

AGING & DISABILITY RESOURCE CONNECTION

Sponsored by:



What's Inside This Issue?

- Dementia Services2
- Manitowoc Public Library Events.....3
- Senior Nutrition Program4
- Recipe.....5
- SeniorCare6
- Volunteer/Staff Spotlights8
- Ask I&A/Medicare A-D.....9
- What's Happening at the ADRC..... 10
- Support Groups..... 11
- The Nutrition Exchange..... 12
- Lighthouse Game/
Caregiver Social 13
- Health & Wellness Workshops 14
- Caregiver Corner 15
- Crossword/Memory Café 16
- Radon Testing/
Older Americans Month 17
- Thank You, Volunteers!/Pro Bono ... 18
- Aging Advocacy Day 19
- Holiday Office Closures/
Medical Debt..... 20
- ADRC on the Radio 21
- Puzzle Answers/Loan Closet..... 22
- Staff Listing 23
- Stepping Up Your Nutrition 24



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.

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

May 29

10:00 - 11:30am

ADRC of the Lakeshore - Education Room
1701 Michigan Ave., Manitowoc

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

No events in April/May

Stay tuned for future events!

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.

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 16 for more information.

Virtual Dementia Tour

July 17

9:00 - 11:00am

ADRC of the Lakeshore - Education Room
1701 Michigan Ave., Manitowoc

Experience what it's like to live with dementia by walking in their shoes. This life-changing simulation teaches us how to provide better care.

This is an evidence-based, patented program designed to give people the opportunity to experience what dementia is like through an individualized, experiential tour. **Registration is required for participation.**

There are no fees for participation in any ADRC Dementia Services programs, but registration is required. Please call 1-877-416-7083 to RSVP.

What's Happening at the Library!

April:

- **Every Tuesday, 3 - 5 PM:** Genealogy Help
- **April 5, 6 PM:** Murder Mystery at the Library Fundraiser
 - Step into the glamour and intrigue of the Roaring '20s at this interactive, theatrical experience. Dress to impress in your best 1920s themed attire. All proceeds support Manitowoc Public Library and the Foundation. Tickets can be purchased at the library, or on their website.
 - \$100/person. All inclusive: Theatrical performance, heavy hors d'oeuvres, alcoholic & non-alcoholic beverages, live music, costume contest, raffle drawing, valet parking
- **April 12, 1 PM:** A Saturday Conversation with Bill Jartz
 - Join the "Voice of Lambeau" and WBAY-Channel 2 News anchor for a casual afternoon conversation focusing on his career in the public eye.
- **April 22, 6pm:** Football Frenzy!
 - Kick off NFL Draft Week with an evening of football-themed, family friendly fun. We're taking the tailgate indoors with games, trivia, photo-ops, tailgate treats, and door prizes - all ages invited!



May:

- **May 3, 9 AM - 1 PM:** Comic Book Day
 - Join us at MPL to celebrate National Comic Book Day! Come dressed as your favorite comic book character, participate in fun activities, and receive a free comic book.
- **May 3, 2 PM:** Open Sew & Badging with Betty
 - Get your questions answered and get badged on the sewing machine. No registration required.
- **May 21, 10 AM:** Learn About Libby: The Online Reading App
 - Our staff will show you how to download Libby, search for titles, and borrow books. You'll also get some helpful tips for navigating the app.

For more information or to register for events, call 920-686-3010.

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.

Manitowoc

Senior Center
3330 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 am

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*



Easy Lemon-Blueberry Crisp

From: Eating Well

Active Time: 10 Minutes

Total time: 50 Minutes

Servings: 6

Ingredients:

- Baking spray
- 4 cups fresh blueberries
- 1 1/2 tablespoons grated lemon zest, plus more for garnish
- 2 tablespoons lemon juice
- 1-2 tablespoons all-purpose flour plus 1/4 cup, divided
- 2 tablespoons sugar, divided
- 3/4 cup old-fashioned rolled oats
- 1/4 cup whole-wheat flour
- 2 tablespoons light brown sugar
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 6 tablespoons room temperature unsalted butter, cubed

Directions:

1. Preheat oven to 375. Lightly coat an 8-inch square baking dish with baking spray.
2. Toss fresh blueberries, lemon zest, lemon juice, 1 tablespoon all-purpose flour, and 1 tablespoon sugar in a large bowl until evenly combined. Transfer to prepared baking dish.
3. Whisk oats, whole-wheat flour, brown sugar, salt, cinnamon, ginger, and remaining 1/4 cup all-purpose flour and 1 tablespoon sugar in a medium bowl until no lumps remain. Using a fork or pastry blender, cut butter into the oat mixture until fully combined and the mixture resembles coarse crumbs. Sprinkle evenly over the blueberry mixture.
4. Bake until the crumb topping is golden brown and the blueberry mixture is bubbling around the edges, 35-40 minutes. Let stand for about 5 minutes. Garnish with additional lemon zest, if desired, and serve warm.



What is Wisconsin SeniorCare Prescription Drug Assistance Program?

By the GWAAR Legal Services Team

SeniorCare in Wisconsin is a prescription drug assistance program available to Wisconsin residents who are 65 years of age or older. There is no asset or resource limit for SeniorCare and there is no income limit either. However, a person's income will determine what level of SeniorCare they will be placed in.



SeniorCare levels are:

Level 1 is for individuals or couples who have income at or below 160% of the federal poverty level (FPL). For 2025, the annual amount is \$25,040 per individual or \$33,840 per couple. The benefits in Level 1 are as follows:

- No deductible or spenddown
- \$5 co-pay for each covered generic prescription drug
- \$15 co-pay for each covered brand name prescription drug

Level 2a is for individuals who have income above 160% FPL but below 200% FPL. For 2025, these annual amounts are between \$25,040 to \$31,300 per individual and \$33,840 to \$42,300 per couple. The benefits in Level 2a are as follows:

- \$500 deductible per person
- Pay the SeniorCare rate for drugs until the \$500 deductible is met
- After \$500 deductible is met, pay a \$5 co-pay for each generic prescription drug and a \$15 co-pay for each covered brand name prescription drug

Level 2b is for individuals who have income above 200% FPL but below 240% FPL. For 2025, these annual amounts are between \$31,300 to \$37,560 per individual and \$42,300 to \$50,760 per couple. The benefits in Level 2b are as follows:

- \$850 deductible per person
- Pay the SeniorCare rate for most covered drugs until the \$850 deductible is met
- After the \$850 deductible is met, pay a \$5 co-pay for each covered generic prescription drug and a \$15 co-pay for each covered brand name prescription drug

Level 3 is for individuals or couples who have income about 240% FPL. For 2025, the annual amount is \$37,560 or higher per individual and \$50,760 or higher per couple. The benefits in Level 3 are as follows:

- Pay retail price for drugs equal to the difference between the member's income and \$36,144 per individual or \$49,056 per couple. This is called "spenddown"
- Covered drug costs for spenddown will be tracked automatically. During the spenddown, there is no discount on drug costs
- After spenddown is met, meet an \$850 deductible per person
- Pay SeniorCare rate for most covered drugs until deductible is met
- After the \$850 deductible is met, pay a \$5 co-pay for each covered generic prescription drug and a \$15 co-pay for each covered brand name prescription drug

You can enroll in SeniorCare at any time by submitting an application fee of \$30 for an individual or \$60 for a couple. The application requires you to provide a good faith estimate of your annual gross income. If your income goes up midyear, there is no need to do a new application, but if your income goes down, you may want to do a new application if it will put you in a lower level. You would just need to submit a new application and application fee. You must also do a renewal and pay the application fee each year to remain enrolled in SeniorCare.

Continued on page 7

What is Wisconsin SeniorCare Prescription Drug Assistance Program? Continued from page 17

SeniorCare does count as creditable coverage. This means that, as long as you are enrolled in SeniorCare, you will not have a Part D late enrollment penalty accruing. If you do want to enroll into a Part D plan, you may be able to do it at any time of the year if you are in levels 2b or 3 or if you have another special enrollment period (SEP). Additionally, you can use SeniorCare if you already have a Medicare Part D drug plan - the Part D plan will just pay first. However, you cannot have SeniorCare if you are enrolled in a Medicaid program. An additional consideration is that if you travel out-of-state, you will likely not find a pharmacy able to bill SeniorCare. You also cannot submit claims yourself - they have to be submitted by a participating pharmacy.

If you are interested in applying for SeniorCare, the application and instructions are here: <https://www.dhs.wisconsin.gov/library/collection/f-10076>. You must then return the completed application form and \$30 fee to:

SeniorCare
PO Box 6710
Madison, WI 53716-0710

Finally, if you have any questions, you can contact SeniorCare Customer Service at 800-657-2038. You can also reach out to the ADRC of Lakeshore to discuss your SeniorCare options.

Staff Spotlight: Katrina Pratt, I&A Specialist



How long have you worked for the ADRC? Why have you chosen this career path? I have worked for the ADRC for 5 years. I started as an intern in my senior year of college, and upon graduation was offered a position. I have always been interested in working with older adults and people with disabilities since I was a child and volunteering with my mother who worked at a nursing home.

What is the best part of your job? The best part of my job is being able to assist individuals and their families. I get to not only learn about their life, but I get to play a small, positive role in it as well.

What has been your most rewarding experience working with the ADRC of the Lakeshore? The most rewarding experience is seeing the positive impact I have had when helping others, no matter how “small” that assistance may have been. For them, it can make a big difference in their daily lives.

What might someone be surprised to know about you? I love to craft (knitting, scrapbooking), reading, video gaming, and spending time with my friends playing Dungeons & Dragons. I enjoy listening to a variety of music and podcasts. I also love to spend time with my family, especially my nephews and niece.

Volunteer Spotlight: Anna Ziegelbauer

Home Delivered Meals Driver & Kitchen Volunteer



How did you become a volunteer with the ADRC? I knew a couple of people that volunteered and I asked Missy if she could use me anywhere and here I am!

What surprised you most about volunteering? How good it makes you feel.

What do you wish other people knew about volunteering with the ADRC? It would be great if everyone knew how good it feels when people appreciate what you are doing for them.

When your friends and family members find out that you volunteer for the ADRC, what do they say? They usually ask what it all involves and the hours and how often.

What has been your most rewarding experience while volunteering? Seeing how much the people appreciate you bringing their meals and how much it means to them.

If someone was hesitant to volunteer, what would you tell them? I would say just go for it, you can make your own hours and you meet a lot of people.





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 988? Are there other mental health resources?

988 is Wisconsin’s Suicide and Crisis Lifeline, and it is for anyone experiencing a suicidal, mental health, and/or substance use crisis. You can also contact the 988 Wisconsin Lifeline if you are concerned for someone else in crisis. To access this service, you can either call or text 988, or visit www.988lifeline.org for online chat. 988 services are available 24/7. When reaching out to 988, you will be connected with a trained counselor who can offer support, provide stress reduction techniques, and assist with finding local resources. This service is confidential, unless there is imminent risk of danger, at which point law enforcement or other emergency services may be contacted. 988 Wisconsin Lifeline is a cost-free service funded by the Wisconsin Department of Health Services. Language interpretation is available.

There are various other mental health and substance use resources. This includes services and programs offered through your county’s Human Services department, local medical centers, non-profit organizations, and private practices. To find local services, you can call 211, contact your county’s Human Services department, call your health insurance company, your medical provider, or contact the HR department of your employer. Mental health and substance use should be taken seriously. Please don’t hesitate to reach out for support. It could change or save your life.



JOIN US FOR A **FREE**

Medicare A-D Presentation

**THURSDAY, APRIL 10
3:00-4:00 PM**

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

NEXT PRESENTATION: JULY 10

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





WHAT'S HAPPENING AT THE MANITOWOC COUNTY ADRC OF THE LAKESHORE

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

- April 1** **Early Stage Caregiver Support Group:** 10:00 - 11:30 am
Manitowoc County ADRC Office. Initial assessment required. (See page 11 for details)
- April 2** **Lakeshore Memory Café:** 10:00 - 11:30 am - Spring Singalong
Manitowoc Public Library, Balkansky Room. (See pages 2 & 16 for details)
- April 3** **Manitowoc County Caregiver Social:** 10:00 - 11:30 am
Manitowoc County Office Complex. (See page 13 for details)
- April 8** **Stepping On:** 1:00 - 3:00 pm - First of 7-week class.
Manitowoc County ADRC Office. Registration required. (See page 14 for details)
- April 10** **Medicare A-D Presentation:** 3:00 - 4:00 pm
Manitowoc County Office Complex. (See page 9 for details)
- April 16** **Men's Caregiver Support Group:** 9:00 - 10:30 am
Manitowoc County ADRC Office. (See page 11 for details)
- April 17** **Family Caregiver Support Group:** 2:00 - 3:30 pm
Manitowoc County ADRC Office. (See page 11 for details)
- April 18** **ADRC Offices Closed for Spring Holiday**
- April 22** **ADRC on the Radio:** 9:30 am - Be My Guest, WOMT 1240
Topic: Transportation (See page 21 for details)
- April 29** **ADRC on the Radio:** 8:15 am - The Breakfast Club, WCUB 980
Topic: Aging Advocacy Day (See pages 19 & 21 for details)
- May 1** **Manitowoc County Caregiver Social:** 10:00 - 11:30 am
Manitowoc County Office Complex. (See page 13 for details)
- May 6** **Early Stage Caregiver Support Group:** 10:00 - 11:30 am
Manitowoc County ADRC Office. Initial assessment required. (See page 11 for details)
- May 7** **Lakeshore Memory Café:** 10:00 - 11:30 am - National Travel & Tourism Week
Manitowoc Public Library, Balkansky Room. (See pages 2 & 16 for details)
- May 12** **Pro Bono Project:** 9:00 - 11:30 am
Manitowoc County ADRC Office. Registration required. (See page 18 for details)
- May 21** **Men's Caregiver Support Group:** 9:00 - 10:30 am
Manitowoc County ADRC Office. (See page 11 for details)
- May 26** **ADRC Offices Closed for Memorial Day**
- May 27** **ADRC on the Radio:** 8:15 am - The Breakfast Club, WCUB 980
Topic: Transportation (See page 21 for details)
- May 27** **Stepping Up Your Nutrition:** 1:00 - 3:00 pm
Manitowoc County ADRC Office. Registration required. (See page 24 for details)
- May 29** **Dementia 101:** 10:00 - 11:30 am
Manitowoc County ADRC Office. Registration required. (See page 2 for details)

ADRC of the Lakeshore Support Groups

Early Stage Caregiver Support Group: 1st Tuesday of each month, 10:00 - 11:30 AM

ADRC of the Lakeshore: 1701 Michigan Ave., Manitowoc

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, 2:00 - 3:30 PM

ADRC of the Lakeshore: 1701 Michigan Ave., Manitowoc

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.

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

ADRC of the Lakeshore: 1701 Michigan Ave., Manitowoc

This is an opportunity for male caregivers to connect with, and support, other male caregivers

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,

I struggle with what to eat for breakfast. I especially want to make sure my breakfast has protein in it to help me feel full.

Sincerely - What's for Breakfast!?!?!?!?

Dear What's for Breakfast,

It's important to start the day with a nutritious breakfast. After a good night's rest, eating breakfast replenishes our energy stores to give our body and brain the fuel it needs to function properly. Eating regular meals and snacks throughout the day also prevents us from becoming so hungry that we overeat later in the day. Here are a few breakfast ideas I have been loving lately.

Eggs - Eggs of any kind are a great source of protein. Eggs also contain many vitamins, minerals, and antioxidants such as vitamins A, D, and B12, lutein and zeaxanthin for eye health, and choline for cognitive function. One egg provides approximately 6 grams of protein. Eggs can be enjoyed in many ways, including scrambled, fried, hard or soft boiled, poached, and can be included in other breakfast dishes. One of my new favorite ways to eat eggs is a recipe I discovered from "The Real Food Dietitians" recently, which I have included at the end of this article. The recipe is for egg bites, and include cottage cheese for additional protein. Unfortunately, eggs are very expensive currently due to the recent outbreak of Avian Flu (Bird Flu). Hopefully, once this is resolved, the cost of eggs will return to normal.

Yogurt Parfait - Yogurt contains protein as well as calcium, vitamin D, and beneficial probiotics for gut health. For even more protein, look for Greek yogurt. Try plain yogurt topped with berries, unsalted sliced almonds or another nut of choice, or a sprinkling of granola. You can also top yogurt with peanut butter or other nut butter. One serving of plain yogurt typically contains 6-12 grams of sugar that is naturally occurring from lactose in milk. Sweetened yogurt contains added sugar as well. If you don't like the tartness of plain yogurt, you may add your own sweetener, such as honey or maple syrup. It will still add additional sugar, but at least you can control how much.

Overnight Oats - The base recipe for overnight oats includes whole rolled oats and milk. Then you can add additional items for increased protein and taste. In a jam size mason jar, add 1/2 cup oats and 1/2 cup milk. I also like to add 1 tablespoon chia seeds at this point. Chia seeds are a good source of protein, fiber, and healthy fats. Put a lid on the jar, shake, and put in the fridge overnight. The next morning, you may add a few scoops of yogurt, nut butter, fruit, nuts, protein powder, maple syrup, honey, etc. The options are endless! Enjoy the oats cold. My favorite way to make this recipe is: 1/2 cup oats, 1/2 cup milk, 1 tablespoon chia seeds, 1 teaspoon vanilla, a shake of cinnamon, 1 teaspoon maple syrup, and 1-2 tablespoons nuts. The next morning, I add in berries. Be creative, and add in what you love!

Egg Bites

Makes 12 egg bites

- Cooking spray
- 8 eggs
- 1 cup cottage cheese
- salt and pepper to taste

Optional Add-Ins: 1/2 cup shredded sharp cheddar, breakfast meats such as diced ham, cooked & crumbled bacon or breakfast sausage, sauteed veggies

This recipe works best in a silicone muffin pan. These will stick in a metal muffin pan.

1. Spray silicone muffin pan with cooking spray. Preheat oven to 350.
2. In a blender, blend together the eggs, cottage cheese, cheddar cheese (if using), salt, and pepper until smooth.
3. Divide the egg mixture into the cups of the muffin pan filling each about half full. You can also add any other mix-ins, such as sauteed veggies or meat, to the cups at this stage.
4. Bake for 20-22 minutes or until muffins are slightly firm to touch in the center. Remove the muffin pan from the oven. The egg bites will be puffed up but they will settle down into the cups a bit after removing from the oven. Let the egg bites cool a few minutes before removing them from the pan to enjoy or to store for later.
5. Store egg bites in an airtight container in the refrigerator for up to 5 days.

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 **April 30** 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*

**Congratulations to February/March winner,
Mary Graczyk!**

Lighthouses for last issue were on pages 10 & 18 - we missed our third lighthouse! We are so sorry about that!

Caregiver Social

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

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

April 3rd, 10:00 - 11:45am

May 1st, 10:00 - 11:45am

4319 Expo Drive

Manitowoc, WI

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



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: September 22 - November 26

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.

SteppingOn

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: September 11 - October 23

Thursdays, 12:30 - 2:30 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.

Spring Is In the Air

Spring often brings a feeling of hope. The weather is getting warmer, flowers are starting to bloom, and the grass is growing. Along with this comes a renewed sense of energy to accomplish the many tasks on our to-do list.

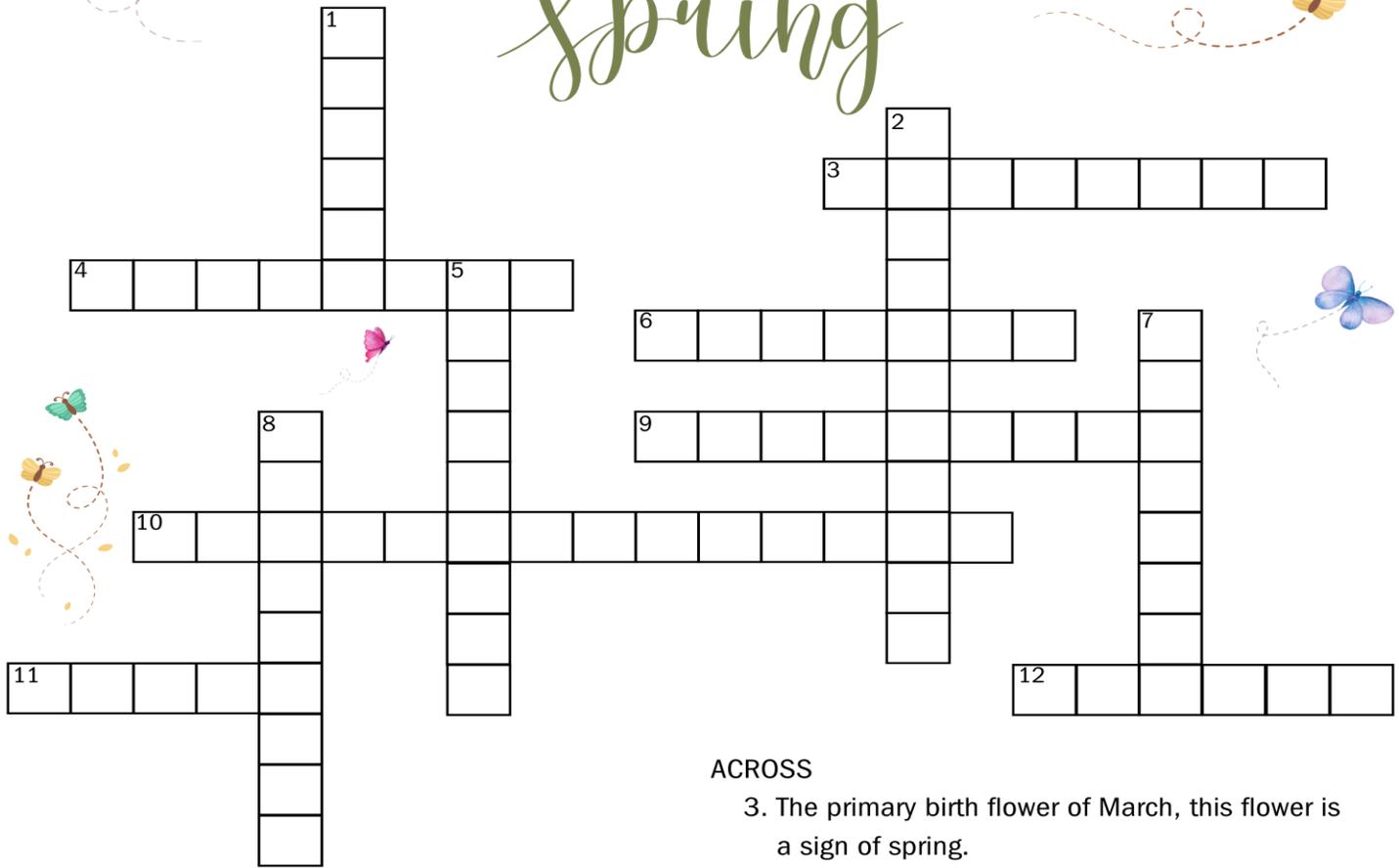
For family caregivers, seasonal change can be exciting—but it can also cause anxiety. Not only do caregivers need to keep up with their daily tasks, they will most likely have new tasks added to their plate. In spring, this may include decluttering, keeping up with yardwork, finding safe and fun activities to do outside, and much more.

Here are some tips to help prepare for the upcoming spring season:

1. **Make a list of tasks and start planning ahead of time.** If you can't mow the lawn, start looking into who can help, or who you can hire.
2. **Take at least 10 minutes a day to work on a task on your to-do list.** This is a good way to get things accomplished while not feeling so overwhelmed.
3. **Create a list of people who can help with chores - and caregiving in general.** Having people to help will make it seem like there isn't as much to do.
4. **Practice saying "no".** Caregivers are notorious for taking on too much. Sometimes saying no is crucial for positive mental health.
5. **Map out your long-term goals.** Remember, not everything has to be done in one day.
6. **Focus on your health** by taking a class, engaging in a new hobby, or becoming better at what you already love to do. Self-care isn't selfish; it's essential for your well-being.

With spring comes more possibilities and new beginnings. The Caregiver Specialists at the ADRC of the Lakeshore have many resources to help make this transition easier. Call 1-877-416-7083 to speak with one in your county today!

HELLO Spring



DOWN

1. April 7th is World _____ Day.
2. In April, this fluffy critter will hop about, hiding eggs.
5. For some people, spring is a time for stuffy noses caused by these.
7. Spring training for this sport started in February.
8. You can start doing this again in spring, after a long year with frozen ground!

ACROSS

3. The primary birth flower of March, this flower is a sign of spring.
4. Celebrated on April 22, this day advocates for the health of our planet.
6. April showers bring May _____.
9. You may need these to keep your feet dry while the snow is melting.
10. Warmer weather encourages you to do this in your home.
11. This is Wisconsin's state bird, and is an early sign of spring.
12. If you want to see these flowers, make a trip to Holland!

April 2

Spring Singalong:

If the birds are a'chirping, then so will we. Dust off your singing pipes and make some music with us.



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



May 7

National Travel & Tourism Week:

Did you know you don't have to go far to see cool things? The Manitowoc County Director of Tourism will share some of the coolest places in our own backyard.

Test Your Home for Radon

By the GWAAR Legal Services Team

The Wisconsin Department of Health Services (DHS) and Governor Tony Evers are encouraging Wisconsinites to test their home for radon. Exposure to radon gas is the second leading cause of lung cancer, and the leading cause of lung cancer for non-smokers. An estimated 21,000 lung cancer deaths per year among non-smokers are caused by radon, according to the U.S. Environmental Protection Agency and Surgeon General.

Radon is an odorless radioactive gas that is naturally present in the ground. It can enter buildings through the foundation. Any house or building can be at risk for high radon levels, including apartments and businesses. “About one out of every ten homes in Wisconsin has high radon levels. Any home, whether old, new, with or without a basement can have radon,” said Gov. Tony Evers. “Since you cannot smell, taste, or see radon, the only way to know if you have high radon levels is to test for it. Test kits are available to help protect you and your family from radon exposure.”

Test kits that measure radon concentrations in the air are available at hardware stores and local public health agencies. Reduced-cost test kits are available through Radon Information Centers (RIC) in Wisconsin. To find a RIC, please see: <https://www.dhs.wisconsin.gov/radon/infocenters.htm>. There are also nationally certified contractors who can measure radon concentrations in your home: <https://www.dhs.wisconsin.gov/radon/radon-proficiency.htm>.

If you find that the radon levels in your home are high, there are more than 100 radon mitigation contractors in Wisconsin who are nationally certified to install radon mitigation systems. Thousands of these systems are installed in existing homes in Wisconsin each year. If the cost of radon mitigation is a barrier for you, you can contact your local RIC or speak with local public health department experts at 1-888-LOW-RADON (1-888-569-7236) to discuss available options.

Administration for Community Living Announces Older Americans Month Theme

Every May, the Administration for Community Living (ACL) leads the nation’s observance of Older Americans Month, which serves as a time to recognize the contributions of older Americans, highlight trends in the aging community, and reaffirm the community’s commitments to serving older adults.



FLIP THE SCRIPT ON AGING: MAY 2025

The theme for 2025 is “Flip the Script on Aging”, and will focus on transforming how our society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes surrounding aging and dispel misconceptions that may be held. This year, please join us in honoring older adults’ contributions to their community, exploring the many opportunities in our community for staying active and engaged, and highlighting the opportunities for purpose, exploration, and connection that come with aging.

If you have a story, experience, or contribution that you would like to share that helps “Flip the Script” on Aging, send a letter to: ADRC of the Lakeshore, c/o Tehya Kramper, 1701 Michigan Ave., Manitowoc, WI 54220. Your story could be featured in future newsletters, on our website, or on our Facebook page as we work to reframe aging in our community. Please include your phone number, so that we can reach out to you with any questions.

Volunteer Appreciation Month

April is volunteer appreciation month, and while we appreciate our volunteers year-round, April provides us with another opportunity to shout our gratitude from the rooftops! So much of what we do at the ADRC of the Lakeshore would be impossible without our amazing, incredibly dedicated volunteers.

Whether they are serving up or delivering meals, helping facilitate a workshop or memory cafe, assisting with Medicare Open Enrollment, driving residents to their destinations, or helping with this very newsletter, our volunteers are the life and heartbeat of our organization. They put in over 15,000 hours of their time last year to ensure that our community members were cared for, and most of them don't even want to be recognized for all of their selfless acts of service!

From the bottom of our hearts, everyone at the ADRC wishes you a very happy volunteer appreciation month, and we cannot thank you enough for everything you do for us!



Pro Bono Project Offers Free Legal Advice to Seniors

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

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

Upcoming Events:

Manitowoc County ADRC

1701 Michigan Ave., Manitowoc

May 21, 2025

9:00 - 11:30 AM

Registration is required.

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

Aging Advocacy Day - Tuesday, May 13



SAVE THE DATE

AGING ADVOCACY DAY 2025

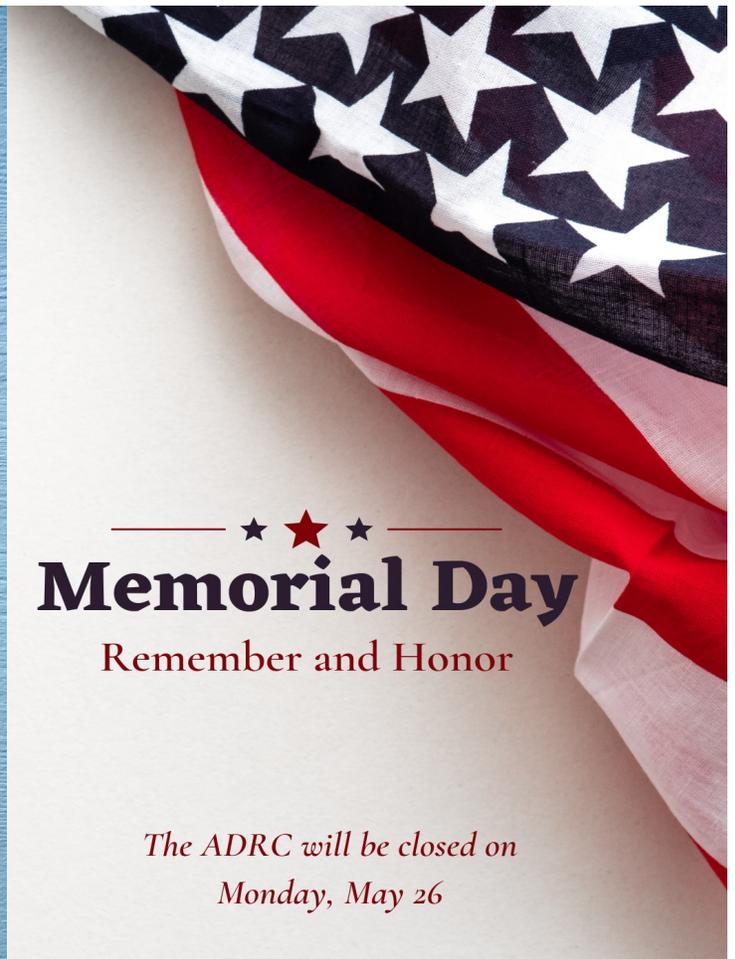
Tuesday, May 13, 2025 | Madison, WI

#WIAgingAdvocacyDay #WIAAD25

For the ninth year in a row, the Wisconsin Aging Advocacy Network (WAAN) will be holding their Aging Advocacy Day in Madison. This event is intended to bring together citizens from around the state for trainings, meetings with other constituents in their Senate and Assembly districts, and office visits with their legislators and legislative staff. This event also offers an opportunity to provide information and personal stories with legislators and their staff, to help them understand how specific policy issues and proposals may impact Wisconsin residents.

Staff from the ADRC of the Lakeshore will be attending this year's Aging Advocacy Day, and we encourage anyone who is interested in advocating for themselves or their loved ones to do the same.

For more information, please visit www.gwaar.org/aging-advocacy-day-2025.



Medical Debt and Credit Reports

By the GWAAR Legal Services Team

In January, the Consumer Financial Protection Bureau (CFPB) finalized a rule to remove medical bill debt from credit reports. The CFPB reports that this will affect approximately 15 million Americans. Lenders can no longer use medical bills on credit reports, and lenders cannot use medical information to determine lending decisions. This helps improve consumer privacy protections and stop unfair medical debt collection practices that pressure consumers into paying medical bills they may not even owe to protect their credit reports.

Research from the CFPB indicates that medical debt offers little in predicting a borrower's ability to repay other types of debt. Furthermore, many consumers report experiencing issues such as receiving incorrect medical bills or being asked to pay bills that insurance should have covered. As a result, including medical debt on credit reports often leads to unnecessary financial strain and denies people access to credit they can afford, for things such as mortgages.

The new rule aligns with broader privacy protections established by Congress, which restrict lenders from accessing or using medical information. However, a previous exception allowed lenders to consider medical debts when making decisions, and the CFPB has now closed this carveout. The rule also maintains certain exceptions, such as the ability to verify medical expenses for loans, assessing income for underwriting, and making other legitimate uses of medical information.

This new rule will soon take effect, allowing many individuals to access previously inaccessible lending opportunities. It will also enable individuals to review medical bills and resolve invalid ones without fearing that their credit scores will drop. The average American can worry less about their medical bills affecting their ability to find lending. Medical care is expensive, and this rule helps people get the care they need without missing out on lending opportunities.



ADRC ON THE RADIO

Be My Guest: 9:30 AM

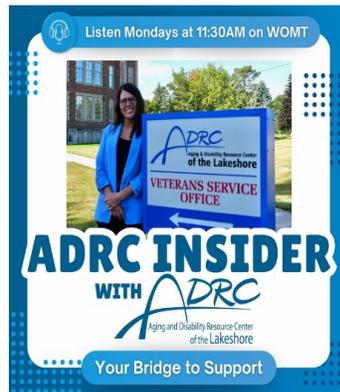


April 22

TOPIC: Transportation

Linda Grider, Mobility Manager

ADRC Insider



Every Monday at 11:30am
WOMT, 1240 AM

The Breakfast Club: 8:15 AM



April 29

TOPIC: Aging Advocacy Day

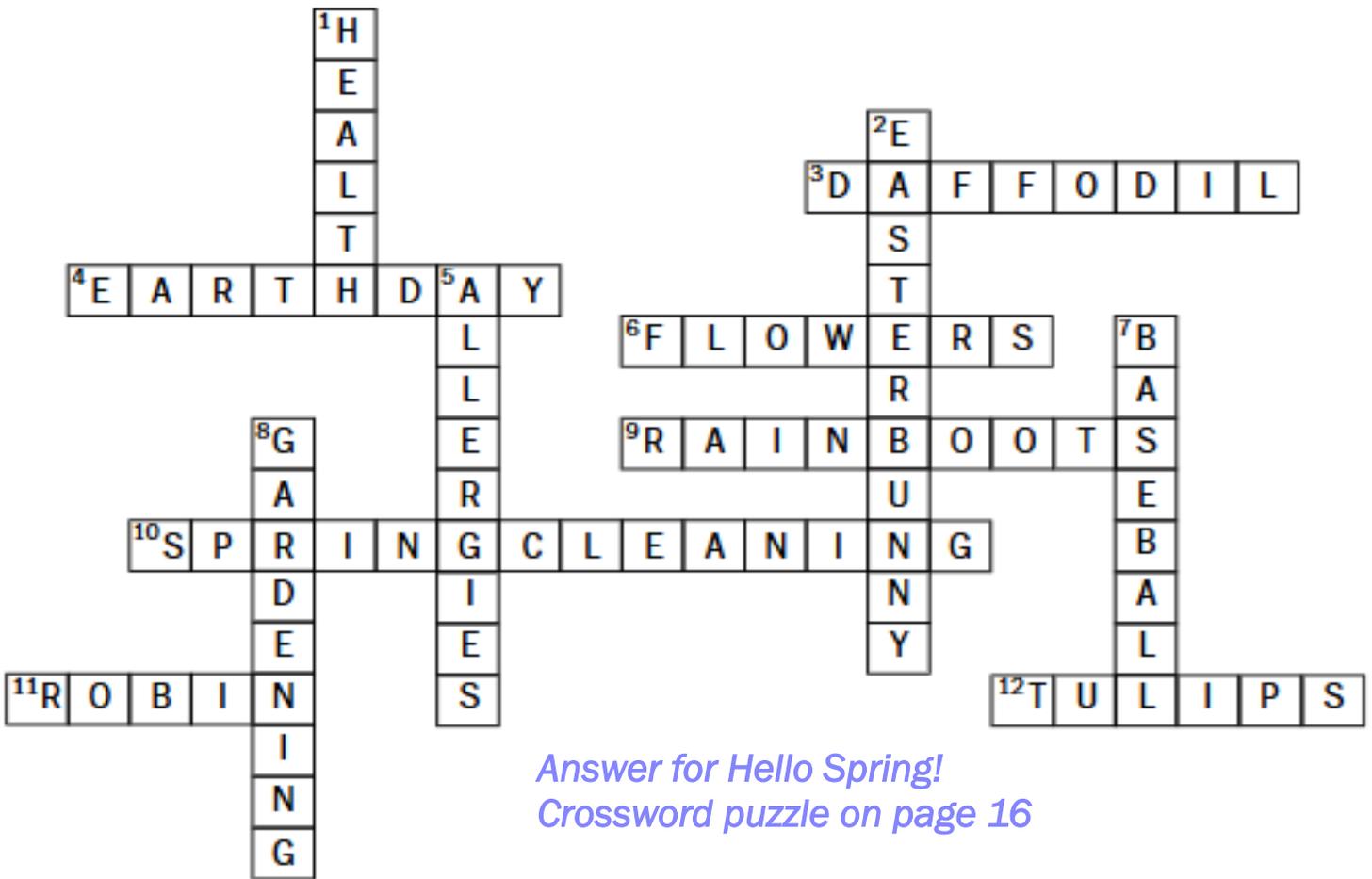
Wendy Hutterer, ADRC Director

Jessica Knippel, Elder Benefit Specialist

May 27

TOPIC: Transportation

Linda Grider, Mobility Manager



*Answer for Hello Spring!
Crossword puzzle on page 16*



The Lions Club Loan Closet

Are you in temporary need of a walker, commode, crutches, or transfer bench? Do you need one long-term, but would like to test one before you purchase one?

Rent something from the Lions Club Loan Closet!

Run by the ADRC of the Lakeshore, the Loan Closet has a variety of durable medical equipment available for you to rent. You'll 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, Manitowoc!



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.

ADRC Staff Listing

Wendy Hutterer
ADRC Director

Lori Fure
Older Americans Act Manager

Melissa Konop
ADRC Program 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, &
Melissa Goodman
**Information & Assistance
Specialist**

Anne Spieker
Family Caregiver Specialist

Tehya Kramper
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.



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@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



ADRC of the Lakeshore
1701 Michigan Ave
Manitowoc, WI 54220

PRESORTED
STANDARD
US POSTAGE
PAID
UMS

Label




Better Nutrition. Less Falls.

As we age, our risk for poor nutrition, falling, and problems with concentration tends to increase. If you have two or more chronic conditions, such as arthritis, heart disease, high blood pressure, diabetes, or asthma, you may have an increased risk of poor nutrition.

Inadequate nutrition and hydration can cause muscle loss and dizziness and increase your risk of falling.

Why is this important?

Nutrition plays a vital role in your health, balance, and concentration. Stepping Up Your Nutrition offers information on how food connects us to better health and each other.

- ▶ **Discover Your Risk**
Learn if you may be at increased risk for poor nutrition, falls, or trouble concentrating.
- ▶ **Interactive and Fun**
This class is engaging and features a protein tasting break.
- ▶ **Contribution-Based**
No set fee - your support helps keep programs like this available!
- ▶ **You Will Learn:**
 - ▶ How nutrition affects falls
 - ▶ Why muscle matters
 - ▶ Tips for getting enough protein and fluids
 - ▶ Easy steps to improve your health, concentration, and overall well-being

MAY 27, 2025
1:00 - 3:00 PM

ADRC OF THE LAKESHORE
1701 Michigan Ave., Manitowoc

Register Today!

1-877-416-7083 | emilysiemers@manitowoccountymi.gov | 920-683-4180