



Seniors In Touch

"It means so much to stay in touch"

Sharing is Caring

by Allison Brunette

Special Days in December

- 1st Rosa Parks Day
- 7th Letter Writing Day
- 8th Pretend you are a
Time Traveler
Day
- 10th Human Rights
Day
- 12th Poinsettia Day
- 14th International
Monkey Day
- 17th Underdog Day
- 20th Go Caroling
Day
- 21st Look on the
Bright Side Day
- 23rd Puzzle Day



This is the perfect time of year to help those in need. Light up someone's life this holiday season by helping the Aging and Disability Resource Center (ADRC) celebrate the 33rd year of "Share the Spirit."

Share the Spirit, Inc., a non-profit organized by Sheboygan County Health and Human Services, aims to bring the holiday spirit to area seniors and/or disabled adults who reside in their own homes or homes of family.

The ADRC needs your help! Because we have seen a significant decrease in monetary donations, we will only be able to fulfill a minimal amount of wishes this year. Please consider helping this amazing program. Mail checks made payable to "Share the Spirit" to: ADRC, 650 Forest Ave, Sheboygan Falls, WI 53085.

If you are a senior or adult with a disability and have a wish you would like to have considered, please have a care manager, nurse, social worker or other professional submit a request. We have seen wishes range from a new winter coat, hats, gloves, winter boots to personal care items and even a request for some homemade Christmas cookies. A number of requests for gift cards to purchase food or items of need are also received.

Have questions? Need a form? Want to donate or purchase a requested item? Please feel free to reach out to Traci Robinson, Service Coordinator at the ADRC by calling 920-467-4139 or emailing traci.robinson@sheboygancounty.com.

Happy Holidays!

Sheboygan County Senior Dining Sites

Adell Senior Center

510 Siefert, Adell WI 53001
Phone: 920-994-9934
Open: Monday thru Friday
Manager: Mary Kempf

Cascade Village Hall

301 1st Street, Cascade WI 53011
Phone: 920-892-4821
Open: Mondays
Manager: Susan Wenzel

Temporarily Closed

Cedar Grove—First Reformed Church

237 South Main, Cedar Grove, WI 53013
Phone: 920-207-2522
Open: Mondays
Manager: Darcy Vollrath

Temporarily Closed

Howards Grove Village Hall

913 S. Wisconsin Dr.
Howards Grove, WI 53083
Phone: 920-467-9042
Open: Tuesdays
Manager: Allison Brunette

Temporarily Closed

Oostburg Rich-Len Apartments

115 N.15th Street, Oostburg, WI 53070
Phone: 920-994-9934
Open: Wednesdays
Manager: Mary Kempf

Temporarily Closed

Plymouth—Generations Building

1500 Douglas Drive
Plymouth, WI 53073
Phone: 920-892-4821
Open: Monday thru Friday
Manager: Susan Wenzel

Temporarily Closed

Sheboygan—Bethany Church

1315 Washington Avenue
Sheboygan, WI 53081
Phone: 920-207-2522
Open: Monday thru Friday
Manager: Darcy Vollrath

Sheboygan Falls—ADRC

650 Forest Avenue
Sheboygan Falls, WI 53085
Phone: 920-467-9042
Open: Monday thru Friday
Manager: Allison Brunette

Older Adults Staying Active and Connected!

It is well known that Americans are living longer. In fact, a child born in the United States in 2018, can expect to live to the age of 76 if he is a man and 81 if she is a woman. And the fastest growing segment of the population in the United States today is the 85+ year old segment. As we get older we can expect to experience significant changes in our lives such as retirement and the subsequent loss of identity that may result from leaving a job, the loss of spouse/partner, or the change/loss of mobility, that can impact our ability to stay connected within the community. This loss of connection can cause older adults to feel isolated or lonely or both. According to psychologist Julianne Holt-Lunstad of Brigham Young University, "being connected to others socially is widely considered a fundamental human need – crucial to both well-being and survival. To help prevent social isolation among America's growing aging population, the Aging and Disability Resource Center (ADRC) of Sheboygan is offering the Sheboygan County Social Isolation guide. This guide is meant to be used as a tool to help combat social isolation and loneliness in older adults. Contact the ADRC of Sheboygan County at phone: (920) 467-4100 or email: ADRC@sheboygancounty.com to request a copy of the Sheboygan County Social Isolation guide

If you think you may be less connected than you would like to be, ask yourself these three questions. Select one of these three answers for each question: Hardly Ever, Sometimes, or Often.

1. How often do you feel that you lack companionship?
2. How often do you feel left out?
3. How often do you feel isolated from others?

If you answered sometimes or often to the questions, consider taking advantage of programs provided by Sheboygan County Aging and Disability Resource Center that are available locally and designed to help reduce isolation and increase social connections.

Please call 920-467-4100 or email: ADRC@sheboygancounty.com for more information .

Contact Us At:

Sheboygan County Senior Dining Program

Aging and Disability Resource Center
650 Forest Avenue
Sheboygan Falls, WI 53085
Phone: 920-467-4100



Email: adrc@sheboygancounty.com

Seniors In Touch is also online at:

<http://www.sheboygancounty.com/government/departments-f-q/health-and-human-services/aging-and-disability-resource-center/seniors-in-touch-newsletter>

	Fun	Oostburg	Food	Fellowship	Mary	Volunteers	Phone Tree	Cedar Grove	Seniors in Touch	
Card BINGO										
Dice Games										
Howards Grove										
Fact Or Crap?										
Allison										
Pictionary										
Keno										
Sheboygan Falls										
Trivia										
	Guest Speakers	Nutrition Education	Cedar Grove	Walk With Ease	Darcy	Sheboygan	Falls Prevention		Tai Chi	



Senior Dining

Fellowship, Food & Fun

Collect all 3 to win \$5 cash

Collect all 3 to win \$5 Kwik Trip gift card

Collect all 3 to win Culver's Ice Cream Coupon

Collect all 3 to Win Candy Bar

Collect all 3 to Win \$10 cash

Collect all 3 to win \$25 cash

Collect both to win \$50 cash

Collect both to Win Mini Candy

How to Play

Save this gameboard. While supplies last, every time you pick up or receive a meal during the month of January, you will receive a game piece for every meal ordered. Collect the pieces to win the specified prize.

All unclaimed cash prizes will be awarded in a 2nd chance drawing.

Watch for details on how to enter the second chance contest in the February Newsletter.



Our curbside pick up program is really taking off and we are excited to be serving new people and old friends. But it comes with all of the challenges of a new endeavor.

Whether you can lend a hand by volunteering once a month or once a week, we are eager to hear from you. Our meal program is in need of help covering a wide range of duties including packaging and serving meals.

We need help Monday through Friday from 10 a.m. until about 1 p.m. Please contact Traci Robinson, our volunteer coordinator, by calling 920-467-4139 or emailing traci.robinson@sheboygancounty.com.

volunteer



OLDER, WISER, WORKING

Per the U. S. Department of Labor, our country's population of those 55 + will make up close to 30% of our nation. Employers need to adjust their thinking and tap the under-utilized senior population for workers. At the same time, seniors should seek opportunities to upgrade their skills or at the very least demonstrate they are actively participating in their community. Our Senior Community Service Employment Program (SCSEP) provides such opportunities. In addition, the program pays eligible seniors \$7.25 per hour for serving their community 20 hours per week at area non-profits and government agencies. It allows participation for up to four years. In Sheboygan County, our worksites include the Division on Aging meal sites, Goodwill, Bethesda and Salvation Army.

In-Memoriam Donation



The Aging and Disability Resource Center (ADRC) of Sheboygan County would like to extend their deepest sympathies to the family and loved ones of Nancy DenBoer. We would also like to thank you for your generous donation to the Volunteer Driver Program in her memory. This memorial gift will help us assist qualified residents with transportation for both medical and nutrition needs.

The goal of the Volunteer Driver Program is to try to support independent living for seniors in the comfort and security of their own homes as long as possible.

Once again, thank you for making the ADRC of Sheboygan County the recipient of your memorial donation. Your generosity will help others thrive.




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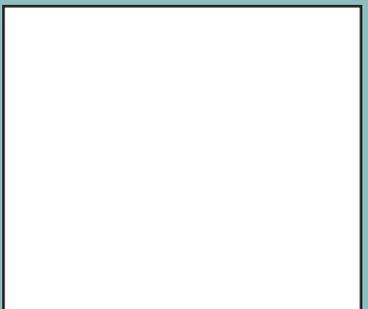
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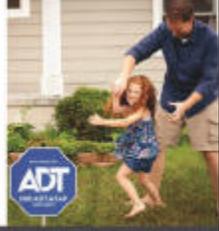
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Visit www.pinehaven.org or call 920-467-2401 to learn more about rehabilitative therapy options.



Extension

UNIVERSITY OF WISCONSIN-MADISON

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DRINKING EMPTY
CALORIES

**FOOD
WISE**

Healthy choices, healthy lives.



**LEFTOVER
TURKEY
CASSEROLE**

[https://](https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/leftover-turkey-casserole)

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nutrition-assistance-
program-snap/leftover-
turkey-casserole](https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/leftover-turkey-casserole)

Sources: *Holiday Food on a Budget*, University of Minnesota Extension, 2016; *Leftover Turkey Casserole*, United States Department of Agriculture Choose MyPlate, unknown; *Six Tips for Safe Turkey Preparation*, Utah State University Extension, 2018; *Drinking Empty Calories*, Michigan State University Extension, 2016.



STAY HOME. STAY HEALTHY. SENIOR NEWSLETTER

TURKEY SAFETY

Food-borne illnesses increase during the holidays. If not prepared properly, poultry (including turkey) can carry Salmonella, a common type of bacteria that can cause food-borne illness. Here are some tips to safely prepare a delicious holiday meal:

- **Safe Thaw.** The best way to thaw it is in the refrigerator. Make sure it is still in its original wrapper, and put a tray underneath it to catch juices and prevent cross contamination. You will need 24 hours of thawing time for every 4 to 5 pounds of turkey, so make sure you have enough time to properly thaw it. Once thawed, cook the turkey within 1 to 2 days.
- **Cold Water Thaw.** Place the turkey in an airtight package or leak-proof bag. Submerge the turkey in cold water for 30 minutes per pound, and make sure to change the water every half hour so it remains cold. Cook immediately.
- **Microwave Thaw.** Check the manufacturer's instructions for the size of turkey that will fit in your microwave, the minutes per pound and the power level for thawing. Cook immediately.
- **Avoid the Danger Zone.** It is never safe to thaw turkey or other meat on the counter. This is putting the meat in what food safety experts call the danger zone, 40° to 140° F, which is where bacteria multiply rapidly.
- **Cooking a Turkey.** To roast a turkey, set the oven temperature no lower than 325° F. It is not safe to cook a turkey for a lengthy time, such as overnight, at a very low temperature. This encourages bacterial growth.
- **Use a Meat Thermometer.** To check for doneness, use a meat thermometer inserted into the thigh. Do not rely on the pop-up thermometer alone. To be safe, the thigh meat should reach 165° F.
- **Cook Stuffing Separately.** Stuffing inside the turkey can be undercooked, increasing chances of food-borne illness.

MAXIMIZE YOUR LEFTOVERS

If you end up preparing a big meal for loved ones, chances are that you will have leftover food. To use your leftovers 'as is', follow these tips: Remove any meat from the carcass or bones, cutting it into small pieces and storing it in a shallow container in the refrigerator or freezer. Use all leftovers within 3-4 days or freeze for 3-4 months. Reheat leftovers to 165 F, or until hot and steaming.

To get creative with your leftovers, try the following:

Soups	Add 2 cups of chopped meat, 4 cups of chopped vegetables and 2 cups cooked rice or wild rice to 3 cans low-sodium chicken or vegetable broth. Simmer until veggies are done to your liking and flavors have blended. Add parsley, bay leaves or garlic for extra flavor.
Salads	Add leftover meat or roasted vegetables to any green salad. Try almonds and dried cranberries for a great taste. Add cooked meat to a pasta or wild rice salad with chopped broccoli, peppers, onions, carrots and celery.
Sandwiches	Layer leftover meat and veggies in a sandwich, with additional sandwich toppings like lettuce, spinach, tomatoes, peppers, shredded carrots, cranberry sauce, and/or apple slices. Instead of bread, try a whole wheat pita or tortilla.
Casseroles	Layer leftovers (for example, turkey, stuffing, mashed potatoes, vegetables and gravy) in a casserole dish. Do you just have leftover meat and vegetables? Combine 2 cups chopped leftover meat with 2 cups cooked rice, 1 can low-sodium broth or chopped tomatoes, and a selection of chopped vegetables in a 2-quart casserole. Cover and bake the casseroles at 325 degrees for 30 to 40 minutes, or until vegetables are tender.
Skillet Meals	Add 1 or 2 cups of chopped leftover meat to sautéed onion, mushrooms and broccoli. Add cooked rice or pasta. Sprinkle with shredded parmesan cheese before serving.
Breakfast	Add leftover meat and/or vegetables to scrambled eggs, quiche, or omelets.
Tex Mex	Add shredded or chopped leftover meat to burritos, enchiladas and tacos.

DRINKING EMPTY CALORIES

Most people tend to focus on the health and nutrition of the foods they eat, but forget to consider their drinks. Most empty calories (foods or drinks with little to no nutritional value) come from their drinks.



Sugar comes in various forms. Avoid drinks with high amounts of: high-fructose corn syrup, fructose, fruit juice concentrates, honey, sugar, corn syrup, sucrose, or dextrose. Add a splash of juice to sparkling water. Order smaller sized drinks. Hold the sugar in smoothies. Do not stock the fridge with sugar sweetened beverages. Serve water with meals. Most importantly, always remember to read your labels.

Stay Home. Stay Healthy. Senior Newsletter is brought to you by the Fond du Lac and Sheboygan County FoodWise Programs.

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An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.

FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program - SNAP and Expanded Food and Nutrition Education Program - EFNEP.

STAY HOME. STAY HEALTHY.

GRIEF, LOSS, AND NEW TRADITIONS DURING THE HOLIDAYS



Wednesday, November 11, 2020; 11:00am – noon

OR

Thursday, December 10, 2020; 7-8pm

Feelings of grief and loss can be particularly strong around the holidays. The drastic changes to our routine, traditions, and way of life we've experienced due to COVID-19 adds in another layer to grief and loss.

In this interactive, virtual presentation, you'll learn about common reactions to grief and loss, how to identify and draw upon your sources of strength to better cope, resources to support you and those you care about, and ways to create new and meaningful traditions.

This program will be facilitated by UW Madison Division of Extension Educators Selena Freimark & Debbie Moellendorf.

Register in advance for this meeting:

For November's Presentation: <http://bit.ly/UWEXTNOV>

OR

For December's Presentation: <http://bit.ly/UWEXTDEC>

After registering, you will receive a confirmation email containing information about joining the meeting.

Health Lifestyle for Older Adults



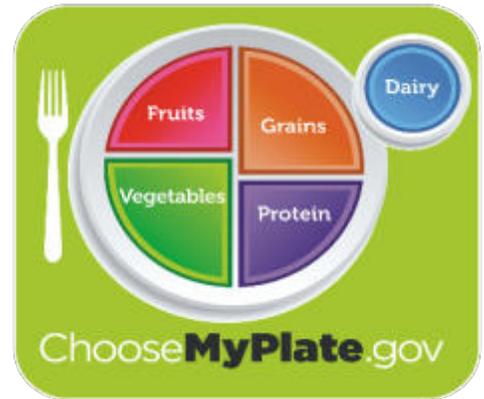
Men and women are living longer, enjoying energetic and active lifestyle. Eating well and being active can make a dramatic difference in the quality of life for older adults.

You are never too old to enjoy the benefits of improved nutrition and fitness. With nutrient-rich foods and activities with friends, you can feel an immediate difference in your energy levels and enjoyment of life.

Focus on Nutrient Density

As adults age, they need fewer total calories, but higher amounts of some nutrients, especially **Calcium** and **Vitamin D**. For both optimal physical and mental health, older adults truly need to make every calorie count. For a healthy eating plan, choose a variety of foods from all of the **MyPlate** food groups regularly.

Retired people on limited incomes may have trouble buying enough nutrient-rich foods to meet all their nutritional needs. Exploring the options for senior meal sites, Meals on Wheels or supplemental nutrition assistance programs in your community can be helpful.



Enjoy the Power of Protein

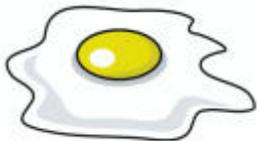
People of all ages need protein for strong, healthy bodies. Some older adults do not get the protein they need to maintain muscle mass, fight infection and recover from an accident or surgery. Chewing protein foods such as meat also can be a problem for some older adults. Here are a few tasty tips to pump up your protein intake, without upsetting your food budget or energy balance.



Enjoy More Beans. Add canned beans to salads, soups, rice dishes and casseroles.

Make Your Crackers Count. Spread peanut butter on whole-grain crackers and eat them as snacks or alongside soup, chili or salad.

Pump Up Your Eggs. Mix grated, low-fat cheese or extra whites into scrambled eggs.



Cook with Milk. Use fat-free or low-fat milk rather than water to make soup or oatmeal.

Use Dry Milk Powder. Mix a spoonful of dry milk into fluid milk, cream soups and mashed potatoes.



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are 12
changes**

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As we approach the holiday season this year I want to challenge all you caregivers to add one more thing to your “to-do” list. You heard me, ADD one more thing! I want to challenge you to make a Reverse Gift List. It is an exercise in which you think not about giving, but getting. I know it goes against all you’ve been taught, but when you are caring for someone else it is so vitally important to also care for yourself! The Reverse Gift List will help you get started.

To write a Reverse Gift List you need a sheet of paper, a pen or pencil and some ideas. Make two columns on your paper and label the first one, “People I Trust.” Label the second column, “Things They Can Do.” Now think of

“Allowing the people that care about you to help in any small way is actually giving them a gift.”

all the special people in your life who love you and care about you—the people that offer to help you but you tend to turn them down. Then write down some little things they may enjoy doing that would be helpful to you. Some examples of the people you trust are neighbors, family (siblings, children, grandchildren, cousins), clergy, and friends from various places. Examples of things they can do are cook a meal once a week, pick up groceries or medications, visit virtually via computer or phone, make the dreaded call to your cable company to dispute some charges. The possibilities are endless.

The idea is to think of things that will seem small—something that is easy for them or something they enjoy doing. Not everyone likes to cook, but your sister may really enjoy it. Your daughter may not be thrilled to shovel for you, but may find it easy to pick up your groceries while she’s at the store anyway.

Your cousin might enjoy staying with your loved one for a couple hours a week while you attend a support group or do something else for yourself. Your pastor or priest might not want to run errands but could schedule regular calls so you have someone else to talk to. Your grandchild (or great-grandchild) would likely be willing to build a snowman in your yard for you to enjoy.

Once you have written your Reverse Gift List, talk to the people on the list and tell them your ideas. You may want to write down several things each person might be willing to do and let them choose what would be best for them. It might be helpful to ask someone who is close to you to help you distribute the list. At this time of year your friends and family will be wondering what gifts you might like. This is the perfect time to have a list of practical and helpful things they can give you. However you do it be sure to keep your Reverse Gift List handy so you don’t forget all the great ideas you came up with.

The fact of the matter is that most people enjoy helping. Allowing the people that care about you to help in any small way is actually giving them a gift. It is giving them the gift of giving! And just so it doesn’t feel lopsided,

remember all the nice things you’ve done for other people, and all the things you will do again once your life

isn’t so consumed with being a caregiver. There is a time for everything, and now is the time for you to be the receiver of gifts. Your time for giving has happened and will happen again. Just sit back, write your Reverse Gift List and let others help you for a change.



TAKE CARE OF YOURSELF THIS HOLIDAY SEASON.

IT'S A GOOD DAY TO TAKE CARE OF YOURSELF (SO IS EVERY OTHER DAY).



“I get by with a little help from my friends”

Ask the



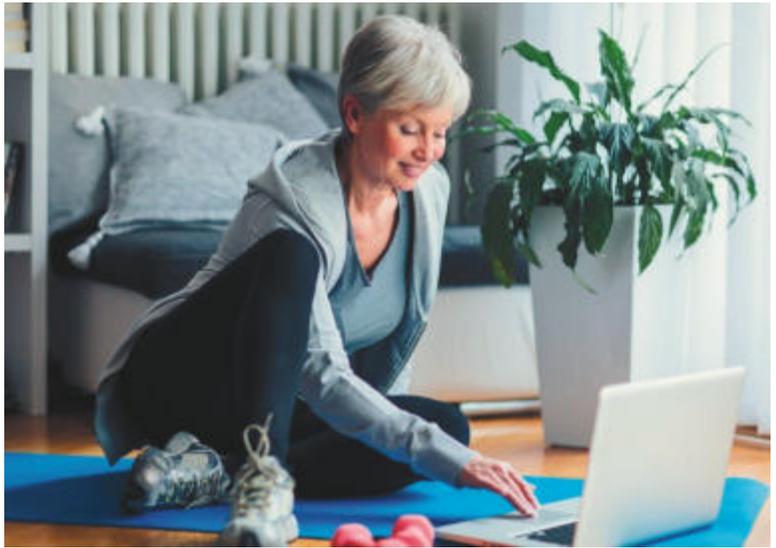
Q : I really enjoy going to my local YMCA to work out but during this pandemic and during the winter months I can't go there. Are there activities I can do using my smart tablet or computer that are free and recommended for seniors?

A : Short answer: YES! Long Answer: YES! With the world-wide web, you can find a plethora of programs recommended for seniors. Here are some recommendations:

The Yoga Studio App (<http://www.yogastudioapp.com/>) has more than 100 ready-made yoga videos and meditations. You can search for classes based on duration (five to 60 minutes); ability (beginner to advanced); focus (balance, strength, relaxation); and intensity (low to high). Or build your own class from a library of 280 poses, complete with detailed instructions for each one.

SilverSneakers GO (<https://go.silversneakers.com/silversneakers-go-promo>) offers four- to 12-week strength, walking, and flexibility and mobility programs that can be tailored to your fitness level. Within each program, you'll have access to easy-to-follow exercise demonstrations and tips to modify any movement to fit your comfort level and equipment needs.

The Johnson & Johnson Official 7 Minute Workout (<https://7minuteworkout.jnj.com/>) makes starting up a regular workout routine a breeze. All you need is seven minutes, a wall, and a chair to get an effective strength and cardio workout. The video demonstrations and audio cues make it easy to follow along. The video demonstrations and audio cues make it easy to follow along, while the app allows you to indicate your like or dislike of exercises like jumping jacks, squats, lunges, wall sits, and more. Stick with the original seven-minute workout, pick from 21 other ready-made routines, or utilize the custom workout feature as your fitness improves.



7 Minute Chi (<http://www.7minutechi.com/>) Often described as meditation in motion, tai chi is an effective exercise for gently improving strength, balance, flexibility, and range of motion. It's especially beneficial for older adults with joint stiffness or who want to help prevent falls. Even if you're totally new to the practice, you'll have no trouble following along as Master Li guides you through a series of exercises. Audio prompts help you sync your breath with your movements and let you know what comes next so you can focus on your practice—not watching the clock.

Sit and Be Fit is a televised exercise program for older adults and anyone needing slow gentle movement. The program is broadcast on public television stations. *Sit and Be Fit* is committed to improving the quality of life of older adults and physically limited individuals through safe, effective exercises. Check you PBS station or find episodes on You Tube.

Using **YouTube** you can search hundreds of videos customized for seniors. Simply go to <https://www.youtube.com/> and search fitness programs for seniors.

The Aging and Disability Resource Center of Sheboygan County can be reached by calling 920 467-4100 or by email at ADRC@Sheboygancounty.com



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Curbside Lunch Pickup Available



~Calling All Seniors~

Sheboygan County Senior Dining Program is offering curbside pick-up of our lunches. Curbside is available five days a week at any of these three dining site locations

Call by 10am the day prior to reserve your meal. Reservations for Monday are due by Friday



Open Locations

Sheboygan Falls

ADRC
650 Forest Ave
Sheboygan Falls
920-467-9042

Sheboygan

Bethany Reformed Church
1315 Washington Ave
Sheboygan
902-207-2522

Adell

Adell Senior Center
510 Seifert Ave
Adell
920-994-9934

Who is eligible? Seniors 60 or better! A short onetime assessment can be completed over the phone; that's all there is to it!

Pick up time? Meals available for curbside pick-up Monday – Friday from 11:30-12:00.

What is curbside? Drive up and your packaged meal is brought right to your vehicle.

What is the cost? A \$4.00 donation per meal is suggested; but just like in our dining sites not mandatory. Cash or check accepted. Staff will not be able to make change.



We will be wearing masks but smiling with our eyes!

Curbside Dining

Adell 994-9934, Sheboygan 207-2522, Sheboygan Falls 467-9042

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
	1 Seasoned Chicken Mashed Potatoes/Gravy Peas & Carrots Dinner Roll Fruit Cocktail Strawberry Fluff	2 Spaghetti & Meat Sauce (pureed kidney beans) Italian Blend Vegeta- bles Garden Salad (Romaine) Dressing	3 Baked Ham Scalloped Potatoes Creamed Corn Pineapple Wheat Bread Muffin	4 <u>White Chicken Chili</u> (with northern beans) ½ Summer Sausage Sandwich Banana Pickled Beets Blueberry Bar
7 Tator Tot Casserole Garden Salad w/ Romaine Dressing Orange/Wheat Bread Jello with fruit	8 Chicken Stir Fry (broccoli) Over a Bed of Rice Egg Roll Pistachio Fruit Salad	9 Pork Roast Mashed Potatoes California Blend Veg- gies Fruit Cocktail Pumpkin Bar Wheat Bread	10 Turkey Tetrazzini Carrot Coins Tossed Salad w/ Romaine, Cucumbers, Chickpeas, Dressing Chocolate Crispy Bar	11 Ham & Turkey Sub (with lettuce & tomato) Pasta Salad (with Veg- gies) Cucumber Salad Mandarin Orange Fluff
14 Monterey Chicken Mashed Potatoes Summer Blend Vegeta- bles Apricots Bread Butterscotch Pudding	15 Sausage Corn Chowder (northern beans) Soup Tossed Salad w/ Romaine, Tomatoes & Dressing ½ Ham & Cheese Sandwich	16 Chicken Ala King Biscuit Green & Wax Beans Banana Brownie (black beans)	17 Hamburger Strogan- noff w/ Mushrooms Buttered Noodles Stewed Tomatoes Tropical Fruit Apple Crisp	18 Open Faced Turkey Sandwich Mashed Potatoes with Gravy Squash Cranberry Sauce Cookie
21 Chili Macaroni (kidney beans) Buttered Corn Peaches Cookie	22 Beef Tips Mashed Potatoes Broccoli Cranberry Fluff Dinner Roll Snickers Torte	23 Salisbury Steak Mashed Potatoes & Gravy Key West Vegetable Blend Dinner Roll Three Bean Salad	24 <i>Closed</i>	25 
28 Chicken Enchilada Spanish Rice, Re- fried Beans Mexican Corn Pears Churro	29 Meatball Sub with Cheese & Marinara Sauce Broccoli Pasta Salad Fruit Cocktail Jello with Fruit	30 Chicken Cordon Bleu Green Bean Casserole Mashed Potatoes Garden Salad Chocolate Cake French Bread	31 <i>Closed</i>	

December

