADRC of the Lakeshore
1701 Michigan Ave, Manitowoc

Registration is required.
Please call
1-877-416-7083
today.

Devices are provided.



Visit Our Website: www.adrcofthelakeshore.com | 13



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.



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

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 meet once a week for two hours.

Throughout the workshop, 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

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.

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 are 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 with a little bit of self-love and exercise!

Wisconsin Maritime Museum: Museums for All Initiative

Manitowoc's very own Wisconsin Maritime Museum (WMM), at 75 Maritime Drive, is part of an initiative called "Museums for All". This program provides visitors with a valid EBT, BadgerCare, FoodShare/Quest, Medicare, or WIC card reduced admission into the Maritime museum! Admission with this program is \$8/person for the submarine and museum, or \$3 for just the museum.

Caregivers are eligible for free admission when accompanying the person they care for.

Additionally, if you present one of the aforementioned cards, you can purchase a yearly admission for \$25, which allows two adults and any children in the family admission into the museum.

The WMM has two floors filled with exhibits about Wisconsin's maritime history, as well as the World War II era submarine, the USS Cobia. The museum is wheelchair accessible; the submarine is not.



Bingocize

“Enjoyed the class, not too hard, not too easy. Enjoyed the socializing.” - R. Strzyzewski

“Enjoyed camaraderie among bingo players.” - Helen I.

“Love the class - keep it going.” - BN

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.

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

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



TWO RIVERS SENIOR CENTER
Thanksgiving Community Meal

You're invited to The Two Rivers Senior Center's community Thanksgiving meal, held at the J.E. Hamilton Community House!

Thursday, November 28th @ 12

REGISTRATION IS REQUIRED
SPACE IS LIMITED

Sign up today to enjoy this free holiday meal prepared by the Two Rivers Senior Center and their generous sponsors.
Registration deadline November 7th.
Call 920-793-5596 to reserve your spot today!

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 Manitowoc County ADRC office

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.



Maritime Metro Transit is the Lakeshore's One-Stop-Shop for an 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 has one route that services Two Rivers on an hourly schedule. MMT also offers 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 & Disabled Transportation Program and the Out-Of-County Volunteer Medical Transportation Program.

Contact the Mobility Manager directly at 920-686-6977 for transportation information and resources, or to become a volunteer driver for one of the ADRC transportation programs!

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 be 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.



Fall Word Search



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

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

Answers on page 22 *words can be forwards, backwards, and diagonal*

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!



Visit Our Website: www.adrcofthelakeshore.com | 21

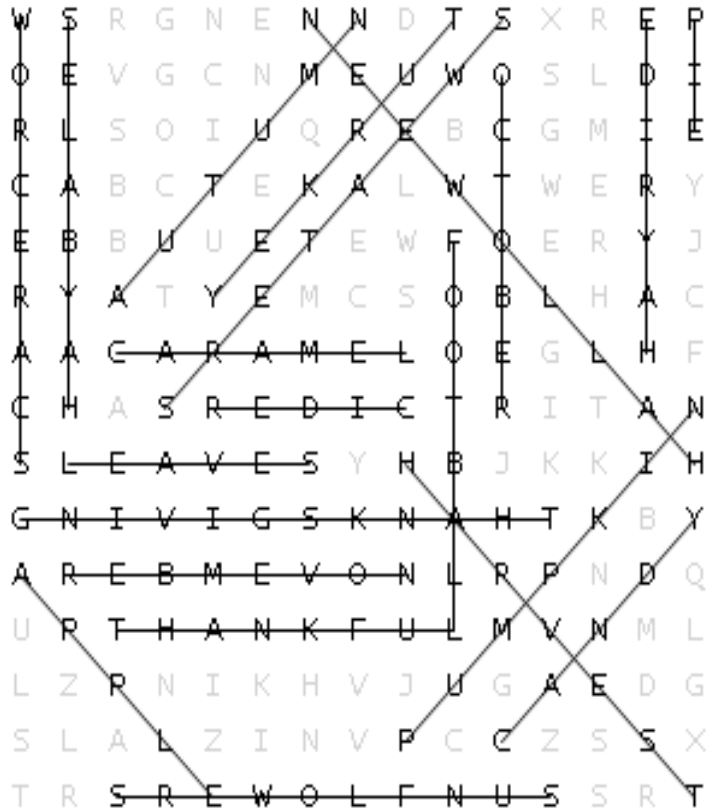
Title VI - Notice of Nondiscrimination to the Public

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@manitowocountywi.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.

Answers for Fall Word Search, page 20



**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!



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

Anne Spieker
Family Caregiver Specialist

Tehya Miller
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

Tuesday-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@manitowoccountywi.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



Join our mailing list!

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

Call 1-877-416-7083 or email adrc@manitowoccountywi.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 Manitowoc County.



ADRC of the Lakeshore
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Manitowoc, WI 54220

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