

October 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
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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
Kim Tracy, 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**

REFRAMING AGING

Aging in Door County isn't just about adding years—it's about adding stories. It's about the wisdom shared over coffee, the creativity sparked in an art class, the resilience built through winter storms, and the joy of watching generations gather at the shoreline.

Reframing aging isn't abstract. It's practical, powerful, and deeply local. And it starts with the words we choose and the beliefs we nurture.

October in Door County has a way of reminding us that change can be beautiful. The maples blaze red, the orchards settle into their final harvest, and the shoreline quiets into a softer rhythm. It's a season that proves something important: transition isn't loss. Transition is richness. And that makes October the perfect moment to rethink the way we talk—and think—about aging.

Aging is often framed as decline, but research consistently shows that our beliefs shape our experience. People who hold positive views of their own aging tend to live longer, recover more quickly, and report higher well-being. Here in Door County, where community, creativity, and nature fuel daily life, we have every reason to rewrite the narrative.

Below are three shifts that help us reframe aging in a way that honors the strength, wisdom, and vitality of older adults in our community.

Silence the Sympathy Groan—We've all heard it—or said it ourselves: "Ugh, I'm getting so old." These throwaway comments turn ordinary human experiences into signs of decline.

Reframe It: Celebrate what your body can do. Maybe you still hike the Peninsula State Park trails, kayak along Cave Point, or volunteer. Stop using age as shorthand for pain or limitation. When you speak about aging as loss, you reinforce the idea that your best Door County days are behind you—when in reality, many of the richest ones may still be ahead.

Defy the Digital Sunset—The idea that older adults can't learn new technology is a myth. Neuroplasticity—the brain's ability to learn—doesn't retire.

Reframe It: Replace "I'm too old for this" with "I haven't figured it out yet." Whether you're learning to share photos of the autumn colors or signing up for a class with learning in retirement, curiosity keeps the mind sharp. Your birth year doesn't limit your ability to learn; only your willingness to try does.

Retire the Diminishing Labels—Words like elderly suggest fragility, and phrases like "You look great for your age" imply that aging itself is undesirable.

Reframe It: Use language that reflects dignity and capability. Terms like "older adult" honor the experience without diminishing it. Even better, describe people by who they are: artist, gardener, sailor, fisherman, mentor. Age is one fact about a person—not the defining one. And remember: "You look great" is a complete sentence.

Jenny Fitzgerald, ADRC Director

Caregiver Connections

You are not alone – join a community that cares

Northern Door Chapter

1st Thursday of the month

1:00-2:00pm

Dementia Specific & Caregiver groups run simultaneously.

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

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 each month

1:00-2:30pm

ADRC of Door County

914 N. 14th Ave. Sturgeon Bay

Call Sandy 920-339-6700



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 ...



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

WELCOME TO MEDICARE

MEDICARE



EDUCATION

“Welcome To Medicare”

The ADRC SHIP Counselors will be hosting “Welcome to Medicare” sessions throughout the year to provide you with a free, comprehensive & unbiased introduction to Medicare.

Topics Covered:

What is Medicare?
When and How to Apply
Traditional Medicare
Medicare Advantage
Tips on Navigation Choices
Medicare Costs



LOCATION: Aging and Disability Resource Center,
914 N 14th Ave, Sturgeon Bay

UPCOMING DATES:
October 13 @ 10:00am

(classes last about 1 ½-2 hours)

**Please help us be prepared with enough materials and register by
calling 920-746-2372.**

This class is for you if:

- You are nearing age 65
- Have employer insurance and wonder if you need to enroll in Medicare
- Already enrolled in Medicare but still have questions

Can't make it? Access the recorded class online:
<https://www.adrcdoorcounty.org/elder-benefit-specialist/>

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

October Topic: Medicare and Medicaid

Medicaid is a federal and state program that provides health coverage for certain people with limited income and assets. Each state runs different Medicaid-funded programs for different groups of people. If you qualify for a Medicaid program, it may help pay for costs and services that Medicare does not cover. Come to learn more about the programs and how they work together.

VELKOMMEN APARTMENTS

1976/1978 TOWNLINE RD, WASHINGTON ISLAND, WI 54246

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email tracicares@hotmail.com



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*See office for details.

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OPEN ENROLLMENT

GET READY FOR **MEDICARE** OPEN ENROLLMENT

OCTOBER 15 - DECEMBER 7

It's almost time for Medicare's Annual Election Period! If you're covered by Medicare, you most likely have your prescriptions covered by a Medicare Prescription Drug (Part D) or an Advantage Plan. Every year these plan networks, premiums, formularies, deductibles, and co-pays can change. That means even if nothing has changed for you, your out-of-pocket obligations are at risk of changing anyway, as well as your ability to stay with the same physicians. You need to be aware and prepared.

During Open Enrollment, you can:

- Join a different Medicare Advantage (MA) Plan
- Change your stand-alone Part D plan
- Switch from Original Medicare to a Medicare Advantage Plan
- Switch from a Medicare Advantage Plan back to Original Medicare

So how do you review plan options for next year? You can compare all available plans on the official Medicare website at www.Medicare.gov. By creating a Medicare account, you can get customized estimates and review plan details as well as enroll in new plans. Medicare beneficiaries in Door County can also receive free, unbiased assistance with plan comparisons from the Elder or Disability Benefit Specialists & SHIP Counselors at the ADRC of Door County.

Assistance is also available through:

- Medicare at 1-800-MEDICARE (1-800-633-4227). Open 24/7
- The Medigap Helpline 1-800-242-1060
- Your trusted local Health Insurance Agent

For local assistance with plan comparisons, call the ADRC of Door County and ask for the "Medicare Open Enrollment" packet and appointment details. Phone number is 920-746-2372. You can also find the "Medicare Open Enrollment Packet" on our website <https://www.adrcdoorcounty.org/>. Copies of the forms will also be available at our office for pick up during our office hours.

Please note: While you may turn the completed forms in during September, appointments will not be scheduled until late September/early October. If anything changes after you submit your forms, it will be necessary for you to report those changes to the ADRC.

Washington Island Residents-Save the Date: The Aging & Disability Resource Center Elder Benefit Specialist, Jessica Flores, will visit Washington Island to assist with Open Enrollment Counseling. The dates are set for October 29-30th. You will need to complete the "Medicare Open Enrollment Packet" as referenced in the above article prior to scheduling your appointment, so please don't delay in requesting and returning the packet. Packets will be available at the WICHP office or can be requested by calling the ADRC at 920-746-2372.

PUMPKIN DECORATING CONTEST

ADRC OF DOOR COUNTY

PUMPKIN DECORATING CONTEST

Sign up at the front desk to claim your pumpkin!
(limited pumpkins are available)



**Pumpkin
Decorating
Contest!**

SIGN UP BY OCT. 1ST TO GET A FREE 8" PUMPKIN AND PERSONALIZE IT!

BE INVENTIVE – GATHER SUPPLIES FROM HOME!
(SOME MATERIALS ARE ALSO AVAILABLE AT THE ADRC – JUST ASK!)

**IF YOU BUY YOUR OWN SUPPLIES, TRY TO KEEP THE COST UNDER \$15 TO
ENSURE FAIRNESS.**

BRING YOUR PUMPKIN BACK BY FRIDAY, OCTOBER 23RD

JUDGING: THURSDAY, OCTOBER 29TH

Prizes awarded for: 1ST PLACE 2ND PLACE 3RD PLACE

ADRC of Door County | Questions? Contact us at the front desk



Movie Matinee

Gather your friends and family and join us for a thrilling afternoon!

ADRC OF DOOR COUNTY
LARGE ACTIVITY ROOM'S BIG SCREEN!

RSVP by Oct. 15th - Contact us at 920-746-2372 to find out the movie title and buy your ticket!



THURSDAY,
OCTOBER 22

SHOW STARTS AT 1:00 PM
(106 MINUTES - RATED PG)

Cost: \$3 (includes movie, beverage, & popcorn)

Bring a lawn chair (optional)

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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SUSPECTS:

- MILDRED "MUFFIN" MCGEE
- HAROLD "HOODINI" HIGGINS
- BETTY BOO-BOO
- FRANKIE FANG
- GLADYS GLITTER
- STANLEY "SNACK ATTACK" SMITH
- PEARL PUMPKIN
- WANDA WHISKERS

SOMETHING IS AFOOT!

SOLVE THE MYSTERY OF THE MISSING PUMPKIN PIE

WHERE DID IT GO?

LAST SEEN: IN THE KITCHEN AT THE ADRC

SIGN UP TO PLAY
(LIMITED SPACE AVAILABLE)

THURSDAY, OCTOBER 29

MISSING PUMPKIN PIE MYSTERY
11:00-11:30AM

LIVE MUSIC BY IMAGINE THAT
11:30-12:30PM

CLUE #1

CONTACT THE ADRC
FOR MORE INFO.
920-746-2312

LET'S SOLVE THIS!

ALL CLUES WELCOME!
COSTUME PARADE AT 11:45AM

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 by October 15

Joanne (Sister Bay): joanneskidmore@prodigy.net

Jody (Sturgeon Bay): doorcountytaxaide@gmail.com

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www.lakelandcareinc.com



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1-800-963-0035**

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

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Door County Senior Resource, Sturgeon Bay, WI

01-1484

BUS TRIP



ADRC OF DOOR COUNTY

BUS TRIP

FRIDAY, DECEMBER 4, 2026

**The Fireside Theatre
Fort Atkinson, WI**

6:45 AM - 8:00 PM

(expected timeframe)

6:45 AM - Check-in at the ADRC

7:00 AM - Depart from the ADRC
Babler Bus

11:15 AM - Lunch
Select meal choices available

12:15 PM - Walk Around / Shop

1:30 PM - "A Christmas Story"
Main Floor, Section Y

4:45 PM - Depart theatre
(You may bring a simple sandwich or snacks for the ride back)

8:00 PM - Return to the ADRC

Note: Times subject to change and may vary slightly



PAYMENT IS REQUIRED AT REGISTRATION

The deadline for registration is October 23rd.

\$ \$150 per person (includes dinner, gratuity, show & transportation)



RSVP the ADRC at 920-746-2372



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

DEMENTIA Live

"Because it's frightening to care for someone you don't understand"



EXPERIENCE FOR PROFESSIONALS, FAMILY CAREGIVERS, AND ANYONE WHO WANTS TO LEARN MORE!

Dementia Live® offers a unique inside-out understanding of dementia as well as the aging process. Participants will gain a heightened awareness of the challenges associated with living with dementia and leave with valuable tips and tools to improve communication and connection.

Join us for a high-impact immersion experience that brings inside-out understanding of cognitive impairment and sensory changes. You will leave with tools for igniting change in your role as care partner.

Wednesday, October 7th
10:00AM- 11:00AM

Contact the ADRC at 920-746-2372 to sign up or to learn more about Dementia LIVE!
Space is limited.

** Note this experience is not recommended for someone who has dementia.



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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

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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**

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*This site is fully accessible.

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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



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Door County Senior Resource, Sturgeon Bay, WI

01-1484

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.		
5 9:00 Artists in Making 9:00 Praise Moves 9:30 Boost Your Brain & Memory 10:00 DVD Fitness 10:00 Memoir Monday 11:00 Zumba Gold 12:30 Bridge 12:30 Poker 12:30 Samba 1:00 Growing Connections	6 8:30 Strong Bodies 9:00 Chess 9:00 Euchre 9:30 Chair Zumba 10:00 Spanish Conversation 11:00 Tech-Knowledge-y Workshops 12:30 Aging-Friendly Door County 12:30 Golf Card Game 1:00 Watercolor Painting 1:00 Sheephead	7 9:00 Pinochle 10:00 DVD Fitness 10:00 Bingo 10:00 Dementia LIVE 10:30 Chair Yoga 12:00 AARP Smart Driver Class 12:30 Ballroom Dancing 12:30 Sheephead 12:30 Poker 1:00 Samba
12 8:30 Foot Clinic 9:00 Artists in Making 9:00 Praise Moves 9:30 Boost Your Brain & Memory 10:00 DVD Fitness 11:00 Zumba Gold 12:30 Bridge 12:30 Poker 12:30 Samba	13 8:30 Strong Bodies 9:00 Chess 9:00 Euchre 9:30 Chair Zumba 10:00 Spanish Conversation 10:00 Welcome to Medicare 12:30 Aging-Friendly Door County 12:30 Golf Card Game 1:00 Watercolor Painting 1:00 Sheephead 1:00 Fitness Room (personal trainer by appt.)	14 9:00 Pinochle 10:00 DVD Fitness 10:30 Chair Yoga 12:30 Ballroom Dancing 12:30 Sheephead 12:30 Poker 1:00 Samba 1:00 Memory Cafe
19 9:00 Artists in Making 9:00 Praise Moves 9:30 Boost Your Brain & Memory 10:00 DVD Fitness 11:00 Zumba Gold 12:30 Bridge 12:30 Poker 12:30 Samba	20 8:30 Strong Bodies 9:00 Chess 9:00 Euchre 9:30 Chair Zumba 10:00 Spanish Conversation 12:30 Aging-Friendly Door County 12:30 Golf Card Game 1:00 Watercolor Painting 1:00 Sheephead	21 9:00 Pinochle 10:00 DVD Fitness 10:30 Chair Yoga 11:30 Music with Cheryl (vocal) 12:30 Ballroom Dancing 12:30 Sheephead 12:30 Poker 1:00 Samba 1:00 Medicare Minute
26 8:30 Foot Clinic 9:00 Artists in Making 9:00 Praise Moves 9:30 Boost Your Brain & Memory 10:00 DVD Fitness 11:00 Zumba Gold 12:30 Bridge 12:30 Poker 12:30 Samba 1:00 Caregiver Support Group	27 8:30 Strong Bodies 9:00 Chess 9:00 Euchre 9:00 Cardmaking Class 9:30 Chair Zumba 10:00 Spanish Conversation 12:30 Aging-Friendly Door County 12:30 Golf Card Game 1:00 Watercolor Painting 1:00 Sheephead	28 9:00 Pinochle 10:00 DVD Fitness 10:00 Wisdom Workshop 10:30 Chair Yoga 12:30 Ballroom Dancing 12:30 Sheephead 12:30 Poker 1:00 Samba 1:00 Grief Support Group

Thursday	Friday
1 8:00 Somatics 8:30 Strong Bodies 9:00 Friendly Crafters 10:00 Mindfulness Meditation 10:00 Cribbage 12:30 Sheephead 1:00 Busy Fingers-Knitting Group 1:00 Woodcarving	2 9:00 Poker 9:00 Chess 9:30 Tai Chi 9:30 Gadget Guy by appt. 10:00 DVD Fitness 11:00 Zumba Gold
8 8:00 Somatics 8:30 Strong Bodies 9:00 Friendly Crafters 10:00 Mindfulness Meditation 10:00 Healthy Habits, Healthy Future 10:00 Cribbage 11:30 Music with George (guitar) 12:30 Sheephead 1:00 Woodcarving	9 9:00 Poker 9:00 Chess 9:30 Tai Chi 9:30 Gadget Guy by appt. 10:00 DVD Fitness 11:00 Zumba Gold
15 8:00 Somatics 8:30 Strong Bodies 9:00 Friendly Crafters 10:00 Mindfulness Meditation 10:00 Healthy Habits, Healthy Future 10:00 Cribbage 10:30 Spark! Ephraim Historical Foundation 10:30 Home For Life Program 11:00 Blood Pressure Checks 11:45 Aging Happily Series 12:30 Sheephead 1:00 Busy Fingers Knitting Group 1:00 Life, Death & the Afterlife Group 1:00 Woodcarving	16 9:00 Poker 9:00 Chess 9:30 Tai Chi 9:30 Gadget Guy by appt. 10:00 DVD Fitness 11:00 Zumba Gold
22 8:00 Somatics 8:30 Strong Bodies 9:00 Friendly Crafters 10:00 Mindfulness Meditation 10:00 The Sound Journey 10:00 Cribbage 11:30 Music with George (guitar) 12:30 Sheephead 1:00 Woodcarving 1:00 ADRC Movie Matinee	23 9:00 Poker 9:00 Chess 9:30 Tai Chi 10:00 DVD Fitness 11:00 Zumba Gold
29 8:00 Somatics 8:30 Strong Bodies 9:00 Friendly Crafters 10:00 Mindfulness Meditation 10:00 Cribbage 10:00 Halloween Cookie Decorating 11:00 Mystery of "The Missing Pumpkin Pie" 11:30 Halloween Party with music by "Imagine That" 11:45 Costume Parade 12:00 Pumpkin Decorating Contest 12:30 Sheephead 1:00 Woodcarving	30 9:00 Poker 9:00 Chess 9:30 Tai Chi 10:00 DVD Fitness 11:00 Zumba Gold





Ultimate 8

Fall Home Maintenance Tips

1 Check smoke detectors, fire extinguishers & first aid kits

2 Clean your chimney & fireplace

3 Check windows

4 Wrap indoor pipes

5 Inspect your roof

6 Inspect your heating system

7 Stock up on supplies

8 Finish seasonal yard maintenance



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Door County Medical Center

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Sturgeon Bay, WI 54235
Kaylyn • 920-743-9289**



No act of kindness is ever wasted



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Door County Senior Resource, Sturgeon Bay, WI

01-1484

MEMORY CAFE



WEDNESDAY, OCT. 14

STARTS AT 1:00PM

AGING AND DISABILITY RESOURCE CENTER
914 N. 14TH STREET
STURGEON BAY, WI

SPONSORED BY:



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

SPARK! PROGRAM



SPARK!

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

Step back in time with 'Shopping in the Olden Days'!

October
15th

10:30 - 12:00 PM

EPHRAIM HISTORICAL FOUNDATION

3060 ANDERSON LN,

EPHRAIM, WI 54211

Join the Ephraim Historical Foundation for a nostalgic visit to the Anderson Store Museum, where you'll explore vintage household goods.



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 charge. Space is limited. Please register at least 2 days before the program.

To register for a SPARK! program, you can
email switzzak@co.door.wi.gov or call Sierra at 920-746-7154.

BINGO GAMES
Games Prizes Fun

Date:
Wednesday, October 7th

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 classic game, and there will be plenty of opportunities to win.

SIGN UP!

For More Information
920-746-2372

Visit Our Website
adrcdoorcounty.org

Our Location
914 N. 14 Avenue

ADRC
Aging and Disability Resource Center
of Door County

Home For Life
DOOR COUNTY
A Program of Do Good Door County

**Helping You Stay
in the home
you love**

Learn. Plan. Improve. Stay Home.

The Home for Life Program Includes:

- Free AARP HomeFit Education**
Learn simple ways to make your home more comfortable, accessible, and easier to live in.
- Age-Friendly Home Safety Assessments**
Receive a personalized assessment of your home with recommendations tailored to your needs.
- Home Improvement Assistance**
Income-qualified residents may be eligible for limited financial assistance for essential safety improvements.

Learn More
185 East Walnut Street | Sturgeon Bay, WI
(920) 659-5159 | dogooddoorcounty@gmail.com
www.dogooddoorcounty.org



A county-wide program supporting independent living at home.

Upcoming Workshops - all held 10:30 - 11:30 am

Tuesday, September 22
Shepherd of the Bay Lutheran Church, Ellison Bay

Tuesday, September 29
Immanuel Lutheran Church, Baileys Harbor

Thursday, October 15
Aging & Disability Resource Center (ADRC), Sturgeon Bay

Monday, November 16
Brussels Town Hall



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

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

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**Something Doesn't Look Right?
Trust Your Instincts.**

SMP
Senior Medicare Patrol
Preventing Medicare Fraud

If you notice charges you don't recognize, receive medical equipment you didn't order, or have questions about your Medicare account, Wisconsin SMP is here to help.

Call before fraud becomes a bigger problem.

Free and confidential assistance.

1-888-818-2611 | **www.smpwi.org**

FIGHT MEDICARE FRAUD

Sunflower Cottage
A SUNSHINE RESOURCES ENTITY

STATE CERTIFIED ADULT DAY SERVICE

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

Find respite, knowing your loved one will experience socialization, companionship and encouragement to live life to the fullest.

LEARN MORE

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

WE ARE DEMENTIA FRIENDLY



ADRC of Door County

WOOD CARVERS



**EVERY THURSDAY
AT 1:00 PM**

Do you have a passion for carving with wood, soap, or another medium? Join us for a delightful time filled with conversation, friendship, and creativity. Just remember to bring your own tools!



CARVING DEMONSTRATION
IN OCTOBER

For more information:
Call the ADRC at 920-746-2372

ADRC
Aging and Disability Resource Center
of Door County

WATERCOLOR PAINTING

TUESDAYS AT 1:00PM

Let your creativity shine!

Beginners are more than welcome.

Don't forget to bring your own supplies.

For further details,
please call
920-746-2372.

ADRC
Aging and Disability Resource Center
of Door County

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



Melissa Andrews
Independent Health Agent

Wishing you could make sense
of your health insurance options?
**We can help,
call or email us today!**

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• Hospital Indemnity • Short-Term Medical • Small Group

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



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homeinstead.com/149



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2ND ANNUAL LUMINARY WALK

Thursday, October 22

Door County YMCA – Peterson Park
1900 Michigan St., Sturgeon Bay WI

The Door County YMCA, Jay's Legacy Home Care, Door County Medical Center's Senior Life Solutions and Unity Hospice are partnering for a luminary walk, a heartfelt evening dedicated to honoring the memory of loved ones.

- **5:30pm-6:00pm Luminary decorating (supplies provided)**
 - Enjoy hot cider, cocoa & cookies
- **6:00pm Brief Program with 0.28 mile walk to follow**
 - We will be walking rain or shine.
 - Flashlights encouraged.
- **No registration required. Contact Door County Medical Center's Senior Life Solutions with any questions 920.746.3778.**

FREE

All Ages Welcome

Presented by:





DOOR TO AGING

OCTOBER SOCIAL BINGO



Brought to you by the Aging Coalition of Door County
dedicated to building connections in the community

Laugh with someone	Make a fall treat to share with family or friends	Enjoy fall displays with someone in your favorite community	Talk with someone about a “superpower” they wish they had	Meet a friend at a “new to you” restaurant or shop
Talk about favorite Halloween costumes with someone	Watch a sports event with others	Run an errand or do a simple task for someone	Pick out a pumpkin with someone at a local farm stand or market	Introduce yourself to someone you don’t know
Watch a spooky or fall themed movie with someone	Decorate or carve a pumpkin with someone	Make up your own social activity	Ask someone about their favorite Door County restaurant	Visit a local apple orchard or market with someone
Visit a fall festival or event with friends or family	Play cards or board games with others	Reminisce with someone about inventions in your lifetimes	Take a scenic drive with someone to view fall foliage	Visit or call a friend just to chat
Savor fall foods or snacks with friends or family	Enjoy a crisp autumn walk in nature with someone	Send someone an encouraging text, email or letter	Invite someone to help create a fall craft or project	Sit and sip a favorite fall drink with someone

To play, mark an X on a completed square. Get a “bingo” by completing all activities in one vertical row, one horizontal row, or a diagonal row from corner to corner.

For a chance to have your name showcased on the doortoaging.com website, submit your bingo on the website at <https://doortoaging.com/our-projects/#bingo>

doortoaging.com



**Door County
Medical Center**
IN PARTNERSHIP WITH HOSPITAL SISTERS HEALTH SYSTEM



**Senior Life
Solutions®**

LIFE AFTER CAREGIVING: REBUILDING IDENTITY AND ROUTINE



Caregiving can shape nearly every part of daily life. When that role ends, life may suddenly feel unfamiliar. Each circumstance is different, yet many former caregivers face a similar question: What comes next?

MAKING ROOM FOR MIXED EMOTIONS

The end of caregiving can bring several emotions at once. You may feel sadness, grief, relief, guilt, anger, loneliness, or uncertainty. You may feel proud of the care you provided while also recognizing how exhausted you became.

Try to approach these emotions with patience. Journaling, talking with a trusted friend, joining a support group, or speaking with a mental health professional may help you understand what you are experiencing.

CREATING A NEW DAILY STRUCTURE

After caregiving ends, open time may feel uncomfortable. A new routine can provide stability. Begin with a few dependable points in the day, such as waking and going to bed at consistent times, eating regular meals, and scheduling one activity outside the home each week.

RECONNECTING WITH OTHER PEOPLE

Caregiving can gradually narrow a person's social world. Consider calling one person, attending a familiar community activity, or accepting a brief invitation. A cup of coffee, a walk, a faith community gathering, a library program, or a local senior center activity can provide an opportunity to reconnect.

RECOGNIZING WHEN ADDITIONAL SUPPORT MAY HELP

Many former caregivers experience periods of sadness, worry, or uncertainty. Consider speaking with a health care provider or mental health professional if you are experiencing ongoing isolation, frequent anxiety, irritability, loss of interest, significant changes in sleep or appetite, difficulty completing daily tasks, or a persistent sense of hopelessness. Help is available.

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 sisteam@dcmedical.org

Being With: A Community Workshop for Caregivers



Tuesday, November 10th

10AM - 12PM

ARDC

916 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.



DOOR COUNTY
Knock

Connecting You to Farm Fresh Food

Senior Farmers Market Nutrition Program (SFMNP)



SFMNP serves Wisconsin seniors

- Living in Wisconsin
- Within monthly income requirements
- Age 60 and above, or age 55 and above if Native American

SFMNP gets you farm fresh food

- \$25 to buy fresh, locally grown fruits, vegetables, and herbs
- A list of farmers markets and farmstands to shop at June–October
- Seasonal tips for using fresh produce
- Nearly 1,000 local farmers to buy from

SFMNP makes eating local easy

- If you qualify for SNAP, ask about SFMNP! You likely qualify.
- You can still receive FoodShare, CSFP, and TEFAP food assistance.

**Learn
more!**



**Find a
market
near you!**



Email: dhswicfmnp@dhs.wisconsin.gov

Dial: 2-1-1 to speak to an Information and Referral Specialist

Visit: www.dhs.wisconsin.gov/wic/fmnp/senior.htm

This institution is an equal opportunity provider.

P-03598A (04/2025)

Division of Public Health

Wisconsin Department of Health Services



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. 14 th 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!

October: The Role of Fiber In Diabetes

HAPPY HALLOWEEN

Did you Know?

Increasing fiber by just 5 grams/day can improve blood glucose.

What is Fiber?

Fiber is a nutrient found in plant foods such as fruits, vegetables, whole grains, and beans. Fiber is important for bowel health and promotes regular bowel movements. Consuming a diet rich in fiber offers numerous health benefits, including managing cholesterol levels, maintaining a healthy weight, and regulating blood sugar levels.

How much fiber should you eat?

- Women 50+ should aim for 22 grams/day
- Men 50+ should aim for 28 grams/day



Common food sources of fiber with serving sizes

- 1 cup raspberries (8 grams of fiber)
- 1 medium apple (5 grams of fiber)
- 1 medium banana (3 grams of fiber)
- 1 cup green peas (9 grams of fiber)
- 1 cup broccoli (5 grams of fiber)
- 1 baked potato with skin (4 grams of fiber)
- 1 cup of oatmeal (4 grams of fiber)
- 1 slice whole wheat bread (2 grams of fiber)
- 1 cup black beans (15 grams of fiber)



Fiber can...

Slow Digestion:

- Soluble fiber dissolves in water and forms a gel-like substance in your stomach, slowing down digestion.

Control Blood Sugar:

- The body doesn't absorb and break down fiber, meaning it doesn't cause a spike in blood sugar like other carbs do.

Soluble Fiber

- Soluble fiber plays a role in slowing digestion and controlling blood sugar.
- Soluble fiber is found in apples, bananas, oats, peas, black beans, lima beans, Brussels sprouts, and avocados.

Insoluble Fiber

- Insoluble fiber does not dissolve in water and usually remains whole as it passes through your stomach. This keeps your gut healthy.
- Insoluble fiber is found in whole wheat flour, bran, nuts, seeds, and the skins of many fruits and vegetables.

Importance of Hydration

Fiber needs water to work effectively.

***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 Trinity Manzke & Molly Ross 10/2026

High Fiber Chili (8 Servings)

Ingredients

- 1 medium sweet potato, peeled and diced
- 2 cans (15 ounces each) black beans, drained and rinsed
- ½ cup quinoa
- 2 ½ cups water or low-sodium vegetable broth
- 2 cans (14.5 ounce) diced tomatoes
- 1 medium onion, chopped
- 4 cloves garlic, minced or 1 teaspoon garlic powder
- 1 Tablespoon cumin
- 1 Tablespoons chili powder
- ¼ teaspoon salt
- 1 medium bell pepper, chopped (any color)



Photo used with permission.
Recipe adapted from
<https://foodhero.org/recipes/slow-cooker-black-bean-sweet-potato-and-quinoa-chili>

Directions

- Lightly grease the inside of the slow cooker.
- Combine all ingredients except the bell pepper in the slow cooker and mix well.
- Cover and cook on LOW for 5 to 6 hours or HIGH for 2 to 3 hours or until potatoes are soft.
- Stir in the bell pepper and cook for 10 to 15 minutes. Taste and adjust seasonings to your liking.
- Empty slow cooker and refrigerate or freeze leftovers within 2 hours.

Carbohydrate & Fiber Content

- 35g total carbs
- 12g protein



Fiber Boost Bingo

Make a recipe with beans	Snack on popcorn	Eat a high-fiber fruit
Add chia/flaxseed to oats	Make a whole-grain swap	Use hummus as a dip
Eat a high-fiber vegetable	Make the recipe above!	Make a sandwich on whole-wheat bread
Snack on berries	Try high-fiber cereal	Eat lentils

Keep taking NOURISH Steps and learn more about fiber at:

<https://www.cdc.gov/diabetes/healthy-eating/fiber-helps-diabetes.html>
<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/high-fiber-foods/art-20050948>



If you want more pep, take a NOURISH Step!

For more information visit: gwaar.org/nourishstep

GWAAR Nutrition Team Trinity Manzke & Molly Ross 10/2026



OCTOBER MENU – WASHINGTON ISLAND

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

Monday	Wednesday	Friday
		2 Baked Ham Baked Sweet Potato Cauliflower with Cheese Roll Applesauce
5 Spaghetti with Meat Sauce Shredded Cheese Green Salad with Peas Bread Fruit Cup	7 Cream of Potato Soup Egg Salad Sandwich Side Salad Fresh Fruit Cookie	9 Pepper Steak Baked Potato Carrots Fruit Bread Cheesecake
12 Salisbury Steak Baby Red Potatoes Black Beans Fruit Roll Cookie	14 Baked Chicken Mashed Potatoes Broccoli with Carrots Rye Bread Fresh Fruit	16 Sweet and Sour Pork Brown Rice Egg Roll Oriental Veggies Yogurt Mandarin Oranges
19 Baked Cod German Potato Salad Coleslaw Rye Bread Yogurt & Berry Parfait	21 Vegetable Lasagna Romaine Salad Garlic Bread Fruit Cup	23 Meatloaf with Gravy Baked Winter Squash Green Beans Bread Pudding with Fruit
26 Taco Salad with Refried Beans, Ground Beef, Chopped Lettuce, Tomato, Onion, Cheese & Sour Cream Corn Chips Grape Salad	28 Cream of Broccoli Soup Grilled Chicken Sandwich with Lettuce, Onion & Cheese Fruit Cookie	30 Grilled Brat on a Bun Sauerkraut & Onions Baked Beans Corn Ice Cream

OCTOBER 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 Swedish Meatballs over Mashed Potatoes Green Beans Applesauce Roll Brownie	2 Corned Beef Cabbage Carrots Baby Red Potatoes Roll Pistachio Torte
5 Chili Cornbread Casserole Grapes Chocolate Raspberry Bars	6 Sloppy Joe on a Bun Sweet Potato Fries Ancho Beans Pea & Cheese Salad Magic Cheesecake Bars	7 Orange Chicken Brown Rice Stir Fry Veggies Thai Cucumber Salad Fortune Cookie	8 Creamy Turkey Casserole Green Beans Mixed Salad Cottage Cheese Blondie Bar	9 Fish Sandwich Tater Tots Coleslaw Apple Cookie
12 Grilled Chicken on a Bun with Lettuce, Tomato, & Onion Multi Grain Chips Baked Beans Watermelon Lemon Bar	13 Closed for Staff Training-No Meal	14 Veggie Alfredo Lasagna Broccoli Bread Stick Pear Cookie	15 Pea Soup Ham & Swiss on Rye Pickle Berries & Yogurt Pineapple Upside Down Cake	16 Crab Pasta Salad over Spinach Roll Mandarin Oranges Jello Cake
19 Brat on a Bun Green Peas German Potato Salad Sliced Apples Chocolate Peanut Butter Dip	20 Egg Salad Sandwich Stuffed Pepper Soup Southwest Bean Salad Banana Chocolate Cake	21 Herb Roasted Chicken Mashed Potatoes with Gravy Carrots Roll Creamy Grapes	22 Liver and Onions Mashed Potatoes with Gravy Green Beans Roll Orange Tapioca Pudding	23 Pork Loin Butternut Mac & Cheese Cali Blended Veggies Sunshine Fruit Salad
26 Cranberry Meatballs Cheesy Potatoes Creamed Spinach Roll Diced Peaches Cookie	27 Taco Salad with Lettuce, Tomatoes, Onion, & Refried Beans Tortilla Chips Apricots Tres Leches Cake	28 Monterey Chicken Brown Rice Blended Veggies Creamy Cucumbers Pudding	29 Halloween Party! Country Fried Steak Mashed Potatoes Carrots & Peas Roll Banana Pumpkin Cupcake	30 Italian Sausage topped with Marinara, Peppers and Onions Veggie Pasta Mixed Fruit