

November 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.

ADRC
Aging and Disability Resource Center
of Door County

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, HSS Deputy Director
Jennifer Fitzgerald, ADRC Director
Nicki Scharrig, ADRC Assistant Director
Dawn Thiry-Herlache, Activities/Volunteer Coord.
Sierra Witzak, 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
Sara Dennison, Office Assistant
Heather Matchets, 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 Chilar, Cook
Mike Mallien, Prep Cook

Meal Site Managers
Candy Haslam, Baileys Harbor/Liberty Grove
Vilas Patel, Washington Island
Teresa Mertens, Contracted Dietician

Transportation
Pam Busch, Transportation Manager
Kim Tracy, Bus Driver/Transportation
Wade Morris, 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

TAKING CARE OF YOU

It seems like with the snap of a finger, summer has come and gone! I hope everyone was able to take advantage of the beautiful weather and spend time doing something you enjoy.

There's something about this time of year that naturally makes us want to get back on track. School starts, schedules pick back up, work gets busier, and routines begin to fall back into place. While there can be something comforting about that momentum, it can also be easy to fill every bit of space again without taking time to check in with ourselves.

As we move into a new season, I've been thinking about the importance of finding those little pockets of space in our busy days. Maybe it's sitting outside with your coffee for a few extra minutes, taking a walk, stretching after exercising, resting when you need to, or simply taking a breath before moving on to the next thing.

Sometimes, taking care of ourselves isn't about doing less. It's about recognizing when we are in that "go, go, go" place and asking ourselves, "What do I need right now?"

This is especially important because our mental and physical health are closely connected and are both important parts of healthy aging. As we head into fall, there are a couple of nationally recognized topics that remind us just how important it is to take care of ourselves–and each other.

Mental Health Awareness Week took place the first week of October and was an opportunity to educate ourselves and increase our awareness about mental health. Millions of Americans live with a mental health condition, and its impact reaches far beyond the individual, touching families, friends, coworkers, and neighbors.

It is also important to remember that help is available during times of crisis. The 988 Suicide & Crisis Lifeline provides 24/7 access to trained crisis counselors for people experiencing mental health-related distress, thoughts of suicide, substance use concerns, or other emotional distress. You can call or text 988, or use the online chat at 988lifeline.org, whether you are reaching out for yourself or are concerned about someone you care about.

Taking care of ourselves also better equips us to care for others, which leads us to National Family Caregiver Month in November. We are starting a little early this year to recognize and honor the many family caregivers who provide support to older adults and people with disabilities.

Family caregivers provide an incredible amount of unpaid care, often while balancing their own families, jobs, health, and other responsibilities. While caregiving can be incredibly rewarding, it can also take a significant emotional, physical, and financial toll. If you have a caregiver in your life, take a moment to let them know how much they are appreciated. And if you are a caregiver, remember that taking care of yourself is not selfish–it is an important part of being able to continue caring for someone else.

As we settle into this new season, I encourage you to find a little space for yourself–even in the middle of a busy day. Take a breath. Slow down when you need to. Check in with yourself. And remember that you don't have to do it all alone.

Your mental and physical health are important parts of healthy aging, and we are here to support you along the way.

Jenny FItzgerald, ADRC Director

Caregiver Connections

You are not alone – join a community that cares

Northern Door Chapter

1st Thursday of the month

12:30-2:00pm

Dementia Specific & Caregiver groups run simultaneously.

DCMC-Sister Bay Rehab

2345 Canterbury Lane, Sister Bay

12:30-1:00pm Educational Session

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

Dementia Specific & Caregiver groups run simultaneously.

ADRC of Door County

914 N. 14th Avenue, Sturgeon Bay

Washington Island Chapter

1st Friday of the month

10:00-11:30am

Rec 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 the month

1:00-2:30pm

ADRC of Door County

914 N. 14th Ave. Sturgeon Bay

Call Sandy 920-339-6700

Multiple Sclerosis Support

4th Tuesday of the month

5:00-6:00pm

Door County Community Foundation

222 N. 3rd Ave. Sturgeon Bay

Call David 920-256-9092

ADRC Agnigaa@Subsity Resource Center of Sister Gantty

Find support, share your journey, visit with others

For information on the Northern Door, Southern Door or Sturgeon Bay groups call 920-746-2372.

The Door County Caregiver Coalition
invites you to attend the . . .

ADRC
Aging and Disability Resource Center
of Door County

Door County Caregiver Conference

Thursday, November 12, 2026

What's Included:

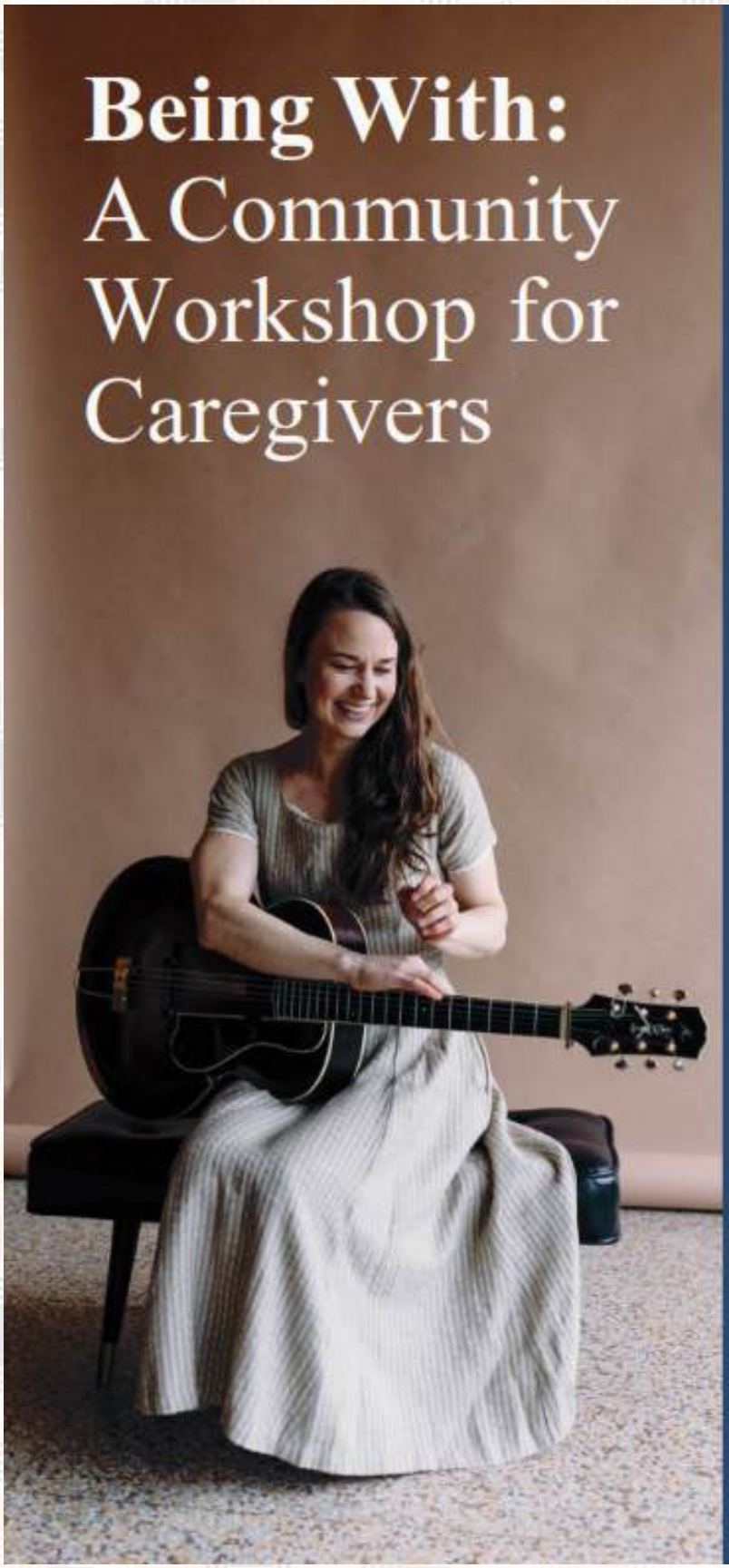
- Informative Breakout Sessions
- Resource Fair
- Networking with Family Caregivers
- Real Caregiver Stories/Q & A with Professional Panel
- Catered Breakfast & Luncheon



Call 920-746-7153 to register. Free of Charge.

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

CAREGIVER WORKSHOP



Being With: A Community Workshop for Caregivers

Tuesday, November 10th
10AM - 12PM
ADRC
914 N 14th Ave
Sturgeon Bay, WI 54235

Join acclaimed songwriter and birth doula Courtney Hartman for a 2-hour creativity workshop where she will teach a series of gentle creative practices meant to sustain and heal you as you carry the weight of caring for others. She'll teach practices that have helped her through the years and guide you into the process of weaving life experiences and season transitions into song.

Free to attend
RSVP (optional) at
bit.ly/beingwithworkshop

Email
news@doorcountyknock.org
for assistance.

ADRC
Aging and Disability Resource Center of Door County

Door County Knock

Medicare Educational Opportunities

"Medicare Minute": Each month, we will cover a different Medicare related topic in greater detail. Understanding Medicare will ensure you are an informed consumer and help you advocate for better care. These sessions are at no cost and presented by trained SHIP Counselors. Sessions are short- expected to last 30 minutes or less.

DATES / LOCATIONS

ADRC - 3rd Wed each month @ 1pm
914 N 14th Avenue, Sturgeon Bay

Liberty Grove Dining Site
2nd Tues each month @ 12pm
11161 Old Stage Rd, Sister Bay

Baileys Harbor Dining Site
3rd Wed each month @ 12pm
2392 County Road F

TOPIC OF DISCUSSION

November Topic: Protecting Yourself from Marketing Violations

Companies try to reach consumers in various ways, like television commercials, radio ads, events, mailings, phone calls, and texts. The government has rules, though, to protect you from aggressive or misleading marketing. Knowing the rules can help you make the best choices for yourself during OEP.

VELKOMMEN
APARTMENTS
1976/1978 TOWNLINE RD, WASHINGTON ISLAND, WI 54246
Traci Lawrenz • 262-483-7841
Call to request an application or email tracicares@hotmail.com



IMMEDIATE OPENINGS | LOW-RENT HOUSING FOR SENIORS OR • HANDICAPPED, DISABLED

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Sturgeon Bay, WI 54235
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*See office for details.



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If You Have an Assistance Animal, Read This!

By the GWAAR Legal Services Team (for reprint)

The U.S. Department of Housing and Urban Development (HUD) issued new guidance limiting the types of animals that people with disabilities can claim as a reasonable accommodation when renting. According to Disability Scoop, HUD will only consider "animals trained to provide disability-related assistance" as an accommodation for people with disabilities.

Before this change, emotional support animals qualified for reasonable accommodation even if they didn't have specialized training. Reasonable accommodation requires a landlord to make adjustments or modifications that allow a person with disabilities to perform everyday functions and enjoy equal opportunities. The reasonable accommodation cannot cause undue hardship for the landlord. So, a landlord may allow a type of animal it wouldn't normally in its units to reasonably accommodate someone with an assistance animal.

This now means that a landlord can charge a pet fee for an emotional support animal or choose not to rent to someone with an emotional support animal without specialized training. While this guidance does not change existing law, it does change how HUD will act on complaints. In the past, waivers were given for emotional support animals. Now, filing a complaint with HUD will likely not result in positive outcomes for people with emotional support animals, as HUD no longer considers waiving pet policies for untrained assistance animals "reasonable."

The Disability Rights Education & Defense Fund notes that the Fair Housing Act has not changed, just HUD's enforcement of the law for disabled people with untrained emotional support animals. You still have the right to go to court if you require reasonable accommodation. For more information on the specific changes happening, view the memorandum from HUD.

If you need an emotional support animal, get a licensed medical professional's letter confirming your disability and the need for an emotional support animal. Contact your landlord to explain the need for accommodation, sharing the doctor's letter with them. Be prepared to justify your specific animal's role in your life, especially if it is a size or breed that the landlord may not normally allow. You can still file a HUD complaint if your landlord refuses without a specific reason. If your animal is trained to perform specific tasks, it may qualify as a service animal under the Americans with Disabilities Act.

Inclement Weather Meal Delivery Cancellations



Winter travel can be hazardous

Snow, ice, very low temperatures, and wind-chill factors can make it unsafe to deliver food to your home and may result in meal delivery cancellation.

ADRC
Aging and Disability Resource Center of Door County

Cancellations will be posted on your local radio station, WDOR. If Sturgeon Bay Public Schools are closed, activites, classes, dine-in and Meals on Wheels are cancelled.

ADRC will remain open as a warming shelter.

Please be prepared

Meals on Wheels and dine-in participants should be prepared to provide their own meals on days when meal delivery is cancelled. Keep a 2-3 day supply of nonperishable food or frozen meals on hand in case of an emergency.

Help keep deliveries safe

The safety of our staff and Meals on Wheels drivers is very important and helps us continue delivering meals to your home. Driveways, sidewalks, walkways, and porches should be shoveled and ice-free. Roads that are not passable because of snow or ice may limit delivery to your home.

Thank you for your cooperation.



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.

DCC DOOR COUNTY CONNECT

Door County Connect Public Transit Services

Find out more at www.doorcountyconnect.com

DOOR 2 DOOR RIDES

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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HONOR OUR HEROES

VETERANS CELEBRATION



In tribute to all who have served our country, we invite you to join us for a commemorative speech by a representative from the Door County Veterans Office.

MONDAY, NOVEMBER 9, 2026

CEREMONY AT 11:30AM

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

**LIVE MUSIC
WITH BEN LARSON**

FEATURED MEAL: CHICKEN PARMESEAN

The Soup and Salad Bar will not be available.

Veterans will be treated to a complimentary meal after the ceremony.

Additionally, we invite you to share photos of all veterans for our honorable display.

TO RESERVE A SEAT, PLEASE REACH OUT TO THE ADRC OF DOOR COUNTY AT (920) 746-2372.

We extend our heartfelt gratitude to VFW Post 3088 for their generosity and service.

ADRC
Aging and Disability Resource Center of Door County



AARP Foundation Tax-Aide

Volunteer with us!

LOCATIONS: **Sister Bay**
Sturgeon Bay

No experience necessary
Training and support provided

For more information contact one of our local coordinators.
Joanne (*Sister Bay*): joanneskidmore@prodigy.net
Jody (*Sturgeon Bay*): doorcountytaxaide@gmail.com

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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

THANKSGIVING CELEBRATION







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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 home energy+ 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

home energy+

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

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Contact Michelle Crites
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Advertise Here!

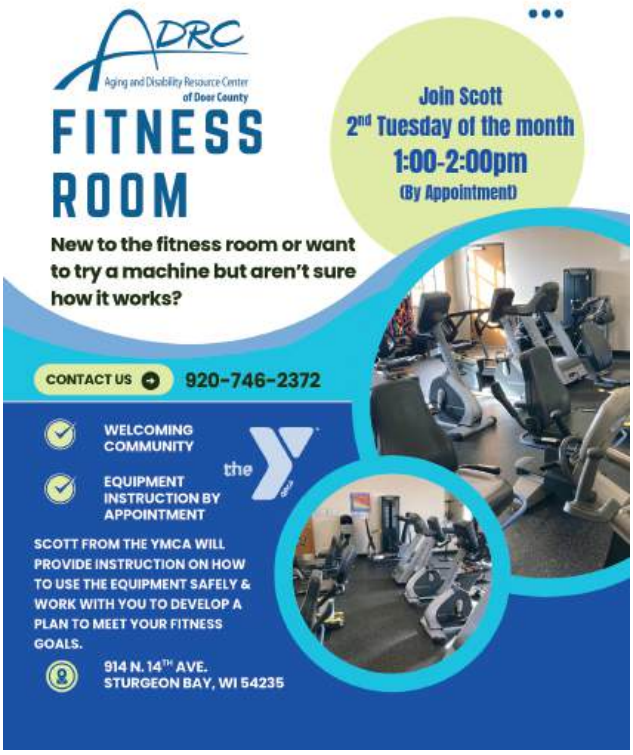
Increase visibility in your community.

Monday	Tuesday	Wednesday
2 9:00 Artists in Making 9:00 Praise Moves 10:00 DVD Fitness 10:00 Memoir Monday 11:00 Zumba Gold 12:30 Bridge 12:30 Poker 12:30 Samba	**3** 8:30 Strong Bodies 9:00 Chess 9:00 Euchre 9:30 Chair Zumba 10:00 Spanish Conversation 12:30 Golf Card Game 1:00 Watercolor Painting 1:00 Sheephead	**4** 9:00 Pinochle 10:00 DVD Fitness 10:30 Chair Yoga 12:30 Sheephead 12:30 Poker 1:00 Samba
9 8:30 Foot Clinic 9:00 Artists in Making 9:00 Praise Moves 10:00 DVD Fitness 11:00 Zumba Gold 11:30 Veteran's Day Celebration & Music with Ben (guitar/vocal) 12:30 Bridge 12:30 Poker 12:30 Samba	**10** 8:30 Strong Bodies 9:00 Chess 9:00 Euchre 9:30 Chair Zumba 10:00 Caregiver Workshop 10:00 Spanish Conversation 12:30 Golf Card Game 1:00 Watercolor Painting 1:00 Sheephead 1:00 Fitness Room (personal trainer by appt.)	**11** 9:00 Pinochle 10:00 DVD Fitness 10:30 Chair Yoga 12:30 Sheephead 12:30 Poker 1:00 Samba 1:00 Memory Cafe
16 9:00 Artists in Making 9:00 Praise Moves 10:00 DVD Fitness 11:00 Zumba Gold 11:30 Food Safety Presentation 12:30 Bridge 12:30 Poker 12:30 Samba 1:00 Growing Connections	**17** 8:30 Strong Bodies 9:00 Chess 9:00 Euchre 9:30 Chair Zumba 10:00 Spanish Conversation 12:30 Golf Card Game 1:00 Watercolor Painting 1:00 Sheephead	**18** 9:00 Pinochle 10:00 DVD Fitness 10:00 Bingo 10:30 Chair Yoga 10:30 Spark! @ DCMM 11:30 Music with Cheryl (vocal) 12:30 Sheephead 12:30 Poker 1:00 Samba 1:00 Grief Support Group 1:00 Medicare Minute
23 8:30 Foot Clinic 9:00 Artists in Making 9:00 Praise Moves 10:00 DVD Fitness 11:00 Zumba Gold 12:30 Bridge 12:30 Poker 12:30 Samba 1:00 Caregiver Support Group	**24** 8:30 Strong Bodies 9:00 Cardmaking Class 9:00 Chess 9:00 Euchre 9:30 Chair Zumba 10:00 Spanish Conversation 12:30 Golf Card Game 1:00 Watercolor Painting 1:00 Sheephead	**25** 9:00 Pinochle 10:00 Wisdom Workshop 10:00 DVD Fitness 10:30 Chair Yoga 12:30 Sheephead 12:30 Poker 1:00 Samba 1:30 ADRC Closing Early
30 8:30 Foot Clinic 9:00 Artists in Making 9:00 Praise Moves 10:00 DVD Fitness 11:00 Zumba Gold 12:30 Bridge 12:30 Poker 12:30 Samba 1:00 Dementia 101	**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.**	



Thursday	Friday
5 8:30 Somatics 8:30 Strong Bodies 9:00 Friendly Crafters 10:00 Healthy Habits, Healthy Future 10:00 Mindfulness Meditation 10:00 Cribbage 12:30 Sheephead 1:00 Busy Fingers-Knitting Group 1:00 Woodcarving	**6** 9:00 Poker 9:00 Chess 9:30 Tai Chi 9:30 Gadget Guy by appt. 10:00 DVD Fitness 11:00 Zumba Gold
12 ADRC Closed for the Door County Caregiver Conference	**13** 9:00 Poker 9:00 Chess 9:30 Tai Chi 9:30 Gadget Guy by appt. 10:00 DVD Fitness 11:00 Zumba Gold
19 8:30 Somatics 8:30 Strong Bodies 9:00 Friendly Crafters 10:00 Thanksgiving Cookie Decorating 10:00 Mindfulness Meditation 10:00 Healthy Habits, Healthy Future 10:00 Cribbage 11:00 Blood Pressure Checks 11:30 Thanksgiving Celebration & Music with George (guitar) 12:30 Sheephead 1:00 Busy Fingers Knitting Group 1:00 Life, Death & the Afterlife Group 1:00 Woodcarving	**20** 9:00 Poker 9:00 Chess 9:30 Tai Chi 9:30 Gadget Guy by appt. 11:00 Bingo 10:00 DVD Fitness 11:00 Zumba Gold
26 	**27** 





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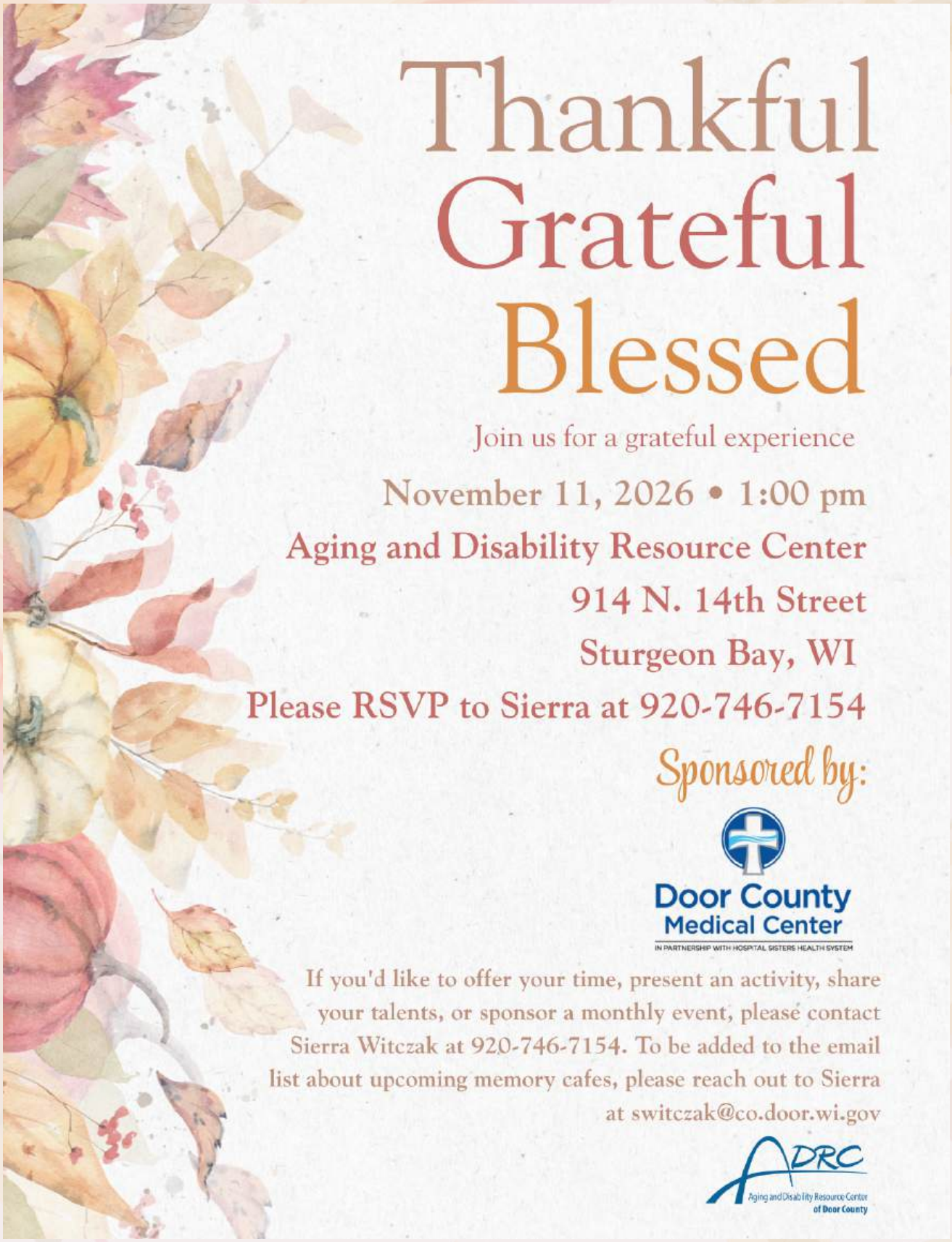











Thankful
Grateful
Blessed
Join us for a grateful experience
November 11, 2026 • 1:00 pm
Aging and Disability Resource Center
914 N. 14th Street
Sturgeon Bay, WI
Please RSVP to Sierra at 920-746-7154
Sponsored by:
Door County
Medical Center
IN PARTNERSHIP WITH HOSPITAL SISTERS HEALTH SYSTEM
If you'd like 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
ADRC
Aging and Disability Resource Center of Door County

SPARK!

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

let's celebrate the holiday season!

Door County Maritime Museum
120 N. Madison Ave.
Sturgeon Bay, WI

November 18, 2026

10:30 AM – 12:00PM

Bring your holiday spirit for a morning of Christmas traditions, laughter, and ornament making.

details

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

DOOR COUNTY maritime museum

ADRC Aging and Disability Resource Center of Door County

ADRC

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.

Aging and Disability Resource Center
914 N. 14th Street
Sturgeon Bay, WI

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

Upcoming sessions:
November 25th
December 23rd

FREE MEMORY SCREENINGS

EARLY DETECTION IS IMPORTANT



TAKE CARE OF **YOUR BRAIN**



- A BRAIN CHECK-UP IS A WELLNESS TOOL THAT HELPS IDENTIFY POSSIBLE CHANGES IN MEMORY AND COGNITION.
- THIS TOOL CREATES A BASELINE OF WHERE YOU ARE RIGHT NOW. PLUS ALLOWS YOU TO MONITOR FUTURE CHANGES.
- IT'S AT NO COST TO YOU AND TAKES ONLY 15 MINUTES.
- GET IMMEDIATE RESULTS.

MEMORY SCREENING DATES:

- NOV 30 FROM 10AM-12PM
- DEC. 21 FROM 10AM-12PM

- IF YOU ARE UNABLE TO MAKE ONE OF THESE DATES, PLEASE LET SIERRA KNOW AND WE WILL FIND A TIME THAT WORKS FOR YOU!



For more inofrmation and to shcedule your brain check up, call the ADRC at 920-746-2372

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

GROWING CONNECTIONS

A social and educational program for older adults to improve brain health.

NO GARDEN, GARDENING EXPERIENCE OR GREEN THUMB REQUIRED!

Enjoy the joys of gardening together every month with this fun program! Volunteers will lead the workshops, and each has a separate subject and includes a presentation, snack and an activity. All supplies and materials are included and there is no charge for the program.

JOIN US:
Aging and Disability Resource Center
914 N. 14th Street
Sturgeon Bay, WI

THE 2ND MONDAY OF EACH MONTH
1:00-2:30 p.m.

To learn more, call Sierra at 920-746-7154.
Join us for one session or all sessions.

Call to register: 920-746-2372

JOIN US IN THE COMING MONTHS FOR A VARIETY OF SESSIONS.

SUBJECTS

NOV 16: GRAPES
DEC 14: POMEGRANATES
JAN 11: HERBS
FEB 8: HONEY & HONEY MAKING
MAR 8: GINGER



ADRC
Aging and Disability Resource Center of Door County

Dementia 101

LEARN HOW TO SUPPORT THOSE WITH MEMORY LOSS, COGNITIVE DECLINE, OR OTHER SYMPTOMS ASSOCIATED WITH A DEMENTIA.

Presented by Dementia Care Specialist, Sierra Witczak



Monday, November 30th
1:00-2:00PM

Location: ADRC of Door County

This class will provide education about dementia and its different forms. Participants will learn about the importance of early detection and what they can do to reduce the risk of developing dementia.

Gain skills and resources for interacting with those living with dementia.Call the ADRC to sign up 920-746-2372 or stop in!

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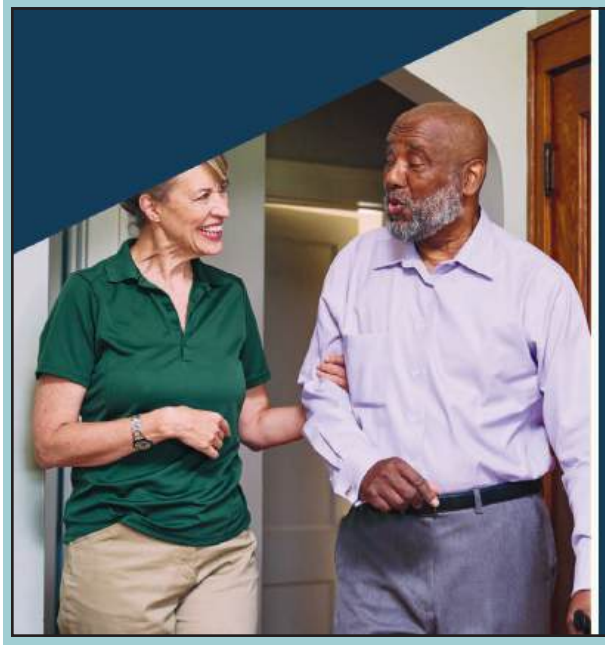
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Independent Health Agent

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CHAIR ONE
FITNESS

NEW Class

Let's Get Moving!

Chair One Fitness is designed to deliver a fun, musically-driven, interactive, full-body workout in the **chair**.

Perfect for seniors, obesity, physical disabilities, injuries, rehab, and wheelchair users.

Thursdays at ADRC beginning Dec 3, 9:30 - 10:15 am

Instructor: Grace Cadwallader gec513@gmail.com

$3 per class

Chair One Fitness

@chaironefitness

Grief Support ~ Surviving the Loss of a Spouse



Life after the Loss of a Spouse

10 AM to 11 AM

The SECOND Thursday of each month

Meetings held at Prince of Peace Lutheran Church

1756 Michigan St. Sturgeon Bay, WI 54235

Please join us each month for an hour of learning and sharing. Hear from fellow community members who are also journeying through grief. You may wish to share, ask questions, or just listen.

This grief support group is not a church-based group. It is for Door County and the surrounding area. All are welcome. Light snacks and refreshments are served. Registration is appreciated, but not required.

Just stop in or call 920-743-7750



Unity Grief and Education Center

A community where no one grieves alone.

Understanding Grief

Meets the last Wednesday of each month*

** In November and December, Understanding Grief will meet the 3rd Wednesday of the month*

1:00 - 2:30 PM ADRC

of Door County
914 N. 14th Ave, Sturgeon Bay

Experiencing the death of a loved one can be disorienting. While grief is a unique experience for each individual, there are some common ways grief may impact the mind, body, and spirit as well as relationships with others. It is important to know you are not alone in this experience.

Understanding Grief offers a safe place for those who are grieving a death to connect with others as well as gain tools and insights into their grief journey.



For additional information and to register, please contact Unity Grief and Education Center at 920-339-6700 or griefcenter@unityhospice.org.

Prior registration is required.

Generous donations allow Unity to offer compassionate grief support at no charge to all who have experienced a death.

WWW.UNITYHOSPICE.ORG/GRIEF-SUPPORT

A caring nonprofit partnership of Bellin Health, HSHS St. Mary's Hospital Medical Center and HSHS St. Vincent Hospital

Door County Medical Center
IN PARTNERSHIP WITH HOSPITAL SISTERS HEALTH SYSTEM

Senior Life Solutions

GRATITUDE AND MENTAL HEALTH: SMALL WAYS TO NOTICE THE POSITIVES



Gratitude is the practice of noticing and appreciating something supportive, comforting, or worthwhile. It may be a kind phone call, a warm meal, a favorite song, a helpful neighbor, a good memory, or a moment of peace during a difficult day.

HOW TO PRACTICE GRATITUDE

Like most things, gratitude can be practiced and improved upon, although it doesn't require a large commitment. Just a few minutes each day can be an effective way to start. Some ways to practice include:

Writing down three things you appreciated today

Saying thank you to someone who helped you

Thinking about one person who has made a difference in your life

Sharing a positive memory with a friend or family member

Noticing one comforting part of your daily routine

Sending a card, text, or phone call to someone you appreciate

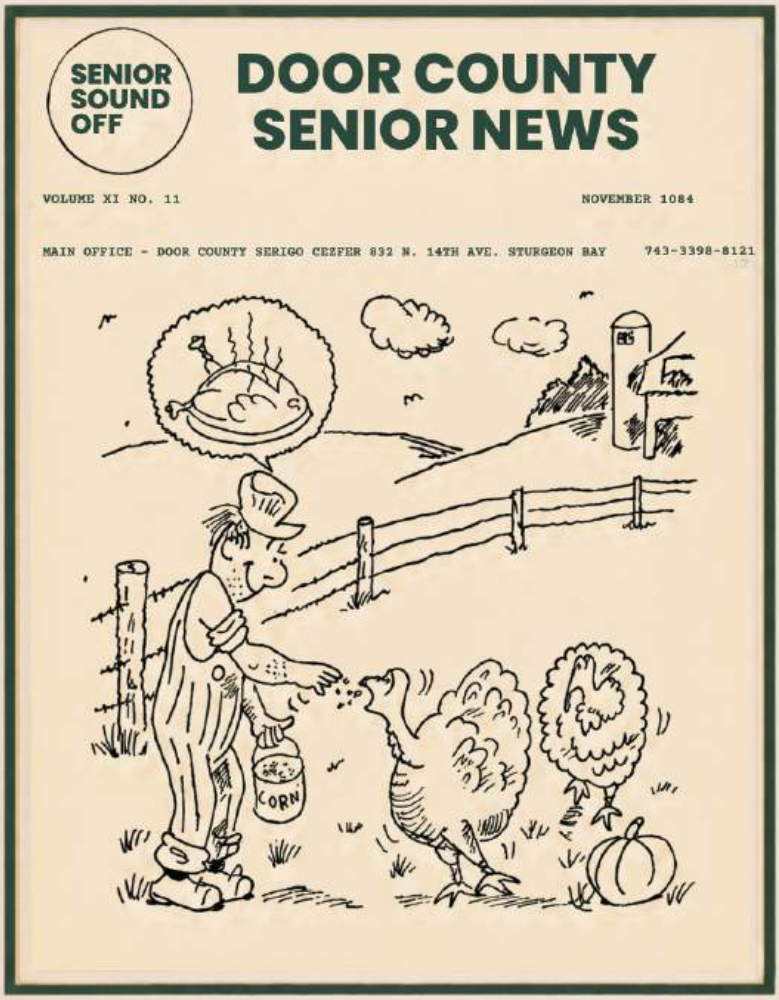
GRATITUDE IN HARD TIMES

Gratitude can also be practiced during difficult times. A person may feel thankful for support while also feeling sadness, grief, worry, or frustration. These feelings can exist together. Gratitude does not erase hardship, and it does not require someone to pretend everything is fine. It offers one way to notice care, comfort, and connection while facing life honestly.

If sadness, anxiety, grief, isolation, or low motivation begin to interfere with daily life, additional support may help.

Our hospital-based outpatient program meets the unique needs of older adults experiencing depression and/or anxiety. 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 slsteamedomedical.org

Roy Schmidt: Chronicling Door County


SENIOR SOUND OFF

DOOR COUNTY SENIOR NEWS

VOLUME XI NO. 11 NOVEMBER 1084

MAIN OFFICE - DOOR COUNTY SERIGO CEZFER 832 N. 14TH AVE. STURGEON BAY 743-3398-8121

The image above is Roy's hand-drawn cover for the Senior Center Newsletter, created in November 1984.

About the Artist

Roy Schmidt, was a local artist and cartoonist from Sturgeon Bay, Wisconsin.

He created the popular 'Door Dillys' cartoon series, which captured everyday life, local eccentricities, and the distinctive culture of the Door Peninsula.

His wit and artistic eye made him a cherished member of the community.

Schmidt passed away at the age of 84, leaving behind a legacy that is remembered and celebrated within local historical archives and in retrospective features that explore the art history of Door County.













ADRC
Aging and Disability Resource Center
of Door County

Door County's Meal Sites

All meals are served at Noon

RESERVATIONS ARE REQUIRED AT ALL MEAL SITES. CALL 24 HOURS IN ADVANCE. $6.00 SUGGESTED DONATION IF OVER 60 YEARS OF AGE.

Baileys Harbor Town Hall

2392 County Road F, 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 of Door County

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. Meals may occasionally vary from original menu, based on shipping availability.





Take a NOURISH Step!

November: Fitness and Diabetes



Did you Know?
Just 10 minutes of walking after meals improves blood sugar.

What is Physical Activity?

Physical activity is when a movement burns energy. This can be during leisure time, transport to and from places, or as a part of a job. Moderate and vigorous activity improve health.



Benefits of Movement...

Increased Insulin Sensitivity

Regular exercise means cells are more responsive to insulin, which helps manage blood sugars. On the other hand, a sedentary lifestyle can increase the challenges of diabetes management.

Improved Mood

- Exercise releases feel-good endorphins. Endorphins are brain chemicals that improve your sense of well-being.
- Exercise also take your mind off worries.



Better Mobility

Exercises that improve your strength, balance and flexibility help make you stronger and feel more confident on your feet.

How Often Should I Exercise?

Aerobic Activity

The CDC recommends 150 minutes of aerobic activity (movement that gets your heart rate up!) for adults 65+. Some examples include mowing the lawn, raking leaves, dancing, walking, active yoga, biking, water aerobics, swimming, and chair exercises.

Strength Training

It is recommended that older adults participate in strength training at least 2 days per week. Some example activities include: Lifting weights or using resistance bands, body-weight exercises like push-ups or sit-ups, and yoga or Pilates

Balance Exercises

Balance ctivities prevent falls, which reduced the risk for injury and bone fractures. Some example activities include: walking backwards, standing on one leg, and using a wobble board. Strength activities also help imrpove balance!

Importance of Hydration

Hydration prevents cramps and supports circulation during activity.

***NOURISH stands for:** **N**utrient-Rich Foods, **O**mega-3s & Healthy Fats, **U**nderstand, **R**ecipes, **I**ncrease Protein & Fiber, **S**ugar & Sodium Awareness, and **H**ydrate.

For more information visit: gwaar.org/nourishstep

GWAAR Nutrition Team Trinity Manzke & Molly Ross 11/2026

Energy-Boosting Snack Plate

Ingredients

- Grain:
  - Whole-grain crackers
  - Pretzels
  - Popcorn
  - Rice cake
- Protein:
  - Hard-boiled egg
  - Sliced turkey
  - Peanut butter
  - Hummus
  - Cottage cheese
- Vegetable/fruit:
  - Sliced apple/applesauce
  - Cucumber
  - Carrots
  - Orange
  - Celery sticks





Directions

- Pick 1-2 items from each of the food groups listed above
- Arrange ingredients on a plate
- Enjoy!



7-Day Movement Challenge

Directions: Follow along with this week long exercise challenge! Feel free to swap out activities for what you enjoy most!

- ☐ Day 1: Go for a walk with a friend
- ☐ Day 2: 10-minute balance activity
  - Heel-to-toe walk
- ☐ Day 3: 20-minute chair yoga
- ☐ Day 4: Learn a new dance
- ☐ Day 5: Practice standing on one leg
- ☐ Day 6: Work with resistance bands or weights
- ☐ Day 7: 30-minute outdoor activity
  - Walk, ride a bike, rake leaves



Small Steps Count!

- Chair exercises, walking, stretching.
  - Even small amounts of exercise and modest increases in fitness can make a clear difference, and some exercise is always better than no exercise.

Keep taking NOURISH Steps and learn more about physical activity at:
https://www.cdc.gov/physical-activity-basics/guidelines/older-adults.html#:~:text=Every%20week%2C%20adults%2065%20and,activity%20is%20moderate%20or%20vigorous

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GWAAR

If you want more pep, take a NOURISH Step!
For more information visit: gwaar.org/nourishstep
GWAAR Nutrition Team Trinity Manzke & Molly Ross 11/2026



NOVEMBER MENU - WASHINGTON ISLAND

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

Monday	Wednesday	Friday
2 Chicken Rice Casserole with Veggies Buttered Carrots Fruit Yogurt Roll	**4** Baked Cod Garlic Parmesan Beans Coleslaw Rye Bread Jello with Fruit	**6** Sweet & Sour Chicken Egg Rolls Stir Fry Veggies Brown Rice Pineapple Birthday Cake with Ice Cream
9 Beef Stroganoff over Noodles Peas & Carrots Fruit Wheat Roll Yogurt	**11** Chicken Piccata Rice Green Beans Tossed Salad with Tomatoes String Cheese Peach Crisp	**13** Ham German Potato Salad Buttered Beets Applesauce Rye Bread Pudding
16 Cheeseburger on a Bun Tater Tots Pickle Spear Coleslaw Fruit	**18** Chili with Cheese Cornbread Veggies & Dip Fruit Cup Dessert	**20** Turkey with Gravy Mashed Potatoes Steamed Broccoli Cranberries Roll Pumpkin Pie with Whipped Topping
23 Meatloaf Scalloped Potatoes Stewed Tomatoes Fruit Bread Cookie	**25** Pork with Tomato Sauce Northern Beans Rice Carrots Fruit Cup	**27** Closed! Happy Thanksgiving!
30 Spaghetti with Meat Sauce Grated Parmesan Tossed Salad Fruit Bread Stick Yogurt Cup		

NOVEMBER 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
2 Chicken Cordon Bleu over Rice Mixed Veggies Warm Spiced Peaches Blondie Bar	**3** Pork & Dumplings with Sauerkraut Carrots Orange Roll Red Velvet Cake	**4** Veggie Lasagna Corn Side Salad Garlic Bread Pumpkin Bars	**5** Grilled Chicken Sandwich with Tomato & Lettuce Chickpea Salad Kale Salad Cookie	**6** Beef & Broccoli over Brown Rice Oriental Veggies Thai Cucumber Salad Fortune Cookie
9 **Veterans Day Event** Chicken Parmesan over Noodles Asparagus Garlic Bread Orange German Chocolate Cake	**10** Egg Salad Sandwich Broccoli Salad Mixed Fruit Lemon Bars	**11** Meatloaf Mashed Potatoes Mixed Veggies Roll Applesauce Bread Pudding	**12** **No Regular Meal Service- Caregiver Conference!**	**13** Cheeseburger Tater Tots Stewed Tomatoes Southwest Salad Banana Cake
16 Herb Roasted Chicken Sweet Potato Green Beans Roll Berry Delight Fruit Salad	**17** Taco Salad with Ground Beef, Lettuce, Tomato, Onion, Cheese, Refried Beans Tortilla Chips Churro	**18** Pepperoni Stromboli with Marinara Side Salad Pears Rice Pudding	**19** **Thanksgiving Meal** Turkey Mashed Potatoes with Gravy Green Bean Casserole Stuffing Cranberries Roll Pumpkin Pie	**20** Crab Pasta Salad over Spinach Tomato Wedges Roll Grapes Pineapple Upside Down Cake
23 Cranberry Meatballs Cheesy Potatoes Cream of Spinach Roll Waldorf Salad	**24** Tuscan Chicken over Brown Rice Broccoli Pears Roll Black Bean Brownie	**25** Stuffed Pepper Roasted Veggies Garlic Bread Fruit Bake Cookie	**26** Closed for Thanksgiving!	**27** Closed for Thanksgiving!
30 Turkey & Swiss on Rye Pea Soup Pickle Yogurt & Berries				