



June 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
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 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

HHS Director Joe Krebsbach
HHS Deputy Director.....Cori McFarlane
ADRC/Aging Director Jake Erickson
Assistant ADRC DirectorJennifer Fitzgerald
Elderly Benefit SpecialistMary Bink
Disability Benefit Specialist.....Vacant
I & A Specialist Vacant
I & A SpecialistLisa VanAlstine
I & A SpecialistAmber Plautz
Projects & Accounts Robin Mark
Activities/Volunteer Coordinator ...Nicki Scharrig
Office AssistantWendy Schubert
Office Assistant Barb Snow

Nutrition Program

Chef Arne Thompson
Prep CookRobyn Joly
BakerKathy Ash

Meal Site Manager

Washington IslandNelvie Cauldwell
Baileys Harbor/Brussels Jamie Stephan
Liberty Grove Silver Umberham
Contracted DieticianTeresa Mertens

Transportation

Transportation Manager.....Pam Busch
Bus Driver/TransportationBill 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

REOPENING PLANS

The idiomatic phrase ‘There is Light at the End of the Tunnel’ is commonly used in the English language to promote a sense of optimism and to indicate the nearing end of a long-awaited period of hardship. The origin of this expression is unclear and has been traced back to as early as 1922 but was later popularized by President John F. Kennedy during a 1962 press conference about the Vietnam War.

Lately, this phrase has come to many of our minds in reference to the adversity we have all experienced this past year and when thinking about life gradually starting to return to the way it was before the pandemic. This past year has been a very difficult time in which we have all felt an elevated level of frustration, loneliness, uncertainty and loss. However, when one can ‘see the light at the end of the tunnel’ one knows how to get out and that the end is almost here. The light symbolizes hope and the time in which we can all start to get together again. Our light at the end of the pandemic tunnel seems to be getting brighter and brighter with each passing day.

As you know, the coronavirus situation here in Door County is still ever-changing and our plans are always subject to change. Additionally, we appreciate your understanding and patience as we continue to gradually open our doors and welcome everyone back in a safe and healthy manner. The following information are our plans for reopening throughout of the month of June.

We are excited to announce that we are planning on resuming in-person meals at every meal site starting on Monday, June 7th. This of course is a tentative start date and is subject to change. Space for each in-person lunch will be limited to 30 people at first and reservations will be required. Seating will also be limited per table. Because space is limited for each meal, initially we are only allowing individuals the ability to reserve one in-person meal a week and only for two weeks at a time. We are limiting the in-person meal reservations so that everyone will have a chance to dine in-person. We know that individuals are ready and excited to come back, eat with friends but we ask that you work with us as we continue to work out all of the many details and logistics. Thank you!

WE ARE STILL SERVING CARRYOUT MEALS! If you call and are unable to reserve an in-person lunch for a particular day, please reserve a carryout meal instead.

Pick up time for the carryout meals: 11:15am-11:45am.

Throughout the month of June, we will continue to schedule, coordinate and welcome back small in-person activities and programs. Pre-registration is still required for all activities, classes and programming. Class sizes are limited. Please call (920)746-2372 to register.

We ask that all participants and visitors continue to do their part in supporting efforts against this pandemic. We are grateful that over 56% of Door County residents have chosen to be vaccinated.

Thank you! --Jake Erickson, Director--

MONTHLY CAREGIVER SUPPORT GROUPS

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

You are not alone.

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

<p><u>Sturgeon Bay Chapter</u> 1st & 3rd Wednesday of the month 1:00 p.m. – 2:30 p.m. ADRC 916 N. 14th Ave. Sturgeon Bay, WI 54235</p> <p>NOW MEETING IN PERSON!!</p>	<p><u>Northern Door Chapter</u> This group is on hold but please feel free to join one of the other groups around the county.</p>
<p><u>Southern Door Chapter</u> 2nd & 4th Tuesday of the month 1:00 pm. – 2:30 p.m. Brussels Community Center 1366 Junction Rd Brussels WI 54204</p> <p>NOW MEETING IN PERSON!!</p>	<p><u>Washington Island Chapter</u> This group is on hold but hopes to resume soon</p>

**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

IT'S TIME

One of the most difficult experiences a caregiver may face is considering an out-of-home placement for their loved one. This can be particularly difficult when the person suffers from dementia and is not able to assist in the decision-making process. Although we usually think that keeping someone in their own home is the ultimate goal, sometimes there is a point when staying at home may no longer be the best option.

There are 2 main things to evaluate when making this decision: the needs of the person receiving care and the demands on the caregiver. Each person being cared for is different. Some are more difficult to manage while others may be easier to take care of. Additional medical problems may also complicate the situation.

Caregivers also have different circumstances. Some cope easily with large amounts of stress while others struggle with even small disruptions. Some have children and job responsibilities while others are able to devote more time to their loved one. It is important look at your particular situation and not to compare yourself to someone else.

If you are wondering if it might be time to move your loved one to a continuing-care facility, you may find these questions helpful in deciding.

- ✦ Are the person's needs being met at home?
- ✦ Is constant care required beyond my physical capability?
- ✦ Is always it safe in the home?
- ✦ Is there a concern that the person may harm themselves or others?
- ✦ Does the person need specialized care not available or affordable at home?
- ✦ Would an out-of-home setting provide opportunities for therapy and socialization that are not possible at home?
- ✦ Would moving the person to a long-term-care facility allow me to devote needed time to my family/job/self?
- ✦ Am I healthy and physically strong enough to take care of the person?

Is there a care facility in the area that I trust?

The most important thing to remember is that moving your loved one to a care facility is NOT a sign of failure in your role as a caregiver. A caregiver's main job is to ensure that their loved one is getting the best care possible, while also prioritizing care for self, and sometimes that means a move to a care center.

Consider this. Your caregiving role will not end when your loved one moves, it will just change. When caring for someone at home, a caregiver spends endless hours doing personal cares, cooking, cleaning, and keeping your loved one safe. This may often include being up several times during the night. The caregivers' own health often becomes at risk.

When the person lives at a care facility, the time and energy you spent providing physical cares can now be focused on your relationship again. Their basic needs will be met by staff, but they still need you to provide social, spiritual, and emotional care. You can spend time doing things like looking at photo albums, reading together, watching old movies, or just sitting and enjoying each other. Your caregiving role continues, but your tasks and focus change.

The ADRC of Door County has resources available to help you if you are considering long-term care placement. Call the 920-746-2372 for more information.

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



Get Connected. Get on Board.

In Door County transportation is a basic need. It can be a hardship for people who do not have access to safe, reliable, and affordable transportation. Door County Connect is here to help and is your public transit service to get you to work, medical care, shopping, or activities at the ADRC.

Door County Connect has two programs that can help:



Door County Connect-Door 2 Door Rides, serves most of Door County. Services are based on taxi zones that have varying schedules and fares. Service is available throughout Door County.

Schedule a Ride Call: 920-746-6948 or toll free 888-337-9485

Door County Connect travels throughout the City of Sturgeon Bay and an extended area up to 10 miles from the ADRC. Service is available Monday-Friday, 8:15 am-4:00 pm. Riders pay \$2.00 per stop in the City and \$5.00 per trip in the extended area.

Schedule a Ride Call: 920-746-6944



Find out more at www.doorcountyconnect.com



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Independent Health Agent

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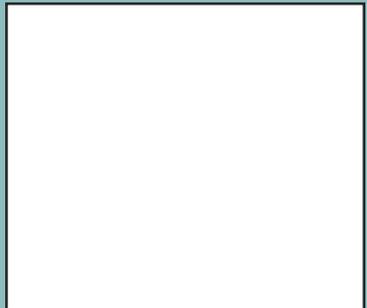
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The Pooch Parade
Tuesday, June 22nd
10:00 a.m.



- You are invited to bring your four-legged friends and join in the fun parading around the ADRC Parking Lot.
- Dress up your pups and participate in the costume contest. Treats will be available for all participants.
- Please be sure all dogs are on leashes and remain socially distanced during the parade to ensure it is a fun and safe event for all.
- Please call 920-746-2372 to pre-register.



National Camera Day

“Best of the Door” Photo Contest - June 29th

Grab your camera or phone, head outdoors, and explore the beautiful county we call home . . . Door! Send your best photos to nscharrig@co.door.wi.us by June 25th for a chance to win the National Camera Day contest. All photos will be on display at the ADRC and the winning photo will be featured on the ADRC’s Facebook Page. Best of luck and have fun shooting pics.

EVIDENCE-BASED FALL PREVENTION CLASS

Stepping On Program

For Falls Prevention



The Door County YMCA

Presents:



Stepping On

Building Confidence and Reducing Falls

June 7th – July 26th, 2021

Mondays | 1:00 – 3:00pm

*No Class on July 5th

ADRC COMMUNITY CENTER
916 N. 14th Ave
Sturgeon Bay, WI 54235

Stepping On is a fall prevention program aimed at educating participants and building confidence to reduce and/or eliminate falls. Participants meet once a week in a group setting for 7 weeks. A range of issues are covered including

- Strength & Balance Exercises
- Education on Falls & Risks
- Home Hazards
- Vision-related Falls
- Safety in Public Places
- Medication Reviews

This is a community-based program and everyone is welcome.

****NO CLASS FEE**

Sign up today by calling the YMCA at
920.743.4949 • 920.868.3660



For additional questions or information please contact,

Christine Webb-Miller at cwebb-miller@doorcountyyymca.org
or call (920) 743-4949

Senior Farmers Market Nutrition Program

The Door County ADRC will again be the local agency coordinating the Senior Farmers Market Nutrition Program (SFMNP). The Senior Farmers Market Nutrition Program offers low income older adults an opportunity to purchase fresh, locally grown fruits, vegetables, and herbs from certified farmers.

**SENIOR FARMERS MARKET APPLICATIONS WILL BE HELD AT
THE ADRC OF DOOR COUNTY
916 N. 14th Ave, Sturgeon Bay**



Who is Eligible to Receive SFMNP Checks?

An eligible person is:

1. A senior age 60 or above or Native American age 55 or above, AND
2. Who is 185% of poverty level or below

Household Size	185% Federal Guideline Monthly Income	Annual Income
1	\$1,986	\$23,828
2	\$2,686	\$32,227
3	\$3,386	\$40,626
4	\$4,086	\$49,025

For each additional household member, add \$700 monthly and \$8,399 annually

- You will be eligible for **only** the current years Senior FMNP period
- An authorized representative may be designated to apply for the certification and purchase FMNP foods on behalf of the participant. You must have a signed statement from the eligible senior designating you as his/her authorized representative the day you apply.
- Only one coupon book per household

Coupons can be used from mid June through October 31st at any participating farmers market or roadside stand in Wisconsin. In addition to offering nutritious foods, the Senior Farmers Market Nutrition Program supports local economies by increasing the use of farmers markets.

This years process will look a little different than in years past, but we are excited to still be able to offer this incredible program. Beginning June 1st, call the ADRC of Door County at (920) 746-2372 if you're a Door County resident over the age of 60 and a staff member will assist you with the application over the phone. At that time one of our staff will help you navigate our new process and how pick up will work.



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

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

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

DHS Approved 4/22/2021

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WORLD ELDER ABUSE DAY

The Door County Adult Protective Services Unit presents the following word scramble in honor of World Elder Abuse Awareness Day.

Our hope is to familiarize people with the terms associated with elder abuse.

****Complete the word find, sign your name and return it to the ADRC at the end of the month for a chance to win meal coupons from the ADRC.****

World Elder Abuse Awareness Day

P	N	E	X	P	L	O	I	T	A	T	I	O	N
O	N	O	I	T	A	L	O	S	I	R	I	I	I
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C	M	E	L	U	L	O	E	T	F	E	H	T	R
E	P	C	M	L	L	D	M	C	T	U	I	L	A
E	E	N	A	A	M	N	E	M	N	E	A	Y	I
N	C	E	B	U	S	S	E	R	U	A	S	H	I
L	S	L	U	R	E	I	O	R	S	N	N	O	R
T	C	O	S	E	S	E	U	T	A	C	I	I	F
R	A	I	E	V	I	C	T	I	M	B	L	T	F
U	M	V	D	I	U	D	U	A	R	F	L	X	Y
S	S	C	H	E	R	N	V	E	U	O	L	E	N
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 NEGLECT
 ELDERS
 ABUSE
 SCAMS
 VIOLENCE
 BRUISES
 ISOLATION
 VULNERABLE
 FAMILY
 POLICE
 EXPLOITATION
 VICTIM
 THEFT
 TRUST
 FRAUD
 COMMUNITY

MEAL PROGRAM SATISFACTION SURVEYS

Throughout the month of June we will be dispersing a carryout and a home delivered meal satisfaction survey to meal program participants. We want to hear from you. The survey is quick and painless and will only take a moment of your time. Your feedback is valued and provides us a wealth of knowledge on how effective our program is.

More importantly, the surveys allow us to hear from you on what we can do to enhance our meal program's ability to meet the greater need within our Door County community. Starting June 1st, we will be handing them out at all the meal sites to complete. We are also sending surveys out to our home delivered meal participants as well.

If you would like to complete them online with survey monkey below are the links to do so.

[Carryout Meal Survey - 2021](#)
[Home-Delivered Meals Survey - 2021](#)

Thank you for your participation!

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Your local Family Care option for personal care and support.



Some of the services we manage with you include:

- Care Management
- Personal Care
- Residential Care
- Medical Supplies & Equipment
- Outpatient Mental Health
- In-Home Supportive Care

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

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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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	MONDAY		TUESDAY		WEDNESDAY
		1	9:00 Strong Bodies (virtual) 9:00 Arts & Crafts 11:30 Travelogue Handouts/ Destination: Israel 1:00 Sheephead 1:00 Games	2	9:00 DVD Fitness 10:00 Walk with Ease 11:00 Zumba Gold (virtual) 11:30 Brain Health Handouts 1:00 Mah Jongg
7	9:00 DVD Fitness 10:00 Walk with Ease 11:00 Zumba Gold 12:30 Bridge 1:00 Stepping On	8	9:00 Strong Bodies (virtual) 9:00 Arts & Crafts 11:30 Travelogue Handouts Destination: Italy 1:00 Sheephead 1:00 Bingo	9	9:00 DVD Fitness 10:00 Walk with Ease 11:00 Zumba Gold (virtual) 11:30 Brain Health Handouts 1:00 Mah Jongg
14	9:00 DVD Fitness 10:00 Walk with Ease 11:00 Zumba Gold 12:30 Bridge 1:00 Stepping On	15	9:00 Strong Bodies (virtual) 9:00 Arts & Crafts 10:00 Music with Ken Pollock 11:30 Travelogue Handouts Destination: Jamaica 1:00 Sheephead 1:00 Bingo	16	9:00 DVD Fitness 10:00 Walk with Ease 11:00 Zumba Gold (virtual) 11:30 Brain Health Handouts 1:00 Mah Jongg 3:00 Conversations on Creativity Topic: (virtual)
21	9:00 DVD Fitness 10:00 Walk with Ease 11:00 Zumba Gold 11:00 World Day of Music- Helen Cordon on Accordion 12:30 Bridge 1:00 Stepping On 3:00 ADRC Book Club Kickoff	22	9:00 Strong Bodies (virtual) 9:00 Arts & Crafts 10:00 Pooch Parade 11:30 Travelogue Handouts Destination: Japan 1:00 Sheephead 1:00 Bingo	23	9:00 DVD Fitness 10:00 Walk with Ease 11:00 Zumba Gold 11:30 Brain Health Handouts 1:00 Mah Jongg
28	9:00 DVD Fitness 10:00 Walk with Ease 11:00 Zumba Gold 12:30 Bridge 1:00 Stepping On	29	9:00 Strong Bodies (virtual) 9:00 Arts & Crafts 11:30 Travelogue Handouts Destination: Lebanon 12:00 Music with Lynn Gudmundsen 12:30 Bus Trip-Open Door Bird Sanctuary 1:00 Sheephead 1:00 Bingo	30	9:00 DVD Fitness 10:00 Walk with Ease 11:00 Zumba Gold (virtual) 11:30 Brain Health Handouts 1:00 Mah Jongg 1:00 Take Me Out to the Ballgame Tailgate Event (Brewers vs. Cubs)

	THURSDAY		FRIDAY
3	9:00 Strong Bodies (virtual) 9:00 Friendly Crafters 11:00 Zumba Gold (virtual) 1:00 Woodcarving 1:00 2:00 Chinese Exercise	4	9:00 DVD Fitness 10:00 Walk with Ease 11:00 Zumba Gold 12:30 Bridge 2:00 Travelogue Discussion Group
10	9:00 Strong Bodies 9:00 Friendly Crafters 10:00 Music with George Sawyn 11:00 Zumba Gold (virtual) 11:30 Eat Well/Age Well Handouts 1:00 Woodcarving 2:00 Chinese Exercise	11	9:00 DVD Fitness 10:00 Walk with Ease 11:00 Zumba Gold 12:30 Bridge 2:00 Travelogue Discussion Group
17	9:00 Strong Bodies (virtual) 9:00 Friendly Crafters 10:00 Container Gardening Presentation 11:00 Zumba Gold (virtual) 1:00 Woodcarving 2:00 Chinese Exercise	18	9:00 DVD Fitness 10:00 Walk with Ease 10:00 Father's Day Concert with Ben Larsen 11:00 Zumba Gold 12:30 Bridge 2:00 Travelogue Discussion Group
24	9:00 Strong Bodies (virtual) 9:00 Friendly Crafters 10:00 Music with George Sawyn 11:00 Zumba Gold 1:00 Woodcarving 2:00 Chinese Exercise	25	9:00 DVD Fitness 10:00 Walk with Ease 11:00 Zumba Gold 12:30 Bridge 2:00 Travelogue Discussion Group

JUNE 2021



**In Person Classes/
Programming:**
Pre-registration is Required, call 920-746-2372. Subject to cancellation or change based on restrictions.

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

ADRC Activity Kits:
Call 920-746-2372 to request a kit, they can be completed at home or in the Arts & Crafts room. Kits are limited & have a suggested donation amount.

PENINSULA ART SCHOOL

Conversations on Creativity

Wednesday, June 16th, 3:00-5:00 p.m. (via Zoom)

Topic: What Art Can Do For You

This is your chance to come together with other learners to talk about art and artists. We'll explore the topic through articles, podcasts, videos, and/or books. Join us for lively discussion.

The program is free and open to all. Call 920-746-7153 to receive a link to join.



Flag Day Trivia:

1. When the flag is folded, what is its final shape and how many folds does it take to get there?
2. What day is Flag Day?
3. The US Flag has several nick names... List three of them.
4. On what holiday does the flag fly on half-mast until noon, then full mast from noon to sunset?
5. What's the furthest place the flag has traveled to?
6. How many stars and stripes are on the Stars and Stripes?
7. How should a worn flag be retired?
8. What is a vexillologist?

Did you know them all? Please look below for the answers.

1. The flag is folded 13 times, into a triangle.
2. Flag Day is on June 14th. The holiday was developed by a school teacher and signed into law in 1949.
3. Stars and Stripes, Star-Spangled Banner, Old Glory
4. On Memorial Day
5. To the moon.
6. 13 Stripes to represent the 13 original colonies, and 50 Stars to represent the 50 States.
7. If a flag is worn beyond repair, it may be retired respectfully by burning it. This is part of a special ceremony that is held by American Legions, Boy Scouts or Girl Scouts.
8. A vexillologist is an expert in the history and study of flags.



OPEN DOOR BIRD SANCTUARY TOUR - BUS TRIP



Open Door Bird Sanctuary Tour
Tuesday, June 29th
Bus Leaves the ADRC @ 12:30 p.m.
Bus Returns: 4:00 p.m.



Featuring: It's A Small World . . .

This program features mixed raptors and focuses on global similarities amongst raptors and humans and emphasizes the importance of embracing diversity. ODBS has been developing various areas of the 34-acre sanctuary for the past 10 years. Currently, they have two large and one small aviary, as well as a home for a bald eagle. Nearby is the hub of ODBS, the Bird Care Center. In 2019, a small Nature Center was built that is open to the public. The hiking trails traverse three very distinctive habitats: prairie, hardwood forest and pine forest. Each trail brings unique learning and hands-on experiences.

Pre-registration is required, cost is \$10.00, transportation is limited, call 920-746-7153.

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JAY'S LEGACY HOME CARE

COMMUNITY RESOURCES



One of the things that we do at the ADRC is provide resources for individuals looking

for different kinds of assistance. Recently, we have noticed a greater need for those who want help with cleaning their home. We are gathering names and contact information of people or companies who are already providing this service. If you would like to be on our list of cleaning services that is available for distribution in our area, please reach out to Information and Assistance Specialists Amber or Lisa, call 746-2372.



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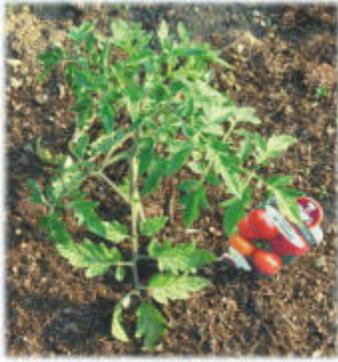
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GARDENING CLUB



Join the Club . . .

June 1st @ 1:00 p.m. - Planting of the Raised Beds
June 17th @ 10:00 a.m.- Container Gardening Presentation

Call 920-746-2372 to pre-register & join.
Volunteers are welcome and needed.

Tip of the Month

TRANSPLANTING TOMATOES

Set tomato seedlings into the garden. Indeterminate vining tomatoes will out produce determinate bush tomatoes. Indeterminate tomatoes produce fruit continuously until the first frost in fall; determinate tomatoes ripen fruit over a three to four week period and then stop. Set tomatoes so that the soil balls are at least 1 inch below the soil surface. Firm in plants and leave a slight depression around each plant to water in thoroughly. Make sure tomato roots stay moist by inserting a 4-inch pot in the ground next to each plant with the top even with the soil level. Fill the pots with water regularly. You won't need to water the surrounding soil. Set a tomato cage around each plant or place a 4-foot stake alongside each plant tying the stem loosely to provide support. Determinate bush varieties do not require support. Suckering is the pinching or cutting away of new lateral leaf branches that form in the V between the central main stem and leaf branches. Tomatoes sucker—or produce new branch growth—most of the season. Some new branches are necessary to shade tomatoes from sunscald, but most will steal energy away from the plant and need controlling.

Recipe of the Month

QUICK AND EASY ASPARAGUS

1 bunch medium-sized asparagus, about 1 pound
2 tablespoons extra virgin olive oil
2 tablespoons freshly grated parmesan cheese
1 teaspoon lemon zest
Kosher salt and freshly ground black pepper



Instructions:

Heat blanching water: Fill a medium saucepan halfway with lightly salted water. Bring to a boil. Prep the asparagus: Prepare the asparagus while the water is heating. Rinse them thoroughly. Break any tough, white bottoms and discard. Cut the spears into 1-2-inch sections, slicing the asparagus at a slight diagonal. Blanch the asparagus: Add the asparagus to the boiling water and lower the heat slightly to maintain a simmer. Parboil the asparagus for exactly 2 minutes. Drain the hot water. Toss the asparagus with olive oil, parmesan, and lemon zest while it's still hot. Salt and pepper to taste. Serve warm or room temperature.

Volunteer Opportunities

**DELIVER A WARM MEAL.
GET THAT WARM FEELING INSIDE.**



Volunteer for **MEALS ON WHEELS**



Consider joining our Meals-on-Wheels Volunteer Team

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 older adults in need of meal assistance throughout Door County. Meals on Wheels volunteers serve our community by delivering a hot or frozen meal and companionship. Additional volunteer drivers are needed as the program is growing and we are looking to expand our delivery routes.

Meals on Wheels Facts

- Monday - Friday
 - 10-12 meals delivered on each route
 - Meal Delivery between 10:30 am-12:00 pm
- Pick up meals at the ADRC, deliver meals, return coolers to the ADRC
 - Use your vehicle, mileage is reimbursable
 - Must have reliable transportation and proof of insurance

To volunteer please contact the Aging and Disability Resource Center of Door County at: (920)746-2372 or email us at ADRC@co.door.wi.us

Become a part of our volunteer team today!

Volunteer Dining Room Servers are needed!

The ADRC Dining Room will soon be re-opening to a limited number of consumers, and we are looking for volunteers to help with a fresh re-start. Training will be provided, and safety measures will be in place. There are opportunities to help serve congregate, and carryout meals. If you are interested in joining a wonderful volunteer team, please call 920-746-2372.



TRAVELOGUE SERIES & DISCUSSION GROUP

JUNE'S FEATURED DESTINATIONS



JUNE 1- ISRAEL



JUNE 8- ITALY



JUNE 15- JAMAICA



JUNE 22-JAPAN

Visit exciting places via handouts, virtual links, videos and tours. Pick up travelogue information at the ADRG, or call 920-746-7153 to arrange to have it e-mailed. A self-directed travelogue discussion group will take place Friday's at 2:00 p.m. at the ADRG. Guest presenters/destination ideas are always welcome. Pre-registration is required. A travelogue packet is included with the carryout meal every Tuesday.



JUNE 29-LEBANON

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Are You De-Evolving?

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

Harry F. Parlin, M.D., M.B., C.M., F.R.C.S., 1965



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920-743-7255 • www.BackToWellness.org

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TAKE ME OUT TO THE BALL GAME



BREWERS VS. CUBS TAILGATE PARTY

ADRC Parking Lot
Wednesday, June 30th @ 1:00 p.m.

Popcorn, Peanuts, Cracker Jacks, and
Root Beer . . .

Tailgate games and prizes!

Wear your Cubs or Brewers gear!

Listen to the game, cheer on your team,
play fun games, enjoy great company.

Call 920-746-2372 to pre-register!



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A photograph of an elderly woman sitting at a table with coffee cups and a teapot, smiling.

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BOOK CLUB

Introductory Meeting: Monday, June 21st

3:00-4:00 p.m.

Book Club will meet the 3rd Monday of each Month



- Each member will take turns recommending a book and facilitating the discussion about their selection at meetings. Leading the discussion should be casual and easy-going.
- Each member should have read, or be in the process of reading the recommended book.
- Read the book, play nice, accept each choice gracefully and don't dominate the discussion. Have fun, make new friends and learn from one another.

The Gadget Guy's: Monthly Tips

How to delete one or more or all contacts on any Android

https://youtu.be/pWl4E6fz_pQ

Adding new contacts to your Android smartphone

<https://youtu.be/BXKajfQ8n2Q>

How to delete contacts On iPhone

<https://youtu.be/ZmGmoa9hE8Q>

How to add contacts on iPhone (For Beginners)

<https://youtu.be/LGU3E29nDzk>





Photo courtesy of pixabay.com

EAT WELL, CARE WELL. LOW-SODIUM COOKING TIPS

Sodium (salt) is used in most dishes and processed foods. Salt seems to be the first spice that we reach for because it enhances the flavor of foods, but many other spices or herbs can do the same. Regularly consuming too much sodium can increase one's risk of developing high blood pressure, heart disease, and stroke. So, it is important to limit one's sodium intake to 2300 mg or less per day for prolonged health.

Shopping tips: Canned beans, vegetables, sauces, and soups are often very high in sodium. However, there are usually "low-sodium" or "no salt added" versions that can help you monitor and limit your daily sodium intake while enjoying and cooking with the same types of foods.

Focus on fresh: Select fresh foods like whole fruits and vegetables which naturally contain little to no sodium. Incorporate these into your cooking or eat them as a snack instead of a salty processed food.

Alternatives to salt – When seasoning your recipes, try to use spices instead of salt. Spices such as garlic powder, onion powder, paprika, cumin, oregano, and pepper add much flavor without the addition of sodium. Fresh herbs or citrus juices can also increase flavor too.

How to consume less sodium. Start by making small changes. It will be hard to suddenly cut sodium out of your diet. Focus on fresh options, incorporate more sodium-free spices, and select low-sodium foods.

WEEKLY CHALLENGES

READ NUTRITION
LABELS TO KNOW
HOW MUCH SODIUM A
FOOD CONTAINS

USE SPICES AND
HERBS INSTEAD OF
SALT IN YOUR MEALS
THIS WEEK

CHOOSE FRESH FRUITS
AND VEGETABLES
OVER PROCESSED
FOODS

DID YOU KNOW?

2300 MG OF SODIUM IS
EQUAL TO 1 TSP OF SALT.
IT IS RECOMMENDED TO
LIMIT YOUR DAILY INTAKE
TO 2300 MG OR LESS

LOW-SODIUM SHEET PAN CHICKEN AND VEGGIE FAJITAS

- 2 lbs. chicken breast, sliced in half lengthwise and cut into small strips
- 1 green pepper, sliced
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 onion, sliced
- Cooking spray (can brush the pan with regular oil)
- 1 tbsp olive oil (or oil of choice)
- 8 low-sodium tortillas

Seasoning

- 1 tsp chili powder
- ½ tsp paprika
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp dried oregano
- ½ tsp dried cilantro
- ½ tsp cumin
- ¼ tsp cayenne pepper

Instructions

1. Preheat the oven to 350 degrees F.
2. Lightly coat the sheet pan with cooking spray or oil
3. Slice the peppers, onion, and the chicken into strips
4. Combine the spice mixture in a small dish
5. Spread the sliced peppers, onions, and chicken on the prepared sheet pan (make sure the chicken strips do not overlap)
6. Drizzle 1 tbsp olive oil over the entire pan
7. Sprinkle the seasoning mixture over the entire pan
8. Gently toss the ingredients to evenly coat the chicken and vegetables with oil and seasoning
9. Bake for 20 minutes or until the chicken reaches 165 degrees F
10. Serve in warm low-sodium tortillas
11. Top the fajitas with toppings of your choice*

Yield: 8 fajitas | 300 calories per fajita | Prep time: 10-15 minutes | Total time: 30-35 minutes

Each fajita contains 225 mg sodium, which makes it a low-sodium meal option.

*Additional toppings such as cheese, salsa, or guacamole will add some additional sodium, so this is something to be mindful of.

Recipe adapted from the following source: <https://www.nourishedsimply.com/sheet-pan-chicken-fajitas/>

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 or Dine in meals
**Meal pick up time for carryout meals in Sturgeon Bay is from
11:15a.m. - 11:45a.m.**

In person dining is planned to resume on Monday, June 7th at selected sites listed below. **Reservations are required and space will be limited at all sites.**

****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 dine in, carryout meals on
Wednesday & Friday**

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 dine in, 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 dine in meals, carryout 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 JUNE

MONDAY	WEDNESDAY	FRIDAY
	Meatloaf Red Potatoes* Peas and carrots Fresh Fruit* Cookie* Roll* 2	Italian Sausage on a Bun* Potato Salad* Green Beans Ptachio Torte* Fresh Fruit* 4
Spaghetti* with Meat Sauce Parmesan Cheese Tossed Salad Fruit Salad* Cheese Stick Garlic Bread* 7	Brat on a Bun* with Sauerkraut Potato Salad* Baked Beans* Fruit with Yogurt * 9	Ham Sweet Potato* Broccoli and Cauliflower Fruit* Cheese Cake* Rye Bread* 11
Grilled Chicken Sandwich with Lettuce, Tomato, Cheese Butternut Squash Fresh Fruit* Rice Crispy Treat 14	Chicken Chop Suey with Brown Rice* Stir Fry Vegetables Choy Mein Noodles* Cantaloupe* Yogurt* Bread* 16	Baked Chicken Mashed Potatoes with Gravy Broccoli Wheat Bread* Birthday Cake* Fruit* 18
Hot Dog on a Bun* Baked Beans* Cucumber Salad Fruit Salad* Cheese Stick 21	Lasagna* Asparagus Romaine Salad Fresh fruit* Garlic Bread 23	Pork Chop Scalloped Potatoes* Steamed Carrots Applesauce* Ice cream*/Bread* 25
Beef Stroganoff Egg Noodles* Brussel Sprouts Fruit* Vanilla Pudding* Roll* 28	Roast Pork Red Potatoes* Steamed Carrots Cherry Pie* Wheat Roll* 30	

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 JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Hot Dog on a Bun* Coleslaw Baked Beans Angel Food Cake with Strawberries and Topping* Cheese Stick 1	Country Fried Steak Mashed Potatoes* Malibu Vegetables Apple Pie * Multigrain Roll* 2	Baked Ziti* Lettuce Salad Steamed Broccoli Banana Split Torte* Garlic Bread* 3	Battered Cod Scalloped Potatoes* Three Bean Salad Berry and Yogurt Parfait* Rye Bread* 4
Spaghetti* with Meat Sauce Grated Cheese Tossed Salad Melon Slice* Bread Stick* 7	Ham/Scalloped Potatoes* Capri Veggies Fresh Fruit* Strawberry Cobbler* Roll* 8	Pork Chop Sweet Potato* Green Beans Warm Apple Slices* Birthday Cake* Roll* 9	Chicken Ala King* Steamed Peas Jell-O Cake* Orange* Biscuit* 10	Brats with Sauerkraut/ Bun* Baked Beans Potato Salad* Rice Pudding* Fruit* String Cheese 11
Grilled Chicken Breast w/Cheese, Tomato, Lettuce Butternut Squash* Three Bean Salad Banana* Hard Roll* 14	Pork Roast Red Potato w/ Sour Cream* Asparagus Mixed Fruit* Cookie* String Cheese Roll* 15	Beef Stroganoff Egg Noodles* Prince Charles Veggies Rice Krispy treat* Fresh Fruit Yogurt Cup* Roll* 16	Chicken Parmesan with Mozzarella* Rice Pilaf* Winter Blend Veggies Pistachio Fluff Fruit* Garlic Stick* 17	Breaded Tilapia Au Gratin Potatoes* Steamed Broccoli Melon Cubes* Rye Bread* 18
Swiss Steak Mashed Potatoes* Key Largo Vegetables Fruit Yogurt Parfait* Cookie * Bread* 21	Lemon Pepper Chicken Black Beans* Cauliflower Cottage Cheese Delight Bread* 22	Meatloaf Baked Potato* Francias Blend Vegetables Fruit* Pistachio Torte* Whole Wheat Roll* 23	Pasta Crab Salad* Tomatoes and Cottage Cheese Fresh Fruit* Cherry Almond Coffee Cake* Bread Stick* 24	Pepper Steak Wild Rice* Steamed Broccoli Bread Pudding* Fresh Fruit* 25
Sweet & Sour Chicken Egg Roll Brown Rice* Oriental Vegetables Yogurt with Berries* 28	Swiss Burger on a Bun*/Lettuce & Tomato Pacific Blend Veggies Baked Beans* BlackBottomCake* Fruit* 29	Turkey Baked Potatoes* Summer Squash Molded Fruit Salad* Pudding with Fruit* Bread* 30		

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