



*February*  
*febrero*

## *February 2021*

The Aging and Disability Resource Center of Door County offers a friendly, personal and timely approach to providing information, assistance and access to community resources.

The goal is to keep the citizens of the county active and engaged in their own well-being and with their communities.



916 N. 14th Avenue  
Sturgeon Bay, WI  
Phone: (920)746-2372  
Toll Free (855) 828-2372

Hours of Operation  
Monday - Friday  
8am -4:30p.m.

Email:  
[ADRC@co.door.wi.us](mailto:ADRC@co.door.wi.us)  
Website:  
<http://adrcdoorcounty.org>

# Welcome to your ADRC Newsletter

The “ADRC Newsletter” is a monthly publication of the Door County Community Center. Our goal is to keep you informed of issues and events that may be of interest to you as well as inform you of available resources in Door County.

You can access the “newsletter” online by going to the Door County Website at <http://www.co.door.wi.gov> or <http://adrcdoorcounty.org> and clicking on Department, Senior & Community Center and Newsletter. You can also find it under Quick Links on the right side of the page.

If you would like to have a newsletter sent to you via email, please contact us at [ADRC@co.door.wi.us](mailto:ADRC@co.door.wi.us) and you will be put on a list to receive one each month.



Please Like Us on Facebook  
ADRC of Door County-Door County  
Community Center

## Our Staff

Human Services Director ..... Joe Krebsbach  
Human Services Deputy Director.....Cori McFarlane  
ADRC/Aging Director ..... Jake Erickson  
Assistant ADRC Director .....Jennifer Fitzgerald  
Elderly Benefit Specialist .....Mary Bink  
Disability Benefit Specialist.....Vacant  
I & A Specialist ..... Jennifer Bender  
I & A Specialist .....Lisa VanAlstine  
I & A Specialist ..... Amber Plautz  
Projects & Accounts ..... Robin Mark  
Activities/Volunteer Coordinator ...Nicki Scharrig  
Office Assistant ..... Wendy Schubert  
Office Assistant ..... Barb Snow

### Nutrition Program

Chef ..... Arne Thompson  
Prep Cook ..... Robyn Joly  
Baker ..... Kathy Ash

### Meal Site Manager

Washington Island .....Nelvie Cauldwell  
Baileys Harbor/Brussels ..... Jamie Stephan  
Liberty Grove ..... Silver Umberham  
Contracted Dietician .....Teresa Mertens

### Transportation

Transportation Manager.....Pam Busch  
Bus Driver/Transportation ..... Bill Berg

## Services Offered:

- Information and Referral Assistance with Community Programs and Resources
- Long-Term Care Options Counseling
- Volunteer Opportunities
- Transportation
- Health and Wellness Activities
- Fitness Room and Group Exercises
- Home Delivered and Frozen Meals
- 5 County-Wide Nutrition Meal Sites
- Caregiver Assistance for Friends/Family
- Support Groups

## Our Disability and Elderly Benefit Specialists can help with the following:

- Medicaid and Medicare
- Food Share
- Social Security Disability and SSI
- Prescription Drug Options
- Insurance Issues
- Housing and Utility Concerns

# FEBRUARY GREETINGS

We want to hear from you!

Every three years, the Aging and Disability Resource Center (ADRC) of Door County is required by the State of Wisconsin to complete a strategic plan that serves as a platform to create, improve and expand services we provide our community. The living document is known as our “Three Year Aging Plan” and the new plan will cover years 2022-2024.

Our staff and advisory committee members all participate in the development of this plan, but most important is input and feedback from you.

Your response is important to us in determining how we are currently doing in serving our community, in identifying areas of program improvement and in coming up with creative ways to fill existing service gaps. It also allows an opportunity for those who are affected by or interested in an issue to be involved in decision-making.

Ultimately, our goal is to engage individuals and groups from the community to participate in the overall development of our new plan through providing information, asking for feedback and reaction, and collaboration to empower decision making and action.

After we are done collecting and gathering everyone’s feedback, we utilize what we have learned and heard to develop goals for the next three years (2022-2024). Typically, our goals are focused on improving and enhancing the following programmatic areas: in-home support services, family caregiver support, home delivered meals (Meals on Wheels), congregate dining sites, health promotion and prevention, advocacy and dementia support. However, the goals we establish for our next three year aging plan do not have to be exclusively limited to those previously mentioned program areas.

We strongly encourage you to “think outside the box” when sharing any ideas on what we, the ADRC of Door County, can do to help better support older adults, adults living with a disability and their families here in our community.

So, what’s the next step for someone who wants to get involved? We are currently working on a community-wide survey. I know what you might be thinking, “Not another survey!” I promise our survey will be short and sweet.

There will also be a question towards the end of the survey asking you to share with us your name and phone number if you are interested in participating in a small group discussion or a one-on-one follow up phone call. The small group discussions and one-on-one follow ups will also provide you with a greater opportunity to discuss the main issues and challenges older adults and adults living with a disability face living here in Door County.

Please continue to check our ADRC Facebook page, future monthly newsletters and our website ([www.adrcdoorcounty.org](http://www.adrcdoorcounty.org)) for more information on how to get involved. If you have any questions, please do not hesitate to call us at (920)746-2372 with any questions.

We hope everyone is staying safe. You are not alone! Please remember we are still providing services, call us if you need any additional help or support.

# MONTHLY CAREGIVER SUPPORT GROUPS

FOR PERSONS WHO ARE PROVIDING CARE  
FOR A FAMILY MEMBER OR FRIEND

*You are not alone.*

## **Sturgeon Bay Chapter**

This group is currently on hold but please feel free to join one of the other groups Virtually

## **Northern Door Chapter**

Every Wednesday  
1:00 p.m. – 2:30 p.m.  
Join the group virtually  
For meeting access and how to log in please call The ADRC at 746-2372

## **Southern Door Chapter**

2nd & 4th Tuesday of the month  
1:00 pm. – 2:30 p.m.  
Please call the ADRC if interested  
In joining 746-2372

## **Washington Island Chapter**

This group is on hold but please feel free to join one of the other groups Virtually

Free of Charge Professional Facilitators  
Assistance with transportation and respite care available, upon request

**Our support groups are a safe and supportive place for family caregivers to share the joys and challenges of caregiving with others in similar circumstances.**

**Please mark your calendars to attend or share this information with a family caregiver who could benefit.**

**FOR MORE INFORMATION**

**CONTACT**

**The ADRC of Door County  
(920) 746-2372 Toll Free (855) 828-2372**

# DON'T OVERLOOK DEPRESSION

Do you feel sad, empty, and hopeless much of the day? Are you having trouble sleeping, eating, or functioning? Have you lost interest in things that you used to enjoy? These are all signs of depression, a medical illness that affects how you feel, the way you think and how you act.

Depression often goes undiagnosed and untreated as people tend to downplay the symptoms or blame them on other things. While it's normal to feel sad and have a lack of energy occasionally, these feelings shouldn't persist for more than a few days. Right now, with the cold darkness of winter and the pandemic raging, depression symptoms are on the rise. Depression is treatable and should not be overlooked as a possible cause of feeling sad and hopeless.

Symptoms of depression can vary from person to person, but anyone who has been experiencing five or more of the following symptoms for more than two weeks should contact their health care provider.

- Persistent sad, anxious, or "empty" mood
- Sleeping too much or too little
- Change in appetite resulting in weight gain or loss
- Loss of pleasure and interest in activities once enjoyed
- Irritability, restlessness
- Crying too often or too much
- Aches and pains that don't go away when treated
- Difficulty concentrating, remembering, or making decisions
- Fatigue or loss of energy
- Feeling guilty, hopeless, or worthless
- Thoughts of death or suicide

Caregivers in particular need to be aware of the risk of depression. According to a survey by the Family Caregiver Alliance, caregivers experience depression at twice the rate of the general population. The added responsibility and stress of caring for a loved one, especially during a pandemic, can have a negative impact on a caregiver's health if steps are not taken to stay healthy. If depression goes untreated it can lead to increased emotional and physical problems as well as affect your ability to care for your loved one.

If diagnosed with depression, treatment usually includes medication, counseling, or a combination of the two. You can also practice these coping mechanisms to relieve symptoms of depression.

- Communicate your feelings with friends, family, a support group, or mental health professional.
- Set limits – don't try to do more than you can handle. Ask for help.
- Take care of your body – eat well, get enough sleep, and exercise regularly
- Learn ways to manage stress and relax. Schedule time each day to do something for yourself.
- Maintain a good sense of humor. Find humor in daily events.

Knowing the symptoms of depression and understanding ways to reduce your risk of depression can help you stay healthy. Don't overlook the seriousness of depression. If you or someone you know exhibits the signs of depression, seek medical help. Life can be enjoyable!

For more information on depression or other caregiving or aging related issues, call The ADRC of Door County at 920-746-2372.

*Jane Mahoney  
Caregiver Support Specialist  
Greater Wisconsin Agency on Aging Resources*

# CAREGIVER FACEBOOK PAGE

If you are caregiving and need some extra support or resources, please join our new private Facebook group:

## **Door County Caregiver Connection**

<https://www.facebook.com/groups/DCcaregivers/>



This group will provide caregivers with information, resources, and tools to help support them at home as well as connect them with other caregivers who may be facing the same challenges. Please note: this group is not intended to be in place of the support groups we hold.

## *Let's Talk About Issues During Our Final Chapter*

Free Monthly Online Community Discussion  
First Wednesday of the month from 10AM – 11AM CST

<https://www.eventbrite.com/e/issues-during-our-final-chapter-a-free-monthly-discussion-tickets-135055696223>

Join others to share our concerns, get our questions answered, and to feel the support of our community as we come together each month.

This is a free online discussion open to all. Sponsored by Marggie Hatala, BSN, RN, Life Doula to share her expertise on these subjects and to lead a discussion between community members. This is intended to be an opportunity for *adult children, aging parents, those facing terminal disease, and many others* to share concerns and gain support from one another.

**Register with a free Eventbrite ticket. An online link is provided on the free ticket**

Questions or concerns contact Marggie Hatala  
Phone: 920-495-1566  
Email: [marggie.hatala@live.com](mailto:marggie.hatala@live.com)

# NEED A LIFT?



In Door County, transportation is a basic need. It is a hardship for older adults and people with disabilities who do not have access to safe, reliable, and affordable transportation. They may not be able to access medical care, groceries, or activities at the ADRC, which may isolate individuals and diminish their quality of life.

The ADRC bus and van are wheelchair accessible. The cost of a ride is \$2.00 per stop. The ride to and from the ADRC for the Noon meal is \$2 round trip.

**\*\*Rides are provided\*\***

8:15 am - 4:00 pm, Monday through Friday

To Schedule a Ride:  
Call (920) 746-6944

Questions/Information:  
Call (920) 746-5982



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# Signs of Elder Abuse

Elder abuse can include neglect, physical, emotional, financial, or sexual abuse. It is up to all of us to prevent and report suspected abuse. **Here are some signs of elder abuse that everyone should know.**



## Emotional & Behavioral Signs

- Unusual changes in behavior or sleep
- Fear or anxiety
- Isolation from friends and family
- Withdrawal from normal activities
- Sadness



## Physical Signs

- Broken bones, bruises, and welts
- Cuts, sores, or burns
- Torn, stained, or bloody underclothing
- Sexually transmitted diseases without clear explanation
- Dirtiness, poor nutrition, or dehydration
- Unusual weight loss or dehydration
- Missing daily living aids (glasses, walker, and medications)



## Financial Signs

- Unusual changes in a bank account or money management services
- Unusual or quick changes in a will or other financial documents
- Fake signatures on financial documents
- Unpaid bills

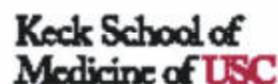
## Reporting Abuse

Programs such as Adult Protective Services (APS) and the Long-Term Care Ombudsmen are here to help. To find contact information for local reporting entities, contact the Eldercare Locator at **1-800-677-1116** ([eldercare.acl.gov](http://eldercare.acl.gov)).

**Talk with a trusted professional to help make a report or access more information:**

**Door County Adult Protective Services  
920-746-7155**

*In cases of urgent danger, call 911 or the local police or sheriff.*



This material was completed for the National Center on Elder Abuse situated at Keck School of Medicine at the University of Southern California, in partnership with the National Association of Area Agencies on Aging, and is supported in part by a grant (No. 90ABRC00101-02) from the Administration for Community Living, U.S. Department of Health and Human Services (HHS). Grantees carrying out projects under government sponsorship are encouraged to express freely their findings and conclusions. Therefore, points of view or opinions do not necessarily represent official ACL or HHS policy.

# SNOW REMOVAL SAFETY TIPS

## *By the GWAAR Legal Services Team*

As we approach this very long Wisconsin winter, it is important to remember some tips to keep you safe when shoveling or using a snowblower to remove snow. During winter, there is always a risk of slipping and falling on ice. It is especially dangerous when that ice is hidden underneath freshly-fallen snow. Shoveling heavy snow can also cause back, shoulder, knee and other orthopedic injuries.

Additionally, shoveling or pushing a snow blower, can cause a sudden increase in blood pressure and heart rate, and the cold air can cause constriction of the blood vessel and decrease oxygen to the heart. All these work together to increase the work of the heart and can trigger a potentially fatal heart attack.

### **Safety tips to help prevent falls & orthopedic injuries:**

See what you are shoveling/snow blowing. Make sure that your hat or scarf does not block your vision. Watch for ice patches and uneven surfaces. Avoid falls by wearing shoes or boots that have slip-resistant soles. Watch for black ice and ice under freshly-fallen snow, and “walk like a penguin” until you are sure that the surface where you are walking is not icy.

Use a shovel that is comfortable for your height and strength. Do not use a shovel that is too heavy or too long for you. Consider buying a shovel that is specially designed to prevent too much stooping. Space your hands on the tool grip to increase your leverage. Warm up your muscles. Shoveling can be a vigorous activity. Before you begin, warm up your muscles for 10 minutes with light exercise. When possible, push the snow instead of lifting it. If you must lift, take small amounts of snow, and lift it with your legs: Squat with your legs apart, knees bent and back straight. Lift by straightening your legs, without bending at the waist. Then walk to where you want to dump the snow; holding a shovelful of snow with your arms outstretched puts too much weight on your spine. Do not throw the snow over your shoulder or to the side. This requires a twisting motion that stresses your back.

### **Safety tips to help prevent heart attacks:**

Check with your doctor. Because this activity places high stress on the heart, speak with your physician first. If you have a medical condition or do not exercise regularly, consider hiring someone to remove the snow. Talk to your doctor about an aspirin regimen or ask your doctor about taking a low dose of aspirin before you shovel. Dress appropriately. Light, layered, water-repellent clothing provides both ventilation and insulation. It is also important to wear the appropriate head coverings, as well as mittens or gloves and thick, warm socks. Cover your mouth to help prevent breathing cold air. Take a break if you feel yourself getting too hot or too cold. Clear snow early and often. Begin when a light covering of snow is on the ground to avoid trying to clear packed, heavy snow. However, avoid shoveling immediately after you awaken as most heart attacks occur early in the morning when blood is more prone to clotting. Wait for at least 30 minutes and warm up your muscles before starting by walking for a few minutes or marching in place. Pace yourself. Take frequent breaks and replenish fluids to prevent dehydration. If you experience chest pain, shortness of breath or other signs of a heart attack, seek emergency care.

Do not eat a heavy meal before or soon after shoveling because blood gets diverted from the heart to the stomach and can put extra strain on the heart. Do not drink coffee or smoke for at least one hour before or one hour after shoveling or during breaks. These are stimulants and elevate your blood pressure and heart rate. Do not drink alcohol before or immediately after shoveling. Alcohol can increase a person's sensation of warmth and may cause you to underestimate the extra strain your body is under in the cold. Watch for warning signs of a heart attack: lightheadedness, dizziness, being short of breath, or if you have tightness or burning in chest, neck, arms or back. If you think you are having a heart attack, call 911.

### **Safety tips for using a snowblower:**

Never stick your hands or feet in the snow blower. If snow becomes too impacted, stop the engine and wait at least five seconds. Use a solid object to clear wet snow or debris from the chute. Beware of the recoil of the motor and blades after the machine has been turned off. Do not leave the snow blower unattended when it is running. Shut off the engine if you must walk away from the machine. Watch the snow blower cord. If you are operating an electric snow blower, be aware of where the power cord is at all times, so you do not trip and fall. Add fuel before starting the snow blower. Never add fuel when the engine is running or hot. Do not operate the machine in an enclosed area. Read the instruction manual. Prior to using a snow blower, read the instruction manual for specific safety hazards, unfamiliar features, and whenever attempting to repair or maintain the snow blower.

# Looking for Love?

## Avoid the Sweetheart Scam

*Everyone wants to feel connected and loved. Regardless of our age or how we meet new people, we should all feel safe while looking for someone special.*

The **Sweetheart Scam** is a scheme that can be perpetrated online or in-person. The person perpetrating the scam convinces someone that they are in love, using the emotion to bilk money from the unsuspecting person—oftentimes an isolated older person. Here are some individual and collective actions we can all take to help protect our financial interests and security.



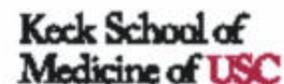
- ♥ **Understand** online matchmaking company privacy policies before creating a dating profile.
- ♥ **Educate and promote awareness** about romance scams so people can spot scams and report them.
- ♥ **Support financial protection agencies** that promote awareness around scams and help investigate these cases.
- ♥ If using a dating site, **check the credibility of your match**. Conduct a Google search to see if the information someone provides you lines up with what you can find online. A person without an online presence is a red flag.
- ♥ **Don't reveal too much personal information** in a dating profile or to someone you've only chatted with online.
- ♥ If someone asks for money or bank information – and usually money that must be wired or provided by a credit card – then beware. **Report** in-person romance scams to local law enforcement and Adult Protective Services [APS]. Report online scams to FBI's Internet Crime Complaint Center at [ic3.gov](https://www.ic3.gov) and the Federal Trade Commission Crime Complaint Center at [consumer.ftc.gov](https://www.consumer.ftc.gov).
- ♥ Are you getting serious and considering living together? Why not see a lawyer and **draw up a contract** regarding paying bills and other financial responsibilities in case you breakup. If they are serious about you, this step will not be a turn off.
- ♥ If a date or romantic partner harms you physically, emotionally, sexually, or financially, **contact the police** and file a complaint. This is domestic violence. Contact the National Domestic Violence Hotline at [1-800-799-SAFE \(7233\)](https://www.thehotline.org) and [thehotline.org/help](https://www.thehotline.org).

For additional resources and information, contact the National Center on Elder Abuse:

[ncea.acl.gov](https://ncea.acl.gov)



This fact sheet is based off a collaborative effort between the National Resource Center on LGBT Aging and the National Center on Elder Abuse situated at Keck School of Medicine of USC, and is supported in part by a grant [No. 90ABRC000101-02] from the Administration for Community Living, U.S. Department of Health and Human Services [HHS]. Grantees carrying out projects under government sponsorship are encouraged to express freely their findings and conclusions. Therefore, points of view or opinions do not necessarily represent official ACL or HHS policy.





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IJW-Madison Division of Extension's Life Span program presents the *Wise Wisconsin Winter Series*. Connect with others from around the state as you learn how to increase joy and satisfaction in your life during these cold, snowy winter months. Grab a hot beverage and join us! For more in-depth description of the session, visit:

<https://go.wisc.edu/b4z2s8>

# Wise Wisconsin WINTER SERIES

**February 3<sup>rd</sup> through March 10<sup>th</sup>, 2021**

Wednesdays at 9:00 a.m. on Zoom

**Register for the sessions you wish to attend at:**

<https://go.wisc.edu/8s973c>



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## Cultivating Optimism

February 3, 2021

Optimism can help us meet challenges with a positive mindset even in challenging times!

## Money by the Heart

February 24, 2021

Consider your values and emotions (and your partner's) in setting and reaching financial goals.

## Social Connections

February 10, 2021

Learn about yourself, those you love, and how to really connect with "your people."

## Retirement Refirement

March 3, 2021

Some people never retire. Think about this next phase of life as a refirement with new opportunities and purpose.

## Finding your Joy

February 17, 2021

Rediscover the keys to happiness that will inspire you to find joy and build resiliency in your everyday living.

## I'm Absolutely, Positively Aging!

March 10, 2021

Successful aging includes a healthy lifestyle, a positive attitude, valuing friendships, and so much more!



Contact Life Span Program Manager, Sara Richie at [sara.richie@wisc.edu](mailto:sara.richie@wisc.edu) with questions or for special accommodations.

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.

# TAX SEASON IS HERE!

The ADRC in partnership with the AARP tax preparation volunteers, are planning to assist folks with filing their taxes and homestead applications this year. And as with so many other things currently in our lives, due to the COVID-19 pandemic, taxes will be done differently than in past years.

The plan is to conduct tax returns by implementing a number of “No Contact” procedures. This will mean additional steps to ensure that everyone remains safe and healthy. On the day of your scheduled appointment please bring your tax documents to the ADRC, a tax preparer will make sure the correct documents are in order. You will then leave the documentation with a tax preparer who will then contact you when your taxes are complete so you can review and sign them.

**Please call the ADRC at 920-746-2372 to set up your tax appointment**

## WHAT I NEED FOR MY TAXES AND HOMESTEAD APPOINTMENT:

1. Social Security Card
2. Photo ID
3. If you rent, your Rent Certificate signed by your Landlord
4. Property Tax Bill if you own your home
5. Last years Tax Return

*It is extremely helpful for the tax preparers if you have last years tax return, so please bring that along if you have it.*

**IF YOU DON'T HAVE or forgot any of the first 4 items you will be asked to reschedule your appointment for the next available time.**

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For more information about the Family Care Program, contact your local Aging and Disability Resource Center (ADRC).

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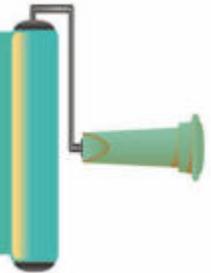
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	<b>MONDAY</b>		<b>TUESDAY</b>		<b>WEDNESDAY</b>
<b>1</b>	11:00 Zumba Gold (virtual)  ADRC @ Home kits of the week: Heartstring Art Crafts or Unfinished Wooden Happy Valentine's Day Garland	<b>2</b>	9:00 Strong Bodies (virtual)  11:30 Armchair Travel handouts/virtual links: Destination: Bahamas  2:00 Virtual Games: Groundhog Day Movie Trivia	<b>3</b>	11:00 Zumba Gold (virtual)  11:30 Brain Health Handouts
<b>8</b>	11:00 Zumba Gold (virtual)  ADRC @ Home kits of the week: Chinese New Year D.I.Y. Parasols or "I Love You" Keychains	<b>9</b>	9:00 Strong Bodies (virtual)  11:30 Armchair Travel handouts/virtual links: Destination: Bosnia  2:00 Virtual Games: Bingo	<b>10</b>	11:00 Zumba Gold (virtual)  11:30 Brain Health handouts
<b>15</b>	11:00 Zumba Gold (virtual)  ADRC @ Home kits of the week: Fleece Snowflake Scarf Kits or Mardi Gras 'Fleur De Lis' Wire Earrings	<b>16</b>	9:00 Strong Bodies (virtual)  11:30 Armchair Travel handouts/virtual links: Destination: Brazil  2:00 Virtual Games: Mardi Gras-Lightening Scavenger Hunt	<b>17</b>	11:00 Zumba Gold (virtual)  11:30 Brain Health Handouts  3:00 Join the Chickadee Club @ White Cedar Nature Center in Peninsula State Park
<b>22</b>	11:00 Zumba Gold (virtual)  ADRC @ Home kit of the week: D.I.Y. Unfinished Wooden Wind Chimes or Winter Charm Bracelets	<b>23</b>	9:00 Strong Bodies (virtual)  11:30 Armchair Travel handouts/virtual links: Destination: Canada  2:00 Virtual Games: Scattergories	<b>24</b>	11:00 Zumba Gold (virtual)  11:30 Brain Health handouts

	THURSDAY		FRIDAY
<b>4</b>	9:00 Strong Bodies (virtual)  11:00 Zumba Gold (virtual)  2:00 Door County Civility Project: Tool #5: Show Respect	<b>5</b>	11:00 Zumba Gold (virtual)  11:30 Friday Funnies handouts
<b>11</b>	9:00 Strong Bodies (virtual) 11:00 Zumba Gold (virtual) 11:30 Eat Well/Age Well Handouts 1:00 "Love Songs" with George Sawyn & Jeanne Kuhns (virtual) 2:00 Door County Civility Project: Tool #6: Be Agreeable	<b>12</b>	10:00 Ask the Exercise Physiologist  11:00 Zumba Gold (virtual)  11:30 Valentine's Day Celebration Goodies
<b>18</b>	9:00 Strong Bodies (virtual)  11:00 Zumba Gold (virtual)  2:00 Door County Civility Project: Tool #7: Apologize	<b>19</b>	11:00 Zumba Gold (virtual)  11:30 Friday Funnies handouts
<b>25</b>	9:00 Strong Bodies (virtual)  11:00 Zumba Gold (virtual)  2:00 Door County Civility Project: Tool #8: Give Constructive Criticism	<b>26</b>	10:00 Ask the Exercise Physiologist  11:00 Zumba Gold (virtual)  11:30 Friday Funnies handouts

# FEBRUARY 2021



### Virtual Events:

Call 920-746-2372 to pre-register and share your e-mail address to receive a link to join.

### ADRC @ Home Kits:

Call 920-746-2372 to request a kit and arrange a time for drive-thru pickup. Kits are limited & have a suggested donation amount.

**Please call 920-746-2372 to pre-register and if you have any questions about new programs or virtual opportunities.**

# WINTER OUTDOOR ACTIVITY

## National Bird Feeding Month

February is National Bird Feeding Month. If you feed them, they will come.



Mid-winter is a tough time for backyard birds. Snow often covers their food source, while at the same time food supplies are dwindling. A reliable high energy supply of



bird seed is essential, to provide the energy your backyard birds need to survive the long lasting extreme cold in February. About one third of the U.S. adult population feeds wild birds in their backyards. The percentage is much higher for seniors. National Bird Feeding Month is supported and promoted by many national and local bird support groups. It is easy to participate in National Bird

Feeding Month. If you haven't hung up your bird feeder yet, what are you waiting for? If you don't have a bird feeder, what are you waiting for? Purchase a feeder and bird seed. Then, hang it up today. Your backyard birds will entertain and reward you, as they feed from your feeder. Call 920-746-7153 to pre-register for an opportunity to join the Chickadee Club and hand feed Black-Capped Chickadee's at the White Cedar Nature Center in Peninsula State Park.



### Bird Reference Chart

#### **Bird:**

Baltimore Oriole  
Black Capped Chickadee  
Blue Jay  
Brown-Headed Cowbird  
Cardinal  
Dark-Eyed Junco  
Goldfinch  
House Finch  
House Sparrow  
Hummingbirds  
Mourning Dove  
Northern Mockingbird  
Purple Finch  
Red-Winged Blackbird  
Rose Breasted Grosbeak  
Sparrow - (House, Song, Tree, White-Throated)  
Starling  
Woodpecker - (Downy, Hairy)

#### **Seeds/Fruit:**

Nectar, oranges, apples, berries, peanut butter  
Safflower, Sunflower seed, Suet  
Acorns, peanuts, Sunflower seed  
Millet  
Sunflower seeds, Safflower  
Millet, Thistle  
Sunflower seeds, Thistle  
Millet, Sunflower seeds  
Millet, Thistle  
Nectar  
Millet, Cracked corn  
Fruit, Sunflower seed  
Sunflower seed, Thistle  
Cracked Corn, Millet  
Sunflower, Safflower, Raw Peanuts  
Millet  
Milo, Suet  
Sunflower seeds, Suet



# ADRC @ HOME PROJECTS

## WINTER ACTIVITY KITS



These fun activity kits are available to pick up at the front drive-thru. Assemble them in the comfort of your home. Kits are limited. Call today to reserve yours!



**Week of February 1st** – Heartstring Art Craft (\$7.00/each) or D.I.Y. Unfinished Wooden Happy Valentine’s Day Garland (\$6.00/each)



**Week of February 8th**– Chinese New Year (Design it yourself) Parasols w/neon or glow in the dark paint kits (\$7.00/each) or “I Love You” Keychain Craft Kit (\$5.00/each)



**Week of February 15th**– Fleece Snowflake Scarf Kit (\$3.00/each) or Mardi Gras ‘Fleur De Lis’ Wire Earring craft kit (\$1.00/each)

**Week of February 22nd**– Unfinished Wooden Wind Chimes (\$3.00/each) or Winter Charm Bracelets (\$2.00/each)

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**HEARTHSIDE**  
920-854-7225

*Assisted Living Home  
For The Elderly*

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OF DOOR COUNTY

Experience the peace of mind that your loved one will be safe and well taken care of.

**Sunflower Cottage provides :**

- Transportation
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- Flexible Scheduling
- Individualized care plan
- Personal time for caregivers

**Call (920) 743-7943 for a no obligation tour**

**Do you want to stay living in your home?**

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Let **JAY’s LEGACY HOME CARE** provide professional, personally tailored, and compassionate in-home supports that keeps you independent, healthy, and living at home.

**For more information contact:**  
Renee Derenne  
**920.901.7780**  
Reneedjayslegacy@gmail.com  
**www.jays-legacy.com**

**JAY’S LEGACY HOME CARE**



# ENERGY ASSISTANCE PROGRAM

Anyone interested can apply for their 2020-2021 Energy Assistance benefit by calling 920-746-7155 to schedule an appointment. The program is offered annually starting October 1<sup>st</sup> – May 15<sup>th</sup> and previous applicants must reapply each year.

## For anyone new to the program:

WHEAP assistance is a one-time payment during the heating season (October 1 – May 15). The funding pays a portion of energy costs, but the payment is not intended to cover the entire energy costs of a residence. The amount of the energy assistance payment varies depending on a variety of factors, including the household's size, income, and energy costs. In most cases the energy assistance benefit is paid directly to the household's energy supplier.

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annashealthcare.com | 920-818-1200  
Office Hours: 8am-4pm

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IS BETTER**  
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during serious illness

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# AMERICAN HEART MONTH

February is American Heart Month!

**Did you know that people who have close relationships at home, work, or in their community tend to be healthier and live longer?**

Here are some facts, how-to tips, and resources to inspire you to join with others to improve your heart health.

Heart disease is the leading cause of death for both men and women in the United States. Risk factors for heart disease include: diabetes, high blood pressure, high blood cholesterol, or being a smoker or overweight. Having multiple risk factors increases your risk for heart disease.

## Why Connecting is Good for Your Heart

Feeling connected with others and having positive, close relationships benefit our overall health, including our blood pressure and weight. Having people in our lives who motivate and care for us helps, as do feelings of closeness and companionship.

Follow these heart healthy lifestyle tips with your friends, family, coworkers, and others in your community and you'll all be heart healthier for it:

- ♥ Be more physically active.
- ♥ Maintain a healthy weight.
- ♥ Eat a nutritious diet.
- ♥ Quit smoking.
- ♥ Reduce your stress.
- ♥ Get enough quality sleep.
- ♥ Track your heart health stats.
- ♥ Move More

**Healthy Heart**



**Healthy You**

How much is enough? Aim for at least 2½ hours of physical activity each week—that's just 30 minutes a day, 5 days a week. In addition, do muscle strengthening exercises 2 days a week. Can't carve out a lot of time in your day? Don't chuck your goal, chunk it! Try 10 or 15 minutes a few times a day.

- ♥ Aim for a healthy weight
- ♥ Eat heart healthy
- ♥ Quit smoking
- ♥ Manage stress
- ♥ Improve sleep
- ♥ Track your heart health stats

# Volunteer Opportunities

## VOLUNTEER

### The Gadget Guy's: Monthly Tips



#### How to Reset Apple ID - iCloud Password

<https://youtu.be/QZwBwzu9YeM>

#### How to Reset Google Password

<https://youtu.be/KLhH-wnqaBg>

#### I Forgot My Kindle Fire Password!

<https://youtu.be/5TRvWXQj8G0>



### MAKE A DIFFERENCE IN YOUR COMMUNITY

**Become an ADRC**

### Meals-on-Wheels Driver

Volunteers are essential in providing care and compassion to older adults in need of nutrition assistance. With the help of dedicated volunteers, the Aging and Disability Resource Center of Door County is able to serve the many seniors in need of meal assistance throughout Door County. Our Meals on Wheels volunteers contribute primarily in the delivery of a hot or frozen meal. Volunteer drivers are greatly needed.

Do you have a day free during the week?

**Meals are delivered**

**Monday-Friday**

**Between 10:30am-12:00pm**

If you are interested, please contact the Aging and Disability Resource Center of Door County at (920)746-2372 or email us at

[ADRC@co.door.wi.us](mailto:ADRC@co.door.wi.us)



# Play virtual games Tuesday's at 2:00 p.m.

February 2nd  
Groundhog Day Movie Trivia



Please call Nicki at 920-746-7153 (2) days prior to pre-register and receive a virtual link to join.

Groundhog Day movie link:  
<https://www.youtube.com/watch?v=OVt3fjIF3AI&feature=youtu.be>

February 9th  
Bingo



February 23rd  
Scattergories



February 16th  
Mardi Gras Theme  
Lightening Scavenger Hunt



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**"Inclusa's purpose is to make individuals feel that they're not alone, that they have some choice in their care."**

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[inclusa.org](http://inclusa.org) | 877-376-6113

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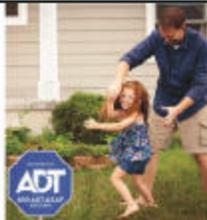
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### Are You De-Evolving?

**"Aging and Degenerative (arthritic) changes are NOT SYNONYMOUS"**

Harry F. Parke, M.D., M.B., C.M., F.R.C.S., 1985



30 N 18th Ave. • Sturgeon Bay  
920-743-7255 • [www.BackToWellness.org](http://www.BackToWellness.org)

Like us on facebook Staudenmaier Chiropractic Wellness Center



# ADOPT-A-GRANDPARENT PROGRAM

The Adopt-A-Grandparent program is underway and a large majority of participants have been matched up. We welcome new participants and encourage everyone who is interested to join. The program goal is to foster positive, meaningful relationships and help people feel less lonely. This program is a one-year commitment of 1-2 hours a week. We match participants with an individual with similar interests to get to know each other via phone, video chat, virtual games, or handwritten letters. All ages are welcome. The Adopt-A-grandparent program is aimed to combat loneliness, create happiness, encourage companionship and is cross-generational.

If you are interested, we will mail you a registration form, pair you up, and arrange an introductory call or letter to get you started. If you are looking for a unique experience to



enrich your life, Adopt-A-Grandparent is the program for you! If you have any questions, please email [nscharrig@co.door.wi.us](mailto:nscharrig@co.door.wi.us) or call Nicki @ 920-746-7153.



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## Personal Care

*Personal Care provides first class individualized care to nurture the human spirit.*

- Focused Care
- Qualified Staff to Assist with Personal Needs
- Socialization
- Cognitive Skill Building
- Companionship
- Respite for Caregivers



Contact Jenni Jorgenson for a free tour and information on how Sunshine House Personal Care can nurture the lives of your loved one (920) 743-7943.

55 West Yew Street  
Sturgeon Bay, WI 54235  
[sunshinehouseinc.org](http://sunshinehouseinc.org)  
(920) 743-7943

## Day Services

*Day Services provide many activities to enrich the lives of all participants.*

- Socialization
- Cooking
- Educational Projects
- Arts, Crafts and Games
- Community Outings
- Dances and Events
- Respite for Caregivers



Contact Dawn Thiry for a free tour and information on how Sunshine House Day Services can enrich the lives of your loved one. (920) 743-7943.

# ADRC @ HOME - ARMCHAIR TRAVEL

This program will take you to exciting places while staying in the comfort of your own home. It provides sensory experiences and educational opportunities to learn about exotic places via handouts, virtual links, videos and tours. Call 920-746-7153 for more information.

## FEBRUARY'S FEATURED COUNTRIES:



BAHAMAS



BOSNIA



BRAZIL



CANADA

## INCLEMENT WEATHER CANCELLATIONS

Winter travel can be hazardous due to snow, ice, very low temperatures, or wind-chill factors. These conditions can make it unsafe to deliver food to your home & can result in meal delivery cancellation.

Meal cancellations will be posted on your local radio station (WDOR). **If Sturgeon Bay Public Schools are closed, then Door County Senior Dining & Meals on Wheels are cancelled.** Meals on Wheels & Senior Dining participants should be prepared to provide their own meals on days when meal delivery is cancelled. You are encouraged to keep a 2-3 day supply of nonperishable food or frozen meals on hand in case of an emergency situation.

Please remember that the safety of our Staff & Meals on Wheels drivers is very important, and helps us to keep delivering meals to your home. We try very hard to deliver in spite of the weather. Please be patient with our drivers as delays may happen. Every now and then a storm is too much for even our courageous drivers. Driveways, sidewalks, walkways, and porches should be shoveled and ice-free. Roads that are not passable due to snow or ice may limit delivery to your home.

**Thank you for your cooperation!**



Photos by Pexels.com

## EAT WELL, CARE WELL.

### FOOD SAFETY TIPS

As we age, our immune system naturally declines. Foodborne illnesses can have a greater impact on us when we are older. Therefore, proper food safety practices, which are always important, become even more critical while working with seniors. In addition to selecting quality ingredients and making sure your water is safe and clean, there are four easy and universal steps you can follow to decrease the risk of spreading harmful germs through food. The more you become familiar with these four steps: *clean, separate, cook, & chill*; the better off you and the individuals you help will be. Turn this page over to learn more about these steps

#### WEEKLY CHALLENGES

BUY AND USE A MEAT THERMOMETER

VISIT THE CDC WEBSITE FOR MORE INFO

CHECK THE TEMP OF YOUR FRIDGE THERMOMETER (BELOW 40°F?)

WASH HANDS FOR 20 SECONDS BEFORE FOOD PREP

#### DID YOU KNOW?

If you sing "Happy Birthday" twice while washing your hands, it will take you around the recommended 20 seconds.

GWAAR Nutrition Team in Collaboration with UW-Stout Dietetics Students. By: Tom Paine 2/2021

# 1. Clean    2. Separate    3. Cook    4. Chill

- 1. CLEAN** – Good hygiene/cleanliness is one of the simplest food safety practices that can have a major impact.
  - Wash hands with warm water and soap for 20 seconds, then dry with a clean towel
  - Be sure to wash hands after going to the restroom, changing tasks, or handling raw meat. When in doubt wash your hands.
  - Keep fingernails trimmed and hair (including facial hair) contained.
  - Keep food prep surfaces/utensils clean and sanitized.
- 2. SEPARATE** – Cross-contamination/cross-contact of foods, food surfaces, and utensils is preventable with a little diligence. Always keep raw meat, fish and eggs from crossing paths with ready-to-eat foods.
  - Use different cutting boards, knives, and other utensils when switching from preparing raw animal products
  - Store raw meat lower in the fridge than ready-to-eat foods.
- 3. COOK** – Cooking animal products to the proper temperature is a sure way to eliminate many harmful bacteria. Use a meat thermometer and don't rely only on the look of the product. Proper internal temperatures are:
  - 145°F for fish, ham, and whole cuts of beef, pork, veal, and lamb
  - 160°F for ground meats
  - 165°F for poultry
- 4. CHILL** – Be aware of the temperature "Danger Zone" for food (40-140°F).
  - Refrigerate leftover food below 40°F & within 2 hours of finished cooking.
  - Thaw foods in the fridge or in running cold water. Never thaw food on the counter.

For more information, visit [www.cdc.gov/foodsafety](http://www.cdc.gov/foodsafety)

# REVISED NUTRITION PROGRAM INFORMATION

ANYONE 60 YEARS OF AGE AND OVER:  
\$5.00 IS A SUGGESTED CONTRIBUTION

**Reservations Are Required for all meal sites for Carryout meals**  
**Meal pick up time is from 11:30a.m.—12:00p.m.**

**\*\*Please call 24 hours in advance to ensure we have an  
adequate amount of food.\*\***

**Baileys Harbor Meal Site**

**Town Hall Building**

2392 County Rd F

Baileys Harbor WI 54202

Phone: (920)746-2523

Serving carryout meals on

Wednesday & Friday

Delivering Frozen Meals Upon Request

**Liberty Grove Meal Site**

**Town Hall Building**

11161 Old Stage Rd

Sister Bay WI 54234

Phone: (920)746-2523

Serving carryout and frozen meals on

Mondays, Wednesdays & Fridays

**Southern Door Meal Site**

**Brussels Community Center**

1366 Junction Rd

Brussels WI 54204

Phone: (920)746-2523

Serving carryout and frozen meals

on Tuesdays and Thursdays

**Washington Island Meal Site**

**Washington Island Community Center**

910 Main Rd.

Washington Island WI 54246

Phone: (920) 847- 2522

Serving carryout meals on Monday,

Wednesday and Friday and frozen

meals on Fridays

**Sturgeon Bay Meal Site**

**Aging and Disability Resource Center**

916 N 14th Ave, Sturgeon Bay WI 54235

Phone: (920)746-2372

**Serving meals on a carryout basis and frozen meals: Monday thru Friday**

**No Soup and Salad Bar Until Further Notice**

**Please call (920) 746-2523 if you are interested in receiving or making a referral  
for Home Delivered Meals (MOW's) or Frozen Meals.**

# WASHINGTON ISLAND MENU—FEBRUARY

MONDAY	WEDNESDAY	FRIDAY
Chicken-ala-King* Steamed Peas Pineapple* String Cheese Biscuit* 1	Chili* Hot Dog on a Bun* Diced Onions Green Beans Pistachio Torte* 3	Pepper Steak Steamed Rice* Honey Carrots Fruit* Bread Slice* 5
Spaghetti with Meat Sauce* Green Beans Romaine Salad Fruit Salad* Garlic Bread* 8	Meatloaf Au Gratin Potatoes* California Blend Veggies Applesauce* Bread Slice* 10	Pork Chop with Gravy Baked Potato* Mixed Vegetables Strawberry Shortcake* String Cheese Roll* 12
Beef Stroganoff over Noodles* Carrots Lettuce Salad Fruit Yogurt Cup* Bread* 15	Egg Salad Sandwich on Wheat Bread* with Lettuce, Onions, Cheese Slice Potato Salad* Steamed Corn Cottage Cheese w/Pineapple* 17	Ham Mashed Potatoes* Green Beans with Almonds Apricots & Cottage Cheese* Birthday Cake* Roll* 19
Chef Salad, Ham, Peas, Egg, Chicken, Cheese, Onions, Tomatoes, Mushrooms Bread Sticks* Banana* Cookie* 22	Pork Roast Parsley Potatoes* Dilled Carrots, Sliced Wheat Bread* Angel Food Cake with Strawberries* 24	Baked Chicken Wild Rice* Lima Beans Peaches* Cake with Ice Cream* 26

*If you have questions or need to make reservations please call 920-847-2522*

*\*Signifies Foods that count as Carbohydrate choices. Milk is also served every day and is a carbohydrate choice.*

*\*Carbohydrates are found in breads, cereals, grains, fruits, milk, starchy vegetables and sweets. Eating the same amount of carbs at each meal can control blood sugar. \*Meals are subject to change due to unexpected circumstances.*

# STURGEON BAY, BRUSSELS, LIBERTY GROVE, BAILEYS HARBOR MENU – FEBRUARY

Monday	Tuesday	Wednesday	Thursday	Friday
Swiss Steak Stewed Tomato Mashed Potatoes* Yogurt & Fruit Parfait* Roll*  1	Spaghetti with Meat Sauce* Grated Cheese Tossed Salad Fruit* Garlic Bread*  2	BBQ Chicken on a Hard Roll* Potato Salad* Winter Blend Veggies Lemon Bar* Fruit* Cheese Stick 3	Pork Chop Wild Rice* Key Largo Blend Veggies Peach Crisp* Three Bean Salad Bread*  4	Baked Cod Red Potatoes* Pea Salad* Fruit* Strawberry Short Cake* Bread*  5
Chicken and Dumpling Soup* Tuna Salad Sandwich* with Lettuce Pears* Dessert* Cheese stick 8	Beef Tips Mashed Potatoes* Green Beans, Fresh Fruit* Wheat Roll* Cheese Stick Rice Crispy Treat  9	Chicken Ala King* Peas Biscuit* Birthday Cake* Fresh Fruit*  10	Cheesy Vegetarian Egg Bake* Bagel w/Cream Cheese* Bacon Orange Juice Cantaloupe  11	Chicken Parmesan w/Pasta* Steamed Cauliflower Cherry Crisp* Salad Garlic Bread*  12
Baked Ziti* Italian Blend Veggies Tossed Salad Cookie* Bread Sticks*  15	Turkey Devon Mashed Potatoes* Steamed Broccoli Apricots* Strawberry Pretzel* Roll*  16	Tuna Casserole* Steamed Peas Pineapple Cheese Cake with Cherries* Rye Bread*  17	Cream of Potato Soup Egg Salad Sand.* Fresh Fruit* Three Bean Salad Cookie*  18	Beer Battered Cod Rice Pilaf* Coleslaw Fruit* Dessert* Bread* String Cheese  19
Baked Ham German Potato Salad* Mixed Veggies Cherry Pie w/Topping* Mandarin Oranges* Bread* 22	Mac and Cheese* Hot Dog on Bun* Francais Blend Veggies Strawberry-Lemon Square** Apple Slices*  23	Lasagna* Tossed Salad Fruit Salad* Millionaire Pie* Garlic Bread*  24	Baked Chicken Black Beans with Rice* Steamed Peas Peaches* Cottage Cheese Cake* Roll*  25	Pasta Crab Salad* Tomato/Cottage Cheese Bread Stick * Fruit* Cookie* String Cheese  26

\* Signifies Foods that count as Carbohydrate choices. Milk is also served every day and is a carbohydrate choice.

\* Carbohydrates are found in breads, cereals, grains, fruits, milk, starchy vegetables and sweets. Eating the same amount of carbs at each meal can control blood sugar. Meals are always subject to change due to unexpected circumstances

**To insure we have enough food please make reservations 24 hours in advanced.  
For Sturgeon Bay meals Call Barb at 746-2372  
For Baileys Harbor, Brussels, or Liberty Grove. Call Wendy at 920-746-2523**