



Special Days in

November

- 1 Author's Day
- 2 Deviled Egg Day
- 3 Sandwich Day
- 5 Play Outside Day
- 9 Go to an Art Museum Day
- 11 Singles Day
- 13 World Kindness Day
- 14 National Pickles Day
- 15 National Clean Out Your Refrigerator Day
- 17 Great American Smoke Out
- 19 Play Monopoly Day
- 20 National Absurdity Day
- 30 National Mason Jar Day



My Way Café at Mary's Country Grove To Open on December 1st

The Sheboygan County ADRC is excited to announce plans to include an addition to our dining program with the inclusion of Mary's Country Grove. This will allow eligible older adults the option of selecting from a menu of pre-fixed meal options that are made to order.

On Thursdays, from 8-10 am the My Way Café breakfast menu will be available to anyone 60 and over. During these times, the cost of a meal from the My Way Café Menu is supported by the ADRC of Sheboygan County Nutrition Program. A suggested donation of \$5.00 is both voluntary and appreciated. All seniors are welcome regardless of their ability to donate.


Located at 322 Co Rd R R., in Cedar Grove, Mary's is described online as "A small Family Diner with good home style cooking" and is our first site to feature breakfast. Mary Martin is "very excited to work with the Senior Nutrition Program" to offer options that have been approved by a dietician.

Senior Dining



It is easy to join us. Simply complete an annual registration with our staff; This can be quickly completed over the phone or in person. When you arrive, sign in with program staff, add your donation to the collection box, and make your choice from their My Way Café breakfast menu. (See inside cover for detailed menu.)

We look forward to serving you!


Fellowship, Food  Fun

Know us Before You Need Us

Senior Dining



**Senior Dining
Sites
Call for
reservation**

Fellowship, Food  Fun

Adell Area Community Center

510 Siefert

Phone: 920-994-9934

Open: Tuesdays & Thursdays

Sheboygan—Bethany Church

1315 Washington Avenue

Phone: 920-207-2522

Open: Monday thru Friday

Howards Grove-Village Hall

913 S. Wisconsin Drive

Phone: 920-467-9042

Open: Tuesdays and Thursdays

Restaurant Models

Pic-a-Deli in Plymouth Generations

1500 Douglas Drive

920-892-4821 Extension 303

Open; MWF 11-1 pm

Mary's Country Grove Coming Soon

322 Co Rd R R, Cedar Grove

Phone: 920-207-2522

Open: Thursdays 8-10 am



My Way Café

at

Mary's Country Grove

Thursdays 8am-10am

Menu for Sheboygan County ADRC

nutrition program participants

Age 60 or better, annual assessment required, donation based (\$5 suggestion)

2-egg Veggie Omelet (tomato, green pepper, onion, and mushrooms) with toast/jelly

2-Eggs (any style) with choice of ham, bacon or sausage with toast/jelly

2-piece French toast with maple syrup

½ Scrambler-includes eggs, hash browns and cheese with toast/jelly

½ Scrambler-includes eggs, hash browns, tomato, green pepper, onions, mushrooms and cheese with toast/jelly

2 Eggs, potatoes and toast/jelly

All meals include a choice of coffee, milk or small juice
A side of peanut butter, cottage cheese or applesauce available upon request

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



Sheboygan County

Refresh & Renew CAREGIVER CONFERENCE



Thursday, November 17, 2022 | 9:00 am - 3:30 pm
Acuity Insurance | Sheboygan

Keynote Presentations:

Advancing the Science: The Latest in Alzheimer's & Dementia Research

Tim Harrington, Alzheimer's Association Research Champion

What Makes a Creative Day?

Anne Basting, Founder of TimeSlips; Author of Creative Care & The Creative Care Imagination Kit

With additional workshops and exhibitors throughout the day.

\$5 Family Caregivers | \$5 Professional Caregivers

THANK YOU TO OUR EVENT MAJOR SPONSORS

Acuity | ADRC of Sheboygan County | Community Care | Compassus
Harvest Home | My Choice Wisconsin | Pine Haven Christian Communities
Sharon S. Richardson Community Hospice



For Information Contact: 920.838.1311 or email gnyhuis@alz.org
Online registration is available



ALZHEIMER'S  ASSOCIATION®



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*

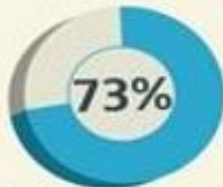
Regular volunteers were 10 times more likely to be in good health than people who didn't volunteer*



96%
said volunteering makes them feel happier**



68%
said volunteering makes them feel healthier**



73%
said volunteering makes them feel less stress**



58%
said volunteering helps them sleep better**

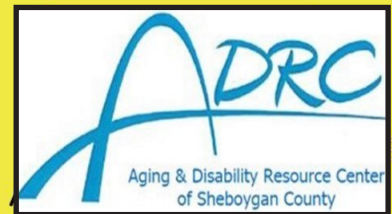
Our program is in need of **YOUR** help

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.

Your mileage reimbursed at up to .51 per mile.



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



Basics of Black Beans

How much fiber do you need?
20-25 grams of fiber per day!

Black beans are a great source of protein and fiber! There is about 7 grams of protein and 10 grams of fiber per serving which is about half a cup.

Black beans are also a great source of other nutrients such as folate, which is needed to make healthy cells.

Don't like black beans? Switch them out for others such as kidney, northern, black-eyed peas, or another one of your favorites. All have a lot of great nutrients to offer!



Black Bean Chili Recipe



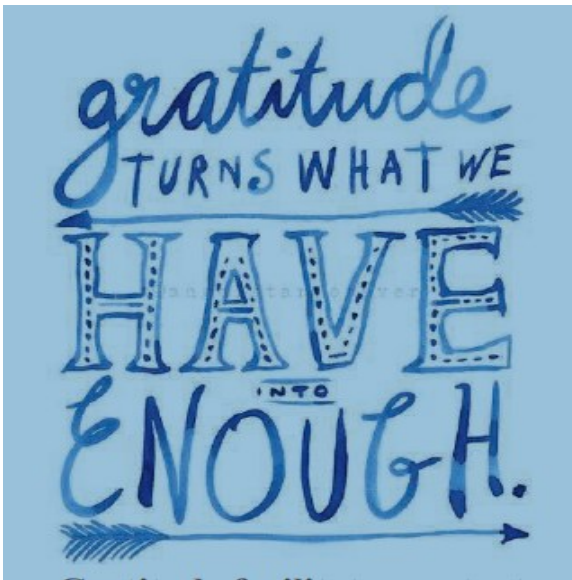
Ingredients

- 1, 12 ounce can low-sodium black beans
- 1 cup low-sodium salsa
- 1 cup frozen corn
- Freshly squeezed lime juice (optional)
- Fresh cilantro (optional)
- Hot sauce to taste

Directions

1. Drain beans, reserve liquid
2. Mix beans, corn, salsa in 5-quart pot
3. Add reserved liquid to desired consistency
4. Cook over medium heat for 20 minutes
5. Top with lime juice, fresh cilantro, and/or hot sauce as desired

Some of the days in November carry the whole memory of summer as a fire opal carries the color of moonrise. ~Gladys Taber



Gratitude changes perspective—it can sweep away most of the petty, day-to-day annoyances on which we focus so much of our attention—the “small stuff” situations that bring up feelings of impatience, intolerance, negative judgment, indignation, anger, or resentment. Gratitude is a vehicle to diffuse self-pity and self-centeredness, increase feelings of wellbeing, and prompt mindful awareness of that which is beyond oneself— of belonging to a greater whole, and of connection to others, as well as to the world.

Over the past decade, numerous scientific studies have documented a wide range of benefits that come with gratitude. These are available to anyone who

practices being grateful. Research-based reasons for practicing gratitude include:

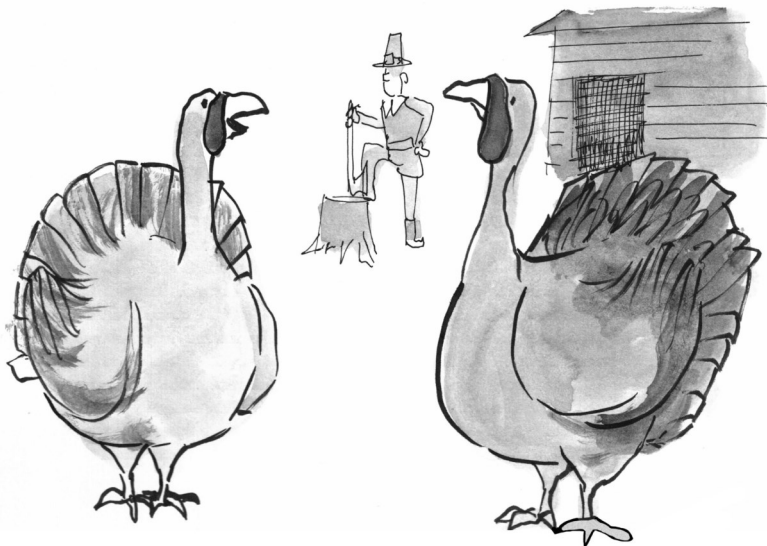
- **Gratitude facilitates contentment.** Practicing gratitude is one of the most reliable methods for increasing contentment and life satisfaction. It also improves mood by enhancing feelings of optimism, joy, pleasure, enthusiasm, and other positive emotions. Conversely, gratitude also reduces anxiety and depression.
- **Gratitude promotes physical health.** Studies suggest gratitude helps to lower blood pressure, strengthen the immune system, reduce symptoms of illness, and make us less bothered by aches and pains.
- **Gratitude enhances sleep.** Grateful people tend to get more sleep each night, spend less time awake before falling asleep, and feel more rested upon awakening. If you want to sleep more soundly, instead of counting sheep count your blessings.
- **Gratitude strengthens relationships.** It makes us feel closer and more connected to friends and intimate partners. When partners feel and express gratitude for each other, they each become more satisfied with their relationship.
- **Gratitude encourages “paying it forward.”** Grateful people are generally more helpful, generous of spirit, and compassionate. These qualities often spill over onto others. Two specific ways you can practice the skill of being grateful are by writing *gratitude letters* and making *gratitude lists*. A gratitude letter is one you write to someone in your life to express appreciation for ways they have helped you and/or been there for you. Gratitude letters can be about events that have happened in the past or are happening in the present, and often help to strengthen or repair relationships. Sharing the letter with whomever you wrote it to isn’t necessary but doing so increases positive feelings for both the writer and recipient. A gratitude list consists of writing down 3 – 5 things for which you’re grateful every day, each week, at other intervals, or under situation specific circumstances. Don’t leave out the little things. Think rain drops on roses and whiskers on kittens; you get the idea. When the dog bites or the bee stings that gratitude list can help you focus on more positive things. Like brown paper packages tied up in string.

- Air used to be free at the gas station, now it's \$1.50. You know why?
Inflation.
- I don't trust stairs. They are always up to something.
- There's only one thing I can't deal with, and that's a deck of cards glued together.
- Did you hear about the racing snail who got rid of his shell? He thought it would make him faster, but it just made him sluggish
- Did you hear about the aquatic sea mammals that escaped from the zoo? It was otter chaos.
- In a freak accident today, a photographer was hurt when a huge lump of cheddar landed on him. To be fair, the people who were being photographed did try to warn him.
- My dog accidentally swallowed a bunch of Scrabble tiles. I think this could spell disaster
- I wondered why the ball was getting bigger. Then it hit me.



PUZZLE

Just before Thanksgiving, a sly turkey is hiding from a family that wants to cook it for the holiday dinner. There are 5 boxes in a row, and the turkey hides in one of these boxes. Each night, the turkey moves one box to the left or right, hiding in an adjacent box the next day. Each morning, the family can look in *one* box to try to find the turkey.
How can the family guarantee they will find the turkey before Thanksgiving dinner?



“My investment adviser told me to go for short term capital gains.”



Answer: Check box 2 on the 1st day, then 3 on the 2nd day, and then 4 on the 3rd day. If the turkey was in an even box, you are guaranteed to find it on one of those 1st three days. If you don't find it, then it must have started in an odd-numbered box, and on the 4th day, it must be in an even-numbered box. So you then check box 2 on the 4th day, then box 3 on the 4th day, and finally box 4 on the 6th day. No matter what, you will have found the turkey.

Updated COVID-19 Booster Doses

New boosters are now available to provide increased protection against Omicron variants.

When to get the updated booster

At least **2** months after your last COVID-19 dose — either a booster dose or your primary series.

Who should get the updated booster

Individuals age **12** and up are eligible for the updated Pfizer booster, and adults age **18** and up are eligible for the updated Moderna booster.

CDC recommendations as of September 1, 2022



COVID-19 Testing Options



You can get up to 8 free home tests per month at pharmacies by showing your insurance card. This includes Medicaid members. When purchasing, show your insurance/ForwardHealth ID card.

Order a free testing kit online and receive a package of 5 free, rapid, at-home COVID-19 tests at [SayYesCovidHomeTest.org](https://www.SayYesCovidHomeTest.org)

Summit Labs
Rapid PCR testing with same day results.
Walk-in Only
8643 N. Port Washington Rd.
Fox Point, WI

Advocate Aurora Health
Testing available for anyone at any Advocate Aurora Health Urgent Care Center. Use the Symptom Checker at www.aurorahealthcare.org/symptom-checker in the LiveWell app, or by calling 866-443-2584

Prevea Health
Register online at myprevea.com or call 920-431-1810
1411 N. Taylor Drive Sheboygan
3335 S. Business Dr. Sheboygan
825 Walton Dr. Plymouth
950 Woodlake Rd. Kohler

CVS Pharmacy
Schedule an appointment online at [cvs.com](https://www.cvs.com).
No walk-ins accepted.
1108 N. 14th St. Sheboygan
4085 State Rd. 28 Sheboygan Falls (inside Target)

Walgreens Pharmacy
Schedule an appointment online at [walgreens.com](https://www.walgreens.com).
No walk-ins accepted.
1029 N. 14th St. Sheboygan
2702 Calumet Dr. Sheboygan
3320 S. Business Dr. Sheboygan
2455 Eastern Ave. Plymouth

Lakeshore Community Health Care
1721 Saemann Ave. Sheboygan
Call 920-783-6633 to schedule an appointment. For current patients or if you do not have a doctor.

Local School Districts
If you work at a local school district or have children who attend school, your district may have testing. Please check with your school district for more information

Updated COVID boosters are available to anyone who has already had their initial COVID vaccine series. As long as it's been at least 2 months since their last COVID vaccine (including other boosters) and are over 12 years old, they are eligible for this updated booster that includes protection from the Omicron variant.

Everyone over the age of 6 months is encouraged to get their flu vaccine this fall, which can be given at the same time as COVID vaccines.

We still have our walk-in Wednesday vaccine clinics at the main HHS building from 9am-6pm every Wednesday and walk-ins are accepted.

Public Health is also offering Covid boosters for the homebound every Thursday. If you are in need of this service, you can call the nurse directly at 459-4396 to set up an appointment.



Q: I have called the ADRC many times to learn about local resources for my elder mother. But because I work during the day, I often cannot call until after business hours. I've left messages and the ADRC always calls me back the next business day with the information I need. I was wondering if you have a list of frequently requested resources that I can have for those times I cannot call during business hours?

A: Excellent question! The Aging and Disability Resource Center of Sheboygan County has two workers "on-call" every business day between 8:00am and 5:00pm. Our goal is to return all calls the day they are received. If you leave a message after hours, it will be sent to the on-call worker the next business day. People can also email the ADRC at ADRC@sheboygancounty.com and staff will respond to the email with the same time frame previously mentioned.


But weekends and holidays can mean you have to wait two to four days to have an answer to your question. With holidays coming soon, many people will visit their loved ones and learn about situations that they need help with but are then faced with a long weekend when our staff is not available.

The good news is that the ADRC of Sheboygan County has a resource guide with information on many local and state resources of interest to older folks and adults with disabilities. You can stop into the ADRC and pick up a copy, request that one be mailed to you, or you can access the most current version of the Resource Guide online.


The resource guide is constantly being updated and while it provides a great deal of information, it doesn't replace the knowledge of the ADRC staff. The guide is available on the Sheboygan County website: <https://www.sheboygancounty.com/departments/departments-f-q/health-and-human-services/aging-and-disability-resource-center/resource-guide>

A Resource Guide


For Adults Over Age 60 and Adults with Disabilities



Street view



Entrance in rear of building



**Aging & Disability Resource
Center of Sheboygan County**

650 Forest Ave., Sheboygan Falls, WI 53085
(920) 467-4100 • (800) 596-1919

November



Family caregivers provide an invaluable service to their loved ones. With over 66 million caregivers in the United States, National Family Caregivers Month was created as a way to recognize the invaluable contributions caregivers make to their families.

Thank YOU!

If you are interested in receiving Caregiver Resources contact the ADRC at 920-467-4100



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
<i>November</i>		
7 Reuben Sandwich Sauerkraut, Cheese Rye Bread & 1000 Island Dress- ing Potato Salad Vegetables Dessert	2 Chicken Corndon Bleu Roasted Potatoes Vegetables Fruit Dessert	4 Fish Fry Red Potato Coleslaw Vegetables Dessert
14 Spaghetti and Meatballs Garden Salad (Romaine) Dressing Fruit Garlic Bread Dessert	9 Pork Roast with Gravy Buttered Spaetzles Vegetables Fruit Dessert	11 Taco Salad Meat, cheese, tomato, salsa, and sour cream Fruit Dessert
16 Liver or Hamburger w/ onions Mashed Potatoes Vegetables Fruit Dessert	16 Liver or Hamburger w/ onions Mashed Potatoes Vegetables Fruit Dessert	18 Hot Beef on Bun Mashed Potatoes Vegetable Fruit Dessert
21 Salisbury Steak Mashed Potatoes & Gravy Vegetables Fruit Dessert	23 Thanksgiving Celebration Turkey Breast/Gravy Stuffing Mashed Potatoes Green Bean Casserole Dinner Roll Pumpkin Pie	24 Closed
28 Chef Salad Breadstick Fruit Dessert	30 Baked Ham Au grain Potato Vegetable Fruit Dessert	

ACTIVITIES

November

11—
lunch
service

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 Sheboygan Penny toss Adell Word games and puzzles</p> <p>Howards Grove Card BINGO</p>	<p>2 Sheboygan Guess Who?</p>	<p>3 Sheboygan Five Card Adell A visit from your Librarian</p> <p>Howards Grove Diner's Choice</p>	<p>5 Sheboygan</p> 
<p>7 Sheboygan Candy Dice</p>	<p>8 Sheboygan CLOSED Adell Word Games and puzzles</p> <p>Howards Grove CLOSED</p>	<p>9 Sheboygan Music by Jerry Eckert "The Old Time Rebel"</p>	<p>10 Sheboygan FoodWise-Janeth Adell Thanksgiving Jingo Howards Grove Price is Right</p>	<p>12 Sheboygan</p> 
<p>14 Sheboygan Nickel Bingo</p>	<p>15 Sheboygan Turkey Dice Adell Word Games and puzzles</p> <p>Howards Grove Harvest Homes</p>	<p>16 Sheboygan Sunshine Bingo</p>	<p>17 Sheboygan Smarter than a 5th Grader Game Adell County Die- tician</p> <p>Howards Grove Card BINGO</p>	<p>19 Sheboygan</p> 
<p>21 Sheboygan Thanksgiving Jingo</p>	<p>22 Sheboygan Turkey Race Game Adell Word Games and puzzles</p> <p>Howards Grove Complaint Free World</p>	<p>23 Sheboygan</p> <p>Thanksgiving Celebration</p>	<p>24 CLOSED</p> <p>Happy Thanksgiving!</p>	<p>26 Sheboygan</p> 
<p>28 Sheboygan Keno</p>	<p>29 Sheboygan Birthday Party w/ Music by The Ac- cordion Club</p> <p>Adell Word Games and puzzles Howards Grove Nutrition w/ Janeth</p>	<p>30 Sheboygan Trivia Bingo</p>		

Tai Ji Quan: Moving for Better Balance

If you are 60 or better, join us to improve your strength and balance in this evidence-based, adapted Tai Ji Quan program.

- ❖ Improve muscle strength, balance, flexibility, and mobility
- ❖ Reduce your risk of falls

January 3rd - March 23

Tuesdays and Thursdays 2-3 pm

Sheboygan Senior Community

3505 County Road Y, Sheboygan



No prior experience necessary

Call the Aging and Disability Resource Center of Sheboygan County at 467-4100 for more information.

Suggested Donation of \$10 welcome

