



# ADRC

November

# Connection

Know us  
Before You  
Need Us

## Special Days in November

- ◆ 1 - Day of the Dead - All Saint's Day
- ◆ 2 - National Deviled Egg Day
- ◆ 4 - Will Rogers - Sadie Hawkins Day
- ◆ 5 - Daylight Savings Ends
- ◆ 10 - United States Marine Corps B-day
- ◆ 11 - Veteran's Day
- ◆ 15 - National Clean out Your Refrigerator Day
- ◆ 20 - National Absurdity Day
- ◆ 23 - Thanksgiving Day
- ◆ 24 - Native American Heritage Day
- ◆ 26 - National Secondhand Sunday
- ◆ 27 - Beaver Moon

## HAPPY HOLIDAYS???

Holidays are a time for togetherness with family and friends. But what if someone doesn't have family, either nearby or willing to spend time with them? What if someone has no friends willing or able to share their holiday celebrations?

Loneliness is an issue for nearly half of American seniors age 65 and older. The holiday season can intensify and worsen the feeling. Research has shown that feeling lonely or isolated affects mortality in a way similar to smoking fifteen cigarettes per day. It can also make seniors more prone to depression and cognitive decline.

If you are feeling lonely or isolated, or know someone with those feelings, it may help to know that they can be overcome.

- \* Understand that it's okay to not feel okay.
- \* Don't be afraid to reach out and ask for help.
- \* Communicate with the people in your life, or contact a service or agency that works with people in your situation.
- \* Get out to meet new people and try new things - senior centers exist to bring people together.
- \* Give back - help those in need.
- \* Nurture your soul by doing what you love.
- \* Remember you are not truly alone. Others in your situation may also be looking for companionship or a new friend.

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; 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

## ① WHO TO CALL ①

- ☞ When you're worried about an older friend, neighbor, or family member.
- ☞ To find out what services I'm eligible for.
- ☞ For information about home delivered meals.
- ☞ About how to reserve a meal at one of the dining sites.
- ☞ To schedule a volunteer driver for my medical appointment.
- ☞ About how I can get help and support as a caregiver.
- ☞ To make a referral to Adult Protective Services.
- ☞ For information about how to remain living independently in your home.
- ☞ About someone with dementia.
- ☞ To learn about Medicare, Medicaid, and other benefits.
- ☞ About Veteran's Benefits.
- ☞ For information about Healthy Aging programs.
- ☞ To learn about my options for housing or care.

## Your Sheboygan County Aging & Disability Resource Center!

**Call us at  
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)

# COMMUNITY CALENDAR OF EVENTS

<p><b>November 8, 11 a.m.</b>  <u><b>Exercise to Achieve a Healthy Posture &amp; Better Stability at All Ages</b></u>  <b>Uptown Social</b>  <b>1817 N 8th St., Sheboygan</b>  <b>920-459-3290 to register</b></p> <p>Aging gracefully can be tough, and often posture and exercise may not be at the top of our priority list. We invite you to join us at this workshop to learn about the science behind exercise and the dangers of an unhealthy posture. Dr. John and Dr. Cooper of BetterLife Chiropractic will discuss what your life may look like if you fail to correct your posture along with common misconceptions about exercise. In addition, we will teach ways that nutrition and exercise are linked, provide simple at-home exercises, and share ways to improve your posture.</p>	<p><u><b>Veteran's Chat</b></u>  <b>2nd Monday of every month</b>  <b>11:00 am</b>  <b>Generations</b>  <b>1400 Douglas Dr., Plymouth,</b>  <b>920-892-4858 or email</b>  <b>info@generationsic.org</b>  <b>to sign up</b></p>
<p><b>November 14, 12:00 pm - 1:00 pm</b>  <u><b>Nature at Noon</b></u>  <b>Free program, donations and pre-registration appreciated</b>  <b>To register, call (920) 459-3906 or</b>  <b>email maywood@sheboyganwi.gov</b></p> <p>Master Naturalist Ellen Klusmeier will present "Bluebird Monitoring." Learn about the work being done to increase the bluebird population in Sheboygan County and across the state. Program is open to all ages. Maywood provides coffee, water, and dessert for the presentation.</p>	<p><b>Saturday, November 25,</b>  <b>7:30 to 10:30 pm</b>  <u><b>Christmas in the Country</b></u>  <b>Laack's Tavern &amp; Ballroom</b>  <b>W4302 County Rd JM,</b>  <b>Sheboygan Falls</b></p>
<p><b>November 29, 1 p.m.</b>  <u><b>Broken, Brave and Bittersweet</b></u>  <b>Uptown Social</b>  <b>1817 N 8th St., Sheboygan</b>  <b>920-459-3290 to register</b></p> <p>Chris Prange-Morgan M.A., MSW author, mentor, motivational speaker and disability/healthcare advocate. Chris has been featured on the Today Show, Psychology Today, HuffPost, CBS and many more media outlets. A self-proclaimed "hope monger" and "recovering idealist," Chris is passionate about helping others find the tools and resilience to work through their obstacles. Before becoming a parent, Chris worked for more than 10 years as a mental health professional in the criminal justice system. She has a Master's degree in social work from Loyola University Chicago, a Certificate of advanced graduate study in pastoral counseling from Neuman College, and a Master of Arts in religious studies from Cardinal Stritch University and is a certified life coach.</p>	<p style="text-align: center;">For a list of events and activities in the Plymouth area, visit  <b><i>Plymouthinfohub.com</i></b></p> <div style="text-align: center;">  </div>



# Memory Caregiver Kits

## Open House

Friday, November 10  
10:00-11:00 AM

Plymouth Public Library - Meeting Room  
130 Division Street | Plymouth, WI 53073



Join us to get a hands-on introduction to the newest addition to our collection, Memory Caregiver Kits. Memory Caregiver Kits are designed to help improve the overall wellbeing of people living with memory loss. They provide fun, engaging, and meaningful activities that help build relationships between family, friends and caregivers.

**Light refreshments will be served.**

Memory Kits are provided by the Plymouth Rotary Club through a Grant from The Rotary Foundation.



*The Rotary Foundation's mission is to help Rotary members to advance world understanding, goodwill, and peace by improving health, providing quality education, improving the environment and alleviating poverty.*

# LAUGHTER IS THE LANGUAGE OF THE SOUL

An elderly gentleman, in his mid-90s, very well dressed, hair well groomed, great looking suit, flower in his lapel, smelling of a good after shave, presenting a well-looked-after image, walks into an upscale cocktail lounge.

Seated at the bar is an elderly looking lady.

The gentleman walks over, sits alongside her, orders a drink, takes a sip, turns to her and says, "So tell me, do I come here often?"

"I come from a family where gravy is considered a beverage." -Erma Bombeck

"It's not too much food. This is what we've been training for our whole lives. This is our destiny, this is our finest hour."

-Lorelai Gilmore, Gilmore Girls

"Every Thanksgiving I bring the champagne, because in my family we all know what our strengths are."

- Gloria Fallon

While we drove through South Carolina to visit my family for Thanksgiving, our Brooklynite friend was full of questions. He studied the passing landscape with a worried look. "How's the economy down here? I see some areas built up, but there are these long gaps between them." My brother, a Southern gentleman, thought a moment then answered, "Down here, we call those 'gaps' farms." —

*Submitted by Rose Gilbert of Maplewood, New Jersey.*



Thanksgiving Dinner on the run...

A woman called 1-800-323-4848 to find out how long it would take to roast her turkey. To answer the question, the Talk-Line home economist asked how much the bird weighed. The woman responded, "I don't know, it's still running around outside."





## TECH-TIPS

How to enlarge the text on your mobile phone:

iPhone:

- Tap the settings icon on the home screen (or in the App Library).
- Scroll to Accessibility.
- Select Display then Text Size.
- Drag the slider to select the size font you want.



Android:

- Swipe down from the top of the home screen and click on the Settings icon.
- Select Display.
- Choose Font Size and Style.
- Drag the slider to select the font size you want.



## ∞ SELF-CARE FOR SENIORS... Meditation ∞

Reasons to Start Meditating...

1. Boosts Immune System
2. Controls Pain
3. Helps Stave Off Depression
4. Improves Sleep
5. Increases Attention Span
6. Lowers Blood Pressure
7. Promotes Mindfulness
8. Reduces Stress & Anxiety

How to Get Started:

- Give yourself time and space. Start with two minutes per day.
- Shut out all distractions. Breathe deeply.
- Find a mantra you can use. A word or a sentence that has meaning for you.
- Add exercise to your routine. Yoga or Tai Chi go hand-in-hand with a meditation practice.
- Make adjustments for your abilities.

*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.*

**Also in Adell,**

**Mary Kempf, Elder Benefits Specialist.**

**1st & 3rd Wednesday of the month**

**By Appointment Only**

**920-467-4100**

*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.*

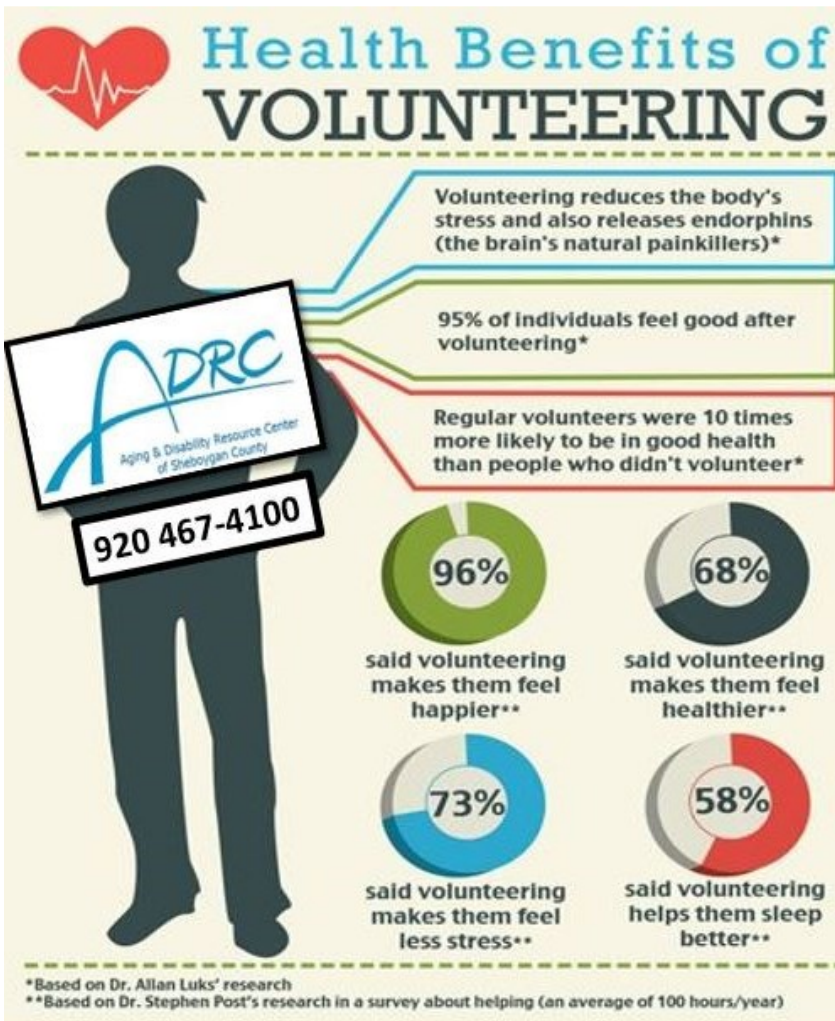


# VOLUNTEER DRIVERS NEEDED

920-467-4193

*“As you grow older, you will discover that you have two hands — one for helping yourself, the other for helping others.” — Audrey Hepburn*

Are you looking for a way to serve your community? Do you enjoy driving and getting to know people? Our volunteer drivers pick up Sheboygan County senior citizens and drive them to medical appointments. You drive as much or as little as you like, using your own vehicle or one of our two wheelchair-accessible transportation vans. Our program continues to grow, so why don't you come and grow with us? Call 920-467-4193 for more information.



Our program needs **YOU** to help Sheboygan County residents maintain their Independence.

Call ADRC Transportation at 920-467-4193 to learn more about how you can make a difference in our community.

Help a little or help a lot: we schedule around your availability.

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

NOVEMBER 2023

## FOCUS ON VITAMIN B12

The ADRC Connection Nutrition Tips for Living Well



Vitamin B12 is a water-soluble vitamin needed to keep you healthy. This vitamin plays a role in making DNA, red blood cell formation, and nerve function. Low levels of vitamin B12 have been linked to increased risk of bone fracture, so it's an important nutrient to pay attention to as we get older!

### How much is needed?

Older adults don't need more vitamin B12 than younger adults, but absorption of the vitamin may decrease with age. The recommended daily intake of B12 is 2.4 micrograms (mcg).

### What foods provide vitamin B12?

Vitamin B12 is primarily found in animal products such as meats, poultry, fish, eggs, and dairy products. Some foods, such as breakfast cereals and nutritional yeast, are fortified with added B12. Check the Nutrition Facts label on fortified foods for the mcg and percent Daily Value (%DV) of vitamin B12. Vitamin B12 can also be taken as a supplement for those at risk for vitamin B12 deficiency.

### Signs and symptoms of low B12

Symptoms of low vitamin B12 include weakness, tingling and numbness in the hands and feet, balance problems, memory loss, and depression. Low vitamin B12 can be caused by eating little to no animal foods, low stomach acid from aging medications, and medical conditions that affect the stomach and small intestine. Talk with your healthcare provider if you have concerns about low vitamin B12!

### Try adding vitamin B12

Nutritional yeast can be sprinkled on popcorn, rice, beans, and eggs, or mixed into soup or tuna for a savory, cheesy flavor and vitamin B12 boost! Look for it in the spice or bulk area of your grocery store.



## *Let's Address the Alzheimer's in the Room...*

Thinking about the impact Alzheimer's and Dementia have on American lives is hard enough. It's even more difficult to talk about it. At this moment, an estimated 6.7 million Americans age 65 and older are living with Alzheimer's Disease. Seventy-three percent of them are age 75 and older. Almost two-thirds of them are women. Older black Americans are about twice as likely, and older Hispanics one and one-half times as likely to have Alzheimer's or other dementias as older White Americans.

Eighty-three percent of people helping those with the disease are family members, friends, or other unpaid caregivers, about 30% of whom are over 65 themselves.

While we cannot stop Alzheimer's Disease, we can be aware of early signs, and of resources available to us and those we love.

### **Ten Early Signs and Symptoms of Alzheimer's and Dementia:**

1. Memory loss that disrupts daily life.
2. Challenges in planning or solving problems.
3. Difficulty completing familiar tasks.
4. Confusion with time or place.
5. Trouble understanding visual images and spatial relationships.
6. New problems with words in speaking or writing.
7. Misplacing things and losing the ability to retrace steps.
8. Decreased or poor judgment.
9. Withdrawal from work or social activities.
10. Changes in mood and personality.



### **10 ABSOLUTES OF ALZHEIMER'S CARE**


1. Never ARGUE, Instead AGREE.
2. Never REASON, Instead DIVERT.
3. Never SHAME, Instead DISTRACT.
4. Never LECTURE, Instead REASSURE.
5. Never Say REMEMBER, Instead Say REMINISCE.
6. Never Say I TOLD YOU, Instead REPEAT.
7. Never Say YOU CAN'T, Instead Say DO WHAT YOU CAN.
8. Never COMMAND or DEMAND, Instead ASK Or MODEL.
9. Never CONDESCEND, Instead ENCOURAGE And PRAISE.
10. Never FORCE, Instead REINFORCE.

**Call the ADRC at 920-467-4100 for information about caring for someone with Alzheimer's or Dementia**



# Senior Dining

Adell 994.9934, Sheboygan 207.2522, Howards Grove 467.4100

Monday	Tuesday	Wednesday	Thursday	Friday
		1 <b>Montreal Chicken Thigh</b>	2 <b>Pork Loin with Gravy</b>	3 <b>Maple Dijon Salmon</b>
6 <b>Salisbury Steak with Gravy</b>	7 <b>Chicken Enchilada Bake</b>	8 <b>Spinach Lasagna</b>	9 <b>Swedish Meatballs</b>	10 <b>Denver Egg Bake</b>
13 <b>Roast Beef with Gravy</b>	14 <b>Hawaiian Chicken</b>	15 <b>Santa Fe Casserole</b>	16 <b>Lemon Pepper Cod</b>	17 <b>Grilled Brat with Onion</b>
20 <b>Chicken Cordon Bleu</b>	21 <b>BBQ Pulled Pork</b>	22 <b>Beef Stew</b>	23 <b>HAPPY THANKSGIVING</b> 	24 <b>NO MEAL TODAY</b>
27 <b>Chicken Stir Fry</b>	28 <b>Battered Cod</b>	28 <b>Montreal Chicken Thigh</b>	30 <b>Pork Loin with Gravy</b>	

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

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

## NOVEMBER

- November's name has remained unchanged since the ancient Roman calendar, which was in use until 45 BC. This first Roman calendar was only made up of ten months, with November being the ninth month. November actually translates rather appropriately into "ninth month" in Latin. When the Julian calendar was adopted in 45 BC, two new months were added, which pushed November back to the 11<sup>th</sup> month. Despite its change in position, November was never renamed.
- November's full Moon is traditionally called the **Beaver Moon**. Why this name? In the Colonial Era, this was the month to set one's beaver traps before the swamps froze and beavers retired to their lodges, to ensure a supply of warm winter furs.
- In 2023, November's Beaver Moon occurs on Monday, November 27.

*And the dead leaves lie huddled and still,  
No longer blown hither and thither;  
The last lone aster is gone;  
The flowers of the witch-hazel wither ...*

-Robert Frost (1874-1963)





## Senior Dining November 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

		1 Chicken Cordon Bleu Buttered Noodles Vegetables	2 Beef Stew (beef, potatoes, carrots, green beans, peas) Vegetables Corn Bread	3 Swedish Meatballs Buttered Noodles Vegetables
6 Reuben Sandwich Sauerkraut, Cheese Rye Bread & 1000 Island Dressing Potato Salad	7 Meatloaf/Gravy Vegetables Mashed Potato	8 Pork Roast with Gravy Buttered Red Potatoes Vegetables	9 Seasoned Chicken Mashed Potatoes/Gravy Tossed Salad (Romaine, Chickpeas & Dressing Vegetables	10 Taco Salad Meat, cheese, tomato, salsa, and sour cream
13 Spaghetti and Meatballs Garden Salad (Romaine) Dressing Garlic Bread	14 Baked Haddock Scalloped Potato Vegetables Tartar Sauce	15 Liver or Hamburger w/ onions Mashed Potatoes Vegetables	16 Lasagna Tossed Salad, Spinach Dressing Vegetables Bread Stick	17 Bratwurst Sauerkraut German Potato Salad Baked Beans
20 Salisbury Steak Mashed Potatoes & Gravy Vegetables	21 Chicken Parmesan w/ noodles Vegetables Bread stick	22 Thanksgiving Celebration Turkey Breast/Gravy Stuffing Mashed Potatoes Green Bean Casserole Dinner Roll Pumpkin Pie	23 <b>Happy Thanksgiving</b> 	24 No meal today
27 Sloppy Joe Tater Tots	28 Chicken Piccata Wild Rice Vegetables Garlic Bread	29 Baked Ham Au gratin Potato Vegetable	30 Swiss Steak with Gravy Scalloped Potato Vegetables	

# ACTIVITIES

11—lunch service      November 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Sheboygan - Fifty-one	Adell - A visit from your Librarian  Sheboygan - Time Line	Sheboygan  
6	7	8	9	10
Sheboygan - Candy Dice	HG - Wheel of Fortune!  Sheboygan - Keno  Adell - Word Games & Puzzles	Sheboygan - Golf Dice	Adell - Thanksgiving Jingo  Sheboygan - FoodWise with Janeth	Sheboygan  
13	14	15	16	17
Sheboygan - Trivia Bingo	HG - Dime Bingo  Sheboygan - Tunes on Tuesday w/ Jerry Eckert  Adell - Word Games & Puzzles	Sheboygan - Five Card	Adell - Sheboygan County Dietician  Sheboygan - Thanksgiving Jingo	Sheboygan  
20	21	22	23	24
Sheboygan - Turkey Race Game	HG - FoodWise with Janeth  Sheboygan - Seven-Eleven  Adell - Word Games & Puzzles	Sheboygan - Turkey Dice	ALL SITES CLOSED - HAPPY THANKSGIVING!!!	ALL SITES CLOSED - HAPPY THANKSGIVING!!!
27	28	29	30	
Sheboygan - Sunshine Bingo	HG - The Price is Right  Sheboygan - B-day Party w/ music by the Accordian Club  Adell - Word Games & Puzzles	Sheboygan - Draw Game	Adell - The Price is Right  Sheboygan - Millionaire Game	

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](https://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