



Connection September

FALLS PREVENTION MONTH 2023

Special Days in September

- ◆ 1—National No Rhyme (nor Reason) Day
- ◆ 4—Labor Day!!!
- ◆ 11—Patriot Day
- ◆ 17—Citizenship Day
- ◆ 19—International Talk Like a Pirate Day
- ◆ 19—Harvest Moon— don't forget to look up!
- ◆ 23—Autumnal Equinox
- ◆ 26 - Johnny Appleseed Day



Help make this season be your only fall...

It is easy to think that a fall will not happen to you, yet Wisconsin had the highest number of deaths related to a fall in the United States in 2021. That is a sobering statistic, especially when falls are preventable.

So, why are older adults at risk of falling?

As we age, our bodies lose muscle mass; our eyesight, hearing, and reflexes decline; we may develop dementia, or have a health condition that makes us unsteady on our feet. Certain medications may cause dizziness or confusion. Safety hazards in our homes or communities may cause a fall...

So what can we do to reduce our risk of falling?

1. Talk to your healthcare provider about your risk of falling, medications, and have your vision and hearing checked annually.
2. Keep your home safe by removing tripping hazards, increasing lighting, and installing grab bars.
3. Enlist your family! They can help you take steps to stay safe.
4. Keep moving! With approval from your physician, consider starting an exercise regime. Walking, water aerobics, Tai Chi, or a falls prevention workshop are great places to start. We are never too young or too old to incorporate exercise into our daily routine!

However you choose to minimize your risk of falling, you are taking steps in the right direction.

Senior Dining



Fellowship, Food Fun

**Senior Dining
Sites
Call for
Reservation***

See Menus for times

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

More of the Good Stuff!

We are pleased to announce that senior dining at Generations in Plymouth is expanding!!! Meals will be available 11 am - 1 pm Monday through Friday starting Monday, October 2.

This restaurant model dining site features meals prepared by Pic-a-Deli.

Anyone age 60 or older is eligible for the suggested \$5 contribution meal.
Enrollment required.

Look for the new menu in next month's issue!



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



SEPTEMBER 2023

DON'T FEAR FAT

The ADRC Connection Nutrition Tips for Living Well



Fat is an important nutrient we all need in our diet, but it often gets a bad rap. Fat is needed by all of your cells and can help your body absorb other vitamins and minerals. Adding a variety of foods with a range of nutrients to your diet can help keep you healthy throughout your life!

Unsaturated Fat

Unsaturated fats have been known to reduce risk of heart disease. Types of unsaturated fats include mono- and poly-unsaturated fats. Oils (olive, peanut, canola), avocados, nuts (almonds, hazelnuts, pecans), and seeds (pumpkin, sesame) can be great sources of monounsaturated fats. Canola, sunflower, corn, and soybean oils, walnuts, flax seeds, and fish can be good sources of polyunsaturated fats.

Saturated Fat

Saturated fats are solid at room temperature and are mostly found in animal foods such as butter, ghee, pork, beef, and cheese, but a few plant foods like coconut and some oils (coconut, palm, palm kernel) also contain high amounts of saturated fats. The American Heart Association recommends limiting saturated fat to no more than 7 percent of your daily calories. Incorporate lean meats like chicken or turkey and low-fat dairy into your diet to help limit saturated fat!

Trans Fat

These fats are made when liquid oils are turned solid by a process called hydrogenation. Be sure to check ingredient lists for trans fats and "partially hydrogenated oils." Limiting these foods will help keep your heart and blood vessels healthy.

*There are flowers enough in the summertime,
More flowers than I can remember—
But none with the purple, gold, and red
That dye the flowers of September!*

—Mary Howitt (1799-1888)

An apple a day may not keep the doctor away, but it is a healthy choice.



Falls Prevention Events in Sheboygan County

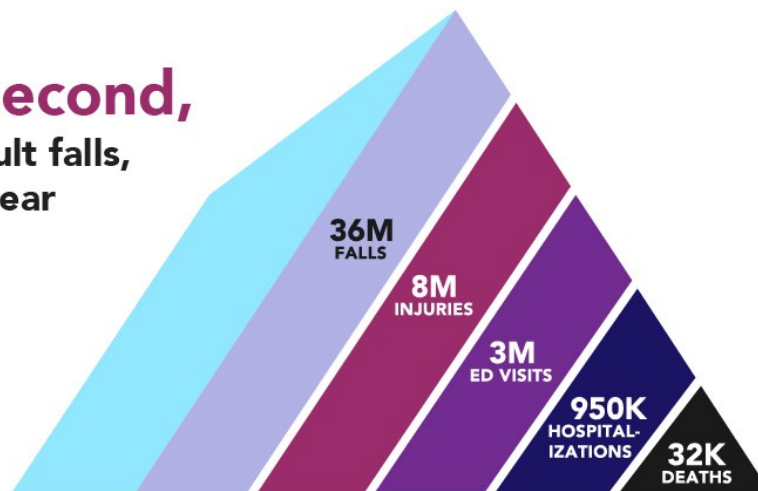
Plymouth Generations Call to Register by September 14	1500 Douglas Drive Plymouth 920-892-4858	Monday 9-18 11:30am to 1:30 pm
Bethany Reformed Church	1315 Washington Ave. Sheboygan 920-207-2522	Tuesday 9-19 10:00 am to Noon
Adell Area Community Center	510 Siefert Adell 920-994-9934	Wednesday 9-20 9 am to 11 am
Sheboygan County Ag- ing and Disability Re- source Center	650 Forest Avenue Sheboygan Falls 920-467-4100	Thursday 9-21 1:00 pm to 3:00 pm
Random Lake Historical Society - Kathy's 111 Traskside	111 Carol St. Random Lake 920-467-4100	Friday 9-22 8:00 am to 10:00 am
Plymouth Generations Call to Register by September 14	1500 Douglas Drive Plymouth 920-892-4858	Friday 9-22 11:30am to 1:30 pm

Free falls prevention risk screens.

Walk-ins welcome at all locations.

CHECK OUT OUR UPCOMING FALLS PREVENTION WORKSHOP!!

Every second,
an older adult falls,
and every year
there are...



Data sources: National Vital Statistics System, National Electronic Injury Surveillance System--All Injury Program, and Behavioral Risk Factor Surveillance System.

You may also visit Falls Free Wisconsin Today online at www.fallsfreewi.org.

Or visit <https://www.ncoa.org/age-well-planner/assessment/falls-free-checkup> for a falls self-assessment.



YOU CAN PREVENT A FALL

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%!

ADRC of Sheboygan County, 650 Forest Ave.,
Sheboygan Falls, WI - Room 105
*Mondays 9:00 am – 11:00 am, October 2nd
through November 13*



Call the ADRC at 920.467.4100 to register or for more information. \$20 Donation Appreciated

Sponsored by:



We are  Advocate Aurora Health



WALK TO END ALZHEIMER'S - SHEBOYGAN COUNTY

Saturday, September 23, 2023
Evergreen Park, Sheboygan

Register at act.alz.org/sheboygan



For questions & help with registering, email Dedra (Devereaux) Sobocinski at dedeveaux@alz.org

WALK TO END ALZHEIMER'S
ALZHEIMER'S ASSOCIATION

A Day Without Laughter is a Day Wasted



▲ A retired man now volunteers to entertain patients in assisted living homes and hospitals. He visited one hospital in Brooklyn and brought along his portable keyboard. After telling jokes and singing songs at patients' bedsides, he said farewell and, "I hope you get better." One elderly gentleman replied, "I hope you get better, too."

▲ **My friend says to me: "What rhymes with orange?" I said: "No it doesn't!"**

▲ A tour bus driver is driving with a bus load of seniors down a highway when he is tapped on his shoulder by a little old lady. She offers him a handful of peanuts, which he gratefully munches up. After about 15 minutes, she taps him on his shoulder again and she hands him another handful of peanuts. She repeats this gesture about five more times. When she is about to hand him another batch again he asks the little old lady, 'Why don't you eat the peanuts yourself?' 'We can't chew them because we've no teeth', she replied. The puzzled driver asks, 'Why do you buy them then?' The old lady replied, 'We just love the chocolate around them.'

▲ **A cement mixer collided with a prison van. Motorists are asked to be on the lookout for 16 hardened criminals.**

▲ A man buys a parrot and brings him home. But the parrot starts insulting him and gets really nasty, so the man picks up the parrot and tosses him into the freezer to teach him a lesson. He hears the bird squawking for a few minutes, but all of a sudden the parrot is quiet. The man opens the freezer door, the parrot walks out, looks up at him and says, "I apologize for offending you, and I humbly ask your forgiveness." The man says, "Well, thank you. I forgive you." The parrot then says, "If you don't mind my asking, what did the chicken do?"



"In my day, Virginia was for people who were just friends."

Medicare will now Negotiate Drug Prices on Behalf of People with Medicare

By the GWAAR Legal Services Team

It is no secret that prescription drugs are expensive. Over time, prescription drug expenses add up and can become quite costly. But there is good news! Due to the Inflation Reduction Act, the Centers for Medicare; Medicaid Services (CMS) has created and revised the Medicare Drug Price Negotiation Program. The revised program allows Medicare to negotiate the price of covered prescription drugs on behalf of people receiving Medicare.

Background Information: The Medicare Drug Price Negotiation Program was initially made public in March of 2023. Upon the program's initial release, the Centers for Medicare & Medicaid Services from the public. Based on these comments, CMS made changes to the initial program and released a revised version of the Medicare Drug Price Negotiation Program.

What does the revised program do? The new Medicare Drug Price Negotiation Program will improve the affordability of prescription drugs. Medicare will directly negotiate with drug companies that have chosen to participate in Medicare. The negotiations will lower the cost of expensive medications that do not have a generic substitute.

Medicare will consider the following factors during a negotiation:

- How the selected drug benefits its user.
- If the selected drug fulfills an unmet medical need.
- The selected drug's impact on people with Medicare.
- The costs associated with the drug.

If you have questions, please contact our Elder Benefits Specialist, Mary Kempf, at 920-467-4100.

When can I expect to see a change in the cost of my prescriptions? Medicare will begin to negotiate prices with prescription drug companies this year. These negotiations will continue into 2024. Beginning in 2026, the negotiated prices will go into effect, and you should start to see a decrease in drug costs.

Key dates in the Medicare Drug Price Negotiation Program timeline:

- By September 1, 2023, CMS will publish the first 10 Medicare drugs that will have better prices in 2026.
- By September 1, 2024, the new price of the 10 drugs will be published.
- By January 1, 2026, the new price of the 10 drugs will go into effect for consumers.
- In 2027, 15 more drugs will have negotiated prices.
- In 2028, another 15 more drugs will have negotiated prices.
- After 2028, up to 20 drugs per year will have negotiated prices.

MECICARE Annual
Open Enrollment
October 15 through
December 7, 2023
920-467-4100



Beyond BINGO

Who doesn't love a good game of BINGO? But if you are looking for something fun to do that is different, consider these activities:

1. Hiking and Walking Clubs (check with your local Community Ed & Rec Dept).
2. Group Exercise Classes. Ideas include Tai Chi, Yoga, or Water Aerobics.
3. Gardening Clubs.
4. Book Clubs (check with your local library).
5. Join a Square Dancing Club.
6. Learn how to Knit or Crochet (check with your local library, senior center, or yarn supply store)
7. Try a New Recipe and Share.
8. Find a Pen Pal or start a Journal.
9. Start a Genealogy Search.
10. Try Birdwatching.
11. Take a Class and Learn Something New!
12. Go to a Music Concert.

Photo by john-moeses-bauan on unsplash

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 Are Community Center, 510 Siefert Ave.


Appointments Encouraged - 920-467-4100

-Walk-ins Welcome.

Senior Dining

Adell 994.9934, Sheboygan 207.2522, Howards Grove 467.4100

Activity 11:00 am - Noon, Meal served at Noon

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Mushroom Baked Pork Chop Milk Fruit - Dessert
4 ALL DINING SITES CLOSED LABOR DAY	5 Chicken Parmesan Milk Fruit - Dessert	6 Citrus Salmon Filet Milk Fruit - Dessert	7 Ham Loaf w/ Ketchup Milk Fruit - Dessert	8 BBQ Shredded Beef Milk Fruit - Dessert
11 Polish Sausage w/ Apples Milk Fruit - Dessert	12 Goulash Milk Fruit - Dessert	13 Meatloaf w/Ketchup Milk Fruit - Dessert	14 Stuffed French Toast Milk Fruit - Dessert	15 French Onion Chicken Milk Fruit - Dessert
18 Beef Tips Milk Fruit - Dessert	19 Smothered Chicken Milk Fruit - Dessert	20 Sweet and Sour Pork Milk Fruit - Dessert	21 Pork Spare Rib Milk Fruit - Dessert	22 Beef Meatballs w/ Gravy Milk Fruit - Dessert
25 Mushroom Swiss Burger Milk Fruit - Dessert	26 Pork Tenderette w/ Onion Milk Fruit - Dessert	27 Hot Ham and Cheese Milk Fruit - Dessert	28 Sloppy Joes Milk Fruit - Dessert	29 Mushroom Baked Pork Chop Milk Fruit - Dessert

In addition to the main entrees listed above, all meals include a variety of sides including vegetables, breads, pastas, rice, potatoes, etc.

Call the site directly to reserve your lunch by 9 am 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

Did you know?

APPLES
APPLES
APPLES
APPLES

*September 26 is Johnny Appleseed Day, celebrating
John Chapman and everything apple!*

John Chapman was born, on September 26, 1774, in Leominster, Massachusetts. Much of his early years have been lost to history, but in the early 1800s, Chapman reappears, this time on the western edge of Pennsylvania, near the country's rapidly expanding Western frontier. At the turn of the 19th century, speculators and private companies were buying up huge swathes of land in the Northwest Territory, waiting for settlers to arrive. Starting in 1792, the Ohio Company of Associates made a deal with potential settlers: anyone willing to form a permanent homestead on the wilderness beyond Ohio's first permanent settlement would be granted 100 acres of land. To prove their homesteads to be permanent, settlers were required to plant 50 apple trees and 20 peach trees in three years, since an average apple tree took roughly ten years to bear fruit. Ever the savvy businessman, Chapman realized that if he could do the difficult work of planting these orchards, he could turn them around for profit to incoming frontiersmen. Wandering from Pennsylvania to Illinois, Chapman would advance just ahead of settlers, cultivating orchards that he would sell them when they arrived, and then head to more undeveloped land. Like the caricature that has survived to modern day, Chapman really did tote a bag full of apple seeds.

Senior Dining August 2023

Dine in only—Available Monday through Friday 11 am - 1 pm

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>1</p> <p>Chicken, Bacon, Ranch Wrap American Potato Salad Coleslaw Fruit/ Dessert</p>
<p>4</p> <p>ALL DINING SITES CLOSED LABOR DAY</p>	<p>6</p> <p>Beef Stew (beef, potatoes, carrots, green beans, peas) Corn Bread Brownie</p>	<p>8</p> <p>Ring Bologna Au gratin Potato Vegetable Fruit Dessert</p>
<p>11</p> <p>Liver and Onions Bacon or Hamburger/ Bun Mashed Potatoes Vegetables Fruit Dessert</p>	<p>13</p> <p>Seasoned Baked Chicken Au Gratin Potato Vegetables Dinner Roll Fruit</p>	<p>15</p> <p>Spaghetti and Meatballs Vegetables Fruit Garlic Bread Dessert</p>
<p>18</p> <p>Hot Beef Sandwich Mashed Potatoes Vegetables Fruit Dessert Dessert</p>	<p>20</p> <p>Lasagna Tossed Salad, Dressing Cauliflower Bread Stick Dessert</p>	<p>22</p> <p>BBQ Pork on a Bun Baked Beans Parsley Buttered Red Potatoes Coleslaw Dessert</p>
<p>25</p> <p>Chicken Salad Croissant (contains nuts) Tossed Salad and Dressing Banana Dessert</p>	<p>27</p> <p>Roast Pork loin Baked Potato Vegetables Fruit Dessert</p>	<p>29</p> <p>Chili Macaroni Corn Bread Vegetables Fruit Dessert</p>

ACTIVITIES

11—lunch service September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Senior Dining</p> 				1
4	5	6	7	8
<p>CLOSED LABOR DAY</p>	<p>HG - Wheel of Fortune</p> <p>Adell - Word games and Puzzles</p> <p>Sheboygan - Fair Dice</p>	<p>Sheboygan - Seven-Eleven</p>	<p>Adell - A Visit from Your Librarian</p> <p>Sheboygan - Bernice Leonard's 100th Birthday</p>	<p>Sheboygan -</p> 
11	12	13	14	15
<p>Sheboygan - Jingo</p>	<p>HG - Dime Bingo</p> <p>Adell - Word games and Puzzles</p> <p>Sheboygan - Live Music by Jerry Eckert</p>	<p>Sheboygan - Draw Game</p>	<p>Adell - Ascension Health</p> <p>Sheboygan - FoodWise by Janeth</p>	<p>Sheboygan -</p> 
18	19	20	21	22
<p>Sheboygan - Who Wants to be a Millionaire Game</p>	<p>HG - Nutrition with Kelly</p> <p>Adell - Word games and Puzzles</p> <p>Sheboygan - 10 to 12 Falls Risk Assessments</p>	<p>Sheboygan - Keno</p>	<p>Adell - Labor Day Bingo</p> <p>Sheboygan - Race Game</p>	<p>Sheboygan -</p> 
25	26	27	28	29
<p>Sheboygan - Golf Dice</p>	<p>HG - Price is Right</p> <p>Adell - Word games and Puzzles</p> <p>Sheboygan - Birthday Party w/Live Music</p>	<p>Sheboygan - Five Card</p>	<p>Adell - The Price is Right</p> <p>Sheboygan - Candy Dice</p>	<p>Sheboygan -</p> 



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