



ADRC Connection

September

Special Days in September

- 2nd Bacon Day
- 5th Read a Book Day
- 5th Be Late for Something Day
- 7th Salami Day
- 10th Swap Ideas Day
- 11th Day of Encouragement
- 14th Cream-Filled Donut Day
- 19th Butterscotch Pudding Day
- 22nd Elephant Appreciation Day
- 26th Johnny Appleseed Day
- 28th Good Neighbor Day

While you certainly know Wisconsin is #1 in NFL titles and you might know we have more dairy milk goats than any other state, did you know we also rank #1 in the nation with a very grim statistic: with over 1,600 deaths in 2019, Wisconsin is number one in falls related deaths.

From 2016-19 fall deaths for people age 65 and older in Wisconsin increased over 19.1%, more than double the national rate of 7.6% over the same time period. Wisconsin Department of Health Services statistics show that over 40,000 people age 65 and older went to the emergency room due to an unintentional fall injury, and more than 1,670 people died as a result of these injuries in 2019. Across the country, an older adult is treated in an emergency department for a fall every 11 seconds.

Those are sobering statistics. According to the Wisconsin Department of Health Services Office of Informatics: In Sheboygan County there were 2,346 emergency room visits, 413 hospital admissions, and 39 fatalities in 2018. We all know of either a family member, friend, co-worker, or co-worker's relative that has either fallen, been hospitalized because of the injuries received or, who has passed away as a result of complications of the injuries received in the fall.

Experts point out that while falls are common, they're not a normal part of aging. Falls can be prevented. 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.

This month, we are sponsoring free Falls Risk Assessments throughout the county: see the schedule inside and save the date. Knowing your risk can help you take action to prevent a fall injury and turn the tide on these statistics.



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

Menus available at each site

FALLS AWARENESS WEEK

19 – 25 September 2022



Falls Awareness Week
#thinkfalls #keepmoving

September is National Falls Prevention Month. Injuries sustained as the result of a fall are the leading cause of accident-related deaths for people age 65 and over. Falls are not a normal part of aging. They can be a symptom of medical conditions that people may be unaware they have.

According to the Wisconsin Department of Health Services Office of Informatics: In Sheboygan County there were 2,346 emergency room visits, 413 hospital admissions, and 39 fatalities in 2018. We all know of someone who has been hospitalized because of the injuries received, or as a result of the complications from, a fall.

Falls may not seem an obvious topic for a casual gathering of active older adults. But mention the subject, and it quickly takes center stage. For one person, it's the story of an older relative whose fear of falling keeps them homebound. For another, it's their worry about a spouse who won't admit that falling has become a problem. No matter the variety of personal experiences, however, everyone will agree: older adults don't want to become a fall-injury statistic.

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



FallsFree CheckUp

YOU CAN PREVENT A FALL

Sheboygan County Aging and Disability Resource Center	650 Forest Avenue Sheboygan Falls 920-467-4100	9/14 9-11 am	Free falls prevention risk screens. Walk Ins welcome at all locations.
Howards Grove Village Hall	913 S. Wisconsin Drive Howards Grove 920-467-9042	9/19 1-3	
Adell Area Community Center	510 Siefert Adell 920-994-9934	9/22 9-11	
Bethany Reformed Church	1315 Washington Ave. Sheboygan 920-207-2522	9/19 9:30-11:30	
Plymouth Generations	1500 Douglas Drive Plymouth 920-892-4821	9/21 12:30—2:30	



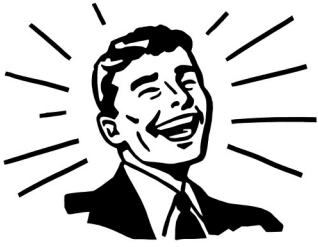
wihealthyaging.org

Safety Tip: Learn your risk and take steps to avoid a fall

Do you lose your balance? Are you worried about a fall?

If you're at risk, there are things you can do to improve your balance and strength and reduce your falls risk.

Falls Free
Wisconsin 
Wisconsin Institute for Healthy Aging



Dad Jokes

- What's the difference between a well-dressed man on a unicycle and a poorly-dressed man on a bicycle? Attire.
- I hate my job—all I do is crush cans all day. It's soda pressing.
- Where do pirates get their hooks? Second hand stores.
- Of all the inventions of the last 100 years, the dry erase board has to be the most remarkable.
- What do you call a beehive without an exit? Unbelievable.
- Did you know that the first french fries weren't cooked in France? They were cooked in Greece.
- It's easy to convince ladies not to eat Tide Pods, but harder to deter gents.
- I asked my date to meet me at the gym but she never showed up. I guess the two of us aren't going to work out.
- The difference between a numerator and a denominator is a short line. Only a fraction of people will understand this
- I found a wooden shoe in my toilet today. It was clogged.
- A panic stricken man explained to his doctor, "You have to help me, I think I'm shrinking." "Now settle down," the doctor calmly told him. "You'll just have to learn to be a little patient."

Get the Vaccines You Need With SeniorCare

It's easier than ever to stay healthy with SeniorCare. You can protect yourself by getting key vaccines with no out-of-pocket costs. Depending on any other coverage you have in addition to SeniorCare, you may need to get some vaccines at a pharmacy and others at your doctor's office. Refer to this handy chart for details, and check with your doctor or pharmacist if you have questions.



Vaccine	Medicare Part B or D Coverage	Primary Insurance Coverage	No Other Coverage
<ul style="list-style-type: none"> • COVID-19 • Flu • Pneumonia 	<p>These vaccines are covered by Medicare Part B. Original Medicare commonly covers these vaccines at 100% of the Medicare-approved amount. Check with your plan on where you can get these vaccines.</p> <p>If you have Medicare Part D, but not Medicare Part B, you will use your Part D coverage first, then SeniorCare will cover any copays or deductibles when these vaccines are given at a pharmacy.</p>	<p>If you have other primary insurance coverage (such as through a current or former employer or the VA), follow their guidance for getting vaccines at a doctor's office or pharmacy.</p>	<p>If you have no other coverage through Medicare Part B or D or primary insurance, vaccines will be covered by SeniorCare when you get them at a pharmacy.</p>
<ul style="list-style-type: none"> • Chickenpox • Hepatitis A • Meningitis • Shingles • Tdap 	<p>If you have Medicare Part D, you will use this coverage first for these vaccines, then SeniorCare will cover any copays or deductibles when these vaccines are given at a pharmacy.</p>	<p>If they cover vaccines at a pharmacy, use this coverage first. Then SeniorCare will cover any copays or deductibles.</p>	
<ul style="list-style-type: none"> • Hepatitis B 	<p>If you have Medicare Part B and meet Medicare criteria, use your Medicare part B for this vaccine. Original Medicare commonly covers this vaccine at 100% of the Medicare-approved amount. Check with your plan on where to get this vaccine.</p> <p>If you do not meet Medicare Part B criteria, get this vaccine at a pharmacy with your SeniorCare coverage.</p> <p>If you have Medicare Part D, you will use this coverage first, then SeniorCare will cover any copays or deductibles when these vaccines are given at a pharmacy.</p>		

If you have Medicare Part C, also called Medicare Advantage, follow your Medicare plan's guidance for how to receive a vaccine. SeniorCare will cover copays or deductibles for vaccines received at a pharmacy. If you only have Medicare Part A, refer to the No Other Coverage column.

Memory Screening

A Closer Look at Memory Changes

Are you noticing changes?

A **memory screen** is a wellness tool that helps identify possible changes in memory and cognition.

It creates a baseline of where a person is at so that future changes can be monitored.



Wednesday, September 28, 2022

10 am—12 Noon

(Confidential / Screening on First Come, First Serve Basis)

Generations

**1500 Douglas Drive
Plymouth, WI 53073**

It's **FREE** and takes only 10 minutes!

Screening administered by the staff of
the
ADRC of Sheboygan County



Get immediate results

Keep them for future comparison and/or share them with your physician / medical team.

Early detection is important

Just as blood pressure, cancer, diabetes, or stroke screening contribute to prevention and better treatments, so do memory screens.

Questions?

Contact the Aging & Disability Resource Center (ADRC) of Sheboygan County

920-467-4100

One in four people age 65 or older has a fall each year.



Don't be one of them!

Take a Stepping On Workshop!

Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. In just seven weeks, you'll learn:

- ▶ To identify and remove or avoid fall hazards both inside and outside your home
- ▶ How vision, hearing, medication, and footwear affect your risk of falling
- ▶ Strength and balance exercises you can adapt to your individual level
- ▶ To get back on your feet the right way if you do fall

wiha
Wisconsin Institute
for Healthy Aging
wihealthyaging.org

**Stepping
On**

**Stepping On has been
researched and proven to
reduce falls by 30%!**

Join Us for Stepping On!

Where: Adell Area Community Center

When: Wednesdays 2-4 pm

October 5th – November 16

To register: Contact Allison Brunette

920-467-9042

allison.brunette@sheboygancounty.com

Sponsored by Sheboygan County Aging
and Disability Resource Center



THE MEDICARE PLAN FINDER

Create an Account for a Personalized Medicare Plan Finder Experience and:

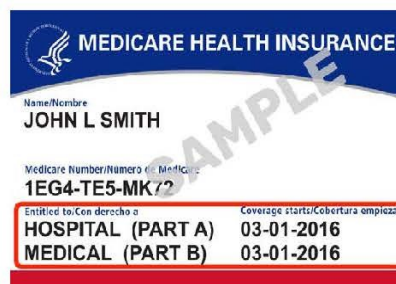
- Build a better drug list. The Plan Finder can make suggestions based on prescriptions you filled within the last 12 months.
- Modify your drug list and save changes.
- Compare benefits and costs in your current plan to other plans available in your area.
- See prices based on any help you get with drug costs.

Create your new account

If you want access to personalized information and features, you'll need to create an account. Visit [Medicare.gov/plan-compare](https://www.Medicare.gov/plan-compare) and click "Log in or create account."

Have the following information ready:

1. Medicare Number – You can find this on your red, white, and blue Medicare card. If you're new to Medicare and don't have your Medicare card yet, you can get your Medicare number on the letter you get from Social Security after you enroll.
2. Last name
3. Date of birth
4. Current address with ZIP code or city
5. Part A or Part B coverage start date (find on your Medicare card)



Once you add this information and select "Next," you can create a username and password and use your new Medicare account. You can write your username and a password hint below. Just remember to keep this sheet in a safe place to protect your privacy.

My Username:

My Password Hint:

Forgot your username or password?

If you have an existing account, but forgot the username or password, click "Trouble signing in?" under the Username box on the log in page. You'll need this information:

1. Medicare number
2. Last name
3. Date of birth

October 15, 2022 Open Enrollment begins

December 7, 2022 Open Enrollment ends

January 1, 2023 Coverage begins



USERNAME Creation Guidelines:

<u>DO:</u>	<u>DON'T:</u>
<ul style="list-style-type: none"> • 8-30 characters long with no spaces • Can include letters, numbers, and the following special characters: @, !, -, _ \$ • Include at least 4 letters • Use email address 	<ul style="list-style-type: none"> • Use your Medicare ID or SSN • Cannot be the same as your password • Don't use a special character as the first or last character of your username

PASSWORD Creation Guidelines:

- Must be 8 – 16 characters long
- Must contain at least one letter
- Must contain at least one number
- Must contain one or more special characters: @ ! \$ % ^ * ()
- Must be different from the previous six passwords
- Cannot contain your username
- Cannot contain your Medicare ID or SSN

Other TIPS:

- “Estimated yearly drug cost” provided does NOT include the monthly premium amount.
- If you have more than 40 prescriptions, you will need to contact 1-800-Medicare for assistance.
- List **current** prescription medications and pharmacy below. Attach additional page if necessary.

Pharmacy Preference (1) _____ (2) _____

<i>Drug Name</i>	<i>Dose Amount</i>	<i>How often Taken</i>
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

Where can you get help?
 1-800-633-4227 Medicare
 1-855-677-2783 Part D Helpline
 1-920-467-4100 Local ADRC

The Nutrition Benefits of Beans

Beans, lentils, and chickpeas are packed with nutrients that are important for maintaining a healthy diet that can reduce the risk of developing chronic diseases. Check out the nutritional benefits of adding beans to your next meal!

Protein

Proteins are the building blocks for many parts of our body including our organs, muscles, hair, nails, and skin. Beans are found in the MyPlate protein group and are classified as a plant-based protein. They contain a similar amount of protein per serving as other foods in the MyPlate protein group such as meat, poultry, and fish. People who limit the amount of meat, poultry, and fish they consume, such as vegetarians and vegans, may use beans as a major source of protein in their diet.



Fat

Beans are naturally low in fat and because they are a plant-based protein; they do not have any cholesterol or trans-fat. Fat provides more than double the amount of calories per gram than protein, so eating beans in place of other foods high in fat may help to reduce the amount of calories eaten overall.

Fiber

Fiber is found in all foods that come from plants, including beans, peas, and lentils. The body is not able to digest or absorb fiber in the same way as protein, carbohydrates, and fat. Fiber is found in two forms: soluble fiber and insoluble fiber. Soluble fiber breaks down in water to create a gel-like material that may help to lower cholesterol and blood glucose levels. Beans, oats, fruits, and vegetables all have soluble fiber. Insoluble fiber does not break down in water but instead promotes digestion by increasing the movement of "bulk waste" out of the body's digestive system. Insoluble fiber helps to reduce constipation and is found in beans as well as fruits, vegetables, nuts, and whole-grain products. Foods that are high in fiber, like beans, also make you feel full for a longer time.

Vitamins and Minerals

Beans are rich in many vitamins and minerals such as B vitamins, potassium, iron, and magnesium. B Vitamins such as folic acid, riboflavin, and Vitamin B6 are important for maintaining normal cell growth and energy production. Potassium helps maintain a healthy blood pressure and iron is necessary for carrying oxygen to the cells in your body. Magnesium is needed for many functions in the body and can help to regulate nerve function, blood sugar levels, and make protein, bone, and DNA.

Beans pack a powerful punch and are filled with nutrients that are important for maintaining proper growth and development. Reach for beans the next time you want to add a nutrient powerhouse to your next meal!



Developed by USDA Foods April 2020
Accessed August 2022

Evidence-Based Community Falls Prevention Programs: **Saving Lives, Saving Money**

The Challenge: Older Adult Falls in the U.S.

- **1 in 4 Americans** age 65+ fall each year
- **Every 11 seconds**, an older adult is treated in the emergency room for a fall
- **Every 19 minutes**, an older adult dies from a fall



Falls Are Common



Falls Are Costly

Falls are the leading cause of traumatic brain injuries and account for more than 95% of all hip fractures

- Each year, more than **\$50 billion** is spent on the direct medical costs related to fall injuries (78% paid by Medicare and Medicaid)
- This total cost is projected to increase to over **\$101 billion** by 2030
- Even **falls without injury** can cause fear of falling, leading to physical decline, depression, and social isolation

The Solution: Proven Evidence-Based Falls Prevention Programs



Sheepshead players needed at the Adell Area Community Center Thursdays 1:00-3:30.

No skills necessary: we will teach you

No reservations needed: just show up.

No money needed: it's just for fun.

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



Wednesday, 9/13 Are you ready to retire? Plymouth Intergenerational Center 5:30—7:30 pm

Wednesday, 9/13 Time to set up your Medicare Account Catholic Life Center 10-noon Library

October 11 5:30-7:30pm Plymouth High School are you ready to retire?

Limited space available. Reservations

Thursday, 9/14 Time to set up your Medicare account Cedar Grove **reservations 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



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-Deli

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
5 	7 Beef Stew (beef, potatoes, carrots, green beans, peas) Corn Bread Brownie	9 Meatloaf/ Gravy Mashed Potato Vegetable Fruit Dessert
12 Liver and Onions Bacon or Hamburger/ Bun Mashed Potatoes Vegetables Fruit Dessert	14 Seasoned Baked Chicken Au Gratin Potato Vegetables Dinner Roll Fruit	16 Spaghetti and Meatballs Vegetables Fruit Garlic Bread Dessert
19 Hot Beef Sandwich Mashed Potatoes Vegetables Fruit Dessert	21 Lasagna Tossed Salad, Dressing Cauliflower Bread Stick Dessert	23 BBQ Pork on a Bun Baked Beans Parsley Buttered Red Potatoes Coleslaw Dessert
26 Chicken Salad Croissant (contains nuts) Tossed Salad and Dressing Banana Dessert	28 Roast Pork loin Baked Potato Vegetables Fruit Dessert	30 Swedish Meatballs Cheesy Potatoes Vegetables Fruit Dessert

ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<h1>September</h1>			1 Sheboygan Take Away Adell A visit from your librarian Howards Grove Card BINGO	2 Sheboygan 
5 Closed	6 Sheboygan Candy Dice Adell Howards Grove Harvest Homes BINGO	7 Sheboygan Race Game	8 Sheboygan Traci's Stock Box Adell Labor Day Bingo Howards Grove Penny Game	9 Sheboygan 
12 Sheboygan Time Line	13 Sheboygan Tunes on Tuesday Jerry Eckert Adell Howards Grove Nutrition with Janeth UWX	14 Sheboygan Penny Toss	15 Sheboygan School Dice Adell Janeth U.W Ext. Nutritionist Howards Grove Closed	16 Sheboygan 
19 Sheboygan Janeth-FoodWise and 9:30 – 11:30 Falls Risk Screening Howards Grove 1-3 Falls Risk Screening	20 Sheboygan Fifty-one Adell Howards Grove Falls Prevention	21 Sheboygan Falls Prevention by Allison Plymouth Genera- tions 12:30 – 2:30 Falls Risk Screenings	22 Sheboygan Jingo Adell Fall Preven- tion 9-11 Falls Risk Screening Howards Grove BINGO	23 Sheboygan 
26 Sheboygan Nickel Bingo	27 Sheboygan Birthday Party w/ music by The Ac- cordion Club Adell Howards Grove StockBox w/ Traci	28 Sheboygan Are You Smarter Than a Fifth Grad- er?	29 Sheboygan Keno Adell The Price is Right Howards Grove Price is Right with Sheboygan Service Club	30 Sheboygan 

JOIN US IN THE FIGHT.

Alzheimer's isn't stopping.
Neither will we.



SCAN THE CODE TO REGISTER



Saturday, September 24
Evergreen Park
act.alz.org/sheboygan

Looking for a dining site menu?

Ask your site manager or call Adell 920-994-9934

Howards Grove 920-467-9042

Sheboygan 920-207-2522