

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.

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 unable to leave their home unassisted.
- 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

Join us for cards and bingo at the Kewaunee Senior Dining Site!



Every Monday
1:00 - 4:00 PM
Sheepshead

Every Wednesday
9:00 - 11:00 AM
Bingo



Sponsored by the Kewaunee Senior Center

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.**

Dear Alyssa,

It's cold and flu season. What are some ways I can boost my immune system?

Sincerely, Wishing for Good Immunity



Your immune system is a complex network of cells, tissues, organs, and the substances they make that helps the body fight infections and other diseases. The immune system includes white blood cells, organs, and tissues of the lymph system, such as the thymus, spleen, tonsils, lymph nodes, lymph vessels, and bone marrow. Your immune system works to recognize and identify an infection or injury in the body. This causes an immune response, with the goal of restoring normal function. The key to keeping your immune system working properly is to take care of your body to keep it strong. Here are a few key tips that may improve your body's response to a virus, infection, or other disease.

- Focus on eating a healthy diet, especially focusing on increasing your fruit and vegetable intake. Fruits and vegetables are excellent sources of vitamins, minerals, and antioxidants. Citrus fruits, berries, and spinach are a great way to increase your vitamin C intake. Beta-carotene converts into vitamin A, which can help to improve immune response. Beta-carotene is found in sweet potatoes, carrots, apricots, and winter squash. Vitamin E plays a role in immunity; sources include nuts, seeds, avocado, and spinach. Vitamin D is essential to immunity and is found in salmon, canned tuna, egg yolks, mushrooms, and fortified milk. Our immune system uses zinc to function properly; sources include shellfish, poultry, red meat, and beans. Garlic contains compounds that aid the immune system in fighting germs. Yogurt is a great source of probiotics, which can help to improve gut health, which in turn improves immunity. Other sources of probiotics include kombucha and sauerkraut. You likely are already consuming many of the nutrients previously mentioned if you follow a well-balanced diet filled with a

variety of foods from all of the food groups. If you feel your diet is inadequate, you may want to supplement with a multivitamin.**

- Get enough sleep. Aim for 7 or more hours each night.
- Stop smoking.
- Limit alcohol consumption.
- Try to minimize stress and anxiety by doing things that lead to relaxation such as reading, exercising, talking to a friend, or praying.
- Go outside and get some sunshine! The body absorbs UVB radiation from the sun and produces vitamin D3. Adequate vitamin D has shown to improve immunity. In the winter months, when the sun's rays aren't as strong, it is harder for our bodies to produce enough vitamin D. Your doctor can run a vitamin D lab test to check your levels to determine if a vitamin D3 supplement may be appropriate for you.**
- Try to stay physically active, even if it's several short increments through the day. Aim for 30 minutes a day, 5 days a week.
- Drink water. Staying hydrated keeps your body functioning properly. Some fruits and vegetables have a high water content, including watermelon, cucumbers, and celery.
- Wash your hands regularly and often.

I hope you have a healthy winter season!

**Remember to consult with your doctor before beginning any new vitamin or other supplement.

**Perfect for the
Super Bowl!**

Beef & Bean Sloppy Joes

From: Eating Well

Prep Time: 20 Minutes

Total time: 20 Minutes

Yields: 4 Sandwiches

Ingredients

- 1 tablespoon extra-virgin olive oil
- 12 ounces 90% lean ground beef
- 1 cup no-salt-added black beans, rinsed
- 1 cup chopped onion
- 2 teaspoons red chile powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- pinch of cayenne pepper
- 1 cup no-salt-added tomato sauce
- 3 tablespoons ketchup
- 1 tablespoon reduced-sodium Worcestershire sauce
- 2 teaspoons spicy brown mustard
- 1 teaspoon light brown sugar
- 4 whole wheat hamburger buns

Directions

1. Heat oil in a large nonstick skillet over medium-high heat. Add beef and cook, breaking it up with a wooden spoon, until lightly browned but not completely cooked through, 3 to 4 minutes. Using a slotted spoon, transfer the beef to a medium bowl, reserving the drippings in the pan.
2. Add beans and onion to the pan; cook, stirring often, until the onion is softened, about 5 minutes. Add chile powder, garlic powder, onion powder, and cayenne; cook, stirring constantly, until fragrant, about 30 seconds. Stir in tomato sauce, ketchup, Worcestershire, mustard, and brown sugar. Return the beef to the pan. Bring to a simmer and cook, stirring often, until the beef is just cooked through and the sauce has thickened slightly, about 5 minutes. Serve on buns.

Upcoming Events at Kewaunee Public Library

February

- **DIY Heart Wreath Project**
 - Thursday, Feb. 13: 2:30 pm or 4:00 pm
 - Please call to register: 920-388-5015
- **Recipe of the Month**
 - Thursday, Feb. 13: 11:30am-12:30pm
 - Stop in and sample the recipe of the month, and take the recipe home!
- **Senior Coffee Club**
 - Third Thursday of every month - Feb. 20: 10:30am



March

- **DIY Window Clings**
 - Thursday, Mar. 13: 2:30 pm or 4:00 pm
 - Please call to register: 920-388-5015
- **Recipe of the Month**
 - Thursday, Mar. 13: 11:30am-12:30pm
 - Stop in and sample the recipe of the month, and take the recipe home!
- **Tea at 2:00**
 - First Tuesday of every month: Mar. 4

National Library Week: April 6-12

Join us for a week of special programs!

To see a full line-up of events, or to see more details, visit kewauneepubliclibrary.org or stop in at the library!

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 February 28 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 December/January winner, Mary Browne!

Lighthouses for last issue were on pages 5, 8, & 11.

Join us at Sip & Swipe

Learning technology can be a daunting task. Let the ADRC of the Lakeshore help! The 2-day Sip & Swipe workshop will help you learn the basics of technology literacy, such as turning a tablet on and off, creating an email account, and searching the internet.

Registration is required.
Call 1-877-416-7083 to reserve your seat.



Next Workshop Dates:

**April 4th & 11th
9:30 - 11:30 AM
Kewaunee County ADRC**

Don't Take the Bait. Phishing Scams Are on the Rise

By the Better Business Bureau

Phishing is one of the most common tactics scammers use to steal cash and bank information from their targets. While the methods vary, any attempt by scammers to convince an individual or company to reveal personal information is a phishing attack. These attacks target not only individuals but also businesses. Phishing methods take advantage of the myriad of communication options available, including emails, texts, calls, and voicemail. At times, they are implanted within legitimate search engine results.

To help consumers and businesses understand the ever-changing world of phishing scams, the Better Business Bureau's International Investigations Initiative combed through thousands of reports to BBB Scam Tracker, talked with cybersecurity experts, and investigated the newest trends to compile the III's newest study - [BBB® Investigation: BBB tallies record number of reports as scammers adopt new technologies](#).

The study synthesizes consumer stories and examines tactics used against businesses to show that phishing scams, one of the oldest internet frauds, remain dangerous to individuals and companies of all sizes. It also shows that text-based scams are growing in popularity, and fraudsters have begun to leverage artificial intelligence to craft outreach messages.

This study is intended to give consumers, businesses, news media, researchers, and regulatory agencies an in-depth understanding of:

- How these scams work
- How to avoid common scams
- What type of enforcement is helping curb fraud
- Red flags for consumers and businesses

Since the beginning of 2021, BBB received more than 23,000 reports related to phishing. Over 9,000 of those were reported last year, nearly double the record from the previous year. For example, a man from Ohio told BBB he thought he was visiting Microsoft's website. After doing so, his computer locked up. A phone number, supposedly for Microsoft, was provided on the screen. The person on the other line said he had been hacked. To help, the man on the phone said he needed remote computer access. Once it was given, the computer showed the man's bank account number, which was also supposedly compromised. The scammer pushed him to act quickly and complete a series of transfers from his account into Bitcoin. Over the next few days, the man followed the scammer's instructions and unknowingly sent \$40,000.

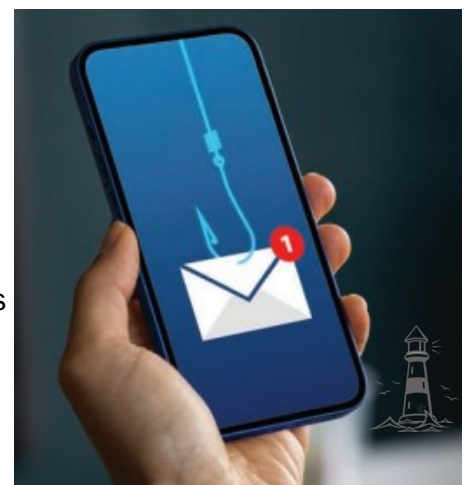
These elaborate impersonations extend beyond trusted sources. In some cases, fraudsters impersonate an individual in the workplace. One woman in Massachusetts told BBB she received an email from who she thought was her boss with an invoice attached. He asked her to pay \$4,500 by wire transfer in the message. She did so and emailed him to say the task was complete. Her boss immediately called her, saying he never asked her to pay for anything. "I was confused because we had talked about paying it previously," the woman said. "I didn't notice the email address was a junk email address and not my boss."

Phishing scam red flags - watch out for an email, text message, or call that:

- Claims suspicious activity or fraudulent logins
- Describes unexpected problems with an account
- Tries to confirm financial information
- Requests to click a link to make a payment
- Sends unasked-for coupons
- Generic message paired with the logo of a well-known company
- Uses typo-filled and urgent language
- Offers government refunds

If you suspect you are the subject of fraud, report your case:

- To register a complaint or post a review with Better Business Bureau (BBB) - [BBB.org](#)
- To file a scam report with BBB - [BBB.org/ScamTracker](#)
- Federal Trade Commission (FTC) - [ReportFraud.ftc.gov](#)
- Federal Bureau of Investigation (FBI) - <https://tips.fbi.gov/home>



The ADRC of the Lakeshore is fortunate enough to once again partner with a group of AARP tax preparers who are offering their free tax preparation services to people in Kewaunee County! This service will run much the same as it did last year.

Please understand that time slots are limited.

Interested Kewaunee County residents will pick up a packet at the ADRC office located at 810 Lincoln St., Kewaunee, any day **after January 20th**. This packet must be filled out prior to your first appointment. The first appointment will be **February 21st** at Algoma City Hall, located at 416 Fremont Street, Algoma. Residents may make their appointment when they pick up their packet at the ADRC.

During the first appointment, residents will meet with a Client Facilitator, who will check you in and verify your ID and Social Security number.



It's Tax Time!

Even if you have had your taxes done with us in previous years, you will still need to verify your personal information. You will then meet with a Tax Counselor who will go through your tax documents and the completed packet. You will leave your documents with the tax counselor and return for a second appointment on **March 7th**, at which time the AARP tax volunteers will review the completed tax forms with you. The second appointment will be scheduled when you make your first appointment at the ADRC.

You must bring the following items to your first appointment: your completed packet, Social Security Card, Photo ID, paper copies of all tax forms you have received (Social Security statements, W-2s, 1099s, etc.), Health insurance premiums, rent certificates (if applicable for the Homestead credit), property tax statement if you own your home, last year's tax return, and a voided check.

For more information, please call the ADRC at 1-877-416-7083.

Volunteer Spotlight: ADRC of the Lakeshore Board and Committees

The Aging and Disability Resource Center of the Lakeshore would like to express our deepest gratitude to our Board of Directors and Committee members for their continued dedication to our organization.

ADRC BOARD OF DIRECTORS:

The ADRC Board of Directors advocates on behalf of elderly and disabled individuals in Kewaunee and Manitowoc Counties. The board gathers information about the adequacy of long term care services to identify gaps in living arrangements and community services needed and develops plans to meet them.

Kewaunee County members include: James Hathaway, Joanne Lazansky, Paul Ravet, Sandi Schleis-Ulmen, and Linda Teske (Co-Chair).

Manitowoc County members include: Shirley Fessler, Paul Hacker, Cindy Neelis, Tim Nicholls, and Bonnie Shimulunas (Co-Chair).

ADRC NUTRITION PROJECT COUNCIL:

The purpose of the Nutrition Project Council is to assist

the Nutrition Program Coordinator and the ADRC of the Lakeshore in evaluating, planning, and advocating for the nutrition programs in Kewaunee and Manitowoc Counties.

Kewaunee County members include: Sherry Brusda, Helen Clinton, Norene Giese, Dorothy Thiry, and Donna Wallace.

Manitowoc County members include: Laura Apfelbeck, Virginia Coffman, Diane Hagerty, Kevin Hagerty (Chair), and Gary Thomas.

TRANSPORTATION COORDINATING COMMITTEE:

The Transportation Coordinating Committee is responsible for coordinating Manitowoc County's specialized transportation programs for the elderly and the disabled.

Members include: Kevin Bottesi, Lauren Daun, Shirley Fessler, Deanna Genske, Mike Grambow (Vice-Chair), Paul Hacker (Chair), Heather Ihlenfeldt, Birgit Kelly, Cindy Neelis, Tim Nicholls, and Steve Roekle.

Will Remarrying Affect My Social Security Benefits?

From: Social Security Administration

Whether it's a morning ceremony or an evening gala, excitement is in the air. You're getting remarried! We can help you with Social Security-related questions regarding your remarriage.

You may be wondering about changing your name on your Social Security card. Visit our Change name with Social Security page (<https://www.ssa.gov/personal-record/change-name>) and answer a few questions to find out the best way to apply for a replacement card with your new last name. You may even be able to complete the application completely online.

If you can't complete the application online, you can start your replacement card application online, then visit a local Social Security office or card center. You may be able to self-schedule an appointment online to visit an office to show your original marriage certificate and complete your application.

We'll mail an updated card to you, usually within 14 business days. Remember to let your employer know about your name change so they can update payroll records, and we can accurately keep track of your earnings.

You may be wondering how your new marriage affects your Social Security benefits now or in the future. Remarrying may affect your benefits if you receive (or expect to receive) any of the following:

- **Supplemental Security Income (SSI) Payments** - Your SSI eligibility and payment amount may change (or stop) due to your new spouse's income and resources. If you and your spouse both get SSI, your payment amount may change from a single person's rate to a couple's rate. Be sure to call us right away at 1-800-772-1213 to report your marriage to avoid being overpaid.
- **Surviving spouse of divorced surviving spouse benefits** -
 - **If you remarry before the age 50** - you won't be eligible for survivors or disability benefits as a surviving spouse unless your later marriage ends by divorce or annulment
 - **If you remarry between the ages of 50 and 59** - you may be able to get benefits as a disabled surviving spouse (or disabled surviving divorced spouse) if you were disabled and unable to work when you remarried and your remarriage occurred after age 50. If you remarry before you reach age 60 and that marriage ends, you may be able to get benefits on your previous deceased spouse's record. Your benefits may begin the first month in which the later marriage ended if all entitlement requirements are met. Contact us if you have questions.
 - **If you remarry after age 60** - You may be eligible for survivors benefits on your deceased spouse's record or benefits on your new spouse's record. Contact us to find out where you are due the greatest benefit amount.
- **Divorced spouse's benefits** - Generally, if you remarry, benefits paid to you on your former spouse's record stop. You should report our new marriage to us to avoid being overpaid.
- **Children's benefits (under age 18 or full-time student ages 18 or 19)** - Under certain circumstances, we may be able to make payments to stepchildren of a worker who receives retirement or disability benefits. For more information about benefits for children, visit our Who can get Family benefits page (<https://www.ssa.gov/family/eligibility>).

Contact us [the Social Security Administration – 1-800-772-1213] if you have questions.



JOIN US FOR A **FREE**

**Medicare A-D
Presentation**

**TUESDAY, APRIL 8
3:00-4:00 PM**

**810 LINCOLN ST,
KEWAUNEE, WI**

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



**KEWAUNEE COUNTY ADMINISTRATION BUILDING
810 LINCOLN STREET, KEWAUNEE**

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.

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.

Please note - the May 15th support group will be cancelled due to the Healthy Aging Summit.

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.

- Feb 5** **Lakeshore Memory Café:** 10:00 - 11:30 am - Camp Sinawa
Manitowoc Public Library, Balkansky Room. (See pages 17 & 19 for details)
- Feb 12** **Early Stage Caregiver Support Group:** 10:00 - 11:00 am
Kewaunee County ADRC Office. Initial assessment required. (See page 9 for details)
- Feb 12** **Boost Your Brain and Memory:** 2:00 - 3:30 pm - First of six-week workshop.
Kewaunee County Administration Building. Registration required. (See page 19 for details)
- Feb 12** **ADRC on the Radio:** 9:30 am - Be My Guest - WOMT 1240 AM
Topic: Ask I&A (Information & Assistance). (See page 20 for details)
- Feb 20** **Family Caregiver Support Group:** 9:30 - 11:00 am
St John Lutheran Church, Luxemburg. (See page 9 for details)
- Feb 25** **ADRC on the Radio:** 8:15 am - Breakfast Club - WCUB 980 AM
Topic: Disability Rights Month. (See page 20 for details)
- Mar 5** **Lakeshore Memory Café:** 10:00-11:30 am - Shamrock Bingo
Manitowoc Public Library - Balkansky Room. (See pages 17 & 19 for details)
- Mar 10** **Bingocize:** 1:00 - 2:00 pm - First of 10 week class. Meets Mondays and Wednesdays.
Kewaunee County Administration Building. Registration required. (see page 14 for details)
- Mar 12** **Early Stage Caregiver Support Group:** 10:00 - 11:00 am
Kewaunee County ADRC Office. Initial assessment required. (See page 9 for details)
- Mar 20** **Family Caregiver Support Group:** 9:30 - 11:00 am
St John Lutheran Church, Luxemburg. (See page 9 for details)
- Mar 24** **Pro Bono Project:** 9:00 - 11:30 am
Kewaunee County ADRC Office. Registration required. (See page 21 for details)
- Mar 25** **ADRC on the Radio:** 8:15 am - Breakfast Club, WCUB 980
Topic: Volunteer Appreciation (See page 19 for details)

February is American Heart Month!

Answers on page 22

L	T	H	P	G	T	M	E	E	A	I	A	N	A	Y	AEROBIC
D	O	O	E	I	D	S	X	S	O	O	R	U	I	S	AORTA
S	N	R	U	A	I	K	Y	L	R	I	T	T	M	E	ARRHYTHMIA
Q	T	R	E	C	R	R	F	U	T	Y	E	R	H	L	ARTERIES
U	F	E	R	T	A	T	C	P	A	T	R	I	T	B	BLOOD PRESSURE
V	E	E	L	U	S	C	B	H	H	A	I	T	Y	A	CARDIAC
B	X	B	R	E	A	E	H	E	A	M	E	I	H	T	CARDIOLOGIST
E	J	B	P	R	T	Y	L	E	A	M	S	O	R	E	CHAMBERS
Z	E	Z	D	Y	Q	A	T	O	A	T	B	N	R	G	CHOLESTEROL
F	V	I	V	M	T	F	L	G	H	L	F	E	A	E	CIRCULATION
J	A	E	R	O	B	I	C	P	H	C	T	D	R	V	EXERCISE
C	A	R	D	I	O	L	O	G	I	S	T	H	X	S	FEBRUARY
E	R	U	S	S	E	R	P	D	O	O	L	B	Y	I	FRUIT
J	S	L	J	C	I	R	C	U	L	A	T	I	O	N	HEALTHY
S	E	L	C	I	R	T	N	E	V	D	S	A	R	G	HEARTBEAT
															NUTRITION
															PLATELETS
															PULSE
															VEGETABLES
															VENTRICLES

Kewaunee County Transportation Program Provides Three Transportation Options

Self-Pay/Elderly or Disabled Consumers

This service is available to persons aged 55 or older, or disabled persons of any age. Consumers are allowed up to 3 scheduled trips a week, provided a volunteer driver is available and no other source of transportation, such as family or friends, is available. Priority is given to those requesting rides to medical appointments or to work.

Medical Assistance Consumers

Transportation to medical appointments is provided to Medical Assistance recipients through a statewide transportation broker, MTM/Veyo. To access this service, call MTM/Veyo at 866-907-1493. If you are on Medical Assistance and enrolled in Family Care, you should call CCCW at 877-622-6700 for transportation.

Non-Medical Transportation Shopping/Errand Service

This service is provided to consumers age 55 or older, or disabled individuals of any age, to shop and do errands in their own local areas. Examples include the grocery store, bank, laundromat, lawyer/other business affairs, etc.

How to Sign Up

Call 920-388-0626 to make arrangements. Leave a message with your name and phone number, as well as the date, time, and place of your appointment. Whenever possible, call at least **2 business days** before your scheduled appointment. Rides are available Monday-Thursday from 8am-3pm, and Fridays 8am-1pm. Rides are not guaranteed and are dependent on volunteer driver availability.

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!

Risk Factors for Heart Disease: Don't Underestimate Stress

Johns Hopkins Medicine

Stress causes all sorts of minor physical discomfort - think sweaty hands and an upset stomach. But it can also raise your risk of serious heart problems, says Johns Hopkins cardiologist Michael Blaha, M.D., M.P.H., who frequently offers his patients advice on how to keep stress from threatening their health.

Perhaps the most surprising part of the connection is that stress can pop up in many different scenarios - from relationships to "good" jobs to sporting events. And all can take a toll on your heart health.

Recognize Stress Sneaking In

Going through a divorce can be quite stressful, but until recently, researchers didn't know how long the health effects of that stress might last.

In a recent study that followed participants over 18 years, women going through two or more divorces had a rise in heart attack risk that was similar to that of a smoker or a person with diabetes. The study found a higher heart attack risk in men who'd had multiple divorces too. Though men did see a health benefit from remarriage, women did not. Even decades after a divorce, relationship stress can leave a powerful imprint on your health.

Work-related stress can also harm your heart. Research has found that people who are more worried about losing their job are nearly 20 percent more likely to have heart disease. "But people who are happy in their jobs may be chronically stressed as well because of the competitiveness of their jobs or because they're trying to balance their work and home life," Blaha says.

Surprisingly, even stress related to enjoyable events may raise your risk of a heart emergency. During a recent World Cup soccer event, heart attacks more than doubled in one German city during days when the nation's team was playing.

Stress and Heart Disease: What's the Link?

Stress can increase inflammation in your body, which in turn is linked to factors that can harm your heart, such as high blood pressure and lower "good" HDL cholesterol, Blaha says.

But chronic stress can also affect your heart in a more indirect way. When you're worried, you tend to sleep poorly. You're also less likely to exercise, make healthy food choices, or watch your weight, Blaha says. All of these lifestyle changes can put your heart health at risk.

How to Protect Your Heart

"Too often, people consider their stress as almost separate from their health," Blaha says. If you're struggling with any kind of stress, recognize that it can have harmful consequences. These steps can help you protect your heart during stressful times.

Get professional advice. Discuss your stress levels with your health care provider. This is especially important if you have other risk factors for heart disease, such as obesity or high blood pressure, Blaha says. Sometimes, just talking with your doctor can convince you to change your lifestyle.

Let stress motivate you. Turn stress into a *reason* to exercise instead of using it as an excuse to avoid physical activity, Blaha recommends. "When you have a stressful day, taking a break to walk with friends over lunch can take your mind away from the grind," he notes.





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

Next Workshop: March 10 - May 14
Mondays and Wednesdays 1:00 - 2:00 PM

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.

See page 5 for more information on upcoming workshop details.



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

Next Workshop: May 6 - June 17
Tuesdays 1:00 - 3:00 PM



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.

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 in all workshops. Please call 1-877-416-7083 to RSVP.

Being Social Helps with Loneliness and Isolation

Loneliness, often due to social isolation, can have serious impacts on both mental and physical health. Although loneliness rates have decreased since the pandemic, it remains a pressing issue. Social isolation occurs when individuals have limited or no social interaction with others. This can be due to a plethora of reasons, such as living far away from family or friends, retirement/loss of employment, or a change in abilities.

Older adults living alone, particularly without regular visitors or social interactions, are at a greater risk of isolation and loneliness. The good news is that it is easy to build your social network! This can be done by volunteering, joining a club or organization, or even taking an exercise class.

Another great option to get connected to others is by joining us at the ADRC of the Lakeshore. We offer two Health and Wellness Programs - Stepping On and Bingocize - that are proven to help you reduce your risk of falls and improve your strength and balance, all while having fun and meeting new people in your area. If you are a caregiver for someone 60 years or older, you can pop in at one of our Caregiver Socials or Caregiver Support Groups at any time!

To learn more about these opportunities, as well as other events happening at the ADRC of the Lakeshore, give us a call at 1-877-416-7083, look through our newsletter, or check out our website: www.adrcofthelakeshore.com.

Now is your time to get involved, meet new people, and SHINE!

Retirement Farewell

Kim Novak joined the ADRC team in 2016 as the Business Manager and has been a true asset. Nine years have flown by far too fast, and we will miss her quick wit, supportive nature, and dedication to working hard for her team and the communities we serve. It has been a privilege to work with Kim! Kim's last day will be February 28th, and we will send her off with well wishes for a happy retirement.

-Wendy Hutterer, ADRC Director

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: I am struggling to afford food. What options do I have?

FoodShare

FoodShare, formerly known as Food Stamps, is a public benefit program that can provide financial assistance for purchasing food. Funds are deposited monthly to your Wisconsin QUEST card, which is used similarly to a debit card and is accepted at most grocery stores in Wisconsin. FoodShare recipients are also eligible to use FoodShare at participating farmers markets. The funds can be used to purchase foods such as fruit, bread, vegetables, meat, and dairy products. It cannot be used to purchase nonfood items, alcohol and liquor, hot foods, or vitamins and medicine.

You can apply for FoodShare via phone, paper application, or an online application at access.wi.gov or by contacting the East Central Income Maintenance Partnership at 1-888-256-4563. Income and other criteria may apply. For more information or assistance, you may also contact the FoodShare Helpline through Feeding Wisconsin at 1-877-366-3635 or online at GetAQuestCard.org.

Food Pantries

Local food pantries offer food and other goods to those who qualify to help alleviate food insecurity for individuals and families. In most cases, you will need to verify income eligibility and may need to provide a photo ID and proof of residency. Each organization has different criteria for participation in their program. Please call the facility directly and request information regarding their income guidelines and how to register for their program prior to attending.

For a list of local food pantries and resources in Kewaunee and Manitowoc Counties, please contact the ADRC of the Lakeshore toll-free at 1-877-416-7083 or visit our website.

From the Desk of Tracy Nollenberg, WCEM

Kewaunee County Emergency Management Director

Winter is still here, with spring right around the corner! Continue with your winter weather preparedness: check your heating system, have a stocked emergency kit, make sure your car is winter-ready, and develop a plan in case of power outages or severe snowstorms.

Home Heating System:

- Annual furnace inspection & service by a professional.
- Check & replace furnace filters regularly.
- Ensure your thermostat is functioning properly.
- Have a backup heating source, like a fireplace or space heater (with proper safety precautions).

Emergency Kit:

- Stock enough non-perishable food & water for several days.
- Include warm clothing, blankets, & extra batteries.
- Have a first-aid kit with essential medications.
- Consider a battery-powered radio & flashlight.

Weather Monitoring:

- Regularly check weather forecasts & be aware of potential storms.
- Sign up for weather alerts from your local weather channel.
- Sign up for emergent notifications from your local emergency management office.

Vehicle Preparedness:

- Ensure your car has good tread on tires.
- Keep an emergency car kit with jumper cables, blankets, an ice scraper, & bottled water.
- Fill your windshield washer fluid regularly.

Home Safety:

- Clear snow from your roof regularly to prevent potential damage.
- Trim tree branches that could fall on power lines during storms.
- Learn how to safely operate a snow blower.

Power Outage Plan:

- Identify alternative lighting sources like candles or battery-powered lanterns.
- Have a plan for keeping warm if power is out for an extended period.
- Consider a portable generator with proper safety precautions.

Our office has NOAA weather radios for sale. These are great for being kept informed of severe weather when you 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.



February 5 Camp Sinawa:

Were you ever a boy or girl scout? Then perhaps you'll remember Camp Sinawa! Our guest speaker will help us reminisce the beloved camp. And if you've never been there, they'll take us on a virtual tour!

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



March 5 Shamrock Bingo:

Whether you're Irish or not, you'll find luck on your side today. Come test it out at Shamrock Bingo! Remember to sport your greenest clothes.



Staff Spotlight: Melissa Goodman, I&A Specialist

How long have you worked for the ADRC? Why have you chosen this career path? I have been working for the ADRC for seven years. I started with the ADRC of Eagle Country in February of 2018. I moved to the ADRC of the Lakeshore in November of 2024. I have always had a passion for helping others. The ADRC allows me to use my education in Human Services and my experience to help connect others to helpful resources and tools that can make daily living easier.

What is the best part of your job? My favorite part of my job is visiting people in their homes. I get to learn about their lives and their families. I love to listen to their stories and see their favorite things. I like building relationships and feeling like part of a community.

What has been your most rewarding experience working with the ADRC of the Lakeshore? The most rewarding experience is when you can see the relief and comfort return to someone's face after sharing a resource or talking through a situation. I love when someone asks for a hug after a meeting has ended.

What might someone be surprised to know about you? People outside of my close circle might be surprised that I collect vinyl records. I have been collecting for over 20 years and have about 400 or so. My favorite music is the Blues. I love John Mayall, JJ Cale, Canned Heat, and the Paul Butterfield Blues Band. I also like to watercolor paint and make birthday cards. But my favorite hobby is planting flowers and vegetables in my backyard. A really great day would be listening to music while painting pictures of the flowers in my yard.

What is a secret talent no one knows about? I am really good at remembering names and how to get places.



Dementia Services

Our Dementia Care Specialist (DCS) provides education and awareness about Alzheimer's disease and other dementias. This includes providing options to caregivers and 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.

Dementia 101/201

No events in February/March

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.

Boost Your Brain and Memory

Every Wednesday

February 12 - March 19

2:00 - 3:30 PM

Kewaunee Human Services - Medium Meeting Room
810 Lincoln St., Kewaunee

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.

Virtual Dementia Tour

No events in February/March

Stay tuned for future 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. **Registration is required for participation.**

Lakeshore Memory Café

First Wednesday of Each Month: 10:00 - 11:30 AM

Manitowoc Public Library - Balkansky Room

Memory Cafés welcome those experiencing early stage dementia, mild memory loss or cognitive impairment, and family and friends of those affected. It's a great opportunity for lively discussions, information gathering, refreshments, camaraderie, and lots of creative fun!

No RSVP is required for attendance.

See page 17 for more information.

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

Be My Guest: 9:30 AM



February 12

TOPIC: Ask I&A

Melissa Konop, Program Manager

Lori Edwards, Information &
Assistant Specialist

Breakfast Club: 8:15 AM



February 25

TOPIC: Disability Rights Month

Wendy Hutterer, ADRC Director

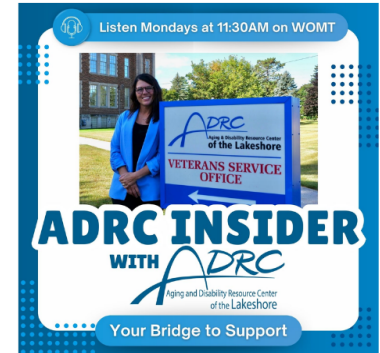
Ann Habeck, Disability Benefit
Specialist

March 25

TOPIC: Volunteer Appreciation

Tehya Kramper, Outreach
Coordinator

ADRC Insider



Every Monday at 11:30am

WOMT, 1240 AM

Pro Bono Project

Seniors aged 60 or older may make a half-hour appointment with a volunteer attorney at the ADRC of the Lakeshore. During this time, they can explain their problem, go over any paperwork they may have related to the problem, and discuss their options.

The attorney will **not** become the individual's lawyer, nor will the attorney be representing them. This is simply a meeting where you may receive counsel on your best course of action.

**Kewaunee County ADRC
810 Lincoln St., Kewaunee**

**March 24, 2025
9:00 - 11:30**

Registrations are required. Call
1-877-416-7083 to reserve your spot.



**New Program
For The
Public!**

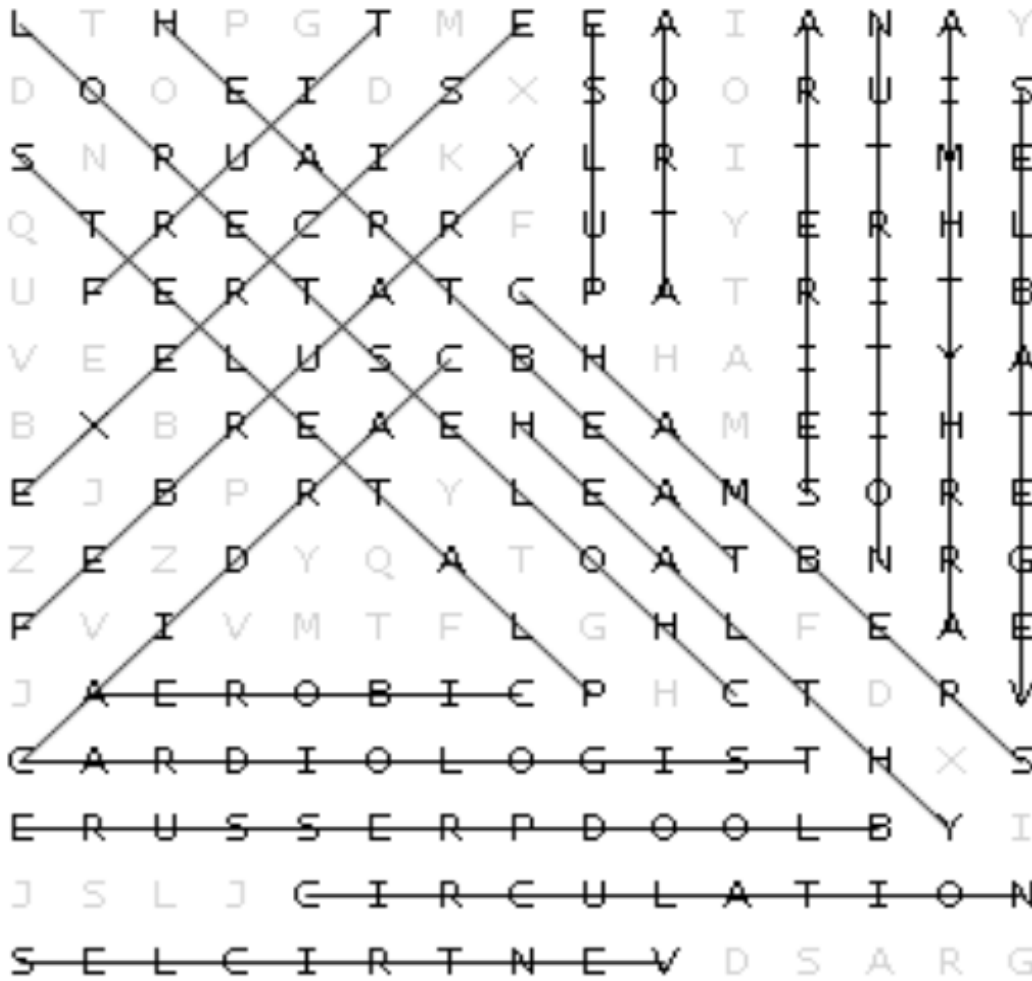
Caregiver Social

Are you the caregiver of someone aged 60 or older? Join us at our bimonthly Caregiver Social!

Enjoy socialization, support, and snacks each month, and learn from speakers and presenters on topics related to caregiving.

**March 11th, 9:30 - 11:30 am
NWTC: 133 Commerce Dr., Luxemburg**

**For more information, please call
1-877-416-7083.**



Solution for American Heart Month Word Search on 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 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.

KEWAUNEE COUNTY VETERANS

If you haven't visited the Kewaunee County Veterans Office in a while, now is a perfect time to reconnect. Whether you need assistance with Compensation Claims, Survivors Benefits, State Benefits or just want to review you claims file with the CVSO, now is the time to do it.

THANK YOU FOR YOUR SERVICE TO OUR GREAT COUNTRY

Office Hours: Monday- Friday 8:00am to 4:30p.m.

Location: 810 Lincoln St. Kewaunee, WI 54216

Contact information: 920-388-7198 or CVSO@kewauneeeco.org



* if you know of a veteran that could benefit from the services our office provides, please reach out to them and have them call us.

ADRC Staff Listing

Wendy Hutterer
ADRC Director

Lori Fure
Older Americans Act Manager

Melissa Konop
ADRC Program Manager

Kim Novak & Lashawn Crain
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.



**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?

We 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



Stay Connected!

Sign up to receive our newsletter directly to your home or email.
Call 1-877-416-7083 or email adrc@manitowocountywi.gov to subscribe.

Looking for more ways to stay connected with the ADRC of the Lakeshore?

Follow us on Facebook and Instagram!



www.facebook.com/adrcofthelakeshore



www.instagram.com/adrcofthelakeshore



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ADRC of the Lakeshore
810 Lincoln Street
Kewaunee, WI 54216

Label

Strong Couples



Being in a relationship is not always easy, even if you are married for many years or just starting out. Love takes learning. Whether you need help or just want to strengthen your relationship, finding trustworthy support can be difficult. UW-Madison Extension provides an educational program for couples. The Strong Couples program uses proven tools that increase relationships and individual well-being.

The Strong Couples Program is:

- Six self-paced online modules. Topics include communication, commitment, problem-solving, and friendship.
- Five brief video calls with a trained coach.
- **Free!**

**Strong
Couples** Program
Rediscover your passion



Register here: <https://parenting.extension.wisc.edu/strong-couples/>

UW Extension Kewaunee County - 920-388-7141