



ADRC Connection

Special Days In January

- 1 - NEW YEARS DAY!!
- 2 - EARTH IN PERIHELION
(farthest point from the sun)
- 3-4 QUADRANTID METEOR
SHOWER
- 4 - WORLD BRAILE DAY
- 5 - TWELFTH NIGHT
- 6 - EPIPHANY & NATIONAL
BEAN DAY
- 8 - ELVIS' BIRTHDAY
- 15 - MARTIN LUTHER KING JR
DAY (*All Sheboygan County
Services closed today*)
- 18 - WINNIE THE POOH DAY
- 19 - EDGAR ALLEN POE'S
BIRTHDAY
- 25 - WOLF MOON
- 25 - ROBERT BURNS' BIRTHDAY
- 27 - HOLOCAUST
REMEMBRANCE DAY



Dementia-Friendly
Sheboygan County *Since 2017*

We are an aging society, and more and more people will be living with dementia in the future. What is dementia? It refers to the symptoms of a group of many conditions, characterized by a decline in memory or other thinking skills. Alzheimer's disease is the most common type of dementia.

How do we continue to make Sheboygan County a dementia-friendly community? We envision community where individuals with dementia are able to: live good lives as independently as possible, continue to be a part of their community, are met with understanding, and are given necessary support.

At the ADRC, we are working towards this goal by: training local businesses on service those with dementia, increasing public awareness, advocating for early diagnosis, offering caregivers support classes, and creating social opportunities/support groups for those with dementia.

For more information or resources on dementia-friendly programming, please contact Lisa Hurley, Caregiver Coordinator at the ADRC.



Sheboygan-County-Aging-and-Disability-Resource-Center
Know us Before You Need Us
www.sheboygancounty.com

920-467-4100
Your Sheboygan County ADRC
January - 2024

Senior Dining Sites



Senior Dining Sites Call for reservation

SENIOR DINING
SITES
CLOSED
MONDAY
JANUARY 15

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

*Closed for winter until

April 2, 2024

Ask the ADRC of Sheboygan County -

My 48-year-old brother has mild cognitive limitations which make it difficult for him to make decisions on his own. He does not need have a guardian and I've heard of something called "supportive decision-making" What is that and how does it work?

Supported decision making is a tool that allows someone with a disability to retain their decision-making capacity by choosing supports to help them make choices. A person using supported decision making selects an adult from their trusted network of family members, friends or professionals to serve as supporters. The supporters agree to help the person with a disability understand, consider, and communicate decisions giving the person with a disability the tools to make their own informed decision. Types of decisions included in the Supported Decision-Making agreement form include: obtaining food, clothing and shelter; taking care of physical health; managing financial matters; taking care of mental health needs; applying for public benefits; assistance with seeking vocational rehabilitation services and other vocational supports.

A supported decision-making form can be requested from The ADRC of Sheboygan County or found at

<https://www.dhs.wisconsin.gov/forms/f02377.docx>

Please reach out to the ADRC of Sheboygan County for more information regarding supportive decision making you can reach us for assistance at 920-467-4100.

Our Mission Statement

The Mission of the Aging and Disability Resource Center (ADRC) of Sheboygan County is to empower and support seniors, people with disabilities, and their families to ask for help, find a way to live with dignity and security, and achieve maximum independence and quality of life.

**THE ADRC
AND ALL OF
ITS
SERVICES
WILL BE
CLOSED
MONDAY
JANUARY 15**

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



Need someone to talk to? Call UpliftWI

New phone service offers peer support statewide

The Wisconsin Department of Health Services (DHS) announces a new phone line is now available allowing all Wisconsinites to share their successes and challenges with a peer who will listen and offer support. Built by Mental Health America of Wisconsin under a grant from DHS for people experiencing mental health and substance use concerns, UpliftWI can be reached at 534-202-5438 daily from noon to midnight, with 24/7 operation expected by the end of the year. This non-emergency service is free and confidential.

“We’re pleased to partner with Mental Health America of Wisconsin on this expansion of peer services in Wisconsin,” said DHS Deputy Secretary Deb Standridge. “The peer-to-peer support offered by UpliftWI is a proven way to help people get the help they need and stay healthy. This service is going to improve lives by providing preventive care for people experiencing stress or other challenges in their lives.”

Callers to UpliftWI speak to certified peer specialists with diverse life experiences stationed across the state. A certified peer specialist is a person who has navigated their own mental health and substance use challenges, completed a training course, and passed a state exam that tests their skills and knowledge about how to support others. They use their personal experiences to help callers identify and pursue their own wellness goals and will share information about community resources if requested. Callers are not required to provide their name, address, or other identifying information.

“The goal of UpliftWI is to help callers feel connected, understood, and less isolated in an effort to prevent mental health and substance use crises,” said Mental Health America of Wisconsin Chief Operating Officer Brian Michel, the leader of the team responsible for the service. “We all have times of challenge. UpliftWI is safe place to share those challenges with a supportive voice who will listen in confidence without judgement or criticism.”

UpliftWI is funded by a \$600,000 annual grant awarded to Mental Health America of Wisconsin in 2022. The grant comes from Wisconsin’s share of funding allocated to mental health and substance use services from the American Rescue Plan Act and will be available through 2025.

UpliftWI adds to Wisconsin’s growing network of peer services that now includes statewide options for support by phone, drop in, and overnight stays. Drop-in support is available at one of 11 state-funded peer recovery centers. Eight of those centers focus on mental health support and three focus on substance use support. Overnight stays are available at one of the six state-funded peer-run respites. People need to call ahead to arrange a respite stay of up to one week.

People experiencing mental health and substance emergencies should call, text, or chat the 988 Suicide & Crisis Lifeline. If the emergency is life-threatening, call 911.



Sheboygan-County-Aging-and-Disability-Resource-Center

Know us Before You Need Us

www.sheboygancounty.com

920-467-4100

Your Sheboygan County ADRC

January - 2024

Celebrating the Holidays with Senior Dining



**2023
Christmas
Program
At
Generations
in
Plymouth**

INFORMATION & ASSISTANCE HAS 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.

COMMUNITY CALENDAR OF EVENTS

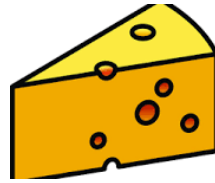
SARTORI BIG CHEESE DROP

DEC 31 - 8:30 PM - 10:00 pm

Ring in the New Year in the most Wisconsin way possible! The annual cheese drop event is held in Plymouth, the Cheese Capital of the World. This family-friendly event is sure to cheese :)

Plymouth Arts Center
520 E Mill St.
Plymouth, WI

Event free to the public



Caregiver Support Group

January 9 1:30 pm - 3 pm

2nd Tuesday of each month

ADRC of Sheboygan County
650 Forest Ave.
Sheboygan Falls, WI

Dealing With Grief and Loss

January 10, 2:00 pm - 3:00 pm

Presented by Mary Pitsch, CSW, MSW, CMC
Embrace: 920-451-6228

As we get older, we cope with many losses. Losses can include family, friends, pets, abilities, and more. Having an understanding of what grief and loss looks like compared to depression is important.

Mary Pitsch, Social Worker with over 28 years of experience will share insights on this difficult yet important topic.

Uptown Social
1817 N. 8th St.
Sheboygan

Unleash Your Inner Well-Being

An "Instruction Manual To You" Workshop

Join Dr. John and Dr. Cooper on a journey to unlock the secrets of your body and discover the power within you to achieve optimal well-being.

January 17, 11 AM

At Uptown Social

BETTER LIFE
CHIROPRACTIC & WELLNESS

Cup of Hope Grief Support Group

January 18
6 pm - 7:30 pm

Every 3rd Thursday of the month

A drop-in grief support group open to all.

Sharon S. Richardson
Community Hospice
W2850 WI-28
Sheboygan Falls, WI

920-467-7950
for information

Walk With Ease

January 22 - February 29
Mondays, Tuesdays & Thursdays 2:15 pm

Open to anyone 60 years or older. For those who wish to begin a walking routine - at any level. Whether you can walk for 10 minutes or 30, this class is for you. Walking helps reduce pain from arthritis, increases balance, strength, and walking pace, and improves overall health.

St. Paul Lutheran Church
750 County Hwy PP
Sheboygan Falls, WI
\$20 donation appreciated

Schnee Days - Elkhart Lake

January 26-28

A weekend full of snow celebrations! Schnee (Snow) Days winter festival offers family friendly activities throughout the weekend like the 5k Schnee Lauf run\walk, chili cook-off competition, spirits stroll, live music, ice cube hunt, snowshoeing, sledding activities, and snow much more!

41 E Rhine St.
Elkhart Lake
920-876-2922



JANUARY 2023

THE BENEFITS OF BEANS

The ADRC Connection Nutrition Tips for Living Well



The terms legumes, pulses, and beans are often used interchangeably but they each have their own unique definitions. A legume is any plant from the Fabaceae family and includes its leaves, stems, and pods. A pulse is the edible seed from a legume plant. Pulses include beans, lentils, and peas, all of which can offer great additions to your diet!

Lets focus on beans...

The many varieties of beans include garbanzo, lima, mung, red, kidney, black, pinto, and navy, among others. They are a great plant protein option and are high in fiber while being low in saturated fat and cholesterol. Beans are also packed with vitamins and minerals such as calcium, folate, iron, magnesium, manganese, potassium, and copper. Beans can be purchased dry or canned. If choosing canned beans, look for the no-salt-added or low-sodium options. Draining and rinsing beans can also help remove any extra sodium.

Easy ways to add beans to your meals

Beans are a versatile food and can be enjoyed hot or cold, on their own or mixed into meals. A classic and delicious option is beans and rice. Beans can also be added to soups, salads, salsas, or pastas, added to nachos or quesadillas, or sautéed with other veggies. Looking for a warm, bean focused meal this winter? Try this 3 bean chili recipe (serving size 4)!

Ingredients: Chili seasoning, optional 1 lb ground meat (beef, chicken, turkey), 15 oz can diced tomatoes, your choice of 2 15 oz cans of beans (kidney, black, northern), 1/4 C broth (beef, chicken, vegetable), 1/2 C water

Directions: Brown the ground meat in a stock pot and drain fat. Add the tomatoes and seasoning and mix. Add the beans and broth and enough water to make it easy to stir. Bring to a boil, then reduce heat and simmer for 20-30 min. Stir occasionally adding water as needed to reach the desired consistency.

TECH-TIPS

How to add someone as a contact on your mobile phone: This way you can identify those you know when they call or text you.

iPhone:

On the home screen, tap the Contacts icon.

Tap the plus + sign.

Enter the information and Save.

OR

Tap the phone icon then the contacts icon at the bottom of the screen.



Android:

On the home screen, tap the Contacts icon.

Tap the plus + sign.

Enter the information and save.

OR

Tap the phone icon then the contacts icon at the bottom of the screen



☞ SELF-CARE FOR SENIORS... ☞

Taking care of your brain:

- **Try to learn something new.** Is there a subject that has always interested you? You could borrow a book from the library (children's editions are basic and to the point), take a class, or watch a few YouTube videos.
- **Eat a healthy diet.** You are never too old to benefit from good nutrition - and your brain will thank you!
- **Get the sleep your body needs.** Rather than feel stressed about how much sleep you get, listen to your body. It will tell you when to go to bed and when it is time to wake up. Our sleep needs change as we age, so less deep REM sleep is natural.
- **Exercise daily.** Aim for a mix of moderate and vigorous intensity, 30 minutes 5 days per week at minimum. For more ideas, contact the ADRC.
- **Be social.** This is easier said than done. Some ideas include: Using technology to join a book club, attend a virtual or in-person workshop, go to church or a congregate senior dining site.

Have a Safe and Happy New Year ... With help from your Sheboygan County Sheriff's Office. The Sheriff's Office has a new alert system for county residents.

Get alerted about emergencies and other important community news by signing up for our Emergency Alert Program. This system enables us to provide you with critical information quickly in a variety of situations, such as severe weather, unexpected road closures, missing persons and evacuations of buildings or neighborhoods. You will receive time-sensitive messages wherever you specify, such as your home, mobile or business phones, email address, text messages and more. You pick where, you pick how.

Visit SHEBOYGANCOUNTY.COM to enroll. It's easy, just create an account and select how you would like to be notified.

WHAT WILL I FIND AT THE AGING & DISABILITY RESOURCE CENTER OF SHEBOYGAN COUNTY?

Elderly Nutrition Program:

Provides seniors, 60 years and older, low-cost, nutritious meals. Congregate sites provide well-balanced meals and an opportunity to socialize with peers various days of the week at sites located in Adell, Howards Grove, Plymouth, and Sheboygan. Restaurant-style sites provide nutritious menu options in a restaurant setting in Cedar Grove and Random Lake (seasonal). Home delivered meals are offered 5 days per week throughout the county for homebound seniors.

Transportation:

Rides are provided by volunteers and county operated handicap accessible vans. Persons over age 60 and those with a designated disability may utilize this program for transportation to any medical appointment.

Telephone Reassurance Program:

To help reduce isolation and loneliness, this program provides companionship for those who are homebound and living independently.

Family Caregiver Support Group:

Help find support from other caregivers on issues, concerns, and the joy of caregiving.

Evidence-Based Health Promotion Classes:

A variety of classes are offered to help seniors improve their strength and balance and be educated in various aspects of life. Classes include Tai Ji Quan: Movement for Better Balance; Stand Up For Your Health; Walk With ease.

Information and Assistance:

Specialists provide you with knowledge about services, programs, and solutions for disability and long-term care issues such as living arrangements, health, adult protective services, and other publicly funded services.

Volunteer Opportunities:

Seniors and others are always welcome to join our core of volunteers at our nutrition and transportation programs.

Benefits Counseling:

Benefit specialists provide accurate and current information about private and government benefits and programs. They help you cut the 'red tape' when people run into problems with Medicare, Social Security, and other benefits.

Elder Benefits Specialist Mary Kempf will have office hours at the Adell Community Center - 510 Siefert Ave. - on the First and Third Wednesdays of the month starting January 3.

By appointment only at 920-467-4100.

Accommodations can be made for those unable to travel.



If interested in any of the above services or programs, please call the ADRC at 920-467-4100.

Dental Coverage Options: Dental Insurance vs. Dental Savings Plans

Mary Kempf Elder Benefits Specialist for the GWAAR Legal Services Team

If you or someone you love is looking to save money on the high cost of dental care, two options that are available include dental insurance and dental savings plans. These may sound similar, but they offer different types of benefits and have different limitations; there are pros and cons of each. It is important to know the difference between the two and choose a plan that is right for your individual dental care needs.

Dental Insurance

Dental Insurance is like health insurance. You pay premiums to the company, and then, the dental insurance company pays the dental provider on your behalf. These insurance plans will typically require copays and deductibles. Another way they are similar to health insurance is that they will oftentimes have a provider network that works much like an HMO or PPO health insurance plan.

However, a way in which dental insurance differs from (Affordable Care Act compliant) health insurance is that some dental insurance plans have an annual maximum amount that they will pay on your behalf (sometimes referred to as a “benefit cap”). Sometimes, this maximum amount will be around \$1,000 or \$1,500. If you need a lot of dental work in a one-year period, this could mean your insurance benefits are used up rather quickly. It may also mean that more expensive items or services may not be fully covered. However, some plans do have negotiated discounted prices that you pay the provider after you reach your annual benefit cap.

Another drawback to dental insurance is that they sometimes require a waiting period before a particular service is covered, but one benefit to dental insurance is that sometimes they will cover preventative care with no co-pays. Most importantly, keep in mind that each plan is different and compare the plans to choose the right one for your needs.

Dental Savings Plans

Dental savings plans are not insurance (although sometimes they may be administered by insurance companies such as Aetna.) With a dental savings plan, you pay the provider directly, but those charges are discounted in accordance with your plan. Also, you must choose a dentist who participates in the plan.

With a dental savings plan, there are generally no deductibles, no waiting periods and no annual maximums. However, most often, the discounted price you pay for these services is higher than the copay amount you would pay with dental insurance. Although, considering the annual benefit caps with most dental insurance, if you need extensive dental work during a one-year period, you may end up paying less overall through a dental savings plan. Additionally, some services that are not typically covered by dental insurance, such as cosmetic services, may be discounted through a dental savings plan.

It is often possible to have both a dental insurance plan and a dental savings plan. For example, if you reach your annual benefit cap with your dental insurance plan, you can then start paying discounted rates through the dental savings plan, or you can pay discounted rates for items or services that dental insurance does not cover. If you choose this option, you will want to make sure your dentist is in-network for the insurance plan and participates in the savings plan.

Finally, and most importantly, when choosing a dental insurance plan, dental savings plan, or both, you should weigh the pros, cons, and total costs of each option. To do this, it is helpful if you have an idea of your expected dental needs. Then, you can estimate what your total dental care cost will be under each plan considering copays, deductibles, benefit caps, covered services, and discounts.

Have questions? Please call us at 920-467-4100.

Senior Dining

Adell 994.9934, Sheboygan 207.2522, Howards Grove 467.4020

1 ALL SITES CLOSED	2 ALL SITES CLOSED	3 Salmon Patty w/ Balsamic Glaze	4 Pork Loin w/ Apple Chutney	5 Chicken Chimichanga
8 Ravioli w/ Meat Sauce	9 Shredded Turkey w/ Gravy	10 Sweet and Sour Pork	11 Beef and Broccoli	12 Ham Meatballs with Pineapple
15 Ravioli with Meat sauce	16 Almond Chicken	17 Beef Meatballs w/ Gravy	18 Honey Mustard Pulled Pork	19 Herb Salmon
22 Sloppy Joe	23 Shredded BBQ Chicken	24 Beef Stroganoff	25 Battered Cod	26 Pork Spare Rib
29 Chicken Parmesan	30 Meatloaf w/ Ketchup Sauce	31 Salmon Patty w/ Balsamic Glaze		

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

Senior Dining



Fellowship, Food Fun

Around 700 B.C., January replaced March as the first month of the year.

January was named for the Roman god Janus, known as the protector of gates and doorways, who symbolizes beginnings and endings. Janus is depicted with two faces, one looking into the past, the other with the ability to see into the future. What a fitting symbol for this first day of the year; this month is our door into the new year.

The Full Wolf Moon: January's Moon is called the Wolf Moon. The Saxon word for the month was *Wulf-monath* or "wolf month."

This year, the full Moon reaches peak illumination on Thursday, January 25, at 12:54 P.M. EST. It can be seen rising from the horizon around sunset that evening.

Weather Folklore for January:

- *Fog in January brings a wet spring.*
- *A favorable January brings us a good year.*
- *If grass grows in January, it will grow badly the whole year.*
- *A summerish January, a winterish spring.*

January's flower is the carnation, its birthstone is garnet, and its Zodiac signs are: December 22 – January 19 Capricorn, and January 20 to February 18 Aquarius.

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 whole 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>1 ALLSITES CLOSED</p>	<p>2 ALL SITES CLOSED *Pick a Deli will be Open, but senior dining is not available</p>	<p>3 Swiss Steak & Gravy Vegetables Au Gratin Potato Fruit Dessert</p>	<p>4 Spaghetti & Meatballs Vegetables Garden Salad (Romaine) Dressing Bread Stick</p>	<p>5 Reuben Sandwich Potato Salad Fruit Dessert</p>
<p>8 Chicken Parmesan Over a Bed of Noodles Vegetables Fruit Garlic Bread</p>	<p>9 Chicken Chili Grilled Cheese Corn Fruit Dessert</p>	<p>10 Hamburger Stroganoff Buttered Noodles Vegetables Fruit Dessert</p>	<p>11 Chicken Salad on Croissant Pasta Salad Fruit Dessert</p>	<p>12 Liver & Onions Or Hamburger Mashed Potatoes Vegetables Fruit Dessert</p>
<p>15 Chicken Piccata Wild Rice Vegetables Fruit Dessert</p>	<p>16 Salisbury Steak Mashed Potatoes & Gravy Vegetables Garden Salad (Spinach & Dressing) Dessert</p>	<p>17 Chicken Enchilada Spanish Rice Vegetables Fruit Dessert</p>	<p>18 Pork Schnitzel Wild Rice Vegetables Dessert Rye Bread/Butter</p>	<p>19 Beef Stew Tossed Salad & Dressing w/Spinach & Cucumbers Bread Stick Fruit</p>
<p>22 Lasagna Tossed Salad (Romaine, Chick- peas, & Dressing) Vegetables Bread stick</p>	<p>23 Taco Salad w/ Cheese, Sour Cream, & Salsa Fruit Dessert</p>	<p>24 Baked Chicken Mashed Potatoes & Gravy Vegetables Fruit Dessert</p>	<p>25 Roast Pork & Gravy Buttered Potatoes Vegetables Fruit Dessert</p>	<p>26 Baked Ham Potato Pancakes Vegetables Fruit Dessert</p>
<p>29 Turkey/Stuffing/ Gravy Mashed Potatoes Vegetables Fruit Dessert</p>	<p>30 Meat Loaf Mashed Potatoes & Gravy Vegetables Fruit Dessert</p>	<p>31 BBQ Pork Mac & Cheese Baked Beans Bread Stick Fruit</p>		

ACTIVITIES

11 am
until
lunch
service

Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED FOR HOLIDAY	2 CLOSED FOR HOLIDAY	3 Sheboygan- Trivia Bingo	4 Adell- Snowman Dice Sheboygan- Seven-Eleven	5 Sheboygan 
8 Sheboygan- Millionaire Game	9 HG - Howards Fire Dept Adell - Word Games & Puzzles Sheboygan- Golf Dice	10 Sheboygan- Yahtzee	11 Adell- Sheboygan County Dietician Sheboygan- FoodWise by Janeth - UW Sheb	12 Sheboygan 
15 ALL SITES CLOSED In-Service Day	16 HG - Pine Haven Adell - Word Games & Puzzles Sheboygan- Snowman Race Game	17 Sheboygan- Candy Dice	18 Adell- Card Bingo Sheboygan- Five Card	19 Sheboygan 
22 Sheboygan-Jingo	23 HG - Dime Bingo Adell - Word Games & Puzzles Sheboygan- Timeline	24 Sheboygan- Sunshine Bingo	25 Adell- The Price is Right Sheboygan- Snowman Dice	26 Sheboygan 
29 Sheboygan- Fifty-one	30 HG - The Price is Right - 11:15 Adell - Word Games & Puzzles Sheboygan - Birthday Party w/ Music by the Accordion Club	31 Sheboygan- Keno		



UW researchers seek women volunteers!

Researchers at the University of Wisconsin-Madison seek women volunteers, age 50 or older, for a research study about incontinence (bladder or bowel leakage). The purpose of this study is to see how women use an online program that offers simple exercises, and tips on eating and drinking intended to prevent or improve the symptoms of incontinence.



Who can participate?

- Women 50 years and older
- Have access to email
- Have an Internet-connected device (like a computer, tablet, or smart-phone)
- Individuals able to read and write English

What does participation involve?

- Using a free online continence program
- Completing 4 surveys spread over 6 months
- Some participants will be invited to participate in a video or phone interview
- Participants will receive up to \$125 for their time and participation

Learn more at www.obgyn.wisc.edu/womenonthego

Want to learn more or join the study?

Please visit <http://www.obgyn.wisc.edu/womenonthego>.

If you have questions, you can also contact one of the lead researchers, Megan Piper, by phone (608-265-5472) or email (mep@ctri.wisc.edu).

STAND UP **For Your Health**

Do you sit most of the day? Do you want to learn skills and empower yourself to stand and move more? This 4-week & 1 booster session workshop is for you! Two sessions are open for registration

1. **WHEN:** Wednesdays, Jan 17 - Feb 6
March 7 Booster session
5 pm - 6:30 pm

WHERE: Plymouth Public Library
130 Division St., Plymouth, WI

2. **WHEN:** Thursdays, Jan 18 - Feb 8
March 8 Booster session
10 am - 11:30 am

WHERE: ADRC of Sheboygan County
650 Forest Ave., Sheboygan Falls, WI

CALL 920-467-4020 to register