



# Seniors In Touch

*"It means so much to stay in touch"*

## Help Yourself to Better Health

### Special Days in March

- 1 Peanut Butter Lover's
- 4 Hug a GI Day
- 6 Oreo Cookie Day
- 8 Pancake Day
- 10 Middle Name Pride Day
- 11 Johnny Appleseed Day
- 11 Daylight Savings Starts
- 17 St. Patrick's Day
- 20 Spring Begins
- 21 National Common Courtesy Day
- 26 National Spinach Day
- 29 Little Red Wagon Day
- 30 Take a Walk in the Park
- 31 Crayon Day

We're all aging from the day we're born, but somewhere along the way we begin to think that being older is a bad thing. Why? Because getting older has become synonymous with physical and mental decline - so why bother taking steps to take care of our health? The good news is that we can all do something to improve our health - no matter what our age - but it starts with believing we can and changing negative perceptions of growing older.

Help Yourself to Better Health makes the case for individuals taking charge of their health. Rather than feeling like a health condition or circumstance is out of our control, we believe that people can play a significant role in their own health through self-management and have established some key arguments in favor of self-management:

**Your Health: You play a role** Did you know that only 20% of your health is determined by what happens in the doctor's office? The other 80% is based on your environment, social and economic factors like your education, health disparities, etc - and a full 30% is based on how well you take care of yourself.

**Your Independence** Research indicates that the biggest fear older people face is the loss of independence. Managing ongoing health problems and avoiding injuries are key factors in staying out of nursing homes and maintaining autonomy and independence in the community.

**Your Wellness** Older adults cite declining health as another major concern. We all want to be well and have control over our health. Self-efficacy - the confidence in ones' ability to manage - is an outcome of health promotion programs.

**Your Money** Running out of money is yet another major worry for older people. Avoiding the need for costly medical care by better caring for yourself can be a factor in maintaining your financial security.

Look inside for opportunities to help yourself to better health!

## 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



## What Would You Do With Another 7.5 Years?

Help Yourself | wiha  
Better Health | Wisconsin Health Authority

**Research has proven that people who have a positive perception of growing older live an average of 7.5 YEARS LONGER than those who think negatively about aging.**

They recover more quickly from illness and injury. They have a better memory. They're more likely to do things that keep them healthy — like take a health promotion workshop listed below.

You **CAN** take steps to improve your health and life. It starts with believing you can — and enrolling in a health promotion workshop!

In **Stepping On** workshops, we take fall prevention step-by-step. You'll learn how to build and maintain the physical strength and balance you need to walk confidently. From footwear to prescriptions, you'll learn what increases your risk of a fall, how to avoid it, and make an individualized action plan to stay on your feet and living life the way you want.

What if you could feel better and do more? Sounds like a big goal - but **Living Well with Chronic Conditions** workshops help make it possible. Decades of research - and thousands of people - have found that Living Well lives up to its promise. With the simple skills and the new habits you build, you can take better control of your health - and get back to doing what matters most.

**Mind Over Matter: Healthy Bowels, Healthy Bladder** is a researched and proven program designed to give women the tools they need to take control of bladder and bowel leakage. Learn strategies for preventing or lessening symptoms including information-sharing, group activities, simple exercises, and dietary changes. With practice, these new skills are proven to help you avoid or reduce leakage so you can keep doing the things that matter most to you.

For more information, contact Allison Brunette at the Sheboygan County ADRC at 920-467-9042 or email [Allison.brunette@sheboygan county.org](mailto:Allison.brunette@sheboygan county.org)

### 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](mailto:adrc@sheboygancounty.com)

**Seniors In Touch** is also online at:

<http://www.sheboygancounty.com/government/departments-f-q/health>





Have you had  
your flu shot yet  
this year?

It's not too late!

**The Centers for Disease Control & Prevention (CDC) recommends that EVERYONE six months and older should get a flu shot EVERY year. Especially if you're older!**

Last year, older people accounted for 42% of flu-related hospitalizations and 84% of flu-related deaths (but were only 17.5% of Wisconsin's population). So this year — with COVID-19 raging — reduce your risk of the flu and a hospitalization. Get your flu shot!

### Where are flu shots available?

Call 920-467-4100 for more information or check out our listing online at [www.sheboygancounty.com](http://www.sheboygancounty.com) and click on our logo

## Protect Yourself. Protect Others.

If we've learned anything in 2020, it's that viral illnesses are serious and can be deadly — especially for older adults. Due in part to much higher rates of chronic conditions, older people make up the majority of flu-related deaths (84%).

While older people get flu shots at a higher rate than others (70% – 42%), the pandemic presents challenges such as a fear of going out to get a shot, misinformation about flu shots, and fewer opportunities to get a shot.



# Medicare Covers the COVID-19 Vaccine

*By the GWAAR Legal Services Team for Mary Kempf Benefit Specialist of Sheboygan County 920-467-4100*

Pharmaceutical manufacturers are distributing the vaccine to federally and state-approved locations to start the vaccination of priority groups. Each state has its own plan for deciding who they'll vaccinate first and how residents can get vaccines. Contact your local health department at 920-459-4382 for more information on COVID-19 vaccines in your area. Medicare covers the vaccine at no cost to you. Be sure to bring your Medicare card so your health care provider or pharmacy can bill Medicare.

**Be alert for scammers trying to steal your Medicare Number.** Medicare covers the vaccine at no cost to you, so if anyone asks you for your Medicare Number to get early access to the vaccine, you can bet it's a scam.

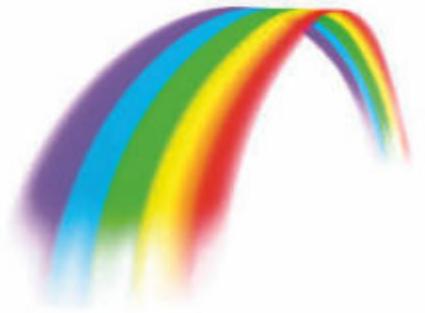
Here's what to know:

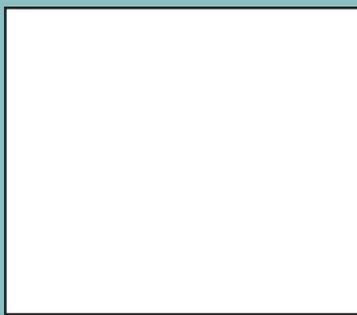
- You can't pay to put your name on a list to get the vaccine.
- You can't pay to get early access to a vaccine.
- Don't share your personal or financial information if someone calls, texts, or emails you promising access to the vaccine for a fee.

For more information, visit <https://www.medicare.gov/medicare-coronaviru>

**More information about your 2021 coverage is always available by calling**

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





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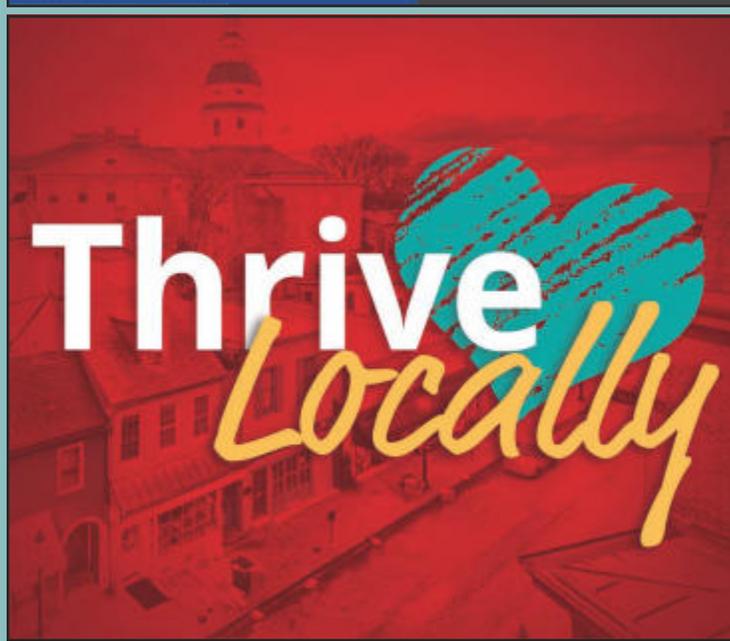
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Extension

UNIVERSITY OF WISCONSIN-MADISON

## IN THIS ISSUE

### FOOD BUDGETING:

GROCERY BUDGET  
CALCULATOR

### RECIPE:

RASPBERRY BANANA  
FRUIT BITES

### FOOD SAFETY:

HOW LONG DO  
REFRIGERATED  
LEFTOVERS LAST?

### NUTRITION:

CELEBRATING A  
HEALTHY HEART

## Q&A: HOW LONG DO REFRIGERATED LEFTOVERS LAST?

Eating out usually means leftovers to eat later. A common question is how long do stored leftovers last in the refrigerator? The USDA says that leftovers can be eaten within 3-4 days if properly and safely stored. That means refrigerating leftovers within 2 hours (1 hour in hot temperatures.) Reheat meals that contain meat to at least 165 degrees by checking with a food thermometer. Preheat in the oven set to no lower than 325 degrees. Preheat in a microwave by covering and rotating foods for even heating.



FEBRUARY 2021

STAY HOME. STAY HEALTHY. SENIOR NEWSLETTER

## GROCERY BUDGET CALCULATOR

Every month, the USDA calculates the average dollar amount families spend on food, based on food costs across the nation. These are covered at four different levels: thrifty, low-cost, moderate-cost, and liberal food plans. For example, as of December 2020, a male aged 65 spends an average of \$40.50 (thrifty)/\$82.30 (liberal) per week or \$175.50 (thrifty)/\$356.60 (liberal) per month.

Take a close look at your food budget compared to the USDA food plans by using the Grocery Budget Calculator at:

<https://spendsmart.extension.iastate.edu/plan/what-you-spend/>

## RASPBERRY BANANA FRUIT BITES

### Ingredients

- 2 cups raspberries
- 1 ripe banana
- 1 8-ounce container fat-free whipped topping
- 1/4 cup shredded coconut unsweetened
- 1/2 cup graham crackers crushed

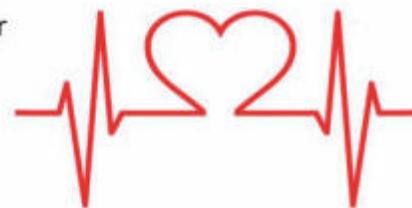


### Instructions

1. Wash hands and clean kitchen surfaces.
2. Rinse raspberries under cold running water and allow to dry.
3. Line a mini muffin tin with muffin liners and evenly distribute the crushed graham cracker.
4. In a blender, blend together raspberries, bananas, and whipped topping.
5. Distribute the raspberry mixture in the muffin tins.
6. Top with shredded coconut and freeze for at least 45 minutes.
7. Enjoy with someone you love! Be sure to store unused bites in the freezer for no more than 3 weeks

## CELEBRATING A HEALTHY HEART

- February celebrates both Valentine's Day and National Heart Health Month. After all, being happy and healthy are both good for the heart.
- The American Heart Association recognizes the 57th annual National Heart Health Month by reminding us to focus more on our cardiovascular health. Heart disease remains the #1 cause of death among Americans. The three biggest causes of heart disease is high blood pressure, high cholesterol and smoking. The good news is that in most cases, all of these things can be prevented by maintaining a healthy weight, choosing a healthy diet, being physically active, and reducing stress.
- Here are some additional ways to stay heart healthy all year long.
- Eat a variety of fresh, frozen, and canned fruits and vegetables. - Avoid fruits in heavy syrup and breaded or fried vegetables.
- Choose fiber-rich whole grains for at least ½ of total grains in a day. - Avoid refined grains, like white flour, white rice and white bread.
- Eat lean meats, such as baked chicken and poultry. - Eat less red and processed meats that are high in saturated fats.
- Eat a variety of fish at least twice a week, especially fish that are high in unsaturated fats and omega-3 fatty acids (such as salmon, trout, and herring.) - Avoid deep fried fish and fish high in mercury.
- Select fat-free and low-fat dairy products. - Avoid full-fat dairy products and non-dairy products that are high in added sugars.
- Avoid foods that contain partially hydrogenated vegetable oils to reduce trans fats.
- Limit saturated fats and trans fats that are bad for the heart. + Mono and polyunsaturated fats actually have health benefits.
- Limit added sugars. Nearly 40% of added sugars in a person's diet comes from beverages.
- Choose low sodium foods. Eat no more than 2,300 milligrams of sodium per day. Reducing daily intake to 1,500 mg is most desirable to lower blood pressure.
- Not only pay attention to what is on your plate, but how much is on your plate. Portion sizes are important to keep in mind.



Sources: Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, United States Department of Agriculture, December 2020; What Your Spend: Grocery Budget Calculator, Iowa State University Extension and Outreach, 2021; Safe Handling of Takeout Foods, United States Department of Agriculture, 2013; The American Heart Association Diet and Lifestyle Recommendations, The American Heart Association, unknown; Raspberry Banana Fruit Bites, Texas A&M Agrilife Extension, 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 9<sup>th</sup> through April 13<sup>th</sup>

To register contact:

Allison Brunette at [920-467-9020](tel:920-467-9020)  
[allisonbrunette@sheboygancounty.com](mailto: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

# One in four people age 65 or older has a fall each year.



## Don't be one of them!

### Take a Stepping On Workshop!

Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. In just seven weeks, you'll learn:

- ▶ To identify and remove or avoid fall hazards both inside and outside your home
- ▶ How vision, hearing, medication, and footwear affect your risk of falling
- ▶ Strength and balance exercises you can adapt to your individual level
- ▶ To get back on your feet the right way if you do fall

**wiha**  
Wisconsin Institute  
for Healthy Aging  
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Stepping  
On

Stepping On has been  
researched and proven to  
reduce falls by 30%!

### Join Us for Stepping On!

**Where:** Virtual meetings online

**When:** Thursdays,  
April 1st – May 14<sup>th</sup> 2- 4 pm

**To register:** Contact Rachel Conery  
906-282-1502

or [rachel.conery@sheboyganwi.gov](mailto:rachel.conery@sheboyganwi.gov)  
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[mychoicewi.org/LP](http://mychoicewi.org/LP)





# Understanding the Nutrition Facts Label

## Know Your Facts

Making dietary choices that fit for you is important in helping you feel your best. The U.S. Food and Drug Administration (FDA) developed the Nutrition Facts label to help you make informed food choices. Understanding the nutrition information of the food you eat can have positive effects on your health. The Nutrition Facts label is found on packaged foods and beverages, and serves as your guide to making informed choices. Here are some key terms to help make it easier to use the Nutrition Facts Label:

Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
<b>Calories</b>	<b>240</b>
% Daily Value*	
<b>Total Fat</b> 4g	8%
Saturated Fat 1.5g	3%
Trans Fat 0g	0%
<b>Cholesterol</b> 5mg	1%
<b>Sodium</b> 430mg	19%
<b>Total Carbohydrate</b> 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	8%
Includes 2g Added Sugars	4%
<b>Protein</b> 11g	22%
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Servings Per Container** shows the total number of servings in the entire food or beverage package. This is important to note because one package may contain more than one serving. So, if a package contains two servings and you eat the whole thing, you will get double the nutrients.

**Serving Size** is based on the amount of food that is typically eaten at one time. This is not a recommendation on how much to eat, but information to give you a better idea of how much food is equal to one serving. Usually, the nutrition information listed on the label is for one serving of the food or beverage.

**Calories** refers to the total number of calories in one serving of food. Everyone has a different calorie need. This could be based off age, sex, height, weight, and physical activity level. The 2,000 calorie a day guideline that you may see on labels is used to give general nutrition guidance and is not specific to individuals. Remember, your personal needs could be lower or higher so it's important to check with your health care team.

**% Daily Value (%DV)** shows how much a nutrient in a single serving contributes to your total daily diet. Daily Values are recommended amounts of nutrients to consume or to not exceed each day. Use %DV to determine if a serving of food is high or low in a nutrient. Generally, 5% DV or less of a nutrient per serving is considered low and 20% DV or more of a nutrient per serving is considered high. Choose foods that have a higher %DV for *Dietary Fiber*, *Vitamin D*, *Calcium*, *Iron*, and *Potassium*. Choose foods that have a lower %DV for *Saturated Fat*, *Sodium*, and *Added Sugars*.

## Make the Label Work for You

Use the Nutrition Facts Label to support your personal dietary needs and goals. Choose foods that are higher in the nutrients you want to get more of, and lower in the nutrients you want to get less of. Choosing healthier foods and beverages that are right for you can help reduce the risk of developing some health conditions such as high blood pressure, cardiovascular disease, osteoporosis, and anemia.

To learn more about the Nutrition Facts Label visit: [FDA.gov/NewNutritionFactsLabel](https://www.fda.gov/NewNutritionFactsLabel)



# Be Active: Consequences of Inactivity

We all know that being active is good for you, but did you know that being INACTIVE has its own set of consequences? That means that for someone who doesn't do physical activity, not only do they not get the benefits of being active, but they ALSO get the consequences of being inactive. Those consequences include increased risk of:

- all-cause mortality
- heart disease
- chronic diseases
- certain types of cancers
- muscle and bone loss
- disability
- depression
- dementia and Alzheimer's disease

So go out and Be Active! Even just a few minutes every day helps!

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

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



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**Q** : I need some dental work done, but the estimate from my dentist is more than I can afford. I am on a fixed income with my Social Security and extra expenses are difficult to fit in my budget. Are there any resources for Dental Care?

**A** : What a timely question since March 6<sup>th</sup> is National Dentist Month and dental health has a direct correlation to overall health. If your insurance does not cover dental care there are a few things you can look into. The Lakeshore Community Health Center in Sheboygan has a dental clinic. They offer sliding scale fees based on household income and patients are cared for regardless of ability to pay. Their number is 920-783-6633.

There is another program called Donated Dental Services available through the Wisconsin Dental Association Foundation. Their mission is to help bring needed dental care to Wisconsin residents who are unable to afford treatment because of a limited income that is clearly linked to a permanent disability or advanced age (65 and older).

This program is by application only. Eligibility is determined based on a completed written application and phone interview by the DDS referral coordinator. Sheboygan County residents can call Carol Shoemaker at 414-755-4188 or 888-338-6852 or [cshoemaker@wda.org](mailto:cshoemaker@wda.org) to learn more or to request an application.

**S.O.P. Drive-Thru**

**St. Paul Lutheran Church**  
730 Cty. Rd. PPP  
Sheboygan Falls

**SUNDAY MARCH 7 10:30 AM - 12:30 PM**  
(or until soup runs out)

- Antoinette's - Chicken Enchilada
- Chris and Sue's - Pulled Pork Chili
- Ella's Della - Tomato Florentine
- Fall's Café - Chicken Dumpling
- Fat Cow - Alaskan Chowder
- Firehouse - Stuffed Green Pepper and Rice
- The Gathering Place Falls - Beer Brat
- The Gathering Place Falls - White Chicken Chili
- The Gathering Place Sheboygan - Dill Pickle

**\$12<sup>00</sup> A QUART**

*All Soups include Texas Roadhouse Buns!*

*All proceeds will go to The Gathering Place and Memory Matters day programs for adults with memory loss.*



**YOUR MOUTH IS THE GATEWAY TO THE REST OF YOUR BODY.**

[www.worldoralhealthday.org](http://www.worldoralhealthday.org)

# ENIGMA™ CRYPTOGRAM

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

"DNWXZVY NWZ VTK BNXZ SP  
YIVDIVD 'TC CTU SZNMKIRMJ,' NVX  
YIKKIVD IV KCZ YCNXZ."

— WMXPNWX GIOJIVD

Find the 4 leaf clover.  
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 Scalloped Ham & Potato Casserole Chuckwagon Corn Applesauce Brownie (black beans)	2 Swiss Steak or Liver Mashed Potatoes Broccoli/ Wheat Bread Fruit Cocktail Pudding	3 Turkey Bake Mixed Vegetables Spiced Apples Apricots Cookie	4 Spaghetti & Meat Sauce Italian Blend Vegetables Pears Garlic Bread	5 California Medley Soup Garden Salad peaches Cottage Cheese Bread Stick Chocolate Rice Crispy Bar
8 Chicken Breast Mashed Potatoes Country Blend Vegetables Tropical Fruit Salad Wheat Bread Strawberry Delight	9 Beef Stew (beef, potatoes, carrots, green beans, peas) Stewed Tomatoes Corn Bread Ambrosia Fruit Fluff	10 Homemade Meatloaf/ Gravy Mashed Potatoes Capri Blend Vegetables Banana Wheat Bread Cherry Oatmeal Bar	11 Chicken Pot Pie (northern beans) Diced Beets Orange Bread Pistachio Fruit Fluff	12 Ravioli (cheese) with Marinara Sauce Tossed Salad/ Dressing (Spinach & Cucumbers) Garlic Bread Pineapple
15 BBQ Meatballs Cheesy Potatoes Buttered Corn Pears Cookie Bread	16 Sausage Corn Chowder Soup Tossed Salad w/ Tomatoes & Dressing ½ Ham & Cheese sandwich Orange and Pudding	17 Corned Beef Potatoes Cabbage, Carrots Bread Lime Jello with Pears	18 Shredded Pork On a Bun Baby Red Potatoes Bronco Beans Banana Apple Crisp	19 Baked Cod w/Lemon Wild Rice Stewed Tomatoes Coleslaw Applesauce Lemon Bar
22 Beef Stir Fry (broccoli) on a Bed of Rice Egg Roll Pineapple Chunks Mandarin Orange Fluff	23 Seasoned Chicken Mashed Potatoes/ Gravy Peas & Carrots Dinner Roll Three Bean Salad Pudding	24 Lasagna Tossed Salad (Romaine) Cucumbers, Chickpeas, Dressing Cauliflower Bread Stick	25 Turkey Breast Sweet Potatoes Country Vegetables Cranberry Sauce Raisin Bread Pudding	26 Crab Casserole Carrot Coins Cucumber & Tomato Salad Banana Blueberry Bar
29 Chili Macaroni (kidney beans) Green Beans Peaches Cookie	30 Turkey Tetrazzini Summer Blend Vegetables Pears Chocolate Rice Crispy Bar	31 Pork Roast Mashed Potatoes Key West Vegetables Fruit Cocktail Dreamsicle Orange Cake Wheat Bread		