



ADRC

Connection

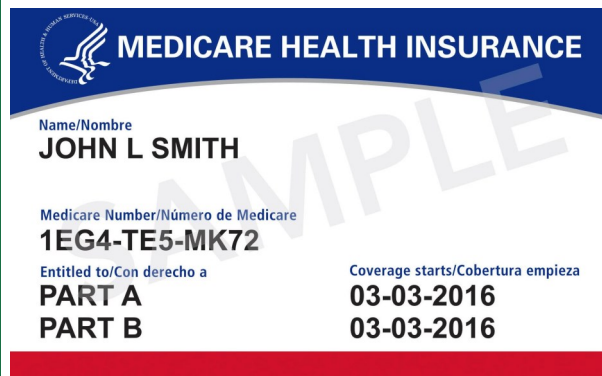
Special Days In

February

- 1st National Freedom Day
- 2nd Ground Hog Day
- 4th Thank a Mailman
- 4th Rosa Parks Day
- 12th Abraham Lincoln's Birthday
- 14th Valentine's Day
- 15th Susan B. Anthony's Birthday
- 17th Random Act of Kindness Day
- 20th Cherry Pie Day
- 22nd George Washington's Birthday
- 26th Tell a Fairy Tale
- 28th Tooth Fairy Day
- 28th Linus Pauling Day

Data Breach at Medicare Contractor

By the GWAAR Legal Services Team (for reprint)



The Centers for Medicare & Medicaid Services (CMS) is responding to a data breach at a federal contractor that may involve Medicare beneficiaries'

personally identifiable information (PII) and/or protected health information (PHI), including Medicare numbers.

Make note that CMS is mailing a letter to beneficiaries who may have been impacted. The letter will indicate that the beneficiary will be issued a new Medicare number, and a new Medicare card will be sent in the mail. The letter also gives information on enrolling in a credit monitoring service through Equifax.

It is important that beneficiaries be aware of this letter and note that it is legitimate, as Medicare advocates frequently warn beneficiaries of scams that may look like this letter. For more information and to see the exact language that CMS will use in its letter, look inside this issue.




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

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



PORTION OF SAMPLE LETTER (you will receive ONLY if you were affected by the breach)

Dear <<BENEFICIARY>>

We are writing to inform you of a potential privacy incident involving your personal information related to Medicare entitlement and premium payment records. The Centers for Medicare & Medicaid Services (CMS), the federal agency that manages the Medicare program, is sending you this letter so that you can understand more about this incident, how we are addressing it, and additional steps you can take to protect your privacy. We will issue you a new Medicare card with a new Medicare Number and have provided information with this notice on free credit monitoring services. This does not impact your Medicare benefits or coverage.

What You Can Do

At this time, we're not aware of any reports of identity fraud or improper use of your information as a direct result of this incident. However, out of an abundance of caution we are issuing you a new Medicare card with a new number. CMS will mail the new card to your address in the coming weeks. In the meantime, you can continue to use your existing Medicare card. After you get your new card, you should:

1. Follow the instructions in the letter that comes with your new card.
2. Destroy your old Medicare card.
3. Inform your providers that you have a new Medicare Number.

We have enclosed additional information about other steps you can take to further protect your privacy.

For More Information

We take the privacy and security of your personal information very seriously. We apologize for the inconvenience this privacy incident has caused.

You can also call 1-800-MEDICARE (1-800-633-4227) with any general questions or concerns about Medicare.

Remember, the Center for Medicare and Medicaid Services and the Social Security Administration will not call you to update your information or give you a new card. If someone who calls you asks for your personal information, do not provide it.



Survival Coalition

of Wisconsin Disability Organizations

Save the date
3.23.2023
Disability Advocacy
Day of Action

Disability day of action is an event focused on connecting disability advocates with their legislators to talk about issues that matter.

Participants learn more about issues during a short briefing then work in teams to plan what they want to say in face to face meetings with legislators or through phone calls.

Join Us!

Speak Up!

Take Action!

Call the The Wisconsin Board for People with
Developmental Disabilities at (608) 266-7826 for
more information

Valentines Party

Tuesday, February 14
AACC
510 Siefert Street / Adell

Join us for food, fellowship, fun, and prizes
Call 994-9934 by 2/10 to make your dinner reservation

Dinner at noon

Sponsored by
Adell Area Community Center
And
Sheboygan County Senior Dining



**Open to all seniors 60 and up.
\$5 donation appreciated but
not necessary**

February is National Canned Food Month.

Canning is a high heat process that essentially makes the food sterile and safe for consumption and longer term storage. Although canned veggies can have added sugars and can be higher in sodium, they are in most cases just as nutritious as fresh or frozen vegetables — you just have to pay attention to the label on the can. Canned foods do pose the threat of botulism, which is a very serious foodborne illness that can lead to respiratory failure and death if not treated in time. If home canning, always follow proper canning procedures. At work or at home, do not use any cans that are bulging, show signs of rust, dents or splits. Always discard any canned foods that have an unusual odor or off-taste, and store any unused portions properly in food grade containers.



- Most canned fruits and vegetables are packed at the peak of their freshness
- ◆ Almost all canned fruits and vegetables are fat free
- ◆ Unfortunately, pork and beans do not fit into the above category

SEASONAL PRODUCE

FEBRUARY 2023

Why eat fruits and vegetables in season?

Produce can be expensive but it's important to add to daily meals and snacks. Eating fruits and veggies that are in season can offer a more affordable option, not to mention these foods are typically more flavorful and nutritious!

Tips for eating seasonally

- Visit your local farmers market for seasonal options.
- Participate in a community garden or start your own.
- Decrease cost by buying in bulk.
- Frozen and canned varieties are great options!
- Freeze produce to add to meals later.



What's Available This Winter

 APPLES	 LEAFY GREENS
 BANANAS	 WINTER SQUASH
 CITRUS FRUITS	 BRUSSELS SPROUTS

FOR MORE SEASONAL FOODS CHECK OUT
[SNAPED.FNS.USDA.GOV/SEASONAL-PRODUCE-GUIDE](https://www.snaped.fns.usda.gov/seasonal-produce-guide)

Now Accepting Monthly Orders



Have 5 free COVID-19 at-home tests sent directly to your door.

Place one order each month at

SayYesCovidHomeTest.org

YOU STOP THE SPREAD



WISCONSIN DEPARTMENT
of HEALTH SERVICES

Good Plants to Start Indoors in February

Jump start the gardening season with a selection of plant seeds you start indoors in February. Seed packets provide information about planting times, sowing depth and the days to harvest. The information is a guideline for the home gardener who wants to save money on seedlings or grow his own plants. As a general rule, start the seeds 4 to 6 weeks before the outdoor planting season begins. Start the seeds earlier to produce a more mature plant for transplanting. Some plants such as carrots and radishes do not transplant well so it's best to directly sow these outdoors.

Vegetables

Warm weather vegetables, such as tomatoes and peppers, need a long growing period. Start the seeds indoors in February and grow them for 6 to 8 weeks. Once the seedlings reach about 8 inches high, harden them off for a week or two before transplanting into the garden. Other vegetables to start in February include lettuce varieties, chard and eggplant. February is a good time to start cauliflower, Brussels sprouts, broccoli and cabbage. Start summer squash when you start the pepper and tomato plants. Plant cucumber seeds during the last week in February.

Fruits

Start watermelon, cantaloupe and honeydew by planting seeds indoors, due to the long growing season required by melons. Pumpkins require a long growing season as well and should be started in February. Strawberry seeds need about 6 weeks of cold before planting in February. Once the seedlings have three leaves, the plants need hardening off and moved into their permanent growing site in the garden.

Herbs

Start basil, oregano, parsley and dill indoors in February. Other herbs that do well when started indoors include mints, thyme and sage. The seedlings transplant well into containers that sit on the porch or patio. You can also transplant the herbs directly into the garden. Basil and parsley suffer in cold weather and do not survive temperatures below freezing. Many other herbs grow as perennials in cold and warm weather climates.

Flowers

A packet of seeds costs considerably less than a flat of flowers at the greenhouse. Start heliotrope, violas and snapdragons indoors during the month of February. Other flowers you may desire to grow from seed in February include delphinium, candytuft and impatiens. The seedlings need gradual exposure to the outdoor temperatures for a week or two before planting directly into the flower beds. Your planting zone or microclimate determines exactly when to move the seedlings outdoors.

Share!

By exchanging your excess plants with friends and family, your garden will grow considerably



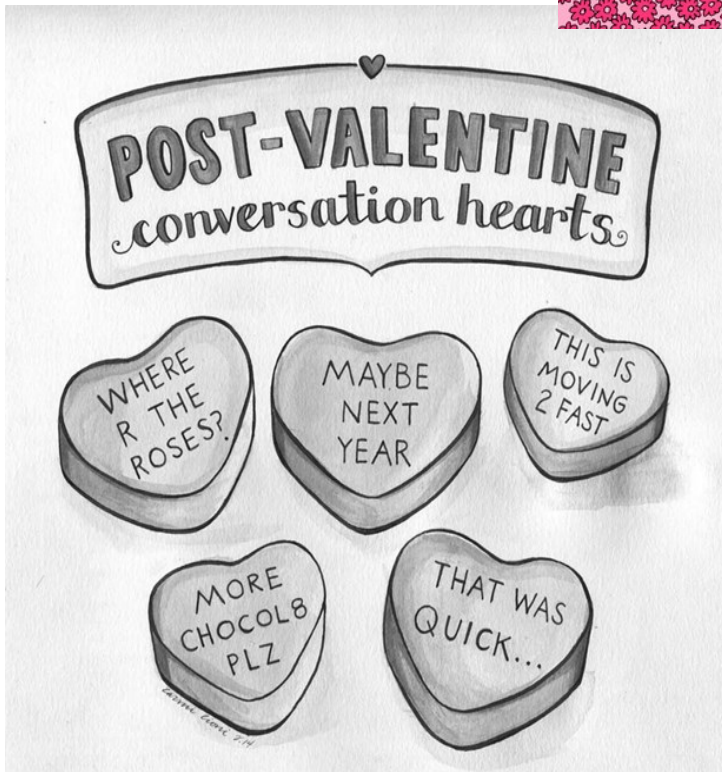
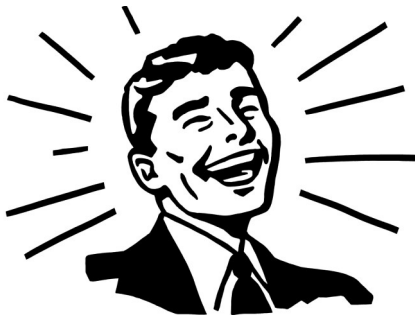
Laughter is the best medicine unless you have broken ribs



After a quarrel, a wife said to her husband, "You know, I was a fool when I married you."
And the husband replied, "Yes, dear, but I was in love and didn't notice it."

A couple drove down a country road for several miles, not saying a word. An earlier discussion had led to an argument and neither of them wanted to concede their position. As they passed a barnyard of mules, goats and pigs, the husband asked sarcastically, "Relatives of yours?" "Yep," the wife replied, "in-laws."

take a dozen long-stemmed roses."



There's a tiny heart hidden among flowers in this brainteaser — can you find it

Does anybody know any good Groundhog Day jokes?... I feel like I keep hearing the same ones over and over again

Not to brag but I already have a date for valentines day: February 14th.



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

Senior Dining

Adell 994.9934, Sheboygan 207.2522, Howards Grove 467.9042

monday	tuesday	wednesday	thursday	friday
		1 Salisbury steak	2 Pork Tenderette HG – Wheel of Fortune Adell Ground Hog Dice Librarian	3 Chicken Chimichanga
6 BBQ Shredded Beef	7 Smothered Chicken HG Card BINGO (bring 10 dimes) Adell Puzzles	8 Brat	9 Beef and Broccoli HG BINGO Adell Ascension Health Care speaker	10 Honey Mustard Ham
13 Sloppy Joes	14 Cheese Burger HG / Adell Valentine Party	15 Ham Loaf with Raisin Sauce	16 Honey Mustard pulled Pork HG Card BINGO Adell Football Bingo	17 Tater Tot Casserole
20 Pork Chop with Kraut	21 Shepard's Pie HG BINGO Adell Word Games and Puzzles	22 Pork Spare Rib	23 Cabbage Roll Casserole HG / Adell The Prive is Right	24 Herb Crusted Salmon
27 Roast Beef with Gravy	28 Mushroom Baked Pork Chop HG Dietician Adell Puzzles			

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

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
	1 Open Faced Turkey Sandwich Mashed Potatoes with Gravy Vegetable Fruit Dessert	3 Chicken Noodle Soup ½ Ham & Cheese Sandwich Tossed Salad with Romaine, Cucumbers & Dressing Fruit
6 Liver & Onions or Hamburger Mashed Potatoes Vegetable Fruit Dessert	8 Pork Roast and Gravy Mashed Potatoes Vegetable Fruit Dessert	10 Baked Chicken Scalloped Potatoes Vegetable Fruit Dessert
13 Salisbury Steak Mashed Potatoes & Gravy Vegetable Fruit Dessert	15 Chili Grilled Cheese Fruit Dessert	17 Chicken Salad (contains nuts)/ Croissant Tossed Salad with Romaine, Tomatoes and Dressing Fruit
20 Chicken Cordon Bleu Mashed Potatoes Vegetable Fruit Dessert	22 Baked Fish Tater Tots Vegetable Tartar Sauce Applesauce Rye Bread	24 Fish Fry Tartar Sauce Potato Wedges Vegetable Rye Bread Fruit
27 Taco Salad w/ Cheese, Sour Cream, & Salsa Fruit / Desert	Senior Dining  Fellowship, Food & Fun	

February

Cherries for Better Health



- Cherries are a good source of vitamin A which is essential for eye health. Beta carotene is also found in cherries and this compound can be changed into vitamin A when the body needs it. Beta carotene has been linked to lower risk of some cancers and cataracts.

- Cherries are a good source of vitamin C. Vitamin C also has been linked to a reduced risk of certain cancers and is important in healing and immune function.

- Cherries also provide potassium, magnesium and folate.

- Like most fruit, cherries provide dietary fiber which helps with intestinal health.

- A growing body of research is showing that cherry consumption may help relieve arthritis symptoms by reducing inflammation. Other

inflammatory conditions may also be improved with cherry consumption. It is believed that the antioxidant, *Anthocyanin* is responsible for this benefit.

- A recent study in the American Journal of Clinical Nutrition, found that tart cherries ranked 14 in the top 50 foods for highest antioxidant content per serving. It surpassed red wine, prunes, dark chocolate and orange juice.
- Cherries have been touted as “gout-healing” since the 1950’s but the evidence has been primarily anecdotal. A recent study that involved 633 patients who self-reported their gout symptoms did show benefits to cherry consumption. However, the study lacked a control group and other aspects that would make the results more reliable. Even still it is certainly worth a try for anyone who suffers from this painful condition!
- Tart Cherries are one of only a few food sources of melatonin, a substance that is intricately involved in our circadian rhythms and sleep patterns. Circadian rhythm is our body’s 24-hour clock that regulates everything from sleep, hormone release, body temperature and other biological functions.