

Seniors In Touch

"It means so much to stay in touch"

Stay Warm with our Hot Meal and Hot Game!

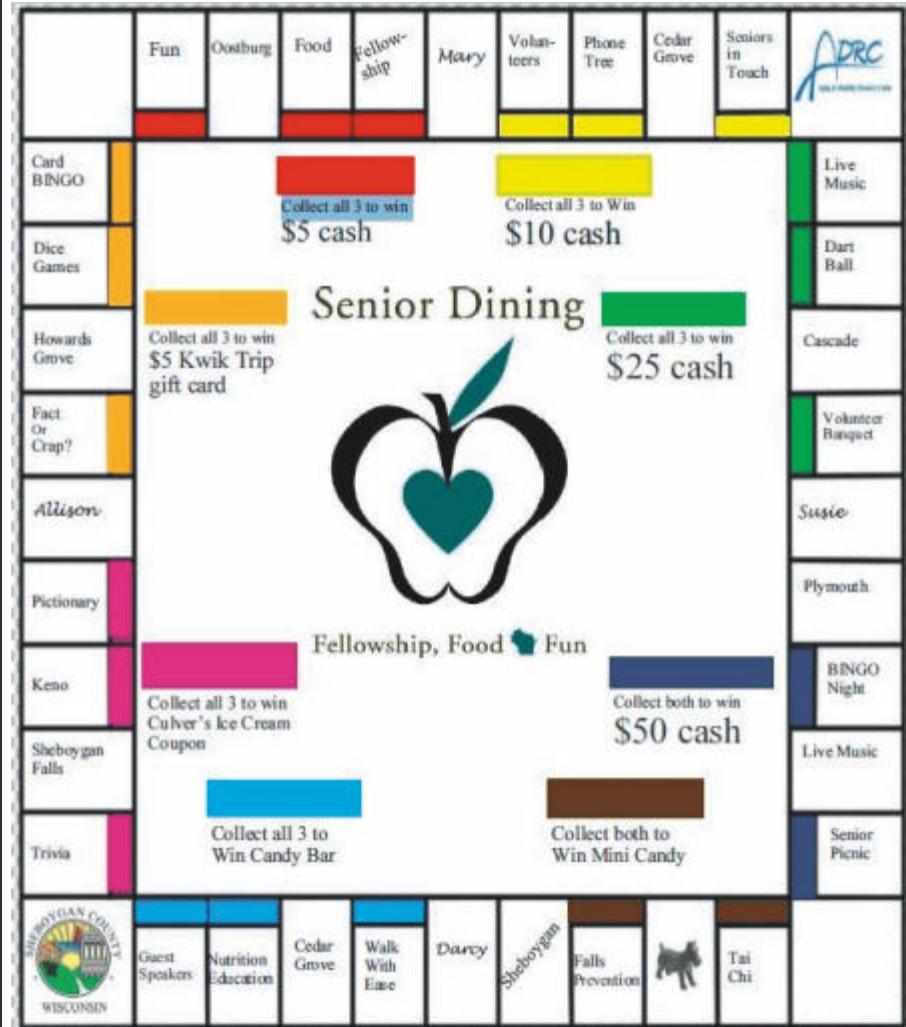
Special Days in January—
All of them when you play
our collect to win game fea-
turing over \$350 in cash and
prizes.

For every meal you pick up,
you will receive 2 tokens to
paste or tape on to your
game boards **while supplies
last.**

Game is available only at
our 3 open curbside pick up
locations in Adell, She-
boygan, and Sheboygan
Falls.

Ask your site manager for a
gameboard today.

Good luck!



Gameboards were distributed in the December issue of Seniors in Touch. A limited supply is still available. All prizes will be awarded. Prizes not claimed by Monday, February 15 will be awarded in a 2nd chance drawing. Details of the drawing will be published in our February issue.

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



A Message from Christine Freund—Adult Protective Services

We received great news in mid- December that vaccines for the CORONA Virus have been approved and limited distribution has begun. Unfortunately, the scammers, a nice word for crooks or thieves, are already trying to take advantage of us, especially the elderly and those with compromised immune systems. Scammers may claim they are from the ADRC, a doctor's office, or Medicare and state they are calling to put you on a wait list to get the vaccine and all they need is your social security, Medicare number or any other personal information. The scammers may even try to convince you that you need to send them money or gift cards to pay for the vaccinations in advance.

Please remember that NO ONE will call, e-mail, or text you to get the vaccination. When the vaccine is available to you, information will be widely available and promoted by reputable sources, The scammers will try to call you, e-mail you or text you with offers to get the vaccine. They are really looking to get personal information.

Recently, scammers have called people, claiming they were from the Aging and Disability Resource Center and told people they had won a free gift; all they needed to do was provide their Medicare number. This is a scam.

The best way to prevent loss is to say NO if anyone contacts you and asks for any personal information. If you have any questions, please call the Aging and Disability Resource Center at 920-467-4100.

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



Find us on Facebook

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>



Flu vaccine: Your best shot for avoiding influenza

Getting a flu shot often protects you from coming down with the flu. And although the flu shot doesn't always provide total protection, the experts at the CDC and Mayo Clinic say that it's definitely worth getting. Getting a flu shot often protects you from coming down with the flu. And although the flu shot doesn't always provide total protection, the experts at the CDC and Mayo Clinic say that it's definitely worth getting.

This year's annual flu shot will offer protection against three or four of the influenza viruses expected to be in circulation this flu season. A high-dose flu vaccine as well as an additional vaccine also will be available for adults age 65 and older.

Influenza is a respiratory infection that can cause serious complications, particularly in young children, older adults and people with certain medical conditions. Getting an influenza vaccine — though not 100% effective — is the best way to prevent the misery of the flu and its complications. The Centers for Disease Control and Prevention (CDC) recommends annual flu vaccination for everyone age 6 months or older.

Here are the answers to three of the most common questions about flu shots:

(1) When is the flu vaccine available and when should I get it?

Private manufacturers make the flu vaccine and take about six months to produce it. Health care providers begin vaccinating people as soon as the flu vaccine is available in their areas.

It takes up to two weeks to build immunity after a flu shot, but you can benefit from the vaccine even if you don't get it until after the flu season starts. It's usually best for people in the United States to get their flu vaccine in September and October; however, you can still protect yourself against late flu outbreaks if you get the vaccine in February or later.

(2) Why do I need to get vaccinated every year?

Because flu viruses evolve so quickly, last year's vaccine may not protect you from this year's viruses. New flu vaccines are released *every year* to keep up with rapidly adapting flu viruses.

When you get vaccinated, your immune system produces antibodies to protect you from the viruses included in the vaccine. But antibody levels may decline over time so this is another reason to get a flu shot every year.

(3) Who should get the flu vaccine?

The CDC recommends annual influenza vaccinations for everyone age 6 months or older. Vaccination is especially important for people at high risk of influenza complications, including older adults and especially if you have a chronic condition.

For a listing of where flu shots area available in our community, please contact: The Sheboygan County Aging and Disability Resource Center at 920-467-4100

Adapted from materials from Mayo Clinic website.



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.

HELP WANTED

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.

Since 1977, Curative Connections, Inc. has been the local SCSEP sponsor serving northeastern Wisconsin. To be eligible, applicants must be at least 55 years old, unemployed, and have a family income of no more than 125% of the federal poverty level. Locally the SCSEP is known as **STEP: Senior Training and Employment Program**. We are currently hiring! Each of our worksites has Covid19 protocols in place for your protection. Interviews are done in the applicant's city of residence.

For more information, call us at 920-593-3557.

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Aging & Disability Resource Center, Sheboygan Falls, WI A 4C 01-1338



Extension

UNIVERSITY OF WISCONSIN-MADISON

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FOOD WISE

Healthy choices, healthy lives.

EVE'S TASTY TURKEY TETRAZZINI RECIPE

[https://
www.choosemyplate.gov/
recipes/myplate-cnpp/eves-
tasty-turkey-tetrazzini](https://www.choosemyplate.gov/recipes/myplate-cnpp/eves-tasty-turkey-tetrazzini)

Sources: Practice Food Safety to Protect Holiday Leftovers, Michigan State University Extension, 2017; 15 Healthy Holiday Baking Substitutes, The University of Texas MD Anderson Cancer Center, 2014; Altering Recipes for Better Health, University of Maine Cooperative Extension, 2016; Turkey for the Holidays, University of Illinois Extension, 2020; Eve's Tasty Turkey Tetrazzini, United States Department of Agriculture Choose MyPlate, unknown.



STAY HOME. STAY HEALTHY. SENIOR NEWSLETTER

STORING LEFTOVERS SAFELY

For safe and delicious leftovers this holiday season, remember to follow these food safety tips to prevent food borne illness.

- The “danger zone” (between 40° F - 140° F) is the range of temperature that bacteria can grow rapidly on foods. Keep cold foods cold (lower than 40° F) and hot foods hot (higher than 140° F.) Keep this in mind while serving food, such as a buffet style.
- If foods are not being properly cooled or heated, refrigerate within a two-hour time limit. After two hours (1 hour on a hot day), bacteria grows exponentially on foods at room temperature.
- Large amounts of hot foods can grow bacteria, even if stored in the refrigerator. Store hot leftovers in small, shallow containers (no deeper than 3"). Cut large breasts into smaller pieces. Legs and wing pieces can be left whole. Use an ice or water bath to cool soups rapidly.
- Cover leftovers in airtight packaging, like plastic wrap. Use quality freezer bags or containers for frozen foods.
- Leftovers can be used within 3-4 days in the refrigerator or frozen for 3-4 months.

HOW BIG OF A BIRD TO BUY?

When purchasing poultry this holiday season, the general rule of thumb is to buy about 1 pound per person you are serving. If you have hearty eaters, a pre-stuffed turkey, or a bone-in turkey breast, allow for 1.5 pounds per person. A frozen turkey can be bought months ahead and stored in the freezer, but a fresh turkey should be bought only one to two days ahead. Fresh turkeys can be frozen up to 12 months. There are basically two types of raw frozen turkeys on the market - pre-basted or un-basted. A pre-basted bird is injected with water, broth, vegetable oil and/or spices to enhance flavor and moistness during cooking. An un-basted turkey

Continued on Next Page



has no additional ingredients. Read the label. Look for the USDA Grade A symbol on the

label. Grade A turkeys are of the highest quality.



HEALTHY HOLIDAY BAKING SUBSTITUTIONS

Cookies, cakes, pies, and more! The holiday season brings us desserts that are high in refined sugars, refined wheat flour, and added fats. Many pre-packaged desserts tend to be higher in sodium, as well. These are intended to be treats, but many of us overindulge during the holidays. Moderation is key! However, if you still want to enjoy the occasional holiday treat, these simple substitutions will cut the calories and fat in your desserts.

Instead of:	Substitute:	Instead of:	Substitute:
Butter, margarine, shortening or oil (1 cup)	$\frac{1}{2}$ cup of called for fat + $\frac{1}{2}$ cup of applesauce OR low-fat yogurt	Frosting	Pureed fruit OR "dust" with powdered sugar
Buttermilk (full fat)	Low-fat or fat-free buttermilk OR plain yogurt	Fudge sauce	Chocolate syrup
Canned fruit (heavy syrup)	Fresh fruit OR fruit canned in water or its own juice	Milk, evaporated	Evaporated fat-free milk
Chocolate (milk or white)	Dark chocolate	Milk, whole	Low-fat or fat-free milk
Cream	Evaporated skim milk	Sour cream (full fat)	Low-fat or fat-free sour cream OR plain low-fat Greek yogurt
Cream cheese (full fat)	Low-fat or fat-free cream cheese or pureed low-fat cottage cheese	Sweetened condensed milk (full fat)	Low-fat or fat free sweetened condensed milk
Eggs (1 egg)	2 egg whites	Sugar (white or brown)	Use $\frac{1}{2}$ the called for amount in cake or cookie recipes
Flour, all purpose white	Split called for amount in $\frac{1}{2}$ - whole wheat flour + all-purpose white flour		

For more healthy substitutions, visit: <https://extension.umaine.edu/publications/4167e/>.

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

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

STAY HOME. STAY HEALTHY.



There's a Living Well with Chronic Conditions workshop starting soon near you!

Virtual meetings Tuesday afternoons
1:30 – 3:30

March 9th through April 13th

To register contact:

Allison Brunette at 920-467-9020

allisonbrunette@sheboygancounty.com

A donation of \$10 is welcome



Help Yourself to Better Health

Living with a chronic condition such as arthritis, cancer, heart disease, or another on-going health problem can be physically, emotionally and financially draining.

Taking care of yourself is important. And you can! But you need the tools and knowledge to help you.

Living Well with Chronic Conditions can show you the way!

What is Living Well with Chronic Conditions? And why should I take it?

Living Well is focused on teaching you the skills to better manage your health and well-being. The workshop meets once a week for six weeks and has been studied and shown to help family caregivers:

- Short-term goal setting
- Healthy eating and nutrition: food label reading and meal planning
- Relaxation techniques
- Planning for the future
- Partnering with health provider
- Fitness for exercise & fun!
- Feedback and problem-solving
- Stress and depression management
- Communicating effectively with friends, family, and your medical team



Be Active: What is Physical Activity?

Activities involving movement that cause you to expend energy, including everyday physical activity and exercise.

- **Everyday physical activity**- activities that get you moving but are not scheduled for a set period of time, and usually are at a low-to-moderate intensity.
- **Exercise**- a type of physical activity that is planned, structured, repetitive, and has the goal of improving health and fitness.

Both everyday physical activity and exercise are good for you! The Physical Activity Guidelines for Americans state that for maximum benefit, adults should do 150-300 minutes of **moderate-intensity** physical activity or 75-150 minutes of **vigorous-intensity** physical activity per week. (Keep an eye out for an upcoming tip on what “moderate intensity” and “vigorous intensity” are!)

Physical activity should be done on most days of the week and can be broken into smaller time increments throughout the day (10 minute walk in the morning, at lunch, and in the evening for 30 minutes that day!)

Find more tips or learn more about the Physical Activity for Lifelong Success (PALS) program at wihealthyaging.org/PALS

● ● ● PALS: Physical Activity for Lifelong Success | WIHA


WIHA
Wisconsin Institute
for Healthy Aging

Laugh



Honey, our lawyer wishes us,
but in no way guarantees,
a Happy New Year.



Highlights

Hidden Pictures®

Bunny Fun in the Snow

By Mike DeSantis



In this big picture, find the comb, candy cane, teacup, fork, banana, muffin, artist's brush, lollipop, cherry, crescent moon, spoon, musical note, nail, and candle.

Picture Clues



candy cane



muffin



teacup



banana



artist's brush



fork



spoon



musical note



candle



BONUS

Can you also find the needle, heart, saltshaker, and sock?



HAPPY
NEWYEAR



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Community

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Fax 920-459-4097



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Aging & Disability Resource Center, Sheboygan Falls, WI B 4C 01-1338

What is Winter Squash?

Winter squash varieties are harvested in the fall and are darker compared to their summer squash counterparts. They come in a variety of shapes, sizes, and each with their own unique taste. Winter squash have a longer storage life due to their tough outer shells.

Types of Winter Squash

Acorn	Buttercup
Butternut	Carnival
Delicata	Hubbard
Spaghetti	Pumpkin



Health Benefits

Squash are high in *Vitamin A* needed for healthy eye function, *Vitamin C* for a healthy immune system, and *fiber* for good digestion. They are full of health benefits that may reduce the risk of heart disease, cancer, diabetes, and arthritis.

Cooking with Winter Squash

It is important to thoroughly rinse your squash before use to help prevent food-borne illness. Winter squash can be steamed, microwaved, or baked, however you prefer! Any variety can be used to make soups, casseroles, or to have as a side dish. The seeds inside the squash can also be scooped out, rinsed, dried, and baked with your favorite seasoning such as garlic powder or cinnamon!



Roasted Butternut Squash Recipe

Prep: 15 mins

Cook: 25 mins

Total Time: 40 mins

Servings: 4

Ingredients:

- 1 butternut squash
2 tablespoons olive oil
2 cloves garlic, minced
Salt and black pepper to taste
1/3 cup fresh basil leaves for garnish, optional

Directions:

Preheat oven to 400°F.

Peel butternut squash, scoop out seeds, and cut squash into 1-inch cubes.

In a large bowl, mix butternut squash with olive oil, garlic, salt, and pepper.

Spread out squash on baking sheet

Roast until tender and slightly browned, about 25-30 minutes.

Garnish with fresh basil leaves.



Q: I nearly slipped and fell in my bathtub the other day. What are things that I can do to prevent or protect ourselves against falls in the bathroom?

A: Do you know which room in your house is the most dangerous? As it turns out, it is your bathroom! According to the Consumer Product Safety Commission, about 370 Americans of all ages have shower or tub-related accidents each *day*. In addition, according to a study by the University of Michigan, 1 out of every 3 adults over age 60 have trouble getting in and out of the bathtub.

Here are a few simple, inexpensive ideas to help make your bathroom a safer place to be.

- 1. Say goodbye to the bath.** Baths often provide a set of challenges that are difficult for most seniors to overcome. Slippery surfaces can occur due to warm water mixed with soaps and shampoos. Getting in over the lip of the tub may also cause a trip and fall. It is fairly inexpensive to purchase a shower chair or tub bench. You could also install a hand-held shower nozzle if you want to enjoy the warm water without getting your hair wet. If a bathtub is your only option you can consider purchasing a bathtub lift that lift a person in and out of the tub.
- 2. Monitor water temperature.** The older we get, the more our skin becomes sensitive. Beyond a burn risk, hot water can cause skin to dry out and crack, making it more susceptible to infection. Hot water can carry blood away from internal organs, causing cardiovascular risk. Cold water carries a risk for hypothermia. While everyone's preferences are subjective, the temperature of the water should generally be just a degree or two higher than your body temperature. If you have a hot water heater, it is most likely set to 140 degrees. The Department of Energy recommends adjusting the settings to 120° F to protect against burns. It is also possible to install a simple Anti-scald valve in tubs and sinks that will automatically keep the water temperature at a safe level.
- 3. Install accommodating equipment.** If you can, install grab handles. Do not rely on the towel rack or the sliding glass door to steady yourself. Place adhesive traction strips (not tub mats, which can lose suction) in the tub as well as a large anti-slip bath rug outside your tub or shower. Make sure to wipe up any moisture left on the floor to avoid slips.
- 4. Don't forget the toilet.** Yes, even the toilet can be dangerous. Standard toilet heights are low, which can place strain on joints and muscles that may already be compromised in seniors. You can install a simple raised toilet seat and grab bars. For nighttime, consider purchasing a bedside commode to prevent late night walks to and from the bathroom.
- 5. Consider in-home help or an assisted living environment.** Of course, most people would prefer to bathe independently but, for safety's sake, sometimes it's simply less embarrassing to have help. Caregivers are experts at preserving dignity while also ensuring safety.

If you are interested in purchasing any of the above accommodations and want assistance choosing the right equipment for you, you can contact Options for Independent Living, an independent living center, which provides several different equipment options for you to try and purchase. They can be reached at: 920-490-0500. If you are interested in learning more about in-home assistance or assisted living options, contact the ADRC of Sheboygan County by calling 920 467-4100

Important Time for Medicare Advantage Members

By the GWAAR Medicare Outreach Team submitted by Elder Benefit Specialist Mary Kempf

If you have a Medicare Advantage Plan, this is an important time for you! If you are not completely happy with your current Medicare Advantage Plan you may be able to make a change. The Medicare Advantage Open Enrollment Period begins January 1 and ends March 31 and is only available to people who are currently enrolled in a Medicare Advantage Plan.

Are you unhappy with your plan's network doctors or pharmacies? Are you concerned that you may be stuck in a plan that isn't suitable to you for another whole year? If you already have a Medicare Advantage Plan, this may be the perfect time to take another look at your 2021 options.

From now until March 31 Current Medicare Advantage Plan members can switch to a different Medicare Advantage Plan, **or** you can drop your Medicare Advantage Plan and return to Original Medicare, and sign up for a stand-alone Medicare Part D (prescription drug) plan.

You may only make one change during this period and if you do so, it will automatically disenroll you from your previous Medicare Advantage Plan. A change made during this period will be effective the first of the following month. Again, it is important to note that this enrollment period is **only** for people who already have a Medicare Advantage Plan. If you have Original Medicare, (Part A and Part B), this enrollment period does not apply to you.

For more information or assistance with Medicare Advantage Plan comparisons,

contact Mary Kempf, Elder Benefit Specialist 920-467-4076

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Sheboygan County COVID19 Recurring Community Testing Events

Dates & Times:

Wednesdays 10:00 AM - 6:00 PM
December 16th, 23rd & 30th
January 6th, 13th, 20th & 27th
February 3rd, 10th, 17th & 24th
March 3rd & 10th

Fridays 10:00 AM - 6:00 PM
December 11th & 18th
January 8th, 15th, 22nd & 29th
February 5th, 12th, 19th & 26th
March 5th

Testing is FREE

Register Ahead Online at register.covidconnect.wi.gov

Location:

Sheboygan County Aging &
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Parking Lot
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For Anyone with Symptoms
or has been exposed to
a positive case

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- Learn about health issues
- Manage care for loved ones
- Take care of yourself

To Register Contact: Lisa Hurley ~ ADRC

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

920-467-4079



We've been looking at the potential for mixing things up with our Senior Dining Program. Other Wisconsin counties have adopted a restaurant model where dining sites are actually off site on some days in order to give our participants more choices and a change of pace. Lunches are served at a restaurant with the same donation process used at our sites. As we discuss just what this might look like, we've been rather awkwardly referring to this potential new program in a variety of ways. And now we turn to you for help. Several great names have been submitted for this program and we'd like you to help us decide. We'd like to hear from you; which of these names do you think might best represent our idea?

My Way Café

Daylicious Dining

Dining Delights

Young at Heart:
Eat Smart

Golden Diner

Submit your vote curbside

Curbside Dining

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

January

Closed on January 1st
Happiest of New Years



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Spaghetti & Meat Sauce Italian Blend Vegetables Garden Salad (Romaine) Dressing Bread Stick	5 Turkey Bake Mixed Vegetables Spiced Apples Apricots Cookie	6 Brat on a Bun German Potato Salad Baked Beans Coleslaw Whipped Jello/ Peaches	7 BBQ Meatballs Cheesy Potatoes Buttered Corn Pears Chocolate Rice Crispy Bar Bread	8 Hot Ham & Cheese/Bun Broccoli Pasta Sal- ad Pickled Beets Banana Blueberry Bar
11 Chicken Breast Mashed Potatoes Country Blend Vegetables Tropical Fruit Salad Wheat Bread Strawberry Delight	12 Lasagna Tossed Salad (Romaine) Dress- ing Cauliflower Bread Stick Pudding	13 Turkey Breast Sweet Potatoes Green Beans Cranberry Sauce Raisin Bread Pud- ding	14 Homemade Meat- loaf/Gravy Mashed Potatoes Capri Blend Veg- etables Banana/Wheat Bread Cherry Oatmeal Crisp	15 Chicken Pot Pie Pickled Beets Orange Bread Pistachio Fruit Fluff
18 Beef Stew (beef, po- tatoes, carrots, green beans, peas) Stewed Tomatoes Corn Bread Ambrosia Fruit Fluff	19 Chicken Dumpling Soup Garden Salad Dressing ½ Summer Sau- sage & Cheese Sandwich Peaches Brownie	20 Macaroni & Cheese Smoked Sausage California Blend Veggies Pickled Beets Fruit Cocktail Dreamsicle Orange Cake	21 Shredded Pork On a Bun Baby Red Pot- atoes Bronco Beans Banana Apple Waldorf Salad	22 Baked Cod w/ Lemon Wild Rice Stewed Tomatoes Coleslaw Applesauce Lemon Bar
25 Baked Potato Ham Broccoli in Cheese Sauce Cucumber & Tomato Salad Pineapple Bread	26 Rueben Sandwich Corned Beef, Sau- erkraut, Cheese Rye Bread & 1000 Island Dressing Three Bean Salad Apricots Cookie	27 Seasoned Chicken Mashed Potatoes/ Gravy Peas & Carrots Dinner Roll Orange Chocolate Cake	28 Beef Ravioli with Marinara Sauce Tossed Salad/ Dressing (Spinach& Toma- toes) Bread Stick Pears	29 Chicken Alfredo Noodles Buttered Carrot Coins Applesauce Mandarin Orange Fluff French Bread