

# AGING & DISABILITY RESOURCE CONNECTION

Sponsored by:



## **What's Inside This Issue?**

Dementia Services .....	2
Manitowoc County Transportation.....	3
Nutrition Exchange.....	4
Volunteering Opportunities.....	5
Caregiver Corner/Golden Gala.....	6
Volunteer Spotlight.....	7
Senior Nutrition Program.....	8
How To Talk To Your Doctor.....	9
What's Happening at the ADRC .....	10
Doctor, Cont'd.....	11
Word Search .....	12
Ask the Specialists.....	13
Library Events/On the Radio.....	14
Support Groups.....	15
Heart Health.....	16
Healthy Habits/Memory Café/Recipe.....	17
Health & Wellness Workshops.....	18
Staff Spotlight.....	19
Vaccines & Medicare.....	20
Historical Happenings.....	21
Puzzle Answers/Loan Closet/ Lighthouse Game.....	22
Contributions/Subscribe.....	23
Tech Time with the ADRC.....	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 information about community resources and services, assisting with future planning, and implementing evidence-based programs. The DCS can help caregivers navigate these resources to meet 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.

## Dementia 101/201

**Dementia 101: May 4, 1:00 - 2:15 p.m.**

**Dementia 201: May 11, 1:00 - 2:15 p.m.**

*Both classes will take place at the ADRC of the Lakeshore: 1701 Michigan Ave., Manitowoc*  
A two-part educational 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 discusses how caregivers can handle different symptoms and behaviors of dementia.

Attending both presentations is not required, but is strongly recommended.

## Virtual Dementia Tour

**Tuesday, April 21**

1:30 - 3:30 p.m.

*ADRC of the Lakeshore  
1701 Michigan Ave., Manitowoc*

Discover what it's like to live with dementia through this personalized, experiential simulation. This life-changing program equips us with the knowledge to enhance the care we provide to individuals affected by dementia.

## Lakeshore Memory Café

**First Wednesday of Each Month**

10:00 - 11:30 a.m.

*Manitowoc Public Library - Balkansky Room*

Memory Cafés welcome those experiencing early stage dementia or mild memory loss/cognitive impairment and their family and friends. It's a great opportunity for fun activities, lively discussion, and light refreshments! No RSVP is required for attendance. See page 17 for more details.

## Boost Your Brain & Memory

**Mondays, February 16 - March 23**

10:00 - 11:30 a.m.

*ADRC of the Lakeshore  
1701 Michigan Ave., Manitowoc*

A six-week course with a holistic and evidence based approach to improving brain health. This class teaches new habits to help you maintain cognitive health as well as practice new skills for better memory performance. This program is **not** intended for those with a dementia diagnosis, instead for those looking to lower their risk of dementia in the future.

**There are no fees for participation in any ADRC dementia services program, but registration is required. Please call 1-877-416-7083 to RSVP.**

## Manitowoc County Transportation Services

Maritime Metro Transit is the Lakeshore's One-Stop-Shop for an affordable, reliable, and safe public transit system. MMT services the City of Manitowoc with five routes and visits Two Rivers on an hourly schedule. MMT also offers ADA service for elderly or disabled individuals who are unable to use the fixed-route public bus system.

Maritime Metro Transit contracts with Manitowoc County to provide the county's Elderly and Disabled Transportation Programs, as well as the ADRC of the Lakeshore's Volunteer Rural Elderly and Disabled Transportation Program and the Out-Of-County Medical Transportation Program.



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



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# Nutrition Exchange

With Alyssa Weber, RDN, CD

The Nutrition Exchange allows readers to submit nutritional questions to be answered by a Registered Dietitian. 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.

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

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.

1. 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.\*

2. Get enough sleep. Aim for 7 or more hours each night.
3. Stop smoking.
4. Limit alcohol consumption.
5. Try to minimize stress and anxiety by doing the things that lead to relaxation such as reading, exercising, talking to a friend, or praying.
6. 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 D supplement may be appropriate for you.\*
7. Try to stay physically active, even if it's several short increments throughout the day. Aim for 30 minutes a day, 5 days a week.
8. Drink water. Staying hydrated keeps your body functioning properly. Some fruits and vegetables have a high water content, including watermelon, cucumbers, and celery.
9. Wash your hands regularly and often.

I hope you have a healthy winter season!

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

# Spread the love!

Join the ADRC's volunteering team and help give back to your community.

## **Current volunteer opportunities:**

- Home Delivered Meals Drivers
- Manitowoc Meal Site Kitchen Support
  - Transportation
- Call 1-877-416-7083 to apply today!

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## Coping with Caregiving

By the GWAAR Legal Services Team

If you're one of the more than 1 million caregivers in Wisconsin providing support to a loved one, you know the challenges that exist. Caregiver stress can put your own health at risk, jeopardizing both you and your family members. Your ADRC can help provide information and resources to manage caregiving and perhaps reduce some of the responsibilities you have.

Caring for someone with Alzheimer's or another form of dementia can be especially trying. The emotional ups and downs associated with moments of clarity and confusion take a toll. You can take a caregiver stress check at <https://www.alz.org/help-support/caregiving/caregiver-health/caregiver-stress> to see what your stress level is. Some tips from Alzheimer's Association include accepting changes as they occur, keeping current with your doctor's appointments, being realistic about what you can manage, and making legal and financial plans.

Another form of caregiving increasing in frequency is grandfamilies, where a grandparent is the primary caregiver of a grandchild. In Wisconsin, more than 20,000 grandparents are responsible for their grandchildren. This provides its own set of challenges, from income and nutrition to health care and education. Legal issues also come into play, such as whether someone will be adopting, setting up a guardianship, fostering, or pursuing some other form of custodial agreement for caring for their grandchild.

### Take Care of Yourself as a Caregiver



Save The Date!

# GOLDEN GALA

Tuesday, May 12, 2026

3:00-6:00 PM

Franciscan Center for Music  
Education and Performance  
6751 Calumet Ave., Manitowoc  
MORE DETAILS COMING SOON

An elegant affair filled with dancing, entertainment, and celebration for Manitowoc County residents aged 60+



## Volunteer Spotlight: ADRC of the Lakeshore Board and Committees

We would like to express our deepest gratitude to our Board of Directors and Committee members for their continued dedication to our organization and our mission!

### **ADRC BOARD OF DIRECTORS**

The ADRC Board of Directors advocates on behalf of the older adults 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 helps develop plans to meet them.

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

**Manitowoc County members include:** Shirley Fessler, Brenda Georgenson, Tina Prigge, Supv. Paul Hacker, and Supv. Bonnie Shimulunas (Co-Chair).

*thank you*

### **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, Diane Hagerty, Kevin Hagerty, and Gary Thomas.

### **TRANSPORTATION COORDINATING COMMITTEE**

The Transportation Coordinating Committee is responsible for the coordination of Manitowoc County's specialized transportation programs for older adults and disabled individuals.

**Members include:** Kevin Botessi, Allan Brixius, Lauren Daun, Shirley Fessler (2<sup>nd</sup> Vice Chair), Deanna Genske, Supv. Mike Grambow (Vice Chair), Supv. Paul Hacker (Chair), Heather Ihlenfeldt, Birgit Kelly, Steve Roekle.

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# Senior Nutrition Program

**Home Delivered Meals:** Provides a nutritious meal, community connection, and a routine safety check for eligible residents in Manitowoc County.

The Home Delivered Meal Program is available to older adults who have difficulties getting out of their home and are unable to prepare meals for themselves, or do not have assistance in preparing meals. You may be eligible for the Home Delivered Meal Program if you meet the above criteria, and are also:

- Age 60 or over
- A spouse, of any age, of the eligible person receiving meals
- An adult with a disability who resides with an older adult receiving meals

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:** Provides a nutritious meal 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 all individuals aged 60+ and their spouses. Government grants cover a portion of meal costs, but a contribution for your meal is appreciated. Spouses under the age of 60 are required to pay the full cost of the meal. Reservations are required at least **one** business day in advance. Call the dining center where you will eat between 10:00 a.m. and 12:00 p.m. 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](http://www.adrcofthelakeshore.com) and click on "ADRC Nutrition Programs".

## Manitowoc

### **Senior Center**

3330 Custer Street  
920-683-4383

**Monday - Friday: 11:30 a.m.**

*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 a.m.**

## Two Rivers

**Senior Center**  
1520 17<sup>th</sup> Street  
920-793-5596

**Monday - Friday: 11:30 a.m.**

*You do not need to be a Senior Center member to attend*



**Join our Nutrition Program Supervisor for National Nutrition Month bingo at the Meal Sites!**

March 6, 10:30-11 a.m.: Kewaunee

*Nutrition & Arthritis*

March 12, 11-11:30 a.m.: Kiel

*Nutrition & Gut Health*

March 19, 11-11:30 a.m.: Two Rivers

*Nutrition & Magnesium*

March 26, 11-11:30 a.m.: Manitowoc

*Nutrition & Potassium*

## How to Talk With Your Doctor About Sensitive Issues

Resourced from National Institute on Aging, Printed in "The SMP Scoop"

Much of the communication between doctor and patient is personal. To have a good partnership with your doctor, it is important to talk about sensitive subjects, like sex or memory problems, even if you are embarrassed or uncomfortable. Most doctors are used to talking about personal matters and will try to ease your discomfort. Keep in mind that these topics concern many older people. You can use booklets and other materials from the National Institute on Aging to help you bring up sensitive subjects when talking with your doctor.



It is important to understand that problems with memory, depression, sexual function, and incontinence are not necessarily normal parts of aging. A good doctor will take your concerns about these topics seriously and not brush them off. If you think your doctor isn't taking your concerns seriously, talk to him or her about your feelings or consider looking for a new doctor. Read on for examples of ways to bring up these subjects during your appointment.

**Alcohol** - Anyone at any age can have a drinking problem. Alcohol can have a greater effect as a person grows older because the aging process affects how the body handles alcohol. People can also develop a drinking problem later in life due to major life changes like the death of loved ones. Talk with your doctor if you think you may be developing a drinking problem. You could say: "Lately, I've been wanting to have a drink earlier and earlier in the afternoon, and I find it's getting harder to stop after just one or two. What kind of treatments could help with this?"

**Driving** - Driving is an important part of everyday life for many people, and making the decision to stop driving can be very difficult. Tell your doctor if you or people close to you are concerned about your driving and why. He or she can go over your medical conditions and medications to see if there are treatable problems that may be contributing to driving difficulties.

**Falling and Fear of Falling** - A fall can be a serious event, often leading to injury and loss of independence, at least for a while. For this reason, many older people develop a fear of falling. Studies show that fear of falling can keep people from going about their normal activities and, as a result, they may become frailer, which actually increases their risk of falling again. If fear of falling is affecting your day-to-day life, let your doctor know. He or she may be able to recommend some things to do to reduce your chances of falling. Exercises can help you improve your balance and strengthen your muscles, at any age.

Regular exercise makes you stronger and can help you prevent falls. NIA has articles and free videos designed for older adults that can help you fit exercise and physical activity into your daily life.

**Feeling Unhappy With Your Doctor** - Misunderstandings can come up in any relationship, including between a patient and doctor or the doctor's staff. If you feel uncomfortable with something your doctor or his or her staff has said or done, be direct. For example, if the doctor does not return your telephone calls, you may want to say something like this: "I realize that you care for a lot of patients and are very busy, but I feel frustrated when I have to wait for days for you to return my call. Is there a way we can work together to improve this?"

Being honest is much better for your health than avoiding the doctor. If you have a longstanding relationship with your doctor, working out the problem may be more useful than looking for a new doctor.

**Grief, Mourning, and Depression** - As people grow older, they may lose significant people in their lives, including spouses and cherished friends. Or, they may have to move away from home or give up their favorite activities.

*Continued on page 11*



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



TO REGISTER FOR AN EVENT, CALL 1-877-416-7083

**February 3** **Early-Stage Caregiver Support Group: 10:00 - 11:30 a.m.**  
Manitowoc ADRC Office - 1701 Michigan Ave., Manitowoc. See page 15 for details

**February 4** **Lakeshore Memory Café: 10:00 - 11:30 a.m. - Love Song Sing Along**  
Manitowoc Public Library, Balkansky Room - 707 Quay St., Manitowoc. See pages 2 & 17 for details

**February 5** **Caregiver Circle: 10:00 - 11:45 a.m.**  
Manitowoc ADRC Office - 1701 Michigan Ave., Manitowoc. See page 18 for details

**February 16** **Boost Your Brain & Memory: 10:00 - 11:30 a.m.**  
Manitowoc ADRC Office - 17001 Michigan Ave., Manitowoc. 1<sup>st</sup> of 6 classes. Registration required. See page 2 for details

**February 18** **Men's Caregiver Support Group: 9:00 - 10:30 a.m.**  
Manitowoc ADRC Office - 1701 Michigan Ave., Manitowoc. See page 15 for details

**February 19** **Family Caregiver Support Group: 2:00 - 3:30 p.m.**  
Manitowoc ADRC Office - 1701 Michigan Ave., Manitowoc. See page 15 for details

**February 25** **Sip & Swipe: 2:00 - 4:00 p.m.**  
Manitowoc ADRC Office - 1701 Michigan Ave., Manitowoc. 1<sup>st</sup> of 2 classes. Registration required. See page 18 for details

**March 3** **Early-Stage Caregiver Support Group: 10:00 - 11:30 a.m.**  
Manitowoc ADRC Office - 1701 Michigan Ave., Manitowoc. See page 15 for details

**March 4** **Lakeshore Memory Café: 10:00 - 11:30 a.m.**  
Manitowoc Public Library, Balkansky Room - 707 Quay St., Manitowoc. See pages 2 & 17 for details

**March 11** **Stepping On: 1:00 - 3:00 p.m.**  
Two Rivers Senior Center - 1520 17<sup>th</sup> St., Two Rivers. 1<sup>st</sup> of 7 classes. Registration required. See page 18 for details

**March 11** **Welcome to Medicare Presentation: 3:00 - 4:00 p.m.**  
Manitowoc County Office Complex - 4319 Expo Dr., Manitowoc. Registration required.

**March 12** **Nutrition Month Bingo: 11:00 - 11:30 a.m.**  
Kiel Meal Site - 510 Third St., Kiel. See page 8 for details

**March 18** **Men's Caregiver Support Group: 9:00 - 10:30 a.m.**  
Manitowoc ADRC Office - 1701 Michigan Ave., Manitowoc. See page 15 for details

**March 19** **Nutrition Month Bingo: 11:00 - 11:30 a.m.**  
Two Rivers Meal Site - 1520 17<sup>th</sup> St., Two Rivers. See page 8 for details

**March 19** **Family Caregiver Support Group: 2:00 - 3:30 p.m.**  
Manitowoc ADRC Office - 1701 Michigan Ave., Manitowoc. See page 15 for details

**March 20** **Tech Time with the ADRC: 10:45 a.m. - 12:45 p.m.**  
Lester Public Library - 1001 Adams St., Two Rivers. See back for details

**March 24** **Bingocize: 12:30 - 1:30 p.m.**  
Manitowoc County Office Complex - 4319 Expo Dr., Manitowoc. 1<sup>st</sup> of 20 classes. Registration required. See page 18 for details

**March 26** **Nutrition Month Bingo: 11:00 - 11:30 a.m.**  
Manitowoc Meal Site - 3330 Custer St., Manitowoc. See page 8 for details

*Continued from page 9*

A doctor who knows about your losses is better able to understand how you are feeling. He or she can make suggestions that may be helpful to you.

Although it is normal to mourn when you have a loss, later life does not have to be a time of ongoing sadness. If you feel sad all the time or for more than a few weeks, let your doctor know. Also, tell your doctor about symptoms such as lack of energy, poor appetite, trouble sleeping, or little interest in life. These could be signs of depression, which is a medical condition.

Depression is a common problem among older adults, but it is NOT a normal part of aging. Depression may be common, especially when people experience losses, but it is also treatable. It should not be considered normal at any age. Let your doctor know about your feelings and ask about treatment.

**Incontinence** - Older people sometimes have problems controlling their bladder. This is called urinary incontinence and it can often be treated. If you have trouble controlling your bladder or bowels, it is important to let the doctor know. To bring up the topic, you could say something like: "Since my last visit, there have been several times when I couldn't control my bladder."

**Memory Problems** - Many older people worry about their ability to think and remember. For most older adults, thinking and memory remain relatively intact in later years. However, if you or your family notice that you are having problems remembering recent events or thinking clearly, let your doctor know. Be specific about the changes you've noticed. For example, you could say: "I've always been able to balance my checkbook without any problems, but lately I'm very confused." Your doctor will probably want you to have a thorough check-up to see what might be causing your symptoms.

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## happy st. patrick's day!

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

Bagpipes

Cabbage

Clover

Corned Beef

Emerald

Fiddle

Gold

Green

Ireland

Leprechaun

Lucky

March

Potatoes

Pot of Gold

Rainbow

Shamrock





## Ask the Specialists



"Ask the Specialists" presents our ADRC Specialists' most frequently asked questions and their answers.

By sharing, we hope to help others struggling with the same questions.

### **Question: What are Benefit Specialists?**

The ADRC of the Lakeshore has two types of Benefit Specialists: Disability Benefit Specialists and Elder Benefit Specialists. Benefit Specialists are advocates who can help their clients understand and apply for certain public benefits. There is no charge for Benefit Specialist services. Please call the ADRC of the Lakeshore to speak with or schedule an appointment with a Benefit Specialist.

#### **Disability Benefit Specialists (DBS)**

Disability Benefit Specialists serve persons with disabilities who are between the ages of 18 and 59. Some of the programs that DBS can assist with include Social Security Disability (SSDI), Supplemental Security Income (SSI), and Medicare. DBS can also provide information on Medicaid, Medicare Savings Programs, FoodShare, Energy Assistance, and prescription drug assistance programs. DBS can also help navigate insurance issues or appeals.

#### **Elder Benefit Specialists (EBS)**

Elder Benefit Specialists serve persons aged 60 and older. EBS can assist with Medicare, Medicare Savings Programs, SeniorCare, and Medicaid. EBS can also provide information on Social Security, FoodShare, Energy Assistance, and prescription drug assistance programs, and can help navigate insurance issues or appeals.

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## Upcoming Events at the Library

- **February 2 - March 23, Mondays @ 6 p.m.:** Great Decisions
  - A project of the Foreign Policy Association, this grassroots world affairs education program brings together Americans from across the nation to discover and discuss foreign policy issues. Visit [www.manitowoclibrary.org](http://www.manitowoclibrary.org) or stop in at the library for more information.
- **February 11, 5:30 p.m.:** Cats on Mats with Kate Casey
  - Join Yoga Alliance licensed teacher Kate Casey and residents of Lakeshore Humane Society for an evening of fun and relaxation. Please bring your own mat. **Registration opens Jan. 28 @ 9 a.m.**
- **February 28, 9 a.m. - 12 p.m.:** 6<sup>th</sup> Annual Lakeshore Area Seed Swap
  - A no-cost seed exchange. If you have extra seeds that you aren't planting or you are looking for something to plant in your own garden, stop by MPL! There is no cost to participate and you don't need to bring seeds in order to take some seeds. Any veggie or flower seeds are fine.
- **March 7, 1 p.m.:** Branching Out - Pruning Trees & Shrubs with Manitowoc Master Gardeners
  - Join Manitowoc Public Library and Master Gardeners of Manitowoc County for a weekend lecture by University of Wisconsin Extension's VJ Pandian that will be focused on pruning your shrubs and trees into shape.

### Recurring Events:

- **Department of Workforce Development: Employment Assistance**
  - Every Tuesday, 9 a.m. - 4 p.m.
- **Genealogy Help**
  - Every Tuesday, 3 - 5 p.m.
- **Drop-In Chess Club**
  - First Wednesday of Each Month, 6 - 7:30 p.m.



## ADRC on the Radio

### The Breakfast Club: 8:15 a.m.



#### February 24 - Disability

**Wendy Hutterer**

Director

**Ann Habeck**

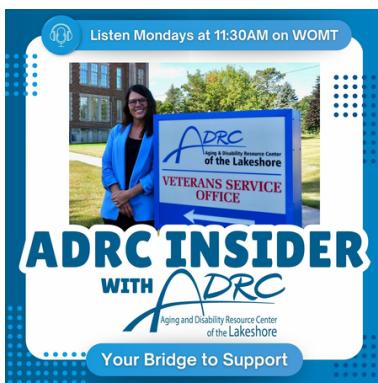
Disability Benefit Specialist

#### March 31 - Volunteer Appreciation

**Tehya Kramper**

Marketing & Outreach Coordinator

### ADRC Insider



Every Monday at 11:30 a.m.

WOMT, 1240 AM

### Be My Guest: 9:30 a.m.



#### February 2 - ADRC Anniversary

Celebrations

**Wendy Hutterer**

Director

**Tehya Kramper**

Marketing & Outreach Coordinator

# ADRC of the Lakeshore Caregiver Support Groups

## **Early-Stage Caregiver Support Group: 1<sup>st</sup> Tuesday of Each Month, 10:00 - 11:30 a.m.**

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 the first session. Call 1-877-416-7083 to schedule assessment.

## **Family Caregiver Support Group: 3<sup>rd</sup> Thursday of Each Month, 2:00 - 3:30 p.m.**

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: 3<sup>rd</sup> Wednesday of Each Month, 9:00 - 10:30 a.m.**

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

**All support groups take place at the ADRC of the Lakeshore: 1701 Michigan Ave., Manitowoc**

**No registration or RSVP is required for ADRC support groups.**

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



## Make Heart Health Part of Your Self-Care Routine

*From the National Heart, Lung, and Blood Institute*

Devoting a little time every day to care for yourself can go a long way toward protecting the health of your heart. Simple self-care, such as taking a moment to de-stress, giving yourself time to move more, preparing healthier meals, and not cheating on sleep can all benefit your heart.

And that's a good thing, because heart disease is largely preventable and focusing on improving your heart health has never been more important. Heart disease is a leading cause of death for women and men in the United States, and many Americans remain at risk of getting it, according to the National Heart, Lung, and Blood Institute (NHLBI).

"Studies show self-care routines, such as taking a daily walk and keeping doctor's appointments, help us keep our blood pressure, sugar, and cholesterol levels in the healthy range and reduce our risk of heart disease and stroke," said Gina Wei, M.D., NHLBI's acting director of cardiovascular sciences.

It may be easier than you think to "put your heart" into your daily routine. Each Sunday, look at your week's schedule and carve out 30 minutes daily for heart-healthy practices. Take a yoga class, prepare a heart-healthy recipe, schedule your bedtime to get at least seven hours of sleep, or make a medication checklist. Then seek out support from others, even if it's online or via a phone call, to help you stick to your goals. Here are a few self-care tips to try every day to make your heart a priority:

**Self-Care Sunday:** Find a moment of serenity every Sunday. Spend some quality time on yourself.

**Mindful Monday:** Be mindful about your health and regularly monitor your blood pressure or blood sugar if needed. Keep an eye on your weight to make sure it stays within or moves toward a healthy range. Being aware of your health status is a key to making a positive change.

**Tasty Tuesday:** Choose how you want to approach eating healthier. Start small by pepping up your meals with a fresh herb or spice as a salt substitute. Get adventurous and prepare a simple, new, heart-healthy recipe. Or go big by trying a different way of eating, such as the Dietary Approaches to Stop Hypertension (DASH) eating plan, which is scientifically proven to lower blood pressure. DASH is flexible and balanced, and it includes plenty of fruits and vegetables, fish, poultry, lean meats, beans, nuts, whole grains, and low-fat dairy products.

**Wellness Wednesday:** Don't waffle on your wellness. Move more, eat a fruit or vegetable you've never tried, make a plan to quit smoking or vaping, or learn the signs of a heart attack or stroke. You could be having a heart attack if you have chest and upper body pain or discomfort, shortness of breath, cold sweats, nausea, or lightheadedness. You might be having a stroke if you have numbness in the face, arm, or leg; confusion; trouble talking or seeing; dizziness; or a severe headache.

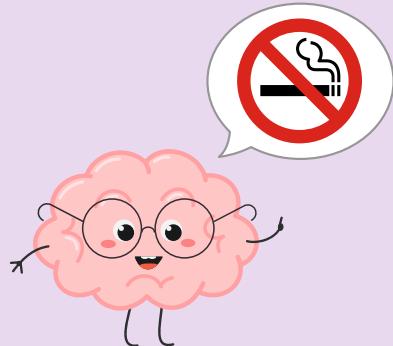
**Treat Yourself Thursday:** Treats can be healthy. Try making a dessert with fresh fruit and yogurt. Then stretch your imagination beyond food. Host a family dance party, take a few minutes to sit still and meditate, go for a long walk, or watch a funny show. Laughter is healthy. Whatever you do, find a way to spend quality time on yourself.

**Follow Friday:** Follow inspiring people and pages on social media, or text a friend to help you stick to your self-care goals. Remember to take care of your mental health, too. Two of the main hurdles to self-care are depression and a lack of confidence, according to a study published in the *Journal of the American Heart Association*. If your mental health gets between you and your fabulous self, take action to show your heart some love. Reach out to family and friends for support, or talk to a qualified mental health provider.

**Selfie Saturday:** Inspire others to take care of their own hearts. Talk about your self-care routine with loved ones or share a selfie on your social media platforms. Having social support and personal networks can make it easier to get regular physical activity, eat nutritious foods, reach a healthy weight, and quit smoking.

# HEALTHY HABITS

BE SMOKE FREE



Quitting smoking can lower the risk of cognitive decline back to levels similar to those who have not smoked. It's never too late to stop!



## Red Potato and Cabbage (Colcannon)

From: Food Hero

### Ingredients:

- 1 pound red potatoes (about 3-4 cups chopped)
- 1 Tb margarine or butter
- ½ cup chopped onion
- 6 cups thinly sliced green cabbage (about ½ head)
- 1 cup 1% milk
- 1 tsp salt
- ¼ tsp black pepper

### Directions:

1. Rinse or scrub fresh vegetables under running water before preparing.
2. Cut potatoes into quarters. Cook in boiling water or steam until tender, about 15-20 minutes.
3. While potatoes cook, heat butter or margarine in a large skillet over medium high heat. Add onion and cook until it becomes clear, about 3 to 5 minutes.
4. Add cabbage and cook, stirring occasionally, until cabbage begins to brown, about 4 to 6 minutes.
5. Reduce heat to low. Add milk, salt, and pepper. Cover and cook until cabbage is tender, about 6 to 8 minutes.
6. Drain potatoes. Add cabbage mixture to potatoes. Mash with a potato masher or large fork to reach desired texture. Serve warm.



## Lakeshore Memory Café

A great opportunity for fun activities, lively discussion, and light refreshments!

1<sup>st</sup> Wednesday of Every Month

10:00 - 11:30 a.m.

Manitowoc Public Library - Balkansky Room



February 4<sup>th</sup> - Love Song Sing Along

March 4<sup>th</sup> - Shamrock Bingo



# Health & Wellness Programs

The ADRC offers multiple health and wellness programs throughout the year. These programs reduce emergency room visits, hospitalizations, and overall healthcare costs. They also assist family caregivers with daily struggles and help older adults with their technology.

## SteppingOn

**Wednesdays, March 11 - April 22**

1:00 - 3:00 p.m.

*Two Rivers Senior Center:*

*1520 17<sup>th</sup> St., Two Rivers*

**RSVP by March 4**

**Thursdays, April 2 - May 14**

12:30 - 2:30 p.m.

*Kiel Community Center:*

*510 Third St., Kiel*

**RSVP by March 26**

A seven-week workshop that helps you avoid dangerous and costly falls so you can keep doing the things you love. Participants meet once a week for two hours. Community experts from various fields will help you learn:

- How vision, hearing, medications, & footwear affect fall risk
- To identify fall hazards
- Strength & balance exercises
- How to get back up after a fall

## Caregiver Circle

**Thursday, February 5**

10:00 - 11:45 a.m.

*ADRC of the Lakeshore:*

*1701 Michigan Ave., Manitowoc*

The Caregiver Circle brings together all family caregivers caring for someone aged 60 or older, or someone 18 or older with a dementia diagnosis, to seek out and share resources within the ADRC and the greater community, learn tools to help build resiliency along the caregiver journey, and discuss different self-care tips throughout the year. This group meets on the 1<sup>st</sup> Thursday of every other month.



**Tuesdays & Thursdays, March 24 - May 28**

12:30 - 1:30 p.m.

*Manitowoc County Office Complex:*

*4319 Expo Dr., Manitowoc*

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

**RSVP by March 17**

## Sip & Swipe

**Wednesdays, February 25 & March 4**

2:00 - 4:00 p.m.

*ADRC of the Lakeshore:*

*1701 Michigan Ave., Manitowoc*

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.

**RSVP by February 18**

**For more information or to reserve your seat at a program, call 1-877-416-7083!**

## Staff Spotlight: Lisa Van Remortel

Family Caregiver Specialist



**How long have you worked for the ADRC? Why have you chosen this career path?** I have been with the ADRC for 10 years. This arose while working part-time for Kewaunee County in Public Health. I started out as a receptionist in the Kewaunee office and was offered the caregiver specialist position a year after I started. I enjoy being able to assist others who are seeking information and support.

**What is the best part of your job?** The best part of my job is being able to assist families with respite needs and other resources to make the caregiving journey less stressful.

**What has been your most rewarding experience working with the ADRC of the Lakeshore?** Hearing how the resources, services, and support have impacted people in the community. It has also been rewarding working with wonderful co-workers who are available to assist with information.

**What might someone be surprised to know about you?** I love a good beach volleyball game and am not afraid to take a “dive” into the sand!

Visit Our Website: [www.adrcofthelakeshore.com](http://www.adrcofthelakeshore.com) | 19

# Understanding Vaccines Covered by Medicare

By the GWAAR Legal Services Team



Vaccines are an important part of maintaining your health. Vaccines help to train our immune systems to fight and prevent disease. They also protect you and your loved ones from preventable diseases and illnesses. Vaccines are used to prevent and even treat exposure to diseases and illnesses. Vaccines aren't only for children; they are given to adults and people of all ages. It's also important to understand that vaccines are safe and have been used safely for over 100 years. They are important for people with normal immune systems and even more important for individuals with compromised immune systems. As important as they are, it can be difficult to understand how Medicare covers vaccines.

There are two parts of Medicare that cover vaccines. Supplemental Medical Insurance, or Part B, and Prescription Drug Coverage, or Part D, both cover different vaccines for different purposes. Understanding the differences can help you avoid coverage issues. Part B covers vaccines to treat injury or exposure. Part D covers vaccines to prevent illness. It's important to understand why you need a vaccine to figure out which part of Medicare will cover the cost. Once you know which part of Medicare will cover the vaccine you can figure out your possible out-of-pocket cost.

Vaccines covered under Part B include vaccines for flu, pneumonia, hepatitis B, COVID, and in certain circumstances tetanus. These vaccines are covered to treat either an exposure to an illness or an injury. For example, if you step on a nail you would have the tetanus shot covered under Part B because the vaccine was administered to treat the injury caused by stepping on the nail. If you receive a vaccine covered under Part B you will not have a coinsurance or deductible.

Part D vaccines are covered for the prevention of illnesses. Most vaccines not covered under Part B fall under Part D coverage. Some examples would be vaccines for shingles, respiratory syncytial virus (RSV), and tetanus-diphtheria-pertussis (Tdap). Under Part D, tetanus vaccines are covered if they are a booster or given unrelated to an injury. Vaccines listed in the Advisory Committee on Immunization Practices (ACIP) recommendations do not have an out-of-pocket cost even if it is administered by an out-of-network provider. If the vaccine is not on this list, you will need to check with your Part D plan to see what your out-of-pocket costs will be.

Part B and Part D cover different vaccines for different purposes. In order to plan for out-of-pocket costs, you need to know which part of Medicare covers the vaccine you are looking to get. Remember, Part B vaccines are given to treat injury or exposure to illnesses, while Part D vaccines are given to prevent illnesses. You can find more information about vaccines below.

- The Advisory Committee on Immunization Practices (ACIP):  
<https://www.cdc.gov/acip-recs/hcp/vaccine-specific/>
- If you don't have Part D, SeniorCare covers some vaccines with no out-of-pocket costs:  
<https://www.dhs.wisconsin.gov/seniorcare/vaccines.htm>
- National Council on Aging vaccine information:  
<https://www.ncoa.org/article/6-important-vaccines-for-seniors-covered-by-medicare/>
- Medicare & You 2026 - Has information about vaccines:  
<https://www.medicare.gov/publications/10050-medicare-and-you.pdf>



## History of the ADRC of the Lakeshore

In the mid-1990s, the state of Wisconsin began its efforts to redesign the long-term care system and how we care for our aging adults. At the time, services were extremely fragmented, and options for both community-based care and home care were limited. The Aging and Disability Resource Center was a pivotal part of Wisconsin's long-term care redesign since its inception, as it was part of the vision in the 1990s to develop a "one-stop-shop" where people could gain knowledge and find resources related to long-term care.

The first ADRCs in the United States opened right here in Wisconsin in 1998, providing a model for the nationwide program that began in 2003. In 2006, the ADRC of Manitowoc County began serving residents of Manitowoc and the surrounding areas, becoming one of 23 ADRCs statewide.

Then, in 2011, statewide expansion of the ADRCs was included in the 2011-2013 budget, and the ADRC of the Lakeshore was born! Serving residents of Kewaunee and Manitowoc Counties for 15 years, we are proud to call both Manitowoc and Kewaunee home. In 2013, we were awarded the Dementia Care Specialist pilot program, which was initiated statewide in 2022. Today, the ADRCs in Wisconsin cover all 72 counties and 11 tribes.

Do you have an impactful story from working with the ADRC over the last 20 years? Let us know! Send a letter to

**Tehya Kramper at 1701 Michigan**

**Ave., Manitowoc, WI 54220.**

We would love to share your story in our anniversary celebrations this year!



Visit Our Website: [www.adrcofthelakeshore.com](http://www.adrcofthelakeshore.com) | 21

# The Lions Club Loan Closet



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

Rent something from the Lions Club Loan Closet! Run by and housed at the ADRC of the Lakeshore, the Loan Closet has a variety of durable medical equipment 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!



Rentals available for Manitowoc County residents only

## 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@manitowoccountyiwi.gov](mailto:adrc@manitowoccountyiwi.gov); or visit our administrative office at 1701 Michigan Avenue, Manitowoc, WI, 54220. For more information, visit our website, [www.adrcofthelakeshore.com](http://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, 5<sup>th</sup> Floor - TCR, 1200 New Jersey Ave., SE Washington, DC, 20590.

If information is needed in another language, contact 920-683-4180.

Si se necesita información en otro idioma de contacto 920-683-4180.

Yog muaj lus qhia ntxiv rau lwm hom lus, hu rau 920-683-4180.

Answer for Word Search on page 12



## Find the Lighthouses!

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

\*Please note: lighthouses will not be hidden in the ads.\*



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

ADRC of the Lakeshore  
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 Manitowoc County ADRC office\*

**Congratulations to December/January winner,  
Kevin Sheehan!**

Lighthouses for last issue were on the cover, page 5, and page 16



Your Bridge to Support

## Hours:

Monday: 8:00 a.m. - 5:00 p.m.

Tuesday-Friday: 8:00 a.m.- 4:30 p.m.

## Phone:

**920-683-4180**

**1-877-416-7083**

## Fax:

**920-683-2718**

## Email:

[adrc@manitowoccountywi.gov](mailto:adrc@manitowoccountywi.gov)

## Visit Us Online:

[www.adrcofthelakeshore.com](http://www.adrcofthelakeshore.com)

## ADRC Supervisors

### **Wendy Hutterer**

ADRC Director

### **Lori Fure**

Older Americans Act Program Manager

### **Melissa Konop**

ADRC Program Manager

### **Adam Miller**

Business Services Manager

## Thank you for your support!

The ADRC of the Lakeshore recently received a generous contribution from Brenda Georgenson, in memory of Fritz and Joanne Riesterer.

Thank you, Brenda, for your support and generosity! Because of your contribution and advocacy, we are able to continue to serve the people in our community who depend on our services.

*thank you*

## Would you like to make a contribution to the ADRC of the Lakeshore?

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.*

This contribution is in Memory or Honor of: \_\_\_\_\_

I give permission to acknowledge my contribution in the "Thank You" column of the newsletter: YES NO

Name: \_\_\_\_\_

Address: \_\_\_\_\_

**THANK  
YOU**

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

1701 Michigan Ave., Manitowoc WI 54220

## Stay Connected!

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

Call 1-877-416-7083 or email

[adrc@manitowoccountywi.gov](mailto:adrc@manitowoccountywi.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](http://www.facebook.com/adrcofthelakeshore)



[www.instagram.com/adrcofthelakeshore](http://www.instagram.com/adrcofthelakeshore)



ADRC of the Lakeshore  
1701 Michigan Ave  
Manitowoc, WI 54220

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# Tech Time With the ADRC

Do you have a question on how to do something on your **phone** or **tablet**? Drop in during Tech Time with the ADRC to meet with staff and get your questions answered! Please note: we are not tech support, so we may not be able to answer in-depth or hardware related questions



## March 20

 **Lester Public Library**  
1001 Adams St., Two Rivers  
 10:45 a.m. - 12:45 p.m.

## April 10

 **Manitowoc-Two Rivers YMCA**  
205 Maritime Dr., Manitowoc  
 9:45 a.m. - 11:45 a.m.

Registration is **not** required for these events.  
Just stop in!

 Contact Us  
1-877-416-7083

 Visit Our Website  
[www.adrcofthelakeshore.com](http://www.adrcofthelakeshore.com)

 Our Location  
1701 Michigan Ave., Manitowoc