

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.

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

Thursdays, April 9 - May 21

12:30 - 2:30 p.m.

Kiel Community Center:

510 Third St., Kiel

RSVP by March 26

Tuesdays, September 8 - October 20

1:00 - 3:00 p.m.

ADRC of the Lakeshore:

1701 Michigan Ave., Manitowoc

RSVP by September 1

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



Stay tuned for our Fall Bingocize dates!

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.

Sip & Swipe

Wednesdays, May 13 & 20

1:00 - 3:00 p.m.

Kiel Community Center:

510 Third St., Kiel

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 May 6

Caregiver Circle

Thursday, April 2

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 1st Thursday of every other month.

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

Pat Radey - Two Rivers HDM Driver

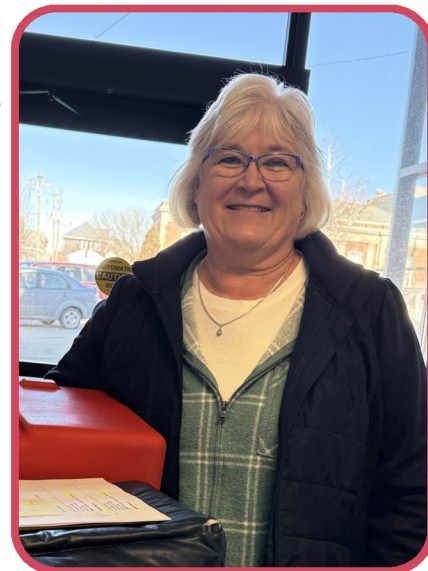
How did you become a volunteer with the ADRC of the Lakeshore?

After I retired, I began volunteering at the Two Rivers Senior Center. I started by working at the desk and later drove the T.R.U.S.T. car. Eventually, I was asked to fill in delivering meals, whenever they needed someone, and the rest is history! I currently deliver meals once a week if I can.

What surprised you most about volunteering? What surprised me most about volunteering was how much I get in return. The gratitude and the smiles mean more than I ever imagined. It's amazing how delivering a meal can brighten someone's day - and yours too.

What do you wish other people knew about volunteering with the ADRC? I wish more people knew how rewarding volunteering with the ADRC can be. They truly care about their volunteers and make sure we feel safe and supported.

If someone was hesitant to volunteer, what would you tell them? I would tell them to just give it a try. You don't have to make a huge commitment to make a big difference. Just a little of your time can mean so much to someone else. The connections you make with people are very rewarding, and you realize how much it fills *your* heart.



Medicare and Alcohol Use Disorder

By the GWAAR Legal Services Team

April is Alcohol Awareness Month. Studies have repeatedly shown that Wisconsinites engage in more binge drinking than adults in other states. The 2023 Behavioral Risk Factor Surveillance Survey found that more than 18% of Wisconsin residents had reported engaging in heavy drinking in the past month. Alcohol use is a concern for many residents of Wisconsin.

Medicare will cover various forms of treatment for alcoholism and substance use disorder in both inpatient and outpatient settings if the services are medically necessary and you receive them from a Medicare-approved provider or facility. Read on for more information about what Medicare may cover.

Alcohol misuse screening and counseling:

- Medicare Part B covers one alcohol misuse screening per year. You pay nothing if your doctor accepts Medicare assignment, which means that your doctor agrees to accept Medicare's payment as payment in full.
- If your primary care doctor determines that you are misusing alcohol but do not meet the criteria for alcohol dependence, Medicare may cover up to four brief face-to-face counseling sessions per year.

Inpatient Care:

Part A helps pay for your care if you are hospitalized for substance abuse treatment. The out-of-pocket costs are the same as any other type of inpatient hospital stay. However, please note that if you are receiving care in an inpatient psychiatric hospital, Medicare only covers a total of 190 lifetime days. This rule only applies to free-standing psychiatric facilities that are not considered part of general hospitals.

Outpatient Care:

Part B helps pay for substance abuse treatment services you receive from a clinic or hospital outpatient department. Medicare will pay 80% of its approved amount. If you receive the service from a provider who accepts assignment, you are responsible for the remaining 20% after you meet your Part B deductible. Covered services include, but are not limited to:

- Psychotherapy
- Patient education regarding diagnosis and treatment
- Post-hospitalization follow-up
- Prescription drugs administered during a hospital stay or injected at a doctor's office

Structured Assessment and Brief Intervention (SBIRT) services provided in a doctor's office or outpatient hospital department is covered under Part B when patients show signs of drug abuse or dependency. The services include:

- Screening to determine the severity of substance use and identify appropriate level of treatment,
- Brief intervention or advice to increase awareness and motivate an individual to make behavioral changes, and,
- Treatment for those identified as needing more extensive treatment.

Medication:

If you are prescribed medication that is not administered during a hospital stay or in a doctor's office, your Medicare Part D may cover the medication. Please contact your plan if you have any questions about which medications are covered.



Are you a Home Health Agency in Manitowoc County?

Are you interested in helping the ADRC of the Lakeshore with a presentation for our community members on home health care?

We would love to hear from you!

Call 1-877-416-7083 or email tehyakramper@manitowocountywi.gov to learn more.



Mental Health Awareness Month: Honoring Family Caregivers

From: thecarehack.com

Highlighting caregivers during Mental Health Awareness Month isn't about taking attention away from those living with mental health conditions. It's about expanding the frame. Because:

- Caregivers and loved ones are in this together; supporting one helps the other.
- Caregivers are part of the mental health ecosystem, providing stability, advocacy, and care coordination when the system falls short.
- Most caregivers aren't seeking the spotlight, they just want better tools, more support, and recognition for the load they carry.

What Caregivers Need (And Deserve)

- Clear, expert guidance on how to support their loved one and care for themselves
- Coaching and counseling to navigate the emotional toll

- Peer connection and spaces where they can feel less alone
- Short, actionable education that fits into busy lives
- Financial and workplace flexibility to reduce stress and make caregiving more sustainable
- Recognition, because being seen matters

Let's Be Clear: Caregivers Count

This Mental Health Awareness Month, let's expand the conversation to include caregivers, not instead of their loved ones, but alongside them. They are partners in care. When caregivers are supported, outcomes improve. When caregivers are acknowledged, healing accelerates.

If you are a caregiver seeking additional resources and support, please contact the ADRC of the Lakeshore and speak with one of our Caregiver Support Specialists. We're here to help.

Visit Our Website: www.adrcofthelakeshore.com | 5

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.

Boost Your Brain & Memory

Thursdays, July 23 - August 27

1:00 - 2:30 p.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, but instead for those looking to lower their risk of dementia in the future.

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

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.

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

Lakeshore Memory Café

First Wednesday of Each Month

10:00 - 11:30 a.m.

*Manitowoc Public Library - Balkansky Room
707 Quay St., Manitowoc*

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!

See page 18 for more details.

Ask I&A

“Ask I&A” presents our Information & Assistance Specialists’ most frequently asked questions and their answers. By sharing, we hope to help others struggling with the same questions.

What does the ADRC of the Lakeshore website offer?

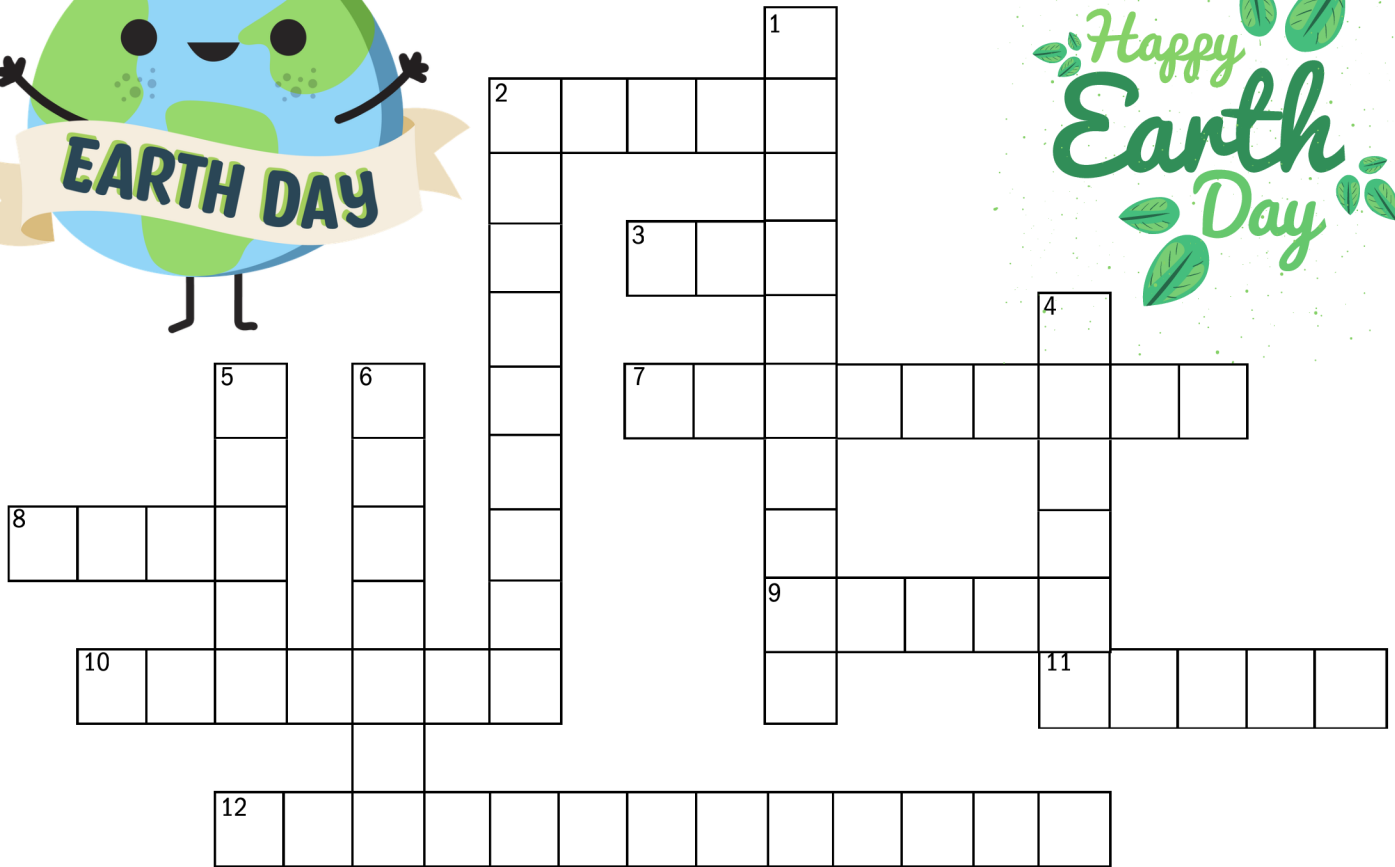
The ADRC of the Lakeshore website is a hot spot for not only the various resources available in Kewaunee and Manitowoc Counties, but also a great place for information on services offered at the ADRC.

One exciting option available on our website includes the ADRC Insider radio spots, where you can listen to past radio spots and check out upcoming radio spots to know when to tune in on exciting topics!

Additionally, the website includes information on various services available at the ADRC, including caregiver programs, Disability Benefit Specialists, Elder Benefit Specialists, Medicare, nutrition programs, Information & Assistance Specialists, information on various community resources, volunteer opportunities, and information on the ADRC Aging Plan (a plan developed every three years to encourage program growth, services, and resources for our aging population in the community). There is also a downloadable PDF of the ADRC of the Lakeshore Resource Guide, and many of our resource lists are printable.

Another great option for information is to follow us on the ADRC of the Lakeshore Facebook page. For assistance navigating our website, please contact the ADRC at 1-877-416-7083.





Across

- 2. 71% of the Earth's surface is covered in _____
- 3. The 1980s saw the banning of this insecticide
- 7. 1990's Earth Day saw huge boosts in this environmental effort
- 8. There are around _____ hundred trees on Earth per person
- 9. Most of the Earth's breathable air comes from the _____
- 10. 20 _____ Americans participated in the first Earth Day celebration in 1970
- 11. The Great Pacific Garbage Patch is twice the size of this US state
- 12. An acre of mature trees can absorb as much _____ _____ as a car produces driving 26,000 miles

Down

- 1. This was created in direct response to the first Earth Day: Environmental _____ Agency
- 2. Earth Day was the brainchild of Gaylord Nelson, former Governor of _____
- 4. Rachel Carson wrote this book in 1962, which raised awareness for the environment: _____ Spring
- 5. This is the date for Earth Day: _____ 22
- 6. The Great _____ Reef is the only living structure that can be seen from space



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 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 17th Street
920-793-5596

Monday - Friday: 11:30 a.m.

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

BETTER NUTRITION. LESS FALLS.

STEPPING UP YOUR NUTRITION

This two-hour workshop will teach you how nutrition affects falls, why muscle matters, tips for getting enough protein and fluids, and easy steps to improve your health, concentration, and overall well being.

April 27 • Two Rivers Senior Center • 1:00 - 3:00 p.m.

May 21 • Kiel Community Center • 12:30 - 2:30 p.m.

Call 1-877-416-7083 to reserve your seat today!

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

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

- April 1** **Lakeshore Memory Café: 10:00 - 11:30 a.m. - Vintage Toys**
Manitowoc Public Library, Balkansky Room - 707 Quay St., Manitowoc. See pages 6 & 18 for details
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- April 2** **Caregiver Circle: 10:00 - 11:45 a.m.**
Manitowoc ADRC Office - 1701 Michigan Ave., Manitowoc. See page 2 for details
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- April 3** **Offices Closed for Spring Holiday**
-
- April 7** **Early-Stage Caregiver Support Group: 10:00 - 11:30 a.m.**
Manitowoc ADRC Office - 1701 Michigan Ave., Manitowoc. See page 19 for details
-
- April 9** **Stepping On: 12:30 - 2:30 p.m.**
Kiel Community Center - 510 3rd St., Kiel. 1st of 7 classes. Registration required. See page 2 for details
-
- April 10** **Tech Time with the ADRC: 9:45 - 11:45 a.m.**
Manitowoc-Two Rivers YMCA - 205 Maritime Dr., Manitowoc.
-
- April 15** **Men's Caregiver Support Group: 9:00 - 10:30 a.m.**
Manitowoc ADRC Office - 1701 Michigan Ave., Manitowoc. See page 19 for details
-
- April 16** **Family Caregiver Support Group: 2:00 - 3:30 p.m.**
Manitowoc ADRC Office - 1701 Michigan Ave., Manitowoc. See page 19 for details
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- April 21** **Virtual Dementia Tour: 1:30 - 3:30 p.m.**
Manitowoc ADRC Office - 1701 Michigan Ave., Manitowoc. Registration required. See page 6 for details
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- April 27** **Stepping Up Your Nutrition: 1:00 - 3:00 p.m.**
Two Rivers Senior Center - 1520 17th St., Two Rivers. Registration required. See page 9 for details
-
- May 4** **Dementia 101: 1:00 - 2:15 p.m.**
Manitowoc ADRC Office - 1701 Michigan Ave., Manitowoc. Registration required. See page 6 for details
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- May 5** **Early-Stage Caregiver Support Group: 10:00 - 11:30 a.m.**
Manitowoc ADRC Office - 1701 Michigan Ave., Manitowoc. See page 19 for details
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- May 6** **Lakeshore Memory Café: 10:00 - 11:30 a.m. - Butterfly Craft**
Manitowoc Public Library, Balkansky Room - 707 Quay St., Manitowoc. See pages 6 & 18 for details
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- May 11** **Dementia 201: 1:00 - 2:15 p.m.**
Manitowoc ADRC Office - 1701 Michigan Ave., Manitowoc. Registration required. See page 6 for details
-
- May 12** **Golden Gala: 3:00 - 6:00 p.m.**
Franciscan Center - 6751 Calumet Ave., Manitowoc. Registration required. See back page for details
-
- May 13** **Sip & Swipe: 1:00 - 3:00 p.m.**
Kiel Community Center - 510 3rd St., Kiel. First of two classes. Registration required. See page 2 for details
-
- May 20** **Men's Caregiver Support Group: 9:00 - 10:30 a.m.**
Manitowoc ADRC Office - 1701 Michigan Ave., Manitowoc. See page 19 for details
-
- May 21** **Stepping Up Your Nutrition: 1:00 - 3:00 p.m.**
Kiel Community Center - 510 3rd St., Kiel. Registration required. See page 9 for details
-
- May 21** **Family Caregiver Support Group: 2:00 - 3:30 p.m.**
Manitowoc ADRC Office - 1701 Michigan Ave., Manitowoc. See page 19 for details
-
- May 25** **Offices Closed for Memorial Day**

Being Healthy Isn't About Being Perfect

From Cathy Workman, UWGB Community Health Student

You don't have to make big changes all at once. Small efforts can help you stay active, confident, and in control, so you can keep living life your way. Start with one small healthy habit today!

Prevent Chronic Disease

- Eat home cooked meals
- Eat colorful fruits and vegetables

Helps prevent obesity, diabetes, and heart disease

Stay Active, Stay Well

- Take daily walks (10-30 minutes)
- Stretch or do gentle yoga before bed

Helps prevent weak muscles and stiff joints

Daily Habits for Better Sleep

- Turn off the TV and your phone one hour before bed
- Read or listen to calming music

Helps improve mood, energy, and immune health

Connection and Purpose

- Volunteer in ways that match your interests
- Share stories and family traditions

Helps prevent loneliness and memory loss

Infection Prevention

- Wash your hands before and after meals
- Brush and floss your teeth daily

Helps prevent sickness and dental issues

Healthy Mind, Healthy Life

- Be thankful - share with others
- Get outside and connect with nature

Helps reduce stress, anxiety, and sadness

Healthy Environment, Healthy Life

- Open windows for fresh air
- Use safer cleaning products

Helps prevent breathing issues and chemical exposure

What About My Pet?

By the GWAAR Legal Services Team

Pets often become more than companions, they become family. As a member of your family, you want to ensure they are taken care of if you are suddenly unable to care for or provide for them. Planning for their care in the event of an emergency is vital to ensure their safety.

Creating a written plan and identifying resources can ease the stress and anxiety surrounding these tough situations. There are many organizations that can help house, feed, and provide veterinarian care when you may be away from home or can't afford to provide care for your pet. Here are some things that you should consider when planning for emergencies.

1. Create an Emergency Pet Care Plan

Write out a plan that includes:

- Feeding instructions
- Medication schedules
- Veterinarian contact information
- Microchip details
- Behavioral notes
- Emergency contacts

Keep copies in visible places, like the refrigerator, and share them with those that are willing to help care for your pet.

2. Identify Temporary Caregivers

Name at least two emergency caregivers in case your first choice is unavailable. Consider:

- Family members
- Neighbors
- Friends
- Professional pet sitter
- Local organizations that help with temporary pet housing

Have a conversation ahead of time. Make sure they're willing and capable of stepping in or can get your pet to a safe place to be housed and cared for.

3. Prepare a "Go Bag" for Your Pet

Keep a small kit ready with:

- Several days of food

- Medications
- A leash or carrier
- Vaccination records
- Favorite toys or treats

There are several organizations in Wisconsin that are willing to help step in and care for your pet in emergencies. Do your research ahead of time and leave clear instructions for those that will be responsible for your pet's care and safety. Below are Wisconsin-based organizations that can provide help and resources.

Resources

- **WisCARES:** A service from the University of Wisconsin School of Veterinary Medicine. This program provides resource gathering assistance, pet fostering, pet food pantries, and many other resources at wiscares.wisc.edu/social-services/.
- **Wisconsin Animal Welfare Organization:** Offers vaccine clinics and pet food pantries at wihumane.org/petfoodpantry.
- **Community Paws of Wisconsin:** Has pet food pantries, offers veterinarian care, and offers pet fostering for those affected by domestic abuse. More information can be found at communitypaws.ngo/.
- **Wisconsin Community Vet Center and Milwaukee Area Domestic Animal Control Commission:** Partnered to provide low cost spay and neuter services at madacc.org/low-cost-veterinary-care-resources/.
- **Humane Society of Southern Wisconsin:** Provides the Better Together Program that offers assistance with pet needs, temporary housing, and vet care. More information can be found at petsgohome.org/better-together-program/.
- **HAWS:** Offers the Safe Keep Program that has temporary housing for emergencies. More information can be found at hawspets.org/safe-keep/.



OLDER AMERICANS MONTH



CHAMPION YOUR HEALTH: MAY 2026

Every May, the Administration for Community Living (ACL) leads the nation's observance of Older Americans Month, a time to recognize older Americans' contributions, highlight aging trends, and reaffirm our commitment to serving older adults.

The 2026 theme, **Champion Your Health**, focuses on prevention, wellness, and personal responsibility as cornerstones of healthy aging. It encourages taking an active

role in managing your own health, advocating for yourself, accessing preventive care, and making informed decisions that support independence.

The ADRC of the Lakeshore is proud to support older Americans in Kewaunee and Manitowoc County, and thrives on assisting them with making informed decisions that help them maintain their independence. Through our Older Americans Act (OAA) funding, we are able to provide nutrition services such as home delivered meals and congregate meal sites. We are also happy to offer different workshops throughout the year, such as Bingocize, Sip & Swipe, Stepping On, and Stepping Up Your Nutrition. All of these programs come together to help us give the older Americans in our communities a great place to come to learn about healthy aging and gives them the ability to start making their own informed decisions about their health.

This Older Americans Month, we encourage you all to start taking the steps to become your own advocate! Look for ways to become part of the discussion near you, and stay tuned for a local advocacy day coming in fall with the ADRC. We can't wait to continue serving you for many years to come!

Visit Our Website: www.adrcofthelakeshore.com | 13

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.

May is National Osteoporosis Awareness and Prevention Month. Let's learn how to support healthy and strong bones as we age!

Osteoporosis is a bone disease that occurs when the body loses too much bone, makes too little bone, or both. As a result, bones become weak and may break from a fall or, in serious cases, from sneezing or minor bumps.

About 54 million Americans have osteoporosis and low bone mass, placing them at increased risk for osteoporosis. Studies suggest that approximately one in two women and up to one in four men age 50 and older will break a bone due to osteoporosis.

There are many health problems and medications that increase the likelihood of osteoporosis. Talk to your doctor to see if you are at increased risk.

Foods that are rich in calcium, vitamin D, and other nutrients are important for your bone health and overall health. If you eat and drink three to four servings of milk, cheese, yogurt, or calcium-added orange juice and plant milks, you may be getting all the calcium you need in a day. If you're not getting enough calcium and vitamin D, supplements may be a way to get the calcium and vitamin D that you need. Talk with your doctor before starting a new supplement.

Good-For-Your-Bones Foods	
Food	Nutrient
Artichokes, broccoli, brussels sprouts, cabbage, Chinese cabbage, collard greens, dandelion greens, green peppers, kale, mustard greens, okra, potatoes, red peppers, spinach (contains oxalates - see below for more information), sweet potatoes, tomato products, turnip greens	Calcium, magnesium, potassium, Vitamin C, Vitamin K

More Tips for Eating for Good Bone Health

- **Beans (Legumes):** While beans contain calcium, magnesium, fiber, and other nutrients, they are also high in substances called phytates. Phytates interfere with your body's ability to absorb the calcium that is contained in beans. You can reduce the phytate level by soaking beans in water for several hours and then cooking them in fresh water.
- **Meat and Other High Protein Foods:** Many older adults do not get enough protein in their diets and this may be harmful to bones. However, special high protein diets that contain multiple servings of meat and protein with each meal can also cause the body to lose calcium. You can make up for this loss by getting enough calcium for your body's needs. For example, dairy products, although high in protein, also contain calcium that is important for healthy bones.
- **Salty Foods:** Eating foods that have a lot of salt (sodium) causes your body to lose calcium and can lead to bone loss. Try to limit the amount of processed foods, canned foods, and salt added to the foods you eat each day. To learn if a food is high in sodium, look at the Nutrition Facts label. If it lists 20% or more for the % Daily Value, it is high in sodium. Aim to get no more than 2,300 mg of sodium per day.

Good-For-Your-Bones Foods	
Food	Nutrient
Dairy products such as low-fat and non-fat milk, yogurt, & cheese	Calcium; some dairy products are fortified with Vitamin D
Canned sardines & salmon (with bones); Fatty fish such as salmon, mackerel, tuna, & sardines	Calcium & Vitamin D
Bananas, grapefruit, oranges, orange juice, papaya, pineapple, plantains, prunes, raisins, strawberries	Calcium, magnesium, potassium, Vitamin C, Vitamin K
Fortified foods: certain brands of juices, breakfast foods, soy milk, rice milk, cereals, snacks, & bread	Calcium & Vitamin D

- **Spinach and Other Foods with Oxalates:** Your body doesn't absorb calcium well from foods that are high in oxalates (oxalic acid) such as spinach. Other foods with oxalates are rhubarb, beet greens, and certain beans. These foods contain other healthy nutrients, but they just shouldn't be counted as sources of calcium.
- **Wheat Bran:** Like beans, wheat bran contains high levels of phytates which can prevent your body from absorbing calcium. However, unlike beans, 100% wheat bran is the only food that appears to reduce the absorption of calcium in other foods eaten at the same time. For example, when you have milk and 100% wheat bran cereal together, your body can absorb some, but not all, of the calcium from the milk. The wheat bran in other foods like breads is much less concentrated and not likely to have a noticeable impact on calcium absorption. If you take calcium supplements, you may want to take them two or more hours before or after eating 100% wheat bran.
- **Alcohol:** Drinking heavily can lead to bone loss. Be sure to limit alcohol consumption.
- **Caffeine:** Coffee, tea, and soft drinks (sodas) contain caffeine, which may decrease calcium absorption and contribute to bone loss. Choose these drinks in moderation.
- **Coffee/Tea:** Drinking more than three cups of coffee every day may interfere with calcium absorption and cause bone loss.
- **Soft Drinks:** Some studies suggest that colas, but not other soft drinks, are associated with bone loss, mainly due to the caffeine and phosphorous commonly found in colas.
- **Exercise:** There are two types of exercises that are important for building and maintaining bone density: weight-bearing and muscle-strengthening exercises. Weight-bearing exercises include jumping rope, jumping jacks, aerobics, jogging/running, hiking, dancing, stair climbing, tennis, brisk walking, elliptical training machines, and stair-step machines. Muscle-strengthening exercises include lifting weights, weight machines, elastic exercise bands, squats, lunges, and functional movements such as moving from sitting to standing or standing and rising up on your toes.

Source: <https://www.bonehealthandosteoporosis.org/>

Upcoming Events at the Library



- **April 9, 6:00 p.m.: Bloom & Zoom: Gardening for Hummingbirds with Manitowoc Master Gardeners**
 - Kathy & Michael Rock will help you learn how to create a sanctuary for hummingbirds in your own backyard through the use of perennial and annual plants, wildflowers, shrubs, trees, and hummingbird feeders.
- **April 11, 12:00 p.m.: “No Packers, No Life”**
 - This heartwarming documentary follows a passionate group of superfans in the heart of Tokyo. Producer Ty Morse will be on-hand to introduce the film and take part in a Q&A.
- **April 27, 1:00 p.m.: Free Blood Pressure Screening**
 - Froedtert Holy Family Memorial volunteer staff will conduct FREE blood pressure screenings. Recommendations will be given to all patients with out-of-range readings as well as prevention education. Participants will have the opportunity to confidentially track their readings and discuss with volunteer staff each month. Referrals will include Froedtert Health as well as Aurora and Lakeshore Community Health Center.
- **May 2, 9:00 a.m. - 1:00 p.m.: Comic Book Day 2026**
 - A celebration of comic books and comic strips! Dress as your favorite character, enjoy fun activities, and receive a free comic book.
- **May 15 & 16, 10:00 a.m. - 4:00 p.m.: Library Card Free Day at Manitowoc County Historical Society**
 - Guests can show their MCLS library card (Manitowoc, Lester, Brillion, Chilton, Kiel, & New Holstien) to tour the museum at no cost.

For more information about events, and to see even more programs, visit www.manitowoclibrary.org

ADRC on the Radio

The Breakfast Club: 8:15 a.m.



April 28 - Aging Advocacy Days

Wendy Hutterer

Director

Jessica Knippel

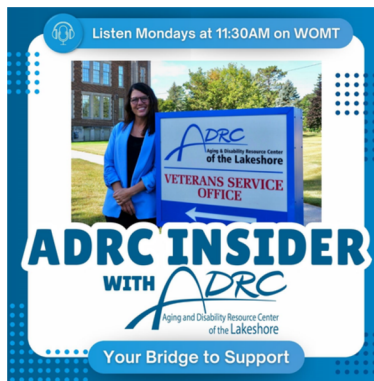
Elder Benefit Specialist

May 26 - Transportation

Linda Grider

Manitowoc Mobility Manager

ADRC Insider



Every Monday at 11:30 a.m.

WOMT, 1240 AM

Be My Guest: 9:30 a.m.



April 14 - Transportation

Linda Grider

Manitowoc Mobility Manager

Adam Miller

Business Services Manager

Strawberry Pretzel Bars



Ingredients:

- 6 oz strawberry Jell-O
- 2 cups boiling water
- 12 Tbsp unsalted butter
- $\frac{3}{4}$ cup granulated sugar, divided
- 2 cups crushed salted pretzels (about 4 cups whole pretzels)
- 8 oz package cream cheese, softened
- 8 oz cool whip, thawed in fridge
- 1 lb fresh strawberries, hulled and sliced

Directions:

1. Preheat oven to 350°F.
2. Combine strawberry Jell-O with 2 cups boiling water and stir until completely dissolved. Set aside to cool to room temperature.
3. Crush pretzels in a sturdy Ziploc bag, using a rolling pin.
4. In a medium saucepan, melt 12 Tbsp butter, then add $\frac{1}{4}$ cup sugar and stir. Mix in crushed pretzels. Transfer to a 9x13 glass casserole dish, pressing the pretzel mix evenly over the bottom of the dish, and bake for 10 minutes at 350°F, then cool to room temperature.
5. When pretzels have cooled, use an electric hand mixer to beat 8 oz cream cheese and $\frac{1}{2}$ cup sugar on medium/high speed until fluffy and white. Fold in 8 oz Cool Whip until no streaks of cream cheese remain. Spread mixture over cooled pretzels, spreading to the edges of the dish to create a tight seal. Refrigerate 30 minutes.
6. Hull and slice 1 lb of strawberries, then stir them into the room temperature Jell-O. Pour and spread the strawberry Jell-O mixture evenly over the cooled cream cheese layer and refrigerate until the Jell-O is set, approximately 2-4 hours.

Note: You can make the dessert ahead and cover with plastic wrap. Store in fridge for up to 3 days, but it is best within the first 24 hours.

This recipe is brought to you with much love from our Nutrition Program meal providers! Thank you to the Manitowoc Sherriff's Department nutrition services kitchen staff for all the hard work and care they put into each one of the Senior Nutrition Program's meals. If you would like to see our menus or are interested in the Senior Nutrition Program, please see page 9 or contact us at 1-877-416-7083.



Kim Robertson - Algoma Meal Site Manager

How long have you worked for the ADRC? Why have you chosen this career path? 5 $\frac{1}{2}$ years. I love doing anything to help my client and make a

difference in the county one person at a time.

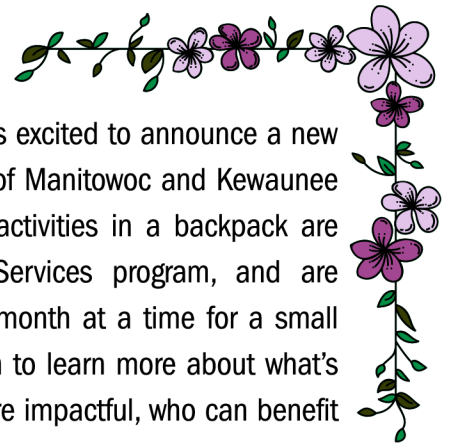
What is the best part of your job? Everything, but I truly love seeing them all smile and laugh.

What has been your most rewarding experience working with the ADRC of the Lakeshore? Seeing how we make a difference for people.





Now Offering Memory Kits!



The ADRC of the Lakeshore is excited to announce a new resource available to residents of Manitowoc and Kewaunee Counties: memory kits! These activities in a backpack are part of our Dementia Care Services program, and are available to check out for one month at a time for a small deposit fee of \$10.00. Read on to learn more about what's all included, why memory kits are impactful, who can benefit from them, and more!

A memory kit is a collection of items and activities to support and stimulate individuals with dementia or other cognitive impairments. The kits are developed around various themes that can provide personal connections to those using them, and can also inspire conversation and connection to those engaging with the items and their caregivers or other loved ones.

In the kits, you will find a diverse range of items and activities: a DVD; photo cards; a Busy Bottle and an I Spy card (pictured below); dry erase markers and laminated coloring sheets, word searches, and crossword puzzles; erasers; and a puzzle. All of these items are centralized around the theme of the bag, and we have many themes to choose from! Themes include handyman, homemaker, great outdoors, farm, patriotic, cat, dog, summer, spring, autumn, and winter.



Memory kits can be rented from the ADRC of the Lakeshore offices in Manitowoc and Kewaunee for one month at a time. You must have a \$10.00 cash deposit at the time of rental, which will be returned to you if the memory kit is returned in good condition with all of its components. To rent a memory kit, call the ADRC at 1-877-416-7083 or stop in at 1701 Michigan Avenue, Manitowoc to schedule an appointment with our Dementia Care Specialist (DCS). At your appointment, the DCS will walk you through the items in the bag, explain the benefits of the different activities, and schedule a day for you to return the memory kit.

If you have any questions or would like more information about memory kits, dementia and/or Alzheimer's disease, or how the ADRC can assist you, please reach out to our Dementia Care Specialist at 1-877-416-7083.

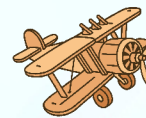
Lakeshore Memory Café

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

1st Wednesday of Every Month

10:00 - 11:30 a.m.

Manitowoc Public Library - Balkansky Room



**April 1st -
Vintage Toys**



**May 6th -
Butterfly Crafts**

ADRC of the Lakeshore Caregiver Support Groups

Early-Stage Caregiver Support Group:

1st 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.

Family Caregiver Support Group:

3rd Thursday of Each Month, 2:00 - 3:30 p.m.

This is an opportunity for caregivers to meet others, share their experiences, and gain support in providing care for their loved ones. Attend in-person or virtually.

Men's Caregiver Support Group:

3rd Wednesday of Each Month, 9:00 - 10:30 a.m.

This is a time for male caregivers to connect with and support other male caregivers.

All 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.



Medicare Coverage for In-Home Health Services

By the GWAAR Legal Services Team

Medicare covers part-time home health care when it's medically necessary, ordered by a doctor, and provided by a Medicare-certified home health agency. Skilled services such as skilled nursing care or physical therapy are covered but custodial care that helps with daily living activities is not covered if it is the only type of care you need. You also need to be considered "homebound," which means that leaving your home is difficult or not recommended because of your medical condition(s). These requirements are explained further below.

Skilled Services

Skilled care is nursing or therapy care that can only be safely and effectively performed by, or under the supervision of, professionals such as nurses or licensed therapists. Examples of skilled services include:

- Skilled nursing care such as wound care, intravenous medications, feeding tube care, injections, or monitoring of a serious illness or condition
- Physical therapy, occupational therapy, and speech-language pathology services
- Part-time or intermittent home health aide care such as help with bathing, grooming, and feeding but only if you're also getting skilled nursing care, physical therapy, speech-language pathology services, or

occupational therapy. Otherwise, Medicare does not cover these types of services when it's the only type of care you need.

These services must be needed on an intermittent basis or part-time. This means less than 8 hours each day and 28 hours or less each week. There is no maximum number of days covered, but payment and care needs are assessed every 30 days.

Homebound

If you're homebound, it means that you have trouble leaving your home without help or it requires a significant effort. It could also be that you're normally able to leave your home, but it isn't recommended due to your current illness or injury. This does not mean that you can never leave home like go to church or a doctor appointment, just that it is very difficult for you to do so. Your doctor will document this when they order the care.

Finally, you must make sure the home health agency is Medicare-certified. To find a home health agency, you can visit the Wisconsin Department of Health Services website at <https://www.dhs.wisconsin.gov/guide/home-health.htm>, and for more information on Medicare coverage of home health services, visit <https://www.medicare.gov/coverage/home-health-services>.

Offices Closed

April 3

for Spring Holiday



Offices Closed May 25

for Memorial Day



REDEEMABLE FOR FREE

MEMORY SCREENS

AT THE ADRC OF THE LAKESHORE!

What is a memory screen?

- Wellness tool used to help identify cognitive changes, particularly when done year-to-year
- Not a diagnostic test
- Simple assessment
- Early detection indicator

How to redeem this coupon:

- Call 1-877-416-7083 to schedule your memory screen appointment with our Dementia Care Specialist!
- Available by appointment Monday-Friday, 8:00 a.m. - 4:00 p.m.
 - In our Kewaunee Office on Wednesdays

Visit Our Website: 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! 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

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.***



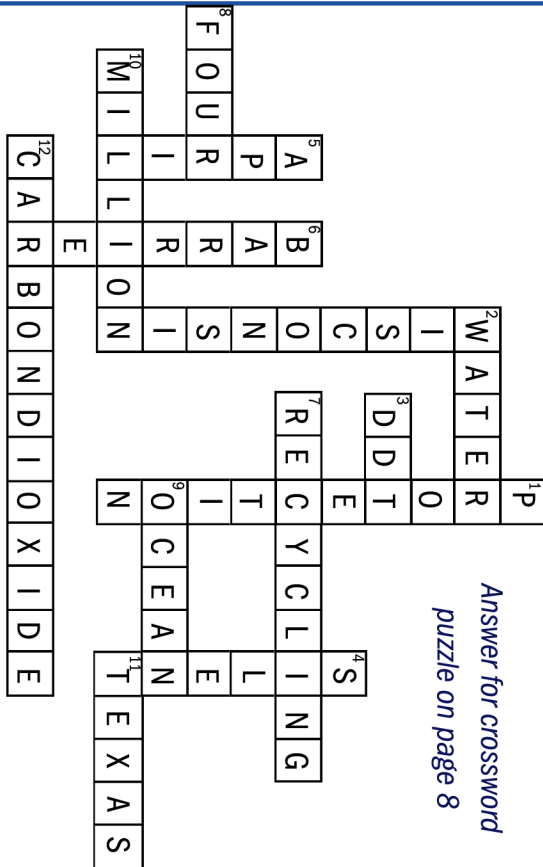
When you find all three, write your answers down, along with your name and phone number, and mail it to:

ADRC of the Lakeshore
c/o Tehya Krampfer
1701 Michigan Avenue
Manitowoc, WI 54220

Answers must be received by **April 30** to be considered. **One winner will be chosen at random.** Winner will be announced in the next newsletter and will receive a prize basket from the ADRC! *Prize basket must be picked up from the Manitowoc County ADRC office.*

Congratulations to February/March winner, Jane Dallmann!

Lighthouses for last issue were on pages 4, 6, and 9.



Answer for crossword puzzle on page 8

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@manitowoccountywi.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.



Your Bridge to Support

Hours:

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

Phone:

920-683-4180

1-877-416-7083

Fax:

920-683-2718

Email:

adrc@manitowocountywi.gov

Visit Us Online:

www.adrcofthelakeshore.com

ADRC Supervisors

Wendy Hutterer

ADRC Director

Lori Fure

Older Americans Act Program Manager

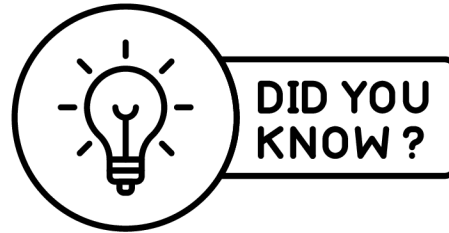
Melissa Konop

ADRC Program Manager

Adam Miller

Business Services Manager

The vision of the Aging and Disability Resource Center of the Lakeshore is to provide person-centered, individualized care to educate, support, and empower the aging and disability communities.



Full cost for each meal served to our Home Delivered Meal participants is \$12.00. A full week of meals for one of our participants could be covered for just \$60.00!

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: _____



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@manitowocountywi.gov to subscribe!

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

Follow us on Facebook and Instagram!

 www.facebook.com/adrcofthelakeshore

 www.instagram.com/adrcofthelakeshore



ADRC of the Lakeshore
1701 Michigan Ave
Manitowoc, WI 54220

PRESORTED
STANDARD
US POSTAGE
PAID
UMS

Label

You're Invited!

GOLDEN GALA

Tuesday, May 12, 2026

3:00-6:00 PM

Franciscan Center for Music Education and Performance

6751 Calumet Ave., Manitowoc

An elegant affair filled with dancing, live music, and refreshments for Manitowoc County residents aged 60+

Music by Bobby Rivers from 3:30 - 5:30 p.m.

*Reservations open March 2 - May 1
Call 1-877-416-7083*

Event limited to first 150 people

