

May

Seniors In Touch



Special Days in May

May 1 Mother Goose
Day

May 3 Garden
Meditation Day

May 4 Orange Juice
Day

May 6 Join Hands Day

May 8 No Socks Day

May 9 Lost Sock Day

May 12 Limerick Day

May 16 Love a Tree

May 16 Sea Monkey

May 23 Lucky Penny



Every day is a second chance. Here is yours

No one stepped forward to claim eight of the cash prizes—including the top prize of \$50— from our collect to win game and the time is long past to do so.

Every time you dine with us in the month of May, your name will be entered in a drawing to take place during the first week of June. At that time, all of the remaining cash prizes will be awarded. We look forward to seeing you in May and every time we do, your odds of winning become greater!

Good luck!

Sheboygan County Senior Dining Sites

Adell Senior Center

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

Cascade Village Hall

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

Cedar Grove—First Reformed Church

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

Howards Grove Village Hall

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

Oostburg Rich-Len Apartments

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

Plymouth—Generations Building

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

Sheboygan—Bethany Church

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

Sheboygan Falls—ADRC

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

Roll up Your Sleeves!

As of April 5th, everyone 16 years and older in the state of Wisconsin will be eligible to receive the COVID-19 Vaccine. If you or someone you know needs help scheduling an appointment, please leave a message at 920-395-9890 and one of our patient advocates will return your call and assist you.



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->



Did you know that over half of women age 50 and older experience issues with bladder or bowel control at some time in their lives?

Mind Over Matter: Healthy Bowels, Healthy Bladder is a workshop designed to give women the tools they need to take control of their bladder and bowel symptoms.

The workshop consists of three 2-hour sessions that meet every other week. It provides information and group activities along with simple exercises and dietary changes to practice at home. Even if you don't have leakage symptoms now, it's never too early or too late to think about your bladder and bowel health!

What will I learn in the workshop?

- ◆ Information about bladder and bowel control
- ◆ At-home techniques and exercises to help prevent or improve symptoms
- ◆ Tools to help you set goals and mark your progress

Researched and proven to reduce bladder and bowel leakage!

Mind Over Matter consists of three, 2-hour sessions that will take place on Tuesdays – May 4, May 18, June 1, 2021 from 1-3pm online.

To learn more or to register for this **FREE** workshop, call Allison Brunette at the Sheboygan County Aging and Disability Resource Center at 920-467-9042 or email allison.brunette@sheboygancounty.com



Dine In & Takeout

Making healthy eating choices even when you aren't the one doing the cooking is possible! Use these tips when dining in or ordering takeout food.

Decode the Menu

Look for choices that are baked, broiled, grilled, poached, steamed, boiled, or roasted. If you aren't sure, ask how menu items are prepared or if they can be prepared a different way.

Start Your Meal with Veggies

If you start your meal with a salad or eat your vegetables first, you will feel full sooner and ensure that you get valuable vegetable nutrients.

Split Your Dish

When ordering food, portions can be very large. Consider sharing a meal with someone else or making two meals out of it by saving half for the next day. When dining in, ask for a to-go box with your meal.

Look for Fruit and Veggies

Pick dishes that highlight vegetables like stir-fries, veggie wraps, or kabobs. Select a vegetable or fruit as a side dish or fruit for dessert.

Plan Ahead and Compare Choices

Before you order takeout or head to a restaurant, see if the menu is available online. Make a plan! Think about what you want to order or what requests and questions you may have for restaurant staff. Look for choices that are lower in calories and sodium.

Choose Your Sauce

Sauces can be sneaky and add extra calories. Pick sauces made from vegetables like marinara, rather than cream or butter sauces. You can ask for them on the side or for the dish to be prepared with less or no sauce.



All appliances including microwave, dishwasher, washer/dryer in unit. Complimentary Wi-Fi, private storage, and garage parking. \$790/month includes water, sewer, and trash. Income restrictions do apply.

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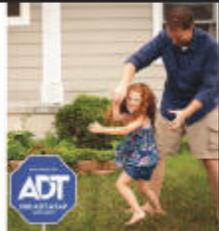


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Visit www.pinehaven.org or call 920-467-2401 to learn more about rehabilitative therapy options.

The ABCs of Medicare



Join Mary Kempf, Elder Benefits Specialist with the ADRC of Sheboygan County, for an informational seminar on Medicare.

These presentations will be held on the 3rd Wednesday of every month with this month's session on May 19th. These sessions are offered online and no special software is necessary to participate.

This presentation is appropriate for anyone who wants to learn more about Medicare and covers:

- Medicare Part A
- Medicare Part B
- Medicare Part D
- Senior Care
- Medicare Advantage Plans
- Medicare Supplements
- Medicare Preventive Services
- Ways to cover the costs of Medicare (Medicare Savings Plans and Extra Help)

You will also have an opportunity to ask questions.

Call Mary Kempf at 920-467-4076 for more information or to register.



**SHEBOYGAN
COUNTY
FOOD BANK**

STOCK BOX

This is a program through the Sheboygan County Food Bank and Hunger Task Force. Seniors who meet financial eligibility can pick-up a large box of food, at no cost to

them, once a month. And a once a year short assessment is required

Stockbox food packages are free to those who are age 60 and older and have a monthly income at or below \$1,354 for a single person or \$1,832 for a family of two (for larger families add \$479 for each additional member). Eligibility is determined by self-disclosure; no financial verification is required.

Anyone who is either interested or knows someone who could benefit from receiving a free box of food, please have them contact Traci Robinson at the ADRC 920-467-4139 or traci.robinson@sheobygancounty.com



Extension

UNIVERSITY OF WISCONSIN-MADISON

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READ THE NUTRITION LABEL

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RECIPE:

MICROWAVE DENVER SCRAMBLE SLIDER

READ THE NUTRITION LABEL

The Nutrition Facts Label is an important part of helping consumers know the nutritional content of the packaged foods and beverages they eat and drink, including details on serving sizes, calories and fats, added sugars, sodium, and vitamins. The U.S. Food and Drug Administration (FDA) has made the first major changes to the label in over 20 years, based on updated scientific information, new nutrition research, and input from the public. The changes are numbered 1-4 alongside the new label. For more information, visit: <https://rb.gv/cbybia>.



APRIL 2021

STAY HOME. STAY HEALTHY. SENIOR NEWSLETTER

ADD IT UP: TRACKING YOUR FOOD EXPENSES

It may be surprising to learn how much is spent on food throughout the month. Using the printable chart: <https://iastate.app.box.com/s/1ko6w21o0feebuza9isapdrt0s202qjr>, ask each family member in the household to track their food expenses. This includes spending money on food anywhere, including the coffee shop, gas station or vending machine. At the end of the month, add up the totals. Does anything surprise you? Do you eat out more than you expected? Can you find less expensive places to eat out? Can you bring more food from home for lunches? Are there easy ways to save money?

Even one small change each month will add up to big savings! Add it up: The average cost of a large, regular coffee is \$2.70. If you bought a cup 5 days a week for an entire year, you would have spent \$700 on coffee alone!

TEN TIPS ON EGG SAFETY

Springtime is a popular time of the year to decorate and eat hard-boiled eggs. Eggs can be a source of food-borne illness. It is estimated that approximately 79,000 Americans get sick per year from Salmonella found on eggs. Here are 10 tips to egg safety.

1. **Wash your hands.** Just like working with other foods, it is important to properly wash your hands with warm, soapy water for at least 20 seconds. Bacteria present on the outside of eggs can transfer to other surfaces or foods.
2. **Avoid washing store bought**

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	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.

Continued on Next Page ▶

eggs. There is no need to wash store bought eggs before using. Store eggs are cleaned and sanitized before packaging.

3. **Avoid eggs with chips or cracks.** The outer shell of an egg is a barrier to prevent bacteria from getting inside the egg.

Chipped or cracked eggs are exposed to more air, which allows bacteria to grow.

4. **Store eggs in their original container, unless hard-boiled.** Just like we do not place cooked chicken back into the raw chicken package, the same rule applies to hard boiled eggs. Remember, Salmonella from the outside of eggs can transfer to other surfaces, like egg cartons.

5. **Know when to eat your eggs up.** Eggs can be safely stored for 4-5 weeks after purchase. Hard-boiled eggs should be eaten within a week.

6. **Keep eggs cold.** Eggs should be at room temperature for no more than 2 hours (1 hour on a hot day), even when hard-boiled or cooked. This includes eggs used in egg hunts or for coloring. Store eggs in the coldest part of the refrigerator, avoiding warm parts like the door.

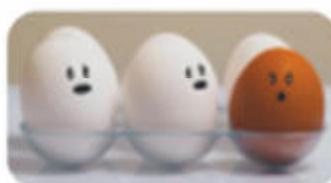
7. **Cook eggs thoroughly.** Many people may like eating runny yolks, but it is important to note that the risk of food-borne illness increases by eating undercooked eggs. Bacteria is not only present on the outside of eggs, but can grow on the inside as well. Eggs, including quiches and casseroles, should be thoroughly cooked to 160 degrees.

8. **Cloudy or spotty eggs?** If an egg has a blood spot on it, it is from a broken blood vessel in the yolk during ovulation. It is safe to eat. The cloudier egg whites indicate a fresher egg.

9. **Avoid raw eggs products.** Do not eat any raw dough or batter made with raw eggs. Only use pasteurized eggs for products that use raw eggs, like hollandaise sauce or Caesar salad dressing. Pasteurized eggs are often in the same section of the grocery store as other eggs and are labeled as such.

10. **Recognize Food-Borne Illness.** Many people blame their food-borne illness on the most recent food they ate, but Salmonella typically occurs 12-72 hours after ingestion. Symptoms include fever, abdominal cramps, diarrhea, and vomiting that can last between 4-7 days. This may be particularly dangerous for those with a weakened immune system.

For more information on the science behind why it is recommended to wash eggs, visit: <https://rb.gv/dbt9p8>.



MICROWAVE DENVER SCRAMBLE SLIDER
<https://rb.gv/1vribw>

Sources: "Eggcellent Food Safety Tips", Illinois Extension, April 2020; "Most of the World Does Not Refrigerate Their Eggs. So Why Does the U.S.?", UWMadScience, September 2018; "The New Nutrition Facts Label", U.S. Food and Drug Administration, June 2020; "Track Your Food Expenses", Iowa State University Extension and Outreach: Spend Smart Eat Smart, 2009-2021; "Microwave Denver Scramble Slider", MyPlate Kitchen, 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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Q . Both I and my late husband are veterans, he served in combat but I did not. I know that my health care and medications can be obtained through the Veteran's Administration, but I need some help at home as I'm getting older. Are there resources that I might be eligible for based on military service?

A : Yes, there are resources that may be available to you as either a veteran or the spouse of a veteran. Eligibility is affected by things like when, where, and length of military service, and can be affected by financial status as well. Services can include different types of care including respite, skilled home medical care, adult day care, homemaker and home health, palliative, and remote health care monitoring. The Sheboygan County Veterans Benefit Office is located in the same building as the Aging and Disability Resource Center of Sheboygan County at 650 Forest Avenue in Sheboygan Falls. Their phone number is 920 459-3053



Every May, the Administration for Community Living leads our nation's observance of Older Americans Month. The theme for 2021 is "Communities of Strength."

Older adults have built resilience and strength over their lives through successes, failures, joys, and difficulties. Their stories and contributions help to support and inspire others. This OAM, we will celebrate the strength of older adults and the Aging Network, with special emphasis on the power of connection and engagement in building strong communities.

There are many things we all can do to nurture ourselves, reinforce our strength, and continue to thrive. Connecting with others is one of the most important—it plays a vital role in our health and well-being, and in that of our communities. From finding joy in small things and sharing our stories, to looking at the big picture and giving to others, join us in promoting the ways we are connected and strong.

This year we cannot converge on Madison in person, but you can still be engaged and make your voice heard. Let local, state, and federal legislators know how you feel about the issues facing you and other seniors. Call or write to their offices and express what you feel needs to be changed or created that would make life better for you and other seniors.

A Forgotten Tradition: May Basket Day

- Condensed from NPR History Department

The curious custom — still practiced in discrete pockets of the country — went something like this: As the month of April rolled to an end, people would begin gathering flowers and candies and other goodies to put in May baskets to hang on the doors of friends, neighbors and loved ones on May 1.



In some communities, hanging a May basket on someone's door was a chance to express romantic interest. If a basket-hanger was espied by the recipient, the recipient would give chase and try to steal a kiss from the basket-hanger.

Perhaps considered quaint now, in decades past May Basket Day — like the ancient act of dancing around the maypole — was a widespread rite of spring in the United States.

Through the 19th and 20th centuries, May Basket Day celebrations took place all across the nation: A reporter in the Sterling, Ill., *Gazette* in 1871 explained the seasonal ritual this way: "A May-basket is — well, I hardly know how to describe it; but 'tis something to be hung on a door. Made of paper generally, it contains almost anything, by way of small presents you have in mind to put in it, together with your respects, best wishes — love, perhaps. It is hung after dark at the door of anybody the hanger fancies. — Which done, the said hanger knocks and scampers."

The writer went on to say, in the spirit of the times, that if a boy hangs a May basket on a girl's door and the girl catches him, "it's a great disgrace." If a girl is the hanger, "it disgraces the boy again not to catch her."



Louisa May Alcott wrote about May Basket Day in New England in her 1880 children's book *Jack and Jill*. From Alcott's story: "Such a twanging of bells and rapping of knockers; such a scampering of feet in the dark; such droll collisions as boys came racing round corners, or girls ran into one another's arms as they crept up and down steps on the sly; such laughing, whistling, flying about of flowers and friendly feeling—it was almost a pity that May-day did not come oftener."

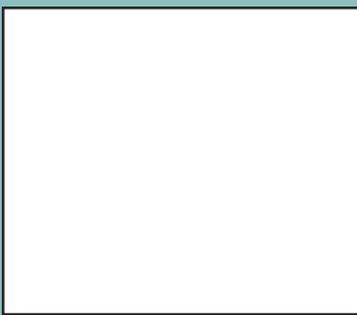
Eventually, May Basket Day — like the spring flowers arranged in the baskets — began to wilt and droop. Though vestiges of the sincere ceremony still pop up on the Internet, the in-real-life event has pretty much evanesced.

Observing May Day traditions on May 1, 1963, an Associated Press reporter in Providence, R.I., wrote that there were only a "few May baskets hanging from door knobs" that year. So what happened? Maybe the ritual receded because of a national fall from innocence. Or an increased desire for get-off-my-lawn privacy. Maybe modern innovation overwhelmed the May basket tradition: A household-hint adviser suggested "May Baskets from plastic bottles" in the Belleville, Kan., *Telescope* in 1976.

Whatever the case, Madonna Dries Christensen, a writer in Florida, is not totally sure she wants the habitual ritual to flourish again. "I harbor a fear that some major company will rediscover May Basket Day and mar its simplicity with commercial baskets, cards and trinkets," she writes in her 2012 memoir, *In Her Shoes: Step By Step*. "To ward off that calamity, please do not share this ... with anyone who might be in cahoots with such a manufacturer."



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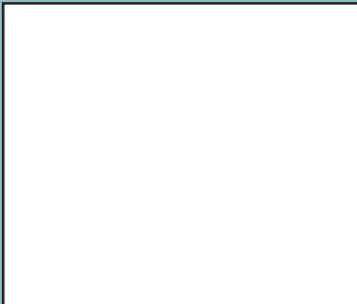
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- 3—WATER PURIFIER
- 4—A magnificent, fully illustrated manual of Sea Monkey care, raising, training.

As noted on the cover, this month brings us Sea Monkey Day. No matter how you celebrate it, we do not recommend buying sea monkeys.

Inspired by the popularity of ant farms, Harold von Braunhut invented a brine-shrimp-based product in 1957. Von Braunhut later stated "I think I bought something like

3.2 million pages of comic book advertising, a year. It worked beautifully."

And Sea Monkeys reached new heights in 1998 when John Glen took them into space aboard Space Shuttle Discovery. To date there have been no documented cases of anyone actually training these creatures that are better known as Brine Shrimp.

While searching for a Sea Monkey photo, I came across this advertisement for the Invisible Helmet - guaranteed to make you the envy of the entire neighborhood. It seems the same thing could

SENSATIONAL! STARTLING! NEW!

INVISIBLE HELMET

PUT IT ON . . .

You've **GOT** to own this! It works like magic! Put on this helmet and nobody can see your face. But you can see everything.

This is a sensational discovery—as new as the Hydrogen Bomb—as exciting as a ride through space—as thrilling an experience as you will ever have!

Helmet is light, unbreakable. You'll say it's miraculous—and it's only \$1.98 sent right to your home postpaid! **SPECIAL!** Two helmets for \$3.75.

TOM CORBETT SPACE CADET COSMIC VISION HELMET

No one will be able to recognize you when you wear this affixed space helmet, but you can see them because this helmet has the new revolutionary sound vision.

Everybody will want one of these helmets and no wonder. Think what you can do with it! Think of how you can fool your friends! Think of how you can put it on and not be recognized and yet how you can see everybody else and what they are doing. If you order now you can get your helmet right away and

BE FIRST IN YOUR NEIGHBORHOOD to wear it. You will be envied by everyone and you will be having all the fun. Order immediately for quick delivery.

EMPIRE MDSG. CO., Dept. HJ-5
63 Central Ave., Ossining, N. Y.

Don't be disappointed, send now! Use coupon below to order. Only \$1.98 each—two helmets for \$3.75. Sorry, no C.O.D.'s.

Please send me Cosmic Vision Helmet, price—\$1.98
Send TWO Cosmic Vision Helmets for —\$3.75
I enclose cash check money order

Name _____
Address _____
City _____ Zone _____ State _____
SATISFACTION GUARANTEED—OR YOUR MONEY BACK
SORRY, NO C.O.D.'s

be accomplished with a paper bag, but a paper bag for \$1.99 was probably a tough sell in 1950 as that is the equivalent of \$19.66 in 2021.

Although today those farsighted purchasers are having the last laugh as original Invisible Helmets now sell for up to \$400 on auction sites.

The type of plastic used was fairly new at the time and likely presented as quite the novelty.

To date, there have been no documented cases of anyone actually going unseen as a result of wearing the helmet.

Below Smiling? From left to right—um, who knows?



Be Active: Intensity Type



What are the different intensity levels of physical activity?

- **Vigorous Intensity**- increases the breathing and heart rate. You may need to take a breath mid-sentence during a conversation. You will likely feel warm and you may break a sweat. Self-described as “Hard” or “Very Hard” activity. Examples: hiking uphill, running, aerobic dancing, heavy yardwork (digging or hoeing), tennis (singles), or biking over 10 mph.
- **Moderate Intensity**- increases the breathing and heart rate some, but not as much as vigorous. You are still able to hold a conversation. Self-described as “Somewhat Hard” activity. Examples: brisk walking, water aerobics, dancing, gardening, yoga, shoveling snow, or biking slower than 10 mph.
- **Light Intensity**- breathing and heart rate increase very little, if at all. This activity requires minimal work from you and includes most sitting activities. Examples: casual walking, stretching, sitting, playing fetch, light yard or housework, fishing, or golf (with cart).

Remember, the Physical Activity Guidelines for Americans state 150-300 mins of moderate-intensity, or 75-150 minutes of vigorous-intensity activity per week!

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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Laugh



"Thank you all for coming. Starting next year, Mother's Days will find me at the Desert Palm Spa."

Elephant: Why do mother kangaroos hate rainy days?

Hippo: I give up.

Elephant: Because their kids have to play inside!

Happy Mother's Day



"Just keep your eyes closed - it'll only upset you."

Larry's mother had four children. Three were named North, South and West. What was her other child's name?

ENIGMATM CRYPTOGRAM

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

"OF OW HL HAOHBSD OSSQWOXL,
TCOYC FCD WCHND XU XQV NSHLDF
NVXANFW, FCHF DGDVR AHL OW HF
FCD FXN XU FCD TXVSJ." – DADVWXL



There are some new items on our menu this month! And a new column to go along with it. Why not talk about the heart of our program: the food.

There are five new menu items to try and the Seniors in Touch staff cannot choose which one they want to try the most! The Enchilada Bake, Bone in Chicken Breast, Stuffed Pepper Casserole, Walking Taco, and The Rachel (The Reuben's more bashful cousin) are all making their debut this month. Most of the new entrees were conceived by our own Susie Wenzel. She was also the mastermind behind the introduction of the Reuben Sandwich which proved to be a huge hit.

We have not been able to solicit your feedback as easily while not meeting in person, but we still want to hear from you. So please let us know if we should keep these new items on future menus. Also welcome are suggestions regarding menu options.

While we are at it, the May 21st menu lends itself to a picnic. Did you know that picnics only became common after the French Revolution when parks were finally opened to the public? Before that these spaces were only open to nobility. So treat yourself like royalty for the day and let us prepare the lunch for you to enjoy at your favorite outdoor public or private space.



Left: A 15th Century Nobleman enjoying a picnic. With his entourage. Not pictured: legions of exhausted servants who prepared and set up this fancy feast.



Send pictures of you and yours enjoying a picnic and we will feature them in a future edition of Seniors in Touch. Photos can be sent electronically to allison.brunette@sheboygancounty.com

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>
<p>3</p> <p>Chicken Pot Pie (northern beans) Diced Beets Orange Bread Cookie</p>	<p>4</p> <p>Homemade Meatloaf/ Gravy Mashed Potatoes Capri Blend Vegeta- bles Banana Wheat Bread Cherry Oatmeal Bar</p>	<p>5</p> <p>Enchilada Bake (refried beans) Buttered Corn Salsa and Chips Churro</p> <p>NEW</p>	<p>6</p> <p>Beef Stew (beef, potatoes, carrots, green beans, peas) Stewed Tomatoes Corn Bread Ambrosia Fruit Fluff</p>	<p>7</p> <p>Chicken Breast (with bone) Mashed Potatoes/ Gravy Key west Vegetables Garden Salad Pistachio Torte Bread</p> <p>NEW</p>
<p>10</p> <p>Polish Dog with a Bun Sauerkraut Baby Red Potatoes Apricots Rice Krispy Bar</p>	<p>11</p> <p>BBQ Meatballs Cheesy Potatoes Green Beans Pears Cookie Bread</p>	<p>12</p> <p>Baked Cod w/Lemon Wild Rice Stewed Tomatoes Coleslaw Applesauce Lemon Bar</p>	<p>13</p> <p>Stuffed Peppers Casserole Whole Kernel Corn Garden Salad Blueberry Bar Wheat Bread</p> <p>NEW</p>	<p>14</p> <p>Hot Ham & Cheese/ Bun Broccoli Pasta Salad Pickled Beets Banana Dessert</p>
<p>17</p> <p>Chicken Alfredo Over a Bed of Noodles Buttered Carrot Coins Applesauce Mandarin Orange Fluff French Bread</p>	<p>18</p> <p>Walking Taco Taco Meat, Cheese, Lettuce Tomatoes, Sour Cream, Fritos Three Bean Salad Pears</p> <p>NEW</p>	<p>19</p> <p>Turkey Breast Sweet Potatoes Country Vegetables Cranberry Sauce Raisin Bread Pudding</p>	<p>20</p> <p>Baked Potato Ham Broccoli in Cheese Sauce Pineapple Bread Chocolate Dip Cookie</p>	<p>21</p> <p>Club Sub (ham, tur- key, cheese, tomato, lettuce) Italian Summer Pasta Salad Carrots & Ranch Dr. Banana/Brownie</p>
<p>24</p> <p>Tator Tot Casserole Garden Salad w/ Romaine Dressing Fruit Cocktail Wheat Bread Pudding</p>	<p>25</p> <p>Rachel Sandwich Turkey, Sauerkraut, Cheese Rye Bread & 1000 Island Three Bean Salad Apricots, Apple Crisp</p> <p>NEW</p>	<p>26</p> <p>Pork Roast Mashed Potatoes Key West Vegetables Fruit Cocktail Confetti Cake Wheat Bread</p>	<p>27</p> <p>Turkey Tetrazzini Summer Blend Vegetables Pears Chocolate Rice Crispy Bar</p>	<p>28</p> <p>Hamburger with Cheese On a Hard Roll Lettuce & Tomato American Potato Sal- ad Baked Beans Coleslaw Jell-O With Fruit</p>



*May, more than any other month of the
year, wants us to feel most alive.*

- Fennel Hudson