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**Special Days In
September:**

- 2nd VJ-Day
(70th Anniversary)
5th Be Late for
Something Day
6th Read a Book Day
9th Teddy Bear Day
11th 9/11
Remembrance
13th Grandparents Day
16th American Legion
Day
21st World Gratitude Day
25th Comic Book Day
28th Good Neighbor Day

Seniors in TOUCH

"It Means So Much To Stay In Touch"

Judy Rickert: Don't Let the Bad Days Get You Down!

By Jean McShane
with Toni Becker

Sheboygan Falls resident Judy Rickert, is an active and caring "young" senior. Most of her days are filled with family, friends, fun activities and helping others. Some days are filled with pain.

Judy lived in north central Wisconsin for most of her life. She was born in LaCrosse, the fifth of eight children, and as a child moved to Spencer. There she lived with her family on a small farm and attended a one-room school house. Judy still keeps in touch with her Spencer High School graduation classmates. The mother of one of them was her teacher in the one-room schoolhouse. Life on the farm was hard, but after chores, Judy enjoyed playing baseball and other games with her cousins and neighborhood friends.

Judy's parents, a sister and two brothers have since passed away. Two other brothers now live in Alaska, and another brother lives in Washington. Her sister and brother-in-law live in Sheboygan Falls.

In 1965, at age 22, Judy moved to Alaska to join her family who moved there in 1963, where her father had gotten work in a pulp mill. Judy found work in restaurants as a waitress and cook. While waitressing, Judy met her future husband, Norman, though it wasn't "love at first sight" for Judy. As a regular customer at the restaurant, Norman lent Judy a helping hand by typing up the daily specials. "Don't I deserve a kiss for my help," (*cont. on p. 9*)



Always the Wisconsin Badger fan! Photo by: Chuck Meives

Sheboygan County Senior Dining Sites

Adell Senior Center

650 Siefert
Adell, WI 53001
Phone: 920-994-9934
Open: Monday thru Friday
Manager: Mary Kempf

Cascade Village Hall

301 1st Street
Cascade, WI 53011
Phone: 920-994-9934
Open: Mondays
Manager: Mary Kempf

Cedar Grove—First Reformed Church

237 South Main
Cedar Grove, WI 53013
Phone: 920-668-6863
Open: Mondays
Manager: Delores M. (volunteer)

Howards Grove Village Hall

913 South Wisconsin Drive
Howards Grove, WI 53083
Phone: 920-467-9042
Open: Tuesdays
Manager: Toni Becker

Oostburg Civic Center

213 North 8th Street
Oostburg, WI 53070
Phone: 920-564-5099
Open: Wednesdays
Manager: Joan (volunteer)

Plymouth—Generations Building

1500 Douglas Drive
Plymouth, WI 53073
Phone: 920-892-4821
Open: Monday thru Friday
Manager: Susan Wenzel

Sheboygan—Zion Covenant Church

1125 North 6th Street
Sheboygan, WI 53081
Phone: 920-207-2522
Open: Monday thru Friday
Manager: Darcy Vollrath

Sheboygan Falls

Aging and Disability Resource Center

650 Forest Avenue
Sheboygan Falls, WI 53085
Phone: 920-467-9042
Open: Monday thru Friday
Manager: Toni Becker

Platter Patter

The week of September 23 – 29 is Falls Prevention Awareness Week. Falls and injuries received from falling affect people of all ages and those who are famous and not so famous. Just a few months ago Jimmy Fallon, age 40, from the Tonight Show fell and almost lost a finger as a result of his fall. Former President George H.W. Bush (91) recently fell and broke a bone in his neck.

According to the Centers for Disease Control, 1 out of 3 older adults (those aged 65 or older) falls each year but less than half talk to their healthcare providers about it. Among older adults, falls are the leading cause of both fatal and nonfatal injuries. In 2013, 2.5 million nonfatal falls among older adults were treated in emergency departments and more than 734,000 of these patients were hospitalized. In 2013, the direct medical costs of falls, adjusted for inflation, were \$34 billion dollars. (<http://www.cdc.gov/homeandrecreationalsafety/falls/adultfalls.html>) In Sheboygan County, falls are a serious issue. From 2010 through 2012, Sheboygan County averaged 36 deaths per year more than the average for the whole state of Wisconsin.

The Aging and Disability Resource Center is organizing a “Falls Prevention Week,” with events planned at Aurora Sheboygan Memorial Center, St. Nicholas Hospital, Sheboygan Senior Activity Center, and the Generations Building in Plymouth. A flyer for the event is on p. 12, listing the days and times of the events. There will be a Durable Medical Equipment Fair at the Sheboygan Senior Activity Center and the Generations Building in Plymouth. There you will have an opportunity to see and test a variety of adaptive devices that can help prevent you from falling.

At the Aurora Sheboygan Medical Center, a physical therapist will demonstrate exercises that can strengthen your core and improve your balance. In addition, the therapist will provide some suggestions for making your environment safer.

At St. Nicholas Hospital, there will be an informational session outlining what happens after someone falls and is injured. It will take you through the ambulance ride, hospital stay, rehab, and discharge home. It's a journey no wants to take, if they can avoid.

Contact Us At:

Sheboygan County Senior Dining Program

Aging and Disability Resource Center
650 Forest Avenue

Sheboygan Falls, WI 53085

Phone: 920-467-4100

Email: adrc@sheboygancounty.com



Seniors In Touch is also online at:

<http://www.sheboygancounty.com/government/departments-f-q/health-and-human-services/aging-and-disability-resource-center/seniors-in-touch-newsletter>



Day Trippin'



In August, the Adell Senior Dining site took a day trip to visit Christopher Farms. Metro Connection provided the transportation, picking people up at the Adell Senior Center in the morning and returning in the afternoon. It was a beautiful day, that almost didn't happen. Some bees at Christopher Farms had escaped the hive and were buzzing around. They were rounded up and the trip went on as scheduled.

The seniors had a fantastic time and were escorted on their tour by Mr. Christopher himself. The gardens were beautiful and wonderfully designed. On the way home, the group stopped for an ice cream cone to top off the day. A good time was had by all!

Senior Meet and Eat

The Sheboygan AARP will meet on September 15, 2015, at Arabella's on South 8th Street in Sheboygan. The speaker is to be determined. Come and join us for a lively conversation.

You do not need to be a member of the Sheboygan AARP chapter to attend. For more information, call 467-6634.

Riddle Me This

All of my flowers except two are roses. All of my flowers except two are tulips. All of my flowers except two are daisies. How many flowers do I have?
(Answer on p. 10)



QUESTION of the MONTH

What school did you attend and what was your favorite subject?

asked at the *Cedar Grove Senior Dining Site*

Schwartz Rural School Reading -Marion P	Cedar Grove Elementary Reading -Margaret	Madison (west of Sheboygan Falls) Math -Lucile L
Oostburg Public Reading -Marilyn S	South Cedar Grove Reading --Elvira K	Hillcrest Arithmetic -Delores B
Bonnie View Grade School Reading -Gladys W	St. Rose of Lima, Fredonia Reading -Darlene	Cedar Grove Public Schools Art -Mariet S
Maple Grove Rural School Math -LaVern P	Cedar Grove Grade School Arithmetic -Bob	Maple Grove Math or Arithmetic -Shirley H
S. Milwaukee High School English -Gloria E	North Cedar Grove Spelling -Delores M	



Why Is Skipping Breakfast So Bad For Our Heart Health?

By Alice G. Walton

Skipping breakfast has pretty consistently been linked to health risks – high blood pressure, overweight, and an unhealthy assortment of blood-fats, among them. But what's interesting is that the health effects of skipping breakfast – even being overweight – don't seem to be the result of indulging in extra "make-up" meals throughout the day. So it's not about just the calories: There seems to be something else at play. The short answer may be that skipping the early meal keeps your body in the stressful state of fasting for longer, which can disrupt your metabolism in considerable and, apparently, life-threatening, ways.



The new study out of Harvard looked at the health records of nearly 27,000 men, all healthcare professionals 45-82 years old when the study began. The team looked for correlations in lifestyle choices – e.g., skipping breakfast – and health outcomes over a period of about 16 years.

Men who skipped breakfast were 27% more likely to experience heart attack or to die as the result of coronary heart disease. The men who skipped breakfast were more likely to be single, smokers, employed full-time, to drink more alcohol, were younger, and were less likely to be physically active than people who ate breakfast. Controlling for a slew of these and other risk factor for heart disease – like alcohol consumption, smoking history, body mass index, regular doctor visits, quality of diet, TV watching, activity level, and sleep habits – did reduce the link between skipping breakfast and heart disease, but didn't obliterate it. The number of times per day the men ate wasn't linked to heart risk.

As study author Leah Cahill tells me, the reason that skipping breakfast is linked to coronary heart disease is because it seems to give rise to a group of risk factors that collectively raise heart risk. "Prolonged fasting," she says, "leads to increases in diastolic and systolic blood pressure, blood concentrations of insulin, triglycerides, free fatty acids and LDL-cholesterol, and to decreases in blood concentrations of HDL-cholesterol." These are all the textbook risk factors for major heart trouble.

The question then is why skipping breakfast is linked to all of *these* issues. Cahill says that fasting is a stressful state for the body, so prolonging the fast by not eating when you wake up amplifies the stress. "As we sleep all night we are fasting, and so if we regularly do not 'break fast' in the morning, it puts a strain on our bodies that over time can lead to insulin resistance, hypercholesterolemia and blood pressure problems, which can then lead to heart disease."

(<http://www.forbes.com/sites/alicegwalton/2013/07/23/why-is-skipping-breakfast-so-bad-for-our-heart-health/>)

September is National Awareness Month For:

Atrial Fibrillation
Healthy Aging Month
Cholesterol Education Month
Prostate Cancer
World Alzheimer's Month

Fun with Fungi-- Mushrooms

- Mushrooms are fungi. Fungi are as uniquely different from plants as plants are from animals. In fact, fungi and animals are now in the same super-kingdom, *Opisthokonta*.
- Fungi recycle plants after they die and transform them into rich soil. If not for mushrooms and fungi, the Earth would be buried in several feet of debris and life on the planet would soon disappear.
- Some of the oldest living mushroom colonies are fairy rings growing around the famous Stonehenge ruins in England. The rings are so large that they can best be seen from airplanes.
- You can make beautiful colors by boiling wild mushrooms and dipping cloth in the resulting broth.
- Under the right conditions, some mushrooms' spores can sit dormant for decades or even a century, and still grow!
- The spores of mushrooms are made of chitin, the hardest naturally-made substance on Earth. Some scientists suspect that mushroom spores are capable of space travel; a few even believe that some fungi found on Earth originally came from outer space!
- Mushrooms are useful not only as food and medicine; some are also being used in bioremediation, to absorb and digest dangerous substances like oil, pesticides and industrial waste, in places where they threaten the environment.

(<http://www.fungi.com/blog/items/facts-about-mushrooms.html>)



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Preventing Falls with Exercise

by Annette Selk, R.N., Health Promotion Specialist
Sheboygan County Aging and Disability Resource Center

Recent news reports have made us aware again, of the dangers of falling. President George H. Bush's fall last month was serious enough to bring him to the hospital. His neck injury was treatable and, lucky for him, he was able to go home with a neck brace. Many are not so fortunate. Wisconsin's death rate from falls has been increasing in the elderly. Sheboygan County is near the top of this sad statistic with 37 deaths in 2012 from falls in those over the age of 65. The good news is that most falls are preventable and with care and a bit of determination, you do not have to be a statistic.

As we age there are physical changes that can contribute to falling. Our muscles gradually weaken, our balance may suffer, our eyesight fades, our bones become less dense and our reaction time slows. Think of when you were twenty. If you tripped, you most likely caught yourself and stayed upright. That is harder to do at age 80, but not impossible! By exercising our muscles and joints we can increase our reaction time and gain some strength back.

Multiple studies have shown that even modest exercise can be beneficial, especially for those who have not been active. An article in Preventing Chronic Disease* compared a group of people who took part in Enhance-Fitness and Silver Sneakers with those that did not exercise and found that there were less falls that required medical care in those that participated in these programs. Some were not regular participants but still saw a benefit. Both of these programs are available in Sheboygan County. Group activities are fun and keep us going when we don't feel like going. But you do not have to be part of an exercise group to reap the benefits. Working in your garden, doing housework, doing yard work, are all great forms of exercise. Exercise that has you moving in space is particularly good, like Tai Chi or dance. If you like to dance, get the record player going and find some good, safe shoes and...dance!

Regular exercise is the key to preventing falls and has other benefits. Fifteen minutes a day of moderate to vigorous exercise can lower your risk for heart disease, stroke and cancer. ** It can improve your mood and give you more energy. What is not to like? If you have not been exercising at all, start slow with reachable goals. "I will walk to the corner, around the house, mailbox, or up and down the driveway once a day." Make it measurable and mark it off on your calendar. If that goes well for 1-2 weeks, set another goal to increase your activity. Celebrate your success! Treat yourself to a long distance phone call to the grandkids, or buy some blueberries or something else you would not normally do. You will find yourself feeling good about yourself and hopefully seeing some results in your abilities and endurance.

One very changeable risk factor for falling is increasing weakness in your muscles. Commit to change your risk but starting to start or increase your exercise routine. You will be glad you did!

(*Participation in Older Adult Physical Activity Programs and Risk for Falls Requiring Medical Care, Washington State, 2005-2011. *Preventing Chronic Disease* 2015; 12(6):e90 ** Even a Little Exercise May Reduce Mortality in Elders. Laird Harrison; *Medscape.com* 8/4/15. Citing *Br J Sports Med.* 8/3/15)

Fraud Alert! Consumers Receiving Fraudulent Phone Messages

The Center for Medicare and Medicaid Services has recently been alerted about potential fraudulent activity in which consumers receive a phone call and/or phone message from someone who claims to be from the Marketplace. These calls come from the number 580-354-7056, and the caller requests personal information such as SSN, address, and phone number. The messages state that the Marketplace needs to update the consumer's application, and to do so they need the consumer's personal information. Please be aware that this phone number is not associated with the Marketplace or Healthcare.gov. Assistants should be aware of this fraud alert in case they are working with consumers who may have received this call.

Consumers can report suspected fraud by calling the Marketplace Call Center at 1-800-318-2596, their local, state, or federal law enforcement agencies, and/or their State Department of Insurance. Please visit www.ftc.gov/idtheft to learn more.

Atrial Fibrillation (or A-Fib)

by Mayo Clinic Staff

Atrial fibrillation is an irregular and often rapid heart rate that commonly causes poor blood flow to the body. During atrial fibrillation, the heart's two upper chambers (the atria) beat chaotically and irregularly — out of coordination with the two lower chambers (the ventricles) of the heart.

Atrial fibrillation symptoms often include heart palpitations, shortness of breath and weakness. Episodes of atrial fibrillation can come and go, or you may develop atrial fibrillation that doesn't go away and may require treatment. Although atrial fibrillation itself usually isn't life-threatening, it is a serious medical condition that sometimes requires emergency treatment. It can lead to complications.

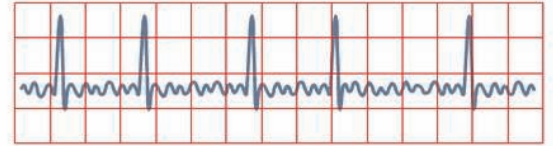
Atrial fibrillation may lead to blood clots forming in the heart that may circulate to other organs and lead to blocked blood flow (ischemia). Treatments for atrial fibrillation may include medications and other interventions to try to alter the heart's electrical system.

A heart in atrial fibrillation doesn't beat efficiently. It may not be able to pump enough blood out to your body with each heartbeat.

(<http://www.mayoclinic.org/diseases-conditions/atrial-fibrillation/basics/symptoms/con-20027014>)

ATRIAL FIBRILLATION

Impulses have chaotic, random pathways in atria



Baseline irregular, ventricular response irregular

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Health Highlights: September is Health Aging Month

By Matt McMillen

Reviewed by Laura J. Martine, MD

September is Healthy Aging month—follow these tips to stay at your peak! No matter what your age, you can stay at your personal best with these expert tips:

- Get moving: Exercise regularly to maintain a healthy body and brain.
- Stay social: Take a class, volunteer, play games, see old friends, and make new ones
- Bulk up: Eat beans and other high-fiber foods for digestive and heart health.
- Add some spice: Add herbs and spices to your meals if medications dull taste buds.
- Stay balanced: Practice yoga or tai chi to improve agility and prevent falls.
- Take a hike: Brisk, daily walks this September can bolster both your heart and lungs.
- Sleep well: Talk to sleep specialist if you don't sleep soundly through the night.
- Beat the blues: If aid your memory, make lists, follow routines, slow down, and organize.

WISE
&
Healthy Aging

(<http://www.webmd.com/healthy-aging/features/health-highlights-september-healthy-aging-month>)





Ask The Pharmacist

By Cammy Jorstad, Pharmacist, Sheboygan Health Mart Pharmacy



More Options for Cholesterol Control

There is more than one way to tackle the risk of high cholesterol.

Check it out. Without being tested, though, you can't be certain about your risk. Yes, you might be in good company being in the dark: For example, nearly half of Hispanics in the U.S. who have high blood pressure are unaware of it. But, no, ignorance is not bliss. If you have not had a recent cholesterol test, why not schedule one now? You can do it in honor of National Cholesterol Education Month. In the meantime, check out a few new findings about cholesterol control.

Fitness pays off. You probably already know that eating too much saturated fat, trans fat, and cholesterol can raise your cholesterol. Likewise, being overweight can lower your levels of "good" (HDL) cholesterol. But did you know that being inactive could literally be the "kiss of death?" Exercise can lower risks of high blood pressure, diabetes, obesity, and stress. Now, a long-term fitness study shows that fitness may delay normal age-related increases in cholesterol levels by up to 15 years! The study ran from 1970 to 2006 and included just over 11,400 men, aged 20 to 90. Although the study included only men, the researchers believe results would be similar for women.

Drugs tough on LDL. There's another new kid on the cholesterol-control block. The U.S. Food and Drug Administration (FDA) just approved alirocumab (Praluent)—the first in a new class of injected cholesterol-lowering drugs. The FDA approved Praluent for patients with heart disease and a history of heart attack or stroke and patients who have inherited a family condition causing high levels of "bad" (LDL) cholesterol. By the time you read this, the FDA may have approved another in this class—evolocumab (Repatha). These drugs work by blocking a protein in the liver that helps regulate LDL. They can cut levels of LDL by nearly 50 percent. Early short-term research shows they may also cut the risk of heart attack or death from heart disease in half. Longer clinical studies are needed to confirm the results of these early studies.

Another big wild card? Cost. This class of drugs is expensive to make. It could cost each patient as much as \$12,000 a year. Still, it's encouraging to have options for people who don't get the results they need with statins.

If you already take cholesterol-lowering medications, be sure to take them exactly as your doctor directs. As you well know, I can be your go-to person for any questions you may have.

(Nothing herein constitutes medical advice, diagnosis or treatment, or is a substitute for professional advice. You should always seek the advice of your physician or other medical professional if you have questions or concerns about a medical condition.)



Gentleman, Start Your Engines!

Steve and Kay Moths made a recent visit to the Howards Grove Senior Dining Site, from their home near Raleigh, North Carolina. They brought the 1964 Dodge 440 Hardtop car which they've drag raced throughout the United States for the last 6 years. They have been drag racing since 1982 with two separate cars.

Steve did most of the mechanical rebuild on this car, one of only two like it in the world—for which he received a "Best Car of the Event, Non-Conformist Award." "You don't make money drag racing," Steve said. "Kay and I do it because we love the sport, the travel and all the people we meet!" (Steve and Kay are the son and daughter-in-law of Howards Grove Senior Dining participants, Audrey and Carlos Moths.) *Photo by: Jerry Henschel*

(Judy Rickert, cont. from p. 1)

Norman teased Judy one day. "I don't kiss men with mustaches!" Judy retorted. That afternoon Norman returned to the restaurant without his mustache---and the rest is history. They married in 1969.

Judy and Norman moved to Oregon the day after their wedding, where Norman worked as office manager for the electric utility. They lived in the small town of Heppner, 45 miles from anywhere. Judy had 4 step children. The two surviving ones now live in Washington and Oregon. She also has 7 grandchildren and 7 great granddaughters.

When Norman died of cancer in 1984, Judy was only 41. "Yes, it was rough at first," she said. "But I had wonderful support from my family, friends and church family." Judy continued living in Oregon, working for a grocery store and as a custodian for the county. After Judy began having health problems, including the chronic pain of Fibromyalgia, it became increasingly difficult for her to remain alone in her large home.

"Fibromyalgia wears you out," Judy said. "It zaps your energy. You can sleep for eight hours, get up, do something for two hours, and then have to go right back to bed!" With Fibromyalgia, there are good days and bad days. Judy explains that a change in the weather, in the barometric pressure, usually results in bad pain: "Sometimes you feel so tender that you'd scream if someone touched you!"

Judy also deals with hereditary hearing loss. She has worn two hearing aids since age 28. Though the hearing aids work well, Judy still has some hearing difficulty. "Sometimes people get frustrated or even mad at me for not hearing them," Judy said. "And that can hurt, but they usually understand when I explain." Judy often reads lips, which she has done since she was a child."

Challenging health problems---definitely. "But right now there are more good days than bad ones, so I just ease up on the painful days, don't try to overdo and pace myself according to how I feel," Judy said. "If I want to do something and my body says, "No you're not," I listen to my body and remember that no matter how bad it gets, 'this too shall pass'."

In 2004, Judy decided to move back to Sheboygan Falls to be near part of her family. She called her sister and said, "Find me an apartment where I can have a dog and a cat." Judy's brother brought her back from Oregon and Judy settled in. "I now share that same apartment with a very spoiled cat," Judy chuckles.

Judy's family has a big reunion every year in Spencer "with 70-170 people attending," said Judy. They also have mini reunions at her uncle's apple orchard in Washington, which last for three days.

Judy is active in St Luke's Lutheran Church, in Sheboygan Falls. She plays Mahjong at the Falls Library every Tuesday. Judy attends the Falls Senior Dining Center and enjoys the meals, fellowship, Sheepshead games and programs; a favorite program is the easy-listening duo: Fred and Marlyn. She also volunteers at the Falls Dining Center, and is the Site treasurer. Falls Dining manager, Toni Becker, says: "Judy is such a good-natured, uplifting, fun person---the atmosphere always seems brighter when she's around!"

Quilting is another one of the ways Judy keeps connected with friends, family and community. Judy makes quilts with the Linus Project---quilts for children with cancer. She also makes quilts for her family, including her grandchildren and her many nieces and nephews. Her dining room table is covered with a quilt that she brought to a family reunion and had people sign. It is a beautiful reminder of the many relatives living and gone, who are such a large part of her life.



Judy, with her favorite musicians Fred and Marlyn. Photo by: Chuck Meives

2015 Walk to End Alzheimer's - Sheboygan County

Event Information:

Date: Saturday, September 12th
 Schedule: Registration at 8:30am | Ceremony at 9:40am | Walk at 10am
 Location: Sports Core
 950 Woodlake Road
 Kohler, WI 53044
 Route Length: 2.5 miles

Coordinator: Amanda Armstrong
 Phone: 414-479-8800
 Email: amarmstrong@alz.org



Food Celebrated In September:

Biscuits	Chicken
Honey	Mushrooms
Papaya	Potato
Rice	Whole Grains

Riddle Me This—Answer *(from p. 3)*

Three. One tulip, one rose, and one daisy.

The Joker's Corner



It was midnight when I noticed a man on his knees beneath the streetlight, obviously looking for something. Me: "What did you lose?" Man: "I lost my watch when I tripped." Me: "Where exactly did you trip?" Man: "About a block up the street." Me: "Then why are you looking here?" Man: "The lights better here."

~

Doctor to patient in a hospital bed: "Good news! Your insurance company says that you're feeling much better."

~

And Ole' says: My car is so old that when it caught fire last year, I had to pay the insurance company \$1,000.

~

A teacher asked her students to use the word "beans" in a sentence. "My father grows beans," said one girl. "My mother cooks beans," said a boy. A third student spoke up, "We are all human beans."

Easy Peasy Cheesy Hash Brown Potatoes—recipe from Jill Spielvogel, Sheboygan

Ingredients:

1 bag frozen hash brown potatoes (<i>do not defrost</i>)	½ stick margarine or butter, melted
1- 16 oz container sour cream	½ cup chopped onion
1 can condensed cream of chicken soup	2 cups shredded cheddar cheese
Salt, pepper, garlic powder or other spices to taste	



Preheat oven to 325°. Spray 9x13 baking dish with non-stick cooking spray. Mix all ingredients together in large bowl. Spread into prepared pan. Cover with foil. Bake for 45-60 minutes until potatoes are soft and cheese bubbles. **Substitutions:** can change to cream of mushroom soup, can change to other cheese variety, add cooked meat or bacon, if desired.



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Aging Gracefully...
“Take a STAND to Prevent FALLS”
Falls Prevention WEEK
September 21-25, 2015

Falls FACTS

Protect Yourself
& Loved Ones...

🍁 *One-third of Americans aged 65+ fall each year. Every 14 seconds, an older adult is treated in the emergency room for a fall.*

🍁 *Every 29 minutes, an older adult dies from a fall-related injury.*

🍁 *Sheboygan County has a high number of fall-related injuries ~ YOU can CHANGE this!*

FOR PLANNING PURPOSES:

If you plan to attend ANY of these programs Please RSVP to ADRC at 920-467-4100

🍁 **ALL PRE-Registrants will be eligible for DOOR PRIZES** 🍁

FREE Fall-Risk Screening at each Event



Monday, September 21, 2015 🍁 11:30 am–1:30 pm

Senior Activity Center of Sheboygan

428 Wisconsin Ave., Sheboygan

LUNCH AVAILABLE



Durable Medical Equipment (DME) Fair

Learn about the LATEST Equipment available

Adaptive Devices ~ Proper Usage & Safety Tips

DME Fair: Home Care Medical / HME Home Medical-Sheboygan
Aurora At Home / Glander Prescriptions Plus Pharmacy

Tuesday, September 22, 2015 🍁 1:00-3:00 pm

Aurora Sheboygan Memorial Medical Center

(Shoreline Conference Room)

2629 N 7th St, Sheboygan

SNACKS AVAILABLE



Physical Therapy Demonstration

Safe Falling & Injury Prevention

Wednesday, September 23, 2015 🍁 1:00-3:00 pm

Generations

1500 Douglas Dr., Plymouth

SNACKS AVAILABLE



Durable Medical Equipment (DME) Fair

Learn about the LATEST Equipment available

Adaptive Devices ~ Proper Usage & Safety Tips

DME Fair: Home Care Medical / HME Home Medical-Sheboygan
Aurora At Home / Glander Prescriptions Plus Pharmacy

Friday, September 25, 2015 🍁 1:00-3:00 pm

St. Nicholas Hospital

(Christopher Room)

3100 Superior Ave., Sheboygan

SNACKS AVAILABLE



Reality of Falling ~ Know the Risks!

Did You Know?

Honey is the only food that includes all the substances necessary to sustain life, including enzymes, vitamins, minerals, and water; and it's the only food that contains "pinocembrin", an antioxidant associated with improved brain functioning.

The honey bee's wings stroke incredibly fast, about 200 beats per second, thus making their famous, distinctive buzz. A honey bee can fly for up to six miles, and as fast as 15 miles per hour.

A hive of bees will fly 90,000 miles, the equivalent of three orbits around the earth to collect 1 kg of honey.

The average worker bee produces about 1/12th teaspoon of honey in her lifetime. (<http://www.benefits-of-honey.com/honey-bee-facts.html>)

Stepping On Workshop

When: Thursdays, Sept 24-Nov 5; 1-3pm

Where: Generations Building
1500 Douglas Dr.
Plymouth, WI 53073

Who to Call: 920-892-4821 to register.

A fall prevention workshop that puts you back in control:

- Simple and fun balance and strength training
- Role vision plays in keeping your balance
- How medication can contribute to falls
- Ways to stay safe when out and about in your community
- What to look for in safe footwear
- How to check your home for safety

Join a 2 hour workshop, held each week for 7 weeks. Suggested donation is \$10 for materials.

September 2015 Activity Calendar

CASCADE		CEDAR GROVE		HOWARDS GROVE		OOSTBURG	
				Tue 9/1	Medicare Savings Plans	Wed 9/2	Blood Pressure, Games, Foot Clinic
Mon 9/7	**CLOSED** <i>Happy Labor Day</i>	Mon 9/7	**CLOSED** <i>Happy Labor Day</i>	Tue 9/8	Mary Huenink, dietician	Wed 9/9	Trivia w/ Eric
Mon 9/14	Medicare Savings Plans	Mon 9/14	Falls Prevention	Tue 9/15	Live Music: Saddle Tramps	Wed 9/16	Falls Prevention
Mon 9/21	September Birthdays Party	Mon 9/21	Medicare Savings Plans	Tue 9/22	John & Jan's Card Bingo	Wed 9/23	Music & Games
Mon 9/28	Falls Prevention	Mon 9/28	Birthday Bingo	Tue 9/29	Falls Prevention	Wed 9/30	Birthday Bingo

Alzheimer's Disease
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September 2015 Activity Calendar

	ADELL	SHEBOYGAN	SHEBOYGAN FALLS
Tue 9/1	Word Games	Exercise w/ Progressive	John & Jan's Card Bingo
Wed 9/2	Board Games	Sunshine Bingo	Historic Sheboygan w/ Scott Lewandoske
Thur 9/3	Wellness Bingo w/ Hospice Advantage	Falls Prevention	Group Game
Fri 9/4	Word Games	Bingo	Quarter Bingo
Mon 9/7	** C L O S E D ** Happy Labor Day		
Tue 9/8	Fitness w/ Waterford Foot Clinic	Labor Day Party	Kiwanis Bingo
Wed 9/9	Board Games	Games w/ Morningside	Price is Right w/ Sheboygan Service Club
Thur 9/10	Falls Prevention	Take-away Bingo	Group Game
Fri 9/11	911 Remembrance	Bingo	John & Jan's Card Bingo
Mon 9/14	Word Games	Mary Huenink, dietician	Group Game
Tue 9/15	Falls Prevention	Are You Smarter Than a 5 th Grader?	Quarter Bingo
Wed 9/16	Board Games	Golf Dice	Russia Travelogue w/ Salkowskis' Foot Clinic
Thur 9/17	Blood Pressure; Candy Bar Bingo	Breakfast for the Brain	Group Game
Fri 9/18	Word Games	Bingo	Falls Prevention
Mon 9/21	Word Games	Golden Living Bingo	Group Game
Tue 9/22	Medicare Savings Plans	Horse Race Game	Kiwanis Bingo
Wed 9/23	Checkers Day	Sunshine Bingo	Sheboygan A's Baseball w/ Denny Moyer
Thur 9/24	September Birthdays Party	Snake Eyes	Group Game
Fri 9/25	Word Games	Bingo	Morningside Bingo
Mon 9/28	Word Games	Penny Toss	Group Game
Tue 9/29	September Birthdays Party	Accordion Club	Golden Living Bingo
Wed 9/30	Board Games	Sunshine Bingo	Medicare Savings Plans



Plymouth Menu & Activities

September 2015

MONDAY **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY**

	<p>1 Grilled Chicken Salad w/ Egg, Cheese, Broccoli, Carrot, Cucumber, Tomato Breadstick Cherry Pie Sing Along w/Laverne</p>	<p>2 Hot Turkey Sandwich w/ Gravy Tomato-Cucumber Salad Mashed Potatoes Apple Atrium Center Bingo</p>	<p>3 Spaghetti w/ Meat Sauce Tossed Salad Mandarin Oranges Garlic Bread Cookie Prevea Speaker</p>	<p>4 Turkey Loaf w/ Gravy Mashed Potatoes Carrots Pineapple Bread Nickel Bingo</p>
<p>7 HAPPY LABOR DAY Dining Site is Closed</p>	<p>8 Brat Pattie On Bun Condiments German Potato Salad Coleslaw Mandarin Oranges Boy's and Girl's Club</p>	<p>9 Liver & Onions Mashed Potatoes Mixed Vegetable Orange Dinner Roll Fred's Fitness Tips</p>	<p>10 Cheese Ravioli w/ Meat Sauce Tossed Salad Garlic Bread Strawberry Shortcake Golden Living Center</p>	<p>11 Taco Salad w/ Tomatoes, Cheese, Salsa, Sour Cream, Onion, Black Olive, and Taco Meat Apple Pie Plymouth Fire Dept.</p>
<p>14 Swiss Steak Baked Potato Corn Dinner Roll Peach Cobbler Keyboard w/Elinor</p>	<p>15 Ham & Cheese Quiche Hash Browns Asparagus Pears Bread Lakeshore Community Healthcare</p>	<p>16 Chicken Breast w/ Gravy Red Potato Banana Veggie Blend Bread Sheboygan Service Club</p>	<p>17 Mostaccioli w/ Sausage Cantaloupe Garlic Bread Cookie Walgreens Pharmacist</p>	<p>18 Meatloaf w/ Gravy Mashed Potatoes Cauliflower Watermelon Dinner Roll Home Care Health Service</p>
<p>21 BBQ Pork on Bun Watermelon Three Bean Salad Chocolate Pudding Hospice Advantage Bingo</p>	<p>22 Baked Fish Red Potato Peas & Carrots Pears Cookie Bethesda Bingo</p>	<p>23 Lasagna Tossed Salad Applesauce Garlic Bread Ice Cream Sharon Richardson Hospice</p>	<p>24 Turkey & Gravy Stuffing Green Beans Strawberries Jell-O Waterford Bingo</p>	<p>25 Country Style Ribs Glazed Carrots Baked Potato Jell-O With Pears Bread Word Games and Puzzle</p>
<p>28 Chicken Cordon Bleu Mixed Veggies Au Gratin Potato Jell-O with Pears Nickel Bingo</p>	<p>29 Chef Salad w/ Ham, Turkey, Cheese, Cucumber, Eggs, Broccoli, Tomato, Carrot Pineapple Breadstick Birthday Cake Birthday Party and Bingo</p>	<p>30 Country Fried Steak w/ Gravy Noodles Green Beans Tossed Salad Tropical Fruit Falls Prevention Bingo</p>	<p>Plymouth Senior Dining 1500 Douglas Drive Plymouth, WI Phone: 920-892-4821 Site Manager: Susan Wenzel</p>	



Senior Dining Menu

**September
2015**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Spaghetti w/ Meatballs Creamed Corn Cucumber & Tomato Salad Brownie	2 Chicken Breast w/ Gravy Wild Rice Capri Blend Veggies Peaches Wheat Bread Cookie	3 Polish Sausage on Bun Macaroni & Cheese Green Beans Mandarin Oranges Muffin	4 Turkey Bake Squash Fruit Cocktail Whipped Jell-O
7 HAPPY LABOR DAY! All Sites Are Closed	8 Brat on a Bun German Potato Salad Coleslaw Jell-O	9 Salisbury Steak Mashed Potatoes California Blend Wheat Bread Cookie	10 BBQ Rib on Bun Baked Beans Apricots Cherry Crisp	11 Cream of Chicken and Wild Rice Soup ½ Ham Sandwich Tossed Salad w/ Dressing Apple
14 Mostaccioli Buttered Corn Peaches Cookie	15 Chicken Stir Fry Over Rice Pineapple Pudding	16 Baked Ham Cheesy Potatoes Applesauce Bread Cherry Oatmeal Bar	17 Turkey Breast Stuffing Garden Salad w/ Dressing Peas and Carrots Pistachio Fluff	18 Cheeseburger on Bun American Potato Salad Baked Beans Jell-O with Fruit Cheeseburger Day
21 Chicken Pot Pie Tossed Salad w/ Dressing Apple Crisp Bread	22 Hamburger Stroganoff Buttered Noodles Country Blend Veggies Tropical Fruit Rice Crispy Bar	23 Turkey Tetrazzini Carrot Coins Pickled Beets Cookie	24 Homemade Meatloaf Mashed Potatoes Cucumber Salad Wheat Bread Jell-O	25 Tater Tot Casserole Green Beans Orange Wheat Bread
28 Shredded Pork on Bun Baby Red Potatoes Red Cabbage Spice Cake	29 Monterey Chicken Mashed Potatoes Summer Blend Veggies Bread Marble Cake	30 Lasagna Tossed Salad w/ Dressing Garlic Bread Jell-O Poke Cake		

“Just give me a comfortable couch, a dog, a good book, and a woman. Then if you can get the dog to go somewhere and read the book, I might have a little fun.” — *Groucho Marx*

“The secret of life is honesty and fair dealing. If you can fake that, you've got it made.” — *Groucho Marx*



**Sheboygan County
Senior Dining Program**