

August 2018

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

Email:
ADRC@co.door.wi.us
Website:
www.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

Human Services Director Joe Krebsbach
Human Services Deputy Dir Cori McFarlane
ADRC/Aging Director Jake Erickson
Assistant ADRC Director Jennifer Fitzgerald
Elderly Benefit Specialist Mary Bink
Disability Benefit Specialist Jessica Holland
I & A Specialist Jennifer Bender
I & A Specialist Lisa VanAlstine
I & A Specialist Vacant
Transportation & Accounts Robin Mark
Bus Driver/Transportation Gary Hanson
Activities/ Volunteer Coordinator .. Cathy Keller
Office Assistant Wendy Schubert
Office Assistant Barb Snow

Nutrition Program

Chef Arne Thompson
Assistant Cook Linda Will
Baker Kathy Ash

Meal Site Manager

Washington Island Nelvie Cauldwell
Baileys Harbor/Forestville Jamie Stephan
Liberty Grove Stacey Volkmann
Contracted Dietician Carmen Schroeder

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

August Greetings

Managing life's journey is important when it comes to health and happiness. However, management is imperative as we advance in age. As our weather gets better and better, I wanted to share an article I came across in Aging Matters. It is a reminder to everyone to be safe while enjoying our beautiful weather here in Door County. More importantly, please remember the ADRC is here to help you manage the aging process and maintain quality of life. Take care.....

Jake Erickson, Director

Summer Safety

Fresh air is healthy for older adults, but over exposure to the sun and heat is not. Make sure you are familiar with the following summer safety precautions related to senior health.

Dehydration

Dehydration is a common health risk in the summer. Not only should older adults increase their water intake during the summer, it is also vital to decrease their consumption of alcohol and caffeinated drinks. Doctors recommend older adults drink at least 8 glasses of water a day, even if they do not feel thirsty. This is especially important because older adults do not always realize they are thirsty.

Food

Food can also play a part in maintaining a healthy body temperature. Avoid foods that are high in protein, which increase metabolic heat. Sandwiches, salads, fresh fruit, and vegetables are good choices. It is also important to eat many, light meals as opposed to a few large meals.

Sun Exposure

Older adults are highly encouraged to stay indoors during the hottest times of the day – usually between 12:00 pm – 4:00 pm. If outside, you should regularly apply sunscreen and wear protective, light-colored clothing. It is also important to take steady breaks from outdoor activities. If you must be outdoors, choose the coolest part of the day—usually between 4:00 pm and 7:00 am.

If air conditioning is not available in the older adult's home, have them spend time at an air-conditioned shopping center, senior center, community center, library, movie theater, restaurant or place of worship.

Heat Exhaustion

Heat exhaustion occurs when a person exercises or works in a hot environment and sweating cannot dissipate the heat generated within the body. Often dehydration occurs because the person hasn't replaced the water lost by sweating.

It is important to know the signs of heat exhaustion:

Profuse sweating,
Weakness
Muscle cramps,
Headache,
Nausea and vomiting.

Medications

Discuss with your doctor how medications and/or chronic conditions may affect your body's ability to manage heat.

Finally, it is also extremely important to check in with older adults on hot days to make sure they are making healthy choices in the heat.

By Aging.Matters| July 18th, 2012



Monthly Caregiver Support Groups

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

You are not alone.

Sturgeon Bay Chapter

1st & 3rd Wednesday of the month
1:00 p.m. – 2:30 p.m.
ADRC
916 N. 14th Ave.
Sturgeon Bay, WI 54235

Northern Door Chapter

2nd Wednesday of the month
1:00 p.m. – 2:30 p.m.
Sister Bay Library, Community
2323 Mill Road
Sister Bay, WI 54234

Southern Door Chapter

4th Tuesday of the month
1:00 p.m. – 2:30 p.m.
Brussels Community Center
1366 Junction Rd
Brussels WI 54204

Washington Island Chapter

1st Friday of the month
11:00 a.m. – 12:30 p.m.
WICHP Fellowship Hall at
Trinity Lutheran Church
(920) 847-2108

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 Door County ADRC

(920) 746-2372

Toll Free (855) 828-2372

In Need Of A Ride?



In the Sturgeon Bay community, transportation is a basic need. It is a hardship for older adults and people with disabilities when they do not have access to safe, reliable, efficient and affordable transportation. They may not be able to access medical care, groceries, or activities at our center which isolates these individuals and diminishes their quality of life.

Our ADRC Bus and Van are wheelchair accessible. The cost of a ride is \$1.00 per stop. The ride to and from our Center for our Noon meal is \$1.00 round trip.

To Schedule a Future Appointment:

Call (920) 746-2548

For Same Day/Immediate Appointments:

Call (920) 493-0136

NEW OFFICE: SOUTHERN DOOR COUNTY HOURS AND LOCATION FOR THE AGING & DISABILITY RESOURCE CENTER



The Aging & Disability Resource Center (ADRC) of Door County is pleased to announce that beginning on Tuesday, June 26th, staff will have monthly office hours at the Brussels Community Center, 1366 Junction Road, from 2:30pm-4:30pm on the 4th Tuesday of each month.

In an effort to reach more Door County residents, an Information & Assistance Specialist will be available to meet with individuals that have questions about community resources, long-term care options, nutrition assistance, income supports, and other topics for those that are aging or have a disability.

To ensure availability, please call the ADRC at (920)746-2372 to make an appointment for the Brussels office hours.



Need a *Great Hot Meal?*
LOAVES & FISHES
Community Meal Friday
Evenings
Year 'round – Usually 1st,
3rd & 4th

Who: All Ages are Welcome

What: Family Style Dinner

Time: Serving from 5:30-7:00 pm

Where: Northeastern Wisconsin Technical College 229
North 14th Avenue, Sturgeon Bay

Cost: Free

Sponsored by the community, local churches, businesses and individuals. There are no government funds used for the Loaves & Fishes community meal program.

Need more information: Call 920.493.5318.



August 3, 17, 24
September 7, 21, 28



Door County Early Dementia Support Group



1st Monday of the Month, 1:00-2:00 (before the memory café)

United Methodist Church

836 Michigan St, Sturgeon Bay

Facilitators: Christy Wisniewski, DCMC Geriatric Outreach Specialist
Erin Szakala, DCMC Social Work Care Manager

New Participants should RSVP to Christy Wisniewski: 746-3504 or at www.dcmedical.org/classes&events

The early dementia support group is a monthly forum for those diagnosed with a dementia in the early or mild stage. A topic is offered for discussion. Participants should be willing to talk about their dementia symptoms.

A separate group for care partners of those with dementia will meet at the same time for support and education.

3.85%¹ Interest Rate

FG Guarantee-Platinum[®] 7

For a limited time, Fidelity & Guaranty Life[®] is offering 3.85 percent for the FG Guarantee-Platinum[®] 7, a single premium fixed deferred annuity for new contracts issued on or after April 1, 2018. This rate is subject to change at our sole discretion at any time. This initial rate is guaranteed for the first seven contract years only and is thereafter subject to change. Minimum premium of \$20,000 required.

FG Guarantee-Platinum 7 offers:

- Free withdrawals of all accumulated interest
- 30-day surrender charge free window after each seven-year rate guarantee period

Contact us today for more information!

David A. Lenius, CFP[®] 920-743-3962

¹This initial interest rate is effective for new annuities with a minimum premium deposit of \$20,000 issued on or after April 1, 2018 for the first seven contract years only. Thereafter, the company may declare at its sole discretion a new rate which could be lower. This initial rate is also subject to change for new contracts at our sole discretion at ANY TIME. Surrender charges and market value adjustments apply to withdrawals in excess of the accrued interest during the "guarantee periods" which are seven years. There is a 30-day window at the end of each seven year guarantee period where you may withdraw all or part of your annuity value without application of surrender charges or market value adjustment. A new guarantee period and surrender charge period will begin after the end of the previous ones. The surrender charge is nine percent in the first year and declines by one percent each year for the next six years and repeats for each successive period. Annuities are long-term savings vehicles that are subject to limitations and conditions, state availability and certain suitability requirements. Please see the applicable product brochure that is available from your licensed insurance professional for details.

Annuity contracts issued by Fidelity & Guaranty Life Insurance Company, Des Moines, IA. www.fglife.com. No bank guarantee. Not FDIC/NCUA/NCUSIF insured.

May lose value if surrendered early. Subject to state availability.

Product form numbers: FGL SPDA-MY-F (7-04) ICC14-1095 (06-14); et al.



Ask a Benefit Specialist

When will my Medicare start?

Your coverage start date depends on your birthday if both of these apply:

You sign up for Medicare Part A (Hospital Insurance) and/or Medicare Part B (Medical Insurance)

You sign up during the first 3 months of your Initial Enrollment Period. (IEP)

Your coverage starts the first day of the month you turn 65, unless your birthday is on the first day of the month.

NOTE - You can sign up for free Part A (if you're eligible) any time during or after your Initial Enrollment Period starts. If you sign up within 6 months of your 65th birthday, your coverage will start at one of these times:

The first day of the month you turn 65

The month before you turn 65 (if your birthday is the first day of the month)

After that, your coverage start date will go back (retroactively) 6 months from when you sign up

EXAMPLE – Mr. ADRC's 65th birthday is July 20, 2018. If he signs up for Medicare in April, May or June, his coverage will start on July 1, 2018.

If your birthday is on the first day of the month, your coverage starts the first day of the prior month.

EXAMPLE – Mrs. ADRC's 65th birthday is July 1, 2018. If she signs up for Medicare in March, April or May, her coverage will start on June 1, 2018.

WHEN WILL MY MEDICARE COVERAGE START?

If you sign up for Part A (if you have to buy it) and/or Part B in this month:

Your Coverage Starts:

The month you turn 65

1 month after you turn 65

2 month after you turn 65

3 month after you turn 65

During the January 1—March 31 General Enrollment period

1 month after you sign up

2 month after you sign up

3 month after you sign up

3 months after you sign up

July 1

Note: Everyone eligible for Social Security Disability Insurance (SSDI) benefits is also eligible for Medicare after a 24 month qualifying period. The first 24 months of disability benefit entitlement is the waiting period for Medicare coverage.



Are you ready for some football!! Packer Party Announcement

The 7th Annual Packer Tailgating Party will be taking place at the Senior Meal Site located in the Community Center on Washington Island on

Friday, September 14th from 10:30 am to 1:00 pm.

We will be grilling brats for the Washington Island seniors. Come on up for some fun! Please contact the front desk to make a reservation by Wed. Sept. 3RD if you would like to attend. All are welcome.

For participants over the age of 60 there is a suggested \$5.00 contribution. Cost of lunch if under 60 yrs. of age is \$12.00. The Island school children will be joining us again for this fun event! Hope to see you there & GO PACKERS!!!

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Are You De-Evolving?

“Aging and Degenerative (arthritic) changes are NOT SYNONYMOUS”

Harry F. Fofan, M.D., M.Sc., C.M., F.P.S.C., 1985



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Door County Senior Resource, Sturgeon Bay, WI

B 4C 01-1484

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.

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



Who is Eligible to Receive FMNP Checks?

An eligible person is:

1. A senior age 60 or above or a 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	\$1,872	\$22,459
2	\$2,538	\$30,451
3	\$3,204	\$38,443
4	\$3,870	\$46,435

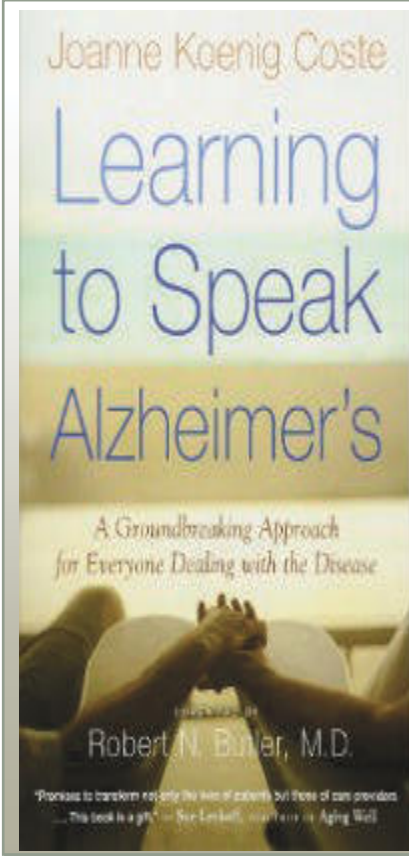
For each additional household member, add \$666 monthly and \$7,992

- You will be eligible for **only** the current years Senior FMNP period
- An authorized representative may be designated to apply for the certification and to 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 June 1st 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.

Please go to the front desk to complete the application process. If you have any questions call please call the ADRC of Door County at (920) 746 - 2523

Recommended Reads



More than four million Americans suffer from Alzheimer's, and as many as twenty million have close relatives or friends with the disease. Revolutionizing the way we perceive and live with Alzheimer's, Joanne Koenig Coste offers a practical approach to the emotional well-being of both patients and caregivers that emphasizes relating to patients in their own reality. Her accessible and comprehensive method, which she calls habilitation, works to enhance communication between care partners and patients and has proven successful with thousands of people living with dementia. Learning to Speak Alzheimer's also offers hundreds of practical tips, including how to, cope with the diagnosis and adjust to the disease's progression, help the patient talk about the illness, face the issue of driving, make meals and bath times as pleasant as possible, adjust room design for the patient's comfort, deal with wandering, paranoia and aggression.

Lakeland Care provides Family Care Supports throughout Northeast and North Central Wisconsin, serving members since 2000.

Some of the services we manage for you include:

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

For more information about care management services available, contact the **ADRC of Door County at 855-828-2372**. They can also assist you with information about Family Care eligibility and enrollment.

www.lakelandcareinc.com

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This project is funded in part by the Federal Transit Administration (FTA) as authorized under 49 USC Section 531065311.

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THE *Community*

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Our team of experienced care givers could be the answer. We offer in-home companionship and support senior citizens and disabled, both physically and mentally, needing assistance with daily living activities.

Our goal is to provide the quality services necessary to help your loved one live healthy and happily in his or her own home.

Elder Abuse

Elder abuse can take many forms. Under Wisconsin statutes, it includes physical, emotional, financial, or sexual abuse/assault. Abuse by others can happen in one's home or in an institutional setting such as a nursing home. It can be the result of neglect by others including adult children or other family members—even grandchildren. They can be spouses or partners. They can be caregivers.

Financial abuse continues to be a growing problem in this state and older persons need to be cautious about what personal information they share with strangers who may contact them by mail, telephone, or email. Those who take advantage of older persons can include family members or friends who are asking about an individual's finances who have no legitimate reason for doing so.

Under Wisconsin law, self-neglect is also a form of elder abuse. This might relate to a situation where an older adult, often through no fault of his or her own, is just not able to care for themselves and, as a result, their physical well-being is at risk.

Abuse of the elderly often goes unreported because many victims don't think of it as a crime—but it is. People are not necessarily charged with "elder abuse," but may be charged under state law for crimes such as stealing, battery, causing undue harm, domestic abuse, and other violations. Knowing the signs of abuse and how to report it is the first step in preventing further abuse. If you suspect that an elderly person you know is being harmed physically or emotionally abused or being preyed upon financially, it is important to step in and report the crime.

Use Person-First Language

By the GWAAR Legal Services Team

Person-first language puts the person before the disability. People with disabilities have interests, dreams, abilities, and needs. They are our family members, friends, neighbors, co-workers, and are so much more than just a disability. The language our society uses to describe people with disabilities shapes the beliefs and ideas about them. Words are powerful. Use person-first language to support and respect all people.

Instead of this...

Disabled person
 Diabetic Uncle
 Mental retardation*
 Normal Kid
 She is Autistic
 Brain damaged
 Birth defect
 Wheelchair bound or Confined to Wheelchair
 Does not communicate

He is a tube-feeder
 Suffers from muscular dystrophy
 Abuilding for handicapped people
 She is crazy or she is psychotic

Say this...

A person with a disability
 My uncle with diabetes
 Cognitive or intellectual disability
 Children without disabilities
 She has autism
 Brain injury
 Congenital disability
 Uses a wheelchair (for mobility)
 Communicates with her eyes/body language/by crying/
 using a Device/through vocalizations, etc.
 He receives nutrition from a G-tube
 He has muscular dystrophy
 An accessible building or apartment
 Person with a mental health history, or a person
 diagnosed with Schizophrenia, or a person experiencing
 a psychotic episode.

**This term is considered derogatory and offensive. Please do not use this term under any circumstances. References: Publication from Central Wisconsin Center, Madison, WI, May 2017*

HEARTHSIDE

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Sister Bay, WI 54234

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Britain O'Connor, MD



Michael Aleksandrowicz, MD

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 Laura Boucher, NP
 Paul Maes, MD
 Britain O'Connor, MD
 Andrea Patza, NP

Obstetrics/Gynecology

Thomas Gallagher, MD
 Kimberly Winburn, MD

Nephrology

Jyoti Brar, MD

Urgent Care

Lisa Frisque, NP
 David Steinke, DO

Gastroenterology

Kelly Cherne, PA-C

Other Specialties

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For more information or to schedule an
 appointment, please call 920-746-7200
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Volunteer Opportunities

Meal-Time Helpers

Help our growing nutrition program and meet some new people at the same time.

Volunteers will help during our noon meals to serve, clean-up tables and roll silverware.

For more details if interested
Contact Cathy
920-746-7153



WELCOME DESK VOLUNTEERS NEEDED

Are you interested in helping out at the welcome desk? We are looking for someone daily around lunch time.

Work at the desk involves helping people register for lunch and activities, and other duties as assigned.

The most important qualification is a positive attitude matched with a friendly smile!

Volunteer applications are at front desk.



**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 10:30a.m. - 12p.m.**
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



COMPUTER CLASSES



This Month in the Learning Corner

Windows 10 Users Group 1st Wednesday of the month– August 1st 1:00pm

- Easy-going discussion/demonstrations of Windows 10
- Key features of the Microsoft, Windows 10 Operating System
- Everyone is welcome. You can bring your laptop if you wish.



“The Gadget Man”
Aug. 6th, 20th, 27th, 30th
8:00 - 11:00 AM

If you are a new or an advanced user, he can assist you.
Laptops, tablets, iPhones, and Androids.
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Call for an Appointment 920-746-2372

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The Caregiving Rollercoaster

Caring for an older adult can sometimes feel like a rollercoaster ride. Much of the time you are filled with joy and pride as you spend time with your loved one. Then there are times when you feel overwhelmed and stressed by the challenges of caregiving. Guilt often follows. Then your loved one thanks you for all the work you do and you feel love and joy once more. These emotional ups and downs often occur during the course of one day. When you are caregiving, life becomes a rollercoaster ride that doesn't stop to let you off!

It is normal to experience a large array of emotions when providing care for a loved one. Caregivers who report higher levels of satisfaction have learned the skill of managing their negative emotions. They are also able to focus on all of the benefits of caregiving.

- Growing closer to their loved one as they spend time together
- Feeling enhanced self-worth for coping with a difficult situation
- "Repaying" their loved one who used to care for them
- Having an increased sense of purpose in their life and a sense of achievement

But no matter how positive a person is, negative feelings will still come around. The first step toward managing these feelings is to recognize them before they become problematic.

Some common emotions that creep up on caregivers are frustration, anger, fear and guilt. Some early warning signs of these feelings may be tension, headaches and increased impatience. As soon as you recognize negative feelings heading your way, step back and calm yourself before they take over. The following techniques can be helpful in keeping negative emotions at bay.

- Take some slow, deep breaths.
- Look at the event in a different way. Try to understand the other persons' perspective.
- Leave the room for awhile.
- Remember the good times.
- Participate in physical activity.
- Concentrate on the benefits and rewards of caregiving.

When you are calm again, think about what triggered the negative emotion and how it could have been avoided. You can use negative feelings as a catalyst for change. You may find you need more respite care, a change in routine, an outlet for emotional needs such as a support group or to distribute tasks to family members.

Negative emotions may not be pleasant, but they don't have to leave you full of anger and frustration. Learn to recognize the warning signs, calm yourself and initiate change to prevent it from happening again.

Life for a caregiver is like a rollercoaster ride, so buckle up and prepare for a thrilling ride!

Jane Mahoney
Older Americans Act Consultant
Greater Wisconsin Agency on Aging Resources

Scan Cards

If you have had a scan card made and were waiting to pick it up, please stop at the front desk to see if it is ready.

Thank you!



STURGEON BAY
HEALTH SERVICES



200 North 7th Avenue
Sturgeon Bay, Wisconsin 54235

920-743-6274
www.sturgeonbayhs.com

Sturgeon Bay Health Services, formerly known as "The Dorchester", is a skilled nursing facility providing the following services:

- Long term nursing care
- Short term rehab
- Physical, occupational and speech therapy
- Dementia care

Read what some of our residents had to say when they were ready to return home!

I know the difference between good care and bad care, having been a nurse myself. I really felt I was well cared for!

Mary Lindhorst

I am so very thankful for all the help!

Phylis Swagel



AUGUST TRIPS



Antique Malls

Come join us!
Take a glimpse
into the past
and stroll down
memory lane
on this trip.

Date: Monday, August 13th

**Time: Depart at 12:45pm from
the ADRC, back by close**

Cost: Free Trip

(but bring money if you'll want to shop)

Sign up at the front desk

Eagle Bluff Lighthouse Tour



Date: Monday, August 27th

**Time: Depart at 1:00pm from
the ADRC, back by close**

Cost: \$7.00 for TOUR

Sign up at the front desk


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G 4C 01-1484

SPECIAL EVENTS AUGUST

Music

Music with Herb (keyboard)

Wednesdays at 11:00am

Music with George (guitar)

Thursdays, August 16th and 23rd at noon

Music with Ken (guitar)

Tuesday, August 21st at 11:00am



Holly Olm and Mike Bleck
Tuesday, August 7th at 11:30am

Sign up required

Luau Party

Thursday, August 9th at 11:30am

Sign up required



Packers Party
Friday, August 24th at 11:30am *Sign up required*

The always entertaining

MIKE PETERSON

Tuesday, August 14th

12:15pm

Sign up at the front desk or call 746-2372

Ask the Athletic Trainer
Wednesdays
August 8th and August 22nd
1:30pm - 2:30pm
Exercise Room

Ask an Exercise
Physiologist
Fridays
August 3rd, August 17th, and
August 31st
1:00pm - 2:00pm
Exercise Room

Appointment is required
746- 2372



ORAL STORYTELLING
Discover the storyteller in
you!

Thursday, August 2nd
1:00pm

What is an
Elder Care/End of Life
Doula?

Marggie Hatala, RN, BSN

Thursday, August 23rd
2:00pm

Mental Health and Aging

Sue Exworthy, MSW, LCW, CSAC

The first event of a new series of
mental health wellness topics
in partnership with Door Co.
Behavioral Health Services

Thursday, August 16th
1:00pm

HOT TOPICS
IN NUTRITION
with Dietitian Carmen

Carmen Schroeder, RDN, CDN
Thursday, August 30th
11:15am

August Daily Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		9:00 Pinochle 10:00 DVD Fitness 10:00 Brain Enrichment 11:00 Music w/ Herb 1:00 Poker/Sheephead 1:00 Mah Jongg 1:00 Windows10 users 1:00 Caregvr Sup. Grp	8:30 Wonder Women 9:00 Friendly Crafters 9:30 Jolly Exercise 12:30 Knitting Group 12:30 Bingo 12:30 Parkinson's Sup. Grp 1:00 Write On:Storytelling 1:00 Wood Carving	10:00 DVD Fitness 11:30 Strong & Stable 1:00 Ask an Exercise Physiologist
6	7	8	9	10
8:00 Gadget Guy 9:00 Sheephead 10:00 DVD Fitness 12:00 Bridge 1:00 Living Well w/ Chronic Conditions	8:30 Wonder Women 9:30 Jolly Exercise 9:30 Euchre 10:30 Crafts: Logo Design 10:30 Yoga 11:30 Holly & Mike Music 12:30 Bridge 12:30 Bingo 12:45 Dance Practice 1:00 Sheephead	9:00 Pinochle 10:00 DVD Fitness 10:00 Brain Enrichment 1:00 Poker 1:00 Mah Jongg 1:00 Sheephead 1:30 Ask the Athletic Trainer	8:30 Wonder Women 9:00 Friendly Crafters 9:30 Jolly Exercise 11:30 Luau Party w/ Herb Rudolph and his Keyboard 12:30 Bingo 1:00 Wood Carving	10:00 DVD Fitness 11:30 Strong & Stable
13	14	15	16	17
9:00 Sheephead 10:00 DVD Fitness 12:00 Bridge 12:45 Trip: Antique Malls 1:00 Living Well w/ Chronic Conditions	8:30 Wonder Women 9:30 Jolly Exercise 9:30 Euchre 10:30 Crafts 10:30 Yoga 12:15 Mike Peterson Entertains 12:30 Bridge 12:30 Bingo 12:45 Dance Practice 1:00 Sheephead	9:00 Pinochle 10:00 DVD Fitness 10:00 Brain Enrichment 11:00 Music w/ Herb 1:00 Poker 1:00 Mah Jongg 1:00 Sheephead 1:00 Caregiver Support Group	8:30 Wonder Women 9:00 Friendly Crafters 9:30 Jolly Exercise 12:00 Music w/ George 12:30 Knitting Club 12:30 Bingo 1:00 Depression & Aging 1:00 Wood Carving	10:00 DVD Fitness 11:00 Zumba 11:30 Strong & Stable 1:00 Ask an Exercise Physiologist
20	21	22	23	24
8:00 Gadget Guy 9:00 Sheephead 10:00 DVD Fitness 12:00 Bridge 1:00 Living Well w/ Chronic Conditions	8:30 Wonder Women 9:30 Jolly Exercise 9:30 Euchre 10:30 Crafts 10:30 Yoga 11:00 Music w/ Ken 12:30 Bingo 12:45 Packers History 12:45 Dance Practice 1:00 Sheephead	9:00 Pinochle 10:00 DVD Fitness 10:00 Brain Enrichment 11:00 Hearing Impaired Support Group 11:00 Music w/ Herb 1:00 Poker 1:00 Mah Jongg 1:00 Sheephead 1:30 Ask the Athletic Trainer	8:00 Gadget Guy 8:30 Wonder Women 9:00 Friendly Crafters 9:30 Jolly Exercise 11:00-12:00 Blood Pressure checks 12:00 Music w/ George 12:30 Bingo 1:00 Wood Carving 2:00 Doula Presentation	10:00 DVD Fitness 11:00 Zumba 11:30 Strong & Stable 11:30 Packers Party
27	28	29	30	31
8:00 Gadget Guy 9:00 Sheephead 10:00 DVD Fitness 12:00 Bridge 1:00 Trip: Eagle Bluff Lighthouse Tour 1:00 Living Well w/ Chronic Conditions	8:30 Wonder Women 9:30 Jolly Exercisers 9:30 Euchre 10:30 Crafts 10:30 Yoga 11:30 Alan & Guitar 12:30 Bingo 12:45 Dance Practice 1:00 Sheephead	9:00 Pinochle 10:00 DVD Fitness 10:00 Brain Enrichment 11:00 Music w/ Herb 1:00 Poker 1:00 Mah Jongg 1:00 Sheephead	8:30 Wonder Women 9:00 Friendly Crafters 9:30 Jolly Exercise 11:15 Hot Topics in Nutrition w/ Dietitian Carmen 12:30 Bingo 1:00 Wood Carving	10:00 DVD Fitness 11:30 Strong & Stable 1:00 Ask an Exercise Physiologist



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- How to safely navigate adverse weather conditions
- Useful information on automobile technology and more

Plus, upon completion you could save money on your car insurance!*

DATE(S)	THURSDAY SEPTEMBER 20TH, 2018
TIME	CLASS TIME 10:00 TO 12:00 / 1:00 TO 3:00
LOCATION	AGING & DISABILITY RESOURCE CENTER AT THE DOOR CTY COMMUNITY CENTER 916 N 14TH AVE. STURGEON BAY, WI 54235
TO REGISTER	920-746-2372 PLEASE REPORT BY 9:45. \$15.00 AARP MEMBERS \$20.00 NONMEMBERS PAYABLE DAY OF CLASS. LUNCH BREAK 12:00 TO 1:00 MEAL AVAILABLE ON SITE.

For additional local information or to volunteer,
call TOLL-FREE at **1-888-227-7669 (1-888-AARP-NOW)**
or visit www.aarp.org/drive

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*Upon completion you may be eligible to receive an auto insurance discount. Other restrictions may apply.
Consult your agent for details.

C2747(1014)



TUESDAY TRIVIA CHALLENGE

Return this **trivia challenge form with the correct answers** for a chance to win prizes! Each Tuesday during the month of August we will draw the name of 1 lucky winner during the lunch meal. Winners need not be present to win. Good luck to all of you!

1. What does "SPF" stand for on sunscreen bottles? _____
2. What creature makes pearls? _____
3. Who are more often color blind, men or women? _____
4. What famous North American landmark is constantly moving backward? _____
5. Name the vegetable or fruit that is never sold frozen, canned, or cooked: _____

NAME: _____

TELEPHONE NUMBER: _____

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Door County Senior Resource, Sturgeon Bay, WI

H 4C 01-1484

FREE BLOOD PRESSURE CHECKS



American Heart Association

What is high blood pressure?

High blood pressure (HBP or hypertension) is when your blood pressure, the force of the blood flowing through your blood vessels, is consistently too high.

If you have high blood pressure, you are not alone. Nearly half of American adults have high blood pressure. **Many don't even know they have it.** The best way to know if you have high blood pressure is to have your blood pressure checked.

The ADRC will offer complimentary blood pressure checks on August 23rd from 11:00am-noon.

High blood pressure is a “silent killer”

Most of the time there are no obvious symptoms. Certain physical traits and lifestyle choices can put you at a greater risk for developing high blood pressure. When left untreated, the damage that high blood pressure does to your circulatory system is a significant factor for heart attack, stroke and other health threats with proper treatment and management, you can control your blood pressure to help you live a long and healthy life. An ounce of prevention is worth a pound of cure.



PERSONAL CARE WORKER CERTIFICATE PROGRAM

9am-2pm Fridays

September 14-October 19, 2018

*Would you like to work in personal health care?
Or are you providing personal care for a loved one?
Learn to provide care with confidence.*

This program emphasizes many aspects of providing personal and supportive/rehabilitative in-home and facility-based health care, including clients' rights, communication, rehabilitation, positioning and transfer skills, infection control, and safety.

This is a 30-hour, in-person course that combines lecture with practice of learned skills. All skill competencies will be assessed under the guidance of a registered nurse.



Fee: \$149.10

To learn more, call (920) 746-4970, send an e-mail to sister-bay@nwtc.edu, or stop by the center.

NWTC Learning and Innovation Center, 2438 S Bay Shore Drive, Sister Bay, WI 54234

TIPS FOR A SAFE PICNIC

Tips for a Safe Picnic...Keeping you and your food safe

Carmen Schroeder, RDN, CDE, CD



The sunny days of summer bring hot temperatures and outdoor gatherings. It's also a time of increased risk of food poisoning. Many Americans are not practicing correct outdoor food safety procedures. So, before you pack the picnic basket, remember these simple tips to ensure that unwanted bacteria won't have a place at your table.

Wash Hands Often

Bring moist towelettes or soap and water to clean your hands and surfaces often. Also, make sure your cooler is clean.

Keep Raw Meats, Poultry, Seafood and Eggs and Ready-to-Eat Foods Separate

Bring extra plates — one for handling raw foods and another for cooked foods to prevent cross-contamination.

Marinate foods in the refrigerator.

Don't reuse marinade used on raw meat or poultry unless boiled.

Properly packing a cooler can help reduce cross-contamination that might lead to food poisoning.

Cook to Proper Temperatures

Cook your favorite foods to the right temperature by using a food thermometer; hamburger to at least 160°F and chicken breasts to 165°F.

Never partially grill meat or poultry to finish cooking later.

Refrigerate Promptly below 40°F

Pack food in a well-insulated cooler with plenty of ice or ice packs to keep temperature below 40°F.

Transport the cooler in the back seat of your air-conditioned car instead of in your hot trunk.

Remove from the cooler only the amount of raw meat that will fit on the grill.

Defrost meat, poultry and seafood in the refrigerator before taking them to the grill.

Don't leave prepared food outside in hot weather (90°F or above) for more than one hour; make sure they get placed on ice in your cooler.

TRY ME!!!



How to Wash Fresh Produce

Wash produce before using it, NOT when you obtain it. Fresh produce has a natural protective coating that helps keep in moisture and freshness. *Washing produce before storage causes it to spoil faster.*

Don't use soap or detergent as it can get into produce and make you sick.

Remove and discard outer leaves of produce such as cabbage and lettuce.

Clean firm produce briskly, scrubbing with a clean brush or hands. Dry with a clean cloth or paper towel. Moisture left on produce helps bacteria grow.

Cut away bruised and damaged areas. Bacteria on the outside of produce can be transferred to the inside when they are cut or peeled- such as for melons.

Rinse produce under water before or after peeling. Refrigerate cut or peeled fruits and vegetables within TWO hours!

Honeydew and cucumber salad



3 large cucumbers - peeled, seeded, and cut into 1-inch pieces

1 honeydew melon - peeled, seeded and cut into 1 1/2 inch chunks

1/2 cup vegetable oil

1/2 cup lemon juice

1/4 cup white sugar

Place the cucumber and honeydew melon chunks into a large bowl. Whisk together the vegetable oil, lemon juice, and sugar in a small bowl until well blended. Pour dressing over the cucumber and melon; mix well. Allow to rest for 1 hour before serving.

NUTRITION PROGRAM INFORMATION

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

ANYONE UNDER 60 YEARS OF AGE MEAL COST IS:
\$12.00 FOR THE HOT MEAL AND \$8.50 FOR THE SOUP/SALAD BAR

All Meal Sites Serve Lunch from 12:00 p.m.-12:30 p.m.
**Reservations Are Required for Baileys Harbor, Liberty Grove, Forestville and
Washington Island Meal Sites**

Baileys Harbor Meal Site

Town Hall Building

2392 County Rd F

Baileys Harbor WI 54202

Phone: (920)746-2523

Serving: Wednesday & Friday

Liberty Grove Meal Site

Town Hall Building

11161 Old Stage Rd

Sister Bay WI 54234

Phone: (920)746-2523

Serving: Monday, Wednesday & Friday

Forestville Meal Site

Bayview Terrace Apartments

178 West Park

Forestville WI 54213

Phone: (920)746-2523

Serving: Tuesday & Thursday

Washington Island Meal Site

Community Center

910 Main Rd

Washington Island WI 54246

Phone: (920)847-2522

**Serving: Monday, Wednesday and
2nd & 4th Friday of the Month**

Sturgeon Bay Meal Site

Aging and Disability Resource Center

916 N 14th Ave, Sturgeon Bay WI 54235

Phone: (920)746-2372

Serving Noon Hot Meal: Monday thru Friday

Serving Soup and Salad Bar: Monday thru Friday 11am—12:30pm

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—AUGUST

MONDAY	WEDNESDAY	FRIDAY
	Baked Chicken Baked Potato Sour Cream* Beets Fruited Jell-O* Cheese Stick Bread* 1	
Spaghetti w/Meat Sauce* Shredded Cheese Garlic Bread* Tossed Salad Fruit* 6	Chicken-Rice-Broccoli Cas- serole* Mixed Vegetables Yogurt Parfait* Wheat Roll* 8	Pork Chop Mash Potato w/Gravy* Green Beans Pumpkin Bars* Corn Bread* String Cheese 10
Hamburger on Bun* Cheese/Tomato/Lettuce Potato Salad* Summer Squash Pineapple Slice* Brownie* 13	Swiss Steak Scalloped Potatoes* Boiled Cabbage Birthday Cake* Ice Cream* Fruit* 15	
Beef w/ Broccoli & Mushrooms Egg Noodles* Bread* Melon* Ice Cream* 20	Ham Parsley Red Potatoes* Steamed Carrots Pudding w/Fruit* Bread* 22	Sweet & Sour Chicken Egg Rolls*/Rice* Oriental Vegetables Melon* Cheese Stick 24
Cream of Broccoli Soup* Egg Salad Sandwich* Mandarin Oranges* Cookie* String Cheese 27	Italian Sausage on Bun* w/Sauerkraut German Potato Salad* Pistachio Torte* Grapes 29	

* 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, FORESTVILLE, LIBERTY GROVE, BAILEYS HARBOR MENU

AUGUST

Monday	Tuesday	Wednesday	Thursday	Friday
		Baked Ziti* Lettuce Salad Fresh Fruit Cup* Brownies* Bread Stick* 1	Turkey Devon Mashed Potato* Steamed Broccoli Fruit* Cookie* Bread* 2	Baked Cod Parsley Butter Potatoes* Veggies Peach Cobbler* Cheese Stick 3
Ham Scallop Potato* Cauliflower Cheese Cake* Applesauce* Roll* 6	Chicken ala King* Peas & Carrots Jell-O Cake* Fresh Fruit* Biscuit* 7	Taco Salad* Ground Beef, Lettuce, Tomato, Onions, Cheese, Sour Cream Grape Salad* 8	BBQ Ribs Corn on the Cob* Cole Slaw* Watermelon* Pie A-la-Mode* Bread* 9	Tuna Casserole* Rye Bread* Steamed Peas* Green Salad Pudding w/Fruit* 10
Cream of Broccoli Soup* Egg Salad Sand.* Cucumber Salad Fresh Fruit* Chocolate Pie* 13	Chef Salad Strawberry Shortcake* Roll* 14	Pork Chops Au gratin Potato* Red Cabbage Fresh Fruit* Ginger Cookie Bread* 15	Chicken Adobo Rice */Egg Roll* Oriental Veggies Oranges* Carrot Cake* Cheese Stick 16	Fish Sand.* Cheese Sweet Potato Fries* Vegetables Veggie Jell-O 17
Pasta Crab Salad* Watermelon* Veggies Dip Cookie* String Cheese Bread Stick* 20	Swedish Meatballs Mash Potato* Summer Squash Fruit Whip* Whole Grain Roll* 21	Chicken Rice Casserole* Honey Carrots Melon Slice* Yellow Cake* Bread* 22	Spaghetti* w/ Meat Sauce Salad Yogurt Parfait* Garlic Bread * 23	Brats/Sauerkraut Potato Salad* Green Beans Fruit* Ice Cream Sundae* 24
Stuffed Pepper Soup* Ham & Cheese Rye Pickled Apple Slices Cottage Cheese Melon* 27	Meatloaf Sweet Potato* Peas and Carrots Fruit* Roll* 28	Italian Sausage Sauerkraut/Bun* German Potato Salad* Pistachio Torte* Fresh fruit* 29	Beef Tips Wild Rice* Green Beans Pumpkin Pie* Fresh Fruit* String Cheese 30	Battered Cod* Scallop Potato* Pea Salad Blueberry Cheese Cake* Fruit* Rye Bread* 31

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

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