



Seniors In Touch

June

Special Days in June

- June 1 Children's Day
- June 2 National Go Barefoot Day
- June 2 National Repeat Day
- June 2 National Repeat Day
- June 9 Donald Duck Day
- June 10 Iced Tea Day
- June 17 National Hollerin' Contest Day
- June 18 National Splurge Day
- June 18 International Picnic Day
- June 19 World Sauntering Day
- June 21 Finally Summer
- June 26 Forgiveness Day

Greater Wisconsin Agency on Aging Resources, Inc.

Staying Healthy

Medicare's Preventive Services

Did you know that Medicare covers Preventive Services? Please join us on either June 8th at 9am or June 9th at 1 pm to learn which services are allowed and how often you need them.

These services provide an easy and important way to stay healthy. Disease prevention and early detection services can prevent some diseases or can help detect health problems early; when treatment works best.

If you have Medicare or an Advantage plan, join Mary Kempf, Elder Benefits Specialist, to take part in a virtual presentation of "Staying Healthy with Medicare's Preventive Services." This will be a live 30 minute presentation facilitated with Google Meet. Mary will also be answering your Medicare related questions. Please call Mary at 467-4076 or email mary.kempf@sheboygancounty.com to register.



Sheboygan County Senior Dining Program Serving Sheboygan County Seniors
"We keep our readers well fed, and our diners well read"

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

Planning Continues for the 2022-2024 Aging Plan

We would like to thank everyone who participated in an interview or completed the Aging and Disability Resource Center (ADRC) Senior survey! Those surveys helped us learn that seniors and people who live in this community have an appreciation for the services and programs offered at Generations, the Senior Activity Center, and the ADRC. People indicate that senior activities focused on keeping their minds active and bodies healthy, home-delivered and curbside meals, and in-home services and respite care provided through the ADRC are some of the items that make a positive difference in this community.



Even though the 2022-2024 Aging Plan survey has closed, the planning process continues. On June 17th at 1:00pm interested seniors will have another opportunity to share their thoughts at a Public Hearing, which will be held both virtually and in person at the ADRC. This event will focus on gathering your input on the type of services and programs you believe the ADRC should provide and the items you think should be included in the next aging plan.

Take the time to show how much you care about this community by attending the Public Hearing. Please call us at 920-467-4100 for additional information. We look forward to hearing from 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->



Helping Households Connect During the Pandemic



PSC Internet & Phone Helpline - 608-267-3595

The PSC has established their Internet & Phone helpline for Wisconsin consumers.

The Federal Communications Commission has launched a temporary program to help families and households struggling to afford Internet service during the COVID-19 pandemic. The Emergency Broadband Benefit provides a discount of up to \$50 per month toward broadband service for eligible households and up to \$75 per month for households on qualifying Tribal lands. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers.

Households are eligible if ONE member of the household:

- Qualifies for the FCC's Lifeline program; including people who participate in Medicaid, FoodShare or SNAP, SSI, Federal public housing assistance, Veteran and survivors pension benefit or have a household income at or below 135% of federal poverty guideline.
- Receives benefits under the free and reduced-price school lunch program or the school breakfast program or did so in the 2019-20 school year; or attends a Community Eligibility Provision School.
- Received a Federal Pell Grant during the current award year;
- Experienced a substantial loss of income since February 29, 2020 due to layoff or furlough

**For more information or to apply,
call the helpline at 608-267-3595**

How to Age with Optimism

Having a “glass half full” approach to life has long been considered important for overall wellness. But evidence suggests that there may be truth in this folk wisdom. Humana recently surveyed 2,000 people aged 60 and over and found that 87 percent of seniors who identify themselves as “most optimistic” reported their health as good to excellent. This is compared to 44 percent for those who said they’re “least optimistic.” Also, the most optimistic people reported nine fewer physically unhealthy and seven fewer mentally unhealthy days per month than their least optimistic counterparts. Seniors who rated themselves as most optimistic also reported positively on other attributes linked to health, including sleep, confidence, and overall happiness. · 91 percent of the most optimistic respondents reported feeling confident in the past week, while only 52 percent of the least optimistic respondents did, a difference of 39 percentage points. · 90 percent of the most optimistic respondents reported feeling happy in the past week, compared to 44 percent of the least optimistic respondents, a difference of 46 percentage points. · Only 31 percent of the most optimistic respondents reported getting a restless night’s sleep in the past week, while 62 percent of the least optimistic respondents did, another difference of 31 percentage points. Despite these impressive numbers, having an optimistic mindset is often easier said than done. The stresses of life, social stereotypes, and one’s natural temperament can all impede approaching aging with optimism. Dr. Yolangel Hernandez Suarez, Humana vice president and chief medical officer for care delivery, has the following advice for anyone struggling to stay on the sunny side of life:



Take ownership and recognize that your health is your own. To achieve your best health, you need to set personal goals, just for you.

Engage with your doctor or other health care professional and build a trusting relationship.



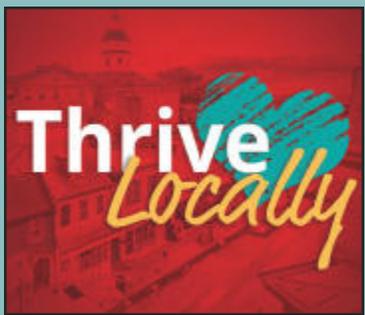
Find a higher purpose that makes you excited to get up in the morning. Humana’s survey found that the majority of respondents (86 percent) who identify as optimists also rank a sense of purpose as an important attribute for aging.

Remain socially engaged, not isolated, and nurture close relationships. The importance of social engagement is recognized by the 71 percent of Humana survey respondents who identify as optimists and get together with friends or relatives either monthly or weekly. Further, 80 percent of optimists say maintaining an active social life is an important motivator to stay healthy.

Stay active and remember that physical activity is important. Find something that’s right for you and that you like to do. Almost all of the most optimistic survey respondents (97 percent) say remaining physically active is a major motivator for retaining good health.

Practice gratitude and make it a habit to look for and appreciate everything you’re thankful for in life. (Courtesy of NewsUSA) ©LPi





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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 www.reepartments.com

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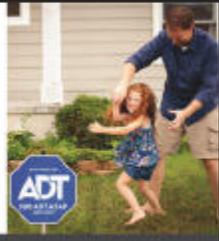
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RED FLAGS OF ELDER ABUSE

ARE YOU OR SOMEONE YOU KNOW.....

NEGLECT

- Experiencing a lack of adequate food, appropriate clothing or has unmet personal hygiene needs?
- Deprived of glasses, walker, hearing aids, other medical devices or medication prescribed by a doctor?
- A person that is in need of supervision but is left alone?
- Living in a home that has fire and safety hazards?



FINANCIAL ABUSE/EXPLOITATION

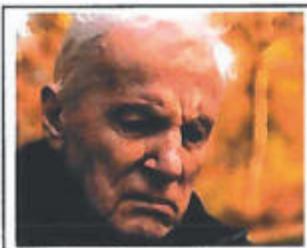
- A person being forced into signing over a check or other property to someone else?
- Having someone else use credit/debit card or checking account without permission?
- Being forced to pay someone else's bills?

PSYCHOLOGICAL/ EMOTIONAL ABUSE

- Being prevented from doing things in the community or from leaving home?
- Repeatedly being told they are worthless, stupid, wrong or being yelled at and threatened?

PHYSICAL/ SEXUAL ABUSE

- Being hurt or treated roughly?
- Being touched sexually in a way that is uncomfortable or without permission?



IF YOU OR SOMEONE YOU KNOW IS IN A LIFE THREATENING SITUATION CALL 911

If you or someone you know is being abused, call the Aging and Disability Resource Center of Sheboygan County at 920-467-4100 to report the situation so you or someone you know CAN BE HELPED!

June 15th is World Elder Abuse Awareness Day (WEAAD). The purpose of WEAAD is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness for the cultural, social, economic and demographic processes affecting elder abuse and neglect. WEAAD serves as a call-to-action for individuals, organizations and communities to raise awareness about elder abuse and neglect, including self-neglect. From 2014 through 2019, we recognized WEAAD by organizing a personal hygiene and cleaning product drive and also provided information on elder abuse. Over 1000 bags of items

have been distributed in that time. In 2020 the drive was cancelled due to COVID and unfortunately that is also the case for this year. Instead we are again providing information to the public on the Red Flags of Elder Abuse.

All referrals are confidential. When you call, the options counselor will gather information about the person you are concerned about and their circumstances. Adult Protective Services will then investigate and provide assistance as needed. The APS worker will never reveal who reported the information and cannot report back to the person who initially called in the concern due to confidentiality.

Christine Freund, Adult Protective Services Specialist



Extension

UNIVERSITY OF WISCONSIN-MADISON

IN THIS ISSUE

FOOD BUDGETING:

USING A GROCERY LIST

NUTRITION:

GROWING FRESH

HERBS AT HOME

RECIPE:

HERBED GARDEN PIZZA

FOOD SAFETY:

KNOWING YOUR

COOKING

TEMPERATURES

USING A GROCERY LIST

Using a grocery list is one of the best ways to help you meal plan and stay on track when grocery shopping. There are many templates and examples available. Based on a person's preferences, they may want to organize their grocery list in a different way.

- To plan your grocery shopping by food group, use this: <https://bit.ly/3obYRpX>.
- To plan your grocery shopping by grocery store layout, use this (checklist or fill-in): <https://spendsmart.extension.iastate.edu/plan/shopping-tools/>. And, if you prefer your own notepad and pen, that works too!



MAY 2021

FOOD WISE
Healthy choices. Healthy lives.

STAY HOME. STAY HEALTHY. SENIOR NEWSLETTER

GROWING FRESH HERBS AT HOME

With gardening season started, it is a good reminder that a person does not need a large garden space to grow plants. Many plants grow good using container gardening, either indoors or outdoors/ on patios. Herb plants are pleasant to look at, fragrant to smell, relatively easy to maintain, and offer season-long fresh herbs for cooking. In addition, many people use herbs in their drinks, for bath, or for homemade cleaning products. Herbs best grown in container pots include: chives and winter savory. For more information, visit: https://drive.google.com/file/d/1a5q_BsVazNNgj9N7L_FR04CQr0HNYmUD/view?usp=sharing

HERBED GARDEN PIZZA RECIPE

<https://www.myplate.gov/recipes/myplate-cnpp/herbed-garden-pizza>



KNOWING YOUR COOKING TEMPERATURES

Cooking foods to the proper temperature kills harmful bacteria that can cause food-borne illness. Using looks and texture are not good indicators of doneness. The only way to know for certain if a food is thoroughly cooked is to use a food thermometer. To properly use a food thermometer, it should be inserted at least 2 inches into the thickest part of the food without touching fat or bone. For thin foods, like burger patties, it can be inserted sideways.

Continued on Next Page ▶

Food	Type	Internal Temperature (°F)
Ground meat and meat mixtures	Beef, pork, veal, lamb	160
	Turkey, chicken	165
Fresh beef, veal, lamb	Steak, roasts, chops Rest time: 3 minutes	145
Poultry	Whole, Pieces & Ground Poultry (including stuffing)	165
Pork and ham	Fresh pork, including ham Rest time: 3 minutes	145
	Pre-cooked ham (to reheat)	165 Note: reheat cooked hams packaged in USDA-inspected plants to 140
Eggs and egg dishes	Eggs	Cook until yolk and white are firm
	Egg dishes (quiche, etc.)	160
Leftovers & casseroles		165
Seafood	Fish with fins	145 or cook until flesh is opaque and separates easily with a fork
	Shrimp, lobster, crab, and scallops	Cook until flesh is pearly or white, and opaque
	Clams, oysters, and mussels	Cook until shells open during cooking

Sources: "Safe Minimum Cooking Temperatures Chart", Food Safety.gov, April 2019; "Shopping Tools", Iowa State University Extension and Outreach, 2019-2021; "Growing Herbs Indoors", Penn State Extension, October 2007; "Herbed Garden Pizza", 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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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.

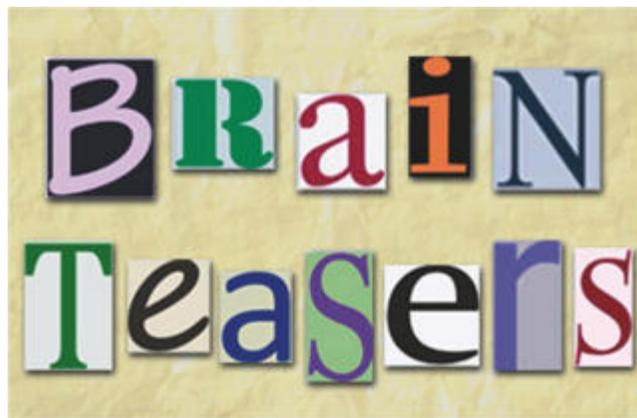


Q: I am 82 years old and gay. It took me years to come out to my family and friends and I never was completely open with acquaintances and coworkers about my sexual orientation. Back in those days, being gay wasn't as accepted as it is today and my family and society did not accept me. I still don't feel completely comfortable talking about it. Now I'm older and having health problems as I age. I don't have children or family to rely on for help. When I'm dealing with doctors and other professionals I don't always feel comfortable talking about it. Are there any resources to support elders who are LGBTQIA?

A: Thank you so much for your question! I'm so sorry you had those experiences. Thankfully, the world has changed quite a bit and now every June is LGBTQ Pride month. Over the decades people and organizations are now more welcoming and accepting of people who identify as Lesbian, Gay, Transsexual, Queer, Intersexual or Asexual now than they were in the past. As far as the Aging and Disability Resource Center goes, if you come to us for information and assistance, it is not necessary to reveal your sexual orientation to the staff here. However, if you do feel comfortable with providing that information, we will treat you with all the respect and understanding you deserve, just as we try to do for all of our customers. Our staff can talk with you regarding your needs and provide information and resources regarding issues related to aging or living with a disability.



Additionally, there is a program called SAGE, which is a national advocacy and services organization that has been looking out for LBTQ elders since 1978. They have a national helpline: 877-360-LGBT (5487) and there is a Wisconsin SAGE affiliate located in Milwaukee. The contact numbers there are 414 271-2656 or 414 292-3060



Lateral Thinking Word Puzzle

1. The word has seven letters.
2. Preceded God
3. Greater than God
4. More Evil than the devil
5. All poor people have it
6. Wealthy people need it
7. If you eat it, you will die

ENIGMA™ CRYPTOGRAM

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

“GJD YQNNDS I WIP’V JDIF NDGV, GJD
DIVQDS QG QV GK AQOO JQV VJKDV.”

– IUGJKS UPRPKLP



Dairy

June is National Dairy Month! When talking about dairy, there are many products that may be included such as, milk, yogurt, cheese, lactose-free milk, fortified soy milk, and yogurt. Other foods made from milk but have low amounts of calcium and high amounts of fat are not included, such as cream cheese, sour cream, cream, and butter.



How much dairy do you need?

The daily recommended amount of dairy for most adults is 3 cups. This is a general guideline and may vary from person to person depending on age, sex, height, weight, and physical activity level. Whether or not a person is pregnant or breastfeeding can also change daily recommendations. To get a more personalized plan, talk to your doctor or a Registered Dietitian. Pick dairy products that sound good to you! Low-fat or fat-free options are the best choices for adults since they're low in saturated fat.

What counts as a cup in the Dairy Group?

Typically, 1 cup of milk, yogurt, or soy milk, or 1 ½ ounces of natural cheese can be considered as 1 cup from the Dairy Group.

Why is it important to eat/drink dairy?

Dairy products offer a variety of nutrients your body needs. These include calcium, phosphorus, vitamin A, vitamin D (in products fortified with vitamin D), riboflavin, vitamin B12, protein, potassium, zinc, choline, magnesium, and selenium. These nutrients help build strong bones, maintain healthy blood pressure, and aid in metabolism.

Dairy Alternatives

Dairy alternatives include fortified soy milk and yogurt. These products have calcium, vitamin A, and vitamin D added and are nutritionally similar to their dairy counterparts.

Other plant based "milks" such as almond, rice, coconut, oat, and hemp "milks" are not nutritionally similar to dairy and fortified soy milks. Therefore, they are not included as part of the Dairy Group.





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- Handicap accessible units available.



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City of Sheboygan Housing Authority, 611 N. Water St., Sheboygan WI
Ph: 920.459.3466 Fax 920.459.4097 Web: www.sheboyganha.com



My Choice Wisconsin is a managed care organization that serves government-funded programs to seniors and adults with disabilities in over 50 Wisconsin counties.

Visit us today:
mychoicewi.org/LPI
1-800-963-0035

For more information on your long-term care options, contact your local ADRC.

DHS Approved 4/22/2021





Community Education & Social Event (Online)

Aging & Disability Resource Center (ADRC)
of Sheboygan County
650 Forest Ave., Sheboygan Falls

2021

Join in with other family caregivers to learn practical tips on a variety of topics that will assist you to better meet the physical, emotional, financial and spiritual challenges of caregiving. Call the Family Caregivers Coalition in Sheboygan County c/o Aging & Disability Resource Center at 920-467-4100 for more information or to **make a reservation**. (some events open to care recipient and/or professional caregivers as **indicated below**)

Thursday, June 17, 2021 at 1 pm

Finding Resiliency During Times of Change

Many have experienced drastic changes and perhaps even loss in the last year. How can we summon the strength to navigate challenging times? Resiliency is a framework and skill that can help us move through adversity. This program will explore the basics of building more resiliency and guide participants in developing the resources needed to cultivate calm when times get tough.

(open to family and professional caregivers)

Presenter:

Elizabeth DenDekker, MSW, LCSW, Sharon S. Richardson Community Hospice

Elizabeth graduated with a Master's in Social Work from UW-Milwaukee's Helen Bader School of Social Welfare and is a Licensed Clinical Social Worker. She served as an educator at various institutions throughout north and southeastern WI, including UW GB, Marquette University, and the former Silver Lake College of the Holy Family. In addition, Elizabeth has also served as a psychotherapist in various clinics throughout the region. She currently works at Sharon S. Richardson Community Hospice as part of their spiritual and bereavement care programs assisting patients and families in all stages of the end of life journey. Ms. DenDekker also enjoys contributing to the hospice's community education program and is grateful to share her expertise in programs such as this one.

(Will be presented Virtually / Online / Phone ~ Call for Link / Number)

Call 920-467-4079 to register!



Be Active: Get Motivated!



Finding a motivator that works for you can be the key to being active! Some common motivators are:

- **Pleasure**- it's easier to keep doing an activity when you enjoy it!
- **Health & Fitness Benefits**- If you feel stronger, more energized, less stress, or are sleeping better, those benefits can motivate you to continue.
- **Change in Appearance**- Regular physical activity can help to trim fat, improve muscle definition, and boost your metabolism. Seeing these changes can motivate you!
- **Social opportunities**- Exercising with friends or family can make it easier to stick with your goals. Even a group exercise class can serve as a fun and supportive atmosphere to motivate you to continue.
- **Thrill-seeking**- People who start exercising often find they are willing and able to try new and exciting activities, such as walking, biking, or joining an exercise class.

Which of these motivates you? Keep that in mind as you start a new activity!

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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matters.

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COMMUNITY HOSPICE

Comfort at home matters because Sharon S. Richardson Community Hospice encourages and supports your desire to live life to the fullest in a way that makes you the most comfortable. Our Hospice and Palliative Care team provide comfort care wherever you call home.

SSRHospiceHome.org
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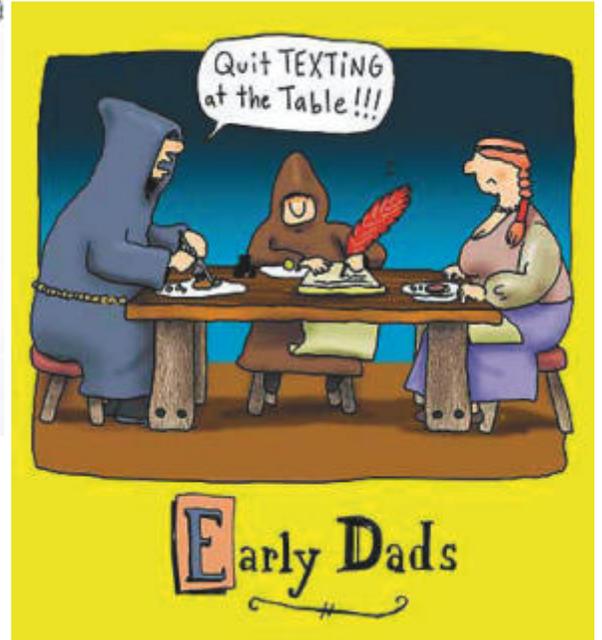
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Laugh

Nurse: there's a patient on line 1 who says he's invisible"

Doctor: "Well, tell him I can't see him right now."



Two fish swim into a wall... One turns to the other and says, "Dam!"

Q: Did you hear that I'm reading a book about anti-gravity?

A: It's impossible to put down.

Q: Did you know that milk is the fastest liquid on earth?

A: It's pasteurized before you even see it.

Q: How many tickles does it take to make an octopus laugh?

A: 10 tickles.

Q: What did the duck say when it bought chastick?

A: Put it on my bill!

Q: Why didn't the melons get married?

A: Because they cantaloupe.





Hiring Part Time Workers Age 55+ Sheboygan and Sheboygan Falls

Could you or someone you know use extra income? The Senior Training and Employment Program (STEP) is currently hiring unemployed people 55 or older who meet federal income guidelines for part time work. This program

is based in Green Bay but we will travel to you for an intake interview.

Participants work 20 hours a week and are paid minimum wage through the program with positions lasting for up to four years. Most positions are Monday through Friday, four hours a day. Thrift store positions open in Sheboygan and office and meals site helpers are needed in Sheboygan Falls. For information about the program and to see if you qualify, simply call 920-593-3557.



The Internal Revenue Service (IRS) issued the third round of Economic Impact Payments (EIP) in April. Most Social Security beneficiaries and Supplemental Security Income (SSI) recipients should have received their EIPs by now. If you, your eligible spouse, or eligible dependent did not receive their EIP – or full amount of the EIP – for this round or any previous round of EIPs, please read this carefully. We have information to share from the IRS to help you get that money.



To get any missing first or second EIPs, you'll need to file a 2020 tax return with the IRS and claim the 2020 Recovery Rebate Credit (RRC) as soon as possible. You would need to file the 2020 tax return even if you have no income to report for 2020. When your tax return is processed, the IRS will pay the RRC as a tax refund. The IRS will send you any additional third EIP amount you are eligible for in 2021 separately.

If you already filed your 2020 tax return, you don't need to do anything else.

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>
<i>June</i>	1 Hot Beef Sandwich Mashed Potatoes Diced Beets Applesauce Cookie	2 Spaghetti / Meatballs Buttered Corn Garden Salad Dressing Garlic Bread	3 Open Faced Turkey Sandwich Mashed Potatoes with Gravy / Squash Cranberry Sauce Cinnamon Roll	4 BBQ Rib on a Bun Baked Beans Parsley Buttered Carrots and Ranch Dressing Taffy Apple Salad
7 Salisbury Steak Mashed Potatoes & Gravy Key West Veggies Dinner Roll Pears Strawberry Fluff	8 Chicken Chow Mein Rice Egg Roll Apricots Apple Crisp Bar	9 Chili Macaroni (kidney beans) Green Beans Grapes Dreamsicle Cake	10 Brat on a Bun w/ Pickles & Onions Sauerkraut German Potato Salad Baked Beans Peaches / Cookie	11 Chicken Caesar Salad Broccoli Bacon Pasta Strawberries French Bread Chocolate Rice Krispy Bar
14 Swedish Meatballs Buttered Noodles Stewed Tomatoes Banana Mandarin Orange Fluff	15 Breaded Pork Chop Patty Au Gratin Potatoes California Vegetables Pineapple Chunks Bread  Pudding	16 Sloppy Jo w/ Cheese/ Pickle Spear Tater Tots Bronco Beans Blueberry Oatmeal Bar	17 Baked Ham Scalloped Potatoes Creamed Corn Applesauce Muffin	18 BBQ Chicken 2 pc. Cheesy Potatoes Country Blend Veggies Fruit Cocktail Wheat Bread Jello Poke Cake
21 Hamburger Stroga- noff w/mushrooms Buttered Noodles Summer Blend Veg- gies Apricots Apple Crisp	22 Chef Salad Cottage Cheese Pickled Beets Peaches Dinner Roll Lemon Cake	23 Swiss Steak or Liver Mashed Potatoes Green & Wax Beans Wheat Bread Tropical Fruit Salad Brownie	24 Mostaccioli Buttered Corn Tossed Salad w/ Romaine, Cucumbers and Dressing Cookie	25 Italian Sub: ham, salami, bologna Lettuce & Tomatoes Veggie Pasta Salad Watermelon Ambrosia Fruit Fluff 
28 Chicken Breast w/ Gravy Baked Potato with Sour Cream Peas and Carrots Apple Bread	29 BLT with Cheese Sandwich Cucumber Salad Grapes Brownie 	30 Baked Fish Potato Wedges Creamy Coleslaw Applesauce Bread Lemon Bar		