

# July Seniors In Touch

WITH FREEDOM, BOOKS,  
FLOWERS, AND THE MOON,  
WHO COULD NOT  
BE *happy*?

## Special Days in July

1st International Joke  
Day

2nd I Forgot Day

2nd World UFO Day

5th Work-a-holic Day

10th Teddy Bear Picnic  
Day

11th Cheer up the Lonely  
Day

13th Fool's Paradise Day

14th Bastille Day

15th Cow Appreciation  
Day

16th Fresh Spinach Day

19th National Raspberry  
Pie Day

20th Moon Day

22nd Hammock Day

22nd Rat Catcher's Day

23rd National Hot Dog

**The best things in life really are free.**

**Appreciate the Blue Sky.** Head outside and enjoy the pretty blue sky. Allow yourself to give thanks for the beautiful day.

**Light a Candle.** If you have scented candles in your home, go ahead and light one; the sweet smell will instantly add happiness to your day.

**Donate Something.** When you donate something, whether it's clothes, money, or other belongings, you can feel great knowing it's going to a good cause.

**Send Snail Mail.** Sit down and write a note. It's such an easy thing to do, and you know everyone loves receiving mail.

**Volunteer Your Time.** Volunteering your time is a great way to help others and get enjoyment at the same time. Whether it's a soup kitchen or an animal shelter, there are many places that could benefit from a helping hand.

**Paint Something.** Grab some finger paint or watercolors that you have on hand and just have fun painting something new.

**Take a Nap.** How often do you actually get to take a nap? It's glorious! Do it today!

**Listen to A Favorite Song.** Go ahead and snap your fingers while you are at it.

**Listen to the birds.** Make up some dialogue to go along with their chatter.

**Sing In The Shower.** Belt it out!

## Sheboygan County Senior Dining Sites

### Adell Senior Center

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

### Cascade Village Hall

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

### Cedar Grove—First Reformed Church

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

### Howards Grove Village Hall

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

### Oostburg Rich-Len Apartments

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

### Plymouth—Generations Building

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

### Sheboygan—Bethany Church

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

### Sheboygan Falls—ADRC

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

# Share Your Stories

*through the*  
**Live Forever Project**



The Live Forever Project (LFP) was created by a group of local artists and teachers from Sheboygan County. Our mission is to preserve local history and keep memories alive by collecting and sharing true stories through the arts.

We gather local histories from seniors in our community. We then preserve and share the stories by turning them into various art forms such as theater, music, songwriting, dance, poetry, or visual art. We present these stories to the public through theatre productions, gallery events, and films. In this way, the stories and people will live on forever.

One of the ways we gather the stories is to arrange recorded phone interviews with seniors about their lives. The purpose of recording the interview is to create a transcript that will then be given as a gift to you and your family. The transcript also allows us to ensure the artistic accuracy of what we create.

This summer, we have the opportunity to have youth in grades 6-12 to help run these phone interviews. Each interview will last an hour or less and you will be provided with questions prior to the interview. You can choose which questions you want to talk about during the interview.

If you are interested in sharing your stories with LFP through a phone interview, contact Colleen Machut at 920-400-6042 or email at [LFPtroupe@gmail.com](mailto:LFPtroupe@gmail.com) for details and scheduling information.

### 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)



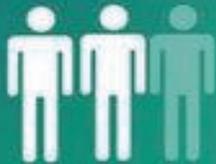
Seniors In Touch is also online at:

<http://www.sheboygancounty.com/government/departments-f-q/health-and-human-services/aging-and-disability-resource-center/seniors-in-touch->

# HEAT WAVE SAFETY FOR SENIORS



EXTREME HEAT AND HEALTH FOR PEOPLE AGED 65 YEARS OR OLDER



Two out of three: the number of heat related deaths in Maryland last year of people aged 61 or older.



15 minutes: the length of time it takes for an older person's body temperature to reach 106 degrees in a heat stroke.



103 degrees: temperature at which the body faces serious heat-related illness if untreated.

## WHY ARE SENIORS AT RISK?



Older bodies physically respond slower to rapid temperature changes



Seniors are more likely to have existing medical problems or take daily medications that contribute to weakness during the heat



People living alone may ignore or not recognize symptoms

## PREVENTATIVE SAFETY TIPS

**KNOW THE SYMPTOMS:**  
High body temperature (above 103 F); throbbing headache; dizziness, nausea, confusion

**ADJUST YOUR LIFESTYLE:**  
Keep in mind your every-day lifestyle choices and how they might contribute to a greater risk of heat-related illness.

**PLAN YOUR DAY:**  
Schedule a day that includes brief outdoor activity, plan a trip to air conditioned shopping malls or grocery stores.

**CALL 911 IN EMERGENCY:**  
If you suspect that you might be suffering from heat stroke this summer, call 911 for emergency medical assistance.



Roland Park Place (RPP) is the only full-service, accredited not-for-profit continuing care retirement community (CCRC) in Baltimore City.



**SOURCE:** Dr. Barbara Resnick, resident geriatric care expert at Roland Park Place

Roland Park Place's geriatric nurse practitioner, Dr. Barbara Resnick is nationally and internationally renowned for her research, teaching, and clinical work on elder health.

Numerical data gathered from reports of the federal Centers for Disease Control and Prevention (CDC).

## Are YOU a Caregiver?

What do you think of when you hear the word caregiver? Do you picture someone who spends their day providing hands-on care for someone? If so, you are not alone. It's common for people to think of a caregiver as someone who lives with a loved one and assists them with daily activities such as dressing, grooming, walking, and meals. But caregiving includes much more than those hands-on tasks.

Caregiving also includes helping someone with a wide assortment of tasks that enable them to live more independently in the community. Look around and you will notice people assisting an older friend or relative by taking them grocery shopping, picking up medication, accompanying them to appointments, and helping with yard care. These helpers are also considered caregivers, even if they don't live with the person or provide support every day. The tasks they help with, no matter how big or small, are enabling people to continue to live in their homes.

There are thousands of people who are playing a vital role in maintaining the independence of an older person, but don't realize it or don't consider their work as very important. They certainly would not call themselves a caregiver. Are you one of them? Read on to find out.



Are you a son, daughter, neighbor, relative, or friend who:

- Arranges medical appointments and provides transportation?
- Prepares meals to ensure nutritious food is available?
- Helps pay bills and/or balance the checkbook?
- Helps with cleaning and/or laundry?
- Assists with weekly grocery shopping?
- Sets up medication?
- Receives frequent phone calls with requests for help?
- Feels the need to regularly “check-up” on your parent/loved one to be sure they are okay?

Are you a spouse who:

- Has taken on duties that used to be done by your spouse? (cooking, cleaning, laundry, car maintenance, bookkeeping, bill paying, etc.)
- Needs to accompany your spouse to places he/she used to go alone?
- Is assisting with daily living tasks like dressing, grooming, and bathing?
- Ensures medications are taken properly?
- Makes medical decisions for your spouse?

Feels unable to leave your spouse home alone?

If you answered “yes” to any of these, then you are a caregiver! You may think that these tasks are just things that you do for the people you love. While that is true, don't downplay the importance of your assistance in these areas. Without your help, the older person may not be able to continue to live in their own home. The “little” things that you do are crucial to the independence of your loved one.

Identifying yourself as a caregiver is important because it opens the door to many supports and resources that can benefit the person you are caring for as well as yourself. We know that when caregivers are supported, they can provide care more effectively, more safely, and for a longer period which is a benefit to everyone. If you are a caregiver, please call Lisa Hurley, Caregiver Coordinator, at 920-467-4079 to learn about supports and resources that can help you help the ones you love.



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 920-467-2401

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- Subsidized USDA housing for Seniors 62 yrs of age & older plus disabled 18yrs & over. Eight units: six 1 bdrm & two 2 bdrm. ADA accessible.
- Rent based on income. USDA RA (Rent Assistance) available.
- Affiliated with Zion Church (920) 994-4510.

ExcaliburHousing@charter.net  
 Rent based on 30% of income, less medical. This Institution is an Equal Opportunity Provider and Employer.



Extension

UNIVERSITY OF WISCONSIN-MADISON

### IN THIS ISSUE

#### RECIPE

GRILLED FISH TACOS WITH PEACH SALSA

#### FOOD BUDGETING:

BUYING IN-SEASON PRODUCE

#### NUTRITION:

THE PERSONALIZED MYPLATE PLAN

#### FOOD SAFETY:

SUMMER FOOD SAFETY

JUNE 2021

**FOOD WISE**  
Healthy choices. Healthy lives.

STAY HOME. STAY HEALTHY. SENIOR NEWSLETTER

### BUYING IN-SEASON PRODUCE

Summer is the time of the year when fresh fruits and vegetables grown in Wisconsin are available at grocery stores, farmers markets, and produce stands. However, even in the cold winter months, many grocery stores sell produce from



around the world. But, that usually means paying more. Lower the amount you spend in the produce section by shopping for in season produce. For a printable table of Wisconsin's seasonal produce, visit: <https://learningstore.extension.wisc.edu/products/healthy-seasonal-produce-whats-in-season-this-month>. When produce is not in season, check out the frozen, canned, or dried foods sections. Fresh, frozen, canned, and dried all have high nutritional content. Opt for lower sodium and lower sugar canned products.

### THE PERSONALIZED MYPLATE PLAN

Looking to eat healthier, but don't know where to start?



The USDA Choose MyPlate website has a variety of tools to help you plan healthy meals. MyPlate Plans show your food group targets (what and how much to eat within your calorie allowance). Your personalized plan is based on your age, sex, height, weight, and physical activity level. Get your personalized plan here at <https://www.myplate.gov/myplate-plan>.

### GRILLED FISH TACOS WITH PEACH SALSA

<https://www.myplate.gov/recipes/myplate-cnpp/grilled-fish-tacos-peach-salsa>



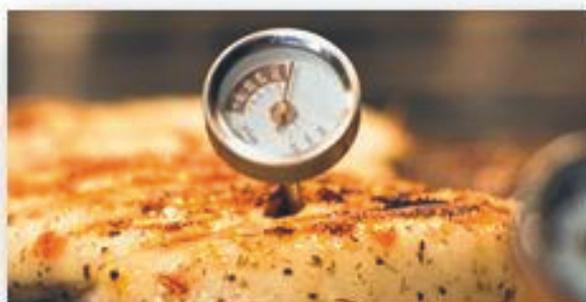
## SUMMER FOOD SAFETY

It is the season for cookouts, picnics, summer parties, and festival food. Whether grilling at home with just the family or bringing a dish to a group potluck in the park, it is important to pay attention to food safety during warmer weather. Follow these simple steps for a safe, healthy summer:

- When shopping for groceries or eating outside, make sure to refrigerate foods within 1 hour, if it's 90 degrees F or warmer (2 hours if it's less.)
- If you are bringing a dish to an event, prepare ahead of time. Divide cooked food into shallow containers and store in the refrigerator or freezer to cool it rapidly.
- At potlucks, keep cold foods cold and hot foods hot. Cold foods should be kept in an insulated cooler packed with several inches of ice, ice packs or containers of frozen water. Do not over pack coolers. Replenish ice as needed.
- When traveling with foods, keep them out of the hottest part of the car or directly in the sun. Place packed coolers in a shaded area out of the sun.

- When grilling, avoid cross contamination. Use separate utensils, cutting boards, and serving plates when handling raw meats and cooked meats. Do not use any marinades or sauces that have touched raw meat juices on cooked meats.

- Cook grilled meats to proper temperatures - <https://food.unl.edu/safe-cooking-temperatures>



- When buying prepared foods at festival, fair or carnival stands, buy only from licensed vendors. Washing hands with soap and water is the best choice, but bring hand sanitizers or disposable wipes in case there are no hand washing stations.

Sources: "CDC and Food Safety: Tips to Keep Food Safe This Summer", Centers for Disease Control and Prevention, May 2019; "Keeping Food Safe in the Summer", University of Nebraska-Lincoln Institute of Agriculture and Natural Resources, 2021; "MyPlate Plan", United States Department of Agriculture, unknown; "MyPlate Kitchen", United States Department of Agriculture, unknown.

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

**Amanda Miller**

[amanda.m.miller@wisc.edu](mailto:amanda.m.miller@wisc.edu)

**Pamela Nelson**

[pamela.nelson@wisc.edu](mailto:pamela.nelson@wisc.edu)

**Melanie Phillips**

[melanie.phillips@wisc.edu](mailto:melanie.phillips@wisc.edu)

**Janeth Orozco**

[janeth.orozco@wisc.edu](mailto:janeth.orozco@wisc.edu)

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.**

**JUNE 2021**



Caring for someone with a chronic illness such as dementia, cancer, heart disease, Parkinson's disease or stroke can be physically, emotionally and financially exhausting.

Connect with Resources



Balance your Life  
Take Care of Yourself

## Powerful Tools FOR Caregivers

**Powerful Tools for Caregivers** is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, or friend.

Participants will learn to:

- Reduce stress
- Improve self-confidence
- Better communicate feelings
- Increase their ability to make tough decisions
- Locate helpful resources

**Dates:** WEDNESDAYS: August 4, 11, 18, 25  
& September 1 & 8, 2021 (6 weeks)

**Times:** 6:00 PM– 7:30 PM

**ONLINE ONLY**

Caregivers will need to have access to a computer/tablet (camera & mic) & internet access

Brought to you by:



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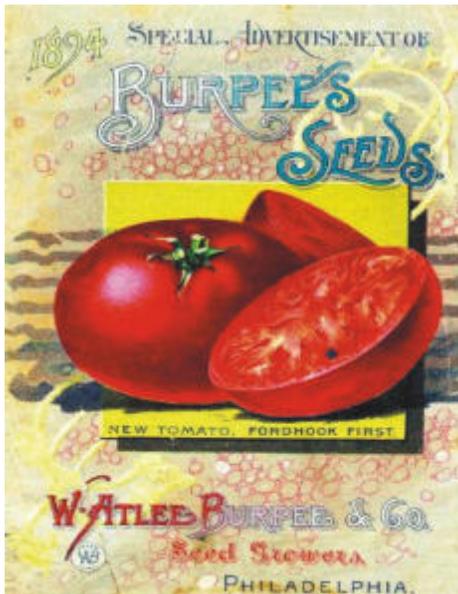
[Lisa.Hurley@SheboyganCounty.com](mailto:Lisa.Hurley@SheboyganCounty.com)

Call (920) 467-4079 and mail or email [Lisa.Hurley@SheboyganCounty.com](mailto:Lisa.Hurley@SheboyganCounty.com)  
Sheboygan County Aging & Disability Resource Center, 650 Forest Ave, Sheboygan Falls, WI 53085.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

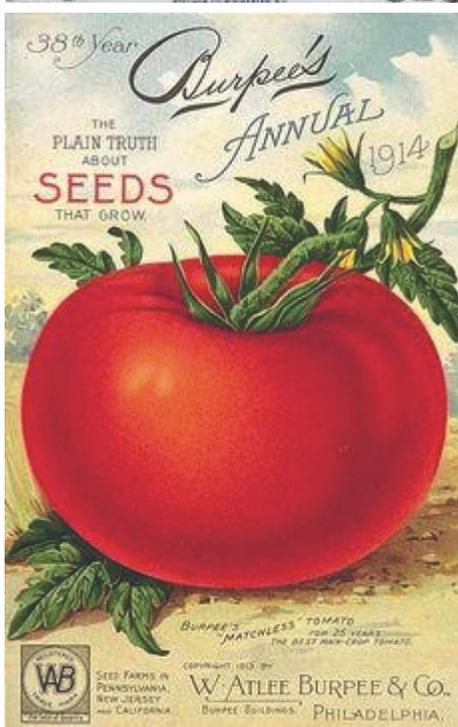
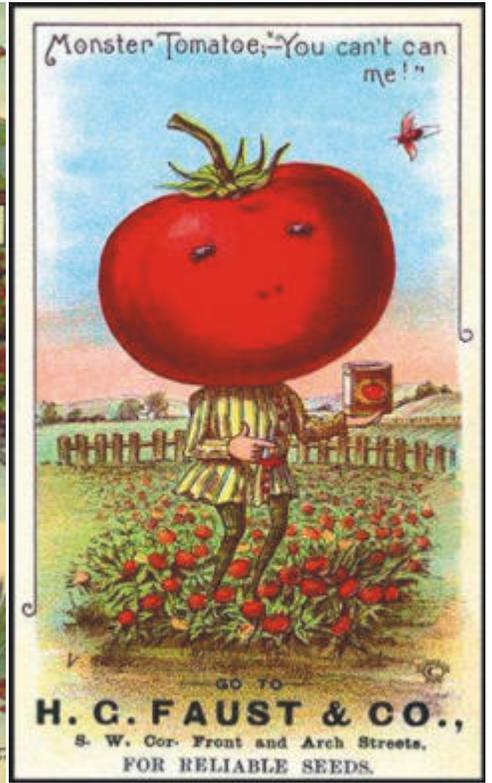
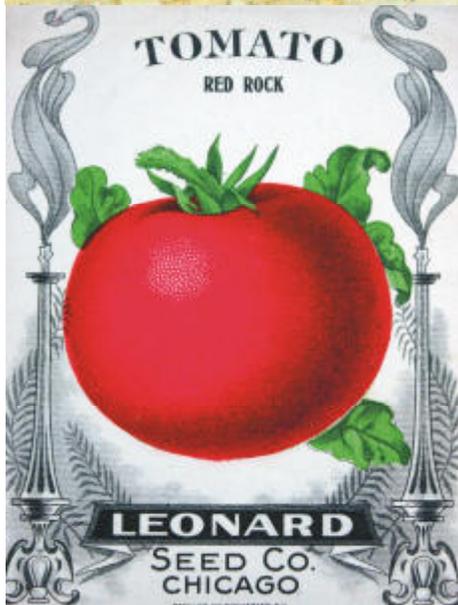
Address: \_\_\_\_\_ City, Zip: \_\_\_\_\_

Email: \_\_\_\_\_



Coming soon to a garden, farmer's market, or grocer near you—

**Lycopene** is a powerful antioxidant with many health benefits, including sun protection, improved heart health and a lower risk of certain types of cancer. It may be most effective when consumed from lycopene-rich foods like tomatoes. Research has suggested that, in addition to its ability to attack free radicals, may also reduce inflammation and cholesterol, improve immune function, and prevent blood from clotting. All of these may help reduce ischemic strokes.





We will be distributing Farmers Market Vouchers throughout June and July to income eligible seniors.

For more details call:

Darcy—Sheboygan—207-2522

Allison- Sheboygan Falls—467-9042

Adell—994-9934

Vouchers can be exchanged for \$25 worth of fresh, locally grown fruits, vegetables, and herbs.

## Summer Farmers Market

The SCIO Farmers Market runs from 8am-1pm on Wednesdays and Saturdays and 12pm-5pm on Thursdays, in Plymouth.

Below are the market guidelines for customers to shop safely at the market:

- Come to the Market in good health
- Practice social distancing
- Wash your hands
- Face masks are encouraged per CDC recommendations
- Let the vendors handle and bag product for you
- No sales before 8am
- No onsite food consumption
- Please leave your pets at home
- Farmers Markets are an essential food resource. By shopping at your local Farmers Market you are supporting your local farmers and getting fresh, healthy, locally grown products.

**SCIO Sheboygan Summer Market**  
Fountain Park 8th St. and Erie  
Sheboygan, WI



**SCIO Plymouth Summer Market**  
Dairy Queen parking lot  
3101 Eastern Ave  
Plymouth, WI





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## Rochester Spring Apartments

915 Broadway Street, Sheboygan Falls, WI

48 unit apartment building just outside the Sheboygan Falls downtown area. 

- Quiet senior apartments, 62 and over.
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- Off street parking, community room and onsite laundry.
- Handicap accessible units available.



Rochester Springs in Sheboygan Falls

For more information or an application, please contact:  
City of Sheboygan Housing Authority, 611 N. Water St., Sheboygan WI  
Ph: 920.459.3466 Fax 920.459.4097 Web: [www.sheboyganha.com](http://www.sheboyganha.com)



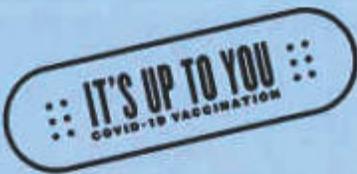
My Choice Wisconsin is a managed care organization that serves government-funded programs to seniors and adults with disabilities in over 50 Wisconsin counties.

**Visit us today:**  
[mychoicewi.org/LPI](http://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





# COVID-19 Vaccine Facts



**The COVID vaccine is FREE to everyone!**

**If you have questions or need assistance getting the vaccine,  
please call (920) 395-9890**

**or visit [getvaccineanswers.org](http://getvaccineanswers.org)**

**Online scheduling can be found at [vaccines.gov](http://vaccines.gov)**

**Lakeshore Community Health Care: 920-783-6633**

**Prevea Health:  
1-833-344-4373**

**Advocate Aurora Health:  
866-443-2584**

**Vaccination is the way back to normal**

Widespread vaccination is the way to stop the spread of COVID and end the pandemic. Vaccines keep most people from getting COVID and help slow the spread.

**COVID-19 vaccines are safe and available for everyone age 12 years and older**

All COVID vaccines were tested in clinical studies with tens of thousands of people of different ages, races, and ethnicities to make sure they were safe and worked on those 12 or older.

**No safety steps were skipped in making the COVID-19 vaccines**

All of the COVID vaccines have gone through the same safety steps and studies as other vaccines. Medical researchers were able to make the vaccines quickly, building on years of earlier research.

**Those who have had COVID-19 infection should still get vaccinated**

People who have already had COVID should still get vaccinated to ensure they are protected. As long as you are out of your isolation period, you are able to get vaccinated.

**COVID-19 is a novel virus and more is learned each day**

COVID is a novel (new) virus. More about the COVID-19 disease and how to prevent and treat it is learned each day. Vaccine is the best way to reduce the spread of the virus, reduce the severity of illness, and to bring eventual end of the pandemic.

**COVID-19 vaccines do not cause infertility**

If you would like to have a baby someday, you can get the COVID-19 vaccine. There is no evidence that fertility problems are a side effect.

**COVID-19 vaccines do not contain microchips to track or monitor people**

**The COVID-19 vaccine cannot change your DNA**

**You cannot get COVID-19 from the vaccine. Vaccines do not have any COVID-19 virus in them**

The mRNA (messenger RNA) in the COVID-19 vaccines is not able to change or modify a person's genetic makeup (DNA).

# Be Active: Barriers to Physical Activity

Below are some common barriers to being active along with some solutions.

- **Not enough time**→ plan by scheduling times to be active. Add activity to your daily routine.
- **No social influence**→ Ask friends and family to support your physical activity goals. Invite a friend to exercise with you. Develop a friendship with others at a group exercise class.
- **No energy**→ schedule activity for a time of day when you feel more energetic. Convince yourself to do it anyways and then feel the increased energy level as a result.
- **No motivation**→ Plan ahead. Make activity a regular part of your day. Invite a friend to join you. Join a group exercise class.
- **Afraid of injury**→ Do a proper warm-up and cooldown to prevent injury. Work with an instructor or trainer to assist you.
- **Few or no resources**→ select activities that require minimal facilities or equipment like walking, jogging, or free virtual exercise classes. Identify opportunities in your community.
- **Bad weather**→ Develop a set of indoor activities you can do regardless of weather (indoor cycling, walking at a mall or large box store, etc.)
- **Travel**→ Build activity into your travel. Walk in a hotel or mall. Use a hotel exercise room.

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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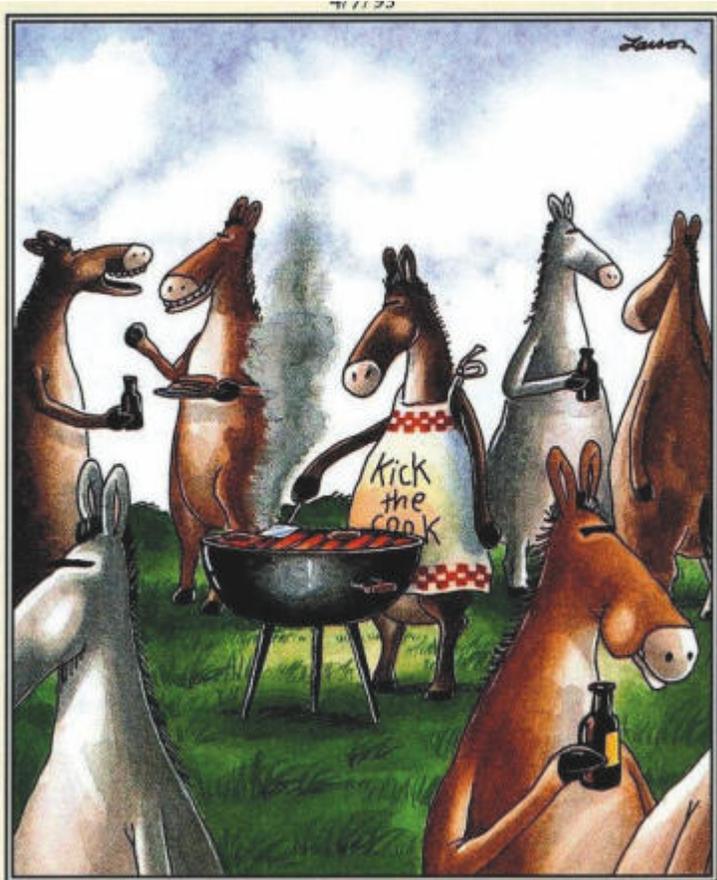
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# Laugh



As his 50th wedding anniversary approached, John was asked to share some insight into how he managed to stay married to the same woman all these years. John replied to his audience, "Well, I tried to treat her well and spend money on her. But the best thing I did was take her to Italy for our 20th anniversary."

"John, you are an inspiration to all husbands here today. Please tell the audience what you plan for your wife for your 50th anniversary." John proudly replied "I'm gonna go and get her."

## ENIGMA™ CRYPTOGRAM

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

“QCUE OCJECKCO UJIYO; AGK TNZC  
URY KEGOK UEC OPCCK VGIJCO.”

– SCREX PUEY ACCJSCE



# Eating for Eye Health

Maintaining eye health is important in all stages of life. Eating a balanced diet rich in fruits, vegetables, whole grains, and healthy fats provides your eyes with the needed nutrients to stay healthy.

## Nutrients that Help Keep Eyes Healthy

**Vitamin A** helps keep the cornea clear, prevent night blindness, and reduce risk of age-related macular degeneration.

**Vitamin C** is a powerful antioxidant that may lower the risk of developing cataracts.

**Vitamin E** is another antioxidant that protects eyes from unstable molecules, known as free radicals, which break down healthy tissue.

**Essential Fatty Acids** such as omega-3 fatty acids are important for optimal vision development and retinal function.

**Zinc** assists in bringing vitamin A from the liver to the retina in order to produce melanin, a protective pigment in the eyes.

**Lutein & Zeaxanthin** reduce the risk of chronic eye diseases such as cataracts.

## Eye Friendly Food Sources

**Vitamin A** can be found in sweet potatoes, cantaloupe, bell peppers, broccoli, carrots, tuna, and leafy green vegetables such as spinach, collard greens, and kale.

**Vitamin C** can be found in bell peppers, oranges, guava, grapefruit, papaya, strawberries, kiwifruit, broccoli, kale, and tomatoes.

**Vitamin E** sources include nuts, seeds, avocados, dark green leafy vegetables like spinach and swiss chard, broccoli, kiwifruit, vegetable oils such as safflower and corn oil, wheat germ, and sweet potatoes.

**Omega-3 fatty acid** foods include salmon, tuna, and other cold-water fish.

**Zinc** sources consist of red meat, oysters, shellfish, nuts, and seeds.

**Lutein & Zeaxanthin** are found in green leafy vegetables along with other colorful fruits and vegetables such as broccoli, corn, peas, persimmons, and tangerines.

## WEEKLY CHALLENGES

Eat foods rich in at least 1 of the nutrients listed, 4 times this week. Aim to try different foods each time.

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Add one of the fruits listed to your breakfast twice this week.

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Incorporate these vitamin rich foods into a salad: leafy greens, nuts/seeds, 2 eye friendly fruits/vegetables. Top with salmon or tuna and a plant-based oil dressing.

## DID YOU KNOW?

One medium-large sweet potato can contain over 100% of the daily recommended intake of vitamin A!

# Curbside Dining

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
			<p>1 Homemade Meat-loaf/Gravy Mashed Potatoes Broccoli/ Banana Wheat Bread Cherry Oatmeal Bar</p>	<p>2 Brat on a Bun With Pickles &amp; Onions American Potato Salad Baked Beans Coleslaw Jello with Fruit</p>
<p>5 Happy 4<sup>th</sup> of July Closed</p>	<p>6 Polish Dog with a Bun Sauerkraut Baby Red Potatoes Apricots Rice Krispy Bar</p>	<p>7 Hot Ham &amp; Cheese/ Bun Broccoli Pasta Salad Pickled Beets Banana Dessert</p>	<p>8 BBQ Meatballs Cheesy Potatoes Green Beans Tossed Pudding Bread</p>	<p>9 Baked Cod w/Lemon Wild Rice Stewed Tomatoes Coleslaw Applesauce Lemon Bar</p>
<p>12 Beef Stir Fry on a Bed of Rice Egg Roll Pineapple Chunks Mandarin Orange Fluff</p>	<p>13 Baked Potato Ham Broccoli in Cheese Sauce Applesauce Bread</p>	<p>14 Chicken Cordon Bleu French Cut Beans Mashed Potatoes Garden Salad Chocolate Éclair French Bread</p>	<p>15 Club Sub (ham, turkey, cheese, tomato, lettuce) Italian Summer Pasta Salad Banana Brownie</p>	<p>16 Turkey Breast Sweet Potatoes Country Vegetables Cranberry Sauce Raisin Bread Pudding</p>
<p>19 Salisbury Steak Mashed Potatoes &amp; Gravy Key West Vegetable Blend Dinner Roll/Grapes Tapioca Pudding</p>	<p>20 Seasoned Chicken Mashed Potatoes/ Gravy Brussel Sprouts Dinner Roll Peaches/Cookie</p>	<p>21 Hot Dog/Bun Macaroni &amp; Cheese Garden Green Peas Strawberries Ambrosia Fruit Salad</p>	<p>22 Pork Roast Mashed Potatoes Green Beans Fruit Cocktail Cake / Bread</p>	<p>23 Chef Salad (Romaine, ham, turkey, eggs, tomatoes, cheese, cucumbers, chick-peas) Bread / Banana Pistachio Fluff</p>
<p>26 Chicken Ala King Biscuit Diced Beets Pears Rice Krispy Bar</p>	<p>27 Swiss Steak or Liver Mashed Potatoes Peas &amp; Carrots Watermelon Bread/ Brownie</p>	<p>28 Open Faced Turkey Sandwich Mashed Potatoes/ Gravy Squash Cranberry Sauce Cinnamon Roll</p>	<p>29 Lasagna Tossed Salad, Dressing Cauliflower Bread Stick Lemon Square Pie</p>	<p>30 BBQ Rib on a Bun Baked Beans Parsley Buttered Carrots and Ranch Taffy Apple Salad</p>

Reminder: reservations are due by 10 a.m. the business day prior to pick up.