

February-March 2022

MANITOWOC'S

AGING & DISABILITY RESOURCE CONNECTION

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ADRC of the Lakeshore

1701 Michigan Ave, Manitowoc, WI 54220

Thursday, March 10, 2022

9:30 AM-11:30 AM (limit first 6 registrants)

1:00PM-3:00 PM (limit first 6 registrants)



Join us! Experience the WORLD-RENOWNED VIRTUAL DEMENTIA TOUR®

Experience what it's like to live with dementia by walking in their shoes. This life-changing simulation teaches us how to provide better care.

Sign-up is on a first-come/first-serve basis and takes only 30 minutes.

Open to:

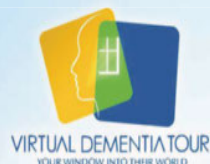
- FAMILIES
- CHURCHES
- FIRST RESPONDERS
- BUSINESS LEADERS
- COMMUNITY ORGANIZATIONS

For more details on the Virtual Dementia Tour or how you can attend this event, visit www.secondwind.org

Feel free to contact

ADRC of the Lakeshore at (877) 416-7083.

Registration is required!



The Virtual Dementia Tour is an evidence-based, patented program designed to give people the opportunity to experience what dementia is like through an individualized, experiential tour. Come learn how to make your community organization more dementia friendly!

Are You Moving? Would you like to subscribe?

If you are moving, would like to receive "The Aging & Disability Resource Connection" via mail or e-mail or would like to be removed from the mailing, please contact, Olivia Delikowski at 1-877-416-7083.

ADRC Staff Listing

Wendy Hutterer
ADRC Director

Paul Hacker
Older Americans Act Manager

Melissa Konop
**Information & Assistance
Manager**

Kim Novak
Business Services Manager

Kim Loose
Nutrition Program Coordinator

Ariel Yang
Dementia Care Specialist

Ann Habeck & Jolene Vanne
**Disability Benefit Specialist
(those under 60 years old)**

Jessica Knippel
Elder Benefit Specialist

Jodi Linsmeier, Lori Edwards,
Julie Grosshuesch, Paul Kersten,
Stephanie Madson &
Lauren Daun
**Information & Assistance
Specialist**

Becky Wasurick
Caregiver Specialist

Olivia Delikowski
Outreach Coordinator

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.*

MANITOWOC COUNTY DINING SITES AND TIMES

Manitowoc:

Manitowoc Senior Center
3330 Custer St
Monday –Friday at 11:30 AM
**You do not need to be a member to
attend*

Hmong Community Dining Site
First Presbyterian Church
502 N 8th Street
Thursdays at 11 AM

Kiel:

Kiel Community Center
510 Third Street
Monday–Friday at 11:30 AM

Two Rivers:

Two Rivers Senior Center
1520 17th Street
Monday–Friday at 11:30 AM
**You do not need to be a member to
attend*

Reedsville:

Reedsville Manor Apartments
431 Madison St.
Monday, Tuesday & Thursday at
11:00 AM.

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

Importance Notice

We would like to update you the impact of a nationwide supply chain and food product availability shortages. Disruptions are due to lack of availability of raw ingredients and labor to produce, unload, and transfer food products. Some food and/or beverage products normally provided to our senior meals may not be available or arrive as scheduled. Due to unforeseen circumstances, last-minute menu changes and product substitutions may occur. Be assured meals will continue to meet the nutritional standards for our senior meals. We ask for your patience and understanding as we do our best to continue to serve the seniors of our community.

Senior Nutrition Program



Our Home Delivered Meals program is in need of volunteers for various sites throughout the county. Below are the available sites and dates open. If you are able to give just 2 hours per day, you can change the life of a senior who is homebound by delivering a warm meal.

Manitowoc Senior Center: Monday–Friday 11 am–1 pm
**Reedsville Meal Site: Substitutes Monday, Tuesday or Thursday
11 am–1 pm**
Two Rivers Meal Site for the Mishicot Route: 11 am – 1 pm

“Volunteering is so rewarding and it is wonderful to talk to other people.” – LeRoy Stahl



Many congratulations to Jeannette Klauck who volunteers for the Kiel Senior Nutrition Dining Site.

Jeannette has been a volunteer with our program since 1998!

She said it is so rewarding to help people navigate through such a confusing program. She got involved when her husband had a stroke and started receiving meals. After hearing that they needed help in the kitchen, she started volunteering and hasn't left. She said she has been interested to learn all the state set guidelines for the meals and has enjoyed rolling with all the changes over the years.

Jeannette says that she wishes more people would try it out - especially widows and widowers. Not just for the food but for the new friendships gained. She also says if you're interested in volunteering to try it out and find out if it works for you!

If you'd like to give back to your community just like Jeannette, please call the Volunteer Coordinator at the ADRC at (877) 416-7083 for more information today!

Volunteer Spotlight

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Dear Readers,

February is American Heart Month. While Cupid celebrates the romantic and emotional aspects of the heart, we in Public Health like to celebrate all this organ does for us physically. Our hearts function like an engine, pumping blood and oxygen throughout our body and keeping our bodies up and running. It is for this reason that it is important to take care of our hearts.

As we age, we may find that our hearts don't work quite as well as they used to. This is because aging can cause changes in the heart and blood vessels, including stiffness of the arteries or buildups of fatty deposits in the arteries. This can lead to heart disease and high blood pressure, which in turn can cause weakness, disability, or even death.

The good news is that there are many steps you can take to keep your heart healthy!

Physical activity is a terrific way to keep our hearts healthy. While physicians recommend trying to get at least 150 minutes of physical activity each week, it's important that you just do your best. If you can't walk 20 minutes a day, try 10 minutes, or even standing up or walking across the room in between episodes of your favorite show. Every little bit helps.

Healthy diets also play a role in our heart's health. Choose foods that are low in trans and saturated fats, added sugars, and salt. Fruits, vegetables, whole grains, and low-fat protein are all heart-healthy choices.

Regular checkups with your doctor can help detect early heart disease, and can help you take action before your problems become worse. Doctors can also help keep other conditions, such as diabetes, high blood pressure, and high cholesterol under control, which help your heart stay healthy.

Minimize alcohol use. Men should not have more than two drinks a day, and women only one. More than that can lead to high blood pressure and other heart conditions. Stay well!

Stephanie Lambert, MPH | Manitowoc County Health Officer



Visit Our Website: www.adrcofthelakeshore.com | 5

Call us today for all of your questions:

- Medicare - Supplements, Advantage plans (Part C) & Prescriptions (Part D)
- Life Insurance/Funeral Trusts
 - Annuities
- Marketplace/Short Term Medical



Kelly Anhalt-Koenig
(920)698-6304



Carrie Baumann
(920) 254-1611



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.

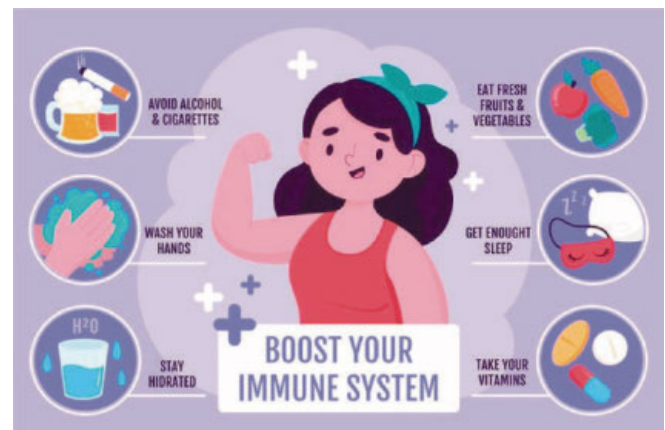
Dear Alyssa,
It's cold and flu season. What are some ways I can boost my immune system?
Sincerely,
Wishing for Good Immunity

Dear Immunity,

Your immune system is a complex network of cells, tissues, organs, and the substances they make that helps the body fight infections and other diseases. The immune system includes white blood cells and organs and tissues of the lymph system, such as the thymus, spleen, tonsils, lymph nodes, lymph vessels, and bone marrow. Your immune system works to recognize and identify an infection or injury in the body. This causes an immune response with the goal of restoring normal function. There are a few things you can do to trigger an appropriate immune response to a virus, infection, or other disease, which many refer to as “boosting your immune system”.

- Focus on eating a healthy diet, especially focus on increasing your fruit and vegetable intake. Fruits and vegetables are excellent sources of vitamins, minerals, and antioxidants. Citrus fruits, berries, and spinach are a great way to increase your vitamin C intake. Beta-carotene converts into vitamin A which can help to improve antibody response. Beta-carotene is found in sweet potatoes, carrots, apricots, and winter squash. Vitamin E plays a role in immunity; sources include nuts, seeds, avocado, and spinach. Vitamin D is essential to immunity and is found in salmon, canned tuna, egg yolks, mushrooms, and fortified milk. Our immune system uses zinc to function properly; sources include shellfish, poultry, red meat, and beans. Garlic contains compounds that aid the immune system in fighting germs. Yogurt is a great source of probiotics which can help to improve gut health which in turn improves immunity. Other sources of probiotics include kombucha and sauerkraut. If you feel your diet is inadequate you may want to supplement with a multivitamin. Remember to consult your doctor before beginning any new vitamin or supplement.
- Get enough sleep. Aim for 7 or more hours each night.
- Stop smoking.
- Limit alcohol consumption.
- Try to minimize stress and anxiety by doing things that cause you to relax such as read, exercise, talk to a friend, or pray.
- Go outside and sit in the sunshine! This is a great way to increase your body's vitamin D levels. Adequate vitamin D has shown to improve immunity.
- Try to stay physically active, even if it's 15 minutes daily.
- Drink water. Staying hydrated keeps your body functioning properly. Some fruits have a very high water content including watermelon, cucumbers, and celery. Wash your hands regularly and often.

I hope by trying some of these suggestions you can have a healthy winter season!



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 Aging & Disability Resource

Connection" publication: Yes _____ No _____

Name _____

Address _____

Phone No. _____

Please mail to: ADRC of the Lakeshore, 1701 Michigan Ave, Manitowoc, WI 54220



Thank you to Glenn F Kruse from all of us at the ADRC of the Lakeshore for your generous donation! We are grateful for your support!



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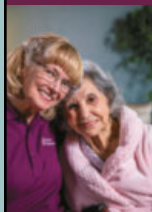
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Closing of Meal Sites & Home Delivered Meals Due to Severe Weather

Tune into one of the following for closing announcements:

Radio Stations: WDOR (910 AM or 93.9 FM), WOMT (1240 AM), WCUB (980 AM) or WHBL (1330 AM)

TV Stations: WBAY (Ch 2) or WFRV (Ch 5)

Facebook: ADRC of the Lakeshore



If a winter storm is predicted, please try to keep some of the following items on hand:

- canned fruit and vegetables
- canned or dried soups
- instant cereal
- peanut butter
- crackers
- jam or jelly
- instant coffee, tea, cocoa
- bread and cheese
- granola bars
- bottled water or juice
- battery operated radio
- flashlight
- batteries
- medications
- medical/first aid kit
- toilet paper
- hand soap/sanitizer
- coats, hats, gloves
- blankets
- PETS: food. Don't forget to wipe paws, legs, and stomach to prevent bleeding or licking off salt.





Congratulations to Lakeview Dental on being awarded their Purple Angel! Our agency provides Dementia Friendly Business Training at no cost! This training allows businesses to effectively engage and work with someone who may be struggling with memory loss. If you patron a business that you think may benefit, have them get in touch with our Dementia Care Specialist at (877) 416-7083. Training available in Kewaunee & Manitowoc Counties.

ADRC OF THE LAKESHORE

We are looking for volunteers!

Do you love to teach? Are you passionate about educating seniors? We are looking for individuals who would like to help facilitate our prevention programs! No experience necessary - teach a class about falls prevention or how to live with a chronic condition! Training provided along with full support from our prevention coordinators!



CALL OUR PREVENTION COORDINATORS AT THE ADRC OF THE LAKESHORE AT (877) 416-7083 TODAY!!!!

Being A Good Neighbor

Accessibility declines significantly in winter weather for people with disabilities. When you are taking care of your snow removal, don't forget curb cuts, clearing the entire width of the sidewalk, and clearing parking areas and the areas from parking to building entrances.





STAFF SPOTLIGHT



Hi, my name is Stephanie Madson and I have worked at the ADRC for 1 year. I started in October of 2020 as an Information and Assistance Specialist in our Manitowoc Office. Prior to working at the ADRC, I worked at Felician Village as a Social Worker in the Next Step Rehabilitation Unit. My passion is to work with individuals 18 and above connecting them with resources in the community to allow them to continue to thrive in their current environment. I am married to my “high school sweetheart”, Caleb, and we have two beautiful sons, Bryce and Seth, and one fur baby, Bentley. We recently tackled moving into a new home right before Christmas, but are grateful for the opportunity and are enjoying the new space and land. In our free time, my family and I enjoy playing games, and outdoor activities. A few fun facts about myself is I enjoy listening to way too many audiobooks, and I am terrified of being attacked by a bird. I have enjoyed my time at the ADRC thus far and I am eager to continue to serve Manitowoc and Kewaunee County population.

Overcoming the Transportation Barrier

The ability to travel around town, going where we want or need to go whenever we need or choose to, is a freedom that most of us enjoy. We take for granted that we can hop on a bus or slip behind the wheel of a car to drive whenever we please. But for a growing portion of the elderly population, once routine outings such as going to medical appointments, the grocery store, the library, or social outings now present daily challenges. As seniors age, driving is not an option for many of them, and they need to find other methods for getting to and from their daily activities.

Research indicates that older individuals who are no longer able to drive attend fewer medical appointments, go shopping and out for meals less often, and reduce the frequency of their visits to friends and family compared to drivers of the same age. This leads to increased isolation and loneliness which can dramatically impact quality of life.

The good news is that there are many options in Manitowoc County to ensure our senior population has adequate transportation options. From our Volunteer Rural Elderly program to Assist-To-Transport and the city’s fixed route bus service, we can accommodate nearly any need at a very low cost. Most recently, we have transported individuals for medical appointments, grocery store visits, and social outings.

Do you have a wheel chair or walker? No problem! We have a variety of vehicles that are wheelchair accessible and strive to provide each senior the best experience possible. The Aging and Disability Resource Center of the Lakeshore partners with Maritime Metro Transit to provide a one-stop-shop for all transportation needs. You simply have to call our mobility manager at (920) 686-6977 and she will appropriately match you to the transportation program that best suits your needs.

If you live outside of the city of Manitowoc or Two Rivers, we offer our Volunteer Rural Elderly program. We service various parts of the county each day of the week and, with a minimum of two riders, have been able to help those homebound in our rural communities to get to doctor appointments, grocery shopping, and more. This program, specifically, requires you to be 60 or older and runs with the help of our volunteer drivers. If you aren’t in need of the ride but would love to serve your community, please contact our mobility manager to find out how you can get involved in our volunteer driver program.

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 1-877-416-7083 to start the lending process.




The Lions Club Loan Closet

Need a walker, wheelchair, commode or transfer bench temporarily? Or maybe you need it long term but you want to try before you buy. We are here for you! The Lions Club Loan Closet, run by the ADRC of the Lakeshore, has a variety of durable medical equipment available to rent. You even receive your money back if you return your item by the end of the rental program. This program is CASH ONLY and is located at our office on 1701 Michigan Ave, Manitowoc, WI. Call (877) 416-7083 for more information!

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 <p>Contact us today for a tour or more information at 920.686.1797 2115 Cappaert Rd. Manitowoc, WI 54220</p>	 <p>Contact us today for a tour or more information at 920.794.1950 4606 Mishicot Rd. Two Rivers, WI 54241</p>
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CAREGIVER CORNER

TIPS FOR DIFFUSING FAMILY CONFLICT

Providing care for a loved one through a debilitating illness or at life's end can create stress on individuals and families alike. Each family member has his/her own response to the difficult situation and will have varying levels of commitment to help. Each person handles stress, grief and change in their own way and will also have different ideas of what is best for the loved one needing care.

Good communication and a commitment to making the caregiving plan work are essential in keeping families strong through a difficult time. Disagreements are sure to arise but the key to success is to diffuse the conflict before feelings are hurt and long-lasting damage is done. Here are some tips that will help you avoid conflict and make your caregiving journey less stressful and more successful.

- Be honest. Say that you are feeling stressed, overwhelmed, scared, sad, etc. Then work together to diminish these feelings.
- Use "I" statements to avoid blaming others.
- Value everyone's ideas and opinions. Don't judge. There is not just one right way to provide care for someone. "Learn something from someone with whom you disagree."
- Consider counseling. Caring for a loved one is stressful for even the healthiest families. Attend a support group with family members or seek private counseling if you fear relationships are about to be torn apart.
- Share responsibility. When everyone has a task or responsibility (however small) a sense of teamwork is shared.
- When times get tough, remind each other that it is the disease that has caused the challenge. Blame the disease, not the person with the disease (or each other) for hard times.
- Step back and look at the larger picture. Sometimes we get hung up on a certain issue and lose sight of the more important goal (like happiness, safety and/or independence).
- If you are the main caregiver, get some respite! Taking a break from your daily duties can boost your spirits and in turn help you be a better communicator.
- LISTEN! Be an active listener by focusing on what is being said, including body language, without interrupting. We often miss much of what someone is saying because we are busy thinking about what we will say next. Or we "tune out" what is being said because we think we've already heard it.
- Never assume anything. When doling out tasks, be specific and clear to avoid misunderstandings. Write down tasks so everyone is clear about expectations.
- Find a good time to communicate. If you need to talk to someone don't do it while they're in the middle of something else. Always ask, "Is this a good time?" before diving in with a heavy topic.
- Steer away from emotions. If something you've said has sparked strong emotions in someone (anger, tears, sarcasm), apologize and try again at a different time and in another way. If you are becoming emotional, ask to talk about it later after you've calmed down.
- Schedule regular family meetings, either in person, over the phone or by e-mail so everyone is kept updated on how things are going.



* If you need help in your caregiving role, contact the Aging & Disability Resource Center of the Lakeshore at 1-877-416-7083.

Jane Mahoney

Greater Wisconsin Agency on Aging Resources (GWAAR)

Caregiver Support Groups



In-Person Support Groups:

Caregivers of Early Stages

Alzheimer's Support Group: 1st Tuesday of every month held at 10:00am at the ADRC of the Lakeshore (held in conjunction with Person's with Early Alzheimers Support Group)

General Caregiver Support Group:

3rd Thursday of every month held at 2:00pm at the ADRC of the Lakeshore

Men's Support Group:

3rd Wednesday of each month at 9:00am-10:30am at the ADRC of the Lakeshore

Virtual Support Group:

General Caregiver Support Group:

2nd Wednesday of each month at 1:15pm -2:45pm via BlueJeans online platform
*Registration required to receive BlueJeans online invitation

***Call 1-877-416-7083 for any further questions or for additional information.**

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E 4C 01-1615



Memory Screen Days

Get your **FREE** brain health check-up!

A memory screen is a wellness tool used to help identify possible changes in memory and cognition. It is not diagnostic, but can help direct people to address any concerns.

See below for a date and time that works best for you.

More locations may be available.

Please call the ADRC of the Lakeshore at 1-877-416-7083 to register or for more information.

Tues Feb 8, 2022 • 12:30pm-3:30pm @ Kiel Stoelting House

Thurs Feb 10, 2022 • 9am-12pm @ TR Senior Center

Tues Feb 22, 2022 • 9am-12pm @ Manitowoc Senior Center

Wed Feb 23, 2022 • 9am-12pm @ Kewaunee ADRC of the Lakeshore



DEMENTIA 101 & 201 SERIES

An 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. Dementia 101 will discuss the differences between "normal aging" and more serious cognitive decline caused by diseases such as Alzheimer's. Dementia 201 will discuss how caregivers can handle different behaviors and symptoms of dementia. Attending both presentations is not required but strongly encouraged.

Dementia 101: Thurs March 24, 2022 • ADRC of the Lakeshore
1701 Michigan Ave, Manitowoc, WI 54220

Dementia 201: Thurs April 24, 2022 • ADRC of the Lakeshore
1701 Michigan Ave, Manitowoc, WI 54220

The time for all presentations will be from 1:00pm - 2:30pm

Please call the Aging and Disability Resource Center of the Lakeshore at 1-877-416-7083 to register or if you have any questions. The classes will be capped at 10 attendees, with later registrants added to a wait list. Future classes will be held based on interest.



Legal Information Available to Seniors

Seniors aged 60 or older who are residents of Manitowoc 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 Manitowoc. This service is scheduled for **Wednesday, February 23, 2022 & Wednesday, March 23, 2022** from 8:30 a.m. until 11:30 a.m. To make an 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 *Manitowoc 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. * * Please note that the format of services may change due to current public safety needs or requirements. **



Trualta is an online learning portal designed for families. With articles, videos, tip-sheets, and professional level training, there is something for everyone. Trualta helps family caregivers reduce stress, find local resources, and provide better care for their loved ones.

Contact us to access Trualta for free today!

ADRC of the Lakeshore
1-877-416-7083
-Or Self- Register:

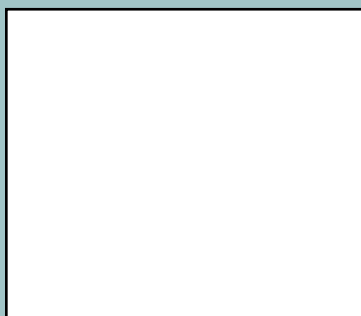
<https://wisconsincaregiver.trualta.com/open-registration>

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Thousands of family caregivers across North America are using Trualta. Every caregiver has a custom learning journey, so you can choose the topics that interest you and learn any time of day.

Title VI - Notice of Nondiscrimination to the Public

- Manitowoc County – ADRC of the Lakeshore The ADRC of the Lakeshore is committed to ensuring that no person is excluded from, participation in, denied the benefits of, or otherwise subjected to discrimination on the basis of race, color, national origin, disability, sex, age, religion, income status or limited English proficiency (LEP) in any and all programs, activities or services administered by the ADRC of the Lakeshore in accordance with Title VI of the Civil Rights Act of 1964 and related nondiscrimination authorities.
- Any person who believes they've been aggrieved by any unlawful discriminatory practice may file a complaint with the ADRC of the Lakeshore. For more information on the ADRC of the Lakeshore's civil rights program, and the procedures to file a complaint, contact 920-683-4180, (for hearing impaired, please use Wisconsin Relay 711 service); email Kimnovak@manitowoccountywi.gov or visit our administrative office at 1701 Michigan Avenue, Manitowoc, WI 54220. For more information, visit <https://www.ADRCoftheLakeshore.com>
- A complainant may file a complaint directly with the Federal Transit Administration by filing a complaint with the Office of Civil Rights, Attention: Title VI Program Coordinator, East Building, 5th Floor-TCR, 1200 New Jersey Ave., SE Washington, DC,



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Prepare for 3G Network Shutdowns

By the GWAAR Legal Services Team

If you have an older mobile phone, you may need to upgrade it soon. Mobile providers will be shutting down their 3G networks in 2022, which means that older phones may be unable to make or receive text messages and phone calls, including calls to 911, or use data services. In addition to phones, this may affect some medical devices, tablets, smartwatches, home security systems, and other products that use 3G network services. The 3G network retirement is being done in order to free up infrastructure to support new technology, like 5G.



For more information on your mobile provider's plans to phase out 3G, contact your provider directly. Timing will vary by company. AT&T announced that it will shut down its 3G network by February 2022. Verizon plans to shut down its 3G network by December 31, 2022. T-Mobile will shut down Sprint's 3G CDMA network by March 31, 2022 and Sprint's 4G LTE network by June 30, 2022. The company also announced it will shut down T-Mobile's 3G UMTS network by July 1, 2022. Other mobile providers will be affected, too. Many carriers, like Cricket, Boost, and several Lifeline mobile service providers use AT&T's, Verizon's, and T-Mobile's networks. It's important to plan ahead so that you don't lose the ability to use your phone or other devices. Some providers' websites have lists of devices that will no longer be supported after 3G networks are shut down. You can also check your phone or other device's settings or user manual to determine whether it is 4G LTE enabled. If your device is not labeled, contact the monitoring company or other service provider to confirm how the device connects and whether your device may be impacted.

Some devices may need to be upgraded while others will just require a software update. Many mobile service providers are offering discounted or free upgrades for people who need to purchase a new device. In addition, some people may be eligible for assistance through two Federal Communications Commission programs. The Lifeline Program provides discounted phone service to qualifying low-income consumers. You can learn more about the Lifeline Program here: <https://psc.wi.gov/Pages/Programs/LifeLineLinkup.aspx>. The Emergency Broadband Benefit Program provides a temporary discount towards broadband service to eligible households during the COVID-19 public health emergency. You can learn more about the Emergency Broadband Benefit Program here: <https://www.fcc.gov/broadbandbenefit>.

Dealing With Winter Weather

By the Wisconsin SMP Team



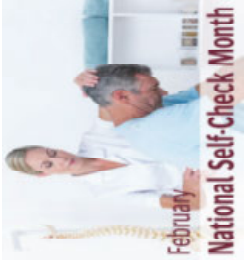


For your safety, walk like a penguin on snow and ice!





- * Position center of gravity over your front leg
- * Have a slight bend in your knees
- * Walk flat-footed
- * Point feet a bit outward
- * Extend arms for balance
- * Take small steps

Remember to walk slowly so you can react to changes in iciness or ground conditions, keep your momentum at a minimum, and don't put your hands in your pockets. Stay safe and upright!

February 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1 Caregivers of Early Stages Alzheimer's Support Group 10 AM @ ADRC</p>	<p>2 Lakeshore Memory Café 10-11 AM</p>	<p>3</p>	<p>4</p>	<p>5</p>
<p>6</p>	<p>7</p>	<p>8 Medicare A-D Presentation 3 - 4pm Memory Screen Day Kiel Stoelting House 12:30-3:30 PM</p>	<p>9 ADRC Virtual Caregiver Support Group 1:15-2:45pm</p>	<p>10 Memory Screen Day Two Rivers Senior Center 9 am-12 pm</p>	<p>11</p>	<p>12</p>
<p>13</p>	<p>14</p>	<p>15</p>	<p>16 Men's Caregiver Support Group 9 AM @ ADRC</p>	<p>17 General Caregiver Support Group 2:00 PM @ ADRC</p>	<p>18</p>	<p>19</p>
<p>20</p>	<p>21</p>	<p>22 WCUB @ 8:15 AM- Kim Novak discusses Sip & Swipe Memory Screen Day Manitowoc Senior Center 9 am-12 pm</p>	<p>23 WOMT @ 9:30- Becky & Lisa discuss Prevention Programs Caregivers of Early Alzheimer's support group 10am-11am</p>	<p>24</p>	<p>25</p>	<p>26</p> 
<p>27</p>	<p>28</p>					

March 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 6	 7	1 Caregivers of Early Alzheimer's support group @ ADRC 10am-11am	2 Lakeshore Memory Café 10am-11am	3 Virtual Dementia Tour 9:30 AM-11:30 AM & 1:00 PM-3:00 PM @ ADRC	4	5
13	14	15 Men's Caregiver Support Group 9 AM @ ADRC	16 ADRC Virtual Care-giver Support Group 1:15-2:45pm	17 General Caregiver Support Group @ ARDC 2 PM 	18	19
20	21	22	23	24 Dementia 101 - @ ADRC 1pm-2:30pm	25	26 
27	28	29 WCUB @ 8:15 AM - Becky discusses Upcoming Prevention Programs	30	31		

Prevention Program Workshops



Stepping On

Stepping On is a falls prevention workshop that meets for 2 hours a week for 7 weeks. Trained leaders coach you to recognize your risk of falling and help you build the balance, strength and practical skills you need to avoid a fall.

Stepping On:

Site: Kiel Community Center

Tuesdays beginning April 12th through May 24th from 1:30pm-3pm

Living Well with Chronic Conditions is a 6-week workshop for adults of all ages who have one or more on-going health problems. The program focuses on helping you feel better, have more control, and do the things you want to do.



Living Well:

Site: St. Thomas the Apostle- Newton

Thursdays beginning April 14th through May 19th from 9am-11:30am

FOR Powerful Tools Caregivers

Powerful Tools for Caregivers is a 6-week workshop that teaches you how to take care of yourself while caring for someone else. By taking care of your own physical, emotional and financial needs, you become a better caregiver.

Upcoming class: TO BE ANNOUNCED (accepting waitlist inquiries)

Call 920-683-4180 to reserve your seat in a workshop today!



Lakeshore Memory Café!

Memory Cafés welcome those experiencing early stage Dementia, mild memory loss or cognitive impairment, and family and friends of those affected. It's a great opportunity for lively discussions, information gathering, refreshments, camaraderie, and lots of creative fun! We have a Dementia Specialist professional on hand to answer questions and an enormous wealth of experience among participants to be shared. We'd be delighted if you would join us the 1st Wednesday of the month from 10am-11:30am at the Manitowoc Public Library in the Balkansky Room. February's theme is: **Valentine's Card Making** and March's theme is: **Shamrock Bingo!**

Call the Dementia Care Specialist at 1-877-416-7083 for more information.

Medicare A–D Presentation

Join us for an in person **FREE Medicare Information Session!**
For anyone new to Medicare Turning 65 soon or new to Medicare.



**Manitowoc County Office Complex—
4319 Expo Drive Room 300**
**Call to reserve a spot 920-683-4180 or
1-877-416-7083**

Please note the format of session may change due to current safety needs or requirements.



ADRC of the Lakeshore
1701 Michigan Ave
Manitowoc, WI 54220

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February-March 2022

MANITOWOC'S

AGING & DISABILITY RESOURCE CONNECTION



Energy Assistance is available!

The Wisconsin Home Energy Assistance Program (WHEAP) provides assistance for heating and electric costs. The amount of financial assistance varies by household. Heating and electric assistance are available from October 1–May 15. WHEAP operates a 24-hour crisis line to help with emergency situations. It may also offer funds to repair or replace a furnace if it is no longer working. Please call Economic Support at (920) 683-4300 for more information.