

ADRC

Connection

Special Days In

April

April 8th Draw a picture of a Bird Day

April 9th Name Yourself Day

14th New Site—Kathy's Trackside Opens for breakfast service every Friday from 8-10 am.

April 17th Blah, Blah, Blah Day

19th Volunteer Recognition Banquet

April 23rd Take a Chance

April 27th Tell a Story

April 28th National Poetry Day

April 30th Honesty Day

Volunteers boost our power, lighten the load, and exponentially increase our impact. Whether you can make just a one time commitment of an hour or claim a reoccurring role, we need you. Yes, you.

One of our greatest areas of need includes our volunteer driver program . Our volunteer drivers provided 938 non-emergency medical rides in 2022. We currently have 19 drivers, 14 who drive primarily for non-veterans, and 5 designated veteran drivers. We hope to increase our fleet of vehicles in 2023 and add to our pool of drivers.

Our program needs **YOU** to help Sheboygan County residents maintain their Independence. Help a little or help a lot: we schedule around your availability Call ADRC Transportation at 920-467-4020 to learn more about how you can make a difference in our community.

"The best way to find yourself is to lose yourself in the service of others."- Gandhi

"We make a living by what we get, but we make a life by what we give." - Winston Churchill

"At the end of the day it's not about what you have or even what you've accomplished... it's about who you've lifted up, who you've made better. It's about what you've given back." - Denzel Washington

"Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in." Anonymous

"If you think you are too small to be effective, you have never been in bed with a mosquito." - Betty Reese



Know us Before You Need Us

Senior Dining



Fellowship, Food Fun

**Senior Dining
Sites
Call for
reservation**

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

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

Kathy's Trackside

111 Carol Street, Random Lake

Phone 920-467-9042

Open Tuesdays 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





Sheboygan County Senior Dining

at

Kathy's 111 Trackside Restaurant
111 Carol Street, Random Lake
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.



Caring for someone with a chronic illness such as dementia, cancer, heart disease, Parkinson's disease or stroke can be physically, emotionally and financially exhausting.

Connect with Resources



Balance your Life
Take Care of Yourself

Powerful Tools FOR Caregivers

Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, or friend.

Participants will learn to:

- Reduce stress
- Improve self-confidence
- Better communicate feelings
- Increase their ability to make tough decisions
- Locate helpful resources

Dates: TUESDAYS: April 18, 25
& May 2, 9, 16 & 23, 2023 (6 weeks)
Times: 4:30 – 6:00 PM

ONLINE ONLY

Caregivers will need to have access to a laptop or I-Pad (camera & mic) and have internet access.

Brought to you by:



Register Today! Space is limited
920-467-4079

Lisa.Hurley@SheboyganCounty.com

Call (920) 467-4079 and mail or email Lisa.Hurley@SheboyganCounty.com

April / May 2023

Sheboygan County Aging & Disability Resource Center, 650 Forest Ave, Sheboygan Falls, WI 53085

Name: _____ Phone: _____

Address: _____ Email: _____

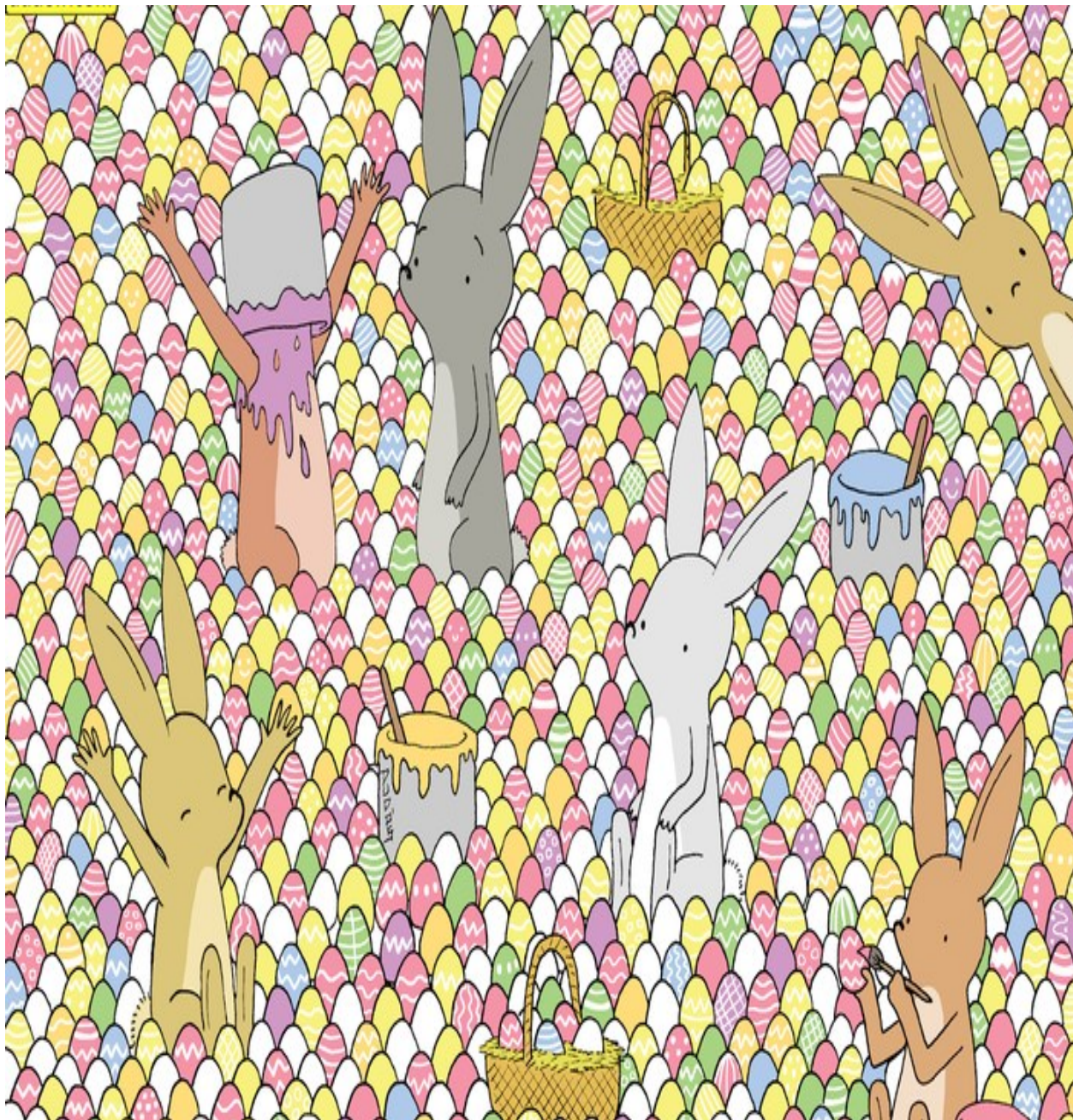
City, Zip: _____

DHS Expands Free COVID-19 Testing Program

By the GWAAR Legal Services Team (for reprint)

The Wisconsin Department of Health Services (DHS) recently announced that Wisconsin households can now get two free at-home COVID-19 self-test kits every month through the Say Yes! COVID Test website. Each test kit includes five rapid antigen tests, for a total of 10 self-tests.

Over 1.6 million test kit orders have been placed statewide since the program began in September 2022. Households can place one order per month through the Say Yes! COVID Test website: <https://sayyescovidhometest.org/>. Households without internet access or have questions about ordering can dial 211 or 877-947-2211 for assistance.



Find
the
heart





All that's missing is  **U** !

Think about the last time you volunteered your time and talents to an important effort or cause. How did it make you feel? With the busy lives we lead, just the thought of volunteering might seem overwhelming, but in reality it could be very beneficial. It's easy to think about the positive impact that volunteers have on others, but we don't often consider how rewarding it can be for a volunteer to reach out and make a difference in someone's life. As we approach summer, put those many hours of daylight to good use. Here are five good reasons for seniors and caregivers alike to volunteer:

1. **Find Meaning and Purpose at Any Age:** Sharing what you've learned with others can be a rewarding opportunity to give back. Average older adult volunteer rates for states ranged from 17.4% to 39.3%. For older adults, a [study](#) showed that formal volunteering moderated the loss of a sense of purpose for those who had experienced the loss of major role identities, such as wage-earner and parent.
2. **Experience Improved Health and Well-being:** Many people who volunteer say that helping others gives them a good feeling inside, something that researchers call a "helpers high". There seems to be an actual physical sensation that occurs when people help others that makes them experience greater energy and strength, less depression and increased feelings of self-worth, reports Psychology Today. Another survey of a large group of older adults showed that while those who received social support did not experience a marked improvement in health, those who gave support to others had lower mortality rates. That means that caregivers actually benefit the most when they help others.
3. **Make New Friends and Improve Your Mind:** Volunteering provides an opportunity for seniors and caregivers alike to increase their social engagement as well as their brain power. A study conducted by the Rush Alzheimer's Disease Center showed that there was a link between higher levels of social connections and participation in social activities with better cognitive function.
4. **Learn New Skills:** It's never too late to learn a new skill or develop a new hobby. Volunteering can open the door to new learning opportunities that you may have not previously considered or thought you were capable of doing.
5. **Know That You Can Make a Powerful Difference:** Regardless of your age or situation, you can have a positive influence in someone's life. The simple act of visiting and offering a listening ear may seem like a small thing, but is actually quite powerful because it brings immeasurable joy.

In addition, volunteering also provides the chance to look beyond our own circumstances and appreciate what others are experiencing. The difference that you'll make in someone else's life will make an even bigger difference in yours.

APRIL 2023

BENEFITS OF VITAMIN C

Senior in Touch Monthly Nutrition Facts



VITAMIN C RICH FOODS

Cantaloupe
Acerola cherries
Guava
Blackcurrants
Strawberries
Kale
Oranges
Kiwifruit
Broccoli
Brussels sprouts
Bell peppers
Thyme

Things to know

Vitamin C, also known as ascorbic acid, plays an important role in overall health by supporting your immune system and protecting your body against free radical damage. Most healthy adults get all the vitamin C they need from eating a well balanced diet rich in fruits and vegetables.

Vitamin C also plays a role in collagen production. Collagen is a healthy part of bones, skin, cartilage, and blood vessels. Among many other benefits, Vitamin C can also help with wound healing, support brain function, and assist with iron absorption.

Our bodies don't make or store vitamin C but it's easy to get enough through your diet! For healthy adults age 50 and older, the recommended amount of vitamin C is 75 mg/day for women and 90 mg/day for men. Those who smoke, are regularly exposed to secondhand smoke, or have a restricted diet, may need more vitamin C. There are some medications that could negatively react with vitamin C supplements so it's always important to talk with your doctor before adding a supplement into your daily routine.

Spring Puns



How do you tell someone winter is over? You spring it on them.

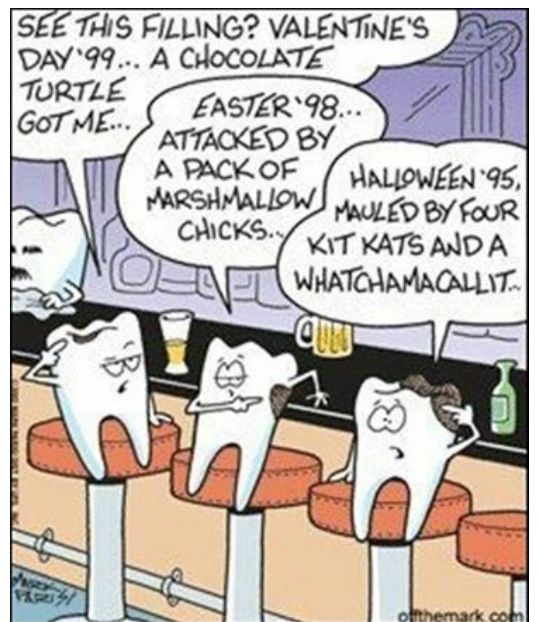
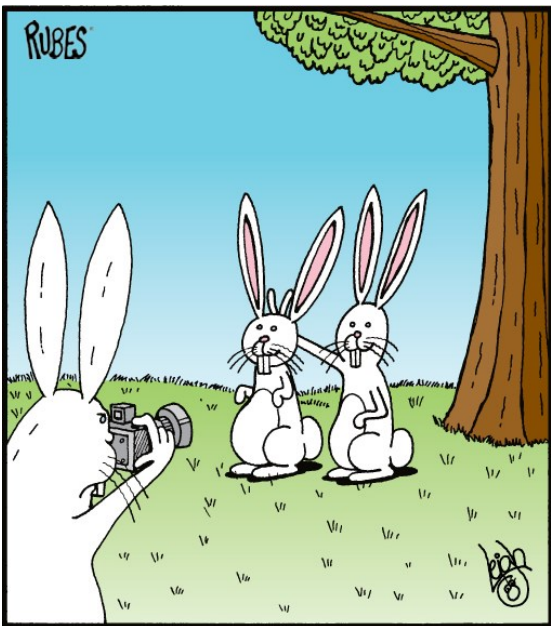
Why does Fog-horn Leghorn take it slow when April rolls around? Because he's no spring chicken.

What do you call it when you get mugged on the vernal equinox? The first robbin' of spring.

Evergreen might not mind winter, but for all other trees it's a great re-leaf.

Did you see that all the snow and ice is melting? I thaw!

What do you call it when you lose control of your cleaning cart? Spring careening!





Proven Effective

Developed and researched at the University of Wisconsin-Madison, participants who completed the Stand Up program decreased their sitting time by **68 minutes per day!**

Find and register for Stand Up and Move More!

Wednesdays 9-11 am April 19 – May 10

Aging and Disability Resource Center of
Sheboygan County

650 Forest Avenue

Sheboygan Falls

To register or for more information call
the ADRC at 920.467.4100

\$10 Donation appreciated

How much is too much time sitting during the day? Find out and learn strategies to help you...

Stand Up and Move More!

On average, older adults spend more than 60% of their waking hours in sedentary activities — mostly sitting. Research shows that too much sitting is bad for your health.

The Stand Up and Move More program helps you add more standing time into your day so you feel better and improve your health.

Join a Stand Up and Move More class to learn:

- ◆ The consequences of too much sitting time and the benefits of more standing time
- ◆ Strategies for incorporating more standing time into your day
- ◆ To set achievable goals and address problems or barriers



wihealthyaging.org/standup



Senior Dining

Adell 994.9934, Sheboygan 207.2522, Howards Grove 467.9042

Mon	Tue	Wed	Thu	Fri
3 Veggie Egg Bake	4 Closed	5 Pork Chop with Sauerkraut	6 BBQ Shredded	7 Closed
10 Chicken Parmesan	11 Pork Tenderette	12 Salisbury Steak	13 Smothered Chicken	14 Corned Beef
17 Citrus Salmon	18 Beef Tips	19 Stuffed French	20 Chili	21 Garlic Butter
24 Mushroom Swiss	25 Pizza Casserole	26 Beef Fajitas	27 Pork Spare Rib	28 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

Sheboygan Serving Mon, Tues, Wed, Thurs, Fri

Senior Dining



Fellowship, Food Fun

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
3 Liver and Onions or Hamburger Mashed Potatoes Vegetables Fruit Dessert	5 Turkey Breast and Gravy Mashed Potatoes Stuffing Vegetables Cranberry Sauce	7 Closed
10 Salisbury Steak Mashed Potatoes & Gravy Vegetables Dinner Roll Fruit	12 Lasagna Garlic Bread Vegetables Fruit Dessert	14 Baked Fish Tater Tots Coleslaw Applesauce Rye Bread
17 Chicken Salad Croissant Mix Green Salad Fruit Cookie	19 Chicken Piccatta Wild Rice Vegetables Fruit	21 Chef's Salad Breadstick Fruit Dessert
24 Spaghetti with Meatballs Buttered Corn Garden Salad with Romaine Dressing Garlic Bread	26 Chicken Parmesan Noodles Garlic Bread Vegetables Dessert	28 Chicken Schnitzel Baked Red Potatoes Vegetables Fruit Dessert

April



Senior Dining



Fellowship, Food Fun

ACTIVITIES

11—lunch service

Mon	Tue	Wed	Thu	Fri
3 Sheboygan: Keno	4 CLOSED	5 Sheboygan: Sunshine Bingo	6 Adell Easter Bingo / Librarian Sheboygan- Easter Dice	7 CLOSED
10 Sheboygan: Easter Dinner	11 Adell Games HG Nutrition w/ Janeth Sheboygan- Bunny Race	12 Sheboygan: Right-Left- Center	13 Adell Dietician Sheboygan- Spring Jingo	14 Sheboygan
17 Sheboygan: Fifty-One	18 Adell Games HG Harvest Homes Sheboygan 7-11	19 Sheboygan: Sunshine Bingo	20 Game Sheboygan- Millionaire Game	21 Sheboygan 
24 Sheboygan: Golf Dice	25 Adell Games HG Card BINGO Sheboygan: Birthday Party- Accordion Club	26 Sheboygan: Five Card	27 Adell The Price is Right Sheboygan- Trivia Bingo	28 Sheboygan 

Senior Dining

April



Fellowship, Food Fun



Attend Aging Advocacy Day May 9th!

Are you interested in issues affecting older adults and caregivers? Would you like to tell your legislator what aging/caregiver services mean/have meant to you, your family, or those you serve?

Join members of the Wisconsin Aging Advocacy Network (WAAN), aging network professionals, older adults, and family caregivers to “tell your story” and help educate state legislators about issues impacting Wisconsin’s aging population.

Citizens from around the state will gather in Madison on Tuesday, May 9 for training, to meet with other constituents from your Senate and Assembly district, and for of-

office visits with your legislators. No experience is necessary; you’ll get the training and support you need before meeting with state lawmakers. Following the training, join others from your state Senate and Assembly district to provide information and share personal stories with your legislators to help them understand how specific policy issues and proposals impact you, your family, and older constituents.

Best Western Premier Park Hotel, 22 S. Carroll St., Madison and the Wisconsin State Capitol
10:00 a.m. — 3:00 p.m.

Wisconsin Aging Advocacy Day (WIAAD) Schedule

9:00 – 10:00 a.m.: **Event check-in**, Best Western Premier Park Hotel

10:00 a.m. - Noon: **Training** - Issue briefing/advocacy skills, district planning time & lunch, Best Western Premier Park Hotel

12:15 p.m.: Cross the street to the State Capitol

12:30 p.m.: **Group photo**, State Capitol – Martin Luther King, Jr. Entrance (accessible)

1:00 – 3:00 p.m.: **Legislative visits**, advocacy activities/networking, check-out and debriefing, State Capitol Offices and North Hearing Room—2nd Floor

Your voice can make a difference!

Aging Advocacy Day 2023 activities focus on connecting aging advocates with their legislators to this year’s WAAN priorities: ADRC Investment (incl. Elder Benefit Specialist funding); Paid and Unpaid Long-Term Care Support (including Family Caregiver Tax Credit, WI Family and Medical Leave expansion, and Medicaid wage lifts), Home Delivered Meal Service funding, and Transportation funding (the priorities are subject to change).

Register at <https://gwaar.org/aging-advocacy-day-2023> or contact us at 920-467-4100. Registration deadline is April 26, 2023.



Wisconsin Aging
| Advocacy | Network