

THE ADRC CONNECTION

AGING & DISABILITY RESOURCE CENTER NEWSLETTER

Calumet County Courthouse - 206 Court St. Chilton, WI 53014
Hours: Monday-Friday, 8:00 am to 4:30 pm, or by appointment
Chilton 920-849-1451 Toll Free (833) 620-2730
For Transportation 920-849-1440



November/December 2025

Issue 115



What is a caregiver?

A caregiver is a person who provides assistance to individuals who need help due to age, illness, disability, or recovery from an injury. They are responsible for the health and well-being of those who may not be able to care for themselves, helping with daily living activities such as cooking, bathing, and medication management. Caregivers can be family members, friends, or professionals, and their role is essential in supporting the needs of those requiring extra help.

What does a caregiver do?

For many, caregiving for the elderly means helping loved ones complete activities of daily living. Depending on your loved one, the specific activities of the caregiver will vary. For example, you may not need to cook for your loved one, but you may need to run errands instead.

Here are some common examples of what elderly caregivers do:

Cleaning around the house and other routine maintenance, setting up appointments, cooking for and feeding your loved one, helping with grooming, bathing, using the restroom, and other hygiene-related activities, running errands around town, such as grocery shopping, helping make financial arrangements and payments, assisting in healthcare decisions, making appointments, managing medication, choosing healthcare coverage, etc, ensuring that both mental and physical exercise is taking place, setting up and maintaining social activities and hobbies of interest.

It's also worth noting that there are many different types of caregivers, and the need is not exclusive to older adults. People of any age may require help with these services due to various health issues.

Make Caregiving Less Stressful

A good way to use November—National Family Caregiver Month, is to consider the way in which you go about your caregiving and find new ways to make it less stressful.

- ◆ Learn to ask for and accept help
- ◆ Find ways to care for yourself in order to stay strong to care for your loved one
- ◆ Shift your thinking into new patterns of doing family celebrations that make room for the reality of your caregiving
- ◆ Pat yourself on the back—or take yourself out to lunch, a movie, some kind of treat—as a way of saying thanks. You deserve it!

Letter from the ADRC Supervisor

Somehow, we have already made it to “the holiday season!” Happy November and December!

November is National Family Caregivers Month, a time to give some extra recognition to the over 53 million Americans who provide unpaid care for older adults and people with disabilities. Caregiving is one of the most rewarding, and at times most difficult, jobs that there is. Preparing meals, shopping, doctor visits, cleaning, paying bills, personal cares.... the list is endless, and we want you to know that we see you! There are several ways to get involved and show your support for family caregivers:



- * If you have a family member or friend who is a caregiver, offer help such as grocery shopping, running errands, cleaning, etc.
- * Stay connected and share your appreciation for the caregiving being provided to prevent feelings of isolation, listen without judgement
- * Ask how they are feeling and remind them that their mental and physical health is important
- * Provide emotional support and offer a break to give the caregiver a chance to rest
- * Advocate for caregiver rights- Support policies and initiatives that benefit family caregivers, such as paid family leave and caregiver tax credits

Supporting yourself as you care for others is so important. A reminder that the Calumet County Caregiver Support group meets the first Thursday of every month from 1-2pm at Fox Valley Technical College in Chilton, Room 126.

Trualta.com is also a wonderful, free online resource, available to residents of Wisconsin that provides caregivers with relevant educational content, practical tutorials, and a dependable online community where caregivers can join discussion forums, gain insight from support groups, and ask real questions of industry professionals.

A huge THANK YOU to caregivers for your selflessness and dedication to others.

Quick reminder: Nutrition program annual surveys were sent in October with the September donation letters. Please take the time to fill out these surveys and return to the ADRC in the provided envelope. Your feedback is valuable and is used and both the local and state level to gather information and continue to advocate for the importance of the program. It also helps us show that a well-balanced meal and socialization can positively impact a persons overall health.

“There are only four kinds of people in the world: Those who have been caregivers. Those who are currently caregivers. Those who will be caregivers, and those who will need a caregiver.”

Former First Lady, Rosalynn Carter

Have a safe and healthy holiday season! Until next time, take care and be kind to one another!

Leigha Acevedo, ADRC Supervisor



Calumet County ADRC will be closed on the following days :

Thanksgiving day—Thursday, Nov 27th
Day after Thanksgiving —Friday, Nov 28th
Christmas Eve—Wednesday, Dec 24th
Christmas Day—Thursday, Dec 25th
New Years Eve—Wednesday, Dec 31th
New Years Day—Thursday, Jan 1st

There will be no congregate dining, home delivered meals or transportation available.

**ADRC/Long Term Support
Advisory Committee
MONDAY
December 1
8:30 am**

**LOCATION: Calumet County Courthouse
Room 017 (located in the lower level)**

Winter Health Risks in Seniors

What They Are and How To Prevent Them

As winter approaches, seniors face unique health and safety challenges that make it crucial for caregivers and geriatric care managers to prepare in advance. Cold temperatures, slippery conditions, and reduced hours of sunlight can all heighten health risks, especially for older adults who may already have compromised immune systems or mobility issues. With a few proactive steps, caregivers and family members can help protect seniors from common winter hazards and health risks, ensuring they stay safe, healthy, and comfortable throughout the colder months.



- *A Warm and Insulated Home
- *Winter Safe Mobility and Fall Prevention
- *Proper Winter Clothing
- *Proper Nutrition and Hydration to Help with Immunity
- *Seasonal Affective Disorder
- *Medications and Health Appointments

For seniors, winter can be a season filled with unique health challenges, but with the right precautions, geriatric care managers and caregivers can help them navigate these risks safely. By focusing on warmth, mobility, nutrition, mental health, and medication management, caregivers can ensure that seniors stay comfortable and secure throughout the colder months. Proactive winter preparation helps to reduce potential health risks and fosters a supportive environment where seniors can thrive, no matter the season.

SeniorSteps.org

Calumet County Family Caregiver Support Group

People caring for a loved one often feel alone, stressed, overwhelmed and helpless. Please join us for one hour a month where you can join others who are on the caregiver journey to discuss common concerns, struggles and triumphs. We understand the importance of having a community of support with those on a similar path. Together we will share, interact, listen and learn in a supportive and safe environment.



First Thursday of each month

**Fox Valley Technical College Chilton Campus
1200 E Chestnut St—Room 126**

1:00 pm—2:00 pm

For more information or help with transportation/respite—
Contact Calumet County ADRC at 920-849-1451.



TRUALTA

Trualta supports families managing care for loved ones at home via online learning platform.

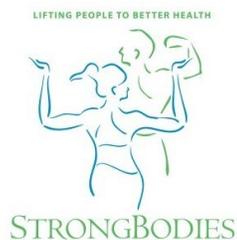
How do I provide the best care as a caregiver?

Trualta addresses real issues, showing you how with in-depth lessons, practical steps, and guided support from a care manager

For more information visit
<https://wisconsin caregiver.trualta.com>
or call Calumet County Aging and Disability Resource Center at
(920) 849-1451.

Health & Wellness Workshops

The ADRC is offering workshops to help you stay active and healthy. It's one way we can help you maintain your independence and live the healthiest life. We offer a variety of health and wellness programs that are for anyone, regardless of age or ability.



Strong Women is a program designed to help individuals become or stay strong, fit and healthy. It is an evidence-based, strength-training program from Tufts University proven to prevent osteoporosis, build muscle, and improve balance, as well as decrease depression and arthritis symptoms.

New Holstein Kiwanis Community Center

Tuesday/Thursday—4:00—5:00 pm

TAI CHI

Tai Chi consists of fluid, gentle, and relaxed movements that are suitable for anyone and can be practiced anywhere. Learn what Tai Chi is all about, the basic principals in a fun and friendly environment.

Chilton Workshop: thru November 24

Mondays 8:45 am—9:30 am

Calumet County Courthouse—206 Court St, Room 017
(located on the lower level)

To register: Contact Nancy Krueger at 920-849-1451 x4306 or nancy.krueger@calumetcounty.org

Are You Prepared?

Sign up for our free
community emergency alerts!

Simply text the keyword
CALUMET to 38276

or scan this QR code and register
directly through our county website:



Calumet County
WISCONSIN
Emergency Management

Yahtzee on Tuesdays

New activity at our
Chilton and Hilbert
meal sites, and it's
called "Yahtzee".



Yahtzee is a dice game
that was marketed in
1956. The game will
begin after lunch on

Tuesdays at Hilbert and Chilton. If Yahtzee sparks your curiosity or it's a game you've played before and would like to enjoy it again, please consider attending one of these meal sites. Remember, it doesn't matter what community you live in you can join in the fun!

*If Yahtzee appeals to you or
you have questions, please call
ADRC at (920) 849-1451.*

Mindworks Class in Calumet County

Mindworks is a facilitated program designed for people with early symptoms of memory loss. The curriculum promotes overall health and wellness, brain health and social connections through classroom activities, community engagement, service projects, and physical activity.

Tuesday & Thursday

11:00 am— 2:00 pm

Lunch will be provided

Cost is \$15 per session

Fox Valley Technical College (FVTC)

1200 E Chestnut St, Room #144 Chilton

Mindworks provides respite care for caregivers while people with memory loss enjoy a fun, social afternoon!



To register for Mindworks call 920-225-1711 or visit our website for more information!
FoxValleyMemoryProject.org/Mindworks



This project is supported, in part by grant number goADP10068, from the US administration for Community Living DHHS, Washington, DC. 20201.

Calumet Lunch Bunch

Step out for a delightful meal while connecting with fellow caregivers and their loved ones experiencing dementia and memory loss, all while supporting local restaurants in the Calumet County area.

Friday, November 14—Altona

Friday, December 12—

Village Hearthstone

11:00 am to 1:00 pm

Cost is \$10 Registration is required, please call 920-225-1711

www.FoxValleyMemoryProject.org

Memory Café!

Temporary Location Change

Chilton Library

221 Park St., Chilton



Wednesday, November 12

1:30 pm - 3:00 pm

Games, Goodies & Gratefulness!

Join us for fun afternoon of Bingo, word games, yummy snacks and sharing what we are most grateful for! (Yes, there will be prizes!)



Wednesday, December 10

1:30 pm - 3:00 pm

Merry Making Carol Cafe

Join us in playing guess the carol, doing some “ageless grace” movement to carols and singing our favorite carols! Seasonal treats will be served as well.

Questions? Contact Nancy Krueger at 920-849-1451 x4306 or nancy.krueger@calumetcounty.org

Announcement

In January (1/14/26) Memory Café will be back at Ledgeview Nature Center W2348 Short Rd, Chilton.

It's that time of year...

It's that time of the year again when winter is right around the corner, which means that Medicare Open Enrollment has started. If you are interested in looking at different plans for either Medicare Part D or Medicare Advantage Plan give our office a call. Medicare open enrollment ends December 7th. Make sure you watch your mail and notices from your Medicare coverage for changes to current plans or if your plan is not being renewed.

United HealthCare and Ascension have renewed their provider contract. Ascension is an in-network provider for United HealthCare again.

Lastly, for anyone that is eligible for Medicaid Purchase Plan, you can now make your premium payment on your access.wi.gov account with a credit or debit card. Payment can also be dropped off at Economic Support (206 Court St, Chilton, Room 233) with check or money order, staff will mail your payment. The local office can't accept cash, credit, or debit card payments. It is very important to pay your MAPP premiums. Starting in November, if premiums go unpaid you will lose your eligibility for the program, which results in your loss of Medicaid. If you have a hardship, there is a possibility for a waiver to be filed for either a month or an extended period of time if you qualify. If you have any questions, please feel free to contact the ADRC at (920) 849-1451 or East Central Income Maintenance Partnership (Economic Support) at (888) 256-4563.

Jodi Kautzer, Elder Benefits Specialist

Medicare Information

Help! My Medicare Advantage or Part D Plan is Going Away Next Year!

By the GWAAR Legal Services Team

While it's always a good idea to review your Medicare Advantage or Part D plan options during the fall Medicare Open Enrollment Period (OEP), which runs from October 15 through December 7, most plans renew automatically from one year to the next. That means that if your plan renews, and you do not choose a new plan during OEP, you will be automatically enrolled in the same plan for the following year.

However, insurance companies sometimes decide not to renew plans for the upcoming year. When this happens, plan members receive a Plan Non-Renewal Notice in September that says that their plan will be leaving the Medicare program in the following year. This means that current members will not be automatically enrolled in the same plan for the next year, and they must choose a new plan in order to maintain coverage.

Beneficiaries whose plan is not renewing have several opportunities to find new coverage. First, they can enroll in a new Medicare Advantage plan or Part D plan during the fall OEP between October 15 and December 7. Their new coverage will begin on January 1 of the following year. If they do not choose a new plan during OEP, they can use a special enrollment period for individuals in nonrenewing plans that lasts from December 8 through the end of February in the following year. Coverage will begin the first of the month following the month in which they enroll.

Members of Medicare Advantage plans that are not

renewing also have the right to enroll in a Medicare Supplement regardless of their health status. This is called "guaranteed issue." If you have a guaranteed issue right, you must apply for a new supplement policy within 63 calendar days of when your old health plan or policy ends. During this time, an insurance company cannot deny insurance coverage or require a waiting period for coverage, must cover you for all preexisting conditions, and cannot charge you more for a policy because of any preexisting conditions.

Please note that a plan non-renewal is different from a situation in which enrollees in a plan that is no longer being offered are automatically enrolled into other plans offered by the same company. This occurs when an insurance company consolidates some of its plan offerings. Enrollees of a plan being consolidated into another plan that is renewing do not have to take any enrollment action during OEP because they will be automatically enrolled, or "mapped," into the consolidated plan. Beneficiaries who are being mapped will receive the standard Annual Notice of Change (ANOC) in September which will explain the changes in the plan for the upcoming year. If they do not want to be enrolled in the consolidated plan, they must choose a new plan during OEP. They will not have a special enrollment period that extends the time they have to choose a new plan.

For help understanding your plan options during OEP or for enrollment assistance, contact your local Aging and Disability Resource Center or find a State Health Insurance Assistance Program (SHIP) Counselor here: <https://www.dhs.wisconsin.gov/benefit-specialists/medicare-counseling.htm>.

Volunteer Ombudsman Program

Volunteer Ombudsman Program Expands to Include Assisted Living Facilities

The State of Wisconsin Board on Aging and Long Term Care is expanding its Volunteer Ombudsman Program to include assisted living communities in addition to skilled nursing homes. This expansion includes community based residential facilities, residential care apartment complexes, and memory care settings. By encouraging volunteers to serve in a variety of long-term care settings, the Board on Aging can offer improved advocacy services for individuals, aged 60 and older, living in long-term care communities.

The Volunteer Ombudsman Program is a supplement to the agency's Long Term Care Ombudsman Program, which works with individuals and their families to promote and protect the rights of long-term care consumers, while also working with long term care service providers to define and achieve the highest standards possible. The Volunteer Ombudsman Program currently operates in 35 counties.

Through the guidance of the Volunteer Ombudsman Program, volunteers conduct weekly visits with residents of long-term care facilities. During these visits, volunteers inform residents of their rights and help them address concerns related to their quality of life. By visiting consistently and building trusting relationships with residents, volunteers establish themselves as reliable resources who promote dignity, respect, and person-centered care.

As the number of assisted living communities in Wisconsin continues to increase, the need for volunteer advocates grows statewide. The Board on Aging and Long Term Care is looking for individuals with an interest in advocacy to join this program. No prior long-term care experience is necessary to become a Volunteer Ombudsman, as in-depth training and ongoing support is provided.

To learn more about the Long Term Care Ombudsman Program or to become involved with the Volunteer Ombudsman Program, visit longtermcare.wi.gov or call 1-800-815-0015.

• CHILTON PUBLIC LIBRARY •

EXPANDED HOMEBOUND SERVICE



- Books
- DVDs
- Audiobooks
- Music CDs
- Magazines
- Games
- Library of Things

WWW.CHILTONLIBRARY.ORG
920-849-4414

Visit your local library for activities and/or loan out a large variety of items—adventure passes, outdoor games, board games, small kitchen appliances, craft supplies, home, auto & misc. and many video gaming equipment and games.

Riddles—Brain Teasers for the Whole Family!

Did you know that Riddles have been around since the dawn of recorder history? Every culture in every period of time has had Riddles. And to this day, riddles can riddle us!

- A monkey, a sloth, and a butterfly are racing to the top of a coconut tree. Which one will get to the banana first?
- Ms. Blue lives in the blue house. Ms. Red lives in the red house, and Ms. Green lives in the brown house. Who lives in the white house?
- Tom's mom has four children: Quarter, Nickel, Dime, and what is the fourth kid's name?
- How can a man go 8 days without sleep?
- How can a bag be empty and still have something in it?
- It has eyes that cannot see and a tongue that cannot taste, yet travels the world with you. What is it?
- I am a five letter word, but you could take away my first, last, and middle letter and I would still sound exactly the same. What word am I?

Answer on page 14



SHIP

State Health Insurance
Assistance Program



Medicare can be confusing and expensive.



Understand your options and see if you can save money.



Get free, unbiased help with Medicare from Wisconsin SHIP.



800-242-1060



Email: BOALTCMedigap@wisconsin.gov

Web: dhs.wisconsin.gov/medicare-help

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WISCONSIN DEPARTMENT
of HEALTH SERVICES

08/2025

Veterans Voice



Calumet County Veterans and Dependents,

On Tuesday, November 11, 2025, we celebrate Veterans Day. A day to celebrate all of those who took an oath and gave their time to serve this proud country we adore so much. A day to celebrate their sacrifice and honor from a grateful nation. Those of you who served, this is a heartfelt “Thank You” from the Calumet County Veterans Service Office.

Depending on the date of this article being published, we may or may not remain in a furlough status. Below, you will see the most-affected list of actions that are going to be placed on hold or cause rapid response. If you have questions, please contact the Calumet County Veterans Service Office at (920) 849-1452 or via email at calumetvets@calumetcounty.org.

IMPORTANT!

The following critical Veterans care and assistance programs will be impacted by the government shutdown:

- VA will not provide Veteran career counseling or transition assistance program activities.
- The GI Bill Hotline will be closed.
- VA regional benefits offices will be closed.
- VA will cease public affairs and outreach to Veterans.
- VA will not permanently place headstones or maintain the grounds at VA national cemeteries.
- VA will not process applications for pre-need burials.
- VA will not print new presidential memorial certificates.

The government shutdown will not impact the following VA services:

- Veteran health care is not impacted. VA Medical Centers, Outpatient Clinics, and Vet Centers will be open.
- VA benefits will continue to be processed and delivered, including compensation, pension, education, and housing benefits.
- Burials will continue at VA national cemeteries. Applications for headstones, markers, and burial benefits processing will continue.
- The Board of Veterans’ Appeals will continue decisions on Veterans’ cases.
- VA Contact Centers (1-800-MyVA411) and the Veterans Crisis Line (Dial 988, Press 1) are open 24/7.

Happy 250th Birthday to the United States Marine Corps, Army, and Navy!

The history of the armed services of the United States of America is fascinating. If you find the time, get your hands on a book to learn more!

Michelle Wynveen, Veterans Service Officer

Do you like to assist others?



Join our team of Calumet County van drivers!!

Drivers provide safe, courteous, and on schedule transportation to our Calumet County clients. This paid casual van driver position allows for flexible work schedule—Monday thru Friday.

Visit www.calumetcounty.org to apply with required online application.



Department of Administration
206 Court St., Chilton, WI 53014
Question call 920-849-1611
Equal Opportunity Employer

Navigating the Holidays with Mindfulness



What does this mean to you? Taking time to enjoy the true meaning of the holiday? Staying present in the moment instead of worrying about everything you want to get done? Slowing down? Saying no? Taking time for yourself?

What about eating around the holidays? Do you know you will succumb to eating a whole plate of your favorite holiday treat only to feel awful later? Do you starve yourself all day so you don't feel guilty "pigging out" on your holiday meal? Do you say "to heck with it" and eat everything with reckless abandon and then vow you will "start over" January 1st? Do you spend so much time trying to make everything perfect that you don't nourish yourself either physically or emotionally?

The holidays have a different meaning for all of us, depending on heritage, upbringing, tradition, and memories. For some, this time can be painful, stressful, or a time of grief. For others, this is a time of joy, excitement, togetherness, planning, and celebration. For most of us, it is likely a mixture of both.

Central to most holiday celebrations is food. Why? Food in most cultures equates with love, sharing, socialization, and enjoyment. Food is much more than nourishment, and we have our holiday traditions and special foods that we may only make around the holidays and look forward to. Parties and gatherings ramp up and there may be holiday goodies around every corner. How can we possibly have any control?

Here are some points to ponder if you are feeling stressed about the holidays:

What makes you happy at this time of year? Getting together? Cooking and baking to please people? Having the best Christmas display or tree? Seeing other people's joy? Your faith? Are you truly doing and focusing on what makes you happy?

How can you be more "present" (pun intended) this holiday season? Can you enjoy the moment instead of worrying about what needs to happen or get done next? Can you decrease your "to do" list and maybe your expectations? Can you ask for help? Can you say no when deep down, you really don't want to do something? In terms of food and eating, can you slow down, savor, and enjoy what you are eating?

Are you taking care of yourself? Are you getting enough sleep? Are you eating meals at normal times or skipping, avoiding, and getting run down or sick? Are you staying hydrated when out and about or busy? Are you truly taking time for yourself to do things you enjoy or only worrying about the happiness of other people? Are you getting enough exercise?

Is holiday eating a concern for you? Are you trying to restrict only to overindulge in the end? It may be better to have some of the things you really want. The more we try to restrict something, the more we tend to think about it. How about continuing to focus on having balanced meals at normal times? Balanced meals with a focus on protein can lessen cravings for sweets and keep blood sugar at a more even keel. Consider having a protein source with a holiday treat-there's a reason that milk goes with cookies! Give yourself a break-don't get down on yourself for wanting to enjoy that special holiday treat. The more you give yourself permission, the less likely you are to obsess about it and overeat. Try listening to your body and if you are truly full, remind yourself that you will enjoy that treat even more when you truly are hungry later.

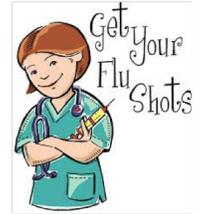
In conclusion, I encourage you to work on decreasing your stress this holiday season by focusing on the things that you enjoy, staying in the moment, taking care of yourself, and giving yourself permission to slow down and savor the foods and experiences that mean the most to you!

Happy Holidays!

Barbara Carlson, Nutrition Educator

Calumet County Public Health to Offer Seasonal Flu Shots

Calumet County Public Health will be offering community flu vaccination clinics this fall to help protect residents ahead of the flu season. Flu shots will be available on the following dates:



Wednesday, November 5, 2025

The clinics will take place at the Calumet County Courthouse, Health and Human Services, Room 238—206 Court Street, Chilton.

Public Health will bill Medicare Part B or “Medicare Advantage Plans” for eligible adults. Please remember to bring your insurance cards to the clinic.

Full vaccines are free of charge for children (6 months through 18 years) who qualify under the Vaccines for Children (VFC) program. A child is eligible if:

- Child’s health insurance will NOT cover the vaccine **OR**
- Child is uninsured **OR**
- Child has Medical Assistance, (BadgerCare, Forward Health, BadgerCare Plus) **OR**
- Child is Native American or Alaskan Native

All other privately insured adults (19 years and older) and children (6 months through 18 years of age) can receive the vaccine for a fee of \$55.00 and will be provided with the information needed to submit for reimbursement through their insurance provider.

Please call Calumet County Public Health at (920) 849-1400 with any questions and to schedule.

In case of Snowstorms...

Keep the following food on hand and use it if an emergency arises.

- Canned citrus or tomato juice
- Dried milk or evaporated milk
- Canned or dried soups
- Canned meat or fish
- Instant cereal or ready to eat cereal
- Canned vegetables such as tomatoes, dates, etc.
- Peanut Butter
- Crackers, jam, jelly or marmalade
- Instant coffee, tea, chocolate or cocoa
- Bread and cheese



When bad weather arrives, it’s important to find out if our Home Delivered Meals, Dining Sites, Transportation Rides, or any ADRC of Calumet County programming is being cancelled for the day!



Announcements will be coming to your voicemail and/or text messages from Calumet County Alert—Non Emergency.

Announcements of closings will be made as early as 8:00 am.

During the winter months, please make sure your sidewalks are shoveled and driveways are plowed. If there is not a clear walkway to your house, we cannot guarantee meal delivery. Help keep our volunteers safe!



Daylight Saving Time Ends Sunday, November 2

Volunteer Corner—Come join the ADRC team!

Welcome the following new volunteers:

Meals on Wheels Driver/Transportation Program

William (Bill) Wollersheim—
Transportation Driver

Bonnie Rabe—New Holstein Meal Site
Meals on Wheels Driver



We are very happy that you have
joined our team of volunteers!
Welcome aboard!

Additionally, applicable expenses such as parking fees and lunch are covered. For transport requests under 10 miles, a flat fee is calculated as 10 times the federal mileage reimbursement rate.

Friendly Visitor Program

This program offers homebound seniors and adults with disabling conditions the chance to connect face-to-face or over the phone with a volunteer, aiming to reduce isolation, depression, and loneliness. Each Friendly Visitor volunteer undergoes an orientation and must complete a background and reference check to ensure the safety of participants. Volunteers are thoughtfully matched with individuals requesting this service.

The primary goal of the Friendly Visitor Program is to foster companionship and, ideally, develop lasting friendships. Volunteers are not expected to provide personal care or transportation, and there should be no exchange of money for services. Visits should occur at mutually agreed-upon times.

Meals on Wheels Drivers

Volunteers deliver meals to homebound individuals and can receive mileage reimbursement at \$0.70 per mile. Meal pickups occur around 11:00 a.m. at the following locations:

- Brillion, Chilton, Hilbert, and Stockbridge dining centers.
- In New Holstein, meals are picked up at Willowdale.
- In Appleton, meals are collected from the Mary Beth Nienhaus Activity Center on East College Ave.

We are always seeking substitute drivers. The time commitment is approximately 1 to 2.5 hours, depending on the route. As an additional benefit, Meals on Wheels drivers receive a free meal on the day they volunteer.

Nutrition Volunteer

Many opportunities are available at each dining center, and participants are encouraged to get involved. Volunteers can assist the dining center manager with tasks such as:

- Packaging meals for Meals on Wheels.
- Serving congregate participants.
- Setting and clearing tables.
- Helping participants become better acquainted.

We are actively seeking volunteers for the Chilton nutrition sites.

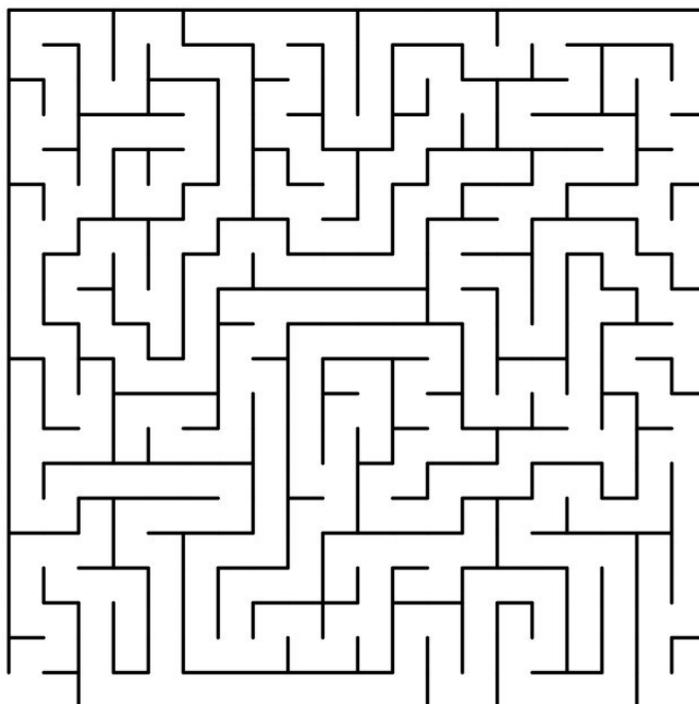
Nutrition sites are located in the following communities: Brillion, Chilton, Hilbert, and Stockbridge. The volunteer commitment is approximately from 9:00 a.m. to 12:30 p.m. As a thank you, Meal Site Volunteers receive a complimentary meal on the day they volunteer.

Volunteer Driver

Volunteers generously donate their time and use their own vehicles to provide both local and long-distance medical or personal transportation. They are reimbursed for mileage at the federal rate of \$0.70 per mile.

***If you're interested in these rewarding volunteer opportunities, please contact the ADRC at:
920-849-1451 or Toll-Free 833-620-2730***

Mazes



Thanksgiving Day Express Returns to Deliver 'A Hot Meal and A Kind Word'

42nd Annual THANKSGIVING DAY EXPRESS

Thursday, November 27

The Thanksgiving Day Express delivers meals in Chilton, New Holstein, Kiel, Stockbridge, Sherwood, Hilbert, St. Anna, Potter, Brothertown, Reedsville, Brillion, St. Nazianz, Valdars and rural areas in between. Meals are prepared and delivered by volunteers to Individuals and families in need, those with special needs, and the elderly.

Placing a Meal Order—Deadline is 3pm Wednesday, November 26

Meal orders must be made by phone (920) 309-2420 - Monday through Friday, 9:00am-3:00pm; or by email ThxExpress@yahoo.com

Those placing meal orders must provide:

- Full name
- Phone number
- Street address
- Number of meals, and special directions or instructions

If you are placing an order for someone other than yourself, remember to confirm with the individual that Thanksgiving meals will be delivered to their residence, so they are home to receive them.

Volunteering for Thanksgiving Day Express

If you would like to volunteer on Thanksgiving Day, you are welcomed to attend. Volunteers can begin arriving at the Chilton Eagles any time after 9:00am. Meal assembly begins around 10:00am with clean-up to follow after all meals are out for delivery. Clean-up is usually completed by 2:00pm, and the Committee stresses that clean-up, where volunteer assistance is needed most.

Pumpkin pies and cash donations

For those interested in making cash donations, please make checks payable to:
Chilton Lions Club, c/o Thanksgiving Day Express

Donation checks can be dropped off at the Chilton Eagles Club on Thanksgiving morning or mailed to:

Chilton Lions Club 121 West Chestnut Street Chilton, WI 53014

Pumpkin pies will be accepted at the Chilton Eagles on Tuesday and Wednesday, Nov. 25-26 from 6:00am -10:00am; Wednesday from 5:00pm until close; as well as Thanksgiving Day morning, Nov. 27. Please deliver pies no later than 9:00 a.m. on Thanksgiving Day.





CALUMET COUNTY
Project Safe Response

Project Safe Response is a free service that provides first responders with information to assist in responding to crisis calls involving community members with dementia, autism, or other cognitive impairments that may cause them to wander or have communication barriers.

The project is offered to county residents who live alone or with their family, as a collaboration between Calumet County’s Aging and Disability Resource Center (ADRC) and local Law Enforcement Agencies.

How does the Calumet County Project Safe Response Registry Work?

A completed registration form and picture of the Calumet County resident will be kept on a confidential system.

If someone is in crisis or found wandering, Law Enforcement has the ability to access the Project Safe Response registry listing to review the picture and related information. If a match is found, the police will immediately call the contacts listed on the form.

Law Enforcement can also use this information to issue a statewide Amber Alert (for autistic children) or a Silver Alert (for persons 60+ with dementia)



Health and Human Services



Squash:

Everything you ever wanted to know and more!



Brillion Community Center

120 Center Street, Brillion

Monday, November 17

Presentation 11:15 am

Meal 11:30 am

Stockbridge Village Hall

175 S. Military Road, Stockbridge

Tuesday, November 18

Presentation 11:15 am

Meal 11:00 am

Chilton Community Properties, LLC

312 Bonk Street, Chilton

Wednesday, November 19

Presentation 11:15 am

Meal 11:30 am

Hilbert Village Hall

26 N. Sixth Street, Hilbert

Tuesday, November 25

Presentation 11:30 am

Meal 11:45 am

If you wish to attend a lunch and learn, call the ADRC at 920-849-1451 no later than noon the day before the presentation to order a meal. A meal isn't required to attend the Lunch and Learn. If you are calling to attend a Monday's presentation, please call the Friday before by noon. The suggested donation for the meal is \$3.75 ****Lunch and Learns are for those who are 60 years of age or older.****

Foot Care Clinics Offered



The Calumet County Home Health Care and Hospice Agency will be offering foot care clinics for citizens in our community that require assistance with their foot care due to physical or medical needs. The cost will be \$40 cash or check per person, payable at the time of the appointment. Each person is responsible to bring along two clean towels for his or her appointment. The clinics consist of soaking a person's feet, trimming and filing his or her toenails, and applying lotion. The clinics will be offered at the following locations, by appointment only:

New Holstein Community Center

1725 Silver Moon Lane, New Holstein WI 53061

Monday, November 3

Monday, December 1

Uptown Commons

49 W. Main St, Chilton, WI 53014

Monday, December 8

Monday, February 2

Kiel Community Center

510 3rd Street, Kiel WI 53042

Tuesday, November 4

Wednesday, December 3

Brillion Community Center

120 Center Street, Brillion WI 54110

Tuesday, November 11 and Tuesday, December 9

**For an appointment time, please contact the
Calumet County Home Health Care/Hospice
Agency at 920-849-1432**

Ext. 4500 or toll free: 1-833-620-2730.

CALUMET COUNTY HOSPICE *Volunteers Needed*

**Do you want to make a positive
difference in someone's life?**

Consider These:

- Give caregivers time for themselves
- Ease someone's loneliness
- Bring the joy of music, sewing, or baking
- Reading to others or discussing the news

Interested in Joining Us?

Call Calumet County Home Health Care and Hospice at (920) 849-1432.

Must be 18+ with a
valid driver's license
and access to a vehicle.

WISCONSIN
**Calumet
County**
Home Health Care and Hospice
Local People Caring for Local People

ANSWERS



- None of them. You cannot get a banana from a coconut tree!
- The President
- Tom
- He sleeps at night.
- It can have a hole in it.
- A shoe
- Empty



Word Teasers Game Riddles from page 7

ADRC Programs and Services Offered

Benefits Counseling:

Benefit specialists offer accurate and up-to-date information about private and government benefits and programs. They assist you in navigating the "red tape" and resolving issues with Medicare, Social Security, and other benefits.

Dementia Care Services:

The ADRC Dementia Specialist helps connect persons living with dementia and their caregivers, to resources and activities related to dementia, including screenings, caregiver information, support groups and more.

Elderly Nutrition Program:

We offer seniors aged 60 and older delicious and affordable nutritious meals. Our congregate sites provide well-balanced meals and a friendly environment to socialize with peers. Join us on various days of the week at locations in Chilton, Brillion, Hilbert, and Stockbridge. For homebound seniors, we deliver meals right to your door five days a week across the entire county.

Evidence-Based Health Promotion Classes:

We offer a variety of classes designed to help seniors enhance their strength and balance, while also providing education on important life skills such as home safety, medication management, and managing chronic health conditions. For a complete list of class offerings, please visit the "Health and Wellness" section on our website: www.calumetcounty.org/ADRC.

Family Caregiver Support Group:

Connect with other caregivers to find support, share concerns, and celebrate the joys of caregiving!

Friendly Visitor/Telephone Reassurance Program:

To help reduce isolation and loneliness, this program provides companionship for those who are homebound and living independently.

Information and Assistance:

Specialists offer expert knowledge about services, programs, and solutions for disability and long-term care challenges. Topics include living arrangements, health care options, adult protective services, and various publicly funded programs.

Transportation:

We offer transportation services with the help of volunteers and county-operated, handicap-accessible vans. Individuals aged 60 and older, as well as those living with disabilities, can rely on this program for convenient rides to doctor appointments, dentist visits, optometrist check-ups, shopping, church services, banking, our nutrition program, and various community outings.

Volunteer Opportunities:

Seniors and others are always welcome to join our team of volunteers supporting our nutrition program, transportation services, and friendly visitor/telephone reassurance initiatives.

If you're interested in any of the programs or services listed, please call the Calumet County ADRC at 920-849-1451 for more information.

Permanent drug drop boxes open year-round—bring your unused or expired medications to one of Calumet County's collection sites; it's the easiest and most convenient way to safely dispose of your medications!



Bring your unused or expired medications to one of the Calumet County's collection sites:

Brillion Police

Department

130 Calumet St, Brillion

M-F 8:00 am—4:00 pm

Menasha Police

Department

430 1st St, Menasha

24/7

Calumet County

Sheriff's Office

206 Court St, Chilton

M-F 8:00 am—4:30 pm

New Holstein Police

Department

2110 Washington St,

New Holstein

M-F 8:00 am—4:00 pm

WORD SEARCH



Find and circle each of the words from the list below. Words may appear forwards or backwards, horizontally, vertically or diagonally in the grid.

Q U U S B T S L L O D Y Y U C E R D P N A M W O G D
B C R S E R N R X P U P E D U I Y B M D C A T X D R
O T G U S L E I P C G Y J W P Y O P I N M W T E U M
C C Y O A E C E W S R D T P X E N I A L M E Z N S E
H E R R C E R I Z D E I X S A U T U M N P O S L P O
B L C E R V E Y C Y E I W Y O S O C E S O R E V L S
E E B N E P P D A I T S A E Z R C I I X L I N E O R
I B R E D U A P D M I K U B B E F R V U G T O A E E
H R E G E N P E V U N C Y O K F C U Q H U S M C Z N
A A P D Z I G C E B G U J A S P E G B R L M U Q K O
S T P S I F N A N I S R C E P N K E K L Y A E A E I
E E I U A O I N T U Q T D T E E L E A Y S O I E R P
D M Z O M R P P D Y I T G A S L Y F E Y U T N O N M
A R B U V M P I Q U I D S K S E E A R S T L A T E I
R D K D C M A E R N T E M O C F E R G E Q L E E L R
A E O I D O R F S T I C K E R S E O S P Z I A L E A
P E Y C A D W E Y H F P T I W B N N E W T W N T A C
P M L E I N L N C H I R Z H N G I I Y S E D G S I L
P R D D I Z D O O C L A X A G O Q T I T E O E I U E
S L E D G Z L F N N O O R E P O E N Y A O O L M Y N
S E I P N I K P M U P C P R A N C E R R A G S F W L
S U S U R R O U S P K J N T N A E G A P T Q D E A E

Autumn Miracle Prancer Sacred Stickers Pageant Eggnog Uniform Parades
Zipper Xenial Angels Comet Breezy Trucks Kernel Turkey Punch Sled Advent
Goodwill Susurrous Poinsettia Fruitcake Generous Mistletoe Celebrate Greetings
Pumpkin Pie Pecan Pie Deciduous Cranberry Sauce Sleighbells Wrapping Paper
Maize Dolls Frosty Star Yule Icicles Tinsel Crisp Fall

M&M's Cookies in a Jar

Your friends and family will love making their own cookies this holiday season with this fun Christmas cookies in a jar!

Ingredients

2 cups flour
2 t cornstarch
1 t baking soda
1/2 t salt
1 cup brown sugar
1/2 cup sugar
1 t vanilla
1/2 cup mini chocolate chips
1/2 cup red and green M&M's

Tools

Quart jar with lid
Canning funnel
Printable gift tag—or write the instructions for baking
Ribbon or Twine for gift tag

Instructions

Place a canning funnel on top of a quart size jar.
Pour the flour in the bottom of the jar and tap the jar to level the top of flour layer.
Add the cornstarch, baking soda, and salt. Tap the jar again to level the ingredients.
Add the brown sugar. Use a spoon to press down the sugar and make it compact.
Add the sugar and top the jar on the table to level the layer.
Pour the vanilla in the center of the sugar layer.
Top the sugar with mini chocolate chips. Lightly shake the jar to level.
Fill the remaining space in the top of the jar with the M&M's.
Place the lid on the jar.
Print out the gift tag and cut it out around the outer border. Punch a hole in the corner of the tag and use the ribbon to attach it to the top of the jar.

TO MAKE THE COOKIES: These instructions need to be on the tag!
Preheat the oven to 350 degrees and line a baking sheet with parchment paper.
Beat together 1 cup softened butter and 1 egg until smooth.
Add the contents of the jar and mix on low until the dough begins to come together.
Use a cookie scoop or tablespoon to scoop the dough onto the baking sheet.
Bake for 12 to 15 minutes.

This is a great gift alone or add an already made batch of cookies!

www.hunnyimhomediy.com/Christmas-cookies-in-a-jar/



THE ADRC CONNECTION

Michele Brickl, *Editor*

The **ADRC Connection** is published bi-monthly by the Calumet County ADRC, located at the Courthouse in Chilton, WI 53014.

The Resource Center offers Information & Assistance services to seniors, individuals with physical or developmental disabilities, and those seeking mental health or substance abuse support. We are your "One-Stop Shop" for information and assistance.

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Stay Connected!

Sign up to receive our newsletter directly to your home or email.

Call (920) 849-1451 or email adrc@calumetcounty.org to subscribe.

ADRC email: adrc@calumetcounty.org

ADRC website: www.calumetcounty.org/ADRC

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