

THE SENIOR SCENE

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We ♥ Our Volunteers



DID YOU KNOW?

97,881 SENIOR MEALS WERE SERVED IN 2020!

Our Meal Sites in Kewaunee and Manitowoc Counties certainly delivered last year and averaged 376 meals per day! This is 14,567 more meals than in 2019! Our volunteer force truly came through for us in 2020 and, as our needs continue to increase in 2021, we are looking for more drivers for our Home Delivered Meal Program! For more information on volunteering, please call our Volunteer Coordinator at (877) 416-7083 today!



Are You Moving? Would you like to subscribe?

If you are moving, would like to receive "The Senior Scene" via mail or e-mail or would like to be removed from the mailing, please contact, Jessica Manley at 1-877-416-7083.

ADRC Staff Listing

Cathy Ley,
ADRC Director

Wendy Hutterer,
Older Americans Act Supervisor

Melissa Konop,
**Information & Assistance
Supervisor**

Kim Novak,
Business Services Manager

Kim Loose,
Nutrition Program Coordinator

Ariel Yang,
Dementia Care Specialist

Ann Habeck,
**Disability Benefit Specialist (those
under 60 years old)**

Angie Pietroske,
Elder Benefit Specialist

Katrina Pratt,
**Information & Assistance
Specialist**

Vicki Jerovetz,
**Information & Assistance
Specialist**

Katie Deprey,
**Information & Assistance
Specialist**

Stephanie Madson,
**Information & Assistance
Specialist**

Lisa Van Remortel,
**Caregiver Specialist/
Administrative Support**

Jessica Manley
Administrative Support

Kim Kracht,
Administrative Support

Teri Schroeder,
Administrative Support

*Some staff work between our two
office locations, but all can be
reached by calling the ADRC at
1-877-416-7083.*

KEWAUNEE COUNTY DINING SITES

Closed until further notice

Algoma

Grandview Terrace
145 Grandview Ct
Closed

Dyckesville:

St. Louis Parish Center
E8726 County Line Rd
Closed

Casco:

Casco Housing
201 Wiesner Ave
Closed

Luxemburg:

St. John Lutheran Church
700 Heritage Rd
Closed

Kewaunee:

Kewaunee Senior Center-
Community Congregational Church
502 Center St
Closed

To see the menu, please visit our website-
www.adrcofthelakeshore.com



**There's a Powerful Tools for
Caregivers workshop starting
soon near you!**

The ADRC of the Lakeshore will be hosting a
VIRTUAL Powerful Tools for Caregivers program
and we would love to have you join us.

Class Dates:

April 15th, April 22nd, April 29th
May 6th, May 13th, May 20th

Time:

10:00am-11:30am

There is a suggested donation of \$10 per
participant to assist in defraying the cost of the
textbook and class materials.

Contact 1-877-416-7083 to find out more!



Caregiving is rewarding.

But it can be challenging too.

Caring for someone with an injury or
illness — such as dementia, cancer, heart
disease, Parkinson's disease, stroke or
others — can be physically, emotionally
and financially demanding.

Taking care of yourself is important.

Powerful Tools for Caregivers (PTC) can
show you the way!

**What is Powerful Tools for Caregivers?
And why should I take it?**

Powerful Tools focuses on **your** well-being. The class
meets once a week for six weeks and has been studied
and shown to help family caregivers:

- Reduce stress, guilt, anger, and depression and
improve emotional well-being
- Manage time, set goals, and solve problems
- Master caregiving transitions and be part of
decision-making
- Communicate effectively with the person needing
care, family members, doctors, and other helpers.
- Find and use community resources

MEDICARE A-D

VIRTUAL INFORMATIONAL SESSION

For anyone new to Medicare



Tuesday , April 13, 2021
3:00pm-4:00pm



**CALL TO RESERVE A SPOT AND
RECEIVE LOG IN INFORMATION**
920-683-4180 or 1-877-416-7083

Held through BlueJeans video conference program

Need Help with Medicare Costs?

If you have Medicare and you're facing challenges with paying for health care, you may be eligible for programs that can help you save money on medical and drug costs. People with limited income and resources may qualify for Medicaid—a joint federal and state program that helps with medical costs.

Even if you don't qualify for Medicaid, Medicare Savings Programs may be able to help you pay your Medicare premiums and other costs. If your income is \$1,449 or less for an individual, or \$1,959 for a couple, and your resources are under \$7,970 for an individual or \$11,960 for a couple, you may already be eligible for one of these programs.

If you qualify for Medicaid or one of the Medicare Savings Programs, you'll automatically get Extra Help paying for your prescription drugs. Extra Help is a Medicare program that helps people with limited income and resources pay Medicare prescription drug costs, like premiums, deductibles and coinsurance.

If you don't automatically qualify for Extra Help, you may still be eligible if your income is \$1,610 or less for an individual, or \$2,177 for a couple, and your resources are under \$13,290 for an individual and \$26,520 for a couple. You can apply online for Extra Help with Social Security Administration at www.ssa.gov or by calling: **1-800-772-1213** (TTY **1-800-325-0778**).

Another program that can help with your prescription drug costs is SeniorCare, Wisconsin's prescription drug assistance program. This program is available to Wisconsin residents who are 65 years of age or older and are a U.S. citizen or have qualifying immigrant status. Your annual income determines your level of coverage in this program. For more information or to access an application online, go to: www.dhs.wisconsin.gov/seniorcare or call: **1-800-657-2038**. It's important to call or fill out an application if you think you could qualify for savings, even if your income or resources are higher than the amounts listed above. These amounts change yearly, and you may be eligible for another savings program depending on your situation.

To find out if you're eligible for savings through one of these programs or any other benefits, contact the Aging & Disability Resource Center of the Lakeshore at 877-416-7083.

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Community Assessment For the 2022-2024 Aging Plan Assessing Our Community for Positive Aging

Please help us determine how our community can be a great place to live and advance through our 60s and beyond. All suggestions and opinions are important and will be considered as we create a 3-year plan for aging programs. Thank you!

1. What are the characteristics/activities of age-friendly communities?
2. As a caregiver for a spouse, family member or friend, what resources do you think are most important for people to remain living independently in their home for as long as possible?
3. What obstacles or reasons reduce the likelihood that customer's will attend prevention programs?
4. What do you think are the main issues, problems, and challenges for adults 60 and over in our community?
5. What virtual or other resources and services would you find beneficial to reduce social isolation?

Please mail to: ADRC of the Lakeshore, 810 Lincoln St., Kewaunee, WI 54216

Nutrition Exchange

with Alyssa Weber, RDN, CD

The Nutrition Exchange allows readers to submit nutritional questions to be answered by a Registered Dietitian. Questions can be mailed to the Aging & Disability Resource Center of the Lakeshore, Attn: Nutrition Exchange at 1701 Michigan Avenue, Manitowoc, WI 54220. We request that you include your name when submitting a question. All names will be kept confidential.

Dear Alyssa,

I'm curious about probiotics. I have heard so much about them but don't know what they are and why they are good for me.

Sincerely,

MS. Are Probiotics For Me?

Dear Ms. Probiotic,

In your gastrointestinal (GI) tract there are millions of microorganisms, some of which are good, friendly bacteria called probiotics. They help to improve the health of your GI tract. You may have also heard about prebiotics. Prebiotics are non-digestible components of food that serve as food for probiotics, allowing them to flourish in your gut.

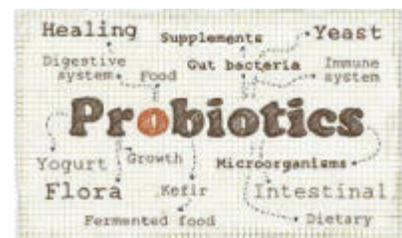
There are many benefits to having a healthy population of probiotics and prebiotics in your gut:

1. Boost the immune system.
2. Prevent infections.
3. Improve digestion and the body's ability to absorb the nutrients in food.
4. Help to manage gastrointestinal diseases such as Crohn's disease, colitis, irritable bowel syndrome, diarrhea, and even prevent colon cancer.
5. Help control blood sugar levels.
6. Prevent and manage some allergies.
7. Manage eczema.
8. Alleviate constipation.

Some medications (such as antibiotics), health conditions, and an unhealthy diet can destroy the beneficial bacteria in your gut, allowing unhealthy bacteria to flourish which negatively affects the health of your GI tract. It is important to maintain the level of beneficial bacteria in our bodies by consuming probiotics and prebiotics on a daily basis. It is especially important to include them in our diets while taking antibiotics.

Where can one find probiotics and prebiotics?

1. Probiotic Dietary Sources: yogurt with active cultures, Kefir,
2. fermented vegetables (ex. sauerkraut), Kombucha tea,
4. fermented soy foods (tempeh, miso), buttermilk.
2. Prebiotic Dietary Sources: garlic, onions, leeks, asparagus, bananas, berries, chicory root, wheat, barley, rye, oats, flax, honey, legumes, leafy greens.
3. Probiotic Supplements: look for a supplement with several probiotic strains and a count of at least 3 billion.



Source: nutrition411.com

LAKESHORE COMMUNITY PANTRY

PO BOX 104, KEWAUNEE, WI 54216

NEW DRIVE UP SERVICE KEWAUNEE COUNTY RESIDENTS ONLY

WE ARE HAPPY TO ANNOUNCE A NEW DRIVE UP SERVICE FOR PEOPLE WITH MOBILITY ISSUES

WHEN: EVERY WEDNESDAY FROM 2:00PM TO 3:00PM

WHERE: HOLY ROSARY CHURCH LOWER PARKING LOT, 521 JUNEAU ST, KEWAUNEE, WI 54216

ELIGIBILITY: KEWAUNEE COUNTY RESIDENTS WITH MOBILITY ISSUES AND A NEED FOR FOOD

BRING: A LARGE BOX OR LAUNDRY BASKET FOR YOUR GROCERIES

PROCEDURE: DRIVE UP TO THE FRONT DOOR OF THE PANTRY AND A VOLUNTEER WILL GIVE YOU A GROCERY REQUEST LIST AND A ONE TIME REGISTRATION FORM TO FILL OUT IF THIS IS THE FIRST TIME YOU HAVE VISITED OUR PANTRY. YOU WILL THEN BE DIRECTED WHERE TO PARK AND A VOLUNTEER WILL COLLECT YOUR FORM AND YOUR BOX WHEN YOU ARE READY. AFTER YOUR ORDER IS FILLED A VOLUNTEER WILL BRING YOUR BOX TO YOUR CAR AND LOAD IT. YOU WILL NOT NEED TO GET OUT OF YOUR CAR. YOU WILL ALSO BE GIVEN A BLANK GROCERY LIST TO USE ON YOUR NEXT VISIT.

CLOSINGS: WE ARE CLOSED IF KEWAUNEE SCHOOLS ARE CLOSED FOR WEATHER OR IT IS A HOLIDAY.

MORE INFORMATION: CALL 920-366-7620

NORMAL NON-DRIVE UP OPERATING HOURS: 1:00–3:00 PM WEDNESDAYS

A HEALTHIER YOU



Kewaunee Health and Fitness, 160 Terraqua Dr., is sponsoring a **FREE** program once a month from 10:20-11:00 am as part of a Healthy Lifestyle:

Due to COVID 19 all scheduled presentations have been cancelled for the time being.

****Please contact Kewaunee Health and Fitness to confirm these programs will occur if CO-VID 19 State guidelines change**

Kewaunee Health and Fitness also offers a free *Mind and Body* class to anyone who would like to participate. It is similar to the Silver Sneakers, but less vigorous. **We also provide the transportation to all Kewaunee City residents to this class.** If you would like to participate and need transportation, let us know. We will help. Please call the Kewaunee Health and Fitness with questions you may have. We are here for you. (920) 388-4961.

Gentle Yoga: Monday thru Friday - 8:15 am

Mind and Body Class: Cancelled due to COVID 19

Silver Sneakers: Tuesday and Thursday 9:30 am - 10:15 am

Silver Sneakers Chair Yoga: Friday 9:30 am - 10 am

Water Therapy: Monday, Wednesday, Friday - 9 am

Algoma Community Wellness Center

Please contact Algoma Community Wellness Center for confirmation on dates, times and programs available at 920-487-7001 ext. 4000 as changes may have occurred due to CO-VID 19. The Center is asking members to fill out a Google form before returning to the center.

Blood Pressure Screening:

Checked by Nurse Kari to assess risk factors dealing with your health. Be equipped with an action plan to decrease your risk of heart disease or stroke.



Virtual Chair Yoga:

Complete chair based exercises guided by a virtual instructor. Increase strength, power, flexibility, balance, and decrease depression, body fat, and pain.

Wellness Monday With Zach

Get up and get moving! Join Zach with a variation of bands, balls, and dumbbells. Switching between standing and seated chair exercises, this class is a great way to start the day! (Chair Based Exercise Class)

Joyous Joints Hip & Knee:

Are you considering or have had a joint/hip replacement? Do you want to improve your joint's flexibility and keep your muscles strong? Continue doing the activities you love while experiencing less pain with Door County Medical Center.

On-Site Nurse Services:

Provided by Door County Medical. Utilize these FREE services for nutritional/health advice, blood pressure checks, etc.

Gentle Plus Exercise Class & Water Aerobics

Since COVID is still a concern in our county we have not reopened our classes. However we are in the process of figuring out a way to safely reopen. Stay tuned and stay healthy.

Diane Dorner 920-609-2765

COVID-19 VACCINE

Patients 65 and older are eligible to get the COVID-19 vaccine. We are distributing the vaccine based on recommendations from the state and the Center for Disease Control in a phased approach. Eligible persons can contact the Kewaunee County Public Health Department at 920-388-7160 to have their name put on our waiting list. As vaccine becomes available our office will contact you to schedule an appointment.

There are several COVID-19 vaccines in the news. Which ones are being distributed?

The U.S. Food and Drug Administration has approved emergency use authorization for two COVID-19 vaccines. Pfizer has been approved for people age 16 and older and Moderna is approved for people age 18 and older.

Will there be enough vaccine for everyone?

The vaccine supply is limited, so everyone cannot get vaccinated right away. We are following CDC and government recommendations and prioritizing our most vulnerable populations. The federal government has invested in vaccine manufacturers in order to continually increase supply of the vaccine. The goal is for everyone to be able to easily get a COVID-19 vaccine as soon as large quantities are available.

How much will the vaccine cost?

Government funds will be used to give the vaccine at no cost to the public from the Kewaunee County Public Health Department.

Will the vaccine prevent COVID-19?

Trials showed the Pfizer vaccine is 95% effective and Moderna vaccine is 94% effective in preventing COVID-19.

Is it “OK” to get other vaccines at the same time as the COVID-19 vaccine?

If you are getting another vaccine, such as shingles, influenza or pneumonia, a minimum of 14 days before or after you get the COVID-19 vaccine is required.

Should I get vaccinated if I already had COVID-19?

It is recommended that people who have had COVID-19 get the vaccine, but we require a 90 day waiting period from the date you first tested positive to the date you get vaccinated. Currently, evidence suggests reinfection is uncommon during that time period.

What can I expect when I get the COVID-19 vaccine?

Getting the COVID-19 vaccine is similar to getting any other vaccine. The Pfizer vaccine requires two shots given 21 days apart and the Moderna vaccine requires two shots given 28 days apart.

It is important to get both doses to get full protection and you must get two doses of the same vaccine.

Are there side effects from getting the vaccine?

The most commonly reported side effects include pain at the injection site, tiredness, headache, muscle pain, chills, joint pain and fever. **Side effects such as these often indicate a person’s immune system is responding appropriately to the vaccine.**

Will I still need to wear a mask and socially distance after getting vaccinated?

Yes, wearing masks, social distancing and washing your hands will continue to be important even after you are vaccinated. It will take time to immunize enough of the population to stop the virus from spreading, so we will need to continue these safe practices for some time.



ADRC of the Lakeshore 2022-2024 Aging Plan

Aging Plans are a requirement of each Aging and Disability Resource Center. Every three years a new plan is developed. We are in our current planning year. The deadline for our 2022-2024 Aging Plan will be October of 2021. Each plan includes goals based on the needs of the community in our service areas which include: Information and Assistance, Disability Benefits, Elderly Benefits, Caregiver Needs, Dementia Services, Nutrition, Transportation, and Prevention Programs. Please follow our Facebook Page, visit our website, listen for us on WOMT and WCUB during the Breakfast Club and Be Our Guest, and watch the local newspapers for opportunities to voice suggestions regarding the needs of the 60 and over population in your community.



Get the facts, NOT the flu!

MYTH Getting the flu is no big deal.

FACT **IT IS A BIG DEAL!** The flu can make you very sick — especially if you are older — in some cases causing hospitalization and even death.

MYTH Flu shots can GIVE you the flu or COVID.

FACT **NOPE!** You cannot get the flu or COVID from getting the flu shot. Even after you get your flu shot, it's important to wear a mask, wash your hands often and stay 6 feet apart to protect yourself and others.

MYTH I'm healthy. I don't need a flu shot.

FACT **FALSE!** Even healthy people can get the flu and suffer major health effects.

Where are flu shots are available?

Call 877-416-7083 or 920-683-4180 for more information or check out our listing online at www.adrcofthelakeshore.org.



Visit Our Website: www.adrcofthelakeshore.com | 9

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PROTECT your personal information

DETECT suspected fraud, abuse, or errors

REPORT suspicious claims or activities

Toll-free Helpline:
888-818-2611
Email: smp-wi@gwaar.org
gwaar.org/senior-medicare-patrol
 [WisconsinSeniorMedicarePatrol](https://www.facebook.com/WisconsinSeniorMedicarePatrol)

Wisconsin SMP
Empowering Seniors To Prevent Healthcare Fraud

This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

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RELAX AND FEEL RE-ENERGIZED THIS SPRING!

April is National Stress Awareness Month

Stress is a part of all of our lives. A little bit keeps us on our toes and can help us perform to the best of our abilities. But caregivers often have more stress than is manageable and that stress can be overwhelming and cause health concerns. We've all heard of the benefits of reducing stress to improve our health and "add years to our lives". We know we "should" do it, but how can we realistically manage stress with our busy lifestyles?

There are many ways to reduce and manage stress in your life. Taking time for yourself not only will help you but will also benefit those around you by giving you more energy and patience to deal with all that life throws your way.

The following lists just a few examples of what you can do when you feel stressed. Many take little time and can easily fit into your daily routine.

Breathe deeply

When stressed, our breathing often becomes shallow. Make a conscious effort to deepen your breaths by "breathing with your belly." Place your hands on your stomach and make them rise and fall with each breath.

As you exhale, imagine that you are pushing out all your frustration.

Listen to soothing music

Check your local library for CDs of classical, instrumental or relaxation music. Play music softly in the background while you go about your daily routine or set aside time to just listen to the music.

Have a massage or a back rub

A massage is a fantastic way to have the stress rubbed right out of you.

Maintain a healthy diet

Lots of fruits, veggies and whole grains give us energy and keep our body fueled. Limit caffeine, sugar and junk food as these can increase our feelings of stress and leave us feeling "wired".

Write down your thoughts

You don't need a fancy journal; just a notebook to write out your thoughts at the end of each day can do wonders to release negativity and anxiety.

Get regular exercise

Exercise can help clear your mind and work off feelings of frustration and anxiety. Something as simple as a daily

walk can leave you feeling more energetic. Try something new like yoga or Tai Chi. Find a local class or check out a DVD at your local library to use at home.

Stay connected

Stay in touch with your friends and family and let them know what's going on. Ask them for help in giving care. Look for help in your community. Community services include meal delivery, transportation, and supportive home care. To find out about all the helpful services in your area, call ***Your Contact Info Here***

Soak in a warm bath

Add some relaxing bath salts to the warm water to relax your mind and body. See the following recipe.

Enjoy a hobby

Take time for something you really love to do. Whether it's knitting, baking or line dancing, take the time to do it.

Take care of yourself to stay well. Often, we don't realize that we are becoming stressed until we are already there. Relaxing needn't be complicated or expensive, and it shouldn't disrupt your daily routine. Instead, incorporate these tips into your lifestyle and enjoy a healthier, happier day!

To connect with the Caregiver Support Coordinator in your area call the Aging & Disability Resource Center of the Lakeshore at 1-877-416-7083.

*ADRC of Central Wisconsin
Some information adapted from
www.protectedtomorrows.com*

RELAXING BATH SALTS

½ Cup Salt
1Tbsp Baking soda
1Tbsp Borax
1/8 tsp Lavender essential oil
1/8 tsp Geranium essential oil

Mix dry ingredients together, then add essential oils. You can mix in a bowl or put salt in a plastic, self-sealing bag, add essential oils, then tightly seal the bag. Toss bag around to distribute oils. Use about ¼ cup per bath.

<http://www.astray.com/recipes/?show=Relaxing%20bath%20salts>



DEMENTIA 201

A virtual educational series on the topic of Dementia. Dementia is currently the sixth leading cause of death in the United States, with Alzheimer's being the most common cause of dementia among older adults. This disease is often difficult to understand and is a sensitive topic to discuss. In Dementia 101, we discussed the basics of Dementia. In Dementia 201, we will discuss how caregivers can handle different behaviors and symptoms of dementia. You are encouraged to join us for Dementia 201 even if you did not attend Dementia 101.

When: April 6, 2021 | 1 - 2PM

This presentation is free and will be held virtually through an app called BlueJeans. Please call the Aging and Disability Resource Center of the Lakeshore at 1-877-416-7083 for dates and more information.



Who is Teepa Snow?

Teepa Snow is a world renowned and sought after Dementia Care and Education Specialist.

Teepa is an occupational therapist by training, but uses her education at Duke University, work experience, medical research and first hand caregiving experiences to support her dementia care philosophy.

The Positive Approach to Care Team is lead by the teachings and guided by Teepa Snow. They stand in her mission to change the culture of dementia care and decrease the stigma around dementia with positive, affordable and educational training.

"My personal mission is to better the lives of people with dementia and their caregivers-by sharing what I have learned."
Teepa Snow

The ADRC of the Lakeshore Lending Library has added the following series of Teepa Snow - PAC educational DVD videos:

- The Journey of Dementia
- In-Home Dementia Care: Tips and Techniques
- The Art of Caregiving
- Challenging Behaviors in Dementia Care: Recognizing and Meeting Unmet Needs
- Improving Communications in Dementia Care
- It's All in Your Approach
- Progression of Dementia: Seeing GEMS-Not Just Loss
- Understanding Vascular Dementia
- Understanding Frontotemporal Dementia
- Lewy Body Dementia: What Everyone Needs to Know
- Practical Tips for Better Living with Parkinson's Disease

Contact your Family Caregiving Program Specialist at 1-877-416-2718 to start the lending process.



I would like to make a contribution to the Aging & Disability Resource Center and Older Americans Act program.

I have included a donation in the amount of \$_____.

(Checks please, not cash, payable to Aging & Disability Resource Center. Receipt sent upon request.)

Please designate this donation in Memory or Honor of: _____

I give permission to acknowledge my donation in the "Thank You" column of "The Senior Scene" publication: Yes _____ No _____

Name _____

Address _____

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Please mail to: ADRC of the Lakeshore, 810 Lincoln St., Kewaunee, WI 54216



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DANISH VILLA: (920) 863-6643 or ALLEGIANT MANAGEMENT: 1-888-393-3282



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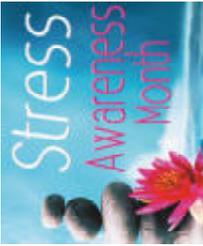
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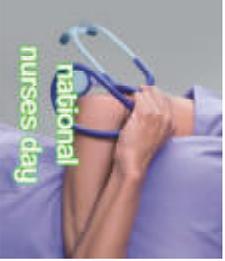
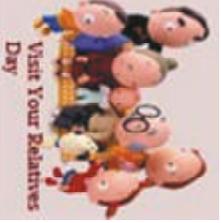
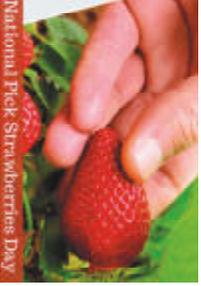
Jeff Parkinson to place an ad today!
jparkinson@4LPi.com or (800) 950-9952 x5887



April 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						3
	5	Dementia 201 Virtual - 1-2 pm	7 ADRC of Lakeshore VCSG 1:15-2:45pm	8	9	10 Ruby's Pantry - Luxemburg 8:30 am
11	12	Medicare A-D Virtual Presentation 3 - 4pm	14	Happy Tax Day 	16	17
18	19	APRIL 20 VOLUNTEER RECOGNITION DAY 	21	22 	23	24
25 	26	Volunteer Appreciation Luncheon Luxemburg- 12-1pm	28	29	30	Key for abbreviations: <u>VCSG</u> := Virtual Care- givers Support Group

May 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Key for abbreviations: VCSG = Virtual Caregivers Support Group		 National High Blood Pressure Education Month	 MAY OLDER AMERICANS MONTH			
2	 National Chocolate Custard Day	4	5	 national nurses day		7 Ruby's Panty Luxemburg 8:30 am
9  Happy Nurses Day	10	11	12 ADRC of Lakeshore VCSG- 1:15-2:45pm	13	14  Dance Like a Chicken Day	8 15
16	17	18  Visit Your Relatives Day	19	20  National Pick Strawberries Day	21	22
23	24	25	26	27	28  NATIONAL HAMBURGER DAY	29
30	 CLOSED FOR MEMORIAL DAY					

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April / May Events

Ruby's PANTRY

LUXEMBURG, WI POP-UP PANTRY

St. John Lutheran Church
700 Heritage Road,
Luxemburg

\$20 Cash Donation

April 10 May 8
(2nd Saturday of each month)

9:00 - 10:30 am
(or until food is gone)
Doors open at 8:30 am

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Qualifies! No Income or
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available. Proceeds go to the
Algoma Public Library

Save the Date !

The Aging and Disability
Resource Center of the
Lakeshore

Volunteer Appreciation
luncheon will be
12:00- 1:00pm,
held on

Tuesday, April 27, 2021

**This event will be invite only*



Volunteer Ombudsman Program- Volunteer advocates are needed in Long Term Care Facilities.

The State of Wisconsin Board on Aging and Long-Term Care is recruiting individuals willing to be a Volunteer Ombudsmen at a skilled nursing facility in Manitowoc/Kewaunee or surrounding area. The main criterion is an interest in making a difference in the life of the residents receiving long term care.

Volunteer Ombudsmen represent the State of Wisconsin Board on Aging and Long-Term Care, and work in partnership with the state's Regional Ombudsman to provide advocacy services to residents living in local nursing homes. Volunteers will be screened and trained then assigned to a single facility in their community. Volunteers are supported by the Volunteer Coordinator in that region, and receive ongoing assistance, training, and guidance to ensure residents' rights are upheld.

Please consider giving your time to become a volunteer in this important volunteer program. For more information, please call Kim Verstegen at 920-366-4201 or 1.800.815.0015 or by e-mail at kim.verstegen@wisconsin.gov today!

Thank you,
Kim Verstegen
Kim.verstegen@wisconsin.gov



Coordinator Volunteer Ombudsman Program
Board on Aging and Long-Term Care

From the desk of Tracy Nollenberg, WCEM
Kewaunee County Emergency Management Director

Severe Weather Awareness

Each spring, we encourage our residents to be prepared for Severe Weather in Kewaunee County. Every year in April, our office participates in the Severe Weather Awareness Week Campaign. This year it runs April 12 - 16, 2021. With Severe Weather it is always a good time to check your home and travel preparedness kits. Swap out any canned food or water for fresher items, put fresh batteries in your radio, swap out the winter clothing items to include summer gear (ie: work gloves, rain boots). If not signed up to receive emergency notifications from Kewaunee County (which include Tornado Warnings), do so at: www.kewauneeeco.org and look for the "Stay Informed" icon. This year the State Wide Tornado Drill will be held on Thursday April 15, 2021. There will be two drill times, one being at 1:45pm and the other being at 6:45pm. The evening drill provides students and their families with a great opportunity to practice severe weather safety plans at home. You should hear the outdoor warning sirens going if you are outdoors at that time. You may get a text message or phone call from the Mass Emergency Notification System that our office uses at one of those times. In the event of severe weather anywhere in Wisconsin on Thursday, the stateside drills will be postponed until Friday, April 16.



Legal Information Available to Seniors

Seniors aged 60 or older who are residents of Kewaunee County and want to consult with an attorney to help them sort out legal issues may make an appointment with the volunteer attorney at the Aging & Disability Resource Center of the Lakeshore in Kewaunee. This service is scheduled for **May 24, 2021** from 9:00 a.m. until 11:00 a.m. To make a phone appointment, contact the Aging & Disability Resource Center toll-free at 1-877-416-7083. Appointments are available on a first come first served basis.

Seniors may request a one-half hour appointment with the attorney. During this time, they can explain their problem, go over any paperwork that they have related to the problem and ask questions about what the options are or where they can get more help. The attorney will meet with individuals confidentially and discuss the situation. **The attorney will not become "YOUR" lawyer nor will they be "representing" the person.** Rather the attorney will listen to the individual's concerns, ask relevant questions and then advise as to whether the problem can be addressed by some other individual, whether they need to see a lawyer in private practice or whether this is something the person can handle on their own.

The Aging & Disability Resource Center of the Lakeshore's Benefit Specialist Program, in cooperation with local attorneys who are members of the Wisconsin Bar Association and the Elder Law Center of the Greater Wisconsin Agency on Aging Resources, Inc. are sponsors of the *Kewaunee County Elderly Pro Bono* Project. The attorneys from the Bar Association generously donate one-half day to talk with county elders about their legal problems.

Algoma Public Library

As of time of printing, the Algoma Library is open to the public Monday, Wednesday and Friday, 10am - 5pm with restrictions. Curbside pickup will also be available by appointment, Tuesdays and Thursdays, 12 - 6pm. This may change at any time. For more information on programs please call 920-487-2295.

Library Opening Late– Thursday, April 22nd at 2pm.

Library Closed– Closed Monday May 31st for Memorial Day

Note all programs are virtual unless they are grab & go kits, there are NO in person programs at this time

Weekly Events:

Write it Wednesday- Wednesdays. Have you loved writing but find yourself lacking inspiration?

Coffee & Conversation-

Thursdays at 9am. Join Braelyn every Thursday at 9am a live stream on Facebook.

April & May

Bird Watching Kit-

Wednesday, April 1st. A kit for the Birds!

DIY Earring Grab & Go Kits-

Wednesday, April 7th.

Books: Tips and Tricks from Librarians (Live Stream)-

Wednesday, April 7th at 6pm. Facebook Live

Books and Brews Book Club

Thurs., April 8th & Thurs., May 13th at 5:30pm. This is via Zoom.

Cooking with Katie-Sat., April 10th & Sat. May 8th at 11am.

Join Katie virtually in her kitchen and learn a new recipe!

Ask a Librarian (Live Stream)-

Friday, April 16th at 12pm. April 16th is National Librarian Day!

DIY Bird Feeder Grab & Go

Kits-Wednesday, April 21st. Spring is almost here!

Digital Escape Room (Family

Friendly)-Monday, April 19th

It's National Poetry Month!

May Day Grab & Go Kit-

Monday, May 3rd.

Zen Garden Grab & Go Kit

Wednesday, May 5th. May is Health Awareness month!

Family History Grab & Go Kit

Wednesday, May 19th. May 15th was World Family History Day.

Slide Into Summer Digital

Escape Room-Monday, May 23rd.

Kewaunee Public Library

Taste Tester's Cookbook Club Virtual

On Facebook with a demo & a recipe to share.

Tues., April 6 at 12:00pm

Tues., May 4 at 12:00pm

Page Turners Book Club Virtual

By Zoom discussing a book we pick to read.

Tues., April 13 at 12:00pm

Tues., May 11 at 12:00pm

The Kewaunee Library is open

Monday and Friday 10am - 5pm
Tuesday, Wednesday, and Thursday 10am - 7pm
Saturday & Sunday - Closed

Any questions, please stop in or call
920-388-5015.

Friends of Kewaunee Public Library

Book Shoppe

1325 Ellis St, Kewaunee

Starting April 3, 2021

Saturdays 11:00am-3:00pm

Proceeds benefit Kewaunee Public Library.

* Mask Required *



At the time of printing, no other programs have been scheduled.



Grief Share



If you've lost a spouse, child, family member or friend, you've probably found that there are not many people who understand the deep hurt you feel.

That's the reason for Grief Share, a support group for people grieving the loss of someone close. This group is facilitated by people who understand what you are experiencing and want to offer you comfort and encouragement during this difficult time.

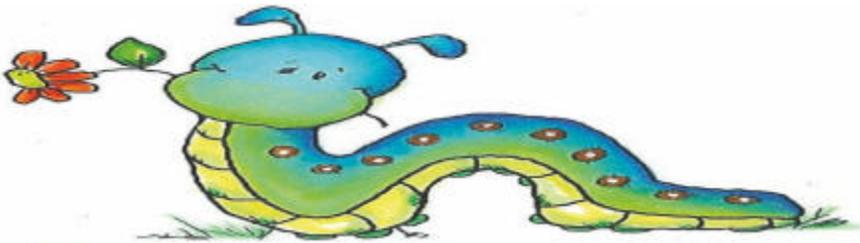
Each Grief Share session includes a video and group discussion. A Grief Share workbook (donation for cost appreciated) assists with note-taking, journaling and grief study. The videos feature top experts on grief and real-life stories of people who experienced losses like yours.

During the small group discussion time there is an opportunity to share (but not required, just come and listen) with others who have experienced a loss. All information shared stays confidential within the group as does the names of participants. Nervous to come alone? Feel free to bring someone with you. Any one is welcome to attend. Wearing of masks and social distancing will take place.

Where: St. John's Lutheran Church
700 Heritage Road
Luxemburg, WI 54217

When: A group will begin the week after Easter, dates and times to be determined. Let Norene know what works best for you.

Contact: Norene Geise at 920-609-2176 (leave a message) if you are interested or have questions about the program. Or you may call St. John's at 920-845-5250 (Leave a message)



Learning on the go:
Trualta's 5 minute
caregiving modules
can be opened on any
device - no app required!

Register Now! Call the ADRC of the
Lakeshore and ask to speak to your
Family Caregiving Program Specialist
at 1-877-416-7083.



Tablet Rental

The tablet rentals are available for any ADRC customer who does not own an electronic device allowing them to utilize our virtual services (i.e. support groups, trainings, etc.). There is a non-refundable fee of \$50.00 for a tablet rental period of 6 months. A 3-month extension can be requested and approved if no other client is on the waiting list for an additional \$30.00 non-refundable charge. Please call the ADRC of the Lakeshore at 1-877-416-7083 for more information.



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143 School Creek Trail | Luxemburg, WI 54217 | 920.845.5950



fax: 920.845.5960 | cell: 920.495.5950 | helpingheartslc@yahoo.com

Thrive
Locally



Support Groups

***At the time of printing, all in-person support groups have been cancelled. Please call our office to confirm when in-person support groups will be starting. It will be dependent upon CO-VID 19 State guidelines.*

Support Group Option for Caregivers

Are you a caregiver looking for support during this time? The ADRC of the Lakeshore is hosting a “Virtual Support Group” for caregivers on the 2nd Wednesday of each month from 1:15 pm - 2:45 pm. This support group will be for caregivers caring for someone age 60 or older. Caregivers will be able to join the support group using their computer or phone. For questions, to obtain the conference call number, or website address and passcode, please call Ariel Yang at the ADRC of the Lakeshore office at 1-877-416-7083.



alzheimer's association®

**Additional Alzheimer's Association
Teleconference/Webinar Family Caregiver
Support Groups:**

**Wisconsin Teleconference/webinar Support Group for
General Family Caregivers**

1st & 3rd Tuesdays, 5:30 pm - 7 pm

Family Caregivers for a Loved One w/Dementia

Living at a Facility:

Fridays, 10am-11:30am

Male Family Caregivers:

3rd Wednesday, 5:30-6:30pm

4th Thursday, 1-2:30pm

Family Caregivers for a Loved One with Dementia

in the Early Stages:

2nd Tuesday, 9:30-11am

4th Tuesday, 10-11:30am

Family Caregivers for a Loved One with

Frontotemporal Degeneration:

3rd Wednesday, 6-7:30pm

For Persons Living with Mild Cognitive Impairment

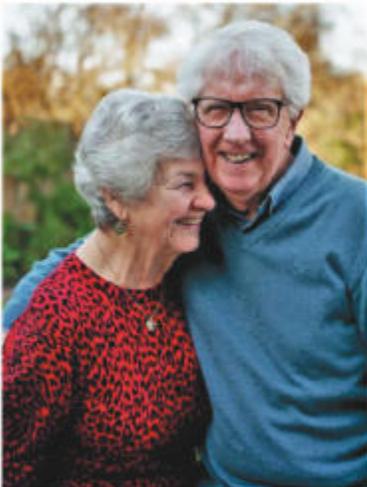
(MCI): 2nd Wednesday, 10:00– 11:30am

General Family Caregivers:

Every other Tuesday, 5:30-7:00pm

To attend any of our Support Groups, please verify your attendance by calling 800-272-3900. You will receive connection information after you register.

Got Dementia *on the Brain?*



Online presentations providing guidance and education for people with dementia and their caregivers

4th Wednesday of the Month*

From 1:00—2:30pm

All presentations are ONLINE with a call-in option

Communication Strategies

April 28th, 2021

Learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

Understanding and Responding to

Dementia Related Behavior

May 26th, 2021

Decode behavioral messages, identify common behavior triggers, and learn how to respond to some of the most common behavioral challenges of Alzheimer's.

Presentations are coordinated through a partnership between the Alzheimer's Association and the Aging and Disability Resource Center of Brown County.

*Exceptions in November and December due to the holiday season.



ADRC of the Lakeshore
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Info for Seniors

April – May 2021

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Number in Household	Gross Income: Limit (1 Month)
1	\$2,490.08
2	\$3,256.33
3	\$4,022.50
4	\$4,788.67

Energy Services is closed to the public. All applications are done either by phone appointment or online.

*To respond to immediate unmet needs spurred on by the COVID 19 Virus, including those who are now under or unemployed, income eligibility has been changed to include...

...Only the previous ONE MONTH gross income (See panel on left).