



# ADRC

## Connection

### The Optimism Issue: Because We Need It

# January

3rd: Fruitcake Toss Day

9th: National Static Electricity Day

10th: National Thank God It's Monday! Day

18th: National Thesaurus Day

20th: Penguin Awareness Day

21st: National Hugging Day

22nd: Answer Your Cat's Questions Day

24th: National Compliment Day

28th: Bubble Wrap Appreciation Day



The Sheboygan County ADRC is excited to announce plans to initiate an addition to our dining program to include the Pic –a-Deli restaurant in the Plymouth Generations facility. This will allow eligible older adults the option of dining with whomever they choose to dine with and select from a menu of pre-fixed meal options that are made to order. A donation of \$5 is suggested, however, because the program is donation based, they only pay what they can afford.

Congregate dining programs have traditionally been offered at select locations such as senior centers, community centers, religious institutions and senior housing facilities. Menus are pre-determined weeks in advance and participants are served in a cafeteria-type fashion with little opportunity for choice. However, this new, choice-driven option allows for more variety and flexibility.

Sheboygan County seniors are active, engaged in their communities, and looking for ways to get out and enjoy the company of their peers while sharing a meal. The new restaurant model will be a great way for seniors to break bread together in a setting of their choosing while enjoying nutritional meals and good company.

We are anticipating that this new service will launch soon and will be offered three times per week on Mondays, Wednesdays, and Fridays. Diners will be able to quickly register for the program as they drop in.

In the meantime, if you have any questions regarding the program, please contact Traci Robinson at 920-467-4100.

We are optimistic about the opportunity to better serve you.

Stay tuned for more details.

## Know Us Before You Need Us

## Senior Dining



Fellowship, Food & Fun

Open for  
curbside  
pick up  
11:30—  
Noon

Call by 10 a.m the day  
prior to reserve.  
Menu on back cover

### Adell Senior Center

510 Siefert, Adell WI 53001

Phone: 920-994-9934

Open: Tuesdays & Thursdays

Manager: Susan Wenzel

### Sheboygan—Bethany Church

1315 Washington Avenue

Sheboygan, WI 53081

Phone: 920-207-2522

Open: Monday thru Friday

Manager: Darcy Vollrath

### Howards Grove-Village Hall

Howards Grove, WI

Phone: 920-467-9042

Open: Tuesdays and Thursdays

Manager: Allison Brunette

## Adell Dining Site--Nutrition Program Changes

After careful consideration, services at the Adell Dining site for the Curbside Meal Pickup program are being reduced to Tuesdays and Thursdays and the current home-delivered meal program packaged at the Adell Dining site is transitioning to the Fresh Meals on Wheels delivery program. This change became effective on January 4, 2022.



We have successfully partnered with the Fresh Meals On Wheels program for many years in the northern parts of the county and they will now be providing all home-delivered meals throughout Sheboygan County.

Congregate Dining has been suspended due to COVID-19 since March 2020, but participants have been able to get a hot noontime meal using the Curbside Meal Pickup program. However, even with the Curbside program in place, participation at the Adell site has been very low for several years.

Participants will continue to have the option of getting Curbside Meal Pickup from our Sheboygan Dining site at Bethany Church five days per week and on Tuesdays and Thursdays at the Howards Grove and Adell Dining sites. Please call the ADRC at 920-467-4100 if you have any questions about these changes to the Nutrition Program.

*Note: While I will certainly miss providing services to you through the Adell Home-delivered Meal Program, please know that you will still be able to get nutritious meals through the Fresh Meals on Wheels Program. Adell will still be open for the Curbside Pick-Up Meal program on Tuesdays and Thursdays with the same reservation system by calling 920-994-9934.*

*I hope to see you there,  
Susie*

### Contact Us At:

#### Sheboygan County Aging and Disability Resource Center

650 Forest Avenue  
Sheboygan Falls, WI 53085

Phone: 920-467-4100

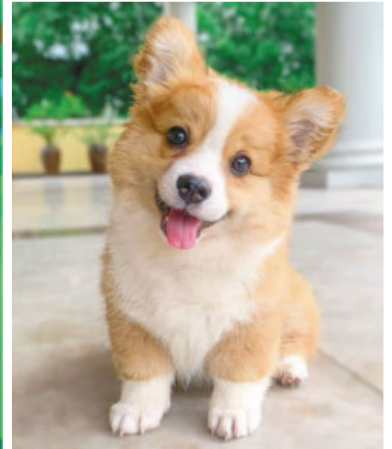
Email: [adrc@sheboygancounty.com](mailto:adrc@sheboygancounty.com)



[www.sheboygancounty.com/departments/departments-f-q/health-and-human-services/aging-and-disability-resource-center/aging-programs](http://www.sheboygancounty.com/departments/departments-f-q/health-and-human-services/aging-and-disability-resource-center/aging-programs)



Find the  
hidden  
Corgi



## Will I Lose My Wisconsin Benefits in January?

*By the GWAAR Legal Services Team for Mary Kempf Elder Benefit Specialist*

**The short answer:** No. **The long answer:** If you were already eligible, or became eligible, for Wisconsin benefits (SeniorCare, Medicaid, Medicare Savings Programs, or FoodShare) after March 2020, your benefits have been extended throughout the Federal Public Health Emergency – which remains ongoing. This means that even if you became ineligible for any of these programs after March 2020, your benefits have continued.

Many people are concerned that their benefits will be terminated at the end of 2021, or later without warning. This is not the case. Once the PHE has ended, which it has not yet, you will receive notice in the mail and be given time to complete a renewal before there is even a possibility of loss of benefits.

What you can do now:

- 1. Report changes.** If there have been any changes to your household status, income, or other changes since March 2020, you should contact your local Income Maintenance Consortium and provide these updates. This will make it easier to complete renewals when the PHE does ultimately end.
- 2. Update your address.** Make sure your Income Maintenance Consortium has your updated address. If you have moved residences at all since March 2020, you may miss your notice of renewal or benefits termination if it ends up being sent to a different address.
- 3. Watch your mail.** Make sure to open all of your mail and carefully read any notices about Medicaid or other Public benefits. Respond timely if requested.

To locate your local Income Maintenance Consortium, visit: <https://www.dhs.wisconsin.gov/forwardhealth/imagency/index.htm>

**S**ome say everything happens for a perfect reason and nothing is either good or bad but our thinking makes it so. One of my favorite narratives illustrates ancient wisdom to reserve judgement; to remain in the present moment; to mitigate undue stress and worry; to avoid panic; and to have the courage to be moved forward regardless.

**Once upon a time**, an old farmer lived in a valley with his son, a handsome and dutiful youth. They lived a peaceful life despite a lack of material possessions. They were very happy. So much so, that neighbors began to get envious and wanted to understand the secret of their happiness.

One day, the old man used all his savings to buy a young and beautiful horse. The very same day he bought it, the horse jumped the fence and escaped into the hills. The neighbors came to express their concern, "Oh, that's too bad. How are you going to work the fields now?"

The farmer replied, "Good thing? Bad thing? Who knows?"

In a few days, his horse came back from the hills and brought eight fine horses with him. The neighbors again gathered around, "Oh, how lucky! Now you can do much more work than ever before!" they said.

The farmer replied, "Good thing? Bad thing? Who knows?"

The next day, the farmer's son fell off one of the new horses and broke his leg. "Such misfortune," said the neighbors. The leg healed crookedly and left the son with a permanent limp and endless pain. The neighbors were concerned again, "Now that he is incapacitated, he can't help you around, that's too bad."

The farmer replied, "Good thing? Bad thing? Who knows?"

Soon, the news came that war has broken out, and all the young men were required to join the army. The villagers were sad because they knew that many of the young men will not come back. The farmer's son could not be drafted because of his broken leg. His neighbors were envious: "How lucky! You get to keep your only son!"

The farmer replied, "Good thing? Bad thing? Who knows?"

And the narrative goes on...

Life will happen and continue evolving regardless. Things may seem bad, they may seem good. Only time can tell. What if we can alter our perception in the moment toward believing that there is a perfect reason for the way in which the universe is unfolding the way it is? In a nutshell, everything that seems on the surface to be bad may be good in disguise. And everything that seems good on the surface may not always be so.





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. Call for a showing today 920-458-2099 826 Taylor Parkway Sheboygan taylorpark@reeapartments.com www.reeapartments.com

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 920-467-2401

# Make Smart Food Choices for Healthy Aging

It's never too late to make smarter food choices. Healthy eating is an important part of staying healthy as you age.

Following these tips can help you maintain a healthy weight, get the nutrients you need, and lower your risk of chronic disease.



Try to eat and drink from these food groups each day: fruits, vegetables, grains, protein, and dairy.



Fruits



Vegetables



Grains



Protein



Dairy

*Variety is an important part of eating healthfully!*

Instead of:



High-calorie snacks

Try these:



Nutrient-dense snacks



Fruit products with added sugars



Fresh fruit



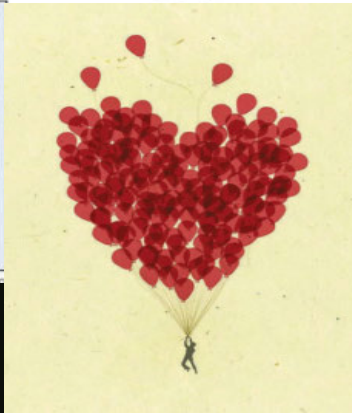
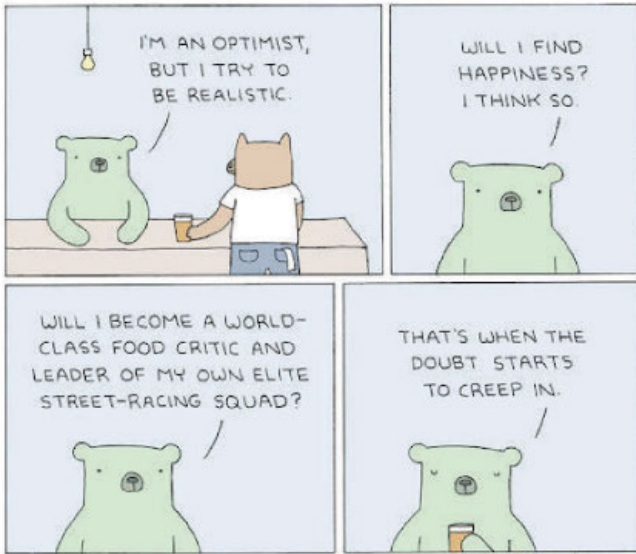
Regular cola



Water flavored with fruits or vegetables

Cut back on foods and beverages that are high in calories and added sugars, sodium, and saturated fats. Shift to healthier options like fresh fruits and vegetables instead.





An optimist is the guy who created the airplane. A pessimist is the guy who created the parachute."

\*\*\*

The optimist sees a light at the end of the tunnel  
 The realist sees two lights at the end of the tunnel  
 ... and the engineer can see three idiots standing on the rails

\*\*\*

Always borrow money from a pessimist. They won't expect it back.



# Health Benefits of VOLUNTEERING



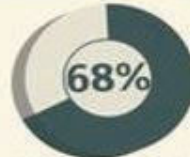
Volunteering reduces the body's stress and also releases endorphins (the brain's natural painkillers)\*

95% of individuals feel good after volunteering\*

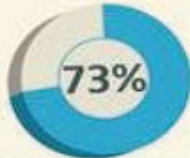
Regular volunteers were 10 times more likely to be in good health than people who didn't volunteer\*



said volunteering makes them feel happier\*\*



said volunteering makes them feel healthier\*\*



said volunteering makes them feel less stress\*\*



said volunteering helps them sleep better\*\*

Have a little time to give? We work around your schedule and volunteering can be as little or as much as you would like.

Contact Traci Robinson for more information on volunteer opportunities.

920-467-4139  
traci,robinson@sheboygancounty.com

Become a volunteer today!

Call 920-467-9042 or Email [allison.brunette@sheboygancounty.com](mailto:allison.brunette@sheboygancounty.com) for more information on leading health promotion workshops which can be scheduled around your availability.

## Be a Leader!

Help yourself — and your community — to better health by becoming a health promotion program leader!

As a program leader, you'll receive training and support as you facilitate a workshop of older adults providing valuable information and strategies for healthier living. It's a great opportunity to share your skills and give back to your community.

### Consider becoming a leader in one of these programs:

**Walk With Ease** As a trained leader, you offer support, information and tools to help participants develop successful exercise routines. During the 6 week group program, participants learn proper stretching and pain management techniques; they also build stamina and walking pace. The program can even be modified to meet the needs of individual participants so that each person can develop an exercise routine that fits their unique goals.

No prior experience is necessary and individuals at all levels of fitness are encouraged to lead.





Extension

UNIVERSITY OF WISCONSIN-MADISON

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DECEMBER 2021



STAY HOME. STAY HEALTHY. SENIOR NEWSLETTER

SIMPLE MEALS DURING THE HOLIDAYS

During this time of the year, there can be many extra expenses. When preparing large holiday dinners, baking cookies, or preparing a dish for a work potluck, the grocery store bill can quickly add up. Here is a list of ways to keep it simple when grocery shopping this holiday season.

- **Consider the number of dishes!** Simplifying your menu does not have to mean a less satisfying holiday meal.
- **Focus on flavors!** A fresh vegetable platter is healthier and more colorful than rich appetizer dishes. Fresh green beans are healthier and have fewer ingredients than green bean casserole.
- **Consider the amount per dish!** Unless planning for leftovers ahead of time, consider being realistic with the number of servings compared to the number of people being served.
- **Limit eating out!** Even though the holiday season is a time when people spend the most in the kitchen, it can also be a time when they eat out more than usual. This is a great time to plan simple weekday meals, like crockpots, casseroles, soups, and other dishes that go a long way.
- **Entertain with a theme!** Create a simple menu that has a fun theme, like game/card night, movie night, or skating/sledding. Serve soup, crusty bread, and holiday cookies.
- **Make it from scratch!** This makes holiday foods healthier. Instead of buying pre-baked goods, having basic staple ingredients (flour, butter, etc.) on hand goes a long way to saving on price.
- **Give gifts of food!** Consider warming up loved ones this cold winter with homemade cocoa mixes, soup mixes, or coffee and tea. Whole prepared meals are helpful to family or friends that live alone. Consider providing easy to prepare, family-sized entrees for busy families. Inexpensive containers with a kitchen towel or mixing spoons add to kitchen sets. And, passing those family recipes along is a heartwarming gift.

CHICKEN RICE SALAD RECIPE

Recipe - <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/chicken-rice-salad>



Sources: Spend Smart and Eat Smart for the Holidays, Iowa State University Extension and Outreach, December 2013; Food Product Dating, Food Safety and Inspection Service, United States Department of Agriculture, October 2019; Holiday Food on a Budget, University of Minnesota Extension, 2021; Chicken Rice Salad, United States Department of Agriculture MyPlate Kitchen, unknown.

## Q&A: UNDERSTANDING PRODUCT DATING

Q: What is food product dating?

A: "Open dating" is an estimated period of time for which the product will be of best quality. "Closed dating" is a code to identify the date and time of production.

Q: What types of food are dated?

A: "Open dating" is found on meat, poultry, egg, and dairy products. "Closed dating" is found on cans and boxes of food.

Q: What phrases are commonly used?

A: Here are the most commonly used phrases: **Best if Used By/Before:** When product will be of best flavor. **Sell-By:** Tells a story how long to display the product. **Use-By:** The last recommended date for peak quality. **Freeze-By Date:** When a product should be frozen to maintain peak quality.



Q: Are product dates required?

A: Aside from infant formula, product dating is not required by Federal regulations.

Q: Are product dates for food safety or food quality?

A: Manufacturers provide dating to help consumers and retailers decide when food is of best quality. Except for infant formula, dates are not an indicator of the product's safety.

## MAKING PLANS FOR HOLIDAY LEFTOVERS

Save money and time by making plans to use your leftovers for low-cost weekday meals.

- Soup: Add 2 cups of leftover meat, 4 cups of vegetables, and 2 cups cooked rice to 3 cans broth. Simmer until veggies are done and flavors have blended. Add parsley, bay leaves, or garlic for extra flavor.
- Salads: Add leftover meat or vegetables to any salad, along with almonds and dried cranberries. Add cooked meat to a pasta or wild rice salad with broccoli, peppers, onions, carrots and celery.
- Sandwiches: Layer leftover meat and veggies in a sandwich, with toppings like lettuce, spinach, tomatoes, peppers, shredded carrots, cranberry sauce, and/or apple slices. Instead of bread, try a whole wheat pita or tortilla.
- Casseroles: Layer leftovers (for example, turkey, stuffing, mashed potatoes, vegetables and gravy) in a casserole dish. Combine 2 cups chopped leftover meat with 2 cups cooked rice, 1 can broth or chopped tomatoes, and a selection of chopped vegetables in a 2-quart casserole. Cover and bake the casseroles at 325° for 30-40 minutes or until vegetables are done.
- Skillet meals: Add 1-2 cups of chopped leftover meat to sautéed onion, mushrooms, and broccoli. Add cooked rice or pasta. Sprinkle it with shredded parmesan cheese before serving.
- Breakfast dishes: Add leftover meat and/or vegetables to eggs, quiche, or omelets.
- Tex-Mex dishes: Add shredded or chopped leftover meat to burritos, enchiladas and tacos.

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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)

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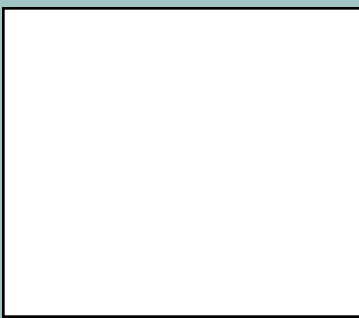
FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program - SNAP and Expanded Food and Nutrition Education Program - EFNEP.

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DECEMBER 2021



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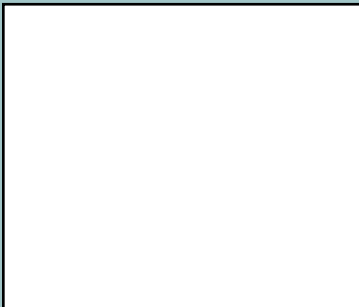
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For more information or an application, please contact:  
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Ph: 920.459.3466 Fax 920.459.4097 Web: [www.sheboyganha.com](http://www.sheboyganha.com)



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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



**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

To learn more or to register, call Allison Brunette at the ADRC 920-467-9042

Dates: 1/25, 2/1, and 2/8

Time: 1:30—3:30

Location: ADRC

650 Forest Avenue

Sheboygan Falls

You must be available for all three sessions.

Space is limited, so don't wait.

Masks are required per the protocols established by the Wisconsin Institute of Healthy Aging



**Researched and proven to reduce bladder and bowel leakage!**



**What Would You Do With Another 7.5 Years?**  
**Any (silly) thing you want!**

**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!



# HOW TO BE MORE OPTIMISTIC

## Go for a Walk in the Woods

Looking at nature activates the parts of the brain linked to optimism.



## “Act As If”

You can train yourself to be more optimistic by thinking more positively about your future and repeatedly telling yourself positive messages such as “I can do this,” and “I will achieve this goal.”

## Visualize Your Best Possible Self

Once a week for 4 weeks, write about the best possible version of yourself in different arenas: work, family, social life, etc.

Write freely for 10 minutes. Then take 5 minutes and write a specific goal for yourself in that arena.



because...  
*comfort at home*  
**matters.**

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# Walk With Ease?

You can do it — we can help.

## Why Walk With Ease?

Looking for relief from arthritis pain? Want to be more active? The Arthritis Foundation's **Walk With Ease** program can teach you how to safely make physical activity part of your life.

Walk With Ease is designed to help people living with arthritis better manage their pain, but it's also ideal for people without arthritis who want to make walking a regular habit. If you can be on your feet for 10 minutes without increased pain, Walk With Ease may be for you. Classes are one-hour each, three times per week for six weeks.

## Program Benefits

- Reduce the pain and discomfort of arthritis
- Increase your balance, strength and walking pace
- Build confidence in your ability to be physically active
- Improve your overall health

Space is limited. Sign up today!

Mondays & Wednesdays 9-10am.

2/7-3/16

St. Paul Lutheran Church

730 County Hwy PPP  
Sheboygan Falls

Register by calling the ADRC at 920-467-9042

Free with option to purchase \$5 book

Attendees will receive a free fitness tracker!

Arthritis Foundation **Certified.**  
Doctor **Recommended.**





**Who is eligible for the Senior Dining program?**

You must be 60 years of age or more or be disabled or the spouse or domestic partner and residing with someone who qualifies. There are no income restrictions.

**How do I make reservations?**

Contact the specific dining site by 10am the weekday prior to the day you wish to attend. You may also reserve for your chosen dates for a week or month at a time.

**I can't get out to pick up a meal. Can my neighbor get it for me?**  
Yes. Anyone can pick up your meals.

**Is there a minimum number of times I must receive a meal every week?** No. Diners can choose to participate as suits them. Some diners have an every day standing reservation while others choose based on the menu or their schedules.

**What is the cost?** The suggested contribution is \$4.00 per meal. All donations are confidential. Individuals who are unable to pay will not be turned away.

**Must I register?** Yes, you must complete a registration biannually. These can be completed over the phone in just a few minutes. All information is kept confidential.

**How do I find the Senior Dining menu?** Menus are in every issue of ADRC Connection and available at each Senior Dining location and distributed to outlets throughout the county. You may also request a menu via email by calling any dining site or the ADRC at 920-467-4100.

**Must I live in the city where I get a meal?** No you can reside anywhere and be our guest.



**What does "curbside" mean?** We package everything individually and all you have to do is drive up between 11:30 and noon and we will bring your lunch(es) out to you. That's all there is to it.

Yes, we do liver. See our menu on last page for details.

# Curbside Dining

Adell 994-9934, Sheboygan 207-2522, Howards Grove 467-9042

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Closed</p> 	<p>4 Spaghetti &amp; Meat Sauce Italian Blend Vegetables Garden Salad Dressing Bread Stick</p>	<p>5 Cheeseburger German Potato Salad Baked Beans Coleslaw Mandarin Orange Fluff</p>	<p>6 Turkey Bake Mixed Vegetables Spiced Apples Apricots Chocolate Rice Krispy Bar</p>	<p>7 Beef Barley Soup Ham and Cheese Sandwich Tossed Salad Dressing Pears Blueberry Oatmeal Bar</p>
<p>10 Hot Beef Sandwich Mashed Potatoes Diced Beets Orange Cookie</p>	<p>11 Open Faced Tur- key Sandwich Mashed Potatoes/ Gravy Squash Cranberry Sauce Cinnamon Roll</p>	<p>12 Tator Tot Casserole Butter Corn Orange Wheat Bread Pudding</p>	<p>13 Swiss Steak or Liver Mashed Potatoes Carrot Coins Wheat Bread Fruit Salad Apple Crisp</p>	<p>14 Meatball Sub with Cheese and Mari- nara Sauce Broccoli Pasta Sal- ad Pears Jell-O with Fruit</p>
<p>17 Closed</p> 	<p>18 Salisbury Steak Mashed Potatoes &amp; Gravy Vegetable Blend Garden Salad Dinner Roll Tapioca Pudding</p>	<p>19 Mac &amp; Cheese Smoked Sausage California Blend Veggies Pickled Beets Pears Dreamsicle Orange Cake</p>	<p>20 Baked Cod w/ Lemon Wild Rice Stewed Toma- toes Coleslaw Applesauce Lemon Bar</p>	<p>21 Chicken Dumpling Soup Garden Salad ½ Summer Sausage &amp; Cheese Sandwich Peaches Brownie</p>
<p>24 Baked Ham Scalloped Potatoes Creamed Corn Applesauce Muffin</p>	<p>25 Lasagna Tossed Salad (Romaine, Chick- peas &amp; Dressing) Cauliflower Bread Stick Pudding</p>	<p>26 Seasoned Chicken Mashed Potatoes/ Gravy Peas &amp; Carrots Dinner Roll/ Orange Chocolate Cake</p>	<p>27 Roast Pork Buttered Pota- toes Country Blend Veggies Pineapple Cookie</p>	<p>28 Chicken Alfredo Over Noodles Buttered Carrot Coins Apple/Fruit Salad French Bread</p>
<p>31 Beef Ravioli W/ Marinara Sauce Tossed Salad/ Dressing W/Spinach &amp; Cucumbers Bread Sticks Pears</p>	<p style="text-align: center;"><i>“Choose to be optimistic. It feels better.” – Dalai Lama</i></p> 			