

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.



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 steps do I take after my loved one passes?

It can be difficult to process the steps you need to take after the death of a loved one. The ADRC has compiled a checklist to assist individuals and families to keep track of what needs to happen. Similar checklists may be located online from other various organizations.

Important Documents to Collect

- Death certificates (multiple copies)
- Social Security card
- Marriage certificate
- Birth certificate
- Birth certificates for any children
- Insurance policies
- Loan and installment payment books and contracts
- Deeds and titles to property
- Automobile title and registration papers
- Stock certificates
- Bank passbooks
- Honorable discharge papers for a veteran and/or VA claim number
- Recent income tax forms and W-2 forms
- Driver’s license

Primary Steps

- Arrange for funeral and burial or cremation. Search the decedent’s documents to find out whether there is a prepaid burial plan or burial wishes.
- If the decedent was in the military or belonged to a religious group, contact that organization. They may have burial benefits or conduct funeral services.
- Evaluate the need for security at the decedent’s home. Secure the property and personal belongings. Contact the landlord or police department to do occasional checks on the property.
- Arrange for care for dependents or pets, if applicable.

Secondary Steps

- Determine if decedent has a will and locate the original. Notify the Personal Representative named in the will.
- Work with the funeral director to order death certificates. Obtain multiple copies; they will be needed for financial institutions, government agencies, and insurers.
- Locate other important documents such as birth certificates for any children, marriage certificate, insurance cards, deed and titles to property, and bank passbook.
- Meet with a trust and estate attorney to learn how to transfer assets and assist with probate issues.
- Contact the post office to hold or forward the decedent’s mail.
- Cancel any subscriptions or memberships (magazines, YMCA, Senior Center, etc.).
- Notify credit card companies.
- Cancel any appointments that the decedent had scheduled (medical doctor, dentist, hair, etc.).

Ask I&A, Cont'd

Contact

- Banks and financial institutions to locate accounts and safe deposit box, if applicable.
- Social Security: 1-888-862-4811 (Green Bay-Kewaunee County) or 1-877-409-8430 (Manitowoc County) or online at www.ssa.gov and any other agencies from which the decedent received benefits. Stop payments and ask about applicable survivor benefits.
- Medicaid office (1-888-256-4563), if applicable.
- Life, health, and dental insurance agencies.
- Other insurance agencies such as home and automobile.
- Utility companies
- Accountant or tax preparer to find out whether an estate-tax return or final income tax return should be filed.
- The Department of Motor Vehicles
- Credit Reporting Agencies to minimize the risk of identity theft. The three national agencies are: Experian (888-397-3742), Equifax (800-685-1111) and TransUnion (800-888-4213)

During this life changing time, remember to reach out to family, friends, professionals, and support groups. There is a lot of support available when coping with the loss of a loved one. For more information on support groups, please contact the ADRC of the Lakeshore at 1-877-416-7083.



Dementia Services

Our Dementia Care Specialist (DCS) provides education and awareness about Alzheimer's disease and other dementias. This includes providing options in regards to community resources and services, assisting with future planning, and implementing evidence-based programs. The DCS can help caregivers navigate these resources to maximize their care needs in their home or explore long term care options suitable for the person living with dementia.

For more information regarding resources or services available, contact our
Dementia Care Specialist at 1-877-416-7083.

Lakeshore Memory Café First Wednesday of Each Month

Manitowoc Public Library, Balkansky Room

9:00 - 11:00 am

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 discussion, information gathering, refreshments, camaraderie, and lots of creative fun!

No RSVP is required for attendance.

See page 17 for more information.

Virtual Dementia Tour Thursday, July 17

ADRC of the Lakeshore - Manitowoc Office

9:00 - 11:00 am

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

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

Registration is required for participation.

Dementia 201 Thursday, June 26

ADRC of the Lakeshore - Manitowoc Office

10:00 - 11:30 am

The second class of a two-part informational series about dementia. 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 & Memory No events in June/July

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.

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

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



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

(The Manitowoc Public Library logo does not count)

Answers must be received by **June 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 April/May winner,
Carol Stodola!**

Lighthouses for last issue were on pages 1 (cover), 5, 13!

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.

June 5, 10:00 - 11:45 am

4319 Expo Drive

Manitowoc, WI

For more information, please call

1-877-416-7083.

Visit Our Website: www.adrcofthelakeshore.com | 5

Happy 4th of July!

Our offices will be closed on
Friday, July 4th. Stay safe!

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

Senior Center Member to attend

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

Senior Center Member to attend

Chicken Parmesan & Quinoa Stuffed Peppers

From: Eating Well

Ingredients:

- 1 Tablespoon olive oil
- 1 medium onion, chopped (about 1 ½ cups)
- 4 cloves garlic, minced
- 1 cup quinoa
- 1 ¼ cups water
- 3 cups shredded, cooked chicken breast
- 1 ½ cups lower-sodium marinara sauce
- ⅓ cup grated Parmesan cheese
- ¾ cup sliced fresh basil, divided
- 4 large red bell peppers
- ½ cup low-moisture, part-skim mozzarella cheese, shredded

Directions:

1. Preheat oven to 350 degrees. Heat oil in a medium saucepan over medium-high heat. Add onion and garlic; cook, stirring occasionally, until the onion is translucent, 4 to 5 minutes. Add quinoa; cook, stirring occasionally, for 30 seconds. Add water; increase heat to high and bring to a boil. Reduce heat to medium; cover and cook for 15 minutes. Remove from heat; let stand, covered, for 5 minutes. Stir in chicken, marinara, Parmesan, and ½ cup basil.
2. Trim top ½ inch from peppers; remove seeds and membranes. Arrange the peppers, cut-sides up, in an 8-inch-square glass baking dish. Cover with plastic wrap; microwave on high for 3 minutes. Remove plastic wrap. Spoon the quinoa mixture evenly into the peppers, about 1 ¼ cups each.
3. Bake the stuffed peppers until they are softened, about 15 minutes. Sprinkle evenly with mozzarella. Continue baking until the cheese is melted, 5 to 7 minutes. Sprinkle evenly with the remaining ¼ cup basil.



Visit Our Website: www.adrcofthelakeshore.com | 7

Fourth of July Through the Years



Clockwise, from top left:

The July 4, 1910 parade in Two Rivers, WI, with the Quinn Athletic Club float passing through. Image courtesy of Manitowoc Public Library.

The 1947 City of Manitowoc 4th of July picnic takes place at Silver Creek Park, with an estimated attendance of 6,000 people. This annual picnic continued throughout World War II, and the 1947 celebration had musical and tumbling acts, bubblegum blowing contests, a rolling pin throwing contest for the “wives”, and a corn cob smoking contest for the men. Mrs. Wilbur Maertz, mother of 11 children, won a special award for having the biggest family. Image courtesy of Manitowoc County Historical Society.

A 4th of July parade in Two Rivers, WI in 1920. Image courtesy of Manitowoc Public Library.

The Kiel sawmill float in the Kiel 4th of July parade in the 1950s. Image courtesy of the Heritage Collection at Kiel Public Library.



June 15th



5 Things Everyone Can Do to Prevent Elder Abuse

June 15 is World Elder Abuse Awareness Day, and as a community, we can all take steps to ensure that our elders stay safe every day.

1. **Learn the signs** of elder abuse and how we can solve the issue together. For more information, visit ncea.acl.gov.
 2. **Prevent isolation.** Call or visit loved ones and ask how they are doing on a regular basis.
 3. **Talk to friends and family members** about how we can all age well and reduce abuse with programs and services like law enforcement, community centers, and public transportation.
 4. **Sign up to be a friendly visitor** to an older person in our communities.
 5. **Send a letter** to a local paper, radio, or TV station suggesting that they cover World Elder Abuse Awareness Day (June 15) or Grandparents Day in September.
- It is up to all of us to prevent and address elder abuse!**

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,

What are Omega Fatty Acids? Do I need to be taking a supplement? What foods are they found in?

Sincerely - Wondering about Omegas

Dear Wondering,

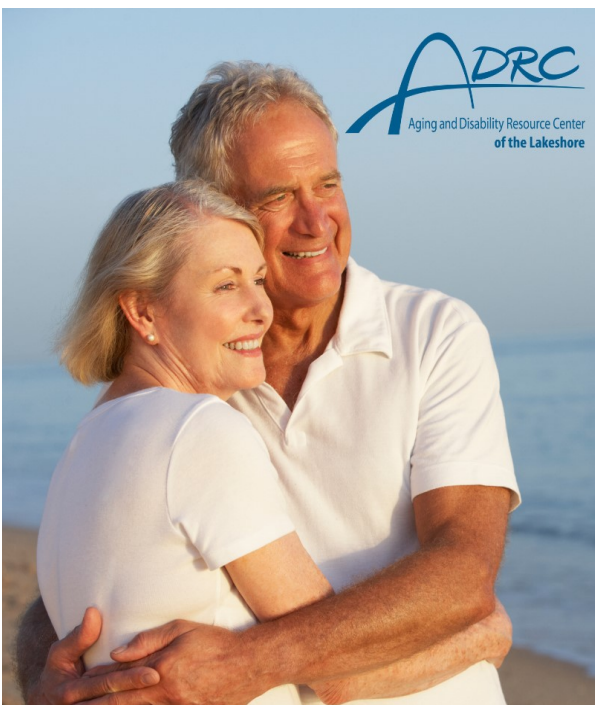
Omega-3 fatty acids cannot be made in the body, therefore it is essential to get them from the foods we eat. Omega-3s contribute to heart health, reduce cholesterol levels, reduce blood pressure, help to reduce inflammation in the body, and could possibly slow cognitive decline. They also are important for brain development and function.

There are three different kinds of omega-3s: EPA, DHA, and ALA. EPA and DHA are found in fatty fish such as salmon, tuna, rainbow trout, mackerel, herring, sardines, and anchovies. ALA is found in plant sources such as chia seeds, ground flaxseed and flaxseed oil, seaweed, soybeans, and walnuts. Even grass-fed meat and some dairy products contain a small amount of naturally occurring omega-3s. Many other foods are now fortified with omega-3s as well. It is important to get most of your omega-3s from EPA and DHA sources, because ALA must be converted in the body to EPA and DHA to be effective.

In order to get the health benefits of omega-3s, it is important to eat two to three servings per week of fatty fish. If you are unable to obtain your omega-3s from fish, you can take a supplement. For healthy individuals, look for supplements that contain 250-500 milligrams of EPA and DHA. If you have been diagnosed with coronary heart disease, the recommendation is 1000 milligrams of EPA and DHA daily. Be sure to check the nutrition label on the back of the bottle for the milligrams of EPA and DHA contained in the supplement. Before you begin taking a supplement, check with your doctor to make sure it won't negatively interact with other supplements or medications you are taking.

There are also omega-6 fatty acids. Omega-6s must come from our diet because our bodies cannot naturally produce them. Omega-6s are found in vegetable oils, nuts, seeds, beef, and dairy. We don't need to worry about supplementing our diet with omega-6 because we usually get enough from our diet.

I hope this has cleared up some of your questions about omega-3 and omega-6 fatty acids, and also encourages you to eat more heart-healthy fish!



JOIN US FOR A FREE

Medicare A-D Presentation

THURSDAY, JULY 10

3:00-4:00 PM

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

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

You Will Learn About:

- **How To Enroll in Medicare**
- **Differences in Med A & B**
- **Differences in Supplement & Advantage Plans**
- **Prescription Drug Plans**
- **Programs for Lower Incomes**

NEXT PRESENTATION: SEPTEMBER 11



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

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

- June 3** **Early Stage Caregiver Support Group:** 10:00 - 11:30 am
Manitowoc County ADRC Office. Initial assessment required. (See page 11 for details)
- June 4** **Lakeshore Memory Café:** 10:00 - 11:30 am - National Dairy Month
Manitowoc Public Library, Balkansky Room. (See pages 4 & 17 for details)
- June 5** **Manitowoc County Caregiver Social:** 10:00 - 11:45 am
Manitowoc County Office Complex. (See page 5 for details)
- June 9** **Farmers Market Vouchers:** 9:00 - 11:00 am
Manitowoc County ADRC Office. (See page 18 for details)
- June 10** **Farmers Market Vouchers:** 1:00 - 3:00 pm
Manitowoc County ADRC Office. (See page 18 for details)
- June 16** **Farmers Market Vouchers:** 1:00 - 3:00 pm
Two Rivers Senior Center. (See page 18 for details)
- June 18** **Men's Caregiver Support Group:** 9:00 - 10:30 am
Manitowoc County ADRC Office. (See page 11 for details)
- June 18** **Farmers Market Vouchers:** 9:00 - 11:00 am
Manitowoc County ADRC Office. (See page 18 for details)
- June 19** **Farmers Market Vouchers:** 9:00 - 11:00 am
Kiel Community Center. (See page 18 for details)
- June 19** **Family Caregiver Support Group:** 2:00 - 3:30 pm
Manitowoc County ADRC Office. (See page 11 for details)
- June 20** **Farmers Market Vouchers:** 11:30 am - 12:30 pm
808 Hamilton St., Manitowoc. (See page 18 for details)
- June 26** **Dementia 201:** 10:00 - 11:30 am
Manitowoc County ADRC Office. Registration required. (See page 4 for details)
- July 1** **Early Stage Caregiver Support Group:** 10:00 - 11:30 am
Manitowoc County ADRC Office. Initial assessment required. (See page 11 for details)
- July 2** **Lakeshore Memory Café:** 10:00 - 11:30 am
Manitowoc Public Library, Balkansky Room. (See pages 4 & 17 for details)
- July 4** **ADRC Offices Closed**
- July 10** **Medicare A-D:** 3:00 - 4:00 pm
Manitowoc County Office Complex. Registration required. (See page 21 for details)
- July 16** **Men's Caregiver Support Group:** 9:00 - 10:30 am
Manitowoc County ADRC Office. (See page 11 for details)
- July 17** **Virtual Dementia Tour:** 9:00 - 11:00 am
Manitowoc County ADRC Office. (See page 4 for details)
- July 17** **Family Caregiver Support Group:** 2:00 - 3:30 pm
Manitowoc County ADRC Office. (See page 11 for details)
- July 22** **Manitowoc County Community Discussion:** 3:00 - 4:30 pm
Manitowoc County ADRC Office. (See page 24 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.

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.

No registration or RSVP is required for an ADRC support group.

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

Data Privacy Tips

By Tiffany Schultz, BBB SW WI Regional Director

The possibility of a cyberattack has gone from being science fiction to a common threat. Personal information is stored or shared on the internet and can be accessed by cell phones, tablets, laptops, and/or any other device connected to Wi-Fi or an internet provider. This makes it easy for con artists to scam you to get your information.

Although it may seem like there is nothing you can do to stop a cyberattack, there are some best practices that you can do to help guard against losing your personal information to cyber thieves.

Share with care. Posts on social media could last for a lifetime. Consider who will see the post, how readers perceive it, and what information it might reveal about you.

Manage privacy settings. Check the privacy and security settings on web services and apps and set them to your comfort level. Each device, application, or browser will have different features to limit how and with whom you share information.

Personal information is like money: value and protect it. Personal information, such as your purchase history, IP address, and/or your location has tremendous value to businesses - just like money. Make informed decisions about whether or not to share data with certain businesses by considering the amount of personal information they are asking for and weighing it against the benefits you may receive in return.

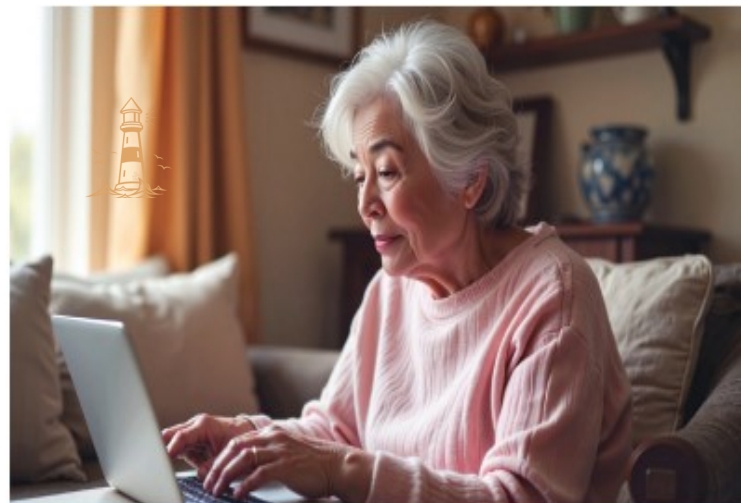
Make your passwords long and strong. Use long passwords with a combination of upper- and lower-case letters, numbers, and symbols - eight characters for most accounts and 12 characters for email and financial accounts. Don't use the same password for multiple accounts, especially email and financial. Consider using a password manager to store passwords.

Keep tabs on apps. Many apps ask for access to personal information, such as geographic location, and your contacts list and photo album, before using their services. Be thoughtful about who gets that information and be wary of apps that require access to information that is not required or relevant to the services they offer. Delete unused apps on your internet-connected devices and keep others secure by performing updates.

Lock down your login. For your online accounts, use the strongest authentication tools available. Your usernames and passwords are not enough; consider two-factor authentications for key accounts like email, banking, and social media.

Don't click on unfamiliar links. Whether at home or at work, don't click on links from unfamiliar sources or unexpected correspondence. One false click can infect an entire computer.

Pay attention to internet-connected devices. Smart thermostats, voice controlled systems, cars, and even refrigerators are just the beginning of the growing list of devices that watch our homes and track our locations. Read the privacy policy and understand what data is being collected and how it will be used.



Aging Doesn't Mean We Stop Growing

Article Sourced and Inspired by Institute on Aging

For too long, society has seen aging as an end to life, a halfway house where we drop off our suitcases to sit and wait. But it doesn't have to be that way - it's time to understand that older adults are still their vital and full-spirited selves. Aging is part of our life's journey, and thanks to organizations like the Aging and Disability Resource Center, it's easier than ever to continue exploring on the journey of life.

Society has encouraged us to view aging through gray-tinted glasses, but partaking in a few simple things can help us avoid this.

- **Join a social group.** Meet new friends, have new experiences, and delve back into gifts that have been long dormant, or even not yet discovered.
- **Volunteer.** Volunteering with organizations like the ADRC can keep you active and interacting with the world. Call 877-416-7083 today to see how you can help!
- **Have fun.** It's easy to brush things off as "child-like" and "immature," but sometimes, these are the things that can keep us youthful. The child-like sense of fun shouldn't end with aging.
- **Experience Lifelong Learning.** Whether it's classes at a library, a local college's Lifelong Learning Institute, or the ADRC, continuing education can keep your mind sharp. Visit www.adrcofthelakeshore.com today to see what classes we have available for you!

No matter our age, we are always a work in progress. The exploration of who we are, and who we want to be, is the essence of what makes us, "us." Denying that simply because of age can rob us of experiencing all that life has to offer. So, let's get exploring!

Staff Spotlight: Ann Habeck, Disability Benefit Specialist

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

I have worked for Manitowoc County since 2001 and for the ADRC since 2009. I love to help people and this job and agency give me endless opportunities to do just that.

What is the best part of your job? Helping people during their time of need to acquire the benefits and resources they earned from working throughout their lifetime. I also enjoy that I get to use my previous experience in the medical field when reviewing medical files for cases and SSA listings.

What has been your most rewarding experience working with the ADRC of the Lakeshore? Usually, I never see anyone when their life is going great. I see them when their health and well being are generally at their worst. I get to assist them with getting resources and benefits to improve their quality of life. I get to see how the work we did together impacted their every day lives for the better. It is a journey that my client and I travel together, which is such a powerful and rewarding experience.

What might someone be surprised to know about you? Before I worked for the county, I worked as an autopsy assistant, Microbiology Lab Tech, and Infection Control Practitioner in a hospital system. I also worked in the Public Health field. I'm an "infectious disease nerd," always learning new info. I rarely go anywhere without my purse-sized bottle of hand sanitizer.

What is a secret talent no one knows about? I'm a ringer on your Song Quiz or music trivia team. You will find me most often listening to music. I listen to many genres and am full of useless music trivia. I can tell you the song title and artist of almost any song I hear.



Volunteer Spotlight: Jerry Claybrook

Transportation Driver



How did you become a volunteer with the ADRC of the Lakeshore?

I volunteered after reviewing a number of volunteering positions available in Manitowoc County.

What surprised you most about volunteering? No major surprises except maybe meeting very interesting people I have assisted.

What do you wish other people knew about volunteering with the ADRC? It is very easy to volunteer for this position. The driving opportunities provide a lot of flexibility, which is extremely important to me as I could not do a volunteer assignment with a rigid time and date.

What has been your most rewarding experience while volunteering? Meeting people that really need help getting to places, and how appreciative they are for my help.

What might someone be surprised to know about you? That I am now 80 years old and am able to help people less fortunate than I am.

If someone were hesitant to volunteer, what would you tell them? There is nothing to be afraid of, and the experience is rewarding.

From the Desk of Natasha Khan

Manitowoc County Community Health Strategist



The Sneaky Gas That Could Harm You—Here's How to Beat It

The Manitowoc County Health Department encourages all residents to ensure they have a **carbon monoxide (CO) detector on every level of their home**. Carbon monoxide is a colorless, odorless gas that can be deadly if undetected. It is produced by fuel-burning appliances such as furnaces, water heaters, stoves, and fireplaces. It's difficult to detect without a working a CO detector.

Without proper ventilation or a working CO detector, exposure can cause symptoms like shortness of breath, headache, impaired coordination, confusion, nausea/vomiting, dizziness, and even death.

To protect yourself:

- Install CO detectors on every floor of your residence, especially near sleeping areas
- Use an alarm that has the Underwriters Laboratories (UL) or ETF label
- Test detectors monthly and replace batteries once a year
- Never operate a portable generator or any other gas, diesel, or propane-powered tool in or near an enclosed space
- Ensure all fuel-burning appliances are properly vented and maintained.



If your CO alarm sounds, leave immediately and call 911. A working detector could save your life. Stay safe in your home!

For more information on carbon monoxide, visit [WI DHS Air: Carbon Monoxide](#).

Health & Wellness Workshops

The ADRC offers evidence-based health and wellness workshops throughout the year. These workshops reduce emergency room visits, hospitalizations, and overall health care costs.



A 10-week program that combines the game of bingo with light strength and balance exercises, for a fun way to get moving and get socializing! 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. 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.

Next Workshop: October 29 & November 5
1:00 - 3:00 PM

SteppingOn

A seven-week workshop that can help you avoid a dangerous and costly fall so you can keep doing the things you love. Participants meet once a week for two hours.

Participants will learn:

- To identify and remove/avoid fall hazards
- How vision, hearing, medications, and footwear affect your risk of falling
- Strength and balance exercises
- How to get back on your feet after a fall

Next Workshop: September 11 - October 23
Thursdays, 12:30 - 2:30 PM

Powerful Tools
FOR Caregivers

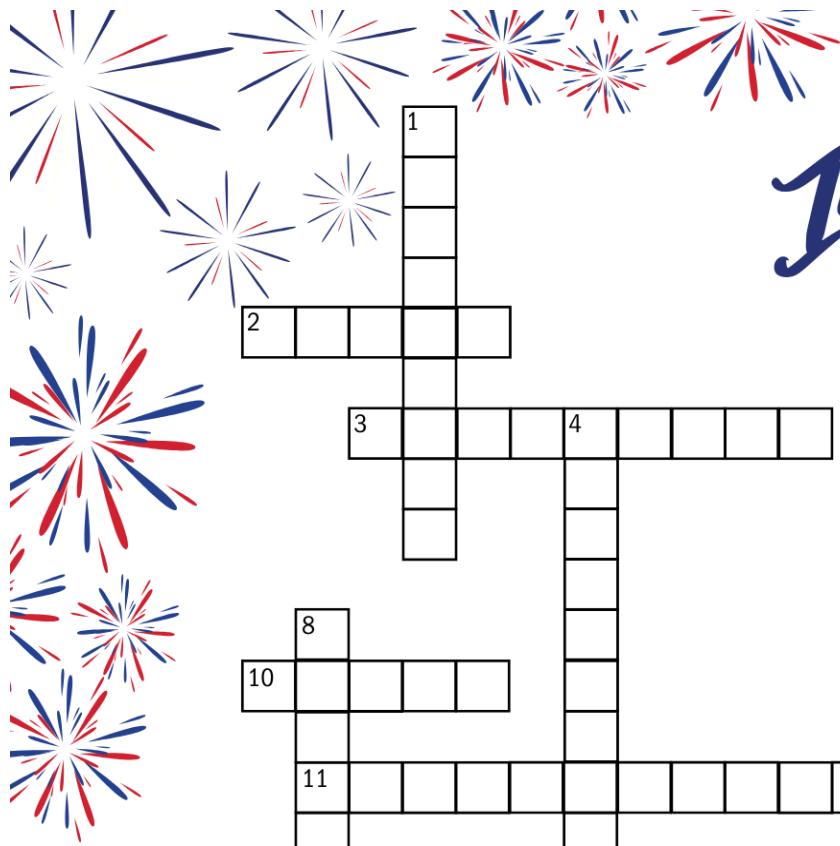
Last chance
to take this
workshop!

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. By taking care of yourself, you become a better caregiver.

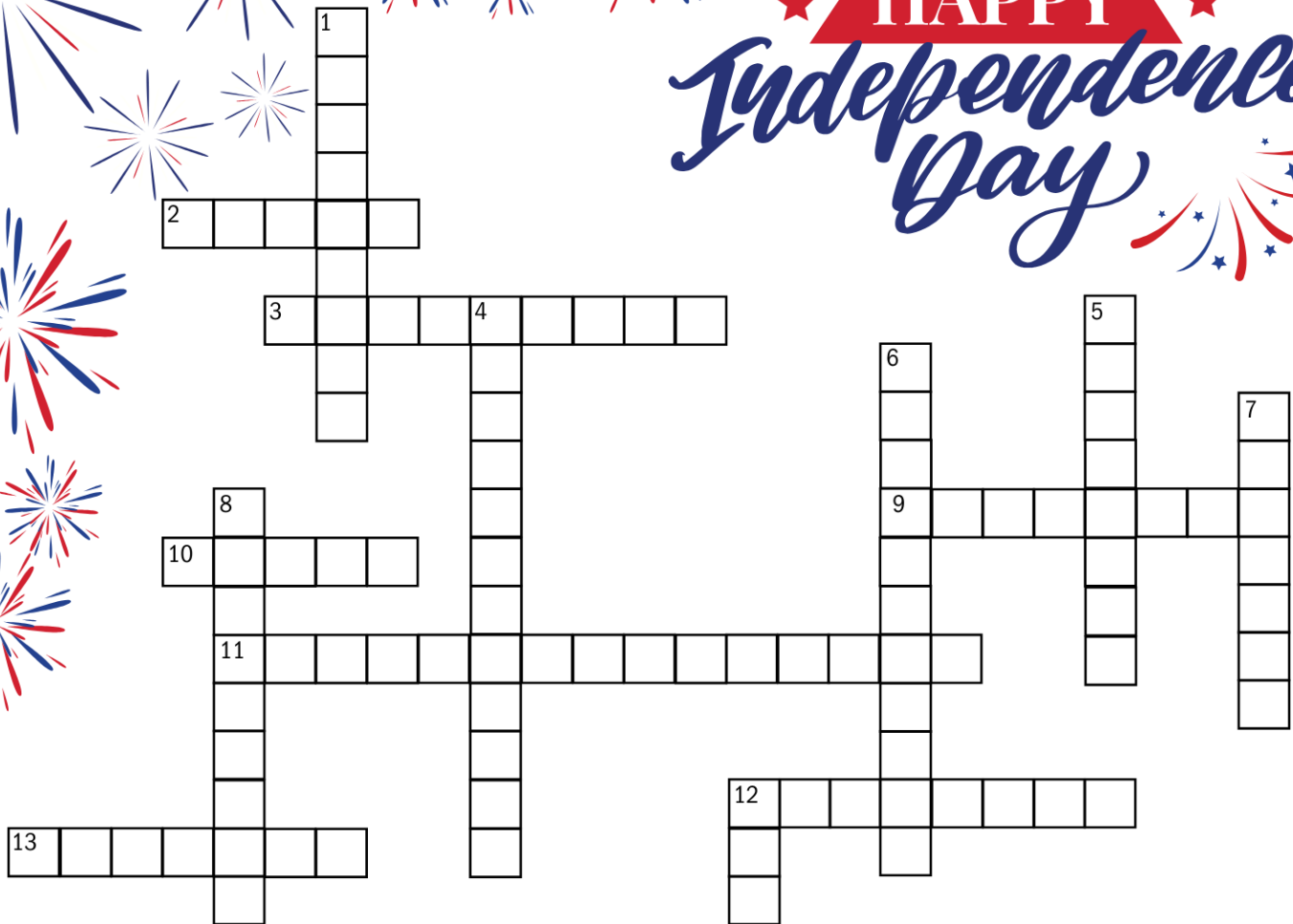
If respite care is needed, please contact the ADRC at least one month prior to the start of the workshop to make arrangements.

Next Workshop: August 4 - September 15
Mondays, 12:30 - 2:30 PM
No meeting on Labor Day

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



HAPPY Independence Day



ACROSS

2. City where the Revolutionary War peace treaty was signed
3. Who was the king of Great Britain during the Revolutionary War?
9. How many original colonies were there?
10. How many years did the Revolutionary War last?
11. Composer of "The Star Spangled Banner"
12. "No _____ without representation!"
13. The first battle of the Revolutionary War took place in _____ and Lexington, Massachusetts.

DOWN

1. Life, liberty, and the pursuit of _____.
4. What country were the colonists seeking independence from?
5. Where did the British surrender?
6. The name of the colonists' army in the Revolutionary War was the _____ Army.
7. First to sign the Declaration of Independence
8. Main author of the Declaration of Independence
12. The colonists threw this into the Boston Harbor

June 4

National Dairy Month:

Let's get cheesy! Our guest will share with us the history of their successful cheese company and maybe even bribe us with some of their products. You don't want to miss this treat!



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

**Rahr-West
Art Museum**

July 2

Rahr West Art Museum:

It truly is a "Rahr" gift to have the Rahr West Art Museum in town! Come and listen to our guest speak on its history and what you can expect on a visit to the museum.



FARMERS MARKET VOUCHERS

Beginning June 9th, eligible individuals can visit one of our outreach sites or office locations to pick up a Farmers Market Voucher. Eligible individuals must be **60 or older and meet the following income requirements:**

Effective: June 1, 2025 Based on 185% of the US Dept. of 2025 Health and Human Services Poverty Guidelines			
Use total gross income - before taxes and deductions - of ALL household members			
Household Size	Yearly	Monthly	Weekly
1	\$28,953	\$2,413	\$557
2	\$39,128	\$3,261	\$753
3	\$49,303	\$4,109	\$949
4	\$59,478	\$4,957	\$1,144
Each Additional Household Member	\$10,175	\$848	\$196

Senior Farmers Market Vouchers are offered to seniors to purchase fresh, Wisconsin grown fruits, vegetables, and herbs from certified Wisconsin farmers. The vouchers are provided by a grant from the United States Department of Agriculture.

Manitowoc County residents who meet these qualifications may visit us at any of the following locations to sign up for their vouchers:

ADRC of the Lakeshore

1701 Michigan Ave., Manitowoc

Monday, June 9th - 9:00-11:00 am

Tuesday, June 10th - 1:00-3:00 pm

Wednesday, June 18th - 9:00-11:00 am



Two Rivers Senior Center

1520 17th St., Two Rivers

Monday, June 16th - 1:00-3:00 pm

Kiel Community Center

510 3rd St., Kiel

Thursday, June 19th - 9:00-11:00 am

Manitowoc Human Services Office

808 Hamilton St., Manitowoc

Friday, June 20th - 11:30 am-12:30 pm

Hmong Interpreter Available

This institution is an equal opportunity provider.

ADRC ON THE RADIO

Be My Guest: 9:30 AM



July 25

TOPIC: Volunteering

Wendy Hutterer, ADRC Director

Tehya Kramper,
Outreach Coordinator

ADRC Insider



Every Monday at 11:30am
WOMT, 1240 AM

The Breakfast Club: 8:15 AM



June 24

TOPIC: Senior Farmers Market Vouchers

Emily Siemers,
Nutrition Program Supervisor

July 29

TOPIC: Where to Find ADRC Information

Melissa Konop, Program Manager
Tehya Kramper, Outreach Coordinator

Visit Our Website: www.adrcofthelakeshore.com | 19

Upcoming Events at the Manitowoc Public Library



JUNE

- **Every Tuesday, 3-5pm:** Genealogy Help
- **June 2, 6pm:** Seven Steps to Effective Estate Planning
 - Join Attorney Tracy Gibson in a workshop to learn the language and tools used in estate planning, such as wills, trusts, and powers of attorney.
- **June 19, 6pm:** An Evening with Michael Perry
 - "New York Times" best selling author and Wisconsin Public Radio contributor Michael Perry will be at the University of Wisconsin-Green Bay, Manitowoc Campus Theater, for an evening of storytelling and laughter.

Friends of the Library Used Book Sale:

June 26, 12-7:30pm; June 27 9am-5:30pm; June 28 9am-2:30pm

JULY

- **July 17, 6pm:** Adult Book Discussion
 - "Lula Dean's Little Library of Banned Books" by Kristen Miller
 - Books will become available for checkout one month prior to discussion
- **July 23, 6pm:** Brew 'N Bee V: Unleash the Hive
 - Join MPL at PetSkull Brewing Company for some silly competition! Cost to participate is \$20 per person. Registration opens June 16 at 9am.

**For more information or to register for an event, please call the
Manitowoc Public Library at 920-686-3000**

HEALTHY HABITS

CHALLENGE YOUR MIND



Be curious! Put your brain to work and do something that is new for you. Learn a new skill. Try something artistic. Challenging your mind may have short- and long-term benefits for your brain.





2025 Volunteer Banquet

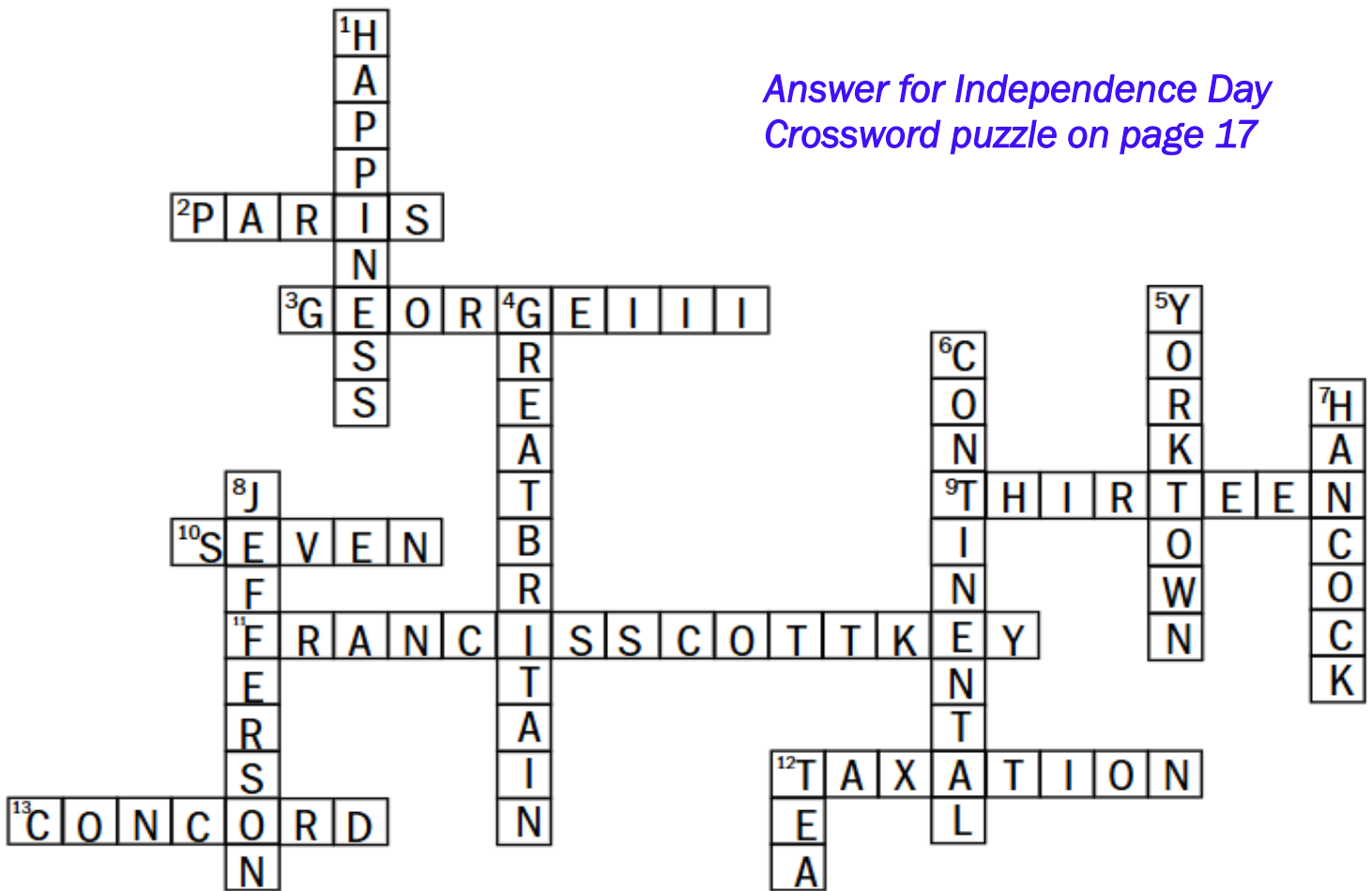
On April 3, we held our annual volunteer banquet at Lighthouse Inn on Lake Michigan in Two Rivers for all of our Manitowoc County volunteers. We had a delicious meal and celebrated in each other's company. Thank you to all who attended, and thank you to all of our volunteers who give so much every day!

THANK YOU



Visit Our Website: www.adrcofthelakeshore.com | 21

*Answer for Independence Day
Crossword puzzle on page 17*



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

Adam Miller
Business Services Manager

Emily Siemers
Nutrition Program Supervisor

Ariel Koning
Dementia Care Specialist

Ann Habeck & Jolene Vanne
Disability Benefit Specialist
(those under 60 years old)

Jessica Knippel
Elder Benefit Specialist

Cassie Lohse, Jacob Gomm,
Julie Grosshuesch, Lori Edwards,
Paul Kersten, Katie Deprey,
Katrina Pratt, &
Melissa Goodman
Information & Assistance
Specialist

Anne Spieker
Family Caregiver Specialist

Tehya Kramper
Outreach Coordinator

Kim Kracht & Marissa Johnson
Administrative Support

Alexis Theriault
Manitowoc Meal Site Manager

ADRC Community Partners

Linda Grider
Mobility Manager

Mary Omillian
Two Rivers Meal Site Manager

Missy Brandt
Kiel Meal Site Manager



Monday: 8am - 5pm
Tuesday-Friday: 8am - 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 and 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 and Disability Resource Connection" publication: YES NO

Name: _____

Address: _____

Phone Number: _____

Please mail to: **ADRC of the Lakeshore**

1701 Michigan Ave, Manitowoc WI 54220



Thank you for your contribution!

The ADRC of the Lakeshore would like to extend its sincerest gratitude to Carol Krueger, who recently made a contribution in memory of Jennie Zima. Thank you, Carol, for helping the ADRC continue its mission of serving the aging and disabled population of Kewaunee and Manitowoc Counties!

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

Visit Our Website: www.adrcofthelakeshore.com | 23



ADRC of the Lakeshore
1701 Michigan Ave
Manitowoc, WI 54220

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MANITOWOC COUNTY COMMUNITY DISCUSSION

THE ADRC OF THE LAKESHORE & THE COMMUNITY: WORKING TOGETHER TO HELP OUR NEIGHBORS

Join ADRC staff and members of the community to discuss upcoming events and workshops held by the ADRC of the Lakeshore, and discuss trends and problems that you are seeing in the aging and disabled community.

ADRC materials will also be available.

JULY 22, 2025 | 3:00 - 4:30 PM

1701 Michigan Ave., Manitowoc
Education Room - Lower Level

Please call 1-877-416-7083 for virtual invitation

ADRC Staff in Attendance:

Lori Fure	Melissa Konop	Tehya Kramper
Older Americans Act Program Manager	ADRC Program Manager	Marketing & Outreach Coordinator

877-416-7083 | adrcofthelakeshore.com
1701 Michigan Ave., Manitowoc