



Seniors In Touch

“It means so much to stay in touch”

**Join Other Seniors to Help
Develop Community-Focused Goals**

- 1st National Freedom Day
- 2nd Ground Hog Day
- 4th Thank a Mailman
- 4th Rosa Parks Day
- 12th Abraham Lincoln’s Birthday
- 14th Valentine’s Day
- 15th Susan B. Anthony’s Birthday
- 17th Random Act of Kindness Day
- 20th Cherry Pie Day
- 22nd George Washington’s Birthday
- 26th Tell a Fairy Tale
- 28th Tooth Fairy Day
- 28th Linus Pauling Day



It is time for us to develop priorities for what services and issues are going to be the focus of the 2022-2024 Sheboygan County Aging Plan. This process includes considering suggestions, listening to concerns, answering questions, and collecting opinions from Sheboygan County community members to develop priorities and refine our department goals for the next 3 years.

Why is your help so important? The federal Older Americans Act (OAA) requires that ADRC’s use public input when developing goals designed to serve the needs of individuals who are age 60 and above. In fact, we have to show that older adults and people who live and work in this community have fully participated in the planning process. Most importantly, feedback from seniors helps us ensure that the goals developed are more focused on local issues or concerns, and are designed to meet the needs of the people who live in this community.

Your input makes a difference. For example, at a public hearing to review the 2018 Health and Human Services budget, seniors discussed their concerns that more help was needed in the rural areas of the community to make sure seniors had the right type of Medicare drug-coverage insurance and other needed benefits in place. They made it clear to Aging Unit staff and committee members that they needed to increase those type of services. Everyone’s concerns were heard, and the department approved a half-time Elderly Benefit Specialist position to help meet those increased needs in our community.

Sheboygan County seniors will soon have an opportunity to help again. Input is needed to help develop our goals in the following priority areas: The Elder Nutrition Program, Caregiver Support Services, Healthy Aging Programs, Services to People with Dementia, Advocacy, and Local Priorities ,

Take the time to show how much you care about this community. You can participate in structured interviews, complete paper or internet surveys, and/or attend public hearings. If you have any questions, or prefer to participate in a phone interview, please call the ADRC at 920-467-4100, and ask to speak to the Elder Services Supervisor. We look forward to hearing from you.

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 Temporarily Closed
Manager: Susan Wenzel

Cedar Grove—First Reformed Church
237 South Main, Cedar Grove, WI 53013
Phone: 920-207-2522 Temporarily Closed
Open: Mondays
Manager: Darcy Vollrath

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

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

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

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 The Sheboygan County Division of Public Health

As we continue to fight the spread of COVID-19, there is hope on the horizon with the Pfizer and Moderna vaccines. These vaccines have received FDA approval for Emergency Use Authorization (EAU) and have gone through rigorous studies to ensure their safety. The CDC has systems in place to watch for safety issues.

Sheboygan County is currently working to vaccinate individuals in Phase 1A. Phase 1A, as defined by WI Department of Health Services (DHS), includes health care providers, first responders and skilled nursing facility staff and residents. Individuals included in future phases have not yet been determined by WI DHS. As vaccine supply increases and future phases are determined, Sheboygan County Public Health will continue to provide that information to our community.

If you would like more information on the status of the COVID-19 vaccine in Sheboygan County, please visit the WI DHS website or the Sheboygan County Website, watch and read local news, ask your healthcare provider, or call Sheboygan County Public Health at (920)-459-0321.

Administering the vaccine to the community will take time. We greatly appreciate your continued patience as we all work together to stop this pandemic. It is still important to wear a cloth face covering in public, socially distance from others, and wash your hands frequently.

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>



While the wait for the COVID-19 vaccine continues, experts at the Centers for Disease Control and Prevention (CDC) and Mayo Clinic are urging people to get vaccinated for another infectious disease: influenza, or as it is most commonly known - the flu. These experts point out that while there have been questions about whether the flu vaccine could affect the effectiveness of a potential COVID-19 vaccine, Dr. Gregory Poland, a Mayo Clinic vaccine expert, says that there is absolutely no scientific evidence this would happen. Instead, he points out that we do have evidence that the flu alone *sickens* tens of millions of people in the U.S. every year, *hospitalizes* hundreds of thousands and *kills* tens of thousands.

Two studies of more than 20,000 people conclude that being infected with COVID and the flu at the same time doubled the death rate. So, getting your flu vaccine is important on many levels. Dr. Poland says that getting the flu shot appears to lower – not increase – the death rate of people who get simultaneously infected. It decreases symptoms. It decreases the demand on the medical system. It decreases the anxiety somebody is naturally going to have in the midst of this pandemic.

Some individuals incorrectly believe that the flu vaccine can actually give a person the flu or COVID-19. Absolutely not. The flu vaccine can't give a person the flu. It also doesn't increase your risk of getting COVID-19. While the flu vaccine does not protect people from getting COVID-19, it is especially important to get the flu vaccine this year because the flu and COVID-19 cause similar symptoms. Flu vaccination could reduce symptoms that might be confused with those caused by COVID-19. Preventing the flu and reducing the severity of flu illness and hospitalizations could also reduce the number of people needing to stay in the hospital.

Doctors agree: getting vaccinated for the flu and getting vaccinated as early as possible is an important, safe and effective thing everybody can and should do. The CDC recommends that everyone over the age of 6 months get vaccinated for the flu each year and older adults are an extremely important target group.

For a listing of where flu shots are 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.

What's New for Medicare in 2021?

Medicare Advantage Plan costs

If you have a Medicare Advantage Plan, your plan administers your Part B coverage. Remember that most people with Medicare, whether they have Original Medicare or a Medicare Advantage Plan, pay the Part B monthly premium. **Some people with a Medicare Advantage Plan may also pay an additional monthly premium for being enrolled in that plan.**

If you have the same Medicare Advantage Plan in 2021 as you did in 2020, your plan should have sent you an **Annual Notice of Change (ANOC)** or **Evidence of Coverage (EOC)** notice explaining any changes for the coming year. Review this notice to understand your plan's costs, covered services, and rules. Contact your plan if you did not receive these documents in the fall or want another copy. If you chose a new Medicare Advantage Plan, you should get an EOC for the new plan. Review that document to understand the costs associated with the plan for 2021.

When can I change my Medicare coverage in 2021?

During the Medicare Advantage Open Enrollment Period (MA OEP), you can switch from your Medicare Advantage Plan to another Medicare Advantage Plan or to Original Medicare with or without a stand-alone prescription drug plan. The MA OEP occurs from January 1 through March 31. Changes made during this period are effective the first of the following month.

If you have Extra Help in 2021, you have a Special Enrollment Period (SEP) to enroll in a Part D plan or switch between plans. This SEP is available once per calendar quarter for the first three quarters of the year (January-March, April-June, and July-September). If you use the Extra Help SEP to change your coverage, the change will become effective the following month.

If you qualify for another Special Enrollment Period, you may be able to make changes to your Medicare health/drug coverage. For example, you may have an SEP if you move outside of your plan's service area or if you think a government employee made a mistake while assisting you. Call 1-800-MEDICARE to use an SEP, and contact your State Health Insurance Assistance Program (SHIP) by calling 877-839-2675 for more information.

Who can I contact if I have Medicare-related questions?

State Health Insurance Assistance Program (SHIP): Contact your SHIP if you have questions about changes in costs and coverage of your Medicare in 2021. SHIP counselors provide unbiased Medicare counseling and assistance.

Senior Medicare Patrol (SMP): Contact your SMP if you believe you have enrolled in a plan based on misleading information or were enrolled in a plan without your knowledge. SMPs empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse.

1-800-MEDICARE (800-633-4227): Call 1-800-MEDICARE to use an SEP, to request another copy of the *Medicare & You* handbook, or for more information about your 2021 coverage.

Medicare Advantage Plan or Part D plan: If you have a Medicare Advantage Plan or Part D plan, contact your plan to ask about changes in your costs or coverage for 2021. You may also contact your Medicare Advantage Plan if you are using the MA OEP to switch plans.

More information about your 2021 coverage is available by calling

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



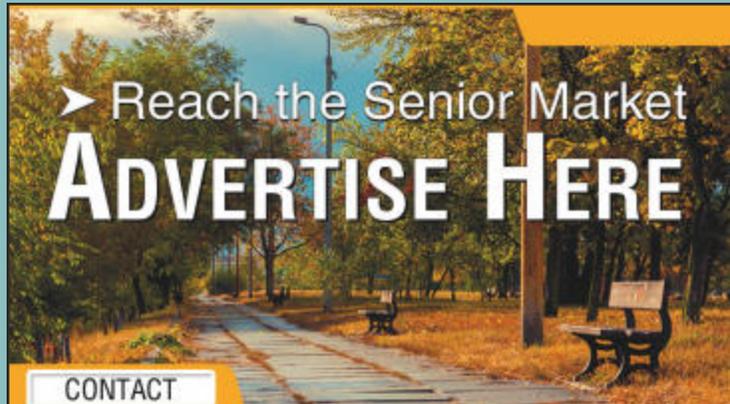
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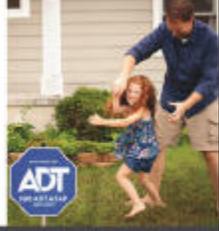
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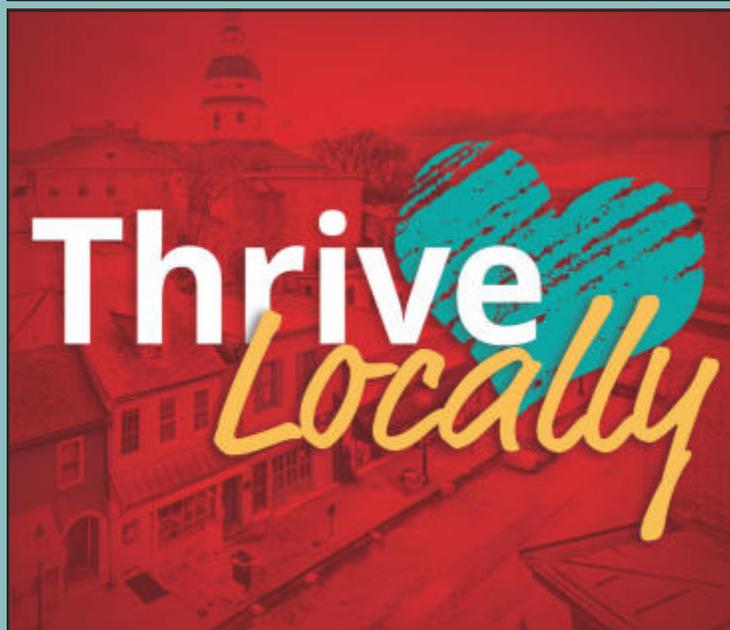
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UNIVERSITY OF WISCONSIN-MADISON

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CREDIT CAMPAIGN

Federal law gives everyone the right to request three free credit reports each year. Because of the pandemic, consumers can currently order a free weekly credit report online through April 2021. You can request the reports from AnnualCreditReport.com—one each from the three credit bureaus: Equifax, Experian, and TransUnion. The free annual credit reports can also be ordered through the mail using the official request form found online or by phone toll free at 877-322-8228.

Sign up for calendar reminders on 2/2, 6/6, and 10/10 here: <http://fyi.extension.wisc.edu/creditreport>



JANUARY 2021

STAY HOME. STAY HEALTHY. SENIOR NEWSLETTER

SAFELY STORING SOUPS AND STEWS

Soups and stews are a common meal during this chilly time of the year. Oftentimes, they are made in large batches, which allows for extra portions to be refrigerated or frozen for later use. It is important to keep food safety in mind when handling leftover soups or stews.

Avoid the danger zone. Bacteria grows most rapidly in the range of temperatures between 40-140 degrees Fahrenheit, doubling in number in as little as 20 minutes. Do not keep foods at room temperature for longer than 2 hours (1 hour on a particularly hot day.)

Keep hot foods hot. The danger zone can be avoided by keeping “hot foods hot”, like soup. This means making sure that hot foods stay at 140 degrees Fahrenheit or hotter until ready to store. This also applies to keeping cold foods cold (40 degrees Fahrenheit or colder.)

Properly cool leftovers. It is not safe to put a large stock pot of hot soup directly into the refrigerator. This results in the outer areas of the soup cooling down faster, leaving the innermost areas to reach the danger zone. The fastest way to safely cool leftovers is to separate them into smaller portions, no deeper than 2”. Wide surfer areas, rather than deep, cool faster.

Use refrigerated leftovers within 3 to 4 days, or freeze.

Proper containers can improve quality. For best quality, freeze in quality storage, such as freezer bags or freezer containers. Avoid using old sour cream or cool whip containers, for example.

Freeze in smaller portions. Only thaw what you need to use at a time.

Loss of quality. For quality, try to use up frozen leftovers within 3 to 4 months. Properly frozen leftovers can be safe indefinitely, but they will lose their quality over time.

SUCCESSFUL NEW YEAR'S RESOLUTIONS

Many people ring in the New Year with a resolution, yet many do not keep them throughout the year. Whether your resolution is in the area of health and nutrition, or finance, or personal relationships, here are some tips to help you meet your goals.

- **Stay focused!** If you try to make too many changes at once, or your changes are too big, you may feel overwhelmed and discouraged if you are not successful. This increases your likelihood of quitting early on. Focus on one small change at a time. Once you are successful at that one change, you can always go bigger and add more on!
- **Be SMART with your goals!** S.M.A.R.T. stands for: specific, measurable, attainable, realistic, and time-based. Here are examples of how to make goals 'smarter'.
"I will eat healthier." -- "I will eat 2 cups of fruits and vegetables per day."
"I will exercise more." -- "I will walk around the block three times a week."
To learn more about S.M.A.R.T. goals in the new year, visit:
<https://extension.unh.edu/blog/setting-smart-goals-new-year>
- **Focus on skill building!** Most fad diets are successful short-term, but do not provide the skills or habits for people to be successful in

- the long-term. Focus on building skills that are healthy for you, not just meeting goals, such as weight loss.
- **Keep yourself accountable!** Have regular check-ins with yourself to see where you are at with your goals. Have a family member or friend check-in with you on your progress.
- **It's a Team Effort!** Those who work on goals alongside others, such as a family or friend, are more likely to be successful.
- **Find your fit!** Everyone has different preferences, lifestyles, and priorities. What works for someone else may not be the best for you. You will be more successful if you take your personal preferences into account.
- **Get rid of the negative self talk!** It is common for people to blame and shame themselves before they even get started or if they did not reach a specific goal. Negative self talk only decreases a person's chances of success in the future. Remember: it's about motivating yourself, not discouraging yourself.

SPLIT PEA SOUP

www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/split-pea-soup



Sources: *5 Tips to a More Successful New Years Resolution*, University of New Hampshire Cooperative Extension, January 2019; *Food Safety Tips for Soup*, Michigan State University Extension, November 2017; *Leftovers and Safety*, University of Wisconsin-Madison Division of Extension, January 2019; *Sign up for an email reminder through the Check Your Credit Report campaign*, University of Wisconsin-Madison Division of Extension, January 2020; *Split Pea Soup*, United States Department of Agriculture Choose MyPlate, unknown.

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.

February 2021



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](tel: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



Comfort and Joy on Your Caregiving Journey

Times are tougher than normal. Places and people where we found encouragement and respite may not be there right now.

Join a former family caregiver for a place to breathe,
find comfort and hopefully a little joy.

Thursday, February 4th
Thursday, February 18th
Thursday, March 4th
Thursday, March 11th
6:00-7:00 pm

Join us for one or all of our live webinar sessions!
Registration is required for each session. Call: 800.272.3900

You will receive connection information after you register.



Karen Stobbe
Chief Purpose Officer
In the Moment

Karen is a past caregiver to her Dad and her Mom who lived with her family for 12 years. She created a training program on dementia for Centers for Medicare and Medicaid Services that was free to every nursing home in the country. Karen has presented over 800 keynotes and workshops. Her work has been featured on NPR, Guideposts and Real Simple magazine as well as presenting a TEDMED talk with her husband Mondy, whom she met many years ago while performing improvisation.

Join us for these free, virtual programs presented by:

alzheimer's  association®

Wisconsin Chapter



UW-Madison Division of Extension's Life Span program presents the Wise Wisconsin Winter Series. Connect with others from around the state as you learn how to increase joy and satisfaction in your life during these cold, snowy winter months. Grab a hot beverage and join us! For more in-depth description of the session, visit:

<https://go.wisc.edu/b4z2s8>

Wise Wisconsin WINTER SERIES

February 3rd through March 10th, 2021

Wednesdays at 9:00 a.m. on Zoom

Register for the sessions you wish to attend at:

<https://go.wisc.edu/8s973c>



Extension
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Cultivating Optimism

February 3, 2021

Optimism can help us meet challenges with a positive mindset even in challenging times!

Money by the Heart

February 24, 2021

Consider your values and emotions (and your partner's) in setting and reaching financial goals.

Social Connections

February 10, 2021

Learn about yourself, those you love, and how to really connect with "your people."

Retirement Refinement

March 3, 2021

Some people never retire. Think about this next phase of life as a refinement with new opportunities and purpose.

Finding your Joy

February 17, 2021

Rediscover the keys to happiness that will inspire you to find joy and build resiliency in your everyday living.

I'm Absolutely, Positively Aging!

March 10, 2021

Successful aging includes a healthy lifestyle, a positive attitude, valuing friendships, and so much more!



Contact Life Span Program Manager, Sara Richie at sara.richie@wisc.edu with questions or for special accommodations.

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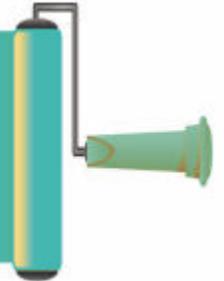
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Getting Enough Fluids

It is important to get plenty of fluids each day so your body can function at it's best. Water is an especially important fluid that helps you digest your food, absorb nutrients from food, and get rid of unused waste.

Where can I find fluids?

Fluids can be found in a variety of foods including many fruits and vegetables! Water can also be found in its natural state. To spice up your typical glass of water, try adding cut up fruit to create a refreshing glass of fruit infused water!



How does my fluid intake change as I get older?

With age, the risk for dehydration increases because as we get older, our bodies store less water. In addition, you may lose your sense of thirst, making it difficult to drink enough water throughout the day. Some medications also increase the need for fluids so it's important to talk to your doctor about your individual needs.



Tips for getting enough fluids:

- Don't wait until you feel thirsty. Drink water or other fluids throughout the day.
- Take sips of drinks between bites of food.
- Drink a full glass of water when you take medication.
- Choose low-fat soup, fruits, or vegetables for an afternoon snack.
- Have a glass of water before physical activity routines.
- Drink fat-free or low-fat milk and avoid drinks with added sugars.
- Drink alcoholic beverages in moderation; up to one drink per day for women and up to two drinks per day for men.

Be Active: Benefits of Physical Activity



The National Institute of Health says the best medicine for you is physical activity! Being active has many benefits, including the following:

- **Build & maintain strength** - stay independent for longer
- **Improve energy** - do the things you enjoy
- **Improve balance** - lower your risk for falls
- **Manage & prevent diseases** - reduce symptoms and likelihood of getting some diseases including arthritis, heart disease, stroke, type 2 diabetes, osteoporosis, and some cancers.
- **Sleep better** - get the zzz's
- **Reduce stress and feelings of depression** - enjoy life
- **Weight management** - reach or maintain a healthy weight
- **Blood pressure** - lower your blood pressure
- **Brain health** - keep you on top of your game!

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



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SSRHospiceHome.org

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Q:

I recently received an unsolicited visit from a man going door-to-door in my neighborhood who claimed to work for a local home improvement company. He quoted me a very good price to perform some outdoor maintenance on my home. How can I tell if the contractor is legitimate or if it is a scam?

A:

After our long, harsh Wisconsin winter, many homeowners are anxious to begin home improvement projects. Unfortunately, warmer weather also brings transient contractors back to our area. Transient contractors are individuals who move from town to town, scamming homeowners in a variety of ways. Some of them

may even claim to be working for a local home improvement company.

Transient contractors typically go door-to-door providing homeowners with very low quotes to perform maintenance projects on their home. These maintenance projects could include blacktopping driveways, repairing roofs, outdoor and indoor painting, and yard work. The contractors may ask the homeowner to pay some or all of the money up-front, and then never return to complete the job. If the contractors do complete the work, they often do a poor job and use inferior materials forcing the homeowner to later hire another company to correct the work. Transient contractors have also been known to raise the cost of the job considerably once it is completed, then pressure the homeowner into paying the additional money.

A newer twist on this scam includes several individuals targeting your house at once, although you may only see the "contractor." In this scam, the "contractor" distracts the homeowner, either by having the homeowner come outside to inspect something, or report a need to come into the home and inspect something in a remote area of the house. While the "contractor" is distracting the homeowner, one or more additional individuals sneak into the home undetected and take whatever valuables they can find. Depending on what valuables are taken, it could take days before the homeowner notices the items are missing.

If you are looking to hire someone to complete a home improvement project, be wary of any contractor who does any of the following:

1. Refuses to provide a written estimate, contract, references, current license or certificate of insurance.
2. Offers very low bids.
3. Uses high-pressure sales tactics.
4. Arrives in a vehicle that does not have a company name, address or phone number on it.
5. Claims they just finished a job nearby and have leftover materials so they can do your job for a discount.
6. States they have the ability to "start immediately" on your project.

When hiring a contractor, remember to:

1. Research similar projects, learn the best way to complete it and how much it should cost.
2. Research which licenses and permits are required for the project. Demand in writing who will be responsible for obtaining the licenses and permits.
3. Consider local, reputable contractors.
4. Get at least three written bids. If you don't feel comfortable with a bid, don't be afraid to say no.
5. Check references.
6. Contact the Bureau of Consumer Protection (800) 422-7128 and the Better Business Bureau (800) 273-1002 to find out if complaints have been filed against the contractor.
7. Don't believe what you read in a contractor's ad. Check for yourself to make sure a contractor has a license, insurance, and is bonded.
8. Avoid payments of advance fees. Demand a written contract that includes start and end date of the project, payment schedule, a list of materials (quality grade, and cost), any guarantees or warranties, and details about the project.

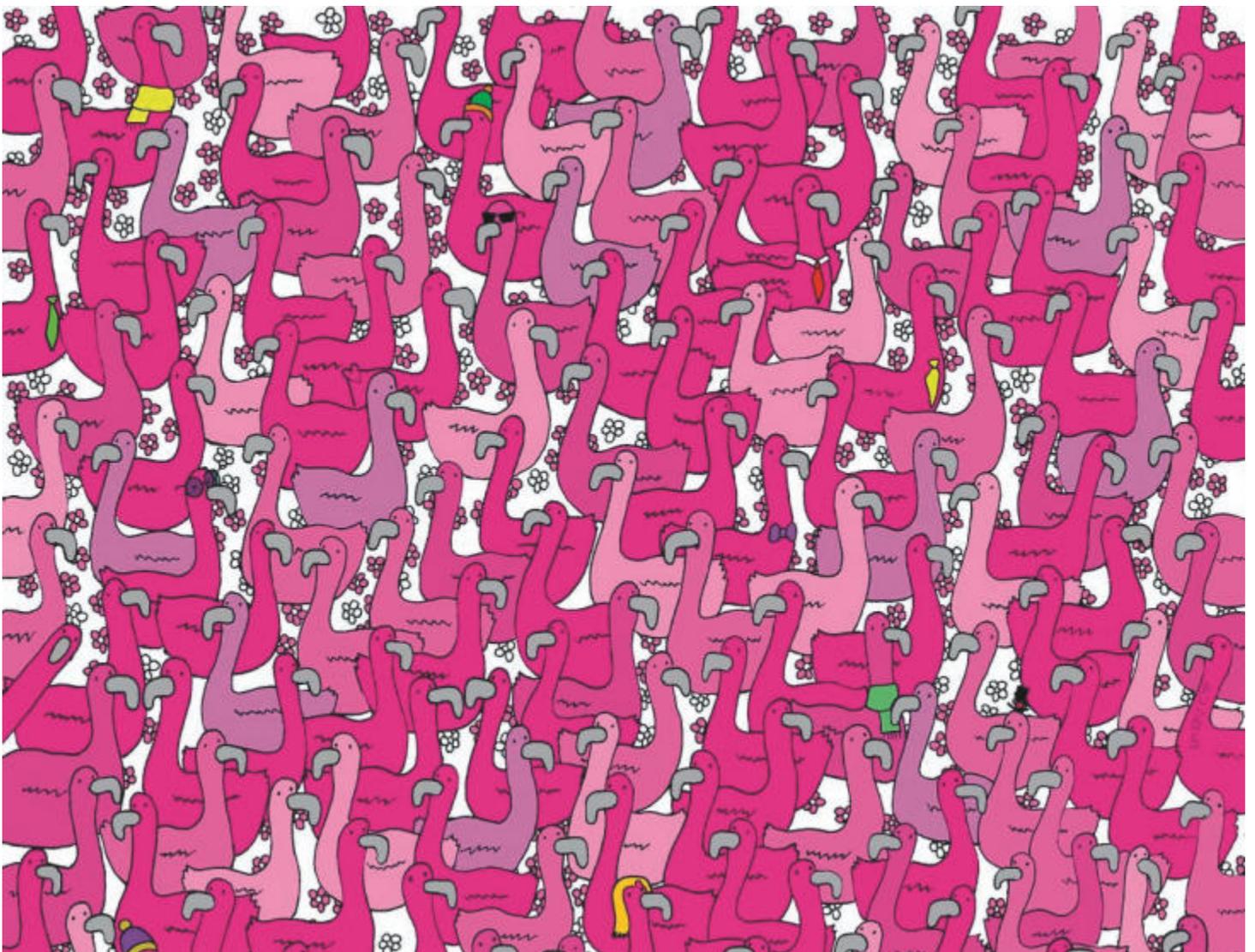
ENIGMATM

CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. *Hint: "W" = "A"*

"PRWECF WCC URP HWP XGWPD
WDMREXIGF, SAG IZ FBA YWPG GB
GRXG W UWP'X HOWEWHGRE, NIMR
OIU LBYRE." – WSEWOWU CIPHBCP

Find the heart among the flamingos
Good luck!



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 Turkey Tetrazzini Carrot Coins Pears Chocolate Rice Crispy Bar	2 Tator Tot Casserole Gardn Salad Orange Wheat Bread Cherry Oatmeal Bar	3 Pork Roast Mashed Potatoes California Blend Veggies Fruit Cocktail Pudding Wheat Bread	4 Chili Macaroni (kidney beans) Green Beans Peaches Cookie	5 Hamburger with Cheese On a Hard Roll Lettuce & Tomato American Potato Salad Baked Beans Coleslaw Jello With Fruit
8 Chicken Ala King Biscuit Green & Wax Beans Apricots Brownie (black beans)	9 Spaghetti (pureed kidney beans) w/ Meatballs Buttered Corn Pears Garlic Bread	10 Open Faced Turkey Sandwich Mashed Potatoes with Gravy Squash Cranberry Sauce Cookie	11 Meatball Sub with Cheese and Marinara Sauce Broccoli Pasta Salad Fruit Cocktail Apple Crisp	12 Cream of Chicken & Wild Rice Soup ½ Ham & Cheese Sandwich Tossed Salad Banana Jello Poke Cake
15 Salisbury Steak Mashed Potatoes & Gravy Key West Vegetable Blend Dinner Roll Three Bean Salad Strawberry Fluff	16 Chicken Stir Fry (broccoli) Over a Bed of Rice Egg Roll Pistachio Fruit Salad	17 Baked Fish Potato Wedges Baked Beans Coleslaw Applesauce Rye Bread Lemon Bar	18 BBQ Chicken 2 pc. Cheesy Potatoes Country Blend Veggies Peaches Wheat Bread Cookie	19 Egg Salad Croissant Tossed Salad Apricots Apple Waldorf Salad
22 Monterey Chicken Mashed Potatoes California Blend Vegetables Pineapple Bread Cookie	23 Beef Barley Soup ½ Turkey and Cheese Sandwich Tossed Salad (Romaine) Dressing Orange Glow Salad	24 Chicken Breast Wild Rice Summer Blend Veggies Pickled Beets Apricots Dinner Roll Confetti Cake	25 Sloppy Jo w/ cheese Pickle, Tater Tots Cucumber & Tomato Salad Blueberry Oatmeal Bar	26 Tuna Casserole Buttered Corn Tropical Fruit Salad Mandarin Orange Salad



February
2021