

May 2026

The Aging and Disability Resource Center of Door County offers a friendly, personal and timely approach to providing 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.



**914 North 14th Avenue
Sturgeon Bay, WI 54235**

Phone: (920) 746-2372

Toll Free: (855) 828-2372

Hours of Operation

Mon-Thu | 7:30am - 4:30pm

Fri | 7:30am - 1:30pm

**ADRC@co.door.wi.gov
adrcdoorcounty.org**



WELCOME TO YOUR ADRC NEWSLETTER

The "ADRC Newsletter" is a monthly publication of the Door County Community Center. You can access the "newsletter" by going to the Door County Website at www.co.door.wi.gov or adrcdoorcounty.org. If you would like to have a newsletter sent to you via email, please contact us at ADRC@co.door.wi.gov and you will be put on a list to receive one each month.

Our Staff

Joe Krebsbach, HHS Director
Kevin Brennan, HHS Deputy Director
Jennifer Fitzgerald, ADRC Director
Nicki Scharrig, ADRC Assistant Director
Dawn Thiry-Herlache, Activities/Volunteer Coord.
Sierra Witczak, Dementia Care Specialist
Mary Ann Salmon, Disability Benefit Specialist
Jessica Flores, Elderly Benefit Specialist
Melissa Walz, ADRC Specialist
Cheri VanDenBogart, ADRC Specialist
Heather Geiger, ADRC Specialist
Vacant, Office Assistant
Barb Snow, Office Assistant
Robin Mark, Projects & Accounts
Taylor Jandrin, Lead Adult Protective Services
Amber Wheat, Adult Protective Services
Emma Walsh, Adult Protective Services

Nutrition Program

Kathy Ash, Baker
Autumn Cihlar, Cook
Mike Mallien, Prep Cook

Meal Site Managers

Candy Haslam, Baileys Harbor/Liberty Grove
Nelvie Cauldwell, Washington Island
Teresa Mertens, Contracted Dietician

Transportation

Pam Busch, Transportation Manager
Bill Hartel, Bus Driver/Transportation

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
- 4 County-Wide Nutrition Meal Sites
- Caregiver Assistance for Friends/Family
- Support Groups

Our Disability and Elderly Benefit Specialists can help with:

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

Please Like Us on Facebook
**ADRC of Door County – Door
County Community Center**

OLDER AMERICANS MONTH

Every May, the Administration for Community Living leads the nation in celebrating Older Americans Month—a time to recognize the many contributions older adults make in our communities and to reaffirm our commitment to supporting their health, independence, and overall well-being.

The 2026 theme, “Champion Your Health,” highlights the importance of prevention, wellness, and personal responsibility as key parts of healthy aging. It encourages older adults to take an active role in managing their health, advocating for their needs, and making informed decisions about their care.

Championing your health can take many forms. It may include scheduling regular preventive screenings, staying physically active, maintaining social connections, managing chronic conditions, or learning new ways to support mental and emotional well-being. Even small, consistent steps can make a meaningful difference in maintaining independence and quality of life.

This year’s theme also recognizes the important role caregivers, families, community organizations, and local partnerships play in supporting older adults. Programs that provide wellness education and access to community resources help empower individuals to take charge of their health and remain active members of their communities.

Here in our community, the Aging and Disability Resource Center (ADRC) is dedicated to supporting older adults and caregivers by connecting them with information, services, and programs that promote healthy aging. The ADRC can help individuals find resources for nutrition programs, caregiver support, benefits counseling, wellness opportunities, and other services that help people remain independent and engaged in their homes and communities.

Throughout May, communities across the country celebrate older adults through educational events, wellness activities, volunteer opportunities, and programs that promote healthy aging. Older Americans Month reminds us that healthy aging is a shared effort. By supporting one another, we can help ensure older adults continue to thrive, stay connected, and remain valued members of our community.

Simple Ways to Champion Your Health at Any Age

- Stay up to date on preventive care and health screenings.
- Build and maintain social connections that support emotional well-being.
- Choose nutritious, minimally processed foods.
- Incorporate regular physical activity to maintain strength and mobility.
- Practice daily habits that support mental health and resilience.

If you or someone you know would like more information about programs and services that support healthy aging, please contact the Aging and Disability Resource Center. Staff are available to answer questions and help you explore options that support independence and well-being, or go to our website adrcdoorcounty.org for more info.

Jenny Fitzgerald –ADRC Director



CAREGIVER SUPPORT GROUPS

Northern Door Chapter

1st Wednesday of the month
1:00-2:00pm
DCMC-Sister Bay Rehab
2345 Canterbury Lane
Sister Bay

Southern Door Chapter

3rd Thursday of the month
1:00-2:30pm
Brussels Community Center
1366 Junction Road
Brussels

Sturgeon Bay Chapter

4th Monday of the month
1:00-2:30pm
ADRC of Door County
914 N. 14th Avenue
Sturgeon Bay



CONNECT
LEARN
SHARE
CARE
SUPPORT

Washington Island Chapter

1st Friday of the month
10:00-11:30am
Recreation Center's
Mosling Room
1877 Lake View Road
Washington Island
Call Christine 920-535-3021

Parkinson's Support

2nd Wednesday of the month
1:00-2:00pm
Sturgeon Bay Methodist Church
836 Michigan Street
Sturgeon Bay
Call Carol 920-743-3476

Grief Support

4th Wednesday of each month
1:00-2:30pm
ADRC of Door County
914 N. 14th Ave.
Sturgeon Bay
Call Sandy 920-339-6700

For additional information on the Northern, Southern & Sturgeon Bay groups, call the ADRC @ 920-746-2372. The Caregiver Library has numerous resources to assist in your caregiver journey. Relax in the ADRC's library or feel free to check the resources out and enjoy them at home.

BUS TRIP



ADRC OF DOOR COUNTY

BUS TRIP

TUESDAY, MAY 19, 2026

**Green Door, Bayside Bargains &
Sunshine Resale Store
Sturgeon Bay, WI**

8:45 AM - 11:45 AM

(expected timeframe)

8:45 AM - Check-in

9:00 AM - Depart from ADRC
Door County Connect Transit Services.

**9:15 - 11:30 AM - Shopping at local resale &
thrift stores**

11:45 AM - Return to ADRC

**Times & locations subject to change and may vary slightly*

**Limited seating
available!**



**There is no cost for transportation and you are responsible
for all purchases made on the trip.**



**Reserve your spot by May 12th by
contacting the ADRC at 920-746-2372.**



**914 N. 14th St.
Sturgeon Bay, WI**

BUS TRIP



ADRC OF DOOR COUNTY

BUS TRIP

TUESDAY, JUNE 16, 2026

**Open Door Bird Sanctuary
Sturgeon Bay, WI**

9:00 AM - 1:00 PM

(expected timeframe)

9:00 AM - Check-in

9:15 AM - Depart from ADRC
Door County Connect Transit Services.

10:00 - 11:30 AM - Guided Tour

12:00 Picnic lunch at the sanctuary

1:00 PM - Return to ADRC

**Times & locations subject to change and may vary slightly*

**Limited seating
available!**



**Cost: \$15 (includes guided tour fee and transportation.
Please bring a picnic lunch.**



**Reserve your spot by June 2nd.
Contact the ADRC at 920-746-2372.**



**914 N. 14th St.
Sturgeon Bay, WI**

SAVE THE DATE

DRIVEN TO SUCCEED: TRANSPORTATION & CAREER FAIR

Wednesday, June 17 | 9 am-12 pm
Door County Fairgrounds



Watch for updates on the "Door County Connect" Facebook page or at www.co.door.wi.gov/170/transportation

To request a booth for the career fair or to bring your unique vehicle, equipment, or transportation-related service to the event, please call Pam Busch at 920-746-5982 or email transportation@co.door.wi.gov



FITNESS ROOM

New to the fitness room or want to try a machine but aren't sure how it works?

CONTACT US 920-746-2372



WELCOMING COMMUNITY



EQUIPMENT INSTRUCTION BY APPOINTMENT

PATTI JO FROM THE YMCA WILL PROVIDE INSTRUCTION ON HOW TO USE THE EQUIPMENT SAFELY & WORK WITH YOU TO DEVELOP A PLAN TO MEET YOUR FITNESS GOALS.



914 N. 14TH AVE.
STURGEON BAY, WI 54235



Join Patti Jo
2ND Tuesday of the month
1:00-2:00pm
(By Appointment)



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hearinglife.com

Mention code AH0Q-11 when calling

*See office for details.

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TRUST this team to guide you on your journey in finding the BEST senior living options. Assisted living, memory care, and home care. We will help you during this stressful time.

We are a NO COST SERVICE!
Call Today 920-883-5081



BUS TRIP



ADRC OF DOOR COUNTY

BUS TRIP

WEDNESDAY, JULY 22, 2026

**American Family Field
Milwaukee, WI**

7:30 AM - 7:00 PM

(expected timeframe)

**7:30 AM - Depart from ADRC & return
at 7:00 PM.**

Babler Coach Bus

10:30 AM - Lunch

*Select sub sandwiches, chips, fruit, cookie &
beverage*

**Please bring a lawn chair*

11:30 AM - Walk Around / Shop

**1:10 PM - Milwaukee Brewers vs. New
York Mets Baseball Game**

Field Outfield - Section 107

**Times subject to change and may vary slightly*



PAYMENT IS REQUIRED AT REGISTRATION

\$85 per person
(includes ticket, lunch, & transportation)



**RSVP to the ADRC at 920-746-2372
by July 8th.**



**914 N. 14th St.
Sturgeon Bay, WI**

AARP SMART DRIVER



SAFER DRIVING COULD HELP YOU RENEW YOUR SAVINGS

Take the AARP Smart Driver™ refresher course to stay eligible for an auto insurance discount!*

- Refresh your driving skills and save 4 hours while you're at it.**
- Learn techniques for handling left turns, right-of-way and roundabouts.
- Discover proven driving methods to help keep you and your loved ones safe on the road.

THERE IS A 4-HOUR REFRESHER CLASSROOM COURSE IN YOUR NEIGHBORHOOD!

DATE & TIME

**Wednesday, May 13, 2026
12:00 PM - 4:00 PM**

LOCATION

**ADRC of Door County
914 N 14th Avenue
Sturgeon Bay, WI**

REGISTER

Registration Required

**Call (920) 746-2372
Or go to aarp.info/c45088**

NOTES

**Please arrive a few minutes early to
complete the paperwork.**

**Must have your AARP membership
card to receive the discounted fee.**

**Cash or check only, no credit, debit or
gift cards.**

COST

\$20 for AARP members
\$25 for non-members

TO FIND ADDITIONAL COURSES

Visit **aarp.org/driving36**
or call **1-888-773-7160**

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

**Participants must previously complete a full-length AARP Smart Driver™ course in their state to attend a shorter refresher course and preserve their eligibility for an auto insurance discount.

MIND OVER MATTER

HEALTHY BOWELS, HEALTHY BLADDER

Researched and proven to improve bladder symptoms for 71% of participants and bowel symptoms for 55%

Three Class Series | Two Locations - 2026



ADRC Sturgeon Bay

914 N 14th Avenue
Thursday 5/21, 6/4, 6/18
1-3:30 pm

DCMC Sister Bay Clinic

2345 Canterbury Lane
Tuesday 6/2, 6/16, 6/30
1-3:30 pm

Half of all women age 50 or older will experience incontinence at some point in their lives-
Mind over Matter can help you improve your symptoms!



Call or email Teri to register:
920-746-7110
tvanlieshout@co.door.wi.gov

\$30 class materials fee

Learn More



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 Public Transit Services

Find out more at www.doorcountyconnect.com



Door County Connect travels the City of Sturgeon Bay & an extended area up to 10 miles from the ADRC. Service is available Mon-Thu 7:45am - 4:15pm & Fri 7:45am - 1:15pm. Riders pay \$2 per stop in the City (1/2 price rides for lunch at the ADRC) & \$5 per trip in the extended area. **Call (920) 746-6944** to book.

Door to Door Rides, serves most of Door County. Services are based on taxi zones that have varying schedules and fares. In some areas, this service is available Mon-Sun.

Call (920) 746-6948 or (888) 337-9485 (Toll Free) to schedule.



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Rick Hannemann, Owner/Agent
Danielle Pierre, Agent

508 Jefferson Street
Sturgeon Bay, WI 54235

www.hannemann-gosser.com



Call us Now!

920-746-1500



MEMORY CAFE

Red, White & Blue
Memory Cafe



Sponsored by



Aging and Disability Resource Center
914 North 14th Ave. Sturgeon Bay, WI

May 13 • 1:00 pm

If you'd like to offer your time, present an activity, share your talents, or sponsor a monthly event, please contact Sierra Witczak at 920-746-7154. To be added to the email list about upcoming memory cafes, please reach out to Sierra at switczak@co.door.wi.gov




LET YOUR MIND BE FREE

SOMATICS

EVERY THURSDAY

AT 8:30 TO 9:30 AM

SOMATICS IS A FIELD WITHIN BODYWORK AND MOVEMENT STUDIES WHICH EMPHASIZES INTERNAL PHYSICAL PERCEPTION AND EXPERIENCE



\$10 FOR CLASS

CONTACT THE ADRC OF DOOR COUNTY
(920) 746-2372

BALLROOM DANCING



Join us as we explore the world of traditional dances, featuring the waltz, swing, cha-cha, two-step, salsa, and many more!

Every Wednesday starting in June

12:30 - 2:00pm

Free Entrance

Register at the ADRC
(920) 746-2372
914 N. 14th Ave.
Sturgeon Bay, WI 54235



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A PARTNER FOR LOCAL CARE

Lakeland Care is a local option for Family Care Program services. Contact your local Aging and Disability Resource Center (ADRC) for more information.

www.lakelandcareinc.com



Kathy Lynn Bandstra LCSW
Hope Counseling Services LLC

253 1st Avenue Suite 106
Sturgeon Bay, WI 54235

262-902-6128
hopecounsel@gmail.com

1st Session is Free

Are You De-Evolving?

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

Harry F. Faden, M.D., M.Sc., C.M. FRES, 1985





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1-800-963-0035

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

DHS Approved 4/22/2021

CELEBRATING MOTHERS

You are invited to a
Mother's day
PARTY

11 MAY, 2026

MONDAY - 11:30-12:30 PM

Live music by
MIKE PETERSON

RSVP for lunch at 920-746-2372
ADRC of Door County
914 N. 14th Avenue
Sturgeon Bay, WI 54235



BINGO GAMES

Games - Prizes - Fun

Date:
Tuesday, May 12th

Time:
10:00-11:00 am

Get ready to shout "BINGO!" and win some amazing prizes at this free and fun-filled event. Our Bingo caller will guide you through multiple rounds of the classic game, and there will be plenty of opportunities to win.

Play Now!

For More Information: 920-746-2372

Visit Our Website: adrcdoorcounty.org

Our Location: 918 N. 14th Avenue



ORNAMENTS OF WOOD & WONDER

Discover the Art of Crafting

Create a beautiful ornament by combining wood with various mixed media elements. These can be given as gifts to hang on a tree, a wall, or to display on a shelf all year long.



Shown above are samples of more than 25 various designs to create.

10:00AM - 12:00PM

**TUESDAYS:
JUNE 9th & 16th**

(2 sessions required)

For registration, please contact the ADRC at 920-746-2372 before May 26th.

No fee for this class; all supplies are included. Instructor-guided.

Limited space available!



Advertisements below are provided for information only, endorsements are not implied or assumed

Are High Energy Costs Putting the Squeeze on Your Limited Income?



ENERGY SERVICES FOR DOOR COUNTY
may be able to help!

2 Simple ways to apply for a WHEAP Energy Assistance Grant!

1

Call 800-506-5596
Locally 920-818-0456

A) For questions or to schedule an appointment at our service center or outreach sites.
B) To complete a WHEAP application by phone with our helpful and experienced staff.

OR

2

You may now also apply online at **HEAT.HELP**

**101 N. 4th Ave, Ste. 102
Sturgeon Bay, WI 54235**

*This site is fully accessible.

For over 4 decades we have been responsible for providing government, utility supported and charitable energy assistance grants statewide to over 100,000 low income households annually.

Working closely with Door Co. HHS, other basic service providers and utilities-fuel vendors serving the area, we are committed to providing the highest level of assistance and services possible for those in need.



Our capable team is available to answer any questions you may have and assist you in applying for WHEAP or other resources that may be of help.

2026 homeenergy+ NEW ENERGY ASSISTANCE GROSS INCOME GUIDELINES FOR THE PREVIOUS ONE MONTH

NUMBER IN HOUSEHOLD	GROSS INCOME LIMIT (1 MONTH)
1	\$3,201.75
2	\$4,186.92
3	\$5,172.08
4	\$6,157.33
5	\$7,142.50
6	\$8,127.67
7	\$8,312.33
8	\$8,497.08

Don't delay, call us today! **920-818-0456**

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Monday	Tuesday	Wednesday
PLEASE NOTE: All activities need to conclude by 4:15pm Monday thru Thursday and 1:15pm on Friday	With the addition of new classes and programs, we kindly request flexibility in room allocation due to limited space.	
4 9:00 Artists in Making 10:00 Memoir Mondays 10:00 DVD Fitness 11:00 Zumba Gold 12:00 Bridge 12:30 Poker 12:30 Samba	5 8:30 Strong Bodies (Independent) 9:00 Chess 9:00 Euchre 9:45 Chair Zumba 12:30 Planning Ahead 12:30 Golf Card Game 1:00 Watercolor Painting 1:00 Sheephead	6 9:00 Fall Prevention 9:00 Pinochle 10:00 DVD Fitness 10:30 Chair Yoga 12:30 Sheephead 12:30 Poker 1:00 Samba
11 8:30 Foot Clinic 9:00 Artists in Making 10:00 DVD Fitness 11:00 Zumba Gold 11:30 Mother's Day Celebration 12:00 Bridge 12:30 Poker 12:30 Samba 1:00 Growing Connections	12 8:30 Strong Bodies (Independent) 9:00 Chess 9:00 Euchre 10:00 Bingo 10:30 Chair Zumba 12:30 Golf Card Game 1:00 Planning Ahead 1:00 Sheephead 1:00 Watercolor Painting 1:00 Fitness Room (personal trainer by appt.)	13 9:00 Fall Prevention 9:00 Pinochle 10:00 DVD Fitness 10:30 Chair Yoga 12:00 AARP Smart Driver Class 12:30 Sheephead 12:30 Poker 1:00 Samba 1:00 Memory Cafe
18 9:00 Artists in Making 10:00 DVD Fitness 11:00 Zumba Gold 12:00 Bridge 12:30 Poker 12:30 Samba 1:00 Book Club	19 8:30 Strong Bodies (Independent) 9:00 Chess 9:00 Euchre 9:00 ADRC Bus Trip 9:45 Chair Zumba 12:30 Planning Ahead 12:30 Golf Card Game 1:00 Watercolor Painting 1:00 Sheephead	20 9:00 Fall Prevention 9:00 Pinochle 10:00 DVD Fitness 10:30 Chair Yoga 10:30 Spark! at DCMM 12:30 Poker 12:30 Sheephead 1:00 Welcome to Medicare 1:00 Medicare Minute 1:00 Samba
25 ADRC Closed 	26 8:30 Strong Bodies (Independent) 9:00 Cardmaking Class 9:00 Chess 9:00 Euchre 9:45 Chair Zumba 12:30 Planning Ahead 12:30 Golf Card Game 1:00 Watercolor Painting 1:00 Sheephead	27 9:00 Fall Prevention 9:00 Pinochle 10:00 Wisdom Workshop 10:00 DVD Fitness 10:30 Chair Yoga 12:30 Poker 12:30 Sheephead 1:00 Samba 1:00 Grief Support Group

Thursday	Friday
	1 9:00 Cardio Drumming (Independent) 9:00 Poker 9:00 Chess 9:30 Gadget Guy by appt. 10:00 DVD Fitness 10:00 Washington Island Support Group 11:00 Zumba Gold
7 8:30 Strong Bodies (Independent) 8:30 Somatics 9:00 Friendly Crafters 9:45 Zumba Gold 10:00 Healthy Habits, Healthy Future 10:00 Powerful Tools for Caregivers 10:00 Cribbage 11:30 Music by "Imagine That" 12:30 Sheephead 1:00 Busy Fingers-Knitting Group 1:00 Woodcarving	8 9:00 Cardio Drumming (Independent) 9:00 Poker 9:00 Chess 9:30 Gadget Guy by appt. 10:00 DVD Fitness 11:00 Zumba Gold
14 8:30 Strong Bodies (Independent) 8:30 Somatics 9:00 Friendly Crafters 9:45 Zumba Gold 10:00 Healthy Habits, Healthy Future 10:00 Powerful Tools for Caregivers 10:00 Cribbage 11:30 Music by George (guitar) 1:00 Woodcarving	15 9:00 Cardio Drumming (Independent) 9:00 Poker 9:00 Chess 9:30 Gadget Guy by appt. 10:00 Memories in the Making 10:00 DVD Fitness 11:00 Zumba Gold
21 8:30 Strong Bodies (Independent) 8:30 Somatics 9:00 Friendly Crafters 9:45 Zumba Gold 10:00 Healthy Habits, Healthy Future 10:00 Powerful Tools for Caregivers 10:00 Cribbage 11:00 Blood Pressure Clinic 11:45 Aging Happily Series 12:30 Sheephead 1:00 Mind Over Matter 1:00 Life, Death & the Afterlife Group 1:00 Busy Fingers-Knitting Group 1:00 Woodcarving	24 9:00 Cardio Drumming (Independent) 9:00 Poker 9:00 Chess 10:00 DVD Fitness 11:00 Zumba Gold
28 8:30 Strong Bodies (Independent) 8:30 Somatics 9:00 Friendly Crafters 9:45 Zumba Gold 10:00 Healthy Habits, Healthy Future 10:00 Cribbage 11:30 Music by George (guitar) 1:00 Woodcarving	24 9:00 Cardio Drumming (Independent) 9:00 Poker 9:00 Chess 10:00 DVD Fitness 11:00 Zumba Gold



TAKE CARE OF YOUR BRAIN



The Wisdom Workshop

Join us and flex your mental muscles!

This is a brain-boosting program. Each session offers puzzles, conversation starters, creative challenges, and memory-strengthening activities that support an active, healthy brain. No tests, no pressure—just laughter, learning, and a chance to stretch your thinking.

Wednesday, May 27th
10:00am–11:30am

The Wisdom Workshop will occur the 4th Wednesday of each month from 10:00–11:30am

MEMOIR MONDAY

NO PREVIOUS WRITING EXPERIENCE REQUIRED!

Want to write down memories from your life but aren't sure where to start? Join us as we share prompts that will bring back memories that you can share with family!

WORK IS NOT CRITIQUED AND SHARING IS OPTIONAL.



May's Writing Prompt:
Recall an early experience
with nature or the outdoors



Write On, Door County



FIRST MONDAY

OF EVERY MONTH

10:00–11:00AM

CONTACT THE ADRC AT 920-746-2372 FOR MORE INFORMATION.

Advertisements below are provided for information only, endorsements are not implied or assumed

The Right Care RIGHT NOW

Emergency Care | Urgent Care | DirectCare

Whether you are visiting from out of town or a long-time patient, Door County Medical Center is dedicated to getting you the right care, when you need it the most.

Learn more at dccarenow.com



EMERGENCY & URGENT CARE
323 South 18th Ave.
Sturgeon Bay

DIRECTCARE
911 Green Bay Rd.
Sturgeon Bay



**Door County
Medical Center**

IN PARTNERSHIP WITH HOSPITAL SISTERS HEALTH SYSTEM

Supporting older adults experiencing depression, anxiety, or other mental health challenges often associated with aging.

WE CAN HELP.
(920) 746-3778



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COMMUNITY EDUCATION

COMMUNITY EDUCATION



**Door County
Medical Center**

IN PARTNERSHIP WITH HOSPITAL VETERANS HEALTH SYSTEM



**Senior Life
Solutions®**

MENTAL HEALTH MATTERS AT EVERY AGE



This May, during Mental Health Awareness Month, let's shine a light on the importance of mental health for older adults. Aging comes with unique joys and challenges, but mental health struggles such as depression, anxiety, or feelings of isolation are often overlooked. Mental health is just as essential as physical health, and addressing emotional well-being can improve overall quality of life.

Did you know?

- 1 in 4 older adults experiences mental health concerns, yet many go untreated.
- Prioritizing mental health can help strengthen relationships, reduce stress, and restore a sense of purpose and joy.
- Mental health conditions are not a normal part of aging; they are treatable, and support is available.
- Talking openly about mental health can reduce stigma and encourage others to seek help when needed.

This month, let's work together to break the stigma surrounding mental health. Take time to check in with yourself or the older adults in your life. Ask how they're feeling, encourage open conversations, and remind them that seeking help is a sign of strength.

Mental health awareness starts with all of us! Together, we can foster a supportive community where everyone feels valued, heard, and cared for.

WE CAN HELP.

Our hospital-based outpatient program is designed to meet the unique needs of older adults experiencing depression and/or anxiety related to life changes that are often associated with aging or a chronic diagnosis. Anyone can make a referral to our program, including self-referrals, provider referrals, or community consultations.

Call us today at 920-746-3778 OR EMAIL slsteam@dcmmedical.org

PREVENT TYPE 2 DIABETES

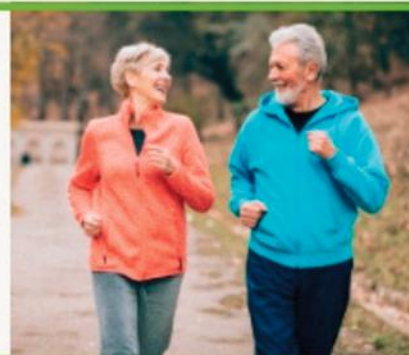
Healthy Habits, Healthy Future: Prevent Type 2 Diabetes



**WEEKLY THURSDAY CLASS
STARTS APRIL 30, 2026, 10-11 AM
ADRC - STURGEON BAY
914 N 14TH AVENUE**



Public Health
Prevent. Promote. Protect.
Door County



✓ The Goal of this Class

Prevent Type 2 diabetes and improve overall health with lifestyle change, focused on modest weight loss and increased movement. It is built in with social support and a great curriculum which will break things down into realistic, manageable steps.

✓ The Evidence and Outcomes

Researches for the Diabetes Prevention Program did a 3 year study of participants. Program adherents achieved:

- Reduced risk for developing Type 2 diabetes by 58%
- Participants over the age of 60 reduced Type 2 diabetes risk by 71%
- After 10 years follow-up, participants had a 34% lower rate of experiencing Type 2 diabetes

✓ Why Choose This Class?

This is an evidence-based class, meaning that the class structure and outcomes of past participants have been researched by professionals. This class is worth it because it is:

- Cost Effective
- Delivered with compassion
- Evidence Based
- Sustainable

• Who is this class for?

Anyone looking to build a healthier future through sustainable lifestyle changes, with a focus on modest weight loss and increased movement.

• How do I qualify?

You must be an adult who:

- Is willing to participate in a yearlong lifestyle change program
- Is committed to the program goals

• What will it cost?

\$100 for full registration

\$50 for supporting a loved one

• When will it meet?

This is a year long class. We will meet weekly for the first 6 months (16 sessions). The last 16 sessions will meet twice monthly on Thursdays at 10am.

• Where will it meet?

This is a hybrid class, meaning that it can be accessed in person or online. In person meetings will take place at the ADRC. First class takes place on:

Thursday, 4/30/26 at 10 AM

• How do I sign up?

Sign up or inquire more by contacting Teri VanLieshout at Door County Public Health. Contact info below.

Call or email Teri to register



920-746-7110

tvanlieshout@co.door.wi.gov



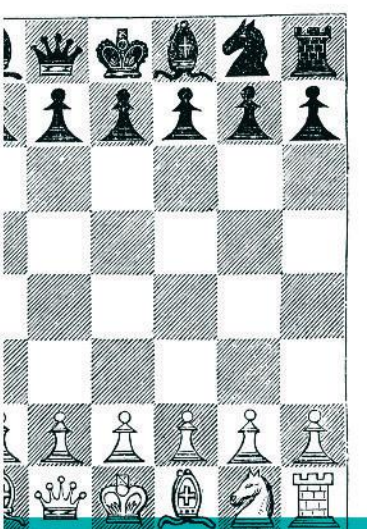
CRIBBAGE

**EVERY THURSDAY
10:00 AM - 12:00 PM**

Participate in a game of Cribbage with others!
For more information, contact the ADRC.

(920) 746-2372 914 N. 14th Ave.
Sturgeon Bay

ADRC
Aging and Disability Resource Center
of Door County



ADRC
Aging and Disability Resource Center
of Door County

CHESS CLUB

**TUESDAYS
9:00-12:00 PM**

FOR FURTHER INFORMATION,
PLEASE CONTACT THE ADRC AT (920) 746-2372.

Advertisements below are provided for information only, endorsements are not implied or assumed



Interesting Classes. No Homework. No Tests.

Door County Learning in Retirement
NWTC Sturgeon Bay Campus
229 N 14th Avenue, Sturgeon Bay
dclir@nwtc.edu 920-746-4947
nwtc.edu/LIR

Spring Semester Registration Begins January 7th

NO NEW MEDICARE CARD
Don't fall for the Scam!



**Have you been told
you need a new
Medicare card?**

STOP! It's a scam

SMP
Senior Medicare Patrol
Preventing Medicare Fraud

Here's the truth?

- Medicare is NOT issuing plastic cards
- You do NOT need to "update" your Medicare Card
- Medicare will NEVER call or text you asking for your Medicare number

Protect Yourself:

- Never give out your Medicare number to unexpected callers
- Hang up on anyone asking for personal information
- Report suspicious calls to Senior Medicare Patrol

Wisconsin Senior Medicare Patrol
1-888-818-2611
www.smpwi.org



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**STATE CERTIFIED
ADULT DAY SERVICE**

Sunflower Cottage is a warm, relaxing and comfortable space for seniors.

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LEARN MORE

sunshineresources.org/
sunflower-cottage
920-743-7943



**WE ARE
DEMENTIA FRIENDLY**



Getting Ready for World Elder Abuse Awareness Day Coming in June!

June 15th is World Elder Abuse Awareness Day (WEAAD), a day to raise awareness about elder abuse, neglect, and financial exploitation affecting millions of older adults.



In support of WEAAD, Adult Protective Services and the ADRC will host events the week of June 15 on:

- Protecting against scams
- Understanding Power of Attorney (POA) documents
- When guardianships are appropriate.

**JOIN US IN WEARING PURPLE ON JUNE 15TH
TO CONTINUE TO BRING AWARENESS OF ELDER ABUSE.**



Advertisements below are provided for information only, endorsements are not implied or assumed



• Medicare • Marketplace (healthcare.gov) • Dental • Vision
• Hospital Indemnity • Short-Term Medical • Small Group

3030 Park Dr Ste 1 • Sturgeon Bay
(920) 559-1131 | melissa@olivebenefits.com

Melissa Andrews
Independent Health Agent

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homeinstead.com/149



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Memories in the Making

POP-UP Creative Social Engagement Session



Signature Art Program for Those Living with Memory Loss and Their Care Partners

The challenges of living with memory loss can make social engagement difficult. Yet the Alzheimer's Association knows that for individuals experiencing memory loss, social engagement is critical in maintaining and promoting brain health.

Memories in the Making® is the signature art program of the Alzheimer's Association, introduced in 1988, that allows individuals with cognitive decline to express themselves through art and share the essence of who they are.

Individuals living with cognitive decline participate in a creative social engagement session led by an instructor, in a safe space social gathering that allows people to connect, socialize, and build new support networks.

All art supplies are provided. Snacks and beverages will be provided.

Sharing Joyful Laughter, Stories and Creativity!



WHEN: 5-15-2026 Friday at 10:00 - 11:30 am

**WHERE: Aging and Disability Resource Center of Door County
914 N 14th Ave, Sturgeon Bay, WI 54235**

Please RSVP at: <https://bit.ly/MIMSturgeonBay>



WHEN: 5-15-2026 Friday at 1:30 - 3 pm

**WHERE: Serenity Spring Senior Living at Scandia Village
10560 Applewood Rd, Sister Bay, WI 54234**

Please RSVP at: <https://bit.ly/MIMSisterBay>



A special Thank You to both our Host Sites and Sponsors:



**www.alz.org/wi
24/7 Helpline 800.272.3900
Hablamos Español 414.431.8811**

**ALZHEIMER'S ASSOCIATION®
Wisconsin Chapter**



Early Dementia Support Groups

An Education and Support Opportunity
for People who have Dementia
and for Care Partners

12:30 Education Topic and
Discussion with Care Partners &
People who have Early Dementia

1:00 – 2:00 Simultaneous support
meetings for Care Partners & for
People who have Dementia

1st Thursday of Every Month

Door County Medical Center,
Sister Bay Clinic & Rehab
2nd Floor Classrooms

Feel free to participate in both, just education/discussion, or just support group.
Support groups are led simultaneously in separate rooms among like-minded
participants.

Participants who have dementia should be willing to share symptoms and
thoughts.

Led by: Christy Wisniewski, Outreach Specialist, DCMC Memory Care Services
Sierra Witczak, Dementia Care Specialist, ADRC of Door County
Jennalee Lundquist, RN, BSN, DCMC Senior Life Solutions

For more information call Christy Wisniewski: (920) 746-3504,
Review and register online: dcmedical.org/class&events

Join us and begin planning **AHEAD** for the end of this life

What is Planning AHEAD?

Planning AHEAD is a 7-session course (one hour each) that guides participants through the topics on the right.

This course features a free workbook to help people with the tasks and decisions associated with end-of-life.

Who is the program for?

This program is for people who:

- Are interested in planning for the end of life to make things easier for family members
- Have lost a loved one
- Are in the process of losing a loved one and are dealing with the transition
- The program is open to all!

When is the program?

Two Sessions Available!!

NWTC Learning and Innovation Center
2438 South Bayshore Drive, Sister Bay
May 4th to June 15th, 11:00am - 12:00pm

ADRC of Door County
914 North 14th Avenue, Sturgeon Bay
May 5th to June 16th, 1:00pm- 2:00pm

To sign up or for more information, contact:

UW-Madison-Extension
door.extension.wisc.edu/

Holly Herzog
Email: holly.herzog@wisc.edu
Phone: 920-746-2260



planning **AHEAD** PROGRAM TOPICS



Getting Started



Handling Financial
Changes



Advance Medical
and Legal Directives



Estate Planning



Choices in
End-of-Life Care



Final Wishes



Understanding Grief



Extension
UNIVERSITY OF WISCONSIN-MADISON

The University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming in compliance with state and federal law



Connecting with Our Positive Emotions

Northern Door County is a place of unsurpassed beauty and strong community! However, living in a rural and isolated area can also be a source of great mental, emotional and financial anxiety. Please join us as we explore ways we can get through the tough times together! WeCOPE is a 7-week class that empowers adults with effective, evidence-based strategies to manage stress, build resilience, and enhance their overall well-being. The program is open to all!

Duration & Schedule

Learning & Practice

Each session focuses on learning positive stress coping skills. Recordings of all session will be provided!

NWTC Learning and
Innovation Center
Sister Bay

**Mondays at 1:00pm
5/4/26 thru 6/15/26.**

Evidence-Based Impact

WeCOPE has been shown in studies to reduce stress and depression, increase positive feelings, and improve health habits.

The program covers various aspects of Positive Emotion including:



Emotional Awareness



Positive Reappraisal



Gratitude, Noticing, Savoring



Self-Compassion and Acts of Kindness



Mindfulness



Personal Strengths and Goals



Scan here to register!

To register via phone, please contact
UW-Madison Extension, Door County
Holly Herzog at 920-746-2260
Email: holly.herzog@wisc.edu



Health & Well-Being Institute
DIVISION OF EXTENSION
UNIVERSITY OF WISCONSIN-MADISON

The University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming in compliance with state and federal law.



SPARK!

CREATIVE ENGAGEMENT PROGRAMS *for* PEOPLE
WITH MEMORY LOSS *and* THEIR CARE PARTNERS

WEDNESDAY, MAY 20, 2026



10:30-12:00PM

JOIN THE EPHRAIM HISTORICAL
FOUNDATION FOR AS THEY DIVE INTO
SCANDINAVIAN FOLK ART



EPHRAIM HISTORICAL FOUNDATION

**3060 ANDERSON LN,
EPHRAIM, WI 54211**



SPARK! IS A CULTURAL PROGRAM FOR PEOPLE WITH EARLY TO
MID-STAGE MEMORY LOSS AND THEIR CARE PARTNERS.
PROGRAMS ARE DESIGNED TO KEEP PARTICIPANTS ACTIVELY
ENGAGED IN THEIR COMMUNITIES. SPARK! IS FREE OF COST.
SPACE IS LIMITED. PLEASE REGISTER AT LEAST 2 DAYS BEFORE
THE PROGRAM. TO REGISTER FOR A SPARK! PROGRAM YOU
CAN EMAIL SWITCZAK@CO.DOOR.WI.GOV OR CALL SIERRA AT
920-746-7154





Take a NOURISH Step!



May: Spring Into Healthy Meals: Plan for Every Day, Even Sick Days

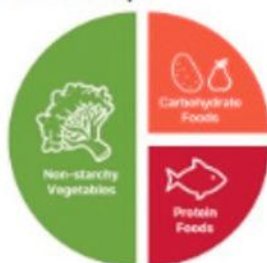
Did you Know?

Skipping meals can increase blood sugar for some individuals.

Why Regular Meals Maintain Stable Glucose

- The foods you eat play a major role in managing blood sugar levels
- Eating at regular times and giving your body two to three hours between meals will help stabilize blood sugars
- Healthy snacks can help you manage hunger and normalize blood sugars in between meals. Snacks should include protein and fiber such as:
 - Fruit and cheese or nuts
 - Hummus with carrots or celery
 - Nut butter with apple slices
- Follow the **Diabetes Plate** below to create healthy, balanced meals that help stabilize blood sugars

<https://diabetesfoodhub.org/blog/create-your-plate-simplify-meal-planning-diabetes-plate>



Water or
0-Calorie
Drink



Diabetes Sick Day

- When sick with things like colds or the flu, your body is under extra stress, which can raise blood sugar levels.
- Having diabetes does not make you more likely to get sick, but it does raise the chances of getting seriously sick.
- When sick, be sure you are getting enough water. If you're having trouble keeping water down, have small sips every 15 minutes throughout the day.
- Being sick can make it hard to eat. Having simple carbs on hand (ex: regular soda, Jell-O, or popsicles) to help keep your blood glucose up if you are at risk for low blood sugar levels.

Importance of Hydration

Extra hydration is needed during illness to prevent dehydration.

***NOURISH stands for: Nutrient-Rich Foods, Omega-3s & Healthy Fats, Understand, Recipes, Increase Protein & Fiber, Sugar & Sodium Awareness, and Hydrate.**



For more information visit: gwaar.org/nourishstep

GWAAR Nutrition Team. UW Health Interns Trinity Manzke & Molly Ross 5/2026

Easy “Sick-Day” Broth Bowl

Directions:

- **Step 1:** Choose a broth (4 cups): chicken, beef, or vegetable
- **Step 2:** Add in 1 cup of pre-cooked noodles or rice
- **Step 3:** Add in ½ pound of protein (diced chicken, ground beef, cubed tofu - cook separately or use pre-cooked items)
- **Step 4:** Add in 2 cups of vegetables of choice (mixed frozen, canned, or fresh)
Optional: Add in any fresh herbs or seasoning such as rosemary, thyme, or lemon
- **Step 5:** Combine all ingredients into a large pot and bring to a simmer, cook until hot and all ingredients are cooked through.
- **Step 6:** Store leftovers in the refrigerator and use within 3 days or freeze.



Prepare a batch of “Sick Day” broth while you’re feeling well, then freeze it so it’s ready to heat and enjoy when you’re not feeling up to cooking.



Recipe adapted from
<https://diabetesfoodhub.org/recipes/favorite-vegetable-soup>

Build-a-Sick-Day Kit Checklist

- ☐ A glucose meter
- ☐ Extra batteries
- ☐ Supplies for your insulin pump or continuous glucose monitor
- ☐ Ketone test strips
- ☐ A week’s worth of glucose-lowering medication (don’t store longer than 30 days before use)
- ☐ Glucose tabs or gels
- ☐ Flu or cold medications that won’t disrupt your diabetes management



Keep taking NOURISH Steps and learn more about A1C at:

<https://diabetes.org/getting-sick-with-diabetes/sick-days>

<https://www.cdc.gov/diabetes/living-with/managing-sick-days.html>



If you want more pep, take a NOURISH Step!

For more information visit: gwaar.org/nourishstep

GWAAR Nutrition Team. UW Health Interns Trinity Manzke & Molly Ross 5/2026



NUTRITION PROGRAM INFORMATION

RESERVATIONS ARE REQUIRED AT ALL MEAL SITES. PLEASE CALL 24 HOURS IN ADVANCE.

\$6.00 SUGGESTED DONATION FOR INDIVIDUALS 60 YEARS OF AGE AND OLDER.

DOOR COUNTY'S MEAL SITES

ALL DINE-IN MEALS ARE SERVED AT NOON

BAILEYS HARBOR FIRE STATION

TEMPORARY LOCATION DURING CONSTRUCTION PROJECT!

2404 PARK ROAD

BAILEYS HARBOR

920.746.2523

SERVING DINE IN: WEDNESDAY & FRIDAY

LIBERTY GROVE TOWN HALL

11161 OLD STAGE ROAD

SISTER BAY

920.746.2523

SERVING DINE IN: TUESDAY & THURSDAY

WASHINGTON ISLAND COMMUNITY CENTER

910 MAIN ROAD

WASHINGTON ISLAND

920.847.2522

SERVING DINE IN: MONDAY, WEDNESDAY, FRIDAY

AGING AND DISABILITY RESOURCE CENTER/ COMMUNITY CENTER

914 N. 14TH AVENUE

STURGEON BAY

920.746-2372

SERVING DINE IN: MONDAY THRU FRIDAY
SOUP & SALAD BAR: MONDAY, WEDNESDAY,
FRIDAY @ 11:30AM

HOME DELIVERED MEALS AND FROZEN MEALS ARE AVAILABLE AT ALL LOCATIONS.

AN ASSESSMENT IS NEEDED FOR BOTH PROGRAMS, CALL 920-746-2523



For meals in Sturgeon Bay, call (920) 746-2372. For Liberty Grove or Baileys Harbor call (920) 746-2523.

MAY MENU – WASHINGTON ISLAND

If you have questions or need to make a reservation, please call (920) 847-2522

Monday	Wednesday	Friday
		1 Italian Sausage on a Bun with Sauerkraut German Potato Salad 3 Bean Salad Pistachio Torte
4 Baked Ziti with Shredded Cheese Tossed Salad Grapes Cheesecake with fruit topping	6 Chicken Piccata Brown Rice Broccoli & Cauliflower Fruit Brownie	8 Meatloaf with Gravy Baked Squash Coleslaw Pineapple Chunks Whole Wheat Bread Cake with Ice Cream
11 Beef Tips Mashed Potatoes Cauliflower with cheese sauce Roll Sliced Peaches	13 Sweet & Sour Pork Egg Roll Brown Rice Oriental Veggies Yogurt with Fruit	15 Hot Tuna Casserole with Egg Noodles Winter Blend Veggies Banana Roll Chocolate Cake
18 Ham Sweet Potatoes Asparagus Bread Yogurt & Fruit Parfait	20 Cheeseburger on a Bun Potato Wedges Baked Beans Pickle Fruit	22 Pasta Crab Salad Steamed Broccoli Roll Angel Food Cake with Strawberries
25 Closed for Memorial Day!	27 Chicken Parmesan with Noodles Asparagus Garlic Bread Fruit Fluff	29 Pork Chop Mashed Potatoes with Gravy Green Beans Roll Cherry Pie with Ice Cream

MAY MENU – STURGEON BAY, LIBERTY GROVE, BAILEYS HARBOR

For meals in Sturgeon Bay, call (920) 746-2372. For Liberty Grove or Baileys Harbor call (920) 746-2523.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Breaded Fish Baby Reds Coleslaw Rye Bread Pear Black Bean Brownie
4 Chicken Pot Pie with Puff Pastry Topping Spinach Pear Key Lime Bar	5 Cuban Sandwich Chickpea Salad Sun Chips Mixed Melon Apple Crisp	6 Baked Ziti Corn Garlic Bread Side Salad Raspberry Torte	7 Bruschetta Chicken Brown Rice Broccoli Roll Apricots Pineapple Sunshine Cake	8 Crab Pasta Salad over Romaine Tomato Wedge Roll Banana
11 Chicken Cordon Bleu over Brown Rice Broccoli Orange Lemon Meringue Pie	12 Tamale Pie Corn Refried Beans Peaches Tres Leches Cake	13 Meatloaf Mashed Potatoes Carrots Roll Applesauce Butterfinger Bar	14 Stuffed Pepper Casserole Mixed Veggies Roll Grapes Strawberry Poke Cake	15 Veggie Lasagna Garlic Bread Side Salad Banana Sherbet
18 Egg Salad on a Croissant Split Pea & Ham Soup Kale Salad Pear	19 Fish Sandwich Coleslaw Sweet Potato Fries Mandarin Oranges	20 Sweet & Sour Chicken Brown Rice Oriental Veggies Egg Roll Melon Fortune Cookie	21 Ham & Scalloped Potatoes Mixed Veggies Roll Apple Slices Chocolate Marshmallow Bar	22 Chicken Bacon Wrap Three Bean Salad Pea Salad Banana Cookie
25 Closed for Memorial Day!	26 Pepperoni Stromboli with Marinara Side Salad Apple Vanilla Pudding	27 Chili Cornbread Cheese Stick Grapes Cookie	28 Beef Stew over Mashed Potatoes Carrots Roll Orange Yellow Cake with Chocolate Frosting	29 Chicken Parmesan Sandwich Brussel Sprouts Cucumber Salad Banana Chocolate Raspberry Bar