



ADRC Connection



Special Days In December 2023

CHRISTMAS FACTS

4 - National Sock Day
5 - Krampusnacht
7 - Pearl Harbor Remembrance
Day & First Day of Haunkkah
8 - Bodhi Day
10 - Human Rights Day
12 - Poinsettia Day
13 - (after 9 pm) - Gemenid Meteor
Shower
15 - Bill of Rights Day
20 - Go Caroling Day
21 - Winter Solstice (Yule)
23 - Festivus - for the rest of us
25 - Christmas
26 - First Day of Kwanzaa &
Boxing Day & Cold Moon
30 - Bacon Day!
31 - New Year's Eve


- Christmas was declared a federal holiday in the United States on June 26, 1870.
- The first eggnog made in the United States was consumed in Captain John Smith's 1607 Jamestown settlement.
- Poinsettia plants are named after Joel R. Poinsett, an American minister to Mexico, who brought the red-and-green plant from Mexico to America in 1828.
- The Salvation Army has been sending Santa Claus-clad donation collectors into the streets since the 1890s.
- Rudolph, "the most famous reindeer of all," was the product of Robert L. May's imagination in 1939. The copywriter wrote a poem about the reindeer to help lure customers into the Montgomery Ward department store.
- Construction workers started the Rockefeller Center Christmas tree tradition in 1931.
- In the Middle Ages, Christmas celebrations were rowdy and raucous—a lot like today's Mardi Gras parties.
- When Christmas was cancelled: From 1659 to 1681, the celebration of Christmas was outlawed in Boston, and law-breakers were fined five shillings.

Know us Before You Need Us
Your Sheboygan County ADRC

Senior Dining Senior Dining



**Sites
Call for
reservation**

Fellowship, Food  Fun

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

****No Reservation Needed**

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 RR, 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

mail: adrc@sheboygancounty.com

Tai Ji Quan: Moving For Better Balance®
Classes



Sign Up Now!

If you are 60 or older, join us to improve your balance through participating in an evidence-based, adapted Tai Ji Quan program.

Benefits:

- Improve muscle strength, balance, flexibility, and, mobility.
- Reduce risk of falls.
- No prior experience necessary!



- DATE/TIME:** Monday & Wednesday
Session 1: Jan 8 - March 25 AND Session 2: April 8 - June 26 10 am - 11 am
- LOCATION:** Pigeon River Recreation Center
3508 N 21st St.
Sheboygan, WI
- ATTIRE:** Wear comfortable, exercise clothing and thin-soled shoes
- COST:** A \$20 contribution is appreciated
- INSTRUCTOR:** Tanya Williamson
- PREREQUITES:** For Session 2: Must have completed Session 1
- REGISTER:** By calling 920-467-4020

Laughing is good exercise. It's like jogging on the inside.

My dog's favourite toy is Santa, so we brought her to see him

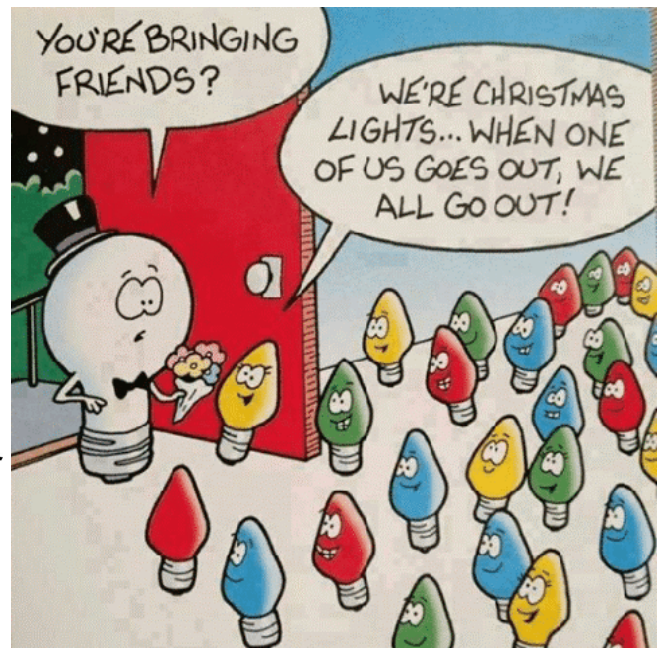
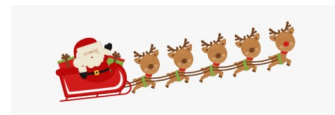


My brother had a new girlfriend. He brought her to the family Christmas meal. They sat opposite each other. Halfway through the meal, the girl said: "Your dog is quite affectionate. He keeps rubbing my leg." I remember my father answering: "The dog is next to me, Helen."



A little boy named Nicholas told the store's Santa Claus: "You and I have the same name."

Santa says: "Well, hello Harold."




Why did the Christmas tree go to the doctor? It was looking a little green.

What did Santa say when he stepped in a puddle? It looks like it reindeer.

Knock, knock!" "Who's there?" "Olive." "Olive who?" "Olive the other reindeer used to laugh and call him names..."

COMMUNITY CALENDAR OF EVENTS

<p>Waelderhaus Annual Gingerbread Festival ONGOING through December 30</p> <p>Gingerbread Festival Hours</p> <p>November 24 – December 30, 2023</p> <p>Saturday and Sunday musical performances begin at 2:00 p.m. (no guided tours are offered during performances but are otherwise offered at our usual schedule of 2:00, 3:00, and 4:00 p.m. daily.) Closed December 24, 25, and 31. 920-453-2851</p> <p>1100 W Riverside Dr Kohler, WI</p>	<p>Making Spirits Bright Drive-through Lights Show ONGOING through Dec 31 (closed Dec 24)</p> <p>Celebrate the holidays with family and friends in the warmth of your vehicle when you drive the route through the forested park and experience a festive lights show choreographed to holiday music. ADMISSION: FREE New and unexpired food pantry item donations requested and will be collected in the park. The Sheboygan County. The Food Bank will distribute to local food pantries.</p> <p>Evergreen Park -3000 Calumet Drive Sheboygan, WI</p>
<p>Brittany's School of Dance Presents: The Nutcracker December 2 & December 3</p> <p>Celebrate the joyous Christmas season with Tchaikovsky's traditional holiday ballet, The Nutcracker. This production features a Christmas party, a battle between life-size mice and toy soldiers, and a magical journey through the snow into the fantasy land of the Sweets. This production is enhanced by its beautiful costumes and colorful sets.</p> <p>Weill Center for the Performing Arts 826 N 8th Street Sheboygan, WI</p>	<p>Celtic Christmas Concert December 8-17</p> <p>The Plymouth Arts Center proudly presents "Celtic Christmas" a live musical concert with traditional, contemporary, and religious Christmas music featuring the group Celtic Folk. Complimentary Christmas Cookies will be served at all shows. To purchase tickets call: 920-892-8409; or email: info@plymoutharts.org. Tickets also may be conveniently ordered online at: www.plymoutharts.org. Visa and Mastercard are accepted.</p> <p>Plymouth Arts Center - 520 E Mill St, Plymouth</p>
<p>A Wade House Christmas December 9, 10 am - December 10, 4 pm</p> <p>Experience the wonder of a 19th-century Christmas at Wade House. The sights, sounds, and smells transport you back to when the holidays had a stronger focus on family gatherings and time together</p> <p>Wade House - W7965 State Hwy 23 Greenbush, WI</p> 	<p>Carl Laack Band Farewell Party December 16, 1 - 5 pm</p> <p>After decades of entertaining - Carl Laack has announced his retirement from live music performances. Don't miss this chance to hear the classic sounds of Carl and his fellow musicians present your favorite polkas and waltzes, fox trots and more, which you have come to know and love over the past 50 years!</p> <p>Music, dancing, joyful gemutlichkeit in abundance.</p> <p>Laack's Tavern & Ballroom - W4302 Co Rd JM, Sheboygan Falls, WI</p>



DECEMBER 2023

TIPS FOR A HEALTHY HOLIDAY

The ADRC Connection Nutrition Tips for Living Well



The holidays can be filled with family, friends, traditions, and some of our favorite foods. As you celebrate this holiday season, keep these small tips in mind to enjoy healthy meals and stay active.

Enjoy all the food groups

Make sure your meals and snacks include variety. Add in some fruits or veggies, lean protein, and whole grains to create an enjoyable and satisfying holiday plate. Snack on whole grain crackers with cheese or hummus, veggies with a low-fat yogurt dip, or roasted nuts.

Cheers to good health!

Limit alcohol and focus on low calorie drinks, low-fat milk, and water. Feeling festive? Try adding a splash of 100% fruit juice to seltzer water for a tasty and healthy drink.

Bake healthier

When baking, consider recipes with unsweetened applesauce or mashed ripe bananas instead of sugar, or simply try decreasing the amount of sugar in the recipe. Use spices like cinnamon or nutmeg to add flavor instead of more salt.

Stay active

Enjoy walks with family and friends after your holiday meals. Spend time outside when possible, or turn up the music inside for everyone to sing and dance.

Enjoy those lefties!

Enjoy your leftovers by creating new meals like adding turkey to soups or salads and veggies to sandwiches, omelets, or stews.



Happy Holidays!

TECH-TIPS

1. Don't post personal information on social media:

Avoid oversharing on social media and be selective about what you post. You may be aware not to share your phone number, address or social security number, but also be cautious about disclosing details of your relationships, finances, favorite locations, or medical information. If you're going on vacation, don't share the dates of your trip on social media, and wait until you get home to post photos online. Burglars can use social media to target out-of-towners and find their next victims.

2. Think before opening attachments:

Before you click a link or open an attachment in an email, verify that you know the sender. Cyber predators can unleash viruses or gain access to your device when you click a malicious link or attachment. The best way to protect yourself is to be sure you know who the email is coming from before clicking anything.

∞ SELF-CARE FOR SENIORS... ∞

What is Self-care? It is the practice of maintaining a strong bond with your body, mind, and soul. It is known to reduce stress and anxiety, and boost self-esteem. Self-care may be confused with self-indulgence, but self-care differs in that it improves your overall physical and mental health.

With winter arriving soon, what are some ideas for self-care?

- * Spend a little time in the sun (when it is out!)
- * Find ways to keep moving (walking in place, .practice wall push-ups).
- * Stay warm! Drink a hot beverage and curl up in your favorite blanket.
- * Have a winter clear-out. Get rid of those things that no longer serve you. Giving to charity is a positive way to feel good!
- * Give your hands a massage - using a small amount of lotion or body oil, gently massage your palms and each of your fingers in turn.

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.

STAND UP

For Your Health

What is Stand Up? First, it's important to know what Stand Up is not — it's not an exercise program. Rather, it's a program to help people to stand more and for longer periods of time. How it works: Participants meet for 4 weeks – 2 hours each week. A refresher session follows at week 8.

Researched and Proven, Stand Up is shown to reduce sitting time by 68 minutes per day. In addition, it is proven to:

- Reduce problems performing daily activities.
- Reduce pain interference and intensity .
- Improve energy levels and functional performance.
- Improve general overall health .

What you'll learn:

- How too much sitting time affects you and your health
- The benefits of standing
- Strategies to stand up and move more
- How to set and stick to goals to stand up and move more
- How to identify and address barriers.

Thursdays, January 18 - February 8, 2024 10 am - Noon
Room 105, Sheboygan County Aging & Disability Resource Center
650 Forest Ave.
Sheboygan Falls, WI 53085
Call 920-467-4020 to register



Ask the ADRC of Sheboygan County...

What is ADRC Information and Assistance?

Question - I would like to learn more about the assisted living facilities in the county as my father is struggling with being independent in his home. We are trying to plan for when the time comes on what we can do. Who can I call to find some information or help? You can call us....

Answer - Your local Aging and Disability Resources Center of Sheboygan County is here to help answer your questions. The ADRC can provide you and your father with information and assistance. We will be able to tell you about assisted living facilities as well as other resources in Sheboygan County to help your father remain in his home as long as possible. ADRC's were developed with the mindset to be an unbiased resource providing information on local services to customers. When you call the ADRC, you and your father will be given information based on what he is interested in. There are a lot of resources that can aid with help in the home, transportation, social activities in addition to assisted living facilities in our community. There are caregiver supports to assist yourself as you provide care and support to your aging father. Please give us a call. (Know us before you need us) We can be reached at 920-467-4100.



Hiring Workers Age 55+

Could you or someone you know use extra income? The Senior Training and Employment Program (STEP) is currently hiring unemployed people 55 or older who meet federal income guidelines for part time work.







Participants work flexible part-time hours and are paid minimum wage through the program with positions lasting up to four years. Wages do not affect subsidized housing, Foodshare, or energy assistance. Program features daytime hours and flexible schedules. The program serves 14 counties including Sheboygan.

For information about the program and to find if you qualify, simply call 920-593-3557.

Senior Dining

Adell 994.9934, Sheboygan 207.2522, Howards Grove 467.9042

				1 Maple Dijon Salmon
4 Salisbury Steak with Gravy	5 Chicken Enchilada Bake	6 Spinach Lasagna	7 Swedish Meatballs	8 Denver Egg Bake
11 Ravioli with Meat sauce	12 Shredded Turkey with Gravy	13 Sweet and Sour Pork	14 Beef and Broccoli	15 Ham Meatballs with Pineapple
18 Salisbury Steak	19 Holiday Meal	20 Beef Meatballs with Gravy	21 Honey Mustard Pulled Pork	22 Herb Salmon
25 ALL SITES CLOSED	26 ALL SITES CLOSED	27 Beef Stroganoff	28 Battered Cod	29 Pork Spare Rib

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



December's Full Moon: Why Is It Called the Cold Moon?

The Moon names we use in *The Old Farmer's Almanac* come from Native American, Colonial American, or other traditional sources passed down through generations. Various Native American peoples traditionally used the monthly Moons and nature's corresponding signs as a calendar to track the seasons.

Today, December's full Moon is most commonly known as the **Cold Moon**—a Mohawk name that conveys the frigid conditions of this time of year, when cold weather truly begins to grip us.

In Europe, ancient pagans called the December full Moon the "**Moon Before Yule**," in honor of the Yuletide festival celebrating the return of the sun heralded by the winter solstice.

December Folklore...

- ◆ Thunder in December presages fine weather.
- ◆ Frost on the shortest day is said to indicate severe weather.
- ◆ December changeable and mild, the whole winter will remain a child.

December is the 12th month (and last month) in our modern-day Gregorian calendar (as it was in the preceding Julian calendar). However, it was originally the 10th month of the Roman calendar (until 153 BC). Hence, "December" comes from the Latin *decem*, meaning "ten."

Senior Dining December 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

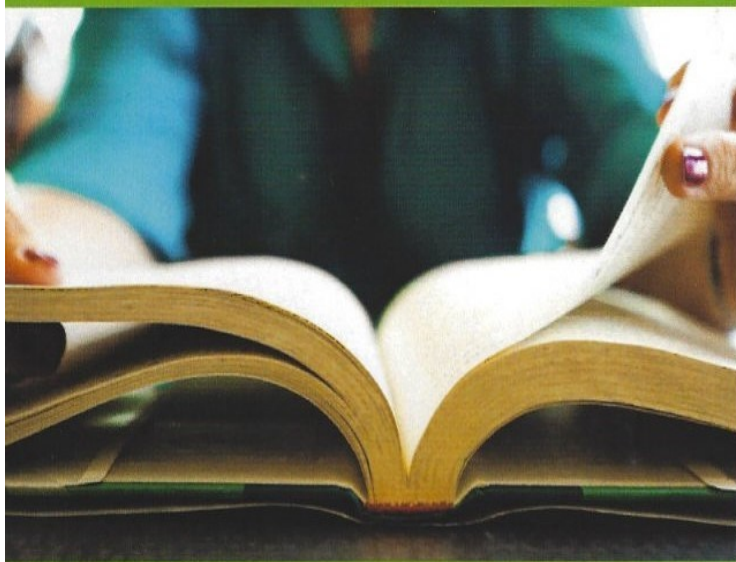
				1 Swedish Meatballs w/Mushrooms Buttered Noodles Vegetables Fruit Dessert
4 Salisbury Steak & Gravy Au Gratin Potatoes Vegetables Breadstick Fruit	5 Chicken Chili w/ Noodles Grilled Cheese Fruit Dessert	6 Brat on a Bun Sauerkraut German Potato Salad Baked Beans Fruit Dessert	7 Swiss Steak & Gravy Mashed Potatoes Vegetables Fruit Dessert	8 Chicken Piccata Wild Rice Vegetables Fruit Dessert
11 Liver & Onions or Hamburger Baby Red Potatoes Vegetables Fruit Dessert	12 Chicken Enchiladas Spanish Rice Buttered Corn Peaches Dessert	13 Baked Fish Scalloped Potatoes Creamy Coleslaw Bread Dessert	14 Homemade Meat- loaf/Gravy Mashed Potatoes Vegetables Fruit Dessert	15 Baked Ham Au Gratin Potatoes Vegetable Fruit Dessert
18 Pork Schnitzel Noodles Vegetable Fruit Dessert	19 Baked Chicken Au Gratin Potatoes Vegetables Fruit Dessert	20 Christmas Meal Beef Tips Mashed Potatoes Vegetables Dinner Roll Dessert	21 Lasagna Vegetables Mixed Greens Salad & Dressing Dessert	22 
25 	26 Beef Stew (beef, potatoes, carrots, green beans, peas) Stewed Tomatoes Corn Bread Dessert	27 New Year's Meal Turkey & Gravy w/ Stuffing Mashed Potatoes Vegetables Apple Sauce Dessert	28 Chicken Stir Fry Vegetables Rice Pilaf Fruit Dessert	29 Chef's Salad w/ Turkey, Ham, Cheddar Cheese, & Egg Fruit Dessert

ACTIVITIES

11 am
until
lunch
service

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Sheboygan 
4 Sheboygan-Timeline	5 HG - National Exchange Bank Adell - Word Games & Puzzles Sheboygan-Fifth Grader Game	6 Sheboygan-Sunshine Bingo	7 Adell- National Exchange Bank and a visit from your librarian Sheboygan-Fifty-one	8 Sheboygan 
11 Sheboygan-Right-Left-Center	12 HG - Dime Bingo Adell - Word Games & Puzzles Sheboygan-Christmas Jingo	13 Sheboygan-Wisconsin Trivia	14 Adell- Kelly w/ Ascension Sheboygan-Lynn from Pine Haven	15 Sheboygan 
18 Sheboygan-Tree Dice	19 HG - Christmas Party with Jeff Behrens Accordion Adell - Word Games & Puzzles Sheboygan-B-day Party w/Music by The Accordion Club	20 Sheboygan-Small Gift Exchange	21 Adell-Christmas Bingo Sheboygan-Tree Race Game	22 Sheboygan 
25 CLOSED FOR HOLIDAY	26 CLOSED FOR HOLIDAY	27 Sheboygan-Five Card	28 Adell-Christmas Dice Sheboygan-Keno	29 Sheboygan 

MEAD LIBRARY HOME DELIVERY



*Sign up to have library materials
delivered to your home at no cost*



MEAD LIBRARY

Who is Eligible?

Mead cardholders who reside in Mead's service area and are unable to visit the library due to significant short- or long-term barriers may be eligible.

Users of this service are often homebound, meaning they rarely leave their home and while they are able to go to medical appointments or other essential errands, they have considerable difficulty doing so.

Qualifying circumstances include – but are not limited to – illness, disability and rehabilitation. There is no time limit on this service.

Meals on Wheels clients automatically qualify for home delivery. The service is also available to residents of retirement homes, adult care homes and assisted living facilities, but only with the assistance of facility personnel.

What's Available?

Customers are limited to 5 items a month and can choose from books, music CDs, DVDs and audiobooks.

How Do I Receive/Return Items?

Materials are checked out on the individual's account and delivered for free by volunteers on specific dates each month. Volunteers pick up and return items.

What Does it Cost?

The program is free.

How Do I Learn More/Sign Up?

For more information, or to sign up, contact Corrina at Mead Library, 920-459-3400, ext. 2013, or email meadcirc@monarchlibraries.org.