

ADRC Connection

August

Special Days in August
Admit You're Happy Month

3rd Watermelon Day

6th Wiggle Your Toes Day

8th Sneak Zucchini onto Your
Neighbor's Porch

9th Book Lover's Day

10th Lazy Day

11th Presidential Joke Day

12th Middle Child's Day

13th Left Hander's Day

15th Relaxation Day

16th Tell a Joke Day

17th Thrift Shop Day

18th Bad Poetry Day

19th National Honey Bee
Awareness Day

The Sheboygan County Nutrition Program has recently partnered with Fresh Meals on Wheels to provide the lunches served at our three congregate meal sites. Although reservations are now required a bit earlier (by 9 a.m. the business day before)

Meals continue to be planned and prepared under the supervision of a registered dietitian, provide one third of the recommended dietary allowance, meet the USDA's Dietary Guidelines for Americans and adhere to federal meal pattern requirements.

As a newly eligible senior, I was able to have my first meal in July. I am so glad I did! The stuffed pepper was amazing: fresh, flavorful, and filling. In an unprecedented event, I was unable to finish my desert even though it was delicious. I am certainly looking forward to more including a mushroom baked pork chop with wild rice.



Thanks to their large garden and green house, they are able to offer the best of what is fresh and in season. These home made meals are prepared daily and

served soon after.

There are many "new to us" dishes to try and I am sure you will discover some new favorites. I know I am.



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

Heat Exhaustion

vs.

Heat Stroke

Faint or dizzy

Excessive sweating

Rapid, weak pulse

Nausea or vomiting

Cool, pale, clammy skin

Muscle cramps

Throbbing headache

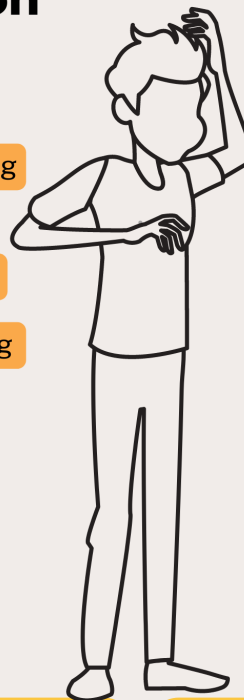
Confused, may lose consciousness

Rapid, strong pulse

Nausea or vomiting

Body temperature above 103°

Red, hot skin



Help the person get to a cooler, air conditioned place. Encourage them to drink water if they're fully conscious.



Call 911. Get the person cool rapidly by laying them in cool water or dousing them with it.

WHAT CAN YOU DO?



STAY COOL

- Find an air-conditioned shelter
- Avoid direct sunlight
- Wear lightweight, light-colored clothing
- Take cool showers or baths
- Do not rely on a fan as your primary cooling device



STAY HYDRATED

- Drink more water than usual
- Don't wait until you're thirsty to drink more fluids
- Avoid alcohol or liquids containing high amounts of sugar
- Remind others to drink enough water



STAY INFORMED

- Check local news for extreme heat alerts and safety tips
- Learn the symptoms of heat illness

Contact Us At:

Sheboygan County Aging and Disability Resource Center

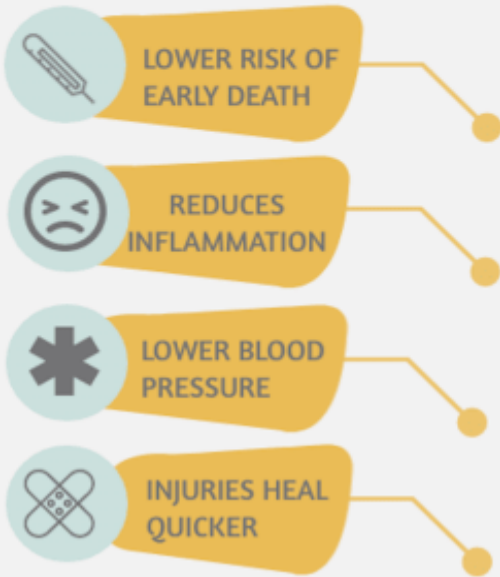
650 Forest Avenue
Sheboygan Falls, WI 53085
Phone: 920-467-4100

Email: adrc@sheboygancounty.com



PHYSICAL HEALTH BENEFITS

Spending time in nature has many health benefits including...



VITAMIN D



G.O.
Get
Out



Nature Scavenger Hunt - an Activity for all Ages

Looking for free, fun fitness for everyone? Try an outdoor scavenger hunt. All you need is the outdoors and a list of items to find. Provide paper bags for teams or individuals with the following check list written on or stapled to the bag.

- A beautiful rock.
- A pine cone.
- A stick.
- Something green.
- Something straight.
- Something smooth.
- Something round.
- Something rough.
- Something soft.
- Something fuzzy.
- Something green.
- Something brown.
- Two types of seeds.
- Two types of leaves.
- Two pieces of litter.





WISCONSIN



VOLUNTEER DRIVERS NEEDED

We hope that you share the importance of your volunteer driving and its benefits with others.

PURPOSE:

Provide transportation to certified users of the Sheboygan County Transportation Program.

QUALIFICATIONS:

- Valid driver's license
- Valid auto insurance
- Safe driving record
- Must pass background check
- Good communication skills and the ability to relate to seniors

BENEFITS:

- Sense of pride and accomplishment for helping Sheboygan County residents maintain their independence
- Gain new experiences and personal growth
- Give back to your community

CALL (920)467-4100 FOR MORE INFORMATION OR TO VOLUNTEER



Health Benefits of VOLUNTEERING



Volunteering reduces the body's stress and also releases endorphins (the brain's natural painkillers)*

95% of individuals feel good after volunteering*

Regular volunteers were 10 times more likely to be in good health than people who didn't volunteer*



said volunteering makes them feel happier**



said volunteering makes them feel healthier**



said volunteering makes them feel less stress**



said volunteering helps them sleep better**

Our program is in need of **YOUR** help

Call Traci Robinson at 920-467-4139 to learn more about how you can make a difference in our community.

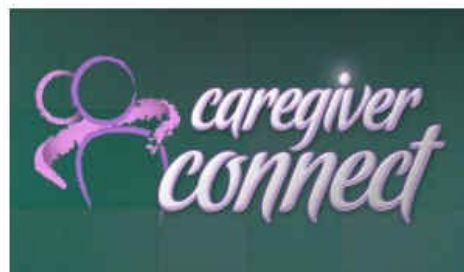
Help Sheboygan County residents maintain their independence.

Help a little or help a lot: we schedule around your availability.



**We need YOU to volunteer
To drive elders to
Medical appointments**





Community Education & Social Event

**Aging & Disability Resource Center (ADRC)
of Sheboygan County**

650 Forest Ave., Sheboygan Falls

2022

Join in with other family caregivers to learn practical tips on a variety of topics that will assist you to better meet the physical, emotional, financial and spiritual challenges of caregiving. Call the Family Caregivers Coalition in Sheboygan County c/o Aging & Disability Resource Center at 920-467-4100 for more information or to **make a reservation**.

Thursday, August 18, 2022

1 – 2:30 pm

**Aging & Disability Resource Center (ADRC)
of Sheboygan County
650 Forest Ave., Sheboygan Falls**

Managing Caregiver Stress

Identifying and Reducing Stress:

Four steps will be presented for effective stress management:

- (1) Identifying early warning signs,
- (2) Identifying personal sources of stress,
- (3) Accepting what you cannot change, and
- (4) Taking action.

Tools to reduce stress will be discussed. Participants will learn how to change negative self-talk – which increases stress and erodes confidence – to positive self-talk. Caregivers learn relaxation activities that are easy to incorporate into their daily lives.

Presenters: Jane Jensen, UW-Extension Madison & Lisa Hurley, ADRC of Sheboygan County

Upcoming Caregiver Connect Programs:

Thursday, October 20, 2022 @ 1pm ~ Taking Care of YOU!

Presenter: Connie Thimmig, Sharon S. Richardson Community Hospice



Call 920-467-4079 to register!

**NEW
EVENT!**

The Gathering Place

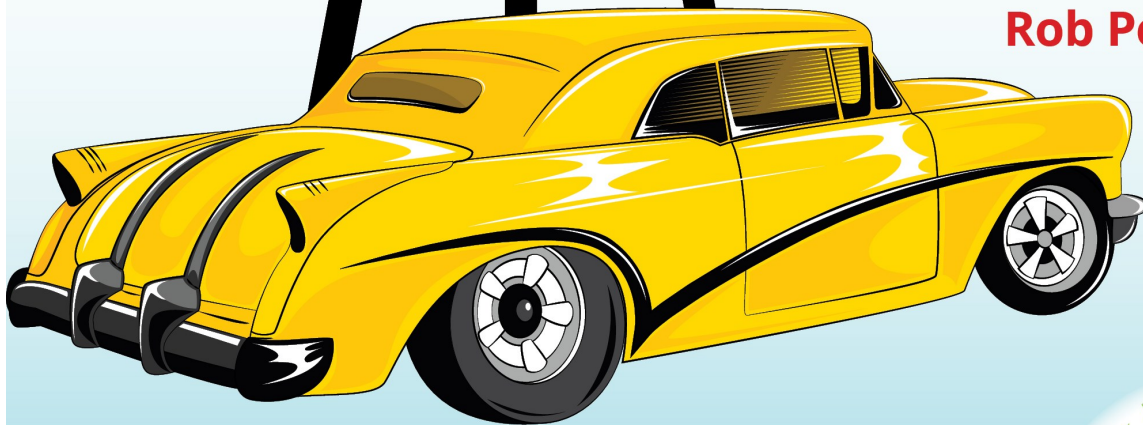
**BRAT FRY
+ CAR SHOW**

**TUESDAY, AUGUST 23
5 TO 7 P.M.**

*St. Paul's Lutheran Church
in the parking lot!*

*Grab a brat or
burger and
check out the
great cars !!*

*Stay awhile and enjoy
our Sock Hop DJ,
Rob Peterson*



ST. PAUL LUTHERAN CHURCH
730 County Road PPP • Sheboygan Falls

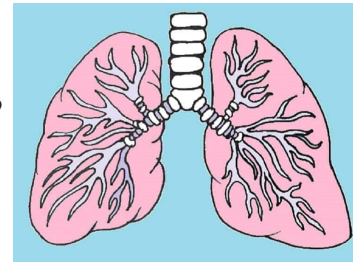
*All proceeds for this event will benefit The Gathering Place
and Memory Matters programming!*





DID YOU KNOW?

During sleep, mouth germs are frequently swallowed into the lungs and can cause pneumonia



Brushing your teeth lowers your chances of developing hospital acquired pneumonia by 40-60%

Brushing your teeth at least twice a day will keep you healthier and help you leave the hospital sooner by preventing pneumonia

Did you know that brushing your teeth can prevent many health problems including pneumonia?

Oral health is an important part of your overall health. In your own mouth you may have noticed that rough, fuzzy, or unclean feeling if you don't brush your teeth. This is from plaque – a sticky film that builds up on the surfaces of your teeth and contains billions of germs. The germs found in plaque feed on the sugar in foods you eat. Germs in your mouth can make your gums red, swollen, and infected. Germs can also cause tooth decay (cavities), gum disease, and even pneumonia. The germs in your mouth multiply five times every 24 hours and are frequently swallowed into your lungs during sleep. When you swallow these germs into your lungs, they can cause pneumonia. Regular tooth brushing lowers the number of germs in your mouth and the risk of developing pneumonia by 40-60%





Shanahan
"It's hot as - well, it's hot!"

How hot is it?

the cows are giving evaporated milk.
the chickens are laying hard-boiled eggs
I saw a dog chasing a cat; they were both walking
you realize that asphalt has a liquid state.
the birds have to use potholders to pull worms out of the ground.
the potatoes cook underground; and all you have to do for lunch is to pull one up and add butter



you start buying stock in Gatorade.
you start putting ice cubes in your water bed.
you can make instant sun tea.
the trees are whistling for dogs.
your car overheats before you drive it.
hot water now comes out of both taps.
you learn that a seat belt makes a pretty good branding iron.
the temperature drops below 95, you feel a bit chilly.



Can you
spot the
ballerina?

6 Tips for Eating Healthy on a Budget

Eating on a budget doesn't mean you have to sacrifice nutrition. You can enjoy nutritious foods without breaking the bank.

By following these six tips, you may be surprised at how much you can stretch your grocery budget.

#1: Plan Your Recipes

Planning ahead allows you to think about your food needs, tastes, and budget. If you know you have to stretch your money for the week, meal planning can really pay off.

- Adapt recipes to fit your needs
- Use recipes with common ingredients



#2: Shop with a List

Once you've planned your meals for the week, create a shopping list with the ingredients you need. This will make shopping easier, faster, and reduce the chance of buying extra ingredients. Remember to buy in bulk when able to further reduce cost.

#3: Buy Frozen or Canned

Frozen and canned options can be healthy alternatives to fresh produce. What's more, they cost less and last longer. When choosing canned options, it's best to select those that come in water or 100% juice, not syrup. Be sure to also read the label to avoid any added sugar or salt.

#4: Cut Cost with Coupons

Coupons are a great way to save on your grocery bill, especially if you have your shopping list planned out. You can clip coupons from the paper or search online for the latest deals.



#5: Buy Store Brands

Buying generic or store brand items can save you 20-30% on your food bill. Be sure to compare the ingredients list and nutrition facts panel to make sure you're not getting a product with added ingredients.

#6: Try Growing a Garden

If you can, growing your own fruits and vegetables is a great way to save money and have fresh produce at your fingertips. Even if you don't have a yard to grow a garden, many fruits, vegetables, and herbs can grow in pots on patios or balconies.

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



Wednesday, August 17 Sheboygan Falls Library 3-5 pm
Wednesday, September 13 Generations in Plymouth 5:30-7:30 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*

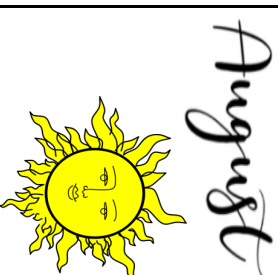
Daily Special Available only while supply lasts *unless reserved in advance

- ❖ 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!

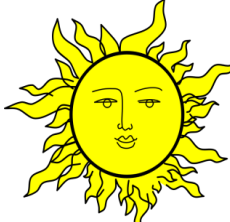
Please be aware that our food may contain or come into contact with common allergens such as dairy, wheat, peanuts and shellfish. Consuming raw or undercooked foods may increase your risk of foodborne illness.

Monday	Wednesday	Friday
1 Chicken Cordon Bleu Buttered Noodles Vegetable Fruit Dessert	3 Salisbury Steak Mashed Potatoes & Gravy Vegetables Fruit Dessert	5 Polish Dog Sauerkraut Tater Tots Fruit Dessert
8 Spaghetti and Meatballs Garden Salad Garlic Bread Dessert	10 Chicken Bacon Ranch Wrap	12 Club Sub Broccoli and Bacon Pasta Fruit Dessert
15 Liver or Hamburger Bacon Mashed Potatoes Vegetable Fruit Dessert	17 Swiss Steak Mashed potatoes Vegetables Fruit Dessert	19 BLT Cheese Sandwich Potato Salad Fruit Dessert
22 Taco Salad Fruit Dessert	24 Swedish Meatballs Buttered Noodles Vegetable Bread Stick Fruit	26 Baked Fish Potato Wedges Vegetable Fruit Dessert
29 Pork Schnitzel Scalloped Potatoes Vegetable Fruit Dessert	31 Baked Chicken Mashed Potatoes Vegetable Fruit Dessert	

ACTIVITIES August

Monday	Tuesday	Wednesday	Thursday	Friday
1 Sheboygan Bean Bag Toss	2 Sheboygan Timeline Adell Word Games and Puzzles Howards Grove BINGO	Sheboygan Right-Left-Center	4 Sheboygan Seven-Eleven Adell A Visit from your Librarian Howards Grove Wheel of Fortune	5 Sheboygan 
8 Sheboygan Penny Toss	9 Sheboygan Birthday Dice Adell Word Games and Puzzles Howards Grove CLOSED	10 Sheboygan Family Feud	11 Sheboygan Bear Race Game Adell Terra with Aurora Health Care Howards Grove Card BINGO (bring 10 dimes)	12 Sheboygan 
15 Sheboygan Five Card	16 Sheboygan JINGO Adell Word Games and Puzzles Howards Grove Family Feud	17 Sheboygan Fifty-one	18 Sheboygan Quarter Bingo Adell U.W Ext. Nu- trition Education Howards Grove Penny Game	19 Sheboygan 
22 Sheboygan Millionaire Game	23 Sheboygan Keno Adell Word Games and Puzzles Howards Grove Harvest Homes	24 Sheboygan Sunshine Bingo	25 Sheboygan Ryan Rabe- Care Patrol Adell The Price is Right Howards Grove The Price is Right	26 Sheboygan 
29 Sheboygan Golf Dice	30 Sheboygan Birthday Party- Music Adell Word Games and Puzzles Howards Grove Card BINGO (bring 10 dimes)	31 Sheboygan Price is right Light	11 – lunch service	

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Sloppy Joe	2 Ham with Pine-apple	3 Turkey Cutlet with Gravy	4 Meatballs with Gravy	5 Pork Loin with Chutney
8 Open Faced Tuna Melt	9 Salisbury Steak	10 BBQ Pork	11 Hot Ham and Cheddar	12 Herb Crusted Salmon
15 Pork Tenderette	16 Chicken Enchilada Bake	17 Asian Beef	18 Battered Cod	19 Single Brat
22 Roast Beef with Gravy	23 Cashew Chicken	24 Pizza Casserole	25 Boneless Pork Spare Rib	26 Lemon Pepper Tilapia
29 Sloppy Joe	30 Ham with Pineapple	31 Turkey Cutlet with Gravy	<i>August</i> 	


In addition to the main entrees listed above, all meals include a variety of sides including fruits, vegetables, breads, pastas, rice, potatoes, and deserts.

All of the meals provide 1/3 of the RDA (recommended daily allowance) and DRI (dietary reference intake) needed by aging adults. These meals must follow the dietary guidelines for older adults by providing a protein, vegetable, fruit, bread, milk, and dessert.

Call the site directly to reserve your lunch by 9:00 am the business day before. B

Senior Dining



Fellowship, Food  Fun