

# ADRC Connection

## *Tips for Older Adults to Drive Safely*

Maybe you already know that driving at night or in rainy weather is a problem for you. Some older drivers also have problems with certain routes or driving on busy highways, for example. Consider these tips to help you make safe choices about driving:

- Talk with your doctor. If you have any concerns about your health and driving, see your doctor. Don't risk hurting yourself or others.
- Be physically active. This will help you keep and even improve your strength and flexibility, which may help your driving abilities.
- Consider your car. If possible, drive a car with automatic transmission, power steering, power brakes, and large mirrors. Newer cars come equipped with backup cameras, which can make parking and backing up easier, as well as other sensors that can alert a driver to a nearby object or vehicle before an accident occurs.
- Take care of your eyes and ears. Always wear your glasses or contact lenses if you need them to see clearly. If you use hearing aids, be sure to wear them while driving.
- Avoid driving certain times of day. Cut back on or stop driving at night if you have trouble seeing in the dark. Try to avoid driving during sunrise and sunset, when the sun can be directly in your line of vision.
- Check in with yourself. Don't drive if you feel lightheaded or drowsy. Be sure to check any warnings on your medications. Try to avoid driving when you are stressed or tired.

*Continued on Page 2...*

## Special Days In February 2024

- 2- Groundhog Day
- 10 - Lunar New Year - 2024 Year of the Dragon
- 12 - Abraham Lincoln's Birthday
- 13 - Mardi Gras & Fat Tuesday
- 14 - Valentine's Day
- 15 - Susan B Anthony's Birthday
- 19 - President's Day
- 29 - Leap Day!

### **FEBRUARY FUN FACTS:**

- I. In the southern hemisphere, February is the last month of summer.
- II. February is one of the most misspelled words in the English language.
- III. Over time, the length of February kept changing. At one point, it had as little as 23 days.
- IV. February was named after a purification ritual which was like an early Roman spring cleaning festival.



Sheboygan-County-Aging-and-Disability-Resource-Center  
Know us Before You Need Us  
[www.sheboygancounty.com](http://www.sheboygancounty.com)

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

## 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

#### Pic-a-Deli in Plymouth Generations

1500 Douglas Drive

920-892-4821 Extension 303

Open: Monday thru Friday

### 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

**\*\*No Reservation Needed**

## Driving, Continued...

- Don't crowd. Leave ample space between your car and the car in front of you and start braking early when you need to stop.
- Plan your timing. Avoid heavy traffic areas or rush-hour driving when you can.
- Plan your route. Drive on streets you know and find a way to go that requires few or no left turns. Choose a route that avoids highways or other high-speed roadways. If you must drive on a fast-moving highway, drive in the right-hand lane, where traffic moves more slowly.
- When in doubt, don't go out. Bad weather, such as rain, ice, or snow, can make it hard for anyone to drive. Try to wait until the weather is better, or use buses, taxis, ridesharing services, or other alternatives.
- Wear seat belts. Always wear your seat belt and make sure your passengers wear theirs, too.
- Limit distractions. Eating, adjusting the radio, or chatting can all be distracting. If you use your cellphone while driving (for navigation, for example), use it hands-free and use voice activation when possible. Never type on your phone while driving.
- Use window defrosters. These will help keep windows and windshields clear.

FEBRUARY

## 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.



### 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](mailto:adrc@sheboygancounty.com)

[www.sheboygancounty.com](http://www.sheboygancounty.com)

## LAUGHTER IS THE SHORTEST DISTANCE BETWEEN TWO PEOPLE

A 72 year-old guy loves to fish. He was sitting in his boat the other day when he heard a voice say, "Pick me up." He looked around and couldn't see anyone. He thought he was dreaming when he heard the voice say again, "Pick me up." He looked in the water and there, floating on the top, was a frog. The man said, "Are you talking to me?"

The frog said, "Yes, I'm talking to you. Pick me up, then kiss me, and I'll turn into the most beautiful woman you have ever seen. I'll make sure that all your friends are envious and jealous because I will be your bride!" The man looked at the frog for a short time, reached over, picked it up carefully, and placed it in his front pocket. The frog said, "What, are you nuts? Didn't you hear what I said? I said kiss me and I will be your beautiful bride."

He opened his pocket, looked at the frog and said, "Nah, at my age I'd rather have a talking frog."



## You Know You're From Wisconsin When...

1. You take pride in your ability to drive in a blizzard.
2. When you're invited to a fish fry you don't even have to ask, you just know it's on a Friday.
3. A brat is something you eat.
4. You know how to say Oconomowoc, Waupun, and Manitowoc.
5. You have gotten sunburned and frostbitten in the same week.
6. Lake Michigan will always be your eastern reference point.
7. You aren't surprised to see snow in May.
8. To you, a bubbler is something you drink water from and a water fountain is something out in the garden.



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**And so it Begins...** The long home-stretch before Spring. This can be a difficult time of year for many people. Seasonal Affective Disorder (SAD), depression, boredom, can affect us all. Here are some helpful tips for surviving the season:

**GET OUTSIDE...** Being out-of-doors benefits every one of us. Ten to fifteen minutes of sunlight daily helps with vitamin D production, promotes mental health, and can reduce stress. Try to spend more time outside walking, attending an outdoor event, etc.

**MAINTAIN A GOOD SLEEP SCHEDULE...** Listen to your body: Go to bed when you are tired, and get up when you feel rested. Try to keep your screens off at least one hour before bed.

**EXERCISE REGULARLY...** Try walking in place, doing chair sit-to-stands, or lifting soup cans (or weights) to increase muscle strength. Aim for 150 minutes per week.

**MAKE TIME FOR FAMILY AND FRIENDS...** Have a friend over for lunch, go window shopping, host a game night, have a hot cocoa party!

## Don't let a fall keep you from maintaining at home

One in four people age 65 or older has a fall each year. Don't 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%!**

## ***STEPPING ON IS BACK!***

Join us for this fun, informative series that will help you reduce your risk of falling!

### WHEN:

Thursdays, March 14, 2024 - April 25, 2024 - 1:30 - 3:30 pm

### WHERE:

Cedar Grove Public Library  
131 Van Alton Ave.  
Cedar Grove, WI

Cost: Free, but a \$20 contribution is appreciated.

### TO REGISTER:

Call 920-467-4020

## ***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.

# COMMUNITY CALENDAR OF EVENTS

## MEMORIES IN THE MAKING

February 9, 10 am - 11:30 am

The signature art program of the Alzheimer's Association that allows individuals living with memory loss to express themselves through art. Care partners and those living with memory loss join in an art session led by an instructor in a comfortable social gathering that allows people to connect, socialize, and build new support networks. Art supplies are provided.

Registration recommended

Uptown Social  
1817 N 8th St. Sheboygan  
920-459-3290

## Fasching at Laack's 2024

February 10 5 pm

Featuring the Dorf Kapelle and Gemutlichkeit! Join in the boisterous fun Fasching celebrations at Laack's Hall in the heart of Johnsonville Wisconsin. Featuring the music and antics of the famous Dorf Kapelle and guest performers. Enjoy German beers, an atmosphere of gemutlichkeit and a tantalizing authentic German meal complete with beverage and dessert. Seating is limited so reserve early!

Tickets available online  
Call 920-893-3054 for more information

## Nature at Noon

February 13, Noon - 1 pm

Paul Pickhardt, Ph.D., Professor of Biology at Lakeland University, presents "Tropical Ecology in Belize." Bring your lunch to enjoy during the program. Coffee, tea, water, and a dessert are provided.

To register call: 920-459-3906 or  
Email [maywood@sheboyganwi.gov](mailto:maywood@sheboyganwi.gov)

Free program; donations appreciated

Maywood  
3615 Mueller Rd. Sheboygan

## Wood Fired Pizza on the Farm

A Community Dinner

February 22, 4 pm-6 pm

Enjoy Nourish's buffet of delicious wood-fired and oven-baked pizzas from 5:30-7:00 with an educational presentation from the Sheboygan County Beekeepers Association at 6:30pm. The educational portion of the evening is free of charge and buffet ticket purchase is not required to attend the presentation.

Tickets available online  
Call 920-550-2020 for more information

## Taproom Talks Speaker Series

February 24, 1 pm-2 pm

Wade House's series brings celebrated authors and historians to the Wade House for lively discussions of their thought-provoking work. Presentation, Q&A, and opportunities to purchase signed works by the authors.

Tickets available online  
Call 920-526-3271 for more information

Adults \$7  
Seniors \$5  
Wade House  
7921 WI-23, Greenbush, WI

## MEMORY CAFÉ

Travel Memories

February 26, 10 am - 11:30 am

Memory cafes offer themed social gatherings for people living with memory loss and for their families, friends, or care partners.

Registration Recommended

Cedar Grove Public Library  
131 Van Alton Ave  
Cedar Grove, WI  
920-668-6834

FEBRUARY 2024

## TIPS FOR STRENGTH BUILDING

THE ADRC CONNECTION NUTRITION TIPS FOR LIVING WELL

Muscle is harder to build and maintain as we age. In fact, most of us start losing muscle around age 30 due to increased inactivity and changes in hormones, among other things. But there are things that we can, and should do, to help us stay strong as we age!

### Muscle Strengthening Activities

It's important to do muscle strengthening activities at least two times each week. Examples of these types of activities include lifting weights, using resistance bands, some types of yoga, and doing body weight exercises such as push-ups, pull-ups, and sit-ups. Even everyday activities such as carrying groceries, playing with your kids or grandkids, and gardening can strengthen muscles.



### Nutrition and Muscle Building

Along with strength building activities, it's also important to focus on your nutrition to fuel your body and support muscle growth and maintenance. Protein is essential when trying to build and maintain muscle mass and should be added to each of your meals. Good sources of protein include foods such as lean meats, eggs, seafood, low-fat dairy, and beans. Carbohydrates are also important to provide your body with the energy it needs to stay active. Look to add whole grain foods like brown rice, quinoa, oats, and whole wheat bread and pasta to your meals.

It's also important to include a variety of fruits, vegetables, and healthy fats to create a well rounded diet and make sure your body is getting the fuel it needs to thrive. Plant oils such as olive, canola, and avocado are great sources of healthy fats. In addition, nuts, seeds, and fatty fish like salmon, sardines, and herring offer healthy fats that your body will love!

And don't forget to stay hydrated! Water is an important nutrient too, especially when physically active, so make sure you're drinking water consistently throughout the day.

Have more questions about strength training or healthy eating tips? Talk to your physician or dietitian.



## TECH-TIPS

Voice-to-text is an easy way to compose a message or email. You simply talk into your phone, tablet, or iPad.

### ***iPhone & iPad***

- Tap Settings icon.
- Scroll to General - Scroll to Keyboard - Scroll to Enable Dictation - Select Enable Dictation.
- In the Messages or email App, select the contact you want to Message.
- Tap the Microphone icon in the bottom-right corner.
- Speak naturally and clearly into the microphone.
- Say the words for punctuation, such as period, comma, or exclamation point!
- Be sure to read your text and edit if needed before sending.



### ***Android Phone or Tablet***

- Open any app that you type with, such as Messages or Email and choose a contact.
- Tap where you enter text.
- At the top of the keyboard, tap the Settings icon. - Tap Voice Typing.
- Turn Assistant voice typing on or off.
- Speak naturally and clearly into the microphone.
- Say the words for punctuation, such as period, comma, or exclamation point!
- Be sure to read your text and edit if needed before sending.



## 🌀 **SELF-CARE FOR SENIORS...** 🌀

### ***The Importance of Your Feet***

Proper foot care is essential for older adults because it can help prevent injuries, falls and complications from chronic diseases like diabetes. Learn how to properly care for your feet so they can continue to take you wherever you need to go.

- ♥ Check your feet daily. If you are unable to see the bottoms of your feet, you may try using a long-handled mirror, or ask your spouse, caregiver, or a friend.
- ♥ Elevate your feet daily for improved blood flow, reduced inflammation, and lower pressure in the veins in your legs. Elevating feet also helps relieve tiredness and soreness in the lower body.
- ♥ Wear properly fitted footwear.
- ♥ Keep your toenails clipped. If clipping your own nails has become a challenge, there are foot clinics held throughout Sheboygan County - see schedule in this issue.
- ♥ Wash your feet daily and apply a light moisturizer. Self foot massage increases circulation and stimulates the nerves in the bottom of the foot. Try to avoid too much lotion as it may make your feet slippery. A nice option is to use a light oil, such as olive or safflower - a drop of essential oil can be a soothing addition.

Try to Remember:

- \* Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy.
- \* Always remember you are braver than you believe, stronger than you seem, smarter than you think and twice as beautiful as you've ever imagined.
- \* We don't meet people by accident. They are meant to cross our path for a reason.

# 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: Moving 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.

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.





Caring for someone with a chronic illness such as dementia, cancer, heart disease, Parkinson's disease or stroke can be physically, emotionally and financially exhausting.

Connect with Resources

Balance your Life  
Take Care of Yourself

# Powerful Tools FOR Caregivers

**Powerful Tools for Caregivers** is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, or friend.

Participants will learn to:

- Reduce stress
- Improve self-confidence
- Better communicate feelings
- Increase their ability to make tough decisions
- Locate helpful resources.

**FRIDAYS: April 5, 12, 19, 26 & May 3 & 10, 2024**  
(6 weeks total)

**Time: 10 AM – 12 Noon** *Light lunch served at 11:30 am  
Compliments of Aurora Health Care*

**Location: 3400 Union Ave, Sheboygan, WI 53081**  
Aurora Medical Center Sheboygan County

**Cost: \$30.00** (cost of materials)

*Brought to you by:*



We are AdvocateAuroraHealth

**Register Today! Space is limited**

920-467-4079

[Lisa.Hurley@SheboyganCounty.com](mailto:Lisa.Hurley@SheboyganCounty.com)

Call (920) 467-4079 and mail check for \$30.00 payable to:

**Sheboygan County Aging & Disability Resource Center, 650 Forest Ave, Sheboygan Falls, WI 53085.**

Check covers cost of materials. Call to request respite for care recipient during the workshop.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ Email: \_\_\_\_\_

City, Zip: \_\_\_\_\_

April / May 2024

# Senior Dining

Adell 920.994.9934, Sheboygan 920.207.2522, Howards  
Grove 920.467.9042

			<b>1</b> Pork Loin w/ Apple Chutney	<b>2</b> Chicken Chimichanga
<b>5</b> Polish Sausage w/ Apples	<b>6</b> Beef Chop Suey	<b>7</b> BBQ Pulled Pork	<b>8</b> Beef Stuffed Peppers	<b>9</b> Chicken Divan
<b>12</b> Hamburger	<b>13</b> Philly Cheesesteak	<b>14</b> French Onion Chicken	<b>15</b> Brat w/ Saurkraut	<b>16</b> Chili Dog
<b>19</b> Pesto Chicken	<b>20</b> Teriyaki Salmon	<b>21</b> Pork Spare Rib	<b>22</b> Beef Tips	<b>23</b> Turkey Burger w/ Cheese
<b>26</b> Smothered Chicken	<b>27</b> Shepherd's Pie	<b>28</b> Chicken Stir-Fry	<b>29</b> Pork Loin w/ Gravy	

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

<p><b>FOOT CARE CLINIC SCHEDULE</b></p> <p>* Call individual site to schedule appointment with R.N. Nancy</p>	<p><b>LOCATIONS:</b></p> <p>Ebenezer UCC - Sheboygan  St. Paul's Lutheran - Random Lake  Howard's Grove Senior Center  For the above call 920-207-1654  Generations in Plymouth call 920-892-4821</p>	
<b>Dates in February</b>	<b>Location</b>	<b>Time</b>
<b>2</b>	<b>Plymouth</b>	<b>9 am</b>
<b>6</b>	<b>Ebenezer UCC</b>	<b>12:30 pm</b>
<b>8</b>	<b>Howards Grove</b>	<b>12:30 pm</b>
<b>9</b>	<b>Plymouth</b>	<b>9 am</b>
<b>13</b>	<b>Ebenezer UCC</b>	<b>12:30 pm</b>
<b>28</b>	<b>Ebenezer UCC</b>	<b>12:30 pm</b>

## 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

### From the Grill

- Hamburger:** ketchup, mustard, pickles, onions
- Cheeseburger:** ketchup, mustard, pickles, onions
- Chicken Strips:** dipping sauce

### Lighter Side


- Soup of the day and 1/2 sandwich**  
Ham, Turkey, Roast Beef, or Tuna with choice of cheddar or provolone

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 Hamburger Stroganoff Noodles Vegetable Fruit Dessert	2 Baked Ham Au gratin Potato Vegetable Fruit Dessert
5 Liver & Onions or Hamburger Mashed Potatoes Vegetable Fruit Dessert	6 Spaghetti w/ Meatballs Vegetable Fruit Garlic Bread Dessert	7 Pork Roast and Gravy Mashed Potatoes Vegetable Fruit Dessert	8 Beef Stew Cornbread Fruit Dessert	9 Baked Chicken Scalloped Potatoes Vegetable Fruit Dessert
12 Salisbury Steak Mashed Potatoes & Gravy Vegetable Fruit Dessert	13 Lasagna Tossed Salad and Dressing Garlic Bread Vegetable Dessert	14 Tomato Soup Grilled Cheese Fruit Dessert	15 Chicken Piccata Wild Rice Vegetable Fruit Dessert	16 Chicken Salad (contains nuts)/Croissant Potato Salad Carrots w/ Ranch Fruit Dessert
19 Chicken Cordon Bleu Mashed Potatoes Vegetable Fruit Dessert	20 Swiss Steak Scalloped Potatoes Vegetable Fruit Dinner Roll	21 Broasted Chicken Au gratin Potato Vegetable Applesauce Rye Bread	22 Macaroni and Cheese w/ Pork Carnita Fruit Vegetable Dessert	23 Fish Fry Tartar Sauce Potato Wedges Vegetable Rye Bread Fruit
26 Taco Salad w/ Cheese, Sour Cream & Salsa Fruit Dessert	27 Meatloaf and Gravy Mashed Potato Vegetables Fruit Dessert	28 Turkey and Gravy Mashed Potatoes Vegetable Fruit Dessert	29 Baked Haddock Tartar Sauce Tater Tots Vegetable Fruit Dessert	

# ACTIVITIES

11 am  
until  
lunch  
service

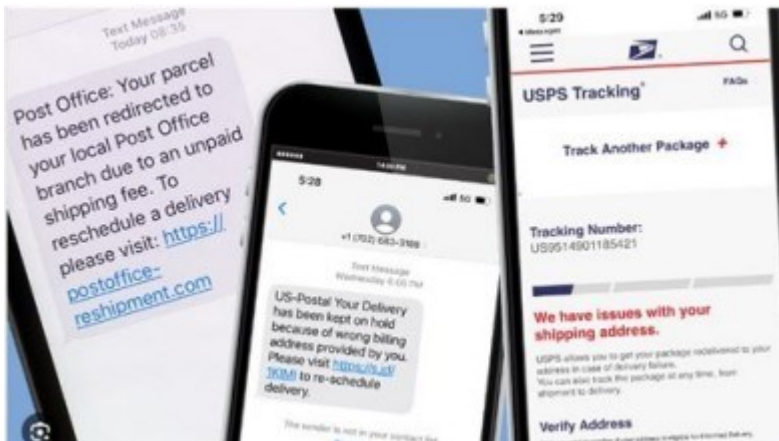
Monday	Tuesday	Wednesday	Thursday	Friday
			1 Adell - Snowman Dice  Sheboygan - Sunshine Bingo	2 Sheboygan  
5 Sheboygan- Seven-Eleven	6 HG - Dime Bingo Adell - Word Games & Puzzles  Sheboygan- Heart Dice	7 Sheboygan- Valentine Race Game	8 Adell- Dime Bingo  Sheboygan- Trivia Bingo	9 Sheboygan  
12 Sheboygan- Golf Dice	13 HG - Wheel of Fortune  Adell - Word Games & Puzzles  Sheboygan-Yahtzee	14 Sheboygan- Valentine Jingo	15 Adell- Valentines Bingo  Sheboygan- Right- Left-Center	16 Sheboygan  
19 Sheboygan- Keno	20 HG - Nutrition with Janeth Adell - Word Games & Puzzles Sheboygan- Fifty One	21 Sheboygan- Fifth Grader Game	22 Adell- UW Nutritionist  Sheboygan- Guess Who	23 Sheboygan  
26 Sheboygan - Five Card	27 HG - The Price is Right Adell - Word Games & Puzzles Sheboygan - Birthday Party w/ music by the Accordion Club	28 Sheboygan- Timeline	29 Adell - The Price is Right  Sheboygan- Sunshine Bingo	

## SMISHING???

Have you received unsolicited mobile text messages with an unfamiliar or strange web link that indicates a USPS delivery requires a response from you? If you never signed up for a USPS tracking request for a specific package, then don't click the link!

This type of text message is a scam called smishing. Victims will typically receive a deceptive text message that is intended to lure the recipient into providing their personal or financial information.

These scammers often attempt to disguise themselves as a government agency, bank, or other company to lend legitimacy to their claims and receive personally identifiable information about you. This information is used to carry out other crimes, such as financial fraud.



The Post Office and other shippers will not send customers text messages or e-mails without a customer first requesting the service. If you suspect the text message you have received is suspicious but are expecting a parcel, please do not click on any links. Rather, report it and visit USPS.com from your mobile device or computer for tracking and additional resources.

Smishing scammers also attack using the lure of prizes. **DO NOT** click any link in a text sent to you by someone you do not know. If you receive a suspicious link from a number that looks like one of your contacts, beware. Scammers can imitate a local number - or even use the number of someone you know. Always double-check with someone before clicking.

