



ADRC

Connection

October

Know us
Before You
Need Us

CELEBRATE AGING!!

Special Days in October

- ◆ 1-International Day for the Elderly!! And Coffee...
- ◆ 2-World Farm Animals Day
- ◆ 5-Do Something Nice Day
- ◆ 9-Leif Erikson Day
- ◆ 17—National Pasta Day
- ◆ 28-Hunter's Moon (full moon)
- ◆ 29-National Cat Day
- ◆ 31-Halloween

October 1st is International Day for the Elderly, dedicated to honoring, respecting, and caring for our aging population.

But shouldn't it be about more than that? While it is important to honor our elder citizens for their wealth of experience and knowledge, it is also important to embrace the process of aging, rather than viewing it as something to vanquish. Let's move away from the idea that aging robs us of our youthfulness, and tend to our inner child as we grow older.

So, how can we do that? Here are some ideas:

1. Find beauty in the world around you. Notice simple things that bring you joy, like the smell of rain, beautiful architecture, or wildflowers by the side of the road.

2. Treat yourself like you're twenty years younger. Your attitude about your age has a great impact on **How** you age.

3. Get up and move! Being active does not necessarily mean going to the gym (but it can). You could unload the dishwasher with style, walk in place while watching tv, attend a senior fitness workshop in your area, or grab a friend and go for a walk.

4. Stay tech-savvy. No one is ever too old to learn something new. Many communities offer classes for seniors on how to use a cell phone, tablet, or computer. Grandchildren are natural resources when it comes to all things techie - take advantage of their knowledge.

5. Stimulate your senses. Keep your cognitive ability from diminishing by surrounding yourself with bright colors and differing patterns, houseplants, and art.

6. Try gardening. There is no need for a giant garden plot. Flowers and vegetables grow well in pots, indoors and out. ☺

Senior Dining



**Senior Dining Sites
Call for reservation**

Fellowship, Food & Fun

Monday-Friday Senior Dining at Plymouth Generations Starts Monday, October 2!!

Join us for a delicious lunch prepared by Pick-a-Deli, 11 am - 1 pm.



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; Daily, M - F 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
for more information

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



Memory Screening

A Closer Look at Memory Changes

Are you noticing changes?

A **memory screen** is a wellness tool that helps identify possible changes in memory and cognition.

It creates a baseline of where a person is at so that future changes can be monitored.



Wed., Oct. 18, 2023 from 1-4 pm

Uptown Social, 1817 N 8th St, Sheboygan, WI 53081

OR

Tues., Oct. 24, 2023 from 10 am - 12 Noon

Generations, 1500 Douglas Dr., Plymouth, WI 53073

(Confidential / Screening on First Come, First Serve Basis)

It's FREE and takes only 10 minutes!



Screening administered by the staff of the
ADRC of Sheboygan County

Get immediate results

Keep them for future comparison and/or share them with your physician / medical team.

Early detection is important

Just as blood pressure, cancer, diabetes, or stroke screening contribute to prevention and better treatments, so do memory screens.

Questions?

Contact the Aging & Disability Resource Center (ADRC) of Sheboygan County

920-467-4100

OCTOBER 2023

FOCUS ON PROTEIN

The ADRC Connection Nutrition Tips for Living Well



Protein helps support good health, immunity, muscle growth and maintenance, and physical function. Protein is found in every cell in the body and is essential for life! As we get older, we can experience a decline in muscle mass, known as sarcopenia, so it's important that we keep protein in our diets!

How much is needed?

New research suggests that older adults might need more protein than we originally thought. Needs can differ from person to person but older adults may need 1.0-1.2 grams of protein per kilogram of body weight each day.

What foods can provide us with protein?

Protein can come from plants or animal foods. There are benefits to both, so incorporate the widest variety of protein foods into your meals and snacks that you can!

Animal sources can include meat/poultry/fish, dairy-milk/yogurt, and eggs.

Plant sources can include soy products like tofu or soy milk, beans and legumes, nuts/seeds, and certain grains like oatmeal.

How to optimize your daily intake of protein.

Try to aim for regular meals and snacks throughout the day and add a protein food to each or your meals. When shopping, make sure you grab a variety of protein options including both plant and animal sources. Add protein to your breakfast, it's a great way to start the day! Eggs, oatmeal, protein pancakes, and low fat yogurt or cottage cheese can be some good options. Try adding in plant proteins like beans or lentils throughout the week and think about high protein snacks such as nuts/seeds, cheese, or jerky,

A Day Without Laughter is a Day Wasted

What do you get if you divide the circumference of a pumpkin by its diameter? Pumpkin Pi.

Why did the pumpkin take a detour? To avoid a seedy part of town.

Slipped on a pumpkin today. It caught me off gourd.

How does a Halloween pumpkin listen to music? "On vine-yl."



My favorite part of autumn is walking through a hundred spider webs a day and screaming every single time.

Boo!

Fred turned 80 and was feeling pretty good. He was wondering if he might live to be 100? He wanted to know how to plan accordingly. So, he went to get a full physical check up. After two visits and extensive lab tests, he was told, "You're doing pretty well for a man your age." This "pretty well" didn't sound so exciting. So, he asked, "Do you think I'll live to be 100?" The physician replied, "Do you smoke or drink wine, beer, or spirits?" Fred answered: "No. And, neither do I do any drugs."

"Do you eat thick rib eye steaks? Or, BBQ of any kind?"
"No. I was told red meat was not good for me."
"Do you spend a lot of time outdoors in the sun? At the beach? Playing golf, swimming, bicycling, hiking, etc...?"
"No, I don't."
"Do you gamble? Have a lot of sex? Drive fast cars?"
"No sir. None of those things."
"Then, why do you want to live to be 100?"

When is it bad luck to see a black cat?

When you're a mouse.



Nice to Meet You!

-Allison Brunette, Human Services Professional, Adult Protective Services

Hi Allison, can you tell us a little about what you do in your role?

We review referrals and investigate reported cases of abuse and neglect. We also facilitate the legal process of guardianship and protective placement for those who meet income eligibility requirements.

2. What is the most important part of your job?

Playing a part in keeping some of the most vulnerable adults in our community safe.

3. What information do you think people need to know at APS?

We are here to help.



Know us before you need us....We are here.....

We have office hours in Adell.

On the 1st and 3rd Tuesday of the month, Information and Assistance Specialists are available at the Adell Area Community Center, 510 Siefert Ave., between 9 am and 1 pm.

Appointments are Encouraged by calling us at 920-467-4100.

However, we are there for you, so please feel free to walk in to talk with us.

Also in Adell,

Mary Kempf, Elder Benefits Specialist.

1st & 3rd Wednesday of the month

By Appointment Only

920-467-4100

2023

SHEBOYGAN COUNTY CAREGIVER CONFERENCE



CELEBRATE CAREGIVING

THURSDAY

NOV
16

Acuity Insurance
2800 S. Taylor Dr.
Sheboygan, WI

Conference Fees **INCLUDES LUNCH!**

\$8* Due by Thursday, Nov. 9

\$12* Late Registration

KEYNOTE SPEAKER



Detection, Diagnosis, & Drug Treatment: *What Is the Role of Alzheimer's Disease Biomarkers?*

Barbara Bendlin

Associate Professor & Scientific Investigator, Wisconsin Alzheimer's Disease Research Center, UW- Madison

presented by



Please join us for the **2023 Sheboygan County Caregiver Conference** to learn and stay updated with all the caregiving techniques, tools, and resources you need for you and your loved one.

Scan the QR Code to Register

Or Go to

rb.gy/qw2yp



For questions please contact:

Michelle LeMahieu

michelle.lemahieu@dementiainnovations.org
920.550.1143

THANK YOU TO OUR EVENT MAJOR SPONSORS

Acuity • Alzheimer's Association • Harvest Home Assisted Living • Songbird Pond Assisted Living • ADRC of Sheboygan County
Sharon S. Richardson Community Hospice • Pine Haven Christian Communities • Community Care • Compassus • Embrace



STAYING UP TO DATE WITH YOUR INFLUENZA AND COVID-19 VACCINES CAN HELP YOU:

- Protect yourself, family, and friends
- Travel or attend large events safely
- Prevent serious illness or long term conditions



Uptown Social, in partnership with Lakeshore Community Health Care and Sheboygan County Public Health, received a Grant from the National Council on Aging (NCOA) to offer influenza and COVID-19 vaccine clinics this fall. Appointments can be made by calling **920-459-3290**.

Vaccines will be provided onsite at:

Uptown Social
1817 N. 8th Street
Sheboygan

Homebound visits are available.
Call **920-459-3290** for more information.





Dementia Crisis Care Task Force
of Sheboygan County



WORKING TOGETHER TO IMPROVE CARE

Dementia Education for Family Caregivers

Signs of dementia include changes in behavior. At times, these changes can be difficult for family members to understand. This presentation provides basic information about dementia as well as strategies and communication tips for family caregivers when they are providing care for their loved ones living with dementia.

Uptown Social

1817 N 8th Street
Sheboygan, WI 53081

Wednesday, October 25th, 2023

1:00 - 2:30 p.m. OR 5:00 - 6:30 p.m.

Please select ONE of the sessions

RSVP to Lisa Hurley

**Aging & Disability Resource Center (ADRC) of Sheboygan County
920-467-4079 or Lisa.Hurley@SheboyganCounty.com**

Community Education Series

Senior Dining

Adell 994.9934, Sheboygan 207.2522, Howards Grove 467.4100

Monday	Tuesday	Wednesday	Thursday	Friday
2 Old Bay Cod Milk Fruit - Dessert	3 Chicken Parmesan Milk Fruit - Dessert	4 Citrus Salmon Filet Milk Fruit - Dessert	5 Ham Loaf w/Ketchup Milk Fruit - Dessert	6 BBQ Shredded Beef Milk Fruit - Dessert
9 Polish Sausage w/ Apples Milk Fruit - Dessert	10 Goulash Milk Fruit - Dessert	11 Meatloaf w/Ketchup Milk Fruit - Dessert	12 Stuffed French Toast Milk Fruit - Dessert	13 French Onion Chicken Milk Fruit - Dessert
16 Roast Beef with Gravy Milk Fruit - Dessert	17 Hawaiian Chicken Milk Fruit - Dessert	18 Santa Fe Casserole Milk Fruit - Dessert	19 Lemon Pepper Cod Milk Fruit - Dessert	20 Grilled Brat with Onion Milk Fruit - Dessert
23 Chicken Cordon Bleu Milk Fruit - Dessert	24 BBQ Pulled Pork Milk Fruit - Dessert	25 Beef Stew Milk Fruit - Dessert	26 Chicken Divan Milk Fruit - Dessert	27 Cheeseburger Milk Fruit - Dessert
30 Chicken Stir Fry Milk Fruit - Dessert	31 Battered Cod 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 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



Imagine. Pre-electricity, no moon. It's late October, and the people whisper: This is the season for witchery, the night the spirits of the dead rise from their graves and hover behind the hedges.

The wind kicks up, and branches click like skeletal finger bones. You make it home, run inside, wedge a chair against the door, and strain to listen. There's a sharp rap at the window and when you turn, terrified, it's there leering at you—a glowing, disembodied head with a deep black hole where its mouth should be.

It's just a scooped-out pumpkin, nicked from a field by some local boys and lit from the inside with the stub of a candle. But it has spooked you. When you look again, it's gone.

Halloween in early 19th-century America was a night for pranks, tricks, illusions, and anarchy. Jack-o'-lanterns dangled from the ends of sticks, and teens jumped out from behind walls to terrorize smaller kids. Like the pumpkin patches and pageants that kids love today, it was all in good fun—but then, over time, it wasn't.

As America modernized and urbanized, mischief turned to mayhem and eventually incited a movement to quell what the mid-20th-century press called the "Halloween problem"—and to make the holiday a safer diversion for youngsters. If it weren't for the tricks of the past, there'd be no treats today. -Smithsonian Magazine, 2017

Senior Dining October, 2023

Dine in only—Available Monday through Friday 11:00 am - 1:00 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

<p>2 Taco Salad Taco meat, cheese, lettuce, tomatoes, sour cream, chips, salsa Fruit Dessert</p>	<p>3 Baked Chicken Parsley Potatoes Vegetables Fruit Dessert</p>	<p>4 Baked Ham Scalloped Potatoes Vegetable Fruit Dessert</p>	<p>5 Lasagna Vegetable Garlic Bread Fruit Dessert</p>	<p>6 Meatball Sub with Cheese and Marinara Sauce <i>Vegetable</i> <i>Fruit</i> <i>Dessert</i></p>
<p>9 Pork Schnitzel Potato Pancakes Vegetable Fruit Dessert</p>	<p>10 Salisbury Steak and Gravy Mashed Potato Vegetable Fruit Dessert</p>	<p>11 Chicken Parmesan Buttered Noodles Vegetables Fruit Dessert</p>	<p>12 Roast Pork w/ Gravy Wild Rice Vegetables Fruit Dessert</p>	<p>13 Liver and Onions or Hamburger and Fries Mashed Potato Vegetable Fruit Dessert</p>
<p>16 Hamburger Stroganoff w/mushrooms Buttered Noodles Vegetable Fruit Dessert</p>	<p>17 Roast Turkey / Gravy Scalloped Potatoes Vegetable Fruit Dessert</p>	<p>18 <i>Swiss Steak</i> <i>Mashed Potatoes</i> Vegetable Fruit Dessert</p>	<p>19 BBQ Pork on Bun Baby Red Potatoes Vegetable Fruit Dessert</p>	<p>20 Baked Fish Potato Wedges Vegetables Bread Fruit Dessert</p>
<p>23 Homemade Meatloaf/Gravy Mashed Potatoes Vegetable Fruit Dessert</p>	<p>24 Chef's salad Dressing Breadstick Fruit Dessert</p>	<p>25 Beef Stew (beef, potato, green beans, peas) Cornbread Fruit Dessert</p>	<p>276 Grilled Bratwurst Mac N Cheese Baked Beans Fruit Dessert</p>	<p>27 BBQ Chicken Breast Au Gratin Potatoes Vegetable Fruit Dessert</p>
<p>30 Spaghetti & Meatballs Vegetable Fruit <i>Dessert</i></p>	<p>31 Chicken Piccatta Wild Rice Vegetables Fruit Dessert</p>			

ACTIVITIES

11—lunch service October 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Sheboygan - Seven-Eleven	HG - Game Day! Sheboygan - Spanish Bingo Adell - Word Games & Puzzles	Sheboygan - Timeline	Adell - A visit from your Librarian Sheboygan - Bean Bag	Sheboygan 
9	10	11	12	13
Sheboygan - Keno	HG - Dime Bingo Sheboygan - Right-Left-Center Adell - Word Games & Puzzles	Sheboygan - Are You Smarter Than a Fifth-Grader Game	Adell - Dime Bingo Sheboygan - Golf Dice	Sheboygan 
16	17	18	19	20
Sheboygan - Draw Game	HG - Lisa Hurly Presents Senior/Caregiver Resources Sheboygan - Fifty-One Adell - Word Games & Puzzles	Sheboygan - Halloween Jingo	Adell - UW Ext. Nutrition Education Sheboygan - Five Card	Sheboygan 
23	24	25	26	27
Sheboygan - Ghost Dice	HG - Chair Exercise Sheboygan - Trivia Bingo Adell - Word Games & Puzzles	Sheboygan - Ghost Race Game	Adell - National Exchange Bank Sheboygan - Sunshine Bingo	Sheboygan 
30	31			
Sheboygan - "Guess Who?"	HG - The Price is Right Sheboygan - B-day & Halloween Party Adell - Word Games & Puzzles			

You Did NOT Win

The Publishers Clearing House Sweepstakes...

Or The Lottery...

Or An All Inclusive Vacation.

3 Signs of a Prize Scam

You have to pay to get your prize. Real prizes are free. So if someone tells you to pay a fee for "taxes," "shipping and handling charges," or "processing fees" to get your prize, you're dealing with a scammer. And if they ask you to pay by wiring money, sending cash, or paying with gift cards or cryptocurrency to get your prize, don't do it. Scammers use these payments because it's hard to track who the money went to. And it's almost impossible to get your money back.

They say paying increases your odds of winning. But real sweepstakes are free and winning is by chance. It's illegal for someone to ask you to pay to increase your odds of winning. Only a scammer will do that.

You have to give your financial or personal information such as social security number, health insurance, or banking information. There's absolutely no reason to ever give your bank account or credit card number to claim any prize or sweepstakes. If they ask for this information, don't give it. It's a scam.

Never pay to
get a prize.

That's a scam.

[ftc.gov/fakeprizes](https://www.ftc.gov/fakeprizes)



#FTCTopFrauds

ReportFraud.ftc.gov

