



# ADRC

## Connection

### Special Days In

- 1 Peanut Butter Lover's
- 4 Hug a GI Day
- 6 Oreo Cookie Day
- 7 Cat Day
- 8 Pancake Day
- 10 Middle Name Pride Day
- 11 Johnny Appleseed Day
- 11 Daylight Savings Starts
- 17 St. Patrick's Day
- 20 Spring Begins
- 21 National Common Courtesy Day
- 26 National Spinach Day
- 29 Little Red Wagon Day
- 30 Take a Walk in the Park
- 31 Crayon Day

### My Way Café at Trackside To Open in April

The Sheboygan County ADRC is excited to announce plans to include an addition to our dining program with the inclusion of Kathy's 111 Trackside Café in downtown Random L. This will allow eligible older adults the option of selecting from a menu of pre-fixed meal options that are made to order.

Beginning April 14th, the My Way Café breakfast menu will be available every Friday morning from 8-10 a.m. 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 in the Random Lake Historical Society building and described online as "Offering amazing "home cooked" breakfast s" and is our second 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.

It is easy to join us. Simply complete an annual registration with our staff which 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 for detailed menu.)

We look forward to serving you!




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





## **My Way Café**

at

Kathy's 111 Trackside Restaurant  
Fridays, 8am-10am

Menu for ADRC of Sheboygan  
County nutrition program  
participants

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

**Denver Omelet**—Three eggs with ham, sweet peppers, onions, and cheddar cheese.  
Served with fruit and choice of white, whole wheat, raisin, or rye toast and jelly.

**Egg Scramble**—Two eggs scrambled with your choice of bacons bits, mushrooms, broccoli, and onions. Add cheddar or mozzarella. Served with fruit and choice of white, whole wheat, raisin, or rye toast and jelly.

**Breakfast Muffin and fruit**—Egg, bacon bits, and cheddar cheese on an English muffin.  
Served with a cup of seasonal fruit.

**Pancakes**—Three buttermilk pancakes served with maple syrup and fruit.

**French Toast**—Two pieces of crusty French bread served with butter, fruit, and syrup.

**Lite Breakfast**—Cup of seasonal fruit and choice of yogurt. Served with your choice of white, whole wheat, raisin, or rye toast and jelly.

**All meals include a choice of coffee, milk or juice**  
*A side of peanut butter is available upon request*

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.

No reservations necessary. Call us at 920-467-4100 with any questions.



# 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



## Tax Assistance Programs

The filing deadline to submit 2022 tax returns or an extension is Tuesday, April 18, 2023. There are programs available throughout the state to help low- to moderate-income individuals and families with tax preparation. Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE) are two such programs. The VITA program is a cooperative effort by the Internal Revenue Service (IRS) and individual states, including Wisconsin, and the TCE program is supported by the AARP Foundation. Both programs offer volunteers trained by the IRS and the Wisconsin Department of Revenue (DOR) who help prepare basic income tax returns for free. Most VITA and TCE sites offer free electronic filing.

VITA and TCE sites can help low- to moderate-income individuals, older adults, individuals with disabilities, and individuals who qualify for the homestead credit or the earned income credit. VITA sites may also be able to help non-English speaking individuals and military personnel.

You will need to bring to the appointment photo identification, social security cards for you, your spouse and your dependents, all wage and tax statements, including Forms W-2, W-2G, 1099-R, SSA-1099, interest and dividend statements, and any other tax documents you receive.

If you plan to claim homestead credit, you will also need to bring a copy of your property tax bill or a rent certificate signed by your landlord, a record of any Wisconsin Works (W-2) payments, a record of SSI payments from the Social Security Administration and the Wisconsin Department of Health Services, any proof of earned income if both you and your spouse are under age 62 and not disabled, and proof of disability (if under age 62).

### VITA sites

- Call (800) 906-9887
- Visit [irs.gov](https://irs.gov), keyword VITA
- Call "211" for a site near you
- Call (608) 266-2486

### TCE sites

- Call (888) 227-7669
- Visit [https://www.aarp.org/money/taxes/aarp\\_taxaide/locations.html](https://www.aarp.org/money/taxes/aarp_taxaide/locations.html)
- Call "211" for a site near you.
- Call (608) 266-2486

HOPE is sweet-minded and sweet-eyed. It draws pictures; it weaves fancies; it fills the future with delight.

Henry Ward Beecher



“Where flowers bloom, so does hope.”

-

Lady Bird Johnson



# 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](https://SayYesCovidHomeTest.org)**

**YOU STOP THE SPREAD**



WISCONSIN DEPARTMENT  
*of* HEALTH SERVICES

# 6 Ways to Eat Well as You Get Older



1

## Know what a healthy plate looks like

See how to build a healthy plate at [ChooseMyPlate.gov](https://www.choosemyplate.gov)



2

## Look for important nutrients

Eat enough protein, fruits and vegetables, whole grains, low-fat dairy, and Vitamin D.



3

## Read nutrition labels

Be a smart shopper! Find items that are lower in fat, added sugars, and sodium.



4

## Use recommended servings

Learn the recommended daily servings for adults aged 60+ at [heart.org](https://www.heart.org)



5

## Stay hydrated

Water is an important nutrient too! Drink fluids consistently throughout the day.



6

## Stretch your food budget

Get help paying for healthy food at [BenefitsCheckUp.org/getSNAP](https://www.benefitscheckup.org/getSNAP)



# Laughter is the best medicine unless you have broken ribs

Q: Why can't you iron four-leaf clovers?

A: Well, you don't want to press your luck.

Q: What's Irish and gets left out on the back porch all summer?

A: Paddy O'Furniture.

Q: Do leprechauns get upset when you make fun of their size?

A: Yes ... but only a little.

Knock, knock!

Who's there?

Irish.

Irish who?

Irish you a Happy Saint Patrick's Day!



There is a four leaf clover hidden in the green. Good luck!



I was going to give him a nasty look, but he already had one.'

.....  
O'Malley proposed to his girl on St. Patrick's Day.

He gave her a ring with a synthetic diamond. The young lass on learning it wasn't real returned to her future husband. She protested vehemently about his cheapness. It was in honour of St. Patrick's Day, 'he smiled, I gave you a sham rock.'

An Irish priest is driving along when a policeman pulls him over. He immediately smells alcohol. He says: "Have you been drinking?"

"Just water," says the priest.

The cop replies: "Then why do I smell wine?"

The priest says: "Good Lord! He's done it again!"

# Senior Dining

Adell 994.9934, Sheboygan 207.2522, Howards Grove 467.9042

monday	tuesday	wednesday	thursday	friday
		1 Salisbury Steak	2 Pork Tenderette	3 Chicken Chimichanga
6 Veggie Egg Bake	7 Sloppy Joe	8 Pork Chop with Sauerkraut	9 BBQ Shredded Beef	10 Honey Glazed Ham
13 Chicken Parmesan	14 Pork Tenderette	15 Salisbury Steak	16 Smothered Chicken	17 Corned Beef
20 Citrus Salmon	21 Beef Tips	22 Stuffed French Toast	23 Chili	24 Garlic Butter Pollack
27 Mushroom Swiss Burger	28 Pizza Casserole	29 Beef Fajitas	30 Pork Spare Ribs	31 Chicken Stir Fry

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 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

# 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 Turkey Stuffing and Gravy Potato Wedges Fruit Vegetables	3 Cranberry Walnut Salad Fruit Cottage Cheese Bread Stick Desert
6 Beef Stew Vegetable Corn Bread Fruit Cookie	8 Brat on a bun German Potato Salad Bronco Beans Fruit Dessert	10 Battered Cod Au Gratin Potato Tossed Salad/Dressing Vegetable Fruit
13  Taco Salad Fruit Dessert	15 Pulled Pork Mac & Cheese / Fruit Vegetable Dessert	17 Corned Beef / Potatoes Cabbage, Carrots Rye Bread Dessert
20 Chicken Salad Croissant Tossed Salad w/ cucumber and to- mato Fruit Dessert	22 Lasagna Tossed Salad (Romaine) Cucum- bers, Chickpeas, Dressing Vegetable Bread Stick	24 Baked Haddock Tartar Sauce Scalloped Potatoes Vegetable Fruit
27 Swedish Meatballs Cheesy Potatoes Vegetable Fruit / Dessert	29 Swiss Steak Mashed Potatoes Broccoli/ Wheat Bread Fruit Cocktail	31 Chef Salad Breadstick Fruit Dessert

# ACTIVITIES

11—lunch  
service

Monday

Tuesday

Wednesday

Thursday

Friday

		1 Sheboygan- Trivia Bingo	2 Adell know your legislators & Librarian visit Sheboygan- Five Card HG Diners' Choice	3 Sheboygan Friday Bingo
6	7	8	9	10
Sheboygan- Candy Dice	HG – Card BINGO (bring 10 dimes) Adell Word Games and Puzzles Sheboygan-Know your legislators	Sheboygan- Keno	HG – BINGO Adell Horse Race Game Sheboygan- Food Wise by Janeth	Sheboygan Friday Bingo
13	14	15	16	17
Sheboygan- Shamrock Race Game	HG – Benefit Specialist Adell Word Games and Puzzles Sheboygan-Music- Jerry Eckert	Sheboygan- Shamrock Dice	Adell Irish Bingo Sheboygan- 7-11 HG Penny Game	Sheboygan Friday Bingo
20	21	22	23	24
Sheboygan- Smarter than a 5th-grader game	HG Harvest Homes Adell Word Games and Puzzles Sheb-WI Jingo	Sheboygan- Fifty-one	Adell U.W Ext. Nu- trition Educator Sheb- Fun w/Gayle HG Memories	Sheboygan Friday Bingo
27	28	29	30	31
Sheboygan- Penny Toss	Adell Word Games and Puzzles Sheboygan-Birthday Party-Accordion Club HG Penny Game	Sheboygan- Sunshine Bingo	HG Price is Right Adell The Price is Right Sheboygan-Golf Dice	Sheboygan Friday Bingo

# Souper Sunday COOK-OFF

**SUNDAY  
MARCH 5  
10:45-1:15**

(or until the Nescos are empty)

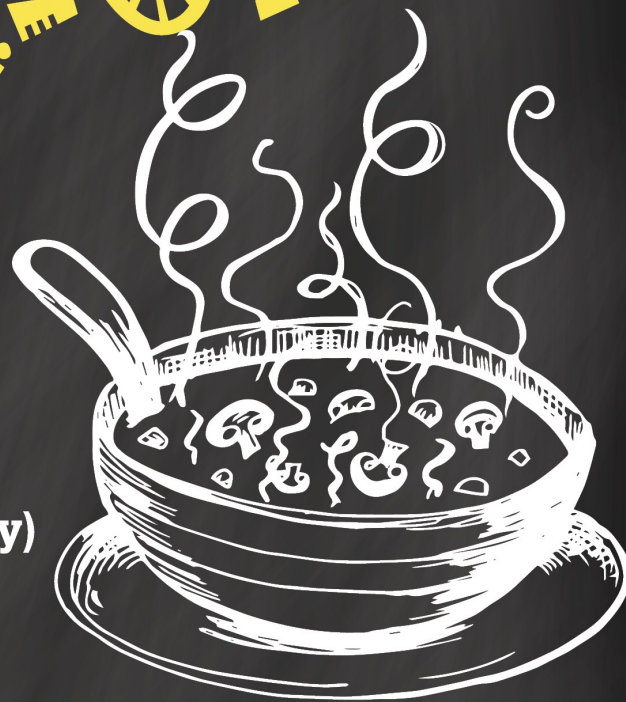


**\$12<sup>00</sup>**

**per person**

Children 4-12 yrs - \$5

3 yrs. & under - Free



**St. Paul Lutheran Church  
730 County Road PPP  
Sheboygan Falls**

**ALL YOU CAN  
SAMPLE!**

**TASTY** soup, chili, bread, and  
melt in your mouth desserts.



**All proceeds will go to The Gathering Place and  
Memory Matters day programs for adults with memory loss.**