

July ADRC Connection

Special Days in July

- 1 International Joke Day
- 2 I Forgot Day
- 2 World UFO Day
- 5 Work-a-holic Day
- 10 Teddy Bear Picnic Day
- 11 Cheer up the Lonely Day
- 13 Fool's Paradise Day
- 15 Cow Appreciation Day
- 16 Fresh Spinach Day
- 19 National Raspberry Pie Day
- 20 Moon Day
- 22 Hammock Day
- 23 National Hot Dog Day

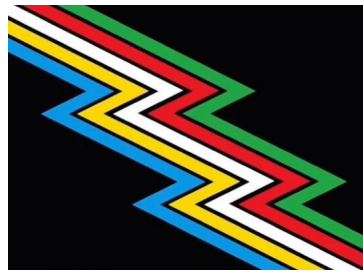


July is Disability Pride Month, but that can mean various things to different people. AmeriDisability describes Disability Pride as "accepting and honoring each person's uniqueness and seeing it as a natural and beautiful part of human diversity" and connects it to the larger movement for disability justice. The disability community is one of the largest minority populations in the United States. In Wisconsin, 9.6% of people between the ages of 21 to 64 years reported having a disability. That's approximately 360,000 people with a disability in the state. This makes it even more important that we understand the lived experiences of people with disabilities.

Laken Brooks says, "It's all about celebrating and reclaiming our visibility in public because people with disabilities have historically been pushed out of public spaces. Every public accommodation, every accessibility tool came because some disabled people fought to have their needs met."

Disability Pride continues to evolve, thanks to the hard work of disabled activists who have fought for representation and equity. Whether familiar with the disability justice movement or new to thinking about what it means, a great deal of work remains to ensure that the needs of the disability community are met equitably.

The symbolism for the flag are:



The Black Field: Mourning for those who've suffered and died from Ableist violence, and also rebellion.

The Zigzag Band: How disabled people must move around and past barriers.

The Five Colors: the variety of Disability, our needs and experiences (Mental Illness, Neurodiversity, Invisible and Undiagnosed Disabilities, Physical Disability, and Sensory Disabilities).

The Parallel Stripes: Solidarity within the Disability

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



Each pinwheel displayed in front of the ADRC represents one of the people impacted by the 390 reports of elder abuse investigated by Adult Protective Service Workers in 2021.

The WEAAD community collection of personal care items will be assembled into bags and distributed to seniors the week of July 11th. With your help, Sheboygan County's seniors can receive self-care items that they may not be able to afford due to hardship, abuse and/or neglect at the hands of others.

If you or anyone you know is being abused or neglected, please call the ADRC at 920-467-4100. All referrals are confidential. When you call the ADRC, the options counselor will ask you some questions including the name and address of the person you are concerned about. They will also ask what specifically you are reporting. Then the information is given to Adult Protective Services to investigate and provide assistance as needed. The APS worker will never reveal who reported the information and cannot report back to the person who initially called in the concern due to confidentiality.

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





Caring for someone with a chronic illness such as dementia, cancer, heart disease, Parkinson's disease or stroke can be physically, emotionally and financially exhausting.

Connect with Resources



Balance your Life

Take Care of Yourself

Powerful Tools FOR Caregivers

Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, or friend.

Participants will learn to:

- Reduce stress
- Improve self-confidence
- Better communicate feelings
- Increase their ability to make tough decisions
- Locate helpful resources.

Dates: WEDNESDAYS: July 31 & August 3, 10, 17, 24, 31, 2022
(6 weeks)

Times: 5:00 – 7:00 PM
Light Meal Served @ 5:00 PM

Location: UW-Madison Extension Sheboygan County
5 University Drive, Sheboygan WI

Cost: \$30.00 (cost of materials)

Brought to you by:



Register Today! Space is limited

920-467-4079

Lisa.Hurley@SheboyganCounty.com

Call (920) 467-4079 and mail check for \$30.00 payable to:

July/Aug. 2022

ADRC of Sheboygan County, 650 Forest Ave, Sheboygan Falls, WI 53085.

Check covers cost of materials.

Name: _____ Phone: _____

Address: _____

City, Zip: _____

Email: _____



Senior Farmers Market Nutrition Program:

The Senior Farmers Market Nutrition Program (SFMNP) offers low-income seniors an opportunity to purchase \$25 worth of fresh, locally grown fruits, vegetables, and herbs from certified farmers.

Income eligible seniors (see eligibility below) can apply on a first come, first serve basis at . SFMNP vouchers can be used June 1st-Oct. 31st at participating Farmers Markets and roadside stands in Wisconsin.

Applications and coupons are being distributed at Sheboygan County Senior Dining sites and at the ADRC. The process is quick, and all eligible participants will receive their packet of \$25 worth of coupons upon completion of the application.

The SCIO Farmers Market Accepts FoodShare

Bring your EBT card to the SCIO information booth and receive wooden tokens to spend at the Market. Use EBT tokens to buy: bread, eggs, meat, fish, dairy, honey, maple syrup, and preserves. In addition, receive up to \$15 in fresh produce vouchers through the generosity of St. Nicholas Hospital and the Double Your Bucks Program. Fresh produce vouchers can be used to buy fresh fruits, vegetables, and herbs.

SENIOR FARMERS' MARKET NUTRITION PROGRAM (SFMNP)

2022 Income Eligibility Table

| Effective: June 1, 2022 Based on 185% of the US DHSS 2022 Poverty Guidelines. | | | |
|--|----------|---------|---------|
| Use total gross income of ALL household members - before taxes and deductions - | | | |
| Household Size | Yearly | Monthly | Weekly |
| 1 | \$25,142 | \$2,096 | \$484 |
| 2 | \$33,874 | \$2,823 | \$652 |
| 3 | \$42,606 | \$3,551 | \$820 |
| 4 | \$51,338 | \$4,279 | \$988 |
| 5 | \$60,070 | \$5,006 | \$1,156 |
| 6 | \$68,802 | \$5,734 | \$1,324 |
| 7 | \$77,534 | \$6,462 | \$1,492 |
| 8 | \$86,266 | \$7,189 | \$1,659 |
| Each additional household member | \$8,732 | \$728 | \$168 |

This institution is an equal opportunity provider.



Which 2 items in the above picture will never show up at a Wisconsin market?



By shopping at your local Farmers Market you are:

- Supporting your local farmers
- Purchasing locally grown products
- Providing fresh, healthy food for your family

We make available fresh, native products directly from farmers to residents. It works to help local farmers remain vibrant, educate the community on healthy eating, and provide a social experience that helps build community.

Plymouth Summer Market

Dairy Queen parking lot
3101 Eastern Ave
Plymouth, WI
June 1—October
Thursdays noon-5pm

Sheboygan Summer Market

Fountain Park 8th St. and Erie
Sheboygan, WI
June-October
Saturdays 8am-1pm
Wednesdays 9am-1pm

IMPROVED for this year!

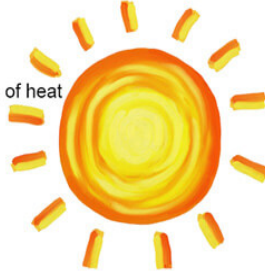
Market Fresh Bag Program

Sign up in advance, either online or at the information tent, to receive a bag of market fresh produce the following week. Customers will have the opportunity to use wooden tokens or fresh produce vouchers for payment when they sign up at the information tent. Each bag will contain seasonally available fresh produce, valued at \$20. Market Fresh Bags will be available every Saturday from 10:30-12:30 at the SCIO information tent, located near the fountain. Just look for the teal tent!

Place your order at least one week in advance. EBT customers will have the opportunity to purchase the Market Fresh Bag using wooden tokens and fresh produce vouchers at the information tent.

Why is heat so dangerous for seniors?

- Heart disease and other chronic medical conditions affect how the body responds to heat
- Some common prescription meds speed up the dehydrating effects of heat
- Older bodies may not adjust to temperature changes as well
- Seniors are less likely to leave their home or open their windows to seek relief from the heat



Why are older adults more prone to heat stress?

- Older adults do not adjust as well as young people to sudden changes in temperature.
- They are more likely to have a chronic medical condition that changes normal body responses to heat.
- They are more likely to take prescription medicines that affect the body's ability to control its temperature or sweat.

Stay cool, stay hydrated

- Stay in air-conditioned buildings as much as possible. If your home doesn't have air conditioning, contact your local health department or locate an air-conditioned shelter in your area.
- Do not rely on a fan as your main cooling source when it's really hot outside.
 - Drink more water than usual and **don't wait** until you're thirsty to drink.
- If your doctor limits the amount of fluids you drink or has you on water pills, ask them how much you should drink during hot weather.
- Don't use the stove or oven to cook—it will make you and your house hotter.
- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths to cool down.

Do not engage in very strenuous activities and get plenty of rest.

Heat Exhaustion

- Heavy sweating
- Weakness or fainting
- Cold, pale and clammy skin
- Rapid, weak pulse
- Nausea or vomiting
- Muscle cramps

- Get to an air conditioned place
- Drink water
- Take a cool shower

Heat Stroke

- No sweating
- Throbbing headache
- Hot, red, dry skin
- Rapid, strong pulse
- Nausea or vomiting
- May lose consciousness

- CALL 911
- Take immediate action to cool off

CookChildren's.

Heat stroke is a medical emergency that requires immediate action. Call 911 and take immediate action to cool off..



Photos by Pixabay.com

EAT WELL, CARE WELL.

TIPS FOR HEALTHY SKIN:

Taking care of yourself as a caregiver can be tough! The skin is the largest system of the body, let's discuss how to keep it healthy.

Exfoliating the skin can help rid of dirt and dead skin cells that build up over time. Try exfoliating once every week (depending on sensitivity of skin).

Do not forget to moisturize the skin. Moisturizing the skin helps hydrate the skin as well as keeping it look healthier and younger.

Many of the foods we intake can affect the way our skin looks, feels, and functions. Vitamin C is needed to provide structure to the skin, examples of foods with Vitamin C are red peppers, brussels sprouts, lemons, oranges, blueberries and grapefruit. These foods also have antioxidants that can help fight against cell damage and things that harm the skin. Many different foods can help the production of healthy skin.

WEEKLY CHALLENGES

CHOOSE LOW-FAT OR DAIRY FREE PRODUCTS

USE WHOLE GRAIN BREAD AND PASTA

ADD 1 FRUIT AND 1 VEGETABLE TO EACH MEAL

DRINK A GLASS OF WATER WITH EVERY MEAL

DID YOU KNOW?

Pumpkin seeds are high in zinc, which helps to regulate the activity of skin oil glands and helps wound healing!

Reasons Seniors Are Targets of Financial Scams



Declining health often makes them vulnerable



Feeling alone can lead to readily trusting others



They typically have a high net worth



Many have little skill with technology

Statistics show that an increasing number of seniors are falling victim to scams. Part of the problem is that scammers are highly adaptable and can mimic legitimate communications from romantic partners, tech support staff, and government employees. Those with savings, good credit scores, and a trusting nature often prove to be attractive targets for scammers.

There was a 47% increase in fraud and identity theft reports from 2019 to 2020 In 2001, there were 325,000 reports. By 2019, this number had risen to 3.24 million. However, the biggest one-year increase took place between 2019 and 2020 when that number rose to 4.7 million.

Seniors lost more than \$3 billion in 2020 to financial scams. an increase of nearly \$1.5 billion over 2019. As the world's population continues to age, this number is only likely to rise.

Fraud and identity theft make up the most common report types When it comes to fraud, imposter

scams are the most common report type. These totaled losses of almost \$1.2 billion. With over 400,000 reported cases, "Government documents or benefits fraud" was the most common type of identity theft.

The median loss is much higher for ages 70 and over Those aged 20–29 had an average loss of \$324 in 2020. For 60–69 year-olds, this number rose to \$426, while ages 70-79 suffered a median loss of \$635. However, it was ages 80 and upwards that were the worst affected. In this case, the median loss was \$1,300

Government Documents or Benefits Fraud are the most common identity theft type for ages 60 and over The most common identity theft type for persons aged 60 and over was government documents or benefits fraud. This percentage was highest among those aged 60–69.

Online shopping fraud is the most common way senior citizens lose money Online shopping surpassed tech support in 2019 as the top fraud type older consumers lose money to. This rise accelerated during the COVID-19 pandemic in which more people purchased online than ever. The reported average loss to online shopping fraud suffered by seniors is \$129.

Romance scams resulted in the heaviest losses for the over 60s For those aged 60 and over, the highest losses reported in 2019 were in the romance scam category. Indeed, losses totaled nearly \$84 million. This was followed by government imposter scams (\$61 million) and then the prizes, sweepstakes, and lottery category, which accounted for \$51 million in dollar losses.

Older adults report that scammers most commonly contact them over the phone The FTC reported that the phone was the top fraud contact method reported by the elderly. The second most common was online. By the second quarter of 2020, senior citizens were making more loss reports about online frauds than phone frauds for the first time.

Gift cards have become the payment method of choice for scammers Older adults most often reported paying fraudsters with gift cards and reload cards. Despite this, the over 60s sent far more money by wire transfer than any other method. The total amount paid by wire transfer was \$142 million with a median individual loss of \$6,000.

If you believe you have been the victim of fraud or identity theft, call the ADRC at 920.467.4100 and ask to speak to an Adult Protective Service Specialist.



Q : Last year, my father died unexpectedly from complications of Covid-19. Our family is struggling to pay off the funeral expenses. I've heard there might be some financial assistance available. If so, how might we apply?

A : In early April of 2021, the Federal Emergency Management Agency (FEMA) began accepting applications for funeral assistance related to COVID-19 fatalities. As of this month, funding continues to be available.

The FEMA funeral assistance program will pay up to \$9,000 for qualifying funeral expenses with the average payment standing at around \$6,500. There is no income eligibility limit to qualify for reimbursement and there is currently no deadline to apply for reimbursement, but applicants can expect to have to provide documentation to support the amount requested.

First, applicants are required to provide a death certificate that attributes the death directly or indirectly to COVID-19. That can be an obstacle due to inconsistencies in how causes of death are reported on death certificates. As an alternative, FEMA will also accept a letter from a coroner or medical examiner that identifies COVID-19 as a contributing factor.

Second, applicants will need to provide documentation of actual funeral costs, such as receipts or funeral home contracts that the expenses were incurred on or after January 20, 2020. Applicants will also need to be prepared to identify any burial assistance already received. Burial expenses that were pre-paid prior to January 20, 2020, are not eligible for reimbursement.

The only way to apply for FEMA funeral assistance is by telephone, so to apply call 844-684-6333 toll-free between 9 a.m. to 9 p.m. Eastern Time, Monday-Friday. FEMA representatives will take your application, and multilingual services are available. It will take about 20 minutes to apply, and you must provide:

- Your Social Security number and date of birth
- The Social Security number and date of birth of the person who died
- Your current mailing address and telephone number
- The address where the individual died
- If the person who died had burial or funeral insurance policies
- If you received other funeral assistance (such as donations, CARES Act grants, state/territory assistance, or assistance from voluntary organizations)
- If you want eligible funds delivered by direct deposit, the routing and account number of your checking or savings account.

AT-HOME COVID TESTING

When should I test?

- If you have symptoms and have access to an at-home test, use it immediately
- If you were exposed to someone with COVID-19, use an at-home test **AT LEAST 5** full days after your last exposure. If you test negative, you may want to test again 1-2 days later
- If you are testing before a gathering, test as close to the time of the event as possible



How do I do an at-home test?



- Follow the manufacturer's instructions exactly to collect your specimen and perform the test
- Wash your hands with soap and water for at least 20 seconds before testing
- If you do not test as directed, your results may not be accurate
- Check out the [CDC Self-Testing](#) webpage



How accurate are at-home tests?

- At-home tests are not as accurate as laboratory tests, which could lead to false results
- Results may be less reliable for people without symptoms
- Follow-up testing may be needed. Talk to your doctor or Public Health to determine if more testing is necessary

What if I test positive?

- Contact your doctor
- Report your positive test to Public Health by calling 920-459-0321 or filling out our [online form](#)
- Tell anyone who was in close contact with you beginning 2 days before your symptoms started (or 2 days before your positive test)
- Isolate for at least 5 days, whether you have symptoms or not
- Wear a well-fitted mask around others for an additional 5 days
- Watch for symptoms. If you have any emergency warning signs, seek emergency care immediately

What if I test negative?

- The test did not detect the virus, but does not rule out an infection
- Some at-home tests are designed to be used in a series. Consider testing again 1-2 days later
- Multiple negative tests increases the confidence that you are not infected with the virus that causes COVID-19
- If you feel sick **STAY HOME** even if your COVID test is negative!

Questions? Contact us!
920-459-0321
public.health@sheboygancounty.com

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



Wednesday, July 20 Kohler Public Library
Wednesday, August 17 Sheboygan Falls 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 |
|--|---|---|
| <p>11 Liver and Onions Or Hamburger Mashed Potatoes Mixed Vegetable Fruit</p> | <p>6 Taco Salad (Taco meat, sour cream, salsa,, and cheddar cheese) Fruit Dessert</p> | <p>8 Baked Cod Wild Rice Vegetables Coleslaw Applesauce Dessert</p> |
| <p>18 Salisbury Steak Mashed Potatoes and Gravy Key West Vegetable Blend Fruit Dessert</p> | <p>20 Hot Dog / Bun Macaroni & Cheese Green Peas Fruit Dessert</p> | <p>22 Chef Salad Ham , turkey, eggs, tomatoes, cheese, cucum- bers, chickpeas) Bread/ Fruit Dessert</p> |
| <p>25 Chicken Ala King Biscuit Mixed Veg. Fruit Dessert</p> | <p>27 Open Faced Tur- key Sandwich Mashed Potatoes Gravy Vegetables Fruit Dessert</p> | <p>29 BBQ Pork on a Bun Baked Beans Parsley Buttered Potatoes Carrots and Ranch Dressing</p> |

July



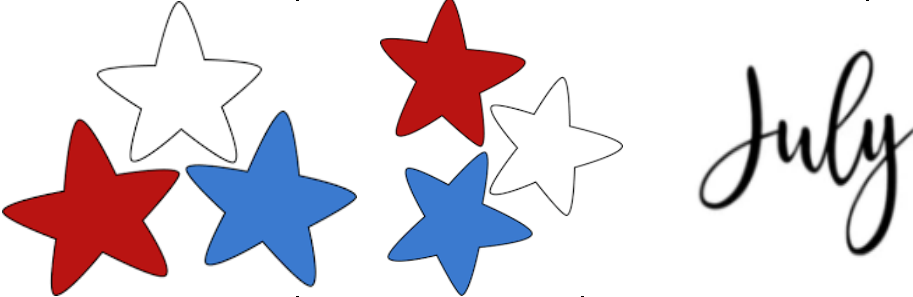

Closed

ACTIVITIES

11 – lunch service

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
| | | | | <p>1 Sheboygan</p>  |
| <p>4 All Sites CLOSED Happy Fourth of July!</p> | <p>5 Sheboygan Jingo Adell Word Games and Puzzles Howards Grove Card BINGO Bring 10 dimes</p> | <p>6 Sheboygan Penny Toss</p> | <p>7 Sheboygan Nickel Bingo Adell Kelly County Dietician and a Visit from your Librarian Howards Grove Wheel of Fortune</p> | <p>8 Sheboygan</p>  |
| <p>11 Sheboygan Horse Race Game</p> | <p>12 Sheboygan Tunes on Tuesday Jerry Eckert Adell Word Games and Puzzles Howards Grove Fact or Crap</p> | <p>13 Sheboygan Five Card</p> | <p>14 Sheboygan Manage Meds by Glander's Adell Fun on the Farm Bingo Howards Grove Card BINGO Bring 10 Dimes</p> | <p>15 Sheboygan</p>  |
| <p>18 Sheboygan Candy Dice</p> | <p>19 Sheboygan Golf Dice Adell Word Games and Puzzles Howards Grove Harvest Homes</p> | <p>20 Sheboygan Picnic Dice</p> | <p>21 Sheboygan Mental Health Awareness by Di-one Knop Adell Flag Dice Howards Grove BINGO</p> | <p>22 Sheboygan</p>  |
| <p>25 Sheboygan Fifty-one</p> | <p>26 Sheboygan Birthday Party & Accordion Club Adell Word Games and Puzzles Howards Grove Kelly Encinas Nutrition</p> | <p>27 Sheboygan Keno</p> | <p>28 Sheboygan Smarter than a 5th Grader Adell Price is Right Howards Grove Price is Right Sheboygan Service Club</p> | <p>29 Sheboygan</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> |
|--|--|---|---|--|
|  | | | | <p>1 Pork Loin w/ Onion Hot Desert Corn Fruit</p> |
|  <p>CLOSED</p> | <p>5 Chili Dog Winter Blend Carrots Fruit Desert</p> | <p>6 Shredded Turkey w/ gravy Sweet Potatoes California Blend Fruit Deseret</p> | <p>7 Smothered Chicken WG Pasta Green Peas Fruit Desert</p> | <p>8 Cheeseburger Roasted Red Potatoes Beets Fruit Desert</p> |
| <p>11 Hot Pineapple Chicken Smokey Baked Beans Garden Blend Fruit Desert</p> | <p>12 Stuffed Pepper Sweet Potatoes Winter Blend Fruit Desert</p> | <p>13 Ham Balls w/ Pine- apple WG Pasta Broccoli Fruit Desert</p> | <p>14 Tater Tot Casserole Carrots Corn Fruit Desert</p> | <p>15 Battered Cod Baby Potato Pancakes Green Beans Fruit Desert</p> |
| <p>18 Santa Fe Casserole Hot Fruit Broccoli Desert</p> | <p>19 Mushroom Baked Pork Chop Wild Rice Pilaf California Blend Fruit Desert</p> | <p>20 Chicken Stir Fry over White Rice Hot Dessert Carrots Fruit</p> | <p>21 Brat German Potato Salad Capri Blend Fruit Desert</p> | <p>22 Hawaiian Chicken WG Pasta Green Peas Bread Fruit</p> |
| <p>25 <i>This week's menu will be available at a later date at all sites or by calling your site manager for details</i></p> | <p>26</p> | <p>27</p> | <p>28</p> | <p>29</p> |