

ADRC Connetion

August



BEAT THE HEAT: Extreme Heat

Heat related deaths are preventable

WHAT:

Extreme heat or heat waves occur when the temperature reaches extremely high levels or when the combination of the air and humidity causes the air to become oppressive.



Children

WHO:

More males than females are affected



Older adults



Outside workers



People with disabilities

WHERE:



Houses with little to no AC



Construction worksites



Cars

HOW to AVOID:



Stay hydrated with water, avoid sugary beverages



Stay cool in an air conditioned area



Wear light-weight, light colored, loose fitting clothes

Outside Temperature 80°



Time Elapsed: 20 minutes



Time Elapsed: 20 minutes



Time Elapsed: 20 minutes

During extreme heat the temperature in your car could be deadly.

HEAT ALERTS: Know the difference.

HEAT OUTLOOK

Minor

Excessive heat event in 3 to 7 days

HEAT WATCHES

Excessive heat event in 12 to 48 hours

HEAT WARNING/ADVISORY

Major

Excessive heat event in next 36 hours

Stay **Cool**



Stay **Hydrated**



- **Wear Appropriate Clothing:** Choose lightweight, loose-fitting clothing.
 - **Stay Cool Indoors:** Stay in an air-conditioned place as much as possible. If you do not have air conditioning, go to a public space; even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat.
 - **Schedule Outdoor Activities Carefully:** Try to limit your outdoor activity to when it's coolest, like morning and evening hours. Rest often in shady areas so that your body has a chance to recover.
 - **Pace Yourself:** Cut down on exercise.
 - **Wear Sunscreen:** Sunburn affects your body's ability to cool down and can make you dehydrated.
 - **Drink Plenty of Fluids:** Drink more fluids, regardless of how active you are. Don't wait until you're thirsty to drink.
 - **Stay away from very sugary or alcoholic drinks**—these actually cause you to lose more body fluid.
 - **Replace Salt and Minerals:** Heavy sweating removes salt and minerals from the body that need to be replaced. A sports drink can replace the salt and minerals you lose in sweat.
 - **Avoid Hot and Heavy Meals:** They add heat to your body! Try eating cooling foods.
- Monitor Those at High Risk:** Although anyone at any time can suffer from heat-related illness, some people are at greater risk including people 65 years of age or older and those who are physically ill.

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: 920-467-4020

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 920-467-4020

Open Fridays 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



AUGUST 2023

MORE HERBS, LESS SALT

The ADRC Connection Nutrition Tips for Living Well



Herbs and spices add great flavor and color to food without adding additional salt, fat, or sugar. The terms "herbs" and "spices" are often used interchangeably and are sometimes even known as "seasonings" but they are actually different!

Herbs

Herbs are the leaves of low growing shrubs and include parsley, chives, thyme, basil, oregano, and rosemary, among others. They can be dried, fresh, or used as a paste. When using dried herbs, follow a ratio of 3 fresh to 1 dried. For example, 3 tablespoons of fresh parsley is equivalent to 1 tablespoon of dried parsley.

Spices

Spices come from the bark, roots, buds, seeds, berry, or fruit of plants and trees. They can include cinnamon, ginger, onion, garlic, cloves, black pepper, paprika, as well as others.

Additional ways to add flavor

Seasoning blends include a mixture of herbs and spices such as taco or poultry seasoning. Check labels to see if salt is added. Consider opting for salt-free or low sodium options.

Rubs can be wet or dry and include a mixture of spices.

Marinades are used to add flavor and tenderize meats and poultry. They typically contain herbs and spices, oil, and an acid such as yogurt, citrus juice, or vinegar.

Experiment with herbs and spices

Try adding fresh mint and lemon to water, add basil, oregano, parsley, or seasoning blends to cooked dishes or spices to uncooked dishes like salads. Love herbs? Consider starting your own herb garden at home!

Top Ten Tips for Successful Aging

“It’s all in your mind” isn’t just a saying, it’s a life skill. According to Neuroscientist Dr. Daniel Levitin, who studies brains as they age, these are the ten life habits for successful aging:

1. Delay retirement, and when you do retire, take up volunteering or hobbies. Continue to be engaged in meaningful work.
2. Look forward, not back.
3. Exercise to get your heart rate going, preferably in nature.
4. Embrace a moderate lifestyle.
5. Keep your social circle exciting and new.
6. Spend time with people younger than you.
7. See your doctor regularly, but not obsessively.
8. Don’t think of yourself as old.
9. Appreciate your cognitive strengths, including pattern recognition, crystallized intelligence, wisdom, and accumulated knowledge.
10. Practice cognitive transfer (the act of learning, remembering, and problem-solving). This comes from experimental thinking, travel, spending time with grandchildren, and immersion in new activities.

We're here for you!

We have open office hours in Adell

*On the 1st and 3rd Wednesdays of the month
Information and Assistance Specialists are available at
the Adell Area Community Center 510 Siefert Ave.*

*Appointments Encouraged 920.467.4100
Walk ins Welcome*

CONGRATULATIONS!

Lisa Hurley, Caregiver and Dementia Care Specialist at the Aging & Disability Resource Center (ADRC) of Sheboygan County, was celebrated as the recipient of the 2023 Alzheimer's Association Care and Support Volunteer of the Year Award. The Care & Support Volunteer of the Year is presented to an outstanding volunteer who continues to make a difference by moving the Alzheimer's Association mission forward and supporting families throughout Wisconsin.

"Volunteers are the heart of our organization and Lisa is an exemplary example of the passion and dedication that helps us fulfill our mission," said Wendy Betley, senior program director, Alzheimer's Association, Wisconsin Chapter. "We salute her commitment to serving the needs of those on this difficult journey."



Hurley, who lost her father to Alzheimer's, has been a dedicated and passionate volunteer for the Alzheimer's Association for over a decade. She started her volunteer journey on the Walk to End Alzheimer's® planning committee in 2011, and in 2016 took a leadership role by becoming a committee Co-Chair, a position she continues to hold today.

Over the years, Lisa grew her involvement with the Alzheimer's Association and now volunteers "full mission" serving across multiple pillars of the organization. Lisa's made her first trip to the Wisconsin State Capitol in Madison as an Alzheimer's Advocate in 2017. Since then, she has attended the Alzheimer's Association State Advocacy Day every year since - both virtually and in-person.

In December of 2019, Lisa decided she wanted to do even more as an Alzheimer's Association volunteer and trained as a Community Educator. She was finishing training just as COVID and work-from-home began, and became a virtual community educator. When the Association resumed offering in-person services, Lisa continued to offer some virtual presentations, but also began making connections with community partners to offer in-person education presentations. In the current fiscal year, Lisa has provided 24 education programs to the Sheboygan community that reached 518 constituents.

In June of 2022, Lisa took another leap, and trained to be a Support Group facilitator, offering a monthly caregiver support group. She also applied for some grant money from the Alzheimer's Family and Caregiver Support Program (AFCSP) to fund the cost of starting a Memories in the Making watercolor program in Sheboygan County. Lisa recruited seven other volunteers to join her in training as Early Stage Social Engagement coordinators, and on May 12 the first monthly Memories in the Making session was held.



Turn your eagle eyes to this profusion of scrumptious watermelon slices. Somewhere among them, there's a frilly pink tutu—and it's harder to spot than you think. The tutu is the exact same shade of pink as the watermelons, but it has no green rind or black seeds. Another similarity? It's got the same basic semicircle shape. Of course, sizes are not accurate to reality (the tutu is the same size as the watermelons).

Senior Farmers Market Nutrition Program:

The Senior Farmers Market Nutrition Program (SFMNP) offers low-income seniors an opportunity to purchase \$35 worth of fresh, locally grown fruits, vegetables, and herbs from certified farmers.

Income eligible seniors (see eligibility below) can apply on a first come, first serve basis at . SFMNP vouchers can be used June 1st-Oct. 31st at participating Farmers Markets and roadside stands in Wisconsin.

Applications and coupons are being distributed at the ADRC, 650 Forest Ave, Sheboygan Falls and all Sheboygan County Senior Dining locations. The process is quick, and all eligible participants will receive their packet of \$35 worth of coupons upon completion of the application.



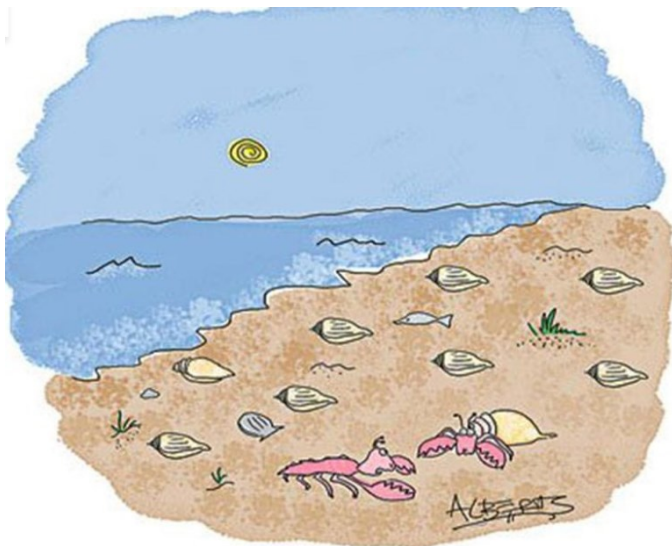
Senior Farmers Market Nutrition Program Income Guidelines 2023*



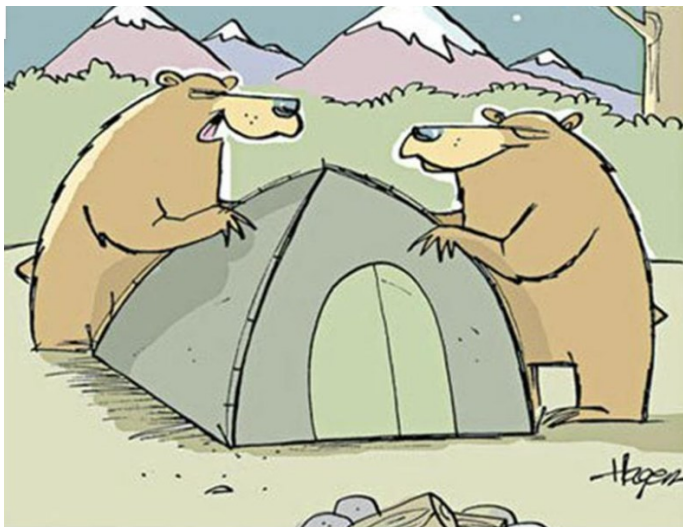
Use total gross income – before taxes and deductions - of ALL household members.			
Household Size	Yearly	Monthly	Weekly
1	\$26,973	\$2,248	\$519
2	\$36,482	\$3,041	\$702
3	\$45,991	\$3,833	\$885
4	\$55,500	\$4,625	\$1,068
5	\$65,009	\$5,418	\$1,251
6	\$74,518	\$6,210	\$1,434
7	\$84,027	\$7,003	\$1,616
8	\$93,536	\$7,795	\$1,799
Each additional household member	\$9,509	\$793	\$183



"Eventually you're going to have to get some swim trunks."



"I forgot where I parked."



"I just love how they come individually wrapped to seal in the flavor."

Q: What's the best day to go to the beach?

SUN day!

Q: What do you get when you combine an elephant with a fish?

Swimming trunks!



Q: Do fish go on vacation?

No, because they're always in school!

Q: What do you say to a sweaty puppy?

You are one hot dog!

Q: Why did the dolphin cross the beach?

To get to the other tide!

Q: What do sheep do on sunny days?

Have a baa-baa-cue.

Q: Why don't oysters share their pearls?

Because they're shellfish!

Q: Which letter is the coolest?

Iced t

Q: Why do fish like to eat worms?

Because they get hooked on them!

Q: What is a shark's favorite sandwich?

Peanut butter and jellyfish!

Q: What does the sun drink out of?

SUN glasses

Q. Why did the chicken cross the playground?

A. To get to the other slide!

Q: What is a frog's favorite summertime treat?

Hopsicles!

Q: What do you call a fish that doesn't have any eyes (i's)?

A fsh!

Q: What did the pig say at the beach on a hot summer's day?

I'm bacon!

Q: Why should you never blame a dolphin for doing anything wrong?

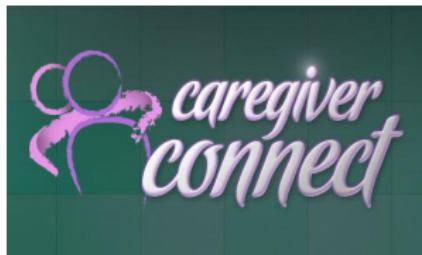
Because they never do it on porpoise!

Q: What do you call a witch who lives on the beach?

A sandwich!

Q: When do you go at red and stop at green?

When you're eating a watermelon



Community Education & Social Event

Aging & Disability Resource Center (ADRC)
of Sheboygan County
650 Forest Ave., Sheboygan Falls

2023

Join in with other family caregivers to learn practical tips on a variety of topics that will assist you to better meet the physical, emotional, financial and spiritual challenges of caregiving. Call the Family Caregivers Coalition in Sheboygan County c/o Aging & Disability Resource Center at 920-467-4079 for more information or to **make a reservation**.

Thursday, August 17, 2023 @ 1pm ~ ADRC of Sheboygan County

Technology for Caregivers (All Skill Levels)

As of recently, technology has been viewed more positively as a regular part of daily life. Increasingly, baby boomers will demand technology solutions to make their lives easier. And this extends to help with caregiving responsibilities as well.

This is a fun, interactive presentation providing information on technology (high & low) available to assist caregivers and those they care for. This program offers practical solutions for caregivers seeking to solve a problem, learn new skills and find support. Resources will also be available on where presented technology can be obtained.

Presenter: Stacie Scheibe, Technology Specialist Options for Independent Living

Upcoming Caregiver Connect Programs:

Thursday, October 19, 2023 @ 1pm ~ Your Legacy: Your Ethical Will! The Celebration of Your Life!

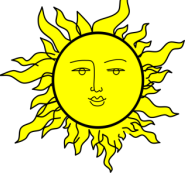
Presenter: Tracy Cinealis, CSA, CHSP, Sharon S. Richardson Community Hospice



Call: 920-467-4079 to register!

Senior Dining

Adell 994.9934, Sheboygan 207.2522, Howards Grove 467.4100

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Battered Cod	2 Cheeseburger Casse- role	3 Lemon Pepper Ti- lapia	4 Chili Dog
7 Shredded Turkey w/Gravy	8 Chicken Chimichanga	9 Grilled Brat	10 Beef and Broccoli	11 Caprese Chicken
14 Cheesy Scrambled Eggs	15 Chicken Cordon Bleu	16 Honey Mustard Ham	17 Dijon Baked Tilapia	18 Pork Chop w/ Kraut
21 Beef Tips	22 Smothered Chicken	23 Sweet and Sour Pork	24 Pork Spare Rib	25 Beef Meatballs w/ Gravy
28 Mushroom Swiss Burger	29 Pork tenderette w/ Onion	30 Hot Ham and Cheese	31 Sloppy Joes	

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



Sheboygan County ADRC BINGO Night

(Senior 60+)



Date: Thursday September 14th 2023

Time: 4:30 p.m. – 7:30 p.m.

Location: Generations 1500 Douglas Dr, Plymouth

Bingo \$2.00 per card (*maximum 3 cards*)

100% payout + valuable prizes

Dinner \$5.00 suggested contribution

*Box Lunch to include:

Ham & Cheese or Turkey & Cheese Croissant

Fruit, Creamy Pasta Salad, Cookie,

Coffee/Milk/Soda

RSVP REQUIRED BY:

Friday, September 1st Limited to first 150 sign-ups

~call 920-467-4139 to reserve your spot

Senior Dining August 2023

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

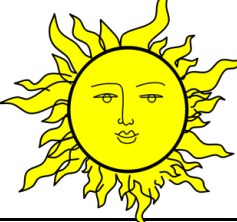
Includes 1 side

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

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

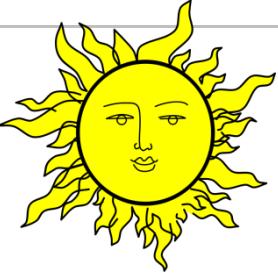





No meal substitutions—Other items may be purchased through Pic-A-Deli

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

MONDAY	WEDNESDAY	FRIDAY
	<p>2</p> <p><i>Salisbury Steak Mashed Potatoes & Gravy Vegetables Fruit Dessert</i></p>	<p>4</p> <p><i>Polish Sausage on a Bun Sauerkraut German Potato Salad Baked Beans Fruit Dessert</i></p>
<p>7</p> <p><i>Spaghetti and Meatballs Garden Salad (Romaine) Dressing Garlic Bread Dessert</i></p>	<p>9</p> <p><i>Chicken Bacon Ranch Wrap Potato Salad Fruit Dessert</i></p>	<p>11</p> <p><i>Club Sub Broccoli & Bacon Pasta Fruit Dessert</i></p>
<p>14</p> <p><i>Swiss Steak Mashed Potatoes Vegetables Fruit Dessert</i></p>	<p>16</p> <p><i>Liver & Onions/Bacon Or Hamburger Mashed Potatoes Vegetable Fruit Dessert</i></p>	<p>18</p> <p><i>Bacon, Lettuce, Tomato, Cheese Sand- wich Cole Slaw Fruit Dessert</i></p>
<p>21</p> <p><i>Taco Salad Taco meat, cheese, lettuce (romaine), tomatoes, sour cream, chips, salsa Fruit Dessert</i></p>	<p>23</p> <p><i>Hamburger Stroganoff Buttered Noodles Vegetable Bread Stick Fruit</i></p>	<p>25</p> <p><i>Fish Fry Tater Tots Vegetable Fruit Dessert</i></p>
<p>28</p> <p><i>Pork Schnitzel Au Gratin Potatoes Vegetable Fruit Dessert</i></p>	<p>30</p> <p><i>Fried Chicken Mac & Cheese Vegetable Fruit Dessert</i></p>	<p style="font-size: 2em; font-family: cursive;">August</p>

ACTIVITIES

11—lunch service August 2023

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Sheboygan-Jingo	Sheboygan-Trivia Bingo	Adell A visit from your Librarian Sheboygan-Are You Smarter than a Fifth Grader Game	Sheboygan- 
7	8	9	10	11
Sheboygan-Timeline	HG Dime Bingo – bring ten dimes Adell Word Games and Puzzles Sheboygan-Draw Game	Sheboygan-Right-Left-Center	Adell Dime Bingo Sheboygan-FoodWise by Janeth	Sheboygan 
14	15	16	17	18
Sheboygan- 7-11	HG Chair Exercise Adell Word Games and Puzzles Sheboygan-Race Game	Sheboygan-Sunshine Bingo	Adell County Dietician Sheboygan-Birthday Dice	Sheboygan- 
21	22	23	24	25
Sheboygan-Five Card	HG Music by Fred Heyman Adell Word Games and Puzzles Sheboygan-Kelly Encinas	Sheboygan-Golf Dice	Adell U.W Nutrition Education Sheboygan-Sunshine Bingo	Sheboygan 
28	29	30	31	
Sheboygan-Fifty-one	HG Price is Right Adell Word Games and Puzzles Sheboygan-Birthday Party w/Music by The Accordion Club	Sheboygan-Picnic	Adell The Price is Right Sheboygan-Keno	Senior Dining  Fellowship, Food & Fun



Look for These Red Flags to Avoid Fraud

You are contacted out of the blue.

Scam artists aim fake invoices, phony debt collection notices, and spam emails at unsuspecting consumers hoping they will pay before checking their records. You should never send money or provide personal information to unknown or unfamiliar people or entities.

You are required to send money upfront in order to receive a prize.

Legitimate companies never require someone to pay money upfront in order to receive a prize.

You are asked to send money via a wire transfer or gift cards

Scam artists often instruct consumers to send money by wire transfer or reloadable money packs. Sending money in these forms is the same as sending cash—it is nearly untraceable, and once the money is sent, it is generally gone for good.

You are asked to provide personal or financial information.

Legitimate companies only ask consumers to provide personal information in rare circumstances and don't do so by phone, email or text message. Never provide your private information in response to an unsolicited call, email, or text message. Instead, call the entity at the number listed on its website or on the back of your card.

You are asked to keep it a secret.

Scam artists may ask consumers not to tell anyone about the situation so that the consumer doesn't get advice from someone who might detect the scam.

You are asked to act quickly.

Scam artists may say that there is a limited time to act in order to get people to pay money before they have time to think the situation through:

You receive payment in the form of a cashier's check or money order.

Scam artists can create counterfeit checks and money orders that look remarkably authentic. If the check or money order ultimately ends up being counterfeit, your financial institution will probably hold you responsible for any portion of the funds that were used or sent back to the scam artist.