

AGING & DISABILITY RESOURCE CONNECTION

Sponsored by:



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The mission of the Aging and 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.

HAPPY
HOLIDAYS
FROM YOUR
ADRC OF THE LAKESHORE



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

Meal site closed Dec. 24, 25, 31 & Jan. 1st

Luxemburg

St John Lutheran Church

700 Heritage Road

920-683-4180

2nd & 4th Wednesday: 11:30 am

Meal site closed Dec. 25



The Nutrition Exchange

with Alyssa Weber, RDN, CD

The Nutrition Exchange allows readers to submit nutritional questions to be answered by a Registered Dietician. Questions can be mailed to the Aging and Disability Resource Center of the Lakeshore, Attn: Nutrition Exchange at 1701 Michigan Ave, Manitowoc, WI 54220. We request that you include your name when submitting a question. **All names will be kept confidential.**

I hear so much about avocados. Are they a fruit or vegetable? Why are they so healthy? And how can I incorporate avocados into my diet?

Did you know avocados are actually a fruit? Avocados are one of the only fruits that are rich in fat. The fat that an avocado contains is monosaturated fat, a good fat that has heart healthy benefits and can lower cholesterol levels. One third of a medium avocado contains about 80 calories. Avocados are low in carbohydrates, but high in fiber. One serving of an avocado has 3 grams of fiber. Avocados contain many beneficial vitamins and minerals including vitamin C, E, K, B6, magnesium, potassium, riboflavin, niacin, folate, and pantothenic acid. Avocados also contain lutein and zeaxanthin, which are antioxidants shown to be beneficial to eye health.

Here are some tips for enjoying avocados:

- Avocados will ripen at room temperature. To prevent an avocado from ripening too fast, store in the refrigerator uncut.
- Once an avocado is cut and exposed to air, it will oxidize and start to turn brown very quickly. If you are not planning on eating the whole avocado, squeeze lemon or lime juice over the cut portion, cover tightly with plastic wrap, and refrigerate for a day.
- Another way to always have avocado on hand is to freeze it. Remove the peel from a ripe avocado, slice it, lay the slices on a pan, and freeze. Once frozen, pop slices off the pan and place in a freezer safe storage container or in a Ziploc bag.
- Add slices to your sandwich, burger, scrambled eggs, toast, salad...the possibilities are endless!

- Avocados make delicious guacamole!
- Add a few slices to a blender when making a smoothie. It will add a creamy texture but not an overpowering flavor. This will give your smoothie a protein and fiber boost!
- Avocados can be difficult to cut open and remove the pit. For an alternative, check out your local grocery store. Many produce departments carry individual serving size cups of pre-made guacamole. These can be stored in your fridge for several weeks.

Here's a simple guacamole recipe for you to try at home!

Guacamole

Yields 4 Servings

- 3 avocados, peeled and pitted
- 1 lime, juiced
- 1 teaspoon salt
- 2 Roma tomatoes, diced
- 1/2 onion, diced
- 3 tablespoons fresh cilantro, chopped
- 1 teaspoon garlic, minced
- 1 pinch ground cayenne pepper (optional)

Mash avocados, lime juice, and salt together in a medium bowl. Mix in tomatoes, onions, cilantro, and garlic. Stir in cayenne pepper, if using. Serve immediately, or cover and refrigerate for 1 hour for improved flavor.

Nutrition facts per 1 serving:

262 calories, 22 grams fat, 18 grams carbohydrates, 11 grams fiber, 4 grams protein

Recipe source:

www.allrecipes.com/recipe/14231/guacamole/





Gluten-Free Hazelnut Brownies

- 1/2 cup coconut oil
- 4 oz. gluten-free chocolate chunks
- 1/2 cup sugar
- 2 teaspoons vanilla extract
- 2 large eggs
- 3/4 cup hazelnut flour
- 3/4 cup almond flour
- 3/4 cup gluten-free chocolate chunks

1. Preheat oven to 350°F. Grease an 8-inch metal baking pan; set aside.
2. In a large, microwave-safe bowl, heat oil and 4 oz. of chocolate chunks for 30 seconds at a time, stirring each time, until melted.
3. Add sugar, vanilla, and eggs and mix until will incorporated.
4. Stir in the hazelnut and almond flours until just combined.
5. Add the remaining 3/4 cup of chocolate chunks and stir until distributed evenly.
6. Spoon the brownie batter into the pan and spread until even.
7. Bake for 32-34 minutes, or until the center is set.
8. Remove from the oven and cool completely before cutting.
9. Store leftovers at room temperature for up to 4 days.



From glutenfreepalate.com

From the Desk of Tracy Nollenberg, WCEM

Kewaunee County Emergency Management Director

The National Weather Service has changed terms for the upcoming cold weather season.

Old

New

Wind Chill Warning



Extreme Cold Warning

Wind Chill Watch



Extreme Cold Watch

Wind Chill Advisory



Cold Weather Advisory

The above new terms should make it easier to let everybody know when they will have to bundle up this winter. Not much has changed in how each weather notification is handled. The new criteria is still based off the forecasted wind chills, and now allows for a Warning, Watch, or Advisory to be issued, thus making safety actions and impacts easier to understand by others.

On a side note: according to the Farmer's Almanac, the season's coldest outbreak of frigid Arctic air will be the last week of January and the beginning of February.

Offices Closed:

December 24

December 25

December 26
(available by phone only)

December 31

January 1



Find the Lighthouses!

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

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



Aging and Disability Resource Center
c/o Tehya Kramper
1701 Michigan Avenue
Manitowoc, WI 54220

Answers must be received by December 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

**Congratulations to October/November winner,
Ramona Koss!**

Lighthouses for last issue were on pages 4, 13, & 16.

Many Older Adults Missing Out on Benefits

By the GWAAR Legal Services Team

The National Council on Aging (NCOA) reports that over 9 million older adults with lower incomes and resources are not enrolled in benefits that they would be eligible for. These benefits include the Supplemental Nutrition Assistance Program (SNAP, or FoodShare in Wisconsin), Supplemental Security Income (SSI), which is a needs-based cash benefit for individuals who are disabled or over 65, and Medicare Savings Programs (MSPs), which help pay Medicare premiums and may help pay for Medicare deductibles and co-insurance.

An interactive map (www.ncoa.org/benefits-participation-map/) developed by the NCOA and the Urban Institute should help states and community-based organizations identify where to focus enrollment efforts for the greatest impact. The data also shows the following:

- SNAP: Almost 9 million older adults are eligible for but not enrolled; only 30% of eligible older adults are enrolled
- SSI: More than 2.3 million older adults are eligible for but not enrolled; 49% are enrolled
- MSP: Almost 5.8 million older adults are eligible for but not enrolled; 46% are enrolled

In Wisconsin, the SNAP program is called FoodShare. You may find out if you're eligible and apply for FoodShare by contacting the income maintenance consortium for your county. Find your consortium here: <https://www.dhs.wisconsin.gov/forwardhealth/imagency/index.htm>

To apply for SSI, you must contact the Social Security Administration (SSA). SSA will determine if you are eligible and if so, how much of a benefit you will receive. You will also be eligible to receive Medicaid health coverage and an additional cash supplement from the State of Wisconsin. To find your local SSA field office by zip code, visit: <https://www.ssa.gov/locator>

The Medicare Savings Programs (MSPs) are Qualified Medicare Beneficiary (QMB), Specified Low-Income Medicare Beneficiary (SLMB), and Specified Low-Income Medicare Beneficiary Plus (SLMB+). QMB pays for your Medicare Part B premium (and your Part A premium if you are required to pay one), as well as the costs that Medicare leaves behind such as deductibles and copays. SLMB and SLMB+ help pay for your Part B premium only. Like with the FoodShare program, to find out if you are eligible for an MSP, you will want to contact the income maintenance consortium for your county.

JOIN US FOR A FREE
Medicare A-D
Presentation
TUESDAY, JANUARY 7, 2025
3:00 - 4:00 PM
KEWAUNEE COUNTY ADRC
810 LINCOLN STREET, KEWAUNEE

REGISTRATION IS REQUIRED
CALL 1-877-416-7083



Kewaunee County Senior Resource Fair 2024

Thank you to all of our vendors and attendees for making it our largest and most successful Resource Fair to date!



Volunteer Spotlight:

Karen Heim - Kewaunee Resource Fair

What surprised you most about volunteering?

It was a lot of fun and I met some new friends!!

What do you wish other people knew about volunteering with the ADRC?

How easy it is and how great you feel after doing it!

What has been your most rewarding experience while volunteering?

Knowing you are helping people.

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

If I enjoyed it and if I felt good after doing it.



2025-2027 Aging Plan

Staff members of the ADRC of the Lakeshore are hard at work finalizing the 2025-2027 Aging Plan, but we wanted to give you a sneak peak of the final product!

The Aging Plan details what our community looks like, areas in our agency that we would like to grow, and what our goals for the next three years are. To gather this information, the ADRC of the Lakeshore invited community members to take a survey, which was made available to the public at many business in Kewaunee and Manitowoc counties, put in our newsletter, delivered with our Home Delivered Meals, and handed out at ADRC events and workshops. It was also placed on our Facebook page and our website. Additionally, we dedicated one of our radio spots to taking questions from listeners. Through all of these modes of engagement, we were able to reach over 250 residents, 60% coming from Manitowoc County and 40% coming from Kewaunee County. After thoroughly going through each response, and having two public hearings to receive commentary on a drafted Aging Plan, we have decided on the following goals for 2025-2027:

- Increase outreach so more Kewaunee and Manitowoc County residents become familiar with our programs and services
- Decrease the impact of social isolation and loneliness of our community members aged 60 years and older by arranging an event to help them connect with one another and create new relationships
- Offer culturally authentic Hmong meals to Senior Nutrition Program participants using the Voucher Program in Manitowoc County
- Offer nutrition education through our monthly menu by highlighting certain foods and why they are important to a healthy lifestyle
- Create a “Family Caregivers Resource Connection Meeting” where caregivers can meet and share different community resources with one another. An additional component of this meeting will be to teach family caregivers how to connect with their state and local representatives regarding the current issues facing caregivers today
- Hold a one-day event in both Kewaunee and Manitowoc counties for new or existing family caregivers to learn about the different stages along the caregiver journey, utilizing the Caregiver Roadmap as a guide
- By December 31, 2027, the ADRC of the Lakeshore aims to increase the number of participants signing up for our Evidence-Based Prevention Programs by 5%

The full 2025-2027 Aging Plan document will be available to the public on our website, www.adrcofthelakeshore.com, by the end of January, 2025. If you have any questions, please call 1-877-416-7083 or email adrc@manitowoccountywi.gov.



ADRC of the Lakeshore Support Groups

Early Stage Caregiver Support Group: 2nd Wednesday of each month, 10:00 - 11:00 AM

ADRC of the Lakeshore: 810 Lincoln St, Kewaunee

Each meeting hosts two groups in separate rooms: one for individuals affected by dementia and/or memory loss in early stages, and the other for their family caregivers.

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

Family Caregiver Support Group: 3rd Thursday of each month, 9:30 - 11:00 AM

St John Lutheran Church: 700 Heritage Rd, Luxemburg

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



No registration or RSVP is required for an ADRC support group

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

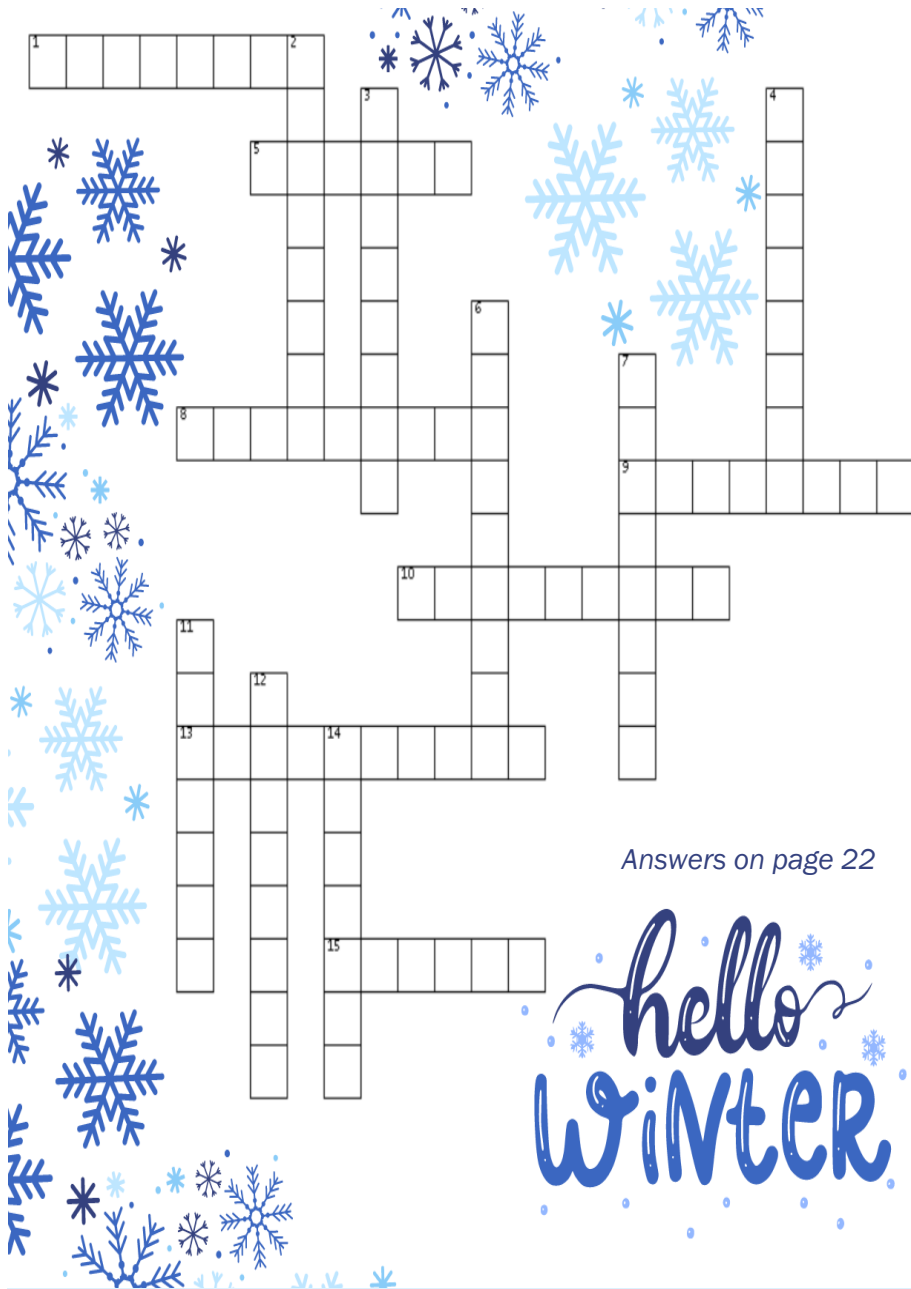


WHAT'S HAPPENING AT THE KEWAUNEE COUNTY

ADRC of the Lakeshore

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

- Dec 2** **ADRC on the Radio:** 9:30 am - Be My Guest, WOMT 1240
Topic: Nutrition (See page 20 for details)
- Dec 4** **Lakeshore Memory Café:** 10:00 - 11:30 am - Two Rivers High School Show Choir
Manitowoc Public Library, Balkansky Room (See pages 11 & 19 for details)
- Dec 9** **ADRC on the Radio:** 8:15 am - Breakfast Club, WCUB 980
Topic: 2024 Recap and What to Look for in 2025 (See page 20 for details)
- Dec 11** **Early Stage Caregiver Support Group:** 10:00-11:00 am
ADRC Kewaunee. Initial assessment required.
(See page 9 for details)
- Dec 18** **Virtual Dementia Tour:** 9:00 - 11:00 am
ADRC Kewaunee. Registration required. (See page 19 for details)
- Dec 19** **Family Caregiver Support Group:** 9:30-11:00 am
St John Lutheran Church, Luxemburg (See page 9 for details)
- Dec 24 - 25** **ADRC Office Closed.** Happy Holidays!
- Dec 26** **ADRC Office Closed.** Assistance available by phone.
- Dec 31 - Jan 1** **ADRC Office Closed.** Happy New Year!
- Jan 7** **Medicare A-D Presentation:** 3:00 - 4:00 pm
ADRC Kewaunee. Registration required. (See page 6 for details)
- Jan 7** **ADRC on the Radio:** 9:30 am - Be My Guest, WOMT 1240
Topic: 2025-2027 Aging Plan (See page 20 for details)
- Jan 8** **Early Stage Caregiver Support Group:** 10:00-11:00 am
ADRC Kewaunee. Initial assessment required.
(See page 9 for details)
- Jan 14** **Powerful Tools for Caregivers:** 1:00 - 2:30 pm
Meets virtually. Registration is required. (See page 14 for details)
- Jan 16** **Family Caregiver Support Group:** 9:30-11:00 am
St John Lutheran Church, Luxemburg (See page 9 for details)
- Jan 28** **ADRC on the Radio:** 8:15 am - Breakfast Club, WCUB 980
Topic: Stepping Up Your Nutrition (See page 20 for details)



ACROSS

1. These critters call Antarctica home.
5. This sounds like Santa!
8. You need these for winter fights.
9. Will you hear these on the 24th?
10. Roast these on your open fire.
13. You should have this in your car in case you get stuck.
15. Keep your hands warm!

DOWN

2. Stay back 500 feet!
3. An old-fashioned sled.
4. Wisconsin sees a lot of these winter storms.
6. Sneak a kiss!
7. Don't get frostbite! Wear this to protect your ears.
11. This is the perfect drink to go along with caroling.
12. Drink this to warm up on a cold winter day.
14. Do you want to build one?

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

December 4

Two Rivers High School Show Choir:

There's no better way to start December than to get our singing on! All the familiar and fun holiday carols sung by a wonderful, local show choir.



When bad weather arrives, it's important to find out if our Home Delivered Meals, Dining Sites, or any other ADRC of the Lakeshore programming is being cancelled for the day!

Announcements of closings will be made as early as 8:00 am in the following locations:

Radio:

WOMT (1240 AM)

WCUB (980 AM)

WHBL (1330 AM)

WDOR (910 AM or 93.9 FM)

Television:

WBAY (CH 2)

WFRV (CH 5)

WLUK (CH 11)

Information will also be posted on the ADRC's website and Facebook page.

During the winter months, please make sure your sidewalks are shoveled and driveways are plowed. If there is not a clear walkway to your house, we cannot guarantee meal delivery. Help keep our volunteers safe!

The Vital Role of Weather Radios to Prepare for Winter Weather

By the GWAAR Legal Services Team

As Wisconsinites, we know all too well the challenges that winter weather can bring. Staying informed about impending snowstorms is important, especially for individuals residing in rural areas where access to essential supplies may be limited. Enter weather radios - an invaluable tool that empowers us to prepare for and navigate harsh winter conditions with confidence.

Understanding Weather Radios

Weather radios are specialized devices designed to receive continuous broadcasts from the National Oceanic and Atmospheric Administration (NOAA) and other weather-related agencies. These transmissions provide up-to-the-minute information on weather conditions, alerts, and warnings, including details about approaching snowstorms and other severe weather events.

How Weather Radios Work

NOAA's network of transmitters covers over 95% of the United States, including all of Wisconsin. When a weather alert is issued, it's disseminated through this network, and weather radios equipped with Specific Area Message Encoding (SAME) technology can be programmed to receive alerts for your specific county or region. This ensures that you receive only the most relevant, localized information.



The Importance of Weather Radios in Rural Wisconsin

For rural Wisconsin residents, being prepared for snowstorms is crucial, as access to necessities like food and medical supplies can be limited during severe weather events. By staying informed with a weather radio, you'll have ample time to stock up on essential items, ensuring your household remains safe and comfortable throughout the storm.

Choosing the Right Weather Radio

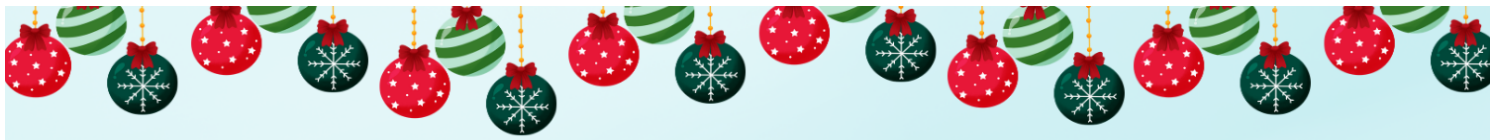
When selecting a weather radio, consider factors such as power source (battery-operated or hand-crank models are ideal during power outages), portability, and SAME technology for location-specific alerts.

Where Can You Buy a Weather Radio?

You can buy weather radios at big-box retailers like Walmart and Target, most hardware stores, as well as through online retailers like Amazon. You can also download weather radio apps onto your mobile device. Weather radios range in price from approximately \$10 up to about \$50 or more. The mobile apps vary in price, but some are free.

Conclusion

In conclusion, weather radios play a vital role in ensuring the safety and well-being of Wisconsinites, particularly those residing in rural areas. By investing in this essential tool and staying attuned to the latest weather updates, you'll be empowered to face winter's challenges head-on and embrace the season with confidence.



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.



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! Meets twice a week for one hour to play a few games of bingo and learn and engage in various exercises.

Participants should see improvements in:

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



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 virtually once a week, for 1.5 hours. If you are unable to meet virtually, please contact a Family Caregiver Specialist at 1-877-416-7083 for more information.

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



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.

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

Sip & Swipe

A two-day workshop that meets for two hours each day. Learn how to safely and effectively use your technology by following along with a guided, hands-on education program called Generations On Line. An instructor will also be present to answer any questions you may have! Bring your own tablet or phone, or use an ADRC provided tablet.

Throughout the course, participants will learn how to turn a tablet on/off, search the Internet, create an email account, and more.

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

Gift Yourself Support for the New Year

Being a caregiver for a loved one can take its toll in many ways. The best gift you can give yourself this holiday season is the gift of education, support, and friendship. Sign up for the ADRC's Powerful Tools for Caregivers (PTC) workshop, happening virtually this January!

PTC is designed to empower family caregivers by giving them the tools to take better care of themselves. This particular class series is virtual, so you can join us and other local caregivers from the comfort of your own home. If you would like to participate, but cannot attend virtually, please contact a Family Caregiver Specialist in your county by calling 1-877-416-7083. Join us to learn ways to reduce stress, improve your caregiving confidence, and establish balancing in your life as you take care of your loved ones.

PTC is led by a pair of certified class leaders and meets for 90 minutes once a week, for a total of six weeks. Workshop titles include:

- Taking Care of You
- Identifying and Reducing Personal Stress
- Communicating Feelings, Needs, and Concerns
- Learning from Emotions
- Communicating in Challenging Situations
- Mastering Caregiving Decisions



Workshop runs January 14th - February 18th, 2025, from 1:00-2:30 pm. Call 1-877-416-7083 to reserve your spot today! Caregivers from Kewaunee and Manitowoc Counties are encouraged to join. A contribution of \$10.00 is suggested, but not required. We look forward to seeing you virtually this January!



Ask I&A



“Ask I&A” provides our Information & 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.



Question: What is the difference between an assisted living facility and a nursing home?

Assisted Living

There are three types of assisted living facilities in Wisconsin: Adult Family Homes (AFH), Community Based Residential Facilities (CBRF), and Residential Care Apartment Complexes (RCAC). Assisted living facilities are licensed and regulated through the Wisconsin Department of Health Services (DHS), Division of Quality Assurance (DQA), and the Bureau of Assisted Living (BAL). Regulations vary by type of facility. Different populations served by these facilities include elderly, those with memory loss, emotionally and mentally disturbed, developmentally or physically disabled, and veterans. Some facilities offer specialized units to meet the specific needs of individuals, such as memory care units. Assisted living facilities may provide a variety of services including room and board, meals, recreational and social activities, supportive care, personal and nursing services, and more. Payment options include self-pay, long-term care insurance, veteran’s benefits, and public funding. Medicare does not cover assisted living facilities.

Adult Family Home (AFH)

An AFH is a place where 1 to 4 adults (not related to the operator) reside and receive care, treatment, or services that are above the level of room and board. This may also include up to 7 hours per week of nursing care per resident.

Residential Care Apartment Complex (RCAC)

An RCAC is an apartment-type setting in which five or more adults reside. This type of housing would benefit someone who needs some assistance with daily living care or nursing services, yet can function in an apartment setting. RCACs provide room and board and up to 28 hours per week of supportive care, including nursing and personal care services. An RCAC is either certified (public funding may be accepted) or registered (private pay only).

Community Based Residential Facility (CBRF)

A CBRF is a home or apartment-type setting where five or more unrelated adults live together. The goal of the CBRF is to assist individuals in achieving the highest level of independence of which they are capable. Services include room and board, supervision and support services, and can include up to three hours of nursing care per week.

Skilled Nursing Facility (SNF) / Nursing Home

A skilled nursing facility, also referred to as a nursing home, provides 24-hour skilled nursing care, including room and board, for five or more unrelated people. Nursing homes are licensed and regulated by the Department of Health Services (DHS) and the Division of Quality Assurance (DQA). Nursing homes may provide rehabilitation services at an inpatient or outpatient basis, such as after surgery or hospitalization. Different populations served by these facilities include elderly, those with memory loss, emotionally and mentally disturbed, developmentally or physically disabled, and veterans. Some facilities offer specialized units to meet the specific needs of individuals, such as memory care units. Payment options include Medicare, Medicaid, self-pay, private insurance, and veteran funding.

For general information and lists of assisted living facilities and nursing homes in Kewaunee and Manitowoc counties, call the Aging and Disability Resource Center of the Lakeshore at 1-877-416-7083 or visit our website. For questions regarding a specific facility, you may reach out to them directly.



Upcoming Events at Algoma Public Library

December

- **Tie Angel Craft:**
 - Wednesday, December 11: 1:30 - 3:00 pm
 - Participants can make 2 angels out of recycled neck ties. Supplies are included
- **Books & Brews:**
 - Thursday, December 12: 5:30 pm
 - Join us at von Stiehl's Cider Bar to discuss your latest reads
- **Open Quilting Lab:**
 - Saturday, December 21: 10:00 am - 2:00 pm
 - Bring your current project, machine, and supplies and sew with friends! Crafters of needlework, knitting, crocheting, etc. are also welcome

January

- **Open Quilting Lab:**
 - Saturday, January 18th 10:00 am - 2:00 pm
 - Bring your current project, machine, and supplies and sew with friends! Crafters of needlework, knitting, crocheting, etc. are also welcome
- **Bookworms Book Club:**
 - Tuesday, January 21: 1:00 pm
 - Reading and discussing "Tracks: One Woman's Journey Across 1,700 Miles of Australian Outback" by Robyn Davidson.
- **Afternoon Matinee:**
 - Monday, January 27: 12:30 pm
 - Fly Me To The Moon



WeCOPE helps adults cope with life stress in healthy ways to take better care of themselves and others. This FREE program meets for six classes of 60 minutes each. The sessions cover skills such as mindfulness, gratitude, self-compassion, goal setting, and more.

Contact Renee Koenig for registration information:

920-388-7137 or renee.koenig@wisc.edu



Staff Spotlight:

Alexis Theriault - Manitowoc Meal Site Manager

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

I have worked for the ADRC for about 3 months now and I chose this career path because I love helping out our community and it makes me feel good to see smiling faces every day, I'm very happy to be here.

What is the best part of your job?

Working with my amazing volunteers, and getting to learn more about them. Also, meeting the HDM participants and congregate diners.

What has been your most rewarding experience working with the ADRC?

Getting the opportunity to drive an HDM route and see new faces every day, it's very rewarding to know that you are helping someone everyday and you get to make them smile.

What might someone be surprised to know about you?

Some people may be surprised that I am originally from Maine, and I've also lived in Florida.

What is a secret talent no one knows about?

I'm pretty good at cooking/baking, I've definitely gotten better throughout the years!



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

Wednesday, December 18

St John Lutheran Church, Luxemburg

9:00 - 11:00 am

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. **Registration required for participation.**

Lakeshore Memory Café

10:00-11:30 AM

Manitowoc Public Library - Balkansky Room

Wednesday December 4

Two Rivers High School Show Choir

No Café in January

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 11 for more information

Dementia 101/201

No Events in December/January

Stay tuned for future events!

A two-part informational series about dementia. Dementia 101 discusses 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 is strongly recommended.

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

Breakfast Club: 8:15 AM



December 9

TOPIC: 2024 Recap & What to Expect in 2025

Kim Novak, Business Manager

Lori Fure, Older Americans Act Program Manager

January 28

TOPIC: Stepping Up Your Nutrition

Emily Siemers, Nutrition Program Supervisor

Be My Guest: 9:30 AM



December 2

TOPIC: Nutrition

Emily Siemers, Nutrition Program Supervisor

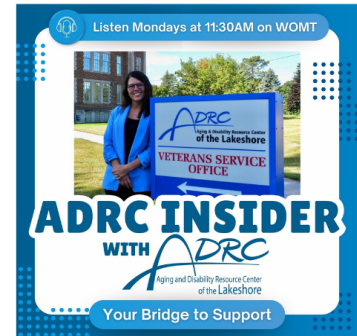
January 7

TOPIC: 2025-2027 Aging Plan

Wendy Hutterer, ADRC Director

Lori Fure, Older Americans Act Program Manager

ADRC Insider



Every Monday at 11:30am
WOMT, 1240 AM



A New Year, A New You: You're Invited!

Are you a family caregiver of someone aged 60+, or someone aged 55+ with a dementia diagnosis, that resides in Kewaunee County? If you are, then **you're invited** to join the ADRC of the Lakeshore every other month at our Family Caregiver Social!

The ADRC Caregiver Social is an opportunity for caregivers to come together to share their experiences, hear each other's stories, and learn from guest speakers on topics important to caregiving. Enjoy friendship, conversation, and refreshments at various places throughout Kewaunee County on the 2nd Tuesday of every month!

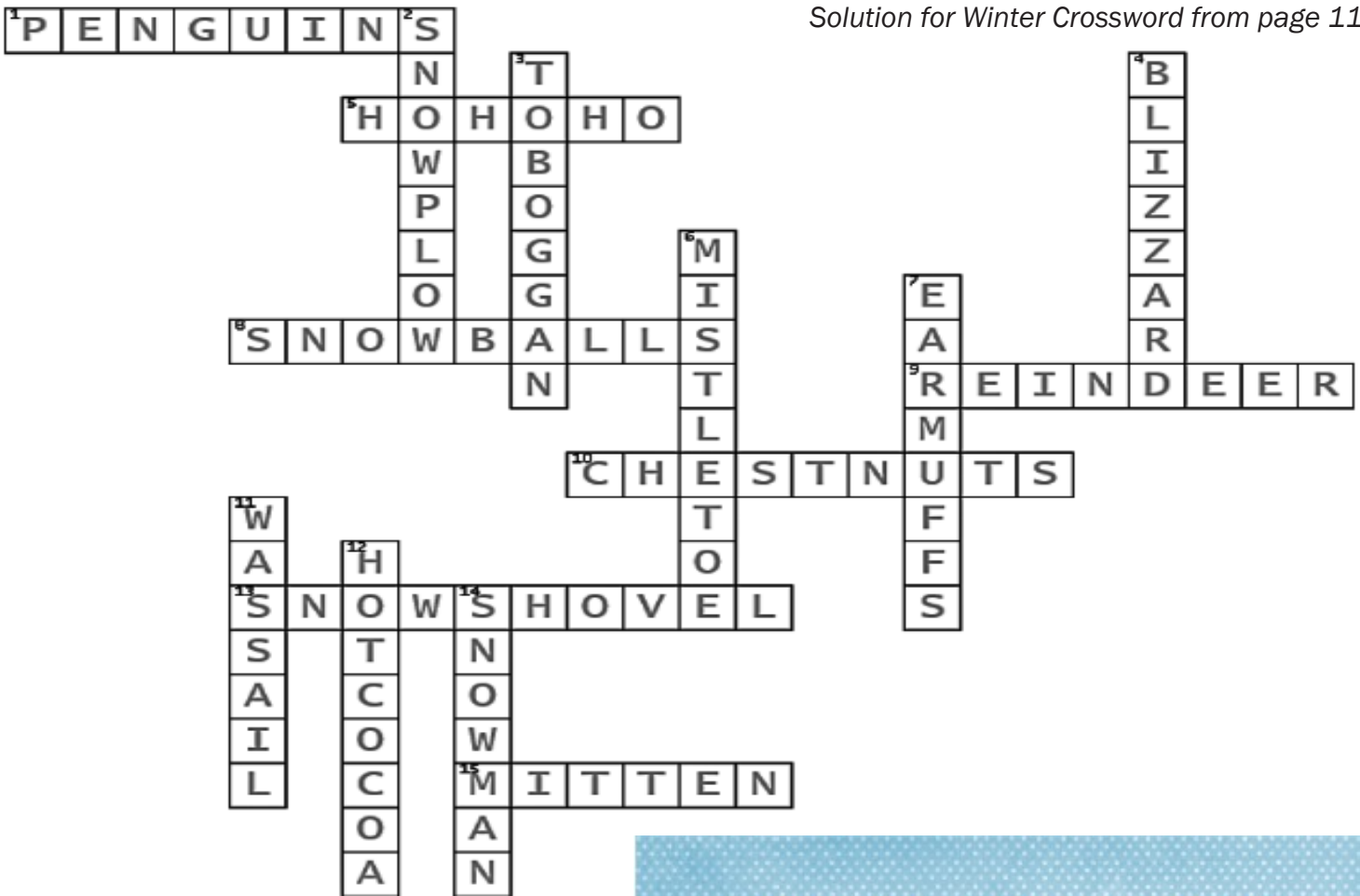
January 14

9:30 - 11:30 am

**Kewaunee County ADRC:
810 Lincoln Street, Kewaunee**

RSVP by Friday, January 10

Call Lisa at 1-877-416-7083



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 adrc@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.

HAPPY HOLIDAYS
 FROM THE KEWAUNEE VETERANS OFFICE

Please remember it is always important to know your veteran benefits and to annually reach out to our office to review your file to make sure you are not missing out on anything. We sincerely hope this Holiday Season and New Year bring nothing but peace and happiness to each one of you, you deserve it. Thank you for your service and sacrifice.

Please call our office at 920-388-7198 to set an appointment to review your benefits.



Nate Thomas- CVSO
 Dallas Hubbard- Benefit Specialist



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, &
Melissa Goodman
**Information & Assistance
Specialist**

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

Tehya Kramper
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



Thank you for your contribution!

The ADRC of the Lakeshore recently received donations from both the Monfils family and the children of Verna Clark, in honor of their mother, who loved the ADRC. Thank you both for your continued support! Your contributions make a meaningful difference in the lives of the community members that we serve, and your donations show that you truly believe in our cause and the work that we do. Thank you so much, Monfils and Clark families!



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.



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ADRC of the Lakeshore
 St John Lutheran Church
 700 Heritage Road, Luxemburg
 Wednesday December 18, 2024
 9 am - 11 am

Join us! Experience the
WORLD-RENOWNED[®]
VIRTUAL DEMENTIA TOUR

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.

For more details on the Virtual Dementia Tour or how you can attend this event, visit www.secondwind.org

Feel free to contact
ADRC of the Lakeshore at 1-(877) 416-7083.
 Registration is required!

Open to:
 -FAMILIES
 -CHURCHES
 -FIRST RESPONDERS
 -BUSINESS LEADERS
 -COMMUNITY ORGANIZATIONS

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

Come learn how to make your community organization more dementia friendly!

SECOND WIND[®]
DREAMS[®]
 VIRTUAL DEMENTIA TOUR[®]
 YOUR WINDOW INTO THEIR WORLD