



# ADRC Connection

## Special Days In December

- 1st Rosa Parks Day
- 7th Letter Writing Day
- 8th Pretend you are a Time Traveler Day
- 10th Human Rights Day
- 12th Poinsettia Day
- 14th International Monkey Day
- 15th National Cat Herder's Day
- 17th Underdog Day
- 20th Go Caroling Day
- 21st Look on the Bright Side
- 21st Crossword Puzzle Day
- 23rd Festivus
- 26th Boxing Day
- 28th Card Playing
- 31st Make up Your Mind

This is the perfect time of year to help those in need. Light up someone's life this holiday season by helping the Aging and Disability Resource Center (ADRC) celebrate the 35th year of "Share the Spirit."

Share the Spirit, Inc., a nonprofit organization administered by Sheboygan County Health and Human Services, aims to bring the holiday spirit to area seniors and/or disabled adults who reside in their own homes or homes of family.

The ADRC needs your help! Because we have seen a significant decrease in monetary donations, we will only be able to fulfill a minimal amount of wishes this year. Please consider helping this amazing program. Mail checks made payable to "Share the Spirit" to: ADRC, 650 Forest Ave, Sheboygan Falls, WI 53085.

If you are a senior or adult with a disability and have a wish you would like to have considered, please have a care manager, nurse, social worker or other professional submit a request. We have seen wishes range from a new winter coat, hats, gloves, winter boots to personal care items and even a request for some homemade Christmas cookies. A number of requests for gift cards to purchase food or items of need are also received.

Have questions? Need a form? Want to donate or purchase a requested item? Please feel free to reach out to Linda Spitzer, Elder Services Supervisor, by calling 920-467-4100 or emailing [linda.spitzer@sheboygancounty.com](mailto:linda.spitzer@sheboygancounty.com).

Happy Holidays!




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

# ADRC Key Services Include

- Elderly and Disability Benefit Specialists
- Information and Assistance
- Home Delivered Meals
- Senior Nutrition Services
- Caregiver and Dementia Support Groups
- Healthy Aging Programs
- Caregiver Resources
- Dementia Care Specialists
- Adult Protective Services
- Disabled / Elderly Transportation

Call 920-467-4100



### **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](mailto:adrc@sheboygancounty.com)



# 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 3<sup>rd</sup> - March 23  
Tues & Thurs 2-3 pm  
Sheboygan Senior Community  
3505 County Road Y, Sheboygan

OR

Jan 9 -Apr 5 (no class the week of March 27)  
Mon & Wed 1:15-2:15pm  
Pigeon River Rec Center  
3508 N 21st St., Sheboygan

**No prior experience necessary**

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

Suggested Donation of \$20 welcome



# Successful Holidays & Dementia:

## *Tips for Caregivers and Loved Ones*

### WHILE HOLIDAYS ARE A JOYOUS TIME FOR MANY FAMILIES, THEY CAN BE CHALLENGING FOR FAMILIES AFFECTED BY ALZHEIMER'S.

Holidays can be a stressful and overwhelming, but there are ways to include persons living with dementia in activities with some planning and preparation.

### PREPARE THE PERSON WITH ALZHEIMER'S DISEASE FOR THE GATHERING:

- Talk about and show photos of family members and friends who will be visiting.
- Have a "quiet" room in case things get too hectic.
- Play familiar music and serve favorite meals.
- Schedule naps/rest periods.
- Schedule family and friend visit times and/or in smaller numbers.
- Consider having multiple holiday meals with smaller groups of people instead of larger gatherings where it can be challenging for those with dementia.

### INVOLVE EVERYONE WHEN SELECTING ACTIVITIES:

- Consider taking walks, icing cookies, telling stories, doing chores, making a memory book or family tree, or keeping a journal.
- To encourage conversation place magazines, scrapbooks, or photo albums in reach; play music to prompt dancing or movement and upbeat moods.

Visit [alz.org](http://alz.org) for more information.

### CREATING A SAFE ENVIRONMENT IN THE HOME

- Keep decorations simple. Avoid "real" candles, artificial fruit/vegetables, or other edibles as decorations.
- Limit access to places where injury can occur such as the kitchen or stairwells.
- Supervise in taking necessary medications.
- Keep emergency numbers and lists of medications on hand.
- Limit the availability of alcohol.
- Consider seating options so the person with Alzheimer's can best focus on conversation and be least distracted.
- Assign a "buddy" to watch out for the person to ensure their comfort.

### COMMUNICATION TIPS FOR FAMILY AND FRIENDS:

*We can make everyone comfortable at family gatherings with a few simple strategies.*

- Address the person by name and identify who you are by name.
- Be patient and supportive.
- Be a good listener.
- Maintain eye contact while having a conversation.
- When struggling to find words, encourage him or her to communicate non-verbally.
- Focus on their feelings.
- Limit the distractions.
- Allow time for their responses.
- Use short and simple phrases.
- Don't argue. Arguing can make things worse and could cause a behavior outburst.
- Share with friends and family a simple tip to avoid common phrases like, "Don't you remember?"



alzheimer's  association®

THE BRAINS BEHIND SAVING YOURS:



The Wisconsin Department of Agriculture, Trade and Consumer Protection has recently received several complaints from consumers after they discovered their newly purchased, unused gift cards did not contain any funds. Many consumers reported that, despite there being no evidence of tampering on the cards or packaging, they contained zero balance before ever being used.

Technology, such as bots, may be behind this fraud as there is a short window of time between gift card purchase and the depletion of funds on the card. Bots are software applications that help perform digital tasks at high speeds. These bots can search thousands of card numbers per second and notify the criminal as soon as it finds one with a balance. The criminal may immediately use the card to make purchases or sell the card's information on the dark web before the consumer ever uses it.

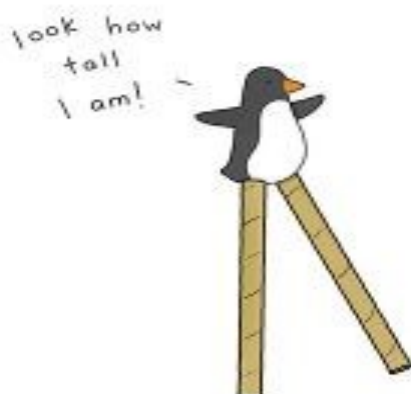
Another possible cause of this issue is physical tampering. Criminals may conceal tampering by using devices like magstripe readers, which can read and record card numbers without leaving evidence. Criminals later call the card's customer service number to find out when the card is activated and deplete its funds. DATCP recommends the following to avoid similar gift card scams:

- Buy your gift cards directly from a known and trusted source.
- Do not purchase gift cards at online auction sites as they may be stolen or depleted.
- Activate gift cards just prior to giving and/or using.
- Use gift cards quickly after receiving them.

If you have questions or believe you are a victim of a scam, report it by calling DATCP's Consumer Protection Hotline at (800) 422-7128 or emailing [DATCPHotline@wi.gov](mailto:DATCPHotline@wi.gov).



## How to catch Santa



hey whered my wrapping paper go





Photos Courtesy of pexels.com

## EAT WELL, AGE WELL.

### Happy Holidays!

December is the time of year when families get together to celebrate the holidays. It is a time of fun, laughter, and joy. During this time of being together families cook and bake all kinds of delicious festive foods. However, the festivities could quickly turn sour if your loved ones end up getting sick due to abused food safety practices. That is why it is especially important during this time to be careful. Here are some quick and simple tips to keep you and your family healthy during your celebrations!

- Be sure to wash your hands thoroughly before, during, and after food preparation.
- Keep surfaces such as counters and cutting boards clean as well as utensils
- Keep hot foods at 140 degrees or above and cold foods at 40 degrees or below
- Don't keep perishable foods out for more than 2 hours
- Defrost foods in the refrigerator or the microwave rather than on the counter
- Use a food thermometer to check the temperatures of your foods

## WEEKLY CHALLENGES

INCORPORATE FRUITS AND VEGGIES INTO YOUR FAMILY GATHERING DISHES!

REMAND YOURSELF TO WASH YOUR HANDS EVERY TIME YOU GO TO THE BATHROOM, COOK, AND EAT FOOD.

KEEP YOUR RAW MEATS AWAY FROM OTHER FOODS.



## Unusual Christmas Traditions From Around the World

By Chan Mi Park, Planet Green

**Roller Skating to Mass:** From December 16th to December 24th, there's a very unique tradition that takes place in Caracas, Venezuela. The busy city streets of Caracas are closed off before 8 AM to any motor traffic. This allows the streets to be open to traffic on 4-wheelers! It has been customary in Venezuela to attend Misa de Aguinaldo (Early Morning Mass) and by closing traffic off to bulky cars and buses, everyone can skate to mass on time.

**Spider Webs:** On a Ukrainian Christmas tree the site of a spider or web is not unusual. The folk tale that goes with the tradition says a poor family woke up on Christmas morning to find their once bare tree decorated with spider webs that shined silver and gold in the morning sun.

**Fried Chicken:** Unlike the traditional ham or turkey Americans are used to seeing during the holidays, many in Japan celebrate by eating fried chicken. While less than 1 percent of the Japanese population is estimated to be Christian, by the power of marketing and advertising it has become common practice to eat KFC during Christmas. The meal is also accompanied by a delicious Christmas cake for dessert. Let the feasting begin!

**Christmas Witch:** In Italian folklore, an old witch delivers gifts and candy to children on Epiphany Eve (January 5th). Santa's competitor, La Befana, is usually portrayed as an old lady riding a broomstick, usually covered in soot as she enters homes through chimneys. Very similar to the tradition of leaving cookies and milk for Santa, children will leave wine and food out for the Befana.

**Brooms:** There's a superstition in Norway that advises households to hide their brooms on Christmas Eve. It is believed that witches and evil spirits will rise from the graves and use the brooms to fly through the sky and create chaos until dawn. Doesn't this sound very much like Halloween?

**Radish Carvings:** Radish figures line the central plaza of Oaxaca on December 23rd and 24th. Nativity scenes, conquistadors, dancers, historical and mythological events are sculpted from radishes by Mexican artisans and add to the color holiday celebration. El Festival de los Rabanos (The Festival of Radishes) is a one-of-a-kind festival that features dance, food and delicately carved radishes.

**The Pooper:** Out of all the unique traditions, this one is probably the weirdest and funniest of them all. In the principality of Catalonia, it has become customary to decorate the traditional nativity scene with an extra something, or rather someone. This extra character is known as El Caganer, also known as "the pooper." While traditionally the ceramic figure has been that of a shepherd, contemporary figures range in all different personalities.

**Christmas Pickle:** It's an old tradition where a pickle ornament is hidden on the Christmas tree. The first person to find the pickle among all the other ornament is said to receive an extra present on Christmas. The tradition has stories originating from Spain to Germany, but either way it seems like a fun and not to mention weird tradition!

**Christmas Crackers:** Christmas crackers, or bon-bons, are a fun item to celebrate with in the United Kingdom and Commonwealth countries. The cracker is a cardboard tube wrapped in holiday wrapping twisted at the ends. The fun part starts when you hold on to one side of the twisted end, another person holds the other, and you pull! With a BANG, the cracker will split unevenly, and the luckier individual will be holding the longer end of the cracker — which holds a special prize. Crackers are also a part of New Year's celebration in some places. Wouldn't it be just fun if crackers were a part of every holiday?

What did the wise men say after they offered up their gifts of gold and frankincense? Wait, there's myrrh.

What do you get when you cross a snowman with a vampire? Frostbite.

What does Santa suffer from if he gets stuck in a chimney? Claus-trophobia!

What do you call Santa when he stops moving? Santa Pause.



What do snowmen eat for dessert? Ice crispies.

How do you help someone who has lost their Christmas spirit? Nurse them back to elf.

What do you call an elf that runs away from Santa's workshop? A rebel without a Claus!

What do you call a reindeer ghost? Cari-boo!

What is it called when a snowman has a temper tantrum? A meltdown.

Why are elves such great motivational speakers? They have plenty of elf-confidence.

Why do reindeer like Beyoncé so much? She sleighs.

What reindeer game do reindeer play at sleepovers? Truth or deer.

What did Santa say when he stepped into a big puddle? It must have reindeer.

What does Rudolph want for Christmas? A Pony sleigh station.

What is Santa's dog's name? Santa Paws!

Where do Santa's reindeer stop for coffee? Star-bucks!

What's every elf's favorite type of music? Wrap!



What's the absolute best Christmas present? A broken drum — you can't beat it!

What happens if you eat Christmas decorations? You get tinsel-it is.

What do Santa's elves learn in school? The elf-abet.

What do you call an obnoxious reindeer? Rude-olph.

What's the difference between the Christmas alphabet and the ordinary alphabet? The Christmas alphabet has Noel.

What did the gingerbread man put on his bed? A cookie sheet!

What do snowmen eat for breakfast? Ice Crispies.



# 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](https://www.aurorahealthcare.org/symptom-checker) in the LiveWell app, or by calling 866-443-2584

**Prevea Health**  
Register online at [myprevea.com](https://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.

# Senior Dining

Adell 994.9934, Sheboygan 207.2522, Howards Grove 467.9042

<i>December</i>			1 Swedish Meatballs	2 Hawaiian Chicken
5 Chili Dog	6 Dijon Baked Tilapia	7 Meatloaf	8 Pork Tendette	9 Beef Chop Suey
12 BBQ Pulled Pork	13 Ravioli with Marinara	14 Tilapia Florentine	15 Beef Stew	16 Mushroom Baked Pork Chop
19 Honey Mustard Chicken	20 Pork Loin with Mushroom Gravy	21 Maple Mustard  Salmon Filet	22 Chicken Pot Pie	23 
26  Closed	27 Chili	28 Brat	29 Swedish Meatballs	30  Closed

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

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

Adell Serving Tuesdays and Thursdays.  
 Howards Grove Serving Tuesdays and Thursday  
 Sheboygan Serving Mon, Tues, Wed, Thurs, Fri





# Mary's Country Grove

Thursdays 8am-10am **Starting December 1st**

## 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



## 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-Deil**

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 Salisbury Steak & Gravy Au Gratin Potatoes Vegetables Breadstick Fruit	7 Brat on a Bun Sauerkraut German Potato Salad Baked Beans Fruit Dessert	9 Chicken Alfredo Noodles Vegetables Fruit Garlic Bread Dessert
12 Liver & Onions or Ham- burger Baby Red Potatoes Vegetables Fruit Dessert	14 Baked Fish Scalloped Potatoes Creamy Coleslaw Bread Dessert	16 Bakes Ham Au Gratin Potatoes Vegetable Fruit Dessert
19 Pork Schnitzel Noodles Vegetable Fruit Dessert	21 <b>Christmas Meal</b> Beef Tips Mashed Potatoes Vegetables Dinner Roll Dessert	23 Closed
26 Closed	28 <b>New Year's Meal</b> Turkey & Gravy w/ Stuffing Mashed Potatoes Vegetables Apple Sauce Dessert	30 Closed

# ACTIVITIES

11—lunch  
service

Monday	Tuesday	Wednesday	Thursday	Friday
<h1>December</h1>			1 Sheboygan As You Go Adell A Visit from your Librarian Howards Grove Wheel of Fortune	2 Sheboygan  
5 Sheboygan Millionaire Game	6 Sheboygan Seven-Eleven Adell Word games and puzzles Howards Grove Fact or Crap	7 Sheboygan Right-Left-Center Game	8 Sheboygan Cookie Decorating by Ascension Adell A visit from your Dietician Howards Grove Card BINGO Bring 10 Dimes	9 Sheboygan  
12 Sheboygan Fifty-one	13 Sheboygan Tree Dice Adell Word Games and puzzles  Howards Grove BINGO	14 Sheboygan Keno	15 Sheboygan Trivia Bingo Adell Christmas Dice  Howards Grove Penny Game	16 Sheboygan  
19 Sheboygan Tree Race Game	20 Sheboygan Christmas Jingo Adell Word Games and puzzles Howards Grove Party	21 Sheboygan Christmas Dice	22 Sheboygan Christmas Trivia Adell Christmas Celebration  Howards Grove Diner's Choice	23 All Sites CLOSED  
26 All Sites CLOSED	27 Sheboygan Birthday Party Ac- cordion Club Adell Word Games and Puzzles Howards Grove Card BINGO Bring 10 Dimes	28 Sheboygan Five Card	29 Sheboygan Quarter Bingo Adell The Price is Right  Howards Grove The Price is Right	30 All Sites CLOSED

# 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, December 7, 2022**

**1:00 pm —4:00 pm**

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

**Uptown Social**

**1817 N. 8th Street, Sheboygan, WI 53081**

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

Screening administered by the staff of the  
ADRC of Sheboygan County



**Uptown Social**

SHEBOYGAN'S HUB FOR  
ACTIVE SENIORS

### ***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**