



Sheboygan County ADRC CONNECTION

Special Days In May 2024

- 1 - May Day
- 4 - Star Wars Day (May the 4th be with you)
- 5 - Cinco de Mayo
- 12 - Mother's Day
- 17 - Bike to Work Day
- 27 - Sunscreen Day
- 27 - Memorial Day ****All ADRC Services Closed in Observance**

May is...

- National Stroke Awareness Month
- Older Americans Month
- Mental Health Month
- Lupus Awareness Month

Please help us best serve our aging community by completing the survey at the back of the newsletter.



Hey Dad, Can We Talk About Your Driving?

Having “the talk” about driving...

Talking with an older person about his or her driving is often difficult. For many older adults, “giving up the keys” means a loss of freedom of choice and movement. Many people are afraid of being dependent upon someone else for getting around. They worry about losing the ability to run errands, attend appointments, and participate in activities that they did on their own for decades. They may be concerned about becoming socially isolated and missing out.

Here are some tips that might help when talking with someone about no longer driving:

- Be prepared. Learn about local community services to help someone who can no longer drive before you have the conversation with them. Identify the person’s transportation needs.
- Avoid confrontation. Use “I” messages rather than “you” messages. For example, say, “I am concerned about your safety when you are driving,” rather than, “You’re no longer a safe driver.”
- Stick to the issue. Discuss the driver’s skills, not their age.
- Focus on safety and maintaining independence. Be clear that the goal is for the older driver to continue the activities they currently enjoy while staying safe. Offer to help the person stay independent. For example, you might say, “I’ll help you figure out how to get where you want to go if driving isn’t possible.”
- Be positive and supportive. Recognize the importance of a driver’s license to the older person. Realize they may become defensive, angry, hurt, or withdrawn during your conversation. You might say, “I understand that this may be upsetting,” or “Let’s work together to find a solution.”

Driving, Continued on Page 2...

Would you like our newsletter delivered to your inbox?? Sign up for the electronic version of our newsletter at:

<https://www.mycommunityonline.com/organization/adrc-aging-disability-resource-center-of-sheboygan-county>



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

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

Senior Dining Sites

Senior Dining

Call for reservation BEFORE 9 am the previous weekday



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

No Reservation Needed:

Mary's Country Grove

322 Co Rd RR, Cedar Grove
Phone: 920-207-2522
Open: Thursdays 8-10 am

Kathy's 111 Trackside Café

111 Caroll St., Random Lake
Phone: 920-447-8065
Open: Fridays 8-10 am

Driving, Continued...

- Consider broaching the topic gradually. Some experts suggest a gentle introduction of the driving conversation, and then revisiting it gradually over time.

The NHTSA has a helpful guide to help concerned families and friends better understand older drivers and suggestions on how to begin discussions. For the guide and more information, visit:

<https://www.nhtsa.gov/road-safety/older-drivers>

BRAIN TEASERS

1. I am a box that holds keys without locks, yet they can unlock your soul. What am I?
2. I have four wings, but cannot fly, I never laugh and never cry; On the same spot I'm always found, toiling away with little sound. What am I?



			2					5
8					9			4
			1	8			2	
3						5		9
5							7	
	6						4	
								6
			1		3	4	9	8
9	2		6	5				3

Sudoku basics

A true Sudoku puzzle has only one solution. To solve a traditional puzzle, which uses the numbers 1 to 9, fill in empty spaces with numbers so that:

1. Each row, column, and block / group of nine can contain each number exactly once.
2. The sum of all the numbers in any row or column adds up to 45.

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.

2. A Windmill.
1. A Piano.

BRAIN TEASERS ANSWERS



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

The Arthritis Foundation *Walk with Ease* Program is an evidence-based physical activity and self-management education program. *Walk With Ease* was specifically developed for people with arthritis who want to be more physically active but is also appropriate for people without arthritis, particularly those with diabetes, heart disease and other chronic conditions who need to be more active. The only pre-requisite is the ability to be on your feet for at least 10 minutes without increased pain.

This trained facilitator-led workshop can help you reach your goal to be more active! Join us Mondays, Tuesdays, and Thursdays from 2:30 pm - 3:30 pm.

May 6 - June 13, 2024

Generations, 1200 Douglas Dr., Plymouth, WI

Registration Required: 920-467-4020

No cost, but a \$20 donation is appreciated.

***We will walk outside, weather permitting, so wear appropriate footwear and clothing.**



Walk with Ease



Wisconsin Institute
for Healthy Aging



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

Know us Before You Need Us

www.sheboygancounty.com

920-467-4100

Your Sheboygan County ADRC

May - 2024

Lupus??? What is Lupus?

Lupus is a complicated disease that affects different people in different ways. For some, lupus can be mild, for others it can be life threatening. Right now, there's no cure for lupus. The good news is that with the support of your doctors and loved ones, you can learn to manage it.

Lupus is a chronic (long-term) disease that can cause pain and inflammation in any part of the body. It's an autoimmune disease, which means that your immune system — the body system that usually fights infections — attacks healthy tissue instead.

What is inflammation?

Inflammation usually happens when your immune system is fighting an infection or an injury. When lupus makes your immune system attack healthy tissue, it can cause inflammation in lots of different body parts.

Who is at risk for developing lupus?

Anyone can develop lupus. But certain people are at higher risk for lupus, including:

- ∴ Women ages 15 to 44
- ∴ Certain racial or ethnic groups — including people who are African American, Asian American, Hispanic/Latino, Native American, or Pacific Islander
- ∴ People who have a family member with lupus or another autoimmune disease

Lupus symptoms:

Because lupus can affect so many different parts of the body, it can cause a lot of different symptoms. And many people with lupus don't have all the symptoms.

The most common lupus symptoms (which are the same for men and women) are:

- ∴ Extreme fatigue (feeling tired all the time)
- ∴ Pain or swelling in the joints
- ∴ Swelling in the hands, feet, or around the eyes
- ∴ Headaches
- ∴ Low fevers
- ∴ Sensitivity to sunlight or fluorescent light
- ∴ Chest pain when breathing deeply

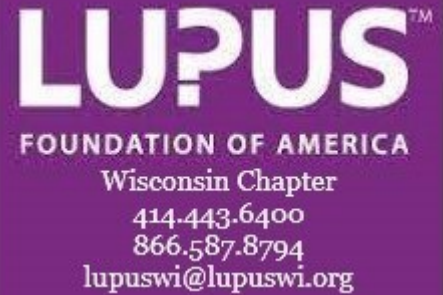
Many people with lupus also have problems that affect their skin and hair, like:

- ∴ A butterfly-shaped rash on the cheeks and nose
- ∴ Hair loss
- ∴ Sores in the mouth or nose
- ∴ Fingers and toes turning white or blue and feeling numb when a person is cold or stressed (Raynaud's Disease)

If I have these symptoms, does that mean I have lupus?

Not necessarily. Lupus shares a lot of symptoms with other diseases, like arthritis and diabetes. So if you have these common lupus symptoms, it's important to talk to your doctor and find out whether you have lupus or a different health problem. That way, you can get the treatment you need.

To learn more about this topic, visit www.lupus.org.



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.

May is National Stroke Awareness Month



Paub cov yam ntxwv mob hlab ntsha tawg! UA KOM CEEV (BE FAST)

BALANCE (LUB CEV KHOV KHO)

Cia li ua rau tsis hnov qab los sis lub cev tsis kho li lawm

EYES (QHOV MUAG)

Cia li ua rau tsis pom kev zoo lawm

FACE (NTSEJ MUAG)

Cia li ua rau ib sab ntsej muag tsis muaj zog los sis ua rau ntsej muag qhuav

ARM (TXHAIS NPAB)

Cia li ua rau ib txhais npab los sis txhais ceg tsis muaj zog los sis loog tag

SPEECH (KEV HAIS LUS)

Cia li ua rau hais lus tsis meej, hais lus tau nyuaj, nkag siab nyuaj cov lus hais

TERRIBLE HEADACHE (MOB TAUB HAU HEEV)

Cia li ua rau mob taub hau heev



NRHIAV SIJHAWM HU RAU 9-1-1

Txhua lub sijhawm
yej tseem ceeb heev!



The Facts:

- Stroke can happen to anyone at any age.
- 80% of all strokes are preventable.
- Stroke is the fifth leading cause of death in the U.S. and a leading cause of severe disability.
- On average, one person dies from stroke every 4 minutes.
- More than 795,000 people have a stroke each year in the U.S.
- Stroke kills almost 130,000 of the 800,000 Americans who die of cardiovascular disease each year—that's 1 out of every 19 deaths from all causes.

¡Reconozca los síntomas de un derrame cerebral!

PIENSE RÁPIDO (BE FAST)

BALANCE (EQUILIBRIO)

Pérdida repentina del equilibrio y la coordinación

EYES (OJOS)

Cambios repentinos en la visión

FACE (CARA)

Debilidad repentina en un lado de la cara o parálisis facial

ARM (BRAZOS)

Debilidad o entumecimiento repentino de un brazo o una pierna

SPEECH (HABLA)

Habla arrastrada, dificultad para hablar, dificultad para entender lo que le dicen

TERRIBLE HEADACHE (UN TERRIBLE DOLOR DE CABEZA)

Inicio repentino de un terrible dolor de cabeza



Prevent stroke by following the American Heart Association/American Stroke Association's Life's Simple 7 tips:

- Manage blood pressure
- Control cholesterol
- Reduce blood sugar
- Get active
- Eat better
- Lose weight
- Stop smoking

When it comes to stroke, every second counts! Nearly 2 million brain cells die each minute a stroke remains untreated.

Rapid access to medical treatment oftentimes makes the difference between full recovery and permanent disability.

Know the signs of a stroke and act F.A.S.T. (face drooping, arm weakness, speech difficulty, Time to call 911 if someone is having a stroke.



HORA DE LLAMAR AL 9-1-1
¡Cada segundo cuenta!

Vitamins and Minerals for Older Adults

Vitamins and minerals are two types of nutrients that your body needs to survive and stay healthy. There are 13 essential vitamins; vitamins A, C, D, E, K, and the B vitamins (thiamine, riboflavin, niacin, pantothenic acid, biotin, B6, B12, and folate). There are several minerals that our body needs to function. Some minerals, like iodine and fluoride, are only needed in very small quantities. Others, such as calcium, magnesium, and potassium, are needed in larger amounts. You can make sure you're getting enough of both vitamins and minerals by eating a well balanced and varied diet.

How can I get what I need?

Foods contain many beneficial nutrients so try to get what you need through food first, but if needed, talk to your doctor or dietitian about a supplement. It's important to be aware that some supplements can have side effects, such as increasing the risk of bleeding after an injury or changing your response to anesthesia during surgery. Supplements can also interact with some medications in ways that might cause problems. For example, vitamin K can reduce the ability of the common blood thinner warfarin to prevent blood from clotting. When looking for supplements to buy, you may feel overwhelmed by the number of choices at the pharmacy or grocery store. Look for a supplement that contains the vitamin or mineral you need without a lot of other unnecessary ingredients. Read the label to make sure the dose is not too large. Avoid supplements with megadoses. Too much of some vitamins and minerals can be harmful, and you might be paying for supplements you don't need.

Key vitamins and minerals for people over age 51 and where to find them:

Vitamin A: Eggs, milk, vegetables (e.g. carrots) and fruits (e.g. mangoes).

Vitamin B1 (Thiamin): Meat (especially pork), fish, whole grains, and some fortified breads, cereals, and pastas.

Vitamin B2 (Riboflavin): Eggs, organ meat, lean meat, green vegetables (e.g. asparagus, broccoli).

Vitamin B3 (Niacin): Some nuts, legumes, grains, poultry, beef, and fish.

Vitamin B6: Fish, beef liver, potatoes and other starchy vegetables, and fruit (other than citrus).

Vitamin B12: Meat, fish, poultry, milk, and fortified breakfast cereals.

Vitamin C: Fruits and vegetables (especially citrus fruits, tomatoes, and potatoes).

Calcium: Milk and other dairy, some tofu, dark-green leafy vegetables, soybeans, canned sardines and salmon with bones, and calcium-fortified foods.

Vitamin D: Fatty fish, fish liver oils, fortified milk and milk products, and fortified cereals.

Vitamin E: Nuts (e.g. peanuts, almonds), vegetable oils, green vegetables (e.g. broccoli, spinach).

Folate: Vegetables and fruit (e.g. broccoli, brussels sprouts, spinach, oranges), nuts, beans, and peas.

Vitamin K: Green leafy vegetables, some fruits (e.g. blueberries, figs), cheese, eggs, and meats.

Magnesium: Green leafy vegetables, whole grains, legumes, nuts, seeds, breakfast cereals and other fortified foods, tap, mineral, or bottled drinking water.

Potassium: Many fruits, vegetables, meats, and dairy (e.g. dried fruit, lentils, potatoes, milk).

Sodium: Sodium is added to many foods that are processed. Preparing your own meals at home, limiting highly processed foods, and rinsing canned foods are some ways to help control the amount of sodium in your diet.

SIP & SWIPE CAFÉ - THE BASICS

Are you struggling to navigate your smartphone or tablet? Do you lack confidence to use your device? At the ADRC's Sip & Swipe Café, you will learn the basics: Device & Internet; Internet Safety & Searching; Email/Zoom/Facetime; How to use YouTube, camera, attaching a photo to email & Apps (what are they? how to add and remove them).

Coffee and snacks will be available, as well as a facilitator to provide support and encouragement. This is a free, limited-space workshop - we want to keep it simple and cozy. Only six participants each series, which consists of two 2-hour sessions.

When: Thursdays May - 9 & 16; 1 pm - 3 pm

Where: ADRC of Sheboygan County, 650 Forest Blvd., Sheboygan Falls

Register: 920-467-4020 **Pre-registration required - limit 6 participants age 60+

**Free, but a \$10 contribution is appreciated.

Reminder: Aging Advocacy Day 2024 – Registration Now Open!

Are you interested in speaking out on issues affecting older adults and family caregivers? On May 14, 2024, join members of the Wisconsin Aging Advocacy Network (WAAN), aging network professionals, older adults, and family caregivers at an in-person Aging Advocacy Day (AAD) 2024 event in Madison to “tell your story” and help educate your state Senator and Assembly Representative and/or their staff about issues impacting Wisconsin’s aging population. Your voice matters! More information and registration: <https://gwaar.org/aging-advocacy-day-2024>. Registration closes April 29, 2024.

Pre-Advocacy Day Virtual Training Tuesday, May 7, 2024 | 1:00-2:00 p.m.

The virtual training is not required to attend Aging Advocacy Day, but is recommended. To help attendees prepare for legislative visits, the Wisconsin Aging Advocacy Network is hosting a virtual information session with a brief overview of this year’s issues and talking points. Those unable to attend Aging Advocacy Day in-person are also welcome to attend the virtual event and are encouraged to contact their state legislators independently or as part of a local, in-district meeting. Additional information on in-district meetings will be posted online the week of April 22 at <https://gwaar.org/aging-advocacy-day-2024>.

MAPP Disability

Redetermination Notices

Mary Elder Benefit Specialist for the GWAAR Legal Services Team

Some counties have recently seen a surge in Medicare Purchase Plan (MAPP) members receiving notices telling them that they need to submit information for a reevaluation of prior disability determinations. These notices appear to be going out due to a relatively new automated process that does not account for the policies in the Medicaid Eligibility Handbook that identify people who should be continuously eligible without a redetermination. Examples of people who might be getting these erroneous notices include those who were determined disabled by the Social Security Administration (SSA) before the age of 65 and those who initially applied for disability related Medicaid benefits through the Department of Health Services (DHS) and were later determined to qualify for disability benefits by SSA.

MAPP members who have a disability determination in the past and who receive a notice requiring redetermination should contact their regional Income Maintenance Consortium (IM) to confirm whether they need to submit redetermination information. Capital Consortium Call Center 1-888-794-5556



ADRC Services

Aging Services

Provides services and programs to support healthy aging. Home-delivered meals and congregate dining, health & wellness promotion. Adult Protective Services investigates reports of financial exploitation, abuse, and self-neglect among our elderly population.

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/or living independently.

Caregiver & Dementia Support:

Support and education for caregivers and for people living with a loved one experiencing dementia.

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.

Benefits Counseling:

Disability Benefit Services Assistance for adults ages 18-59 to apply for public and private benefits including Medicaid and Social Security Disability Insurance; Elder Benefit Services Assistance for people ages 60 and older to access health and public benefits such as Medicare, Medicaid, and Social Security

Elder Benefits Specialist 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.

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

COMMUNITY CALENDAR OF EVENTS

FREE MEMORY SCREENING Thursday, May 2 Noon - 2 pm

Confidential - First come, first served basis. A memory screen is a wellness tool that helps identify possible changes in memory and cognition. It creates a baseline of where a person is at so that future changes can be monitored. Takes only 15 minutes!
Lakeview Community Library
112 Butler St., Random Lake, WI
Questions? Call 920-467-4100

Alzheimer's Association Support Group "Just for Men"

5:30 pm - 7:00 pm
Meets monthly on 2nd Wednesday of each month.
To register: (757) 903-6408
Memorial Library
Lower level meeting room
330 Buffalo St.
Sheboygan Falls, WI 53085

MIND OVER MATTER: Healthy Bowles, Healthy Bladder for Women

May 9, 23 and June 6 9 am - 11 am

Information about bladder and bowel control; At-home techniques and exercises to help prevent and improve symptoms; tools to help you set goals and mark your progress.

-ADRC of Sheboygan County, 650 Forrest Ave, Sheboygan Falls
-Call 920-467-4020 to register.

MEMORY CAFÉ: Birds & Bird Feeder Craft May 24, 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
Elkhart Lake Public Library

40 Pine St
Elkhart Lake, WI
920-876-2554

Sheboygan Farmer's Market Opening Day! Saturday, June 1 8 am - 1 pm Fountain Park

**Plymouth Farmer's Market Opening Day!
Thursday, June 6 3 pm - 6 pm
515 E Mill St.**

ACTIVITIES

11 am
until
lunch
service

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Sheboygan - Sunshine Bingo	2 Adell- Librarian , Sheepshead Sheboygan- Timeline	3 Sheboygan 
6 Sheboygan - Golf Dice	7 HG - Dime Bingo Adell - Word Games & Puzzles - Sheepshead (1:30) Sheboygan - Mother's Day Bingo	8 Sheboygan - Jingo	9 Adell- National Exchange Bank, Sheepshead Sheboygan-Janeth- FoodWise	10 Sheboygan 
13 Sheboygan - Millionaire Game	14 HG - Games Adell - Word Games & Puzzles - Sheepshead (1:30) Sheboygan - Flower Race Game	15 Sheboygan - Candy Dice	16 Adell- Consumer Credit Counseling, Sheepshead Sheboygan-Flower Dice	17 Sheboygan 
20 Sheboygan - Fifty-one	21 HG - Nutrition with Janeth Adell - Word Games & Puzzles - Sheepshead (1:30) Sheboygan - Seven Eleven	22 Sheboygan - Trivia Bingo	23 Adell-Springtime Jingo, Sheepshead Sheboygan-Five Card	24 Sheboygan 
27 All Sites Closed For The Memorial Day Holiday	28 HG - The Price is Right Adell - Word Games & Puzzles - Sheepshead (1:30) Sheboygan - Birthday Party w/ Music by the Accor- dion Club	29 Sheboygan - Keno	30 Adell- The Price is Right, Sheepshead Sheboygan-Yahtzee	31 Sheboygan 

Senior Dining

Adell 920.994.9934, Sheboygan 920.207.2522, Howards
Grove 920.467.9042

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
		1 Caprese Chicken	2 Pizza Casserole	3 Shredded Turkey w/ Gravy
6 Salt and Pepper Cod	7 Hot Ham and Cheese Sandwich	8 Stuffed Shells w/ Meat Sauce	9 Veggie Burger w/ Cheese	10 Beef Fajitas
13 Swedish Meatballs	14 Stuffed French Toast	15 Pork Spare Rib	16 Battered Cod	17 Ham Loaf w/ Raisin Sauce
20 Turkey Frank w/ Onion Sauce	21 Beef and Bean Burrito	22 BBQ Chicken Meatballs	23 Sweet and Sour Pork	24 Chicken Chimichanga
27 Memorial Day All Sites Closed	28 Pulled Pork w/ Gravy	29 Almond Chicken	30 Chili Dog	31 BBQ 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

Senior Dining



Fellowship, Food & Fun

FOOT CARE CLINIC SCHEDULE * Call individual site to schedule appointment with R.N. Nancy	LOCATIONS: 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	
Dates in May	Location	Time
3	Plymouth	9 am
7	Ebenezer UCC	12:30 pm
10	Plymouth	9 am
14	Ebenezer UCC	12:30 pm
16	St. Paul Lutheran	1 pm
17	Plymouth	9 am
21	Ebenezer UCC	12:30 pm
23	Plymouth	9 am
29	Ebenezer UCC	12:30 pm
31	Plymouth	9 am

Senior Dining @ Pic-a-Deli

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 white wheat wrap
 - Grilled Cheese:** bacon, tomato, served on Multigrain or White bread
- 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

All meals come with fruit and dessert.

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

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
		1 Chicken Alfredo Noodles Vegetable Spanish Rice	2 Baked Haddock Cole Slaw Vegetables Rye Bread	3 Taco Salad w/Cheese, Sour Cream & Salsa
6 Liver & Onion Or Hamburger Mashed Potato Vegetables	7 Swedish Meatballs Buttered Noodles Vegetables	8 Scalloped Potatoes And Ham Vegetables	9 BBQ Chicken Cheesy Potatoes Vegetables	10 Brat on a Bun Pickles & Onions German Potato Salad Baked Beans
13 Swiss Steak Mashed Potato Vegetables French Bread	14 Turkey & Gravy Mashed Potatoes Vegetables	15 Chef's Salad Turkey/Ham/Cheese Breadstick	16 Lasagna Tossed Salad w chick peas, Dressing Bread Stick	17 Club Sub (ham, tur- key, cheese, tomato, lettuce) Potato Salad
20 Baked Haddock Scallop Potato Vegetables	21 Baked Chicken Mashed Potatoes/ Gravy Vegetable	22 Spaghetti & Meatballs Vegetables Garlic Bread	23 Pulled Pork Mac & Cheese Vegetable	24 <u>Memorial Day</u> <u>Celebration</u> Cheeseburger on a Hard Roll Lettuce & Tomato American Potato Salad Baked Beans
27 Closed for Memorial Day	28 Chicken Salad Croissant Mixed Green Salad	29 Homemade Meatloaf/Gravy Mashed Potato Vegetables	30 Chicken Piccata With Rice Vegetable	31 Hamburger Stroganoff Noodle Vegetable



Good health and quality of life are important to living as independently as possible. The more people we hear from, the better we will understand how to support the older adults in our community.

PLEASE COMPLETE THE FOLLOWING SURVEY AND RETURN TO THE ADRC. IF YOU PARTICIPATE IN OUR DINING SITE PROGRAM, YOU MAY ALSO RETURN IT TO THE SITE MANAGER.

1. What does your community offer to support people to age well?

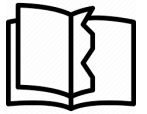
2. Please choose the top three needs or issues facing Sheboygan County Older Adults:

- Brain Health/Dementia
- Access to healthy food
- Transportation
- Elder Abuse
- Ways to stay fit & healthy
- Social isolation & loneliness
- Understanding Medicare & Insurance
- Accessibility for people with disabilities
- Lack of access to Wi-Fi
- Help with home upkeep
- Affordable housing
- Support for Family Caregivers
- Dementia supports & services
- Fraud & Scams
- Other:

3. Please choose the top three health concerns you have as you age:

- Addiction
- Arthritis
- Brain Health/Dementia
- Bowel & Bladder Health
- Caregiver Support
- Diabetes
- Eating Well
- Exercise
- Heart Health
- High Blood Pressure
- Mental Health
- Preventing Falls
- Other

CONTINUES ON OTHER SIDE...



4. Are there any services or programs that you've heard of in other communities that you think would be helpful to Sheboygan County?

5. What is the ADRC doing well and should continue to do in supporting older adults?

6. What activities or agencies in Sheboygan County are making a positive difference for adults as they age?

7. What are barriers that keep people from participating in activities in Sheboygan County?

8. What zip code do you live in? (Please circle)

53081 53083 53073 53085 53040 53070 53013

53020 53075 53015 53023 53044 53011 53093

53001 53026 53031 53082

9. Please circle your age group:

Under 59 60-65 66-70 71-75 76-80 81-85 86+

Thank you for participating in the ADRC Well-Aging survey. Your responses will help us continue to serve our community's older adults, now and in the future. Please contact us with any questions or concerns regarding the survey.

ADRC of Sheboygan County: 650 Forest Ave., Sheboygan Falls, WI 53085 920-467-4100