



September 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
Sara Dennison, Office Assistant
Heather Matchefts, 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
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**

CAREGIVER GUIDANCE

Mark your calendars for the upcoming **Door County Caregiver Conference** on Thursday, November 12th, 2026. This annual event offers vital resources, educational sessions, and a supportive community for those caring for loved ones. Caring for a family member or friend is deeply rewarding, but it frequently comes with significant physical and emotional demands. Take a day for yourself to connect with experts, discover local resources, and meet fellow caregivers who truly understand your daily experience. To register, call 920-746-7153 or email nscharrig@co.door.wi.gov.

This year's curated lineup focuses on practical skill-building, navigational advocacy, and emotional rejuvenation:

- **Building Foundations of Caregiving:** Master the core principles of care scheduling, medical tracking, and long-term planning.
- **Advocating Effectively in the Healthcare System:** Learn how to communicate with doctors, challenge insurance denials, and ensure your voice is heard.
- **Supporting Independence:** Discover strategies and assistive tools to help your loved one maintain autonomy safely.
- **Safe Lifting and Transfer Techniques:** Protect your physical health with hands-on training from mobility professionals.
- **Care of the Caregiver:** A dedicated tract focused entirely on your mental, emotional, and physical well-being.
- **"The Power of Sound":** Immerse yourself in an experiential sound session designed to free your mind and escape to a place of calm and peace.
- **Real Caregiver Stories:** Listen to a diverse panel of your peers as they share honest insights, failures, and triumphs from the field.
- **Q&A by Community Professionals:** Bring your toughest questions to a roundtable panel of Door County Caregiver Coalition professionals.

County-Wide Support Groups & New Memory Care Initiative

Navigating caregiving alone can quickly lead to burnout. Door County hosts monthly Caregiver Support Groups at four accessible locations (see page 4). These groups provide a safe space to share experiences, vent frustrations, and trade practical advice. To make attending these meetings easier, a new initiative has launched in partnership with Door County Medical Center (DCMC):

- **The Problem:** Caregivers often miss support groups because they cannot leave their loved one alone.
- **The Solution:** A DCMC Memory Care Specialist will host a concurrent, specialized engagement session for your care receiver.
- **The Benefit:** You can fully participate in your support group with total peace of mind, knowing your loved one is safe and engaged in the same building.

You do not have to carry this responsibility entirely on your shoulders. The Aging and Disability Resource Center of Door County is here to help you.

Nicki Scharrig-Assistant ADRC Director

CAREGIVER SUPPORT GROUPS

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 the 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:
September 23 @ 1:00pm & 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

September Topic:
Medicare Open Enrollment

Open Enrollment runs October 15 through December 7 each year. This is when you can make certain changes to your Medicare coverage. Learn more about what actions to take to make sure your coverage will meet your needs in 2027.

If you plan to join for lunch at the dining sites prior to the presentation, make sure to RSVP 24hrs in advance for your meal. Call 920-746-2523 for Baileys/Liberty Grove, or 920-746-2372 for Sturgeon Bay. (Menus are located in this newsletter)

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

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

- Subsidized USDA housing for Seniors 62 yrs of age & older plus disabled 18yrs & over. Sixteen units: ten 1 bdrm & six 2 bdrm. ADA accessible.
- Rent based on income. USDA RA (Rent Assistance) available.



tracicares@hotmail.com

Rent based on 30% of income, less medical. This Institution is an Equal Opportunity Provider and Employer.



CARE Patrol™

Your Partner In Senior Care Solutions

920-883-5081 | greenbay.carepatrol.com



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

HearingLife

Your hearing is our expertise.

Providing **personalized hearing care** by licensed hearing professionals with the latest technology.

Call today to schedule your **FREE HEARING TEST.***

920.804.3853

1300 Egg Harbor Rd., Ste 125
Sturgeon Bay, WI 54235

hearinglife.com

Mention code **AH0Q-11** when calling

*See office for details.

Coming together to care for you



A Humana Company



icarehealthplan.org
800-777-4376

inclusa.org
877-376-6113



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

Door County Senior Resource, Sturgeon Bay, WI

01-1484

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.

Go Pack Go! Packer Party



Friday, September 11th
11:30 to 12:30pm

LIVE MUSIC WITH BEN LARSON
FOOD & RAFFLE PRIZES

(SALAD BAR UNAVAILABLE)

Wear your green & gold!

Please reserve your spot by calling
the ADRC of Door County at 920-746-2372
914 North 14th Avenue, Sturgeon Bay, WI



STRONG *People*TM

STRONG BODIES



Join us for strength training classes! These classes are designed for mid-life and older adults and include progressive resistance training, balance training, and flexibility exercises. Classes are twice weekly for 12 weeks, led by County Extension Agents.

Fall Virtual StrongBodies Class

Dates: October 6 - December 17, 2026

Time: Tuesdays and Thursdays, 9:00 – 10:15 AM

How to Sign Up: Online Registration - <https://forms.gle/2GZPvOBjQyF585f29>

You will receive an email confirmation with the ZOOM link for the class

Contact: strongbodies@extension.wisc.edu

To learn more, visit us at <https://health.extension.wisc.edu/strongbodies/>



Extension
UNIVERSITY OF WISCONSIN-MADISON

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.



INSURANCE & FINANCIAL SERVICES LLC

Medicare Plans • Health Insurance
Dental & Vision
Life Insurance • Annuities
Long Term Care



920-746-1500

508 Jefferson Street
Sturgeon Bay, WI 54235

www.hannemann-gosser.com

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



ADT
Authorized
Provider

SafeStreets

833-287-3502

Jay's Legacy



Home Care

CALL FOR A FREE
CONSULT TODAY!
920-901-7780

jays-legacy.com

RESPECT
EMPATHY
KINDNESS
INTEGRITY
ENCOURAGEMENT



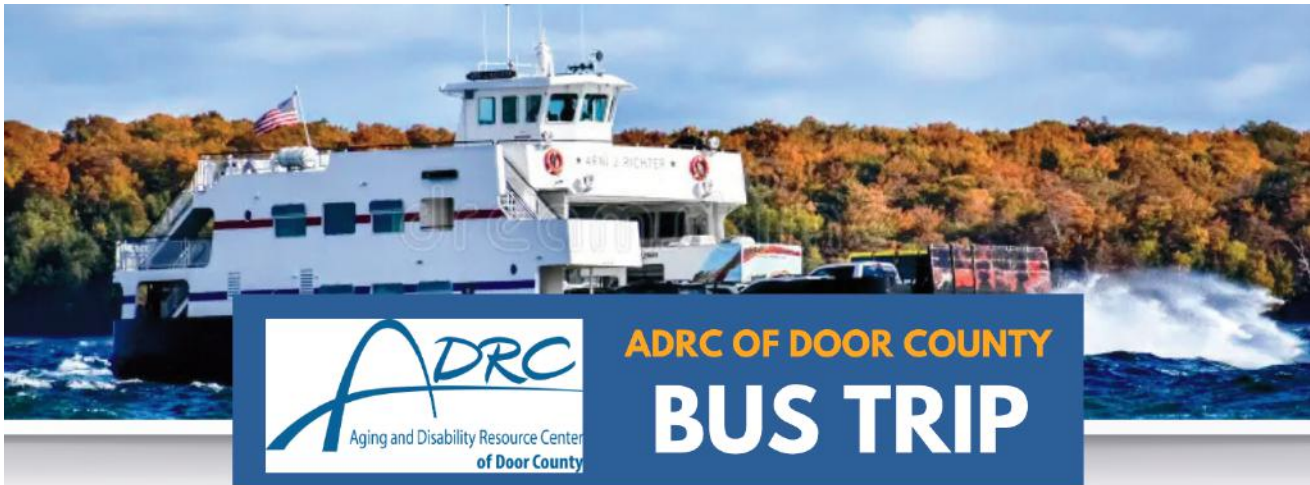
Never miss our publication!

Get each new issue
delivered straight to
your inbox.

Scan to subscribe on
MyCommunityOnline.com



BUS TRIP



MONDAY, SEPTEMBER 21, 2026

Washington Island, WI

7:15 AM - 3:30 PM

(expected timeframe)

7:15 AM - Check-in at the ADRC

7:30 AM - Depart from the ADRC
Door County Connect Service

9:00 AM - Ferry Line to Island

9:45 AM - School House Beach

10:30 AM - Tour the island

***Please plan for a moderate amount of walking, with
the possibility of uneven terrain**

11:00 AM - Fragrant Isle Lavender Farm Shop & Lunch
(menu included)

12:30 PM - Stavkirke (Church of Staves)

2:00 PM - Depart Island on Ferry Line

3:30 PM - Return to the ADRC



PAYMENT IS REQUIRED AT REGISTRATION

The deadline for registration is August 31st.



\$30 per person (includes transportation & ferry line round trip)

Please bring money for lunch.



RSVP the ADRC at 920-746-2372



914 N. 14th St. Sturgeon Bay, WI



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

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



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



Advertise Here!

Increase visibility in your community.



my choice
WISCONSIN
BY MOLINA HEALTHCARE

My Choice Wisconsin is a managed care organization that serves government-funded programs to seniors and adults with disabilities in over 50 Wisconsin counties.

**Visit us today:
mychoicewi.org
1-800-963-0035**

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

DHS Approved 4/22/2021



We're Hiring Ad Sales Executives

- Paid Training
- Full-time with Benefits

Visit www.lpicommunities.com/careers



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

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**

WELCOME HEATHER!



Hi! My name is Heather. I recently moved to Sturgeon Bay and started working as an Administrative Assistant at the ADRC. I'm happy to be part of the team here!

For the last year, I worked in the office of the Brown County Parks Department, and before that, I worked at a fiber crafts store.

I'm excited to be living in Door County, and I'm looking forward to finding some new favorite spots. Outside of work, I enjoy knitting, sewing, and being outside.

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](https://www.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

homeenergy+

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

Advertise in Our Newsletter!

Contact Michelle Crites
mcrites@4LPi.com
(800) 950-9952 x2256



Advertise Here!

Increase visibility in your community.

Monday Tuesday Wednesday		
	1 8:30 Strong Bodies (Independent) 9:00 Chess 9:00 Euchre 9:30 Chair Zumba 10:00 Spanish Conversation 11:00 Tech-Knowledge-y Workshops 12:30 Golf Card Game 1:00 Watercolor Painting 1:00 Sheephead	2 9:00 Pinochle 10:00 DVD Fitness 10:30 Chair Yoga 12:30 Ballroom Dancing 12:30 Sheephead 12:30 Poker 1:00 Samba
7 	8 8:30 Strong Bodies (Independent) 9:00 Chess 9:00 Euchre 9:30 Chair Zumba 10:00 Bingo 10:00 Spanish Conversation 12:30 Golf Card Game 1:00 Watercolor Painting 1:00 Sheephead 1:00 Fitness Room (personal trainer by appt.)	9 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
14 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 Growing Connections	15 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	16 9:00 Pinochle 10:00 DVD Fitness 10:30 Chair Yoga 10:30 Spark! 11:30 Music with Cheryl (vocal) 12:30 Ballroom Dancing 12:30 Sheephead 12:30 Poker 1:00 Samba 1:00 Medicare Minute
21 7:30 Bus Trip to Washington Island 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	22 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	23 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 Welcome to Medicare
28 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	29 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	30 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
3 8:00 Somatics 8:30 Strong Bodies (Independent) 9:00 Friendly Crafters 10:00 Mindfulness Meditation 10:00 Healthy Habits, Healthy Future 10:00 Cribbage 12:30 Sheephead 1:00 Busy Fingers-Knitting Group 1:00 Woodcarving	4 9:00 Poker 9:00 Chess 9:30 Tai Chi 9:30 Gadget Guy by appt. 10:00 DVD Fitness 11:00 Zumba Gold
10 8:00 Somatics 8:30 Strong Bodies (Independent) 9:00 Friendly Crafters 10:00 Mindfulness Meditation 10:00 Cribbage 11:30 Music by George (guitar) 12:30 Sheephead 1:00 Woodcarving	11 9:00 Poker 9:00 Chess 9:30 Tai Chi 9:30 Healthy Living with MCI Education Series 9:30 Gadget Guy by appt. 10:00 DVD Fitness 11:00 Zumba Gold
17 8:00 Somatics 8:30 Strong Bodies 9:00 Friendly Crafters 10:00 Mindfulness Meditation 10:00 Healthy Habits, Healthy Future 10:00 Cribbage 11:00 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 1:00 Decluttering Presentation	18 9:00 Poker 9:00 Chess 9:30 Tai Chi 9:30 Gadget Guy by appt. 10:00 DVD Fitness 11:00 Zumba Gold
24 8:00 Somatics 8:30 Strong Bodies 9:00 Friendly Crafters 10:00 Mindfulness Meditation 10:00 Cribbage 11:30 Music by George (guitar) 12:30 Sheephead 1:00 Woodcarving	25 9:00 Poker 9:00 Chess 9:30 Tai Chi 10:00 DVD Fitness 11:00 Zumba Gold
	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.



Six Tips To Help Prevent Falls

More than one in four people age 65 years or older fall each year, yet many falls can be prevented.



Learn more about reducing your risk of falling at www.nia.nih.gov/falls-prevention.



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

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

Senior Life Solutions®

Starr ERA Realty
REAL ESTATE

Door & Kewaunee County's Top Selling Locally Owned Real Estate Company!

View All Our Listings at www.erastarr.com

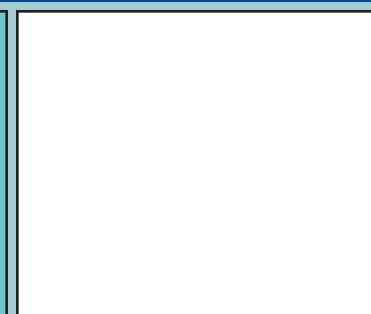
14 S. Third Ave. • Sturgeon Bay, WI
920-743-4321 • 800-661-8555
2594 Bay Shore Dr. • Sister Bay, WI
920-854-2394 • 800-720-6888
info@erastarr.com

Cardinal Ridge Residential Care

... the quality of life you deserve

817 Circle Ridge Place,
Sturgeon Bay, WI 54235
Kaylyn • 920-743-9289

No act of kindness is ever wasted



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

Door County Senior Resource, Sturgeon Bay, WI

01-1484

MINDFULNESS MEDITATION



Mindfulness Meditation



Reduce stress, ease anxiety, and sharpen focus—simply by watching your breath. When your mind wanders, gently return to the breath without judgement.

EVERY THURSDAY
10:00-10:45 AM



Starting August 6th

NO PREVIOUS EXPERIENCE WITH MINDFULNESS, MEDITATION OR YOGA IS NECESSARY TO ATTEND.

THE SESSIONS ARE FREE AND LAST 30 MINUTES WITH A BRIEF TALK AFTERWARD.

John Cofield (Facilitator)

Certification in Mindfulness & Mindfulness in Education.

To register, contact John at (563) 357-6171 or jb.cofield.72@gmail.com

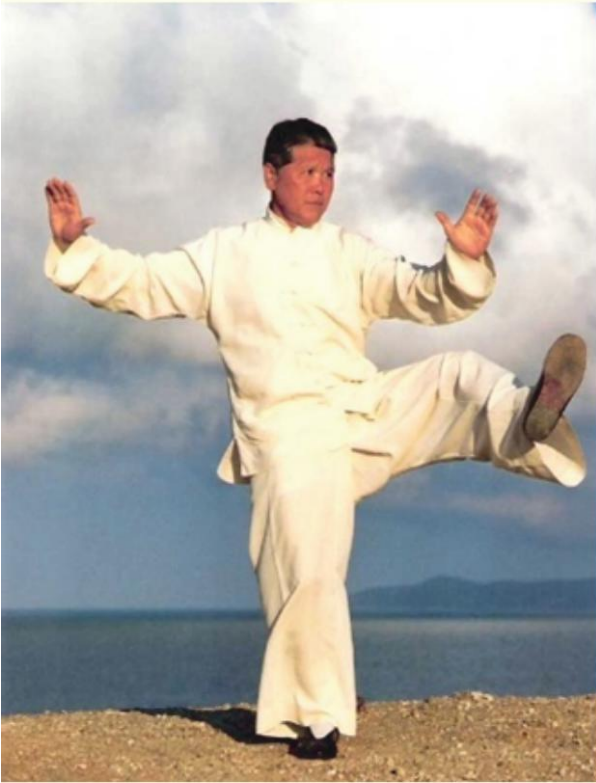
ADRC of Door County
914 N. 14th Avenue, Sturgeon Bay, WI



ALL ARE WELCOME!

TAI CHI CLASS

ADRC OF DOOR COUNTY



TAI CHI



Fun!



Great For Balance



Meditation in Motion

"The goal is not to demonstrate strength, power, or violence. The goal is to attain serenity, tranquility, and discovery of oneself. It is truly an exercise of the spirit."

—Master Tung Kai Ying



EVERY FRIDAY • 9:30–10:30AM

INSTRUCTORS:

Glenn & Jane Kanestrom

\$5

**SUGGESTED
DONATION**



For more information, call (209) 402-9113.

914 N. 14th Avenue, Sturgeon Bay

BINGO GAMES

Games - Prizes - Fun

Date:
Tuesday, Sept. 8

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 314 N. 14th Avenue

SPARK!

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

SCANDINAVIAN Folk Music

WEDNESDAY **16** SEPTEMBER

10:30-12:00PM

Ephraim Village Hall
9996 Water St
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

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

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide

ADT Authorized Provider SafeStreets **833-287-3502**

NO NEW MEDICARE CARD

Don't fall for the Scam!



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

Have you been told you need a new Medicare card?

STOP! It's a scam

SMP
Senior Medicare Patrol
Preventing Medicare Fraud

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

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



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:
September 30th
October 28th
November 25th
December 23rd

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
SEPT 14: PEARS
OCT 5: SWEET POTATOES
NOV 16: GRAPES
DEC 14: POMEGRANATES




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!

• 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



Advertise Here!

Increase visibility in your community.



The care you need, in the home you love.

Personalized in-home care for aging adults.

(920) 965-1600
homeinstead.com/149



Each Home Instead® office is an independently owned and operated franchise of Home Instead, Inc., an Honor Company.

AGING-FRIENDLY DOOR COUNTY



Human Development &
Relationships Institute
DIVISION OF EXTENSION
UNIVERSITY OF WISCONSIN-MADISON



UW-MADISON EXTENSION- HUMAN DEVELOPMENT
& RELATIONSHIPS INSTITUTE PRESENTS

AGING-FRIENDLY DOOR COUNTY



KEY DETAILS

- A 7-part series examining healthy aging in Door County
- Topics to address social connection, accessibility, sustainability, community health
- Featuring guest speakers and panel discussions
- Free program open to all!

JOIN US FOR THIS INTERACTIVE SERIES!

- Connect and collaborate
- Explore topics of interest
- Learn about local resources
- Create your own Action Plan!

MARK YOUR CALENDAR!

Date: Tuesdays, 9/15 thru 10/27

Time: 12:30 - 2:00 pm

Location: ADRC of Door County,
914 N 14th Ave, Sturgeon Bay or
virtually, via ZOOM

TO REGISTER, CONTACT HOLLY AT
920-746-2260
HOLLY.HERZOG@WISC.EDU

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

MEMORY CAFE

DOOR COUNTY MEMORY CAFE PRESENTS



WARM HEARTS MEMORY CAFE

FALL - FRIENDS-SNACKS

9

SEPTEMBER

AGING AND DISABILITY RESOURCE CENTER

FREE ENTRY | 1:00PM

**CELEBRATING THE FRIENDSHIPS WE CHERISH AND THE
NEW ONES THAT BLOSSOM WITH THE FALL SEASON**

**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**

Healthy Living with Mild Cognitive Impairment (MCI) Education Series

What's Next in Alzheimer's Detection and Treatment

Friday, September 11
9:30–11:30 a.m. CT



Discover how blood tests and brain scans are transforming Alzheimer's clinical trials. This session breaks down how researchers use these tools to identify the right study participants, track how treatments are working, and monitor safety. We'll also explore newer areas of research, including inflammation and other brain changes, and discuss where the field is headed as easier, more accessible tests become available. The program will end with a Q&A session. Free and open to all.

Guest Presenter: Henrik Zetterberg, MD, PhD

Register to attend the program in person at one of ten locations across Wisconsin. Or join us live online via Zoom from anywhere.

Register to attend in person in Door County by contacting Sierra Witczak at 920-746-7154 or switczak@co.door.wi.gov

Held at:

Aging and Disability Resource Center of Door County
914 North 14th Avenue
Sturgeon Bay, WI 54235



About the Series:

Healthy Living with MCI is a free quarterly support and education series about brain health and living well with MCI. Sessions offer attendees guidance and science-backed strategies for living and coping with memory and thinking changes.

Join **Nathaniel Chin, MD**, and **Jennifer McAlister, BA**, from the Wisconsin Alzheimer's Disease Research Center (ADRC), and guest speakers.

Questions?

Contact the Wisconsin ADRC at 608-265-0407 or adrc@medicine.wisc.edu

Presented by:



Wisconsin Alzheimer's Disease Research Center
UNIVERSITY OF WISCONSIN
SCHOOL OF MEDICINE AND PUBLIC HEALTH

Community Partners:



The ADRCs of Brown, Crawford, Dane, Dodge, Door, Fond du Lac, Grant, Green, and La Crosse counties, and the Oneida Nation are committed to unbiased service and cannot endorse nor recommend any organization, product, or service.



**Door County
Medical Center**

IN PARTNERSHIP WITH HOSPITAL SISTERS HEALTH SYSTEM



**Senior Life
Solutions®**

HOW TO TALK TO AN OLDER ADULT ABOUT SUICIDAL THOUGHTS



Conversations about suicide can be deeply uncomfortable—and yet, they're often essential. This is especially true when speaking with older adults, who may be quietly struggling with emotional pain, isolation, or a sense of hopelessness.

Many people hesitate to ask an older parent, grandparent, neighbor, or friend if they're having suicidal thoughts. It can feel intrusive, awkward, or even frightening. But asking the question—directly and compassionately—can be a powerful act of care.

STEPS FOR A PRODUCTIVE CONVERSATION

1. **Start with observation, not judgement:** Rather than confronting or diagnosing, gently reflect what you've noticed. For example: "You haven't seemed like yourself lately, and I've been a little worried. Would it be okay if we talked for a bit?"
2. **Ask with kindness and clarity:** It's okay to be direct. You might say: "When people feel overwhelmed by health issues or life changes, they sometimes think about ending their lives. Have you had thoughts like that?"
3. **If they say yes:** Thank them for trusting you, offer reassurance and support, and collaborate with them on the next steps to get them in touch with a doctor or counselor. If the threat is serious enough, know when to escalate and seek immediate medical intervention.
4. **If they say no:** Gently follow up. Sometimes a no or an unclear answer may be hiding something more. Even simply showing concern may have a meaningful impact and open the door for future conversations.
5. **After the conversation:** Support doesn't end after one conversation. Schedule a follow-up or check-in soon—this shows that your concern wasn't just a passing moment. Even small gestures, like sharing a meal or calling to say hello, can make a big impact.

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 slsteam@dcmedical.org

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



Take a NOURISH Step!

September: The Role of Protein In Diabetes



Did you Know?

Most older adults don't get enough protein daily.

What is Protein?

Protein is an essential nutrient made up of amino acids, which are the building blocks of our muscles, bones, cartilage, and skin. Protein is also important for tissue repair, hormone function, and immune function. It is recommended that older adults consume 1-1.2 g of protein per kilogram of body weight per day. (Weight in lbs. divided by 2.2 = kg)

Common food sources of protein with serving sizes

- 3 oz salmon (17 grams of protein)
- 3 oz chicken (26 grams of protein)
- 3 oz lean beef (20 grams of protein)
- 3 oz pork (23 grams of protein)
- 1 large egg (6 grams of protein)
- 1 cup greek yogurt (17 grams of protein)
- 8 oz glass of milk (8 grams of protein)
- 1 oz cheese (7 grams of protein)
- 2 tbsp peanut butter (8 grams of protein)
- ½ cup beans (~10 grams of protein)
- 3 oz tofu (7 grams of protein)



Protein & Blood Sugars

- Consuming protein at meal-times helps you feel fuller for longer and slows the rise of blood glucose.
- Protein itself does not directly raise blood glucose. Although there is no "best" amount of protein to eat to help with blood sugar management, it is good to aim for 20 g protein/meal.

Protein & Muscle Mass

- Diabetes puts you at a higher risk of muscle loss, which increases as people age. Protein can help build and repair muscles, and increase mobility for things that you love, such as walking, gardening, and hiking.



Importance of Hydration

Hydration supports kidney function as protein intake increases.

***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 9/2026

Greek Cottage Cheese Bowl (2 Servings)

Ingredients

- ½ cup cherry tomatoes (halved)
- ½ small cucumber (diced)
- 4 whole Kalamata olives (sliced)
- ½ TBSP lemon juice
- ½ TBSP red wine vinegar
- ½ tsp olive oil
- ¼ tsp dried oregano
- Pinch black pepper
- Low-fat cottage cheese



Directions

- In a bowl, toss together cherry tomatoes, cucumber, olives, lemon juice, red wine vinegar, olive oil, oregano, and black pepper.
- Divide cottage cheese evenly among 2 bowls. Spoon the Greek salad mixture over each serving.

Carbohydrate & Protein Content

- 9g total carbs
- 15g protein



Recipe adapted from <https://diabetesfoodhub.org/recipes/greek-cottage-cheese-bowl>

Protein Goal Tracker and Daily Calculator

Step 1: Take your body weight in pounds and divide it by 2.2 to get your body weight in kilograms (kg)

_____ lbs / 2.2 = _____ kgs

Step 2: Multiply your weight in kilograms by 1-1.2 to get your protein goal range!

_____ kg x 1 = _____ grams per day

_____ kg x 1.2 = _____ grams per day

Step 3: Write out your protein goal range:

_____ - _____ grams per day



Daily Protein Tracker

Meal	Protein Foods	Goal Protein (g)	Protein Eaten (g)
Breakfast			
Lunch			
Dinner			
Snacks			
Total Grams of Protein			

Table created by: Trinity Manzke & Molly Ross

Keep taking NOURISH Steps and learn more about protein at:
<https://diabetesfoodhub.org/blog/lets-talk-about-protein-people-diabetes>



If you want more pep, take a NOURISH Step!

For more information visit: gwaar.org/nourishstep

GWAAR Nutrition Team Trinity Manzke & Molly Ross 9/2026





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.

SEPTEMBER MENU – WASHINGTON ISLAND

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

Monday	Wednesday	Friday
	2 Egg Salad Sandwich Stuffed Pepper Soup Southwest Bean Salad Banana	4 Lemon Garlic Cod Baby Red Potatoes Rye Bread Veggie Blend Creamy Coleslaw
7 Closed for Labor Day!	9 Spaghetti with Meat Sauce Broccoli Gazpacho Peach Crisp with Vanilla Greek Yogurt	11 Egg Bites Diced Potatoes Warm Spiced Peaches English Muffin Orange Juice
14 Cheeseburger on a Bun Stewed Tomatoes Tater Tots Apricots	16 Pork Chop Carrots Garlic Parmesan Beans Bread Pistachio Fluff	18 Carolina Salad with Grilled Chicken Maple Mustard Vinaigrette
21 BBQ Pulled Chicken on a Bun Baked Potato Cauliflower Coleslaw	23 Baked Ham Baby Reds Baked Beans Dinner Roll Pineapple	25 Lasagna Blended Veggies Mixed Green Salad with Tomatoes Garlic Bread
28 Beef Stroganoff Brussel Sprouts Pears Brownie	30 Chicken Salad Sandwich Split Pea Soup Cottage Cheese Berries	

SEPTEMBER 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 Mixed Greens Salad with Grilled Chicken Raspberry Vinaigrette Dinner Roll Pumpkin Bar	2 Meatballs Baked Potato Corn & Zucchini Salad Bread Apple	3 Pork Loin Butternut Mac & Cheese Veggie Blend Sunshine Fruit Salad	4 Orange Chicken Brown Rice Stir Fry Veggie Blend Thai Cucumber Salad Mandarin Oranges Fortune Cookie
7 Closed for Labor Day!	8 Egg Salad Sandwich Stuffed Pepper Soup Southwest Bean Salad Banana Cookie	9 Herb Roasted Chicken Mashed Potatoes with Gravy Carrots Creamy Grape Salad Dinner Roll	10 Creamy Turkey Casserole Green Beans Mixed Greens Salad Cottage Cheese Blondie Bar	11 Brat on a Bun German Potato Salad Green Peas Sliced Apples with Chocolate Peanut Butter Dip
14 Sub Sandwich Baby Carrots White Bean Dip Fresh Orange Cookie	15 Monterey Chicken Brown Rice Mixed Veggies Creamy Cucumbers Fruited Gelatin	16 Spaghetti with Meat Sauce Broccoli Gazpacho Peach Crisp with Vanilla Yogurt	17 Meatloaf Mashed Potatoes with Gravy Brussel Sprouts 3 Bean Salad Bread Cherry Almond Cake	18 Egg Bites Diced Potatoes Warm Spiced Peaches English Muffin Orange Juice
21 Pork Chop Carrots Garlic Parmesan Beans Bread Pistachio Fluff	22 Carolina Salad with Grilled Chicken Maple Mustard Vinaigrette Raspberry Crumb Bar	23 Tuna Noodle Casserole Peas Mixed Green Salad Strawberry Rhubarb Crisp	24 Pork Chop Suey over Brown Rice Stir Fry Veggies Pickled Beets Carrot Cake	25 Cheeseburger on a Bun Stewed Tomatoes Tater Tots Apricots
28 Chicken Cordon Bleu Roasted Sweet Potatoes Country Blend Veggies Dinner Roll Berry Delight Fruit Salad	29 BBQ Pulled Chicken on a Bun Baked Potato Cauliflower Cole Slaw Butterscotch Pudding	30 Lasagna Italian Blend Veggies Mixed Greens Salad with Tomatoes Garlic Knots		