

Happy
New Year!

ADRC Connection

Special Days In

January

TODAY-Registration open for all wellness workshops.

3rd Tai Chi starts at Sheboygan Senior Community

9th Physical Activity for Lifelong Success begins at the Adell Area Community Center

9th Tai Chi starts at Pigeon River Recreation Center

13th First session of Mind Over Matter at the ADRC

19th Stepping On begins at the Howards Grove Village Hall

Senior exercise; Is it too late?

If you are over the age of 60 you may be thinking that your days of being active are quickly dwindling down, that there is no longer any benefit to being active, or that you are experiencing pain already, so why would you add to that?

Physical activity is important during all periods of the lifespan. However, some may argue that the older one gets, the *more* important physical activity is. There are numerous benefits of being active including reduced risk for: cardiovascular disease, diabetes and metabolic syndrome, certain cancers, high cholesterol, high blood pressure, and chance of falls.

In addition, being active increases muscle and bone strength, mental health and mood, ability to perform Activities of Daily Living, sleep quality and quantity, and chances for living longer. Being active can lead to improvements in some medical conditions including dementia (including Alzheimer's), heart disease, diabetes, constipation, high blood pressure, high cholesterol, obesity, and inability to sleep.

Looking for a way to start being active? Check out the Physical Activity for Lifelong Success (PALS) program, Tai Ji Quan: Moving for Better Balance, Mind Over Matter, or Stepping On. The ADRC is sponsoring sessions of all 4 of these programs with January start dates. Details on these programs are inside this issue.

January is inevitably going to fly by. Wouldn't you prefer to be steadier and stronger when it does?




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



Get Enough Vitamin D This Winter

January 2022

Vitamin D is an important nutrient needed for overall health and to maintain strong bones. It aids in the absorption of calcium and phosphorus in our bodies, helps bring calcium and phosphorus to our bones and teeth, and helps regulate how much calcium remains in our blood. Together with calcium, vitamin D helps protect against the loss of bone mass.

In addition, vitamin D also helps muscles function properly and allows the brain and body to communicate through nerves. The immune system also uses vitamin D to help fight off invading bacteria and viruses.

There are three ways to get vitamin D: the sun, through food and drinks, or with supplements.

3 Ways to Get Vitamin D

From the sun

Known as the "sunshine vitamin," your body converts sunlight into vitamin D after it hits unprotected skin. However, be careful to avoid extended exposure to sunlight without sunscreen.

From food and drinks

Very few foods naturally have vitamin D. Fatty fish such as salmon and mackerel are among the best sources of vitamin D. Beef liver, cheese, and egg yolk provide small amounts, and mushrooms contain this vitamin if grown under UV lights.

Fortified foods and drinks provide most of the vitamin D in our diets, meaning the vitamin has been added during processing. Most milk and some cereals are fortified with vitamin D, as are many plant-based beverages, like soymilk. Orange juice, yogurt, and cheese may or may not be fortified, so it is always good practice to check the Nutrition Facts Label.

From supplements

Some individuals may need extra vitamin D, such as older adults; breastfed infants; people with dark skin; those with certain medical conditions including liver disease, cystic fibrosis, celiac disease, and Crohn's disease; and those with obesity or who have had gastric bypass surgery. Always check with your health care provider before taking a vitamin D supplement.

How much vitamin D do I need?

Men and women 51-70 years old: 600 IU daily

Men and women 71 years or older: 800 IU daily



Recipe

Enjoy this vitamin D filled omelet!

Cheese & Veggie Omelet

Ingredients:

2 eggs
1/8 cup chopped red pepper
1/8 cup chopped onion
1/4 cup sliced mushrooms
1/4 cup shredded cheese
1/8 teaspoon dry parsley
1 teaspoon butter

Directions:

Add eggs to a bowl and whisk
Chop the pepper, onion, and slice the mushrooms
Heat a small frying pan on medium heat
Add 1 teaspoon butter and let melt
Add chopped veggies, cook for 2 minutes
Add eggs, cook for 1 minute
Flip the egg over and sprinkle with cheese and parsley
Cook for 1 minute then fold the egg in half
Enjoy!

Adapted from: Academy of Nutrition and Dietetics
eatright.org

 <p>Specific</p>	 <p>Measurable</p>	 <p>Attainable</p>	 <p>Realistic</p>	 <p>Time-bound</p>
<p>Do: Set real numbers with real deadlines.</p> <p>Don't: Say, "I want more visitors."</p>	<p>Do: Make sure your goal is trackable.</p> <p>Don't: Hide behind buzzwords like, "brand engagement," or, "social influence."</p>	<p>Do: Work towards a goal that is challenging, but possible.</p> <p>Don't: Try to take over the world in one night.</p>	<p>Do: Be honest with yourself- you know what you and your team are capable of.</p> <p>Don't: Forget any hurdles you may have to overcome.</p>	<p>Do: Give yourself a deadline.</p> <p>Don't: Keep pushing towards a goal you might hit, "some day."</p>

S I am going to sign up for one of the ADRC's wellness workshops in order to increase my strength and balance.

M I am going to call 920.467.4100 today and reserve my spot. I want to make sure I get in while there is still room. I've also heard that some workshops are canceled before they ever start due to a lack of enrollment.

A Going to a workshop is not something I've ever done before, but I know that calling the ADRC and learning more about it will put me at ease.

R Because these classes are all evidence based and proven to help seniors, I know they are right for me and will not be too difficult. The developers of these programs understand that I might have physical limitations,

T There is no time like the present, so I am going to call now. Even if it is after hours, I know I can leave a message and my call will be returned.

The Life-Changing Benefits of Exercise After 60



Regular activity can positively impact our physical health as well as our mental and emotional wellbeing. It can help give us more energy and greater self-confidence, enabling us to embrace our later years with gusto.

Some of the key benefits of exercise for older adults include:

Prevents Bone Loss: Both men and women lose bone density as they age, with post-menopausal women losing up

to 2% each year. Strength training has been shown to counteract this loss and actually restore bone density. Having stronger bones leads to fewer fractures and can also aid in balance. By reducing the risk of falls and injuries, exercise can help seniors live independently for longer.

Relieves Osteoarthritis Pain: While it may seem counterintuitive, moving more can actually help lessen the pain and stiffness of arthritis. Arthritis-friendly exercise includes low-impact cardiovascular activity, strength training, and range-of-motion exercises. How does exercise help arthritis? It takes pressure off aching joints by strengthening the surrounding muscles. Physical activity may also help ease joint inflammation and aid in lubrication, which reduces pain and stiffness.

Helps Prevent Chronic Disease: Exercise provides a protective effect against a host of chronic illnesses, including cardiovascular disease, colon cancer, diabetes, obesity, and hypertension. If you already have a chronic condition, physical activity can minimize symptoms. It can even help reduce cognitive decline. One study found that participants over the age of 60 showed fewer Alzheimer's disease biomarkers when they performed 30 minutes of exercise every day.

Boosts Immunity: A 2018 study linked moderate exercise with a lower incidence of acute respiratory illness and fewer sick days off of work. The exact way exercise supports immunity is not known. However, there are many theories. Some scientists believe that the anti-inflammatory effects of physical activity enable better immune function. Exercise may also improve the performance of immune cells.

Improves Mood: Simply put, exercise makes us feel good. It can help ease anxiety and depression symptoms, increase relaxation, and create an overall sense of wellbeing. A 2019 study of adult men age 65 and older found that the mood-boosting benefits of exercise continue well into old age, underscoring why it's so vital to stay active.

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
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



Don't let a fall cramp your style!

One in four people age 65 or older has a fall each year. You don't have to 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 in your home and outside
- ▶ 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

**Stepping On has been
researched and proven
to reduce falls
by 31%!**

Howards Grove Village Hall, 913 S. Wisconsin Drive, Howards Grove, WI
Thursdays 8:30 – 10:30 am January 19th – March 2nd

Call the ADRC at 920.467.4100 to
register or for more information

\$20 Donation Appreciated

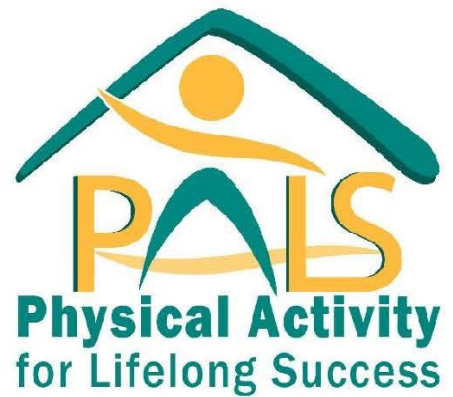
Sponsored by:

 **Aurora Health Care**
Sports Health
We are  AdvocateAuroraHealth


Aging & Disability Resource Center
of Sheboygan County


Glander
Prescriptions
Plus

Beginner-Level Exercise Program for Older Adults



Please join us if...

- 1) You are over the age of 60 and
- 2) You exercise less than 60 minutes each week

Adell Area Community Center
510 Seifert Street, Adell
January 9 - March 17

Mondays 9-10:45 am

Wednesdays & Fridays 9 – 10 am

To Register

Contact the ADRC at 920-467-4100
Space is limited to just 10 participants so sign up today
\$20 donation appreciated

10-Week Program

Group Exercise + Lifestyle Class

Exercise 60 minutes
Mondays, Wednesdays, and
Fridays + 45-minute lifestyle
class after exercise on
Mondays

10 Weeks of Follow-Up Sessions with Free Consultations

Have Fun and Get Healthier

A Successful Program Based on the Latest Research

Sign up today

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



Vaccine insurance coverage for adults is changing. Since July, 2022, Senior Care now covers vaccines at the pharmacy. When given at a pharmacy,

Senior Care will cover the costs of these vaccines:

- Chickenpox/shingles
- Covid 19
- Flu
- Hepatitis A and B
- Meningitis
- Pneumonia
- Tdap (tetanus, diphtheria, pertussis)

Ask your pharmacy how to schedule an appointment and the availability of the vaccines you need. Bring along your Senior Care card and vaccine card to the appointment.

If you have other insurance, you must use it before using the Senior Care benefit. Senior Care will not cover vaccines that you get at a doctor's office or clinic. You will not need a doctor's prescription for the vaccine at a pharmacy. You will not have any out of pocket costs for vaccines given at a pharmacy.

Cindy Vander Weele, RN, BSN

Sheboygan County Immunization Coalition Cochairman

Sheboygan County Public Health Nurse RN BSN

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.

Laughter is the best medicine unless you have broken ribs



It's so cold...

- The rock rattling around in your shoe is your toe.

- Lawyers have their hands in their own pockets.
- You have to break the smoke off your chimney
- Your false teeth chatter, and they are still in the glass
- Police tell a robber to freeze, and he does
- Our words froze in midair and we had to put them in a frying pan to thaw them so we hear what we were talking about.
- People look forward to getting a fever
- Refrigerators are redundant
- Lady Liberty put her torch inside her dress!
- Prisoners are begging for the electric chair.
- Roosters are rushing into KFC and begging to use the pressure cooker!
- I chipped my tooth on my soup.
- Dunkin' Donuts is serving coffee on a stick.
- We pulled everything out of the freezer and huddled inside to keep warm.
- I saw an Amish guy buying an electric blanket.
- I'm drinking hot sauce instead of coffee.
- Ice cubes are coming out of my faucet.
- Trees are chopping themselves into firewood.
- Cops are tazing themselves.
- I'm thankful for hot flashes
- I saw a greyhound bus and the dog was riding on the inside.



IT'S COLDER THAN WE THOUGHT...



Thought it was going to be frosty so plugged my electric blanket in beside my toaster. I kept popping out of bed all night.



ON THE BRIGHT SIDE —
NO MOSQUITOES.



Cold weather is here. Had to scrape ice of my windscreen this morning. Used my supermarket loyalty card. Only got 10% off.

ACTIVITIES

Tuesday

Thursday

3 Howards Grove Card BINGO Bring 10 Dimes	5 Howards Grove BINGO
10 Howards Grove Alaska Quake	12 Howards Grove Mental Floss
17 Howards Grove Harvest Homes	19 Howards Grove Card BINGO Bring 10 dimes
24 Howards Grove UW Nutrition Educa- tion	26 Howards Grove Price is Right



Senior Dining

Adell 994.9934, Sheboygan 207.2522, Howards Grove 467.9042

monday	tuesday	wednesday	thursday	friday
2 CLOSED	3 Dijon Baked Tilapia	4 Meatloaf	5 Pork Tenderette	6 Beef Chop Suey
9 BBQ Shredded Beef	10 Smothered Chicken	11 Brat	12 Beef and Broccoli	13 Honey Mustard Ham
16 MLK Day CLOSED for Inservice	17 Cheeseburger	18 Ham Loaf with Raisin Sauce	19 Honey Mustard Pulled Pork	20 Asian Salmon Filet
23 Pork Chop with Kraut	24 Sheperd's Pie	25 Pork Spare Rib	26 Cabbage Roll Casserole	27 Herb Crusted Salmon
30 Roast Beef with Gravy	31 Mushroom Baked Pork Chop			

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

Senior Dining



Fellowship, Food Fun

My Way Cafe

Dine in only—Available Mondays, Wednesdays, and Fridays
At Generations in Plymouth

Wraps and Sandwiches

- **Chicken Bacon Ranch:** lettuce, cheddar cheese, and ranch served on a seminal role or while wheat wrap
- **Southwest Turkey:** lettuce, tomato, southwest mayo, and cheddar cheese served on a semmel roll or whole wheat wrap

Includes up to 2 sides

From the Grill

- **Hamburger:** ketchup, mustard, pickles, onions
- **Cheeseburger:** ketchup, mustard, pickles, onions
- **Chicken Strips:** dipping sauce

Includes up to 2 sides

Lighter Side

- **Soup of the day and 1/2 sandwich**
Ham, Turkey, Roast Beef, or Tuna with choice of cheddar or provolone

Includes 1 side

Side Choices: potato salad, coleslaw, steamed vegetables, or fruit

Milk, water, and or first cup of coffee included with any meal

No meal substitutions—Other items may be purchased through Pic-A-Deli

Daily Specials Below :Available while supply lasts unless reserved in advance by calling 892-4821 ext. 303

Monday	Wednesday	Friday
2	4 Spaghetti & Meatballs Vegetables Garden Salad (Romaine) Dressing Bread Stick	6 Beef Barley Soup Brat Patty on Bun Potato Salad Fruit Dessert
9 Chicken Parmesan Over a Bed of Noodles Vegetables Fruit Garlic Bread	11 Reuben Sandwich Tater Tots Vegetables Fruit Dessert	13 Liver & Onions Or Hamburger Mashed Potatoes Vegetables Fruit Dessert
16 Baked Haddock/Tartar Sauce Baby Red Potatoes Vegetables Fruit Bread/Butter	18 Macaroni & Cheese Smoked Sausage Vegetables Fruit Dessert	20 Turkey/Stuffing/Gravy Mashed Potatoes Vegetables Fruit Dessert
23 Taco Salad w/ Cheese, Sour Cream, & Salsa Fruit Dessert	25 Baked Chicken Mashed Potatoes & Gravy Vegetables Fruit Dessert	27 <i>Baked Ham</i> <i>Potato Pancakes</i> Vegetables Fruit <i>Cornbread</i>
30 Beef Stew Tossed Salad & Dressing w/Spinach & Cucumbers Bread Stick Fruit	<i>January</i>	



Did you know that over half of women age 50 and older experience issues with bladder or bowel control at some time in their lives?

Mind Over Matter: Healthy Bowels, Healthy Bladder is a workshop designed to give women the tools they need to take control of their bladder and bowel symptoms.

The workshop consists of three 2-hour sessions that meet every other week. It provides information and group activities along with simple exercises and dietary changes to practice at home. Even if you don't have leakage symptoms now, it's never too early or too late to think about your bladder and bowel health!

What will I learn in the workshop?

- ◆ Information about bladder and bowel control
- ◆ At-home techniques and exercises to help prevent or improve symptoms
- ◆ Tools to help you set goals and mark your progress

Researched and proven to reduce bladder and bowel leakage!



Fridays from 1:30 – 3:30 on 1/13, 1/27, and 2/10
At the ADRC 650 Forest Avenue, Sheboygan Falls

You must preregister by calling
920.467.4100

Suggested donation of \$10 welcome