

# 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 ADRC office 920-849-1451 Toll Free (833) 620-2730*  
*For Transportation 920-849-1440*



January/February 2026

Issue 116



## Table of Contents:

- Letter from the ADRC Supervisor** page 2
- Caregiver Support Group** page 3
- Meal Site Manager Needed** page 5
- Understanding Vaccines Covered by Medicare** page 6
- Veterans Voice** page 8
- How to Beat the Winter Blues** page 9
- Volunteer Corner** page 11
- Home Health Care and Hospice** page 12
- Lunch and Learn** page 13



## Letter from the ADRC Supervisor

Happy New Year!

It's hard to believe that 2025 has passed and we are on to 2026! The year is already off to a cold and snowy start. Hopefully, that means we're getting it all out of the way and the warm weather will be here soon! As a reminder to those who participate in our nutrition program, whether at a congregate dining site or through the Meals on Wheels program, each of you were entered into the Alert Sense system when you signed up with the program. If your phone number has changed, please contact the ADRC at 920-849-1451 to get your information updated in the system. Alert Sense will send out voice, text and email notices to let you know about nutrition program closures.



If being a healthier, stronger you in 2026 is one of your New Year Resolutions, check out some of our Health and Wellness programs that are offered throughout the county. There is a little something for everyone including Tai Chi, Strong Bodies, Stepping On: Falls Prevention, Healthy Living with Diabetes, Healthy Living with Chronic Pain and a Mind Over Matter: Healthy Bowels, Healthy Bladder. More information is available on the Calumet County ADRC website or reach out to our Dementia Care Specialist/Wellness Promotion specialist, Nancy Krueger at 920-849-1451.

Thank you to everyone who participated in the recent Nutrition Survey for 2025. The surveys help us to see what's working and what may need some adjusting going forward. Take a peek below at what people have to say about our services.

If you would like more information about our nutrition program, please contact the ADRC!

We are happy to announce a new van driver, Tom, has joined our transportation team. Feel free to introduce yourself if you happen to have a ride with him.

"You are never too old to set another goal or dream a new dream." C.S. Lewis

Until next time, take care and be kind to one another. Have a great year!

- "Some days this is the heathiest meal I eat per day. It's consistent, balanced. ;)"
- "Makes sure I have something to eat each and everyday."
- "Not being alone at mealtime."
- "Knowing that I don't have to worry about a hot meal at noon, has been great relief and I'm thankful for that."
- "I don't have to cook."
- "Appreciate the program as it takes some burden off of my family."
- "Meal preparation is more difficult for me as I have trouble walking and standing, so Meals on Wheels helps with my condition."
- "Socializing"

*Leigha Acevedo, ADRC Supervisor*

## Local Youth Artists



**provided colorful bags and placemats to the local home delivered meal participants and congregate meal participants!**



## 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.



**Thursday, January 8**

**Thursday, February 5**

**Fox Valley Technical College Chilton Campus**

**1200 E Chestnut St—Room 126**

**12:30 pm—2:00 pm**

For more information or help with transportation/respice—  
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

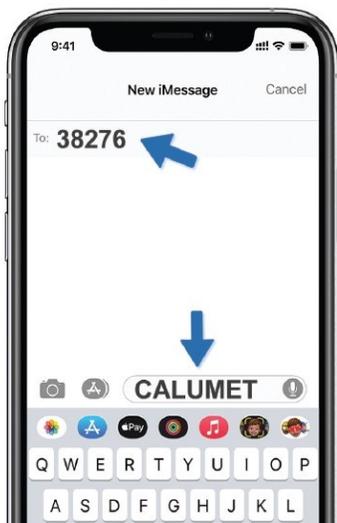
For more information visit

<https://wisconsin caregiver.trualta.com>

or call Calumet County Aging and Disability Resource Center at (920) 849-1451.

## Fun Facts About Wisconsin

- It became the 30th state on May 29, 1848.
- The official motto is “Forward.”
- Wisconsin is divided into 72 counties.
- Wisconsin has over 15,000 lakes when smaller water bodies are counted.
- The highest natural point is Timms Hill at 595 m (1,951 ft).
- Apostle Islands National Lakeshore protects 21 islands and about 19 km (12 miles) of mainland shoreline.
- Lake Winnebago is the largest inland lake entirely in Wisconsin at about 215 sq mi.
- Madeline Island is the largest island in Wisconsin.
- The hottest temperature recorded was about 114°F at Wisconsin Dells in 1936.
- The coldest temperature recorded was 55°F at Couderay (village in Sawyer County) in 1996.



## How Prepared Are You For Local Emergencies?

Consider signing up to Calumet County’s **FREE** alerting system by texting the keyword **CALUMET** to 38276.

Additional Information:  
[www.calumetcounty.org/533/AlertSense](http://www.calumetcounty.org/533/AlertSense)



## 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](http://FoxValleyMemoryProject.org/Mindworks)



*This project is supported, in part by grant number goADPI0068, 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, January 9 — 7 Angels

Friday, February 13 —

Braun's Deer Run

11:00 am to 1:00 pm

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

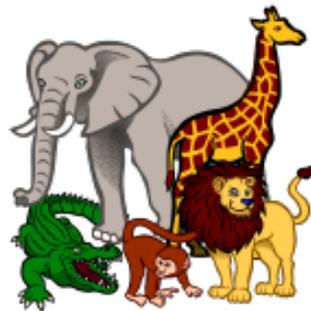
[www.FoxValleyMemoryProject.org](http://www.FoxValleyMemoryProject.org)

# Memory Café!

## New Location!

Memory Café's will be held  
at Ledgeview Nature Center

W2348 Short Rd, Chilton



Wednesday, January 14

1:30 pm - 3:00 pm

### My Life as a Zookeeper

Ever wonder what it is like to feed and care for your favorite zoo animals-come learn all about the ins and outs of the day in a life as a zookeeper!



Wednesday, February 11

1:30 pm - 3:00 pm

### Ties that Bind:

An exploration of Pair-Bonded Animals!  
This Valentine's day we will take an engaging look into social monogamy of animals, the science of attachment and the fascinating behaviors observed across species.

**Questions?** Contact Nancy Krueger at  
920-849-1451 x4306 or  
[nancy.krueger@calumetcounty.org](mailto:nancy.krueger@calumetcounty.org)



CALUMET COUNTY  
***Project Safe Response***

Project Save 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



## **Meal Site Manager Needed Part Time Position in Chilton**

Outgoing and energetic individual to manage the Chilton meal site Monday through Friday. Individual is responsible for directing and operating an efficient, enjoyable, and safe Senior Nutrition Site to include food handling and sanitation, coordination of volunteers, care of the site’s facilities during program hours, some coordination of site activities, and overseeing the packaging of homebound meals. Average 20 hours per week.

### **Casual Meal Site Manager Position**

Seeking a casual meal site manager that would fulfill responsibilities of the Meal Site Manager at Chilton, Hilbert, Stockbridge and Brillion congregate meal sites when needed. This is a casual position.

**Visit [www.calumetcounty.org](http://www.calumetcounty.org) to apply with required online application.**

*Do you have questions, please call ADRC at (920) 849-1451.*

## **Cribbage Players?**

Cribbage is a card game, traditionally for two players, that involves playing and grouping cards in combinations which gain points. It can be adapted for three or four players. A cribbage board and deck of cards is needed.



**Do you want to join for a card game?  
Would you mind teaching the game?**

Would like to enjoy it again? Join any meal site, cards will start after the meal. Do you want to join us for the meal? Please call the office to order a meal. Remember, it doesn’t matter what community you live in you can join in the fun!

*Do you have questions, please call ADRC at (920) 849-1451.*

## Welcome 2026

As we welcome 2026, just a reminder that there is a Medicare Advantage Open Enrollment Period (Jan 1—March 31) for those already in Advantage plans that would like to switch to something different or change back to Original Medicare. If you switch back to Original Medicare there is a special enrollment period to enroll in a Medicare Part D Plan. There is also a General Enrollment Period (Jan 1-March 31) for people who missed their initial enrollment to sign up for Part B. If you have any questions, please feel free to contact the ADRC at (920) 849-1451.

*Jodi Kautzer, Elder Benefits Specialist*

## Understanding Vaccines Covered by Medicare

*By the GWAAR Legan Services Team*

Vaccines are an important part of maintaining your health. Vaccines help to train our immune systems to fight and prevent disease. They also protect you and your loved ones from preventable diseases and illnesses. Vaccines are used to prevent and even treat exposure to diseases and illnesses. Vaccines aren't only for children; they are given to adults and people of all ages. It's also important to understand that vaccines are safe and have been used safely for over 100 years. They are important for people with normal immune systems and even more important for individuals with compromised immune systems. As important as they are, it can be difficult to understand how Medicare covers vaccines.

There are two parts of Medicare that cover vaccines. Supplemental Medical Insurance or Part B and Prescription Drug Coverage or Part D both cover different vaccines for different purposes. Understanding the difference can help you avoid coverage issues. Part B covers vaccines to treat injury or exposure. Part D covers vaccines to prevent illness. It's important to understand why you need a vaccine to figure out which part of Medicare will cover the cost. Once you know which part of Medicare will cover the vaccine you can figure out your possible out-of-pocket cost.

Vaccines covered under Part B include vaccines for flu, pneumonia, hepatitis B, COVID, and in certain circumstances tetanus. These vaccines are covered to treat either an exposure to an illness or an injury. For example, if you step on a nail, you would have the tetanus shot covered under Part B because the vaccine was administered to treat the injury caused by stepping on the nail. If you receive a vaccine covered under Part B you will not have a coinsurance or deductible.

Part D vaccines are covered for the prevention of illnesses. Most vaccines not covered under Part B fall under Part D coverage. Some examples would be vaccines for shingles, respiratory syncytial virus (RSV), and tetanus-diphtheria-pertussis (Tdap). Under Part D tetanus vaccines are covered if they are a booster or given unrelated to an injury. Vaccines listed in the Advisory Committee on Immunization Practices (ACIP) recommendations do not have an out-of-pocket cost even if it is administered by an out-of-network provider. If the vaccine is not on this list you will need to check with your Part D plan to see what your out-of-pocket costs will be.

Part B and Part D cover different vaccines for different purposes. In order to plan for out-of-pocket costs, you need to know which part of Medicare covers the vaccine you are looking to get. Remember Part B vaccines are given to treat injury or exposure to illnesses, while Part D vaccines are given to prevent illnesses. You can find more information about vaccines below.

### Vaccine information

- The Advisory Committee on Immunization Practices (ACIP) <https://www.cdc.gov/acip-recs/hcp/vaccine-specific/>
- If you don't have Part D, SeniorCare covers some vaccines with no out-of-pocket costs- <https://www.dhs.wisconsin.gov/seniorcare/vaccines.htm>
- National Council on Aging vaccine information- <https://www.ncoa.org/article/6-important-vaccines-for-seniors-covered-by-medicare/>
- Medicare & You 2026-Has information about vaccines- <https://www.medicare.gov/publications/10050-medicare-and-you.pdf>

# 'Tis the Season for Package Scams—They don't stop after the holidays!

Have you received unsolicited mobile text messages with an unfamiliar or strange web link that indicates a USPS delivery requires a response from you? If you never signed up for a USPS tracking request for a specific package, then don't click the link!

This is a scam called smishing. Victims will receive a text message that is intended to lure the recipient into providing their personal or financial information.

These scammers often attempt to disguise themselves as a government agency, bank, or other company to lend legitimacy to their claims and receive personally identifiable information about you. This information is used to carry out other crimes, such as financial fraud.

The Post Office and other shippers will not send customers a text message or e-mails without a customer first requesting the service. If you suspect the text message you have received is suspicious but are expecting a parcel, please do not click on any links. Rather, report it and visit [USPS.com](https://www.usps.com) from your mobile device or computer for tracking and additional resources. Stay safe from scams!

## 5 Signs That Text is a Scam



- 1 Strange number
- 2 Asks you to log in
- 3 Odd grammar
- 4 Uses scare tactics
- 5 Asks you to open a link

The infographic shows a smartphone screen with a text message from a contact labeled '+1 (424) 392-7556'. The message reads: 'URGENT! Pinecreek Bank needs to verify your info. Please login to your account below to verify your identity. Your account will be closed if U don't complete in 24 hours. [bankatpinecrk.com/YX82KG2](https://bankatpinecrk.com/YX82KG2)'. Five red callout lines point to specific parts of the message: 1. The phone number '+1 (424) 392-7556'. 2. The phrase 'Please login to your account'. 3. The use of 'U' instead of 'you'. 4. The phrase 'Your account will be closed if U don't complete in 24 hours'. 5. The URL 'bankatpinecrk.com/YX82KG2'.

## Inclement Weather Closures



The Calumet County ADRC staff will assess weather conditions to determine what is in the best interest of our customers, volunteers, and staff.

**Nutrition Program:** If it is determined that our nutrition program (congregate and home delivered) will be canceled a message will be sent our to recipients as well as volunteers via Alert Sense to your phone by text, voice, and email if applicable. Please be sure you have provided the ADRC with your most current contact information.

**Transportation:** If it has been determined that transportation services will be canceled for the day, ADRC staff will notify you by phone.

**Health and Wellness:** Health and Wellness classes will observe school closures in the community where classes are held to determine cancelations. Classes will be canceled for the day in the community where the class is held if there is a school closer, delay or early release due to weather.

ADRC Office will be available to answer questions during normal business hours: 8:00 am—4:30 pm at 920) 849-1451.



# 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](mailto:BOALTCMedigap@wisconsin.gov)

Web: [dhs.wisconsin.gov/medicare-help](https://dhs.wisconsin.gov/medicare-help)

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 WISCONSIN DEPARTMENT  
of HEALTH SERVICES

08/2025

# Veterans Voice



Calumet County Veterans and Dependents,

The Veterans Service Office hopes to hear that you have had a wonderful holiday season. We want to thank you for the recent donations our office received to support Veterans in need in our community. Your generous donations will help to ease the financial burden of local families. Our top priority for 2026 remains service to the Calumet County veteran community. If you need assistance, have questions about a particular benefit, want to touch base on current dependency and/or claim status, etc., we are here to support you. We strive to help clarify veterans benefits and find opportunities to help in times of struggle or confusion.

The Calumet County Veterans Service Office can be reached at (920) 849-1452 or via email at [calumetvets@calumetcounty.org](mailto:calumetvets@calumetcounty.org).

**Michelle Wynveen, Veterans Service Officer**

## Using Community Care Under VA Health Care

The purpose behind the Community Care Program is to offer Veterans an opportunity to receive care locally, if qualified, from providers in their community. VA provides care to Veterans through community providers when the VA Cannot provide the care needed.

### **Criteria that Qualify a Veteran to Receive Community Care:**

1. Veterans need a service that is not available at a VA medical facility.
2. Veteran lives in a U.S. State or territory without a full-service VA Medical Facility.
3. Veteran qualifies under the “Grandfather” provision related to distance eligibility for VCP.
4. VA cannot provide care within certain designated access standards.
  - 30-minute average drive time for primary care, mental health, and non-institutional extended care services
  - 60-minute average driving time for specialty care
  - Wait times for care at a specific VA facility.
  - 20 days for primary care
  - 28 days for specialty care
5. It is in the Veteran’s best medical interest.
6. A VA Service Line Does Not Meet Certain Quality Standards.

After you have established that Community Care is the best option for your care, you should request authorization to be seen through the Community Care option to your PCP. The Authorization Letter will be sent to you, the Veteran, with an authorization code and a period from when that provider is able to see you. Ensure you make appointments with this provider during that period.

## 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](http://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

**ADRC/Long Term Support  
Advisory Committee  
MONDAY, February 2  
8:30 am**

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

# How to Beat the Winter Blues

The holidays are past, and the family has gone home. Most likely, we will face some cold, snowy months ahead of us. How do we keep upbeat and healthy?

**Vitamin D! Sunshine!** Ok, it may not be as inviting to get outside, but it sure helps when you can breathe some fresh air and get a few rays. If that isn't feasible, open the shades and curtains and get some natural light into the house. Sit near a window. It will brighten your mood. In the meantime, if you take a Vitamin D supplement, don't stop it and you might want to consider a light therapy lamp. Don't forget those rich Vitamin D foods such as fatty fish, eggs, mushrooms, and fortified milk, cereal, and juice!



**Balanced Diet!** Of course we must talk about this! This may be the most popular time of the year to “make a resolution” but most resolutions fail, so let's just focus on making new habits. Feeling down can often lead to craving comfort foods and these foods are often higher in sugar and fat. Focus on protein, fruits, vegetables, dairy, and grains. Don't restrict treats entirely as the more you restrict, the more your brain wants. Be mindful-slow down, enjoy and savor. Remember that a good hearty soup or stew may be a comfort food but is nutrient rich and a great choice! Some mood-boosting foods are those high in vitamin D mentioned above, vitamin C (citrus fruits, etc), protein (meats, nuts, dairy), sweet potatoes, beets, walnuts, and cocoa (yes, like in hot cocoa). Enjoy!

**Hydration!** Remember when I talked about hydration in the summer? Yes, very important then, but just as important now! Heating our homes makes them dry. Our hydration needs are just as important at this time of the year and not drinking enough can make us feel sluggish. Of course, remember that alcohol is dehydrating. The good news is that hot drinks can help with hydration too, but as always, water is best!

**Exercise!** “But I can't get outside....” If your body can move, you can use it. Turn the music on and dance. If you have access to YouTube, there are so many classes devoted to seniors that don't take much room that you can do in the privacy of your home. If you don't walk well, do stretches, upper body exercises, or chair workouts. Consider using some light weights. Better yet, add some socialization and find a class or walk around a store. Any type of exercise has so many mental and physical benefits. Don't you deserve it?

**Socialize!** Get together for a meal, sign up for congregate dining. Get together to play cards or other games. If you can't easily get out, can you invite someone in? Even making phone calls to friends and family can keep you connected. Join a social group in the community or volunteer.

**Plan something to look forward to.** We all like something to look forward to. If something fun that you enjoy isn't in your future, how about planning something? A trip or get together, doing something with family or friends, whatever makes you happy.

**Have a routine.** Going to bed, getting up, and eating at about the same time sets your Circadian rhythm and makes you feel better overall. Make sure you get enough sleep, but it is better at night when it is dark than napping a lot during the day. A lot of napping could signal some depression, so try some of the other suggestions the next time you feel like napping. A ten-minute walk may be just what you need.

**Practice self care.** Did you know that all the things mentioned so far are forms of self-care? Have you ever tried breathing exercises or meditation to reduce stress and increase mindfulness? Again, there are guided meditations you can find on different apps or YouTube. What about having a spa day? Find a hobby you enjoy. Doing something that keeps your mind active is especially good for you.

Bottom line, there are things you can do to reduce your winter blues, but if you feel you can't “dig yourself out” by yourself, please reach out to your provider for help. This doesn't have to be a sad and lonely time. Consider working on the things above to brighten up your winter!

*Barbara Carlson, Nutrition Educator*

## Reasons To Complete a Power of Attorney (POA) for Health Care

1. If you don't complete a power of attorney for health care, no one can automatically make health care decisions for you in the event that you lose your ability to do so.
2. Completing a POA for health care lets **YOU** select, ahead of time, the individual **YOU** want to make health care decisions for you in the event that you lose your ability to make decisions.
3. Completing a POA for health care lets **YOU** select, ahead of time, the health care or health care providers **YOU** do or don't want.
4. Completing a POA for health care is a gift to your family and friends because they won't be left wondering who you would want to make decisions for you and what you would want.
5. Completing a POA for health care means decisions will be made faster for you, rather than having to wait for a court to appoint a guardian to make decisions.
6. Completing a POA for health care will most likely avoid the need for guardianship. Avoiding a guardianship is important—guardianships can be expensive, time-consuming, and emotionally draining on families.
7. The agent you name in a POA for health care to make decisions for you has more flexibility and ultimately more freedom than a guardian.
8. Completing a POA for health care helps avoid family fights and disagreements. In completing the document, you specify who you want as your agent and can also specify what you want and when you want it. Without one, family members are left to guess—or pay lawyers to have a court decide.

### Need to cancel a meal?

### Have an appointment the same time as meal delivery?

Please call at least 24 hours in advance to cancel a meal. Give us a call at (920) 849-1451!

## Lions Tri-City Medical Equipment Locker



The Tri-City Medical Loan Locker is a non-profit organization. We offer access to medical equipment without charge to the residents of Calumet County and surrounding areas. Small deposits are required on larger medical equipment loans.

Hours of Operation:

**Wednesdays**

2 pm to 4 pm

**Saturdays**

9 am to 11 am

Any Questions? (920) 898-8265 or  
email 920898tcm@gmail.com



Serving Calumet, Outagamie, Waupaca & Winnebago Counties

### Join Us in Making a Difference!

**Now Seeking Weekly Volunteers**

(Tuesdays 11am-2pm)



The Fox Valley Memory Project is looking for compassionate, reliable volunteers to support our Mindworks program in Chilton!

This meaningful respite program serves individuals living with dementia by offering social connection, engaging activities, and a safe, supportive environment.

Interested? Let's Connect!

920-225-1711

Serving Calumet, Outagamie, Waupaca, and Winnebago counties

## Volunteer Corner—Come join the ADRC team!

### Welcome the following new volunteers:

Jean Sell—Transportation Driver

Theresa Hostettler—Nutrition Volunteer at Chilton Meal Site

Dawn Fisher—Nutrition Volunteer at Brillion Meal Site



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

for mileage at 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

### Meals on Wheels Drivers

Volunteers deliver meals to homebound individuals and can receive mileage at the federal mileage reimbursement rate.

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

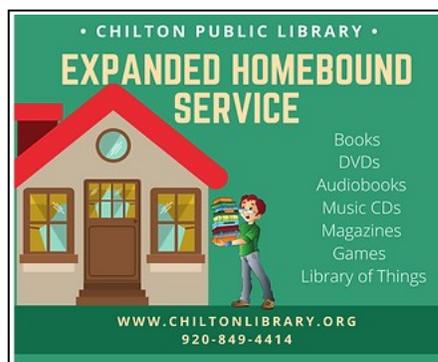
Volunteers generously donate their time and use their own vehicles to provide both local and long-distance medical or personal transportation. They are reimbursed

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

## Word Teasers

1. Two is company. Three is a crowd. What is four and five?
2. What can be kept forever, but never once started?
3. If you want me to live, feed me but never let me drink. What am I?
4. If everyone drove a red car, what would we have?
5. If an electric train is travelling south and the wind is blowing from the east, which way is the smoke going?
6. If a blue house is made of blue wood and a pink house is made of pink wood, what is a greenhouse made of?

Answers on page 14 Riddles Game



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.

# Home Health Care and Hospice

## Your Right to Choose

Did you know that you have a right to pick the agency that you want for your care? The Patient Self Determination Act, along with the Balanced Budget Act, gives patients the right to choose their Home Health providers. For Hospice, section 802 of the Social Security Act gives patients the right to choose their Hospice provider. This means that your doctor, hospital, or facility cannot choose your provider for you. They can face fines, suspension of payments, or a directed plan of correction if they fail to give you a choice.

## Comprehensive Home Health Services

Home Health Care services include wound care, intravenous medications, chronic disease management and education, and various therapy services such as physical, occupation, and speech therapy. These services are designed to support recovery and improve quality of life at home.

## Compassionate Hospice Care

Hospice care is for people who are considered “terminally ill” if the disease were to run its natural course. Hospice care includes skilled nurses, aides, social workers, chaplains, Hospice Medical Director, and volunteers. This team ensures patients have the necessary medical equipment, comfort medications, and access to a bereavement program that focuses on providing services to loved ones after the patient’s passing.

## Each Level of Your Home Needs a Working Carbon Monoxide Detector

Carbon monoxide is an odorless, tasteless, and colorless gas. Breathing in carbon monoxide displaces oxygen in the blood and, at high levels, can cause death within minutes. To protect your family from the risks of carbon monoxide poisoning, follow these safety tips:



- Make sure that you have a carbon monoxide detector on each level of your home, especially near bedrooms.
- Test your carbon monoxide detectors regularly to ensure they are functioning properly.
- Have your furnace, fireplace, or wood-burning stove inspected annually.
- Never run a gasoline or propane heater or a grill (gas or charcoal) inside your home.
- Never run a car in an enclosed space.

Symptoms of overexposure to carbon monoxide are often mistaken for the flu and may include headaches, fatigue, dizziness, shortness of breath, chest pain, nausea/vomiting, and confusion.

If you experience any of these symptoms, or if your carbon monoxide detector sounds an alarm, you should head outside immediately for fresh air and call 911. Stay in the fresh air until the building has been declared safe to re-enter.

## Each Level of Your Home Needs a Working Carbon Monoxide Detector

Long-term exposure to radon is a risk factor for lung cancer. Radon exposure combined with smoking makes the risk of lung cancer even greater. The only way to know if you have high levels of radon inside your home is to conduct a radon test. Winter is the best time of year to test your home for radon.

Radon testing is simple and inexpensive. Radon test kits are available short-term test kit is \$7.00, and long-term kit is \$21.00. The price of each test kit includes laboratory analysis. The kits are available for purchase in the Calumet County Health and Human Services lobby, room 238, at the courthouse, 206 Court Street, Chilton, WI, 53014. Business hours are Monday through Friday, 8:00 am to 4:30 pm.

Radon test kits are also available by mail and postage fees apply. Contact Eastern Wisconsin Regional Radon Information Center at (920) 683-4454.

**Congratulations to Calumet County Home Health to 50 years of dedicated service!**



# LUNCH AND LEARN

Come join in at one of the senior meal sites as Calumet County Public Health presents

## Safe Medication Storage and Disposal



### Brillion Community Center

120 Center Street, Brillion

**Thursday, January 8**

Presentation during the Meal at 11:30 am

### Chilton Community Properties, LLC

312 Bonk Street, Chilton

**Thursday, January 15**

Presentation during the Meal at 11:30 am

### Hilbert Village Hall

26 N. Sixth Street, Hilbert

**Friday, January 30**

Presentation during the Meal at 11:45 am

### Stockbridge Village Hall

175 S. Military Road, Stockbridge

**Tuesday, February 17**

Presentation during the Meal at 11:00 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. The suggested donation for the meal is \$3.75 **\*\*Lunch and Learns are for those who are 60 years of age or older.\*\***

# LUNCH AND LEARN

Taking a **NOURISH** step!

We will discuss **N** for Nutrient-rich foods and **O** for Omega 3's and healthy fats!

### Brillion Community Center

120 Center Street, Brillion

**Monday, February 16**

Presentation 11:15 am  
Meal 11:30 am

### Hilbert Village Hall

26 N. Sixth Street, Hilbert

**Tuesday, February 17**

Presentation 11:30 am  
Meal 11:45 am

### Chilton Community Properties, LLC

312 Bonk Street, Chilton

**Wednesday, February 18**

Presentation 11:15 am  
Meal 11:30 am

### Stockbridge Village Hall

175 S. Military Road, Stockbridge

**Tuesday, February 24**

Presentation 11:15 am  
Meal 11:00 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, January 12

Monday, February 9

### Uptown Commons

49 W. Main St, Chilton, WI 53014

Monday, February 2

Monday, April 6

### Kiel Community Center

510 3<sup>rd</sup> Street, Kiel WI 53042

Tuesday, January 6

Tuesday, February 3

### Brillion Community Center

120 Center Street, Brillion WI 54110

Tuesday, January 13

Tuesday, February 10

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



1. Nine
2. A secret
3. A fire
4. A red car-nation
5. There is no smoke; it is an electric train
6. Glass

Word Teasers Game Riddles from page 7

9	+	6	-	5	=	
+		-		-		
2	+	8	+	7	=	
÷		+		×		
1	-	3	+	4	=	
=		=		=		

7	×	3	+	9	=	
-		×		×		
6	÷	2	×	8	=	
÷		×		+		
1	-	4	×	5	=	
=		=		=		

www.worksheetworks.com Answers on page 17

# 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](http://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.

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

snowboarding slushy Green Hotel Hotel Bloedern snow flurries Meili-Blumberg Gesangverein  
Dutch Packing Company Congo Queen Cigar Behnke Carsten Mill hibernate WI Central Railroad  
fireplace icicle sledding Millinery snowman Stanton solstice OD Bishop Sargento skating  
General Hobart Commander Breed Sturgeon center Luson Company Schleswig-Holstein breeze  
mural socks winter shiver parka harsh chilly skiing

## Pumpkin Spice Snack Mix

12 servings

### Ingredients

4 cups pumpkin spice Cheerios  
4 cups cinnamon Chex cereal  
2 cups mini pretzel twists  
1 cup pecans  
1/2 cup butter (1 stick)  
1/2 cup granulated sugar  
1/2 cup brown sugar  
1 Tbsp cinnamon  
1 Tbsp pumpkin pie spice  
3/4 cup white chocolate chips  
1 tsp vegetable oil



### Instructions

Preheat your oven to 350 degrees F and line a baking sheet with parchment paper or a silicone baking mat. Set aside.

In a large mixing bowl, combine Cheerios, Chex cereal, pretzels, and pecans.

Add in the melted butter, granulated sugar, brown sugar, cinnamon, and pumpkin pie spice. Mix until evenly coated.

Transfer to your lined baking sheet, spread into an even layer, then bake for 15 minutes.

While the snack mix cools, microwave white chocolate chips and vegetable oil in 30 second increments until smooth.

Drizzle the chocolate evenly over the snack mix, then let set completely (you can transfer to the fridge to speed this up) before breaking apart and enjoying!

### Haystacks—Great on-hand snack!

#### Ingredients

1 cup semi-sweet chocolate chips or milk chocolate, if preferred  
1/2 cup creamy peanut butter  
2 cups chow mein noodles, crunchy from a can  
1/2 cup salted peanuts optional, for extra crunch  
1/4 cup butterscotch chips

#### Instructions

Melt butterscotch and peanut butter: Place in a microwave-safe bowl. Heat in 30-second bursts, stirring between each, until smooth.

Fold in the chow mein noodles and peanuts, making sure everything is well coated.

Line a baking sheet with parchment paper. Drop spoonfuls of the mixture onto the sheet.

Melt the chocolate chips in a microwave-safe bowl, with 30 second bursts. Top the haystacks with melted chocolate. Chill to set.

## 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.

**Joann Dewhurst**, *ADRC/LTS Manager*

**Leigha Acevedo**, *ADRC Supervisor*

**Jodi Kautzer**, *Elderly Benefit Specialist/Volunteer Coordinator*

**Nicole Pangburn**, *ADRC Specialist*

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**Dale McAllister**, *Transportation Coordinator*

**Michele Brickl**, *Administrative Assistant*

### **Stay Connected!**

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

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

**ADRC email:** [adrc@calumetcounty.org](mailto:adrc@calumetcounty.org)

**ADRC website:** [www.calumetcounty.org/ADRC](http://www.calumetcounty.org/ADRC)

**ADRC phone:** 920-849-1451 or (833) 620-2730

Answers start on the top right and work around the puzzle

Left Puzzle—0-17-2-(-23)-1-11

Right Puzzle—30-24-(-19)-77-24-1

Answers for Math puzzles from page 14



**Calumet County ADRC**  
**206 Court St.**  
**Chilton, WI 53014**