

HELLO May

ADRC Connection



May verb

1. Expressing possibility *May you have happiness.*

While the calendar declares April as the onset of spring, May is when we see nature truly bring it forth. Unlike any other month, May shares its name with a verb. Verbs are, of course, those words that express action. And for most of us, the onset of warmer weather compels us to take action. Spring cleaning, weddings, and vacation planning are commonplace.

It is also a great time to reflect on possibilities including planning for your future.

If you are getting close to retirement, how informed are you regarding your social security and medicare benefits? We have benefit specialists who can guide you through the process and help you make informed decisions based on unbiased and accurate information.

How well is your home equipped to adapt to your changing physical needs? We have knowledgeable information and assistance specialists who can lead you to services and products to make your life easier and your home safer.

How are you doing? We offer a variety of wellness programs to lead you to better health, decrease your risk of being injured in a fall, and provide support for caregivers.

We all know we get by with a little help from our friends! So make some new ones. The ADRC sponsors dining sites where you can enjoy lunch, participate in activities, and meet new people.

Call us at 920-467-4100 for more information on any of our programs. We are here for you.



Know us Before You Need Us

Senior Dining



Fellowship, Food & Fun

Now open for
inside dining.
Activity at 11
with lunch to
follow

Adell Area Community Center

510 Siefert, Adell WI 53001

Phone: 920-994-9934

Open: Tuesdays & Thursdays

Manager: Susan Wenzel

Sheboygan—Bethany Church

1315 Washington Avenue

Sheboygan, WI 53081

Phone: 920-207-2522

Open: Monday thru Friday

Manager: Darcy Vollrath

Howards Grove-Village Hall

Howards Grove, WI

Phone: 920-467-9042

Open: Tuesdays and Thursdays

Manager: Allison Brunette

Serving from 11—1pm:

(No activities)

Senior Dining Restaurant Model

Pic-a-Deli in Plymouth Generations

1500 Douglas Drive

920-892-4821 Extension 303

Open; Mondays, Wednesdays, and
Fridays

Manager: Susan Wenzel

Attend Aging Advocacy Day 2022 Online!

Are you interested in issues affecting older adults? Join members of the Wisconsin Aging Advocacy Network (WAAN) and others to help educate state legislators about priority issues impacting Wisconsin's aging population via this year's virtual training and one-to-one personal phone calls.

No experience is necessary. You'll get the training and support you need to hold effective meetings with state lawmakers in a 90-minute online training. Then put your training to use by placing a call to your State Senator and State Representative. You'll present WAAN's 2022 priorities and share related personal stories. Your experiences are important and help policymakers understand how specific policy issues and proposals impact older constituents and family caregivers.

Wisconsin Aging Advocacy Day 2022 Schedule

Wednesday, May 11th

1:00 p.m. — 2:30 p.m.: Advocacy training online (Zoom link will be sent prior to event)

2:30 p.m. — 4:00 p.m.: Make personal phone calls to your two state legislators

Your voice can make a difference!

Registration open March 18-April 29, 2022

Register by the April 29 deadline to ensure sufficient time for you to receive the training packets and information about your legislators in the mail.

Questions may be directed to: Janet Zander, Advocacy & Public Policy Coordinator, Greater WI Agency on Aging Resources, Inc.; (715) 677-6723 or janet.zander@gwaar.org.

Contact Us At:

Sheboygan County Aging and Disability Resource Center

650 Forest Avenue

Sheboygan Falls, WI 53085

Phone: 920-467-4100

Email: adrc@sheboygancounty.com



Save the Date

Wednesday, May 11th, 2022, 1:00 – 4:00 p.m.

Aging Advocacy Day

Wisconsin Aging Advocacy Network

This will be a virtual event. Stay tuned for more information!

Contact Mary Kempf at 920-467-4076 or email mary.kempf@sheboygancounty.com



#WisAgingAdvocacy2022

You are invited!

Join aging advocates virtually from across the state to celebrate our legislative successes and prepare to make issues impacting older adults and family caregivers a top priority for state legislators in 2022 and beyond.

More information coming soon!

This is **your** opportunity
to talk to lawmakers
about issues that matter
to **you!**

Contact Mary Kempf at
920-467-4100 for more
information



Some of these things are not like the others



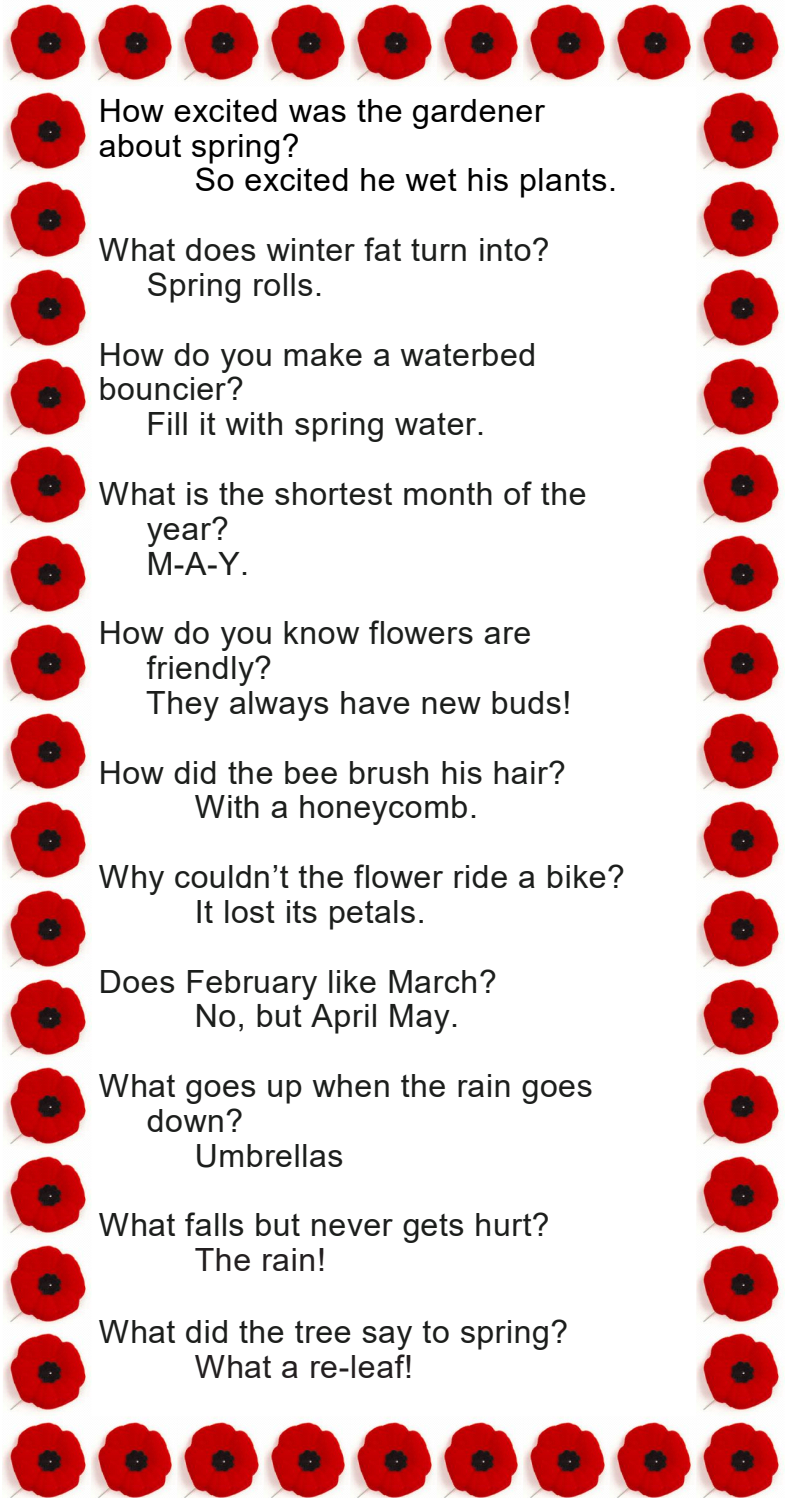
Laugh



May the 4th be with you!

Celebrate Star Wars Day—May 4th

SPRING IS IN THE AIR!



How excited was the gardener about spring?
So excited he wet his plants.

What does winter fat turn into?
Spring rolls.

How do you make a waterbed bouncer?
Fill it with spring water.

What is the shortest month of the year?
M-A-Y.

How do you know flowers are friendly?
They always have new buds!

How did the bee brush his hair?
With a honeycomb.

Why couldn't the flower ride a bike?
It lost its petals.

Does February like March?
No, but April May.

What goes up when the rain goes down?
Umbrellas

What falls but never gets hurt?
The rain!

What did the tree say to spring?
What a re-leaf!

ENIGMA™ CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. *Hint: "W" = "S"*

“WPLGMELGW ZG LYB CGYJR LPJG
QJPL Y LYR'W GJJPJW, MIYR QJPL
IEW XEJMGFW.”

— IGRJB ZYDWZPJMI CPRSQGCCPZ



Our transportation program is in urgent need of volunteer drivers. Many seniors are in need of rides to needed medical appointments including life saving medical treatments for chemotherapy and dialysis.

As a volunteer driver, the ADRC schedules rides based on your availability. Whether you have the time to provide one ride per month or twenty, we want to hear from you. We provide all necessary training and reimburse your mileage.

Do you have questions about home health care and how to afford it?

Contact the ADRC for the answers.



920 467-4100 ADRC@sheboygancounty.com



Build a Healthy Eating Routine as You Get Older



Good nutrition is key to staying healthy, active, and independent as you get older. And it's never too late to make healthy changes!

Follow these tips to build a healthy eating routine that works for you.

Choose a mix of healthy foods

There are lots of healthy choices in each food group! Choose a variety of foods you enjoy, including:



Whole fruits — like apples, berries, oranges, mangos, and bananas



Veggies — like broccoli, sweet potatoes, beets, okra, spinach, peppers, black beans, edamame, and jicama



Whole grains — like brown rice, millet, oatmeal, bulgur, whole-wheat bread, and pasta



Protein foods — like lean meats and chicken, eggs, seafood, beans and lentils, nuts and seeds, and tofu



Low-fat or fat-free dairy — like milk, yogurt, cheese, lactose-free dairy, and fortified soy beverages (soy milk) or soy yogurt



Oils — like vegetable oil, olive oil, and oils in foods like seafood, avocado, and nuts



Depending on your culture and tastes, you might choose different foods than the ones listed here — and that's okay! You can find healthy foods that work for you at [DietaryGuidelines.gov/sites/default/files/2020-12/DGA_2020-2025_CustomizingTheDietaryGuidelines.pdf](https://www.dietaryguidelines.gov/sites/default/files/2020-12/DGA_2020-2025_CustomizingTheDietaryGuidelines.pdf).



Q : would like to learn more about the best Nursing Home Facilities in the county as my father is in the hospital and they are suggesting nursing home care when he is discharged. Who can I call to find out which one is the best to place my father in?

A :Skilled nursing facilities provide long-term care for people who require assistance with their daily needs. Many also offer shorter rehabilitation services to return individuals to their highest level of functioning and independence. Others may offer respite care, hospice care, or specialized dementia units

The ADRC is the one stop shop for information and assistance. Unfortunately, the staff at the ADRC will not be able to suggest which one they consider the “best” because ADRC’s were developed with the mindset they are to be completely unbiased in all information given to customers. If you call the ADRC, you will be provided with a resource guide which includes a directory of all the nursing home facilities in Sheboygan. You may then tour them and find which one you feel your father will be most comfortable. Questions to ask include:

- Is a doctor visit required before admission?
- Are there activities and do I have to go?
- Can my friends or relatives visit?
- Am I still able to make my own decisions?
- Will I have privacy?
- Will I be able to afford it and, if not, where can I get assistance?

The Alzheimer’s Association of Southeastern Wisconsin sent a Memory Care survey to define the level of care for persons with dementia to all Assisted Living and Skilled Nursing facilities.

If you are seeking a residential placement for someone with Alzheimer’s Disease or other related dementia, you may find results from facilities that completed and returned the survey by contacting the Alzheimer’s Association at 1-800-272-3900.

Another way to learn which nursing home facility will suit your father’s needs best is to ask to see the nursing home’s state survey. Each nursing home is surveyed at least once a year by the State of Wisconsin Division of Quality Assurance and a report on the facility is made. This report is required to be posted for the public to view at the site.

Lastly, if you have access to a computer, the Division of Quality Assurance has information on each nursing home. You may find this information and much more on nursing homes on their website at <https://www.dhs.wisconsin.gov/guide/nursing-home.htm>. You may also call the state at 888-642-6552 to speak with someone directly.

**Connecting families
with real options.**

Find the aging and
disability resources
for you.

ADRC
Aging & Disability
Resource Center



Join Us

Dementia Caregiver Support Group



Build a support system with people who understand.

Alzheimer's Association® support groups, conducted by trained facilitators, are a safe place for family caregivers to:

- Develop a support system.
- Exchange practical information on challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.



Offered in partnership with:



Third Monday monthly

3:00-4:00 PM

Aging & Disability Resource Center

Room 105

650 Forest Avenue

Sheboygan Falls

Register by contacting Lisa Hurley:

920.467.4079

www.alz.org/wi
24/7 Helpline 800.272.3900
Hablamos Español 414.431.8811

alzheimer's  association®

Wisconsin Chapter

Medicare Minute Grievances, Complaints, and Beneficiary Resources

Things don't always go according to plan. When unforeseen challenges or mistakes occur, it is helpful to know where to voice your concerns and who can help.

1: Know how to file a grievance with a Medicare Advantage or Part D plan.

A grievance is a formal complaint that you file with your Medicare Advantage or Part D prescription drug plan. A grievance is not the same as an appeal, which is a request for your plan to cover a service or item that it has denied. You may wish to file a grievance if your plan has poor customer service, it takes too long to decide on an appeal, or it fails to deliver a promised refund. To file a grievance, send a letter to your plan's Grievance and Appeals department within 60 days of the event that led to the grievance. Visit your plan's website or call the plan for the address. You can also file a grievance over the phone, but keep a written record of the name of the person you spoke to and the date, time and outcome of the call. Your plan must investigate your grievance and get back to you within 30 days, or within 24 hours for urgent requests. You can check the status of your grievance by calling your plan or 1-800-MEDICARE. Your State Health Insurance Assistance Program can help you understand when and how to submit grievances.

2: Know how to file a complaint about a Medicare Advantage or Part D plan.

You can also file a complaint with Medicare if you have an issue with your plan that has not been resolved through the grievance process or if you want to alert Medicare about other issues with your plan. For example, if a plan is not responding to your grievance or appeals by Medicare's specified deadlines, you should call 1-800-MEDICARE to file a complaint. Your State Health Insurance Assistance Program can also help you submit complaints to Medicare.

3: Know how to file a complaint about the quality of care you receive.

If you have a concern about the quality of care you receive from a Medicare provider, your concern can be handled by the Beneficiary and Family Centered Care-Quality Improvement Organization, which is called QIO for short. The QIOs are made up of doctors and other health care experts who monitor and improve the care given to Medicare enrollees. Some situations about which you might file a quality-of-care complaint include medication mistakes, receiving the wrong care or treatment, and experiencing barriers to accessing care. There are two QIOs, Livanta and KEPRO. To find out which QIO serves your area and how to contact them, call 1-800-MEDICARE or visit www.qioprogam.org. You can file a complaint with the QIO over the phone or in writing.

4: Know what to do if you suspect a provider is committing Medicare fraud, errors, or abuse.

Medicare fraud occurs when someone knowingly deceives Medicare to receive payments they should not or receives higher payment than they should. Medicare abuse involves billing Medicare for services that are not covered or are not correctly coded when the provider has unintentionally misrepresented the facts to obtain payment. Medicare errors are honest mistakes related to the billing of a health care service or product. Watch out for fraud and abuse by keeping a calendar of all your medical appointments and comparing it with your Medicare statements and bills you receive from your providers. If something does not seem right—for example, your provider billed Medicare for an office visit on a day when you did not see them—you should first call your doctor or their billing office and let them know about the problem in case it was a mistake. If your doctor does not fix the error or if you suspect potential fraud or abuse, you can call your local Senior Medicare Patrol.

Take Action:

- 1. Call 1-800-MEDICARE** to learn the status of your plan grievance or file a complaint.
- 2. Call your Medicare Advantage or Part D plan** to learn how and where to submit plan grievances.
- 3. Contact the Beneficiary and Family Centered Care-Quality Improvement Organization (BFCC-QIO)** to file a complaint about the quality of care you receive. **1-888-524-9900**

Are you Ready to Retire?
Join your local benefit specialist, Mary Kempf,
for one of the following
Free & Unbiased Medicare 101 Classes



Wednesday, May 11 Cedar Grove Public Library
Wednesday, June 11 Oostburg Public Library
Wednesday, July 20 Kohler Public Library

All Sessions run from 3 to 5 pm

Limited space available. Reservation required. Masks are encouraged.
Call 920-467-4076 to register

Learn about resources available to Sheboygan County residents age 60+.

- ✓ Social Security Retirement Benefits
- ✓ Enrollment in Medicare
- ✓ Medicare Basics
- ✓ Your Coverage Choices
- ✓ SeniorCare
- ✓ Help for People with Limited Income
- ✓ Words of Caution



MY WAY CAFÉ

Dine in only – Available Mondays, Wednesdays, and Fridays
 at Generations in Plymouth
 920-892-4821 Ext. 303

Wraps and Sandwiches

- ❖ **Chicken Bacon Ranch:** lettuce, cheddar cheese, and ranch spread served on a semmel roll or a whole wheat wrap
- ❖ **Southwest Turkey:** lettuce, tomato, southwest mayo, and cheddar cheese served on a semmel roll or a whole wheat wrap

**choice of up to two sides--potato salad, coleslaw, steamed vegetables, or fruit*

From the Grill

- ❖ **Hamburger:** ketchup, mustard, pickles and onions
- ❖ **Cheeseburger:** ketchup, mustard, pickles, onions
- ❖ **Chicken strips:** BBQ or Ranch dipping sauce

**choice of up to two sides--potato salad, coleslaw, steamed vegetables, or fruit*

Lighter side

- ❖ **Soup of the day and ½ sandwich**

Ham, Turkey, Roast Beef, or Tuna (choice of cheddar or provolone cheese)
 Bread: Multigrain or White

Condiments: Mayonnaise, Italian Mayonnaise, Southwest Mayonnaise, Ranch Spread, Honey Mustard, 1000 Island, Italian, Horseradish Sauce

**choice of one side--potato salad, coleslaw, steamed vegetables, or fruit*



Daily Special Available only while supply lasts *unless reserved in advance

- ❖ See daily specials listed to the right

*Milk, water, and/or one cup of coffee included with any meal





No meal substitutions – Other items may be purchased through Pic-A-Dei!

Please be aware that our food may contain or come into contact with common allergens such as dairy, wheat, peanuts and shellfish. Consuming raw or undercooked foods may increase your risk of foodborne illness.

Monday	Wednesday	Friday
2 Chicken Ala King Biscuit Green Beans Apple Oatmeal Bar	4 Enchilada Bake w/ Refried Beans Mexican Corn Salsa and Chips Churo	6 Hot Ham and Cheese Broccoli Pasta Salad Banana Dessert
9 Swedish Meatballs Noodles Peas Tossed Salad Pineapple Chunks Pudding	11 Meatball Sub with Cheese and Marinara Sauce Italian Pasta Salad Apple Dessert	13 Brat German Potato Salad Baked Beans Coleสลaw Jell-O with fruit
16 Chicken Alfredo Noodles Peas & Carrots Applesauce French Bread	18 Tater Tot Casserole Corn Orange Wheat Bread Pudding	20 Club Sub Potato Salad Baked Beans Coleสลaw Jell-O with Fruit
23 Cheese Ravioli w/ Marinara Sauce Green Beans Bread Stick Pears Cookie	25 Chicken Pot Pie Diced Beets Orange Bread Pudding	27 Cheeseburger American Potato Salad Baked Beans Coleสลaw Jell-O w/ Fruit
Closed 30 	all things seem possible in 	

ACTIVITIES

11 – lunch service

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Sheboygan Fifty-One</p>	<p>3 Sheboygan Five Card</p> <p>Adell Word games</p> <p>Howards Grove Card BINGO (bring 10 dimes)</p>	<p>4 Sheboygan Spanish Bingo</p>	<p>5 Sheboygan Seven Eleven</p> <p>Adell Spring Jingo</p> <p>Howards Grove BINGO</p>	<p>6 Sheboygan</p> 
<p>9 Sheboygan Candy Dice</p>	<p>10 Sheboygan Flower Race Game</p> <p>Adell Word games</p> <p>Howards Grove Janeth – UW ext. Nutrition Education</p>	<p>11 Sheboygan Bean Bag</p>	<p>12 Sheboygan Keno</p> <p>Adell Spring Dice</p> <p>Howards Grove Build a Bug House</p>	<p>13 Sheboygan</p> 
<p>16 Sheboygan Nickel Bingo</p>	<p>17 Sheboygan Flower Dice</p> <p>Adell Word games</p> <p>Howards Grove Harvest Homes BIN- GO</p>	<p>18 Sheboygan Penny Toss</p>	<p>19 Sheboygan Sunshine Bingo</p> <p>Adell U.W nutrition education</p> <p>Howards Grove Card BINGO (bring 10 dimes)</p>	<p>20 Sheboygan</p> 
<p>23 Sheboygan Are You Smarter than a Fifth Grader</p>	<p>24 Sheboygan Food Wise with Janeth</p> <p>Adell Word games</p> <p>Howards Grove Fact or Crap</p>	<p>25 Sheboygan Golf Dice</p>	<p>26 Sheboygan Jingo</p> <p>Adell Birthday Bingo</p> <p>Howards Grove Wheel of Fortune with the Sheboygan Ser- vice Club</p>	<p>27 Sheboygan</p> 
<p>30 Closed Happy Memorial Day</p>	<p>31 Sheboygan</p> <p>Adell Word Games</p> <p>Howards Grove</p>			

Adell 920-994-9934 Tuesday and Thursday
Sheboygan 920-207-2522 Mon., Tues., Wed., Thurs., & Fri.
Howards Grove 920-467-9042 Tuesday and Thursday

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
2 Chicken Ala King Biscuit Green Beans Apple Cherry Oatmeal Bar	3 Beef Stew Stewed Tomatoes Corn Bread Ambrosia Fruit Fluff	4 Enchilada Bake Mex. Corn Salsa and Chips Churro	5 Chicken Breast (with bone) Mash Potatoes Key west Vegetables Garden Salad Dinner Roll Torte	6 Hot Ham & Cheese/ Bun Broccoli Pasta Salad Pickled Beets Banana Dessert
9 Swedish Meatballs Buttered Noodles Green Peas Tossed Salad w/ Dressing Pineapple Chunks Pudding	10 Swiss Steak or Liver Mashed Pot. Broccoli Wheat Bread Fruit Cocktail Cake	11 Meatball Sub with Cheese and Marinara Sauce Italian Pasta Salad Apple Lemon Bar	12 BBQ Chicken 2 pc. Cheesy Potatoes Country Blend Veggies Peaches Wheat Bread Cookie	13 Brat on a Bun With Pickles & Onions German Potato Salad Baked Beans Coleslaw Jell-O with Fruit
16 Chicken Alfredo Over a Bed of Noodles Buttered Carrot/ Peas Applesauce Mandarin Orange Fluff French Bread	17 Seasoned Chicken Mashed Potatoes/Gravy Brussel Sprouts Dinner Roll Peaches Cookie	18 Tator Tot Casserole Buttered Corn Orange Wheat Bread Pudding	19 Lasagna Tossed Salad w chick peas, Dressing Cauliflower Bread Stick Lemon Square Pie	20 Club Sub (ham, turkey, cheese, tomato, Leaf lettuce) Potato Salad Banana Brownie
23 Beef Ravioli with Marinara Sauce Cut Green Beans Bread Stick Pears Cookie	24 Meatloaf/Gravy Mashed Potatoes Capri Vegetables Banana Wheat Bread Pistachio Fluff	25 Chicken Pot Pie Diced Beets Orange Bread Pudding	26 Pork Roast Mashed Potatoes Broccoli Fruit Cocktail Confetti Cake Wheat Bread	27 Cheeseburger Lettuce & Tomato American Potato Salad Baked Beans Coleslaw Jell-O w/ fruit
30 Happy Memorial Day Remember And Honor	31 Sloppy Jo Pickle Spear Tater Tots Coleslaw Orange Cookie	<p>all things seem possible in</p> <p><i>May!</i></p> 