



# Sheboygan County ADRC CONNECTION

## Special Days In July 2024

1 - International Plastic Bag Free Day  
4 - American Independence Day  
7 - National Father & Daughter Take a Walk Day  
21 - National Lollipop Day  
21 - Blessing Moon (full moon)



July is...  
UV Safety Month  
Recreation & Parks Month  
**Social Wellness Month**

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>

## Now What?

We have been exploring concerns about safe driving as we age. We have looked at range of issues covering how to tell someone you think they should quit driving, to self-evaluation. So now what? When someone has made the decision, or been told by a loved one or physician, that the time has come to quit driving, how do they get around?

For senior citizens in Sheboygan County, there are many options:

### **1. Metro Connections – Shoreline Metro**

**a. ADA Paratransit:** Service is for disabled individuals unable to use the fixed route public bus system, Shoreline Metro. Service includes door-to-door service with assistance from the first door to the vehicle and from the vehicle to the first door. Certification to use this program is required.

**Service Area:** Trip origin and destination must be within  $\frac{3}{4}$  of a mile from a fixed route and operate within the Cities of Sheboygan and Sheboygan Falls and the Village of Kohler.

### **b. County Elderly and Disabled Program:**

Transportation option for qualified individuals for medical, nutritional and employment (first priority and may be scheduled up to two (2) months in advance) and social appointments (first come first serve basis and may be scheduled up to three (3) weeks in advance). A physician's authorization certification may be required by Metro Connection before service can be provided. Service includes door-to-door service with assistance from the first door to the vehicle and from the vehicle to the first door.

**Service Area:** Includes much of Sheboygan County including the Cities of Sheboygan and Sheboygan Falls, Village of Kohler and limited service hours to Plymouth.

To find out if you can get rides through Metro Connections – Shoreline Metro, complete an application or get details about the trip fares please call (920)459-3281 **-Continued on Page 2...**

## Senior Dining Sites

Call for reservation **BEFORE 9 am the previous weekday**

## Senior Dining



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 Carroll St., Random Lake

Phone: 920-447-8065

Open: Fridays 8-10 am

*Continued from Page 1...*

### **2. Medical Transportation Management —**

In Wisconsin, Veyo is required by federal law to offer least costly ride options to get to your appointment based on your medical transportation needs and offer the following type of rides: mileage reimbursement—bus tickets—ambulatory vehicles, including sedan, van, and taxi—wheelchair and stretcher vehicles. **Provides Non-Emergency Medical Transportation to most members of the following programs who do not have other ways of getting to their appointments:**

*Wisconsin Medicaid (including IRIS) — The BadgerCare Plus Standard Plan — The BadgerCare Plus Benchmark Plan — The BadgerCare Plus Express Enrollment for Pregnant Women — Tuberculosis-Related Services-Only Benefit — Family Planning Only Services. To find out if you can get rides through Veyo call 1(866)907-1493.*

**3. Handy Helpers —** The ADRC maintains a list of people available for transportation needs of all kinds. Contact the ADRC main line 920-467-4100 for a referral. Cost determined by individual Helpers.

**4. Sheboygan County Aging and Disability Resource Center (ADRC) —** The ADRC could be a resource available to individuals that are seeking transportation to medical related appointments. This program is a last resort for those with **no access to alternate transportation.**

**Volunteer Driver Program:** Volunteers transport seniors in their personal vehicles (Medical related transportation only, riders must be ambulatory) or in the ADRC accessible vans (Medical related, non-ambulatory riders have preference) , and will receive a donation envelope to help contribute to the mileage reimbursement if feasible. Participants must:

- Reside in Sheboygan County.
- Be at least 60 years, of age or 18-59 who have a qualifying disability, and have **no access to alternate transportation.**
- Be certified for the Volunteer Transportation Program (It is highly recommended to contact the Transportation Coordinator at least 7 to 10 business days prior to the appointment date to allow enough time to complete the requirements). **920-467-4193**



### 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)

### 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.



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

**HOST & LOCATION:**



# 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

**Dates:** WEDNESDAYS: July 24, 31  
& Aug., 7, 14, 21, 28, 2024  
(6 weeks)

**Times:** 4:30 – 6:30 PM  
*Light Meal Served courtesy of First Reformed Church @ 4:30 PM*

**Location:** First Reformed Church of Cedar Grove  
237 S. Main Street Cedar Grove WI 53013

**Cost:** \$30.00 (donation request ~ 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:

July/Aug. 2024

**ADRC of Sheboygan County, 650 Forest Ave, Sheboygan Falls, WI 53085.**

Check covers cost of materials.

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

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

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

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



**Celebrate Social Wellness Month** by nurturing your social relationships. Volunteer with a group. Call an out-of-state friend. Join a hiking club. Social wellness means nurturing yourself and your relationships. It means giving and receiving social support - ensuring that you have friends and other people, including family, to turn to in times of need or crisis to give you a broader focus and positive self-image.

**Social support enhances quality of life and provides a buffer against adverse life events. Social support can take different forms:**

- Emotional (sometimes called non-tangible) support refers to the actions people take to make someone else feel cared for.
- Instrumental support refers to the physical, such as money and housekeeping.
- Informational support means providing information to help someone.

### **Why is Social Wellness Important?**

Healthy relationships are a vital component of health. The health risks from being alone or isolated in one's life are comparable to the risks associated with cigarette smoking, blood pressure, and obesity.

### **Research shows that:**

- People who have a strong social network tend to live longer.
- The heart and blood pressure of people with healthy relationships respond better to stress.
- Strong social networks are associated with a healthier endocrine system and healthier cardiovascular functioning
- Healthy social networks enhance the immune system's ability to fight off infectious diseases.

### **Nurture Your Relationships**

According to Drs. Gay and Kathlyn Hendricks, in their book *Lasting Love: The 5 Secrets of Growing a Vital, Conscious Relationship*, the following concepts are instrumental in attaining a healthy and lasting relationship.

1. **Become a master of commitment.** It's important to be aware of precisely what you are committing to, so that you can realistically judge whether or not you have the capacity to follow through on the commitment.
2. **Make commitments you can stand by.** In a relationship, it is important to be honest and empathetic to each other's feelings, hopes, and dreams.
3. **Break the cycle of blame and criticism.** It is important to own your part in the relationship dynamics.
4. **It can be helpful to shift your attention away from "fixing the other person" and onto more creative expressions for resolving conflict.** Shifting the focus in this way will help to inject more positive energy into the relationship.
5. **Become a master of verbal and nonverbal appreciation.** Showing appreciation of others is critical to healthy relationships.

### **How Can I Grow My Social Network?**

- Work out. Joining a gym or an exercise group allows you to meet new people while exercising.
- Take a walk with your pet. Starting a walking routine after dinner would not only give you another opportunity to be physically active, but it would also create more opportunities for you to meet your neighbors.
- Volunteer. Donate some of your time and hard work to a charity. You'll feel good about the cause, and you'll meet others with similar passions.
- Find others who share a hobby, such as hiking, painting, scrapbooking, running, etc.

There are countless ways to grow your social network. Consider your interests and hobbies, and then pursue them. You're bound to find others with similar passions.

## Senior Farmers Market Nutrition Program:

The Senior Farmers Market Nutrition Program (SFMNP) offers low-income seniors an opportunity to purchase \$45 worth of fresh, locally grown fruits, vegetables, and herbs from certified farmers.

Income eligible seniors (see eligibility below) can apply on a first come, first served basis **at the SCIO Farmers Market information booth**. SFMNP vouchers can be used June 1st-Oct. 31st at participating Farmers Markets and roadside stands in Wisconsin

### SCIO Sheboygan Summer Market

Fountain Park 8th St. and Erie  
 Sheboygan, WI  
 June 1st – October 30th  
 Saturdays 8am-1pm  
 Wednesdays 8am-1pm

### Vouchers may also be picked up at:

Sheboygan County ADRC  
 650 Forest Ave, Sheboygan Falls  
**Monday, July 29, 10 am - Noon**

## SENIOR FARMERS' MARKET NUTRITION PROGRAM (SFMNP)

### 2023 Income Eligibility Table

Effective: June 1, 2023 Based on 185% of the US Dept. of 2023 Health and Human Services Poverty Guidelines.			
Use total gross income – before taxes and deductions - of ALL household members.			
Household Size	Yearly	Monthly	Weekly
1	\$26,973	\$2,248	\$519
2	\$36,482	\$3,041	\$702
3	\$45,991	\$3,833	\$885
4	\$55,500	\$4,625	\$1,068
5	\$65,009	\$5,418	\$1,251
6	\$74,518	\$6,210	\$1,434
7	\$84,027	\$7,003	\$1,616
8	\$93,536	\$7,795	\$1,799
Each additional household member	\$9,509	\$793	\$183

### 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.

## Farmers Markets

The farmers market is a great place to find fresh, locally grown produce. Not only can farmers markets support your health, but they also support the farmers in your community. Adding fruits and veggies into your meals and snacks daily can help you get the vitamins and minerals your body needs, as well as a healthy dose of fiber! Don't forget fruits and veggies also have water and can help you meet your summertime hydration goals. Farmers markets also provide a great opportunity to get out for a walk and get some vitamin D!

### What's in season?

A lot! When visiting your local farmers market, keep an eye out for some of these summer favorites:

Apples	Cherries	Mangos
Apricots	Corn	Okra
Avocados	Cucumbers	Peaches
Bananas	Eggplant	Plums
Beets	Garlic	Raspberries
Bell Peppers	Green Beans	Strawberries
Blackberries	Herbs	Summer Squash
Blueberries	Honeydew Melon	Tomatillos
Cantaloupe	Lemons	Tomatoes
Carrots	Lima Beans	Watermelon
Celery	Limes	Zucchini

### Farmers Market Gazpacho

Give this yummy farmers market inspired recipe a try! This cold, blended vegetable soup has a zesty and refreshing flavor and is perfect for warm summer days.

#### Makes 4 servings

##### Ingredients

- 2 cucumbers (diced into 1/4 inch pieces)
- 3 red bell peppers (seeded and diced into 1/4 inch pieces)
- 3 green peppers (seeded and diced into 1/4 inch pieces)
- 4 celery stalks (diced into 1/4 inch pieces)
- 2 tomatoes (diced into 1/4 inch pieces)
- 1 onion (medium, diced into 1/4 inch pieces)
- 2 lemons
- 2 cups tomato juice, low-sodium
- 3 garlic cloves (fresh minced)
- 1 tablespoon cumin (ground)
- 1 cup cilantro (fresh chopped)
- salt and pepper (to taste, optional)



##### Directions

1. Combine all ingredients except salt, pepper, and lemons in a bowl.
2. Remove 2 cups of the mixture and reserve.
3. Using a blender or food processor, puree the remaining mixture in the bowl.
4. Add 2 cups of reserved mixture to the pureed mixture.
5. Season with salt, pepper (optional), and the juice from the lemons.
6. Cover mixture and refrigerate for at least 2 hours before serving.
7. Serve cold, garnished with chopped cilantro.

## THANK YOU

THE ADRC of Sheboygan County wishes to extend a heartfelt thank you to our Community Partners. Through your working partnership with our agency, we are better able to serve our community. Whether you provide us space for our programming, assist with needed information, or simply guide people our way, we appreciate all that you do. While this list may not be inclusive, we thank all who have partnered with us over the years.

- Adell Area Community Center
- Blessed Trinity Catholic Church
- Cedar Grove Public Library
- Emil Mazey Hall
- Generations
- Lakeview Community Library
- Mead Public Library
- National Exchange Bank, Adell
- Oostburg Public Library
- Plymouth Community Ed & Rec
- Saint Paul Lutheran Church, Sheboygan Falls
- Sheboygan Area School District
- Sheboygan Falls Public Library
- Sheboygan Service Club
- The Gathering Place
- Uptown Social



### *SELF-CARE FOR SENIORS...*



### July is UV Awareness Month

#### **Aging skin –**

Our body's largest organ and protective layer, the skin, weakens as we grow older due to many factors, including collagen and elastin fiber breakdown, cell shrinkage and tissue thinning. It's natural, irreversible and part of the aging process. This makes skin protection more important for older adults because of the elevated risk of damage. During the summer older adults are more at risk for sun damage because of this issue.

#### **Use the correct amount of protection –**

Sun Protection Factor (SPF) indicates the *level* of protection against UV radiation, not the exposure time. Because UV radiation intensity varies during the day, the SPF needs can also change. There are a variety of skin protection items to choose from, such as sunscreen applied to the skin, clothing with long sleeves/pants or with SPF in the fabric, sunglasses, hats and umbrellas.

#### **Watch the time –**

The most damaging sun rays, ultraviolet (UV B), are strongest between the hours of 10 a.m. to 4 p.m. If you are outside, limit your time during these hours or wear UV-blocking clothing, sunscreen and sunglasses. Even outside of these hours, although the UV is less intense, it still exists and ought to be protected against.

#### **Cloudy days –**

Yes, sun protection is also necessary even if you cannot see the sun through clouds or, as has been the case in past summers, during days with hazy, smoke-filled air. This is because up to 80 percent of UV rays penetrate the clouds. Keep this in mind, too, when you're at the beach or lake because sand also bounces sun rays back.

#### **Indoors –**

Have you thought about skin exposure even when you're indoors on sunny days? Most likely you haven't, but if you sit near a window in the car or home, or skylight/sky tube, that does not have a UV protective film, then you also need protection during this time. Close to 80 percent of skin-damaging rays can pass through vehicle glass and it is a factor to consider.

Protecting your eyes and skin from sun exposure will prevent serious health complications or cancer. Up to 40 to 50 percent of Americans aged 65 and older will have skin cancer at least once, and most result from sun damage over time. Some eye cancers develop due to damage in the lens and cornea caused by too much UV light.

Because we are living longer, the aggregate effect of sun damage causes elevated harm as we grow older, so take good care of your skin!

# 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 Seifert 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

### **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

### **MEMORIES IN THE MAKING**

July 12 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

Generations: 1500 Douglas Dr., Plymouth, WI  
920-892-4858

### **Tai Chi for Arthritis & Falls Prevention** M & W July 22 - Sept 17 8 am - 9 am

Tai Chi can relieve arthritis pain, improve your health, and your ability to do things. An easy, progressive class taught by a certified instructor. Open to everyone 60 yo+.

Free, but a \$20 donation is appreciated.

Adell Area Community Center  
510 Seifert St., Adell  
To Register: 920-467-4020

### **MEMORY CAFÉ**

Classic Television Theme Songs

July 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

Mead Public Library  
710 N 8th St., Sheboygan, WI  
920-459-3400



**If you laugh a lot, when you get older  
your wrinkles will be in the right places.**

- How does a lumberjack know how many trees he's cut down?  
-He keeps a log.
- What's the best thing about Switzerland?  
-I don't know, but the flag's a plus.
- Why should you avoid artists?  
-They tend to be sketchy.
- I only catch cold on weekdays. Probably because I have a weekend immune system.
- What did the T-rex say to the velociraptor?  
-Nothing, they're extinct.
- What do you call coffee with a six sense?  
-Déjà brew.



A teacher asked her students to use the word "beans" in a sentence. "My father grows beans," said one girl. "My mother cooks beans," said a boy. A third student spoke up, "We are all human beans."

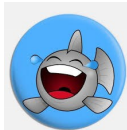
A mom texts, "Hi! Son, what does IDK, LY, & TTYL mean?" He texts back, "I Don't Know, Love You, & Talk To You Later." The mom texts him, "It's ok, don't worry about it. I'll ask your sister, love you too."

That's a pretty good ceiling.  
-It's not the best, but it's up there!

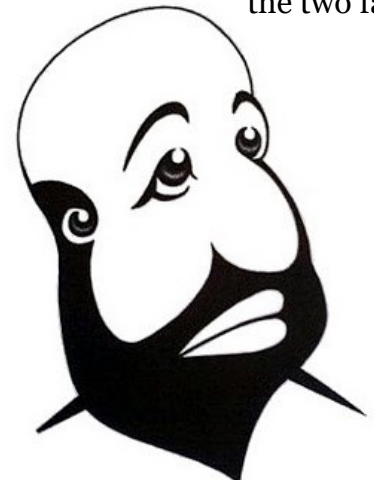
What do you call a fish with no eyes: A fsh.



Can you find the mouse?



Can you see the two faces?



One sad, one mad.

# 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 Battered Cod	2 Scrambled Eggs with Cheese	3 Beef and Broccoli	4 *ALL SITES CLOSED*	5 Meatloaf with Ketchup
8 Cheddar Burger	9 Chicken Divan	10 Brat with Onion	11 Blackened Tilapia	12 Ravioli Bake
15 Haddock with Tomato	16 Pork Schnitzel	17 Hot Turkey and Cheese	18 Black Bean Casserole	19 Philly Cheesesteak
22 Cinnamon Honey Glazed Ham	23 Pizza Casserole	24 Chicken Stir Fry	25 Sloppy Joe	26 Hot Ham and Colby
29 Lemon Dill Haddock	30 Orange Chicken	31 Cheeseburger		

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

<b>FOOT CARE CLINIC SCHEDULE</b>  * Call individual site to schedule appointment with R.N. Nancy	<b>LOCATIONS:</b>  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	
<b>Dates in July</b>	<b>Location</b>	<b>Time</b>
2	Ebenezer UCC	12:30 pm
9	Ebenezer UCC	12:30 pm
11	Plymouth	9 am
16	Ebenezer UCC	12:30 pm
18	St Paul Lutheran	1 pm
19	Plymouth	9 am
23	Ebenezer UCC	12:30 pm
25	Plymouth	9 am
31	Ebenezer UCC	12:30 pm

## 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 while 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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Swiss Steak Mashed Potatoes Vegetable Fruit Dessert	2 Lasagna Tossed Salad, Dressing Garlic Bread Fruit, Dessert	3 Chicken Bacon Ranch Wrap American Potato Salad, Fruit Dessert	4  <b>Closed</b>	5  <b>Closed</b>
8 BBQ Pork on a Bun Parsley Buttered Potatoes Baked Beans Fruit, Dessert	9 Chicken Schnitzel Baby Red Potatoes Vegetable Fruit Dessert	10 Taco Salad Taco Meat, Sour Cream, Salsa, & Cheddar Cheese Fruit, Dessert	11 Chicken Salad Croissant Tossed Salad Fruit Dessert	12 Baked Cod Wild Rice Vegetable Coleslaw Dessert
15 Liver & Onions Or Hamburger Mashed Potatoes Vegetable Fruit Dessert	16 Spaghetti & Meat- balls Vegetable Garlic Bread Fruit Dessert	17 Chicken Quesadil- la Wild Rice Vegetable Fruit Dessert	18 Club Sub (ham, turkey, cheese, to- mato, lettuce) Italian Summer Pasta Fruit, Dessert	19 Turkey Breast with Gravy Sweet Potatoes Vegetable Stuffing Fruit, Dessert
22 Salisbury Steak Mashed Potatoes & Gravy Vegetable Fruit Dessert	23 Seasoned Chicken Au gratin Potatoes/ Gravy Vegetable Fruit Dessert	24 Hot Dog/Bun Macaroni & Cheese Vegetable Fruit Dessert	25 Pork Roast/Gravy Scalloped Potatoes Vegetable Fruit Dessert/Bread	26 Chef Salad (Romaine, ham, tur- key, eggs, toma- toes, cheese, cu- cumbers, chickpeas) Bread, Fruit Dessert
29 Scallop Potato Glazed Ham Vegetable Fruit, Dessert	30 Bacon Lettuce To- mato Pasta Salad Fruit, Dessert	31 Philly Cheese Steak Tater Tots Fruit, Dessert		



# ACTIVITIES

11 am  
until  
lunch  
service

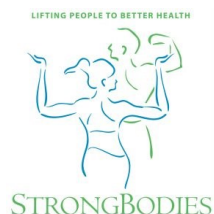
Monday	Tuesday	Wednesday	Thursday	Friday
1 Sheboygan - Sunshine Bingo	2 HG - Dime Bingo Adell - Word Games, Sheepshead  Sheboygan- July 4th Dice	3 Sheboygan - Five Card	4  CLOSED FOR HOLIDAY	5 Sheboygan  
8 Sheboygan- Race Game	9 HG - Pastor Nathan Athorp  Adell - Word Games, Sheepshead  Sheboygan - Fifty-one	10 Sheboygan- Sunshine Bingo	11 Adell- County Dietician & Sheepshead  Sheboygan- FoodWise with Janeth	12 Sheboygan  
15 Sheboygan- Keno	16 HG - Music & Stories with Rob Peterson Adell - Word Games, Sheepshead Sheboygan- Golf Dice	17 Sheboygan- Haley's Comet by Dawn	18 Adell- Wisconsin Jingo  Sheboygan- Jingo	19 Sheboygan  
22 Sheboygan- Candy Dice	23 HG - Hawaiian Shirt Party Adell - Word Games, Sheepshead Sheboygan- Picnic Field Trip	24 Sheboygan- Timeline	25 Adell- The Price is Right & Sheepshead  Sheboygan- Millionaire Game	26 Sheboygan  
29 Sheboygan - Seven-Eleven	30 HG - The Price is Right Adell - Word Games, Sheepshead Sheboygan- Birthday Party w/ music by the Accordion Club	31 Sheboygan- Trivia Bingo		

## HEALTH MATTERS

**STRONG BODIES:** A weight-training program designed for older adults. Progressive, slow-paced. Lead by a certified instructor.

Mondays & Thursdays 2:30 - 3:45 pm  
July 22 - Oct 10, 2024 (no class Sept 2)  
Generations  
1500 Douglas Dr., Plymouth  
Open to everyone 60 yo+  
Free, but a \$20 donation is appreciated  
**Registration Required: 920-467-4020**

Tuesdays & Thursdays 8:00 am - 9:15 am  
July 23 - Oct 10, 2024  
Howards Grove Community Center  
913 S Wisconsin Dr., Howards Grove  
Open to everyone 60 yo+  
Free, but a \$20 donation is appreciated  
**Registration Required: 920-467-4020**



### THE IMPORTANCE OF WEIGHT TRAINING IN OUR SENIOR POPULATION

Lean muscle mass naturally diminishes with age, by around 15% each decade, and eventually you become more prone to poor balance and falling. In fact, falls and fractures are one of the main causes for hospitalization for seniors. When this happens, it robs seniors of their active and independent lifestyle. So in addition to cardiovascular activities, seniors should consider weight training. The American College Of Sports Medicine recommends weight training for all people over age 50, and tells us even those into their 90s can benefit. You may find your balance improves, your walking pace is faster, and climbing stairs will be less difficult, so you are less likely to fall.

Your body fat percentage will increase over time if you don't do anything to replace the lean muscle you lose over time. Strength training can help you preserve and enhance your muscle mass at any age.

Strength training may also help you:

- Develop strong bones. By stressing your bones, strength training can increase bone density and reduce the risk of osteoporosis.
- Manage your weight. Strength training can help you manage or lose weight, and it can increase your metabolism to help you burn more calories.
- Enhance your quality of life. Strength training may enhance your quality of life and improve your ability to do everyday activities. Strength training can also protect your joints from injury. Building muscle also can contribute to better balance and may reduce your risk of falls. This can help you maintain independence as you age.
- Manage chronic conditions. Strength training can reduce the signs and symptoms of many chronic conditions, such as arthritis, back pain, obesity, heart disease, depression and diabetes.
- Sharpen your thinking skills. Some research suggests that regular strength training and aerobic exercise may help improve thinking and learning skills for older adults.
- Senior weight training not only builds strength, but it also leads to better motivation and more self-confidence facilitating seniors to continue the activity. It can help older adults to sleep better, be happier, have better focus, and may help to prevent dementia and other degenerative diseases.

From May Clinic Staff & Weirton Medical Center