

June 2026

The Aging and Disability Resource Center of Door County offers a friendly, personal and timely approach to providing assistance and access to community resources.

The goal is to keep the citizens of the county active and engaged in their own well-being and with their communities.



**914 North 14th Avenue
Sturgeon Bay, WI 54235**

Phone: (920) 746-2372

Toll Free: (855) 828-2372

Hours of Operation

Mon-Thu | 7:30am - 4:30pm

Fri | 7:30am - 1:30pm

**ADRC@co.door.wi.gov
adrcdoorcounty.org**



WELCOME TO YOUR ADRC NEWSLETTER

The "ADRC Newsletter" is a monthly publication of the Door County Community Center. You can access the "newsletter" by going to the Door County Website at www.co.door.wi.gov or adrcdoorcounty.org. If you would like to have a newsletter sent to you via email, please contact us at ADRC@co.door.wi.gov and you will be put on a list to receive one each month.

Our Staff

Joe Krebsbach, HHS Director
Kevin Brennan, HHS Deputy Director
Jennifer Fitzgerald, ADRC Director
Nicki Scharrig, ADRC Assistant Director
Dawn Thiry-Herlache, Activities/Volunteer Coord.
Sierra Witczak, Dementia Care Specialist
Mary Ann Salmon, Disability Benefit Specialist
Jessica Flores, Elderly Benefit Specialist
Melissa Walz, ADRC Specialist
Cheri VanDenBogart, ADRC Specialist
Heather Geiger, ADRC Specialist
Vacant, Office Assistant
Barb Snow, Office Assistant
Robin Mark, Projects & Accounts
Taylor Jandrin, Lead Adult Protective Services
Amber Wheat, Adult Protective Services
Emma Walsh, Adult Protective Services

Nutrition Program

Kathy Ash, Baker
Autumn Cihlar, Cook
Mike Mallien, Prep Cook

Meal Site Managers

Candy Haslam, Baileys Harbor/Liberty Grove
Nelvie Cauldwell, Washington Island
Teresa Mertens, Contracted Dietician

Transportation

Pam Busch, Transportation Manager
Bill Hartel, Bus Driver/Transportation

Services Offered

- Information and Referral
- Assistance with Community Programs and Resources
- Long-Term Care Options Counseling
- Volunteer Opportunities
- Transportation
- Health and Wellness Activities
- Fitness Room and Group Exercises
- Home Delivered and Frozen Meals
- 4 County-Wide Nutrition Meal Sites
- Caregiver Assistance for Friends/Family
- Support Groups

Our Disability and Elderly Benefit Specialists can help with:

- Medicaid and Medicare
- Food Share
- Social Security Disability and SSI
- Prescription Drug Options
- Insurance Issues
- Housing and Utility Concerns

Please Like Us on Facebook
**ADRC of Door County - Door
County Community Center**

WELCOME SUMMER

June always seems to arrive with a quiet kind of excitement—the kind that doesn't need announcing because you can feel it in the longer days, the warmer sweeter air, and the familiar pull to be outside just a little bit more. It's a month that gently invites us to slow down and revisit the simple things that make summer feel like summer.

Here in Door County, that feeling carries a little extra magic. As the peninsula comes to life, familiar sights and sounds return—the shoreline sparkling in the sun, sailboats dotting the bay, and the steady rhythm of visitors and locals alike enjoying all that summer has to offer. There's something special about this place in June, when everything feels fresh again and the season is just beginning to unfold.

For many of us, our favorite summer moments aren't the big, elaborate plans, but the small traditions that return year after year. It might be the first cookout of the season, where the smell of the grill fills the air and conversations stretch long into the evening. Or the sound of laughter at a local park, kids running through sprinklers, and neighbors catching up after a long winter apart.

There's something especially nostalgic about summer mornings—the kind where the sun comes up early and the day feels full of possibility. Maybe it's a quiet cup of coffee on the porch, listening to birds, casting a line out on the water as the day begins, or heading out for a peaceful hike along one of Door County's scenic trails. Whether it's a walk through Peninsula State Park, along the bluffs, or a quiet wooded path, there's something grounding about taking in the natural beauty that surrounds us.

Of course, summer in Door County wouldn't be complete without those little indulgences we look forward to all year—ice cream on a hot day, fresh cherries just beginning to come into season, or that first bite of watermelon that somehow tastes better in June than any other time. Even the familiar hum of lawn mowers, the distant sound of live music, or the glow of a waterfront sunset can bring back memories of summers past.

Another special part of summer right here is our gardens at the ADRC. Our raised beds and growing towers are planted with love and the goal to feed many bellies. Our garden group is always looking for helping hands—whether it's watering, tending the plants, or harvesting fresh vegetables that are later used in the soup and salad bar. It's a simple but meaningful way to stay active, connect with others, and contribute to something everyone can enjoy. There's something especially rewarding about knowing the food on your plate was grown right here with care.

And after spending time outdoors in the summer warmth, it's just as enjoyable to step inside, cool off, and share a fresh, healthy meal with friends. Those moments—good food, good conversation, and a welcoming place to gather—are what truly make a community feel like home.

As June begins, it's worth taking a moment to think about your own favorite summer traditions. Whether it's something you've done for years or something new you'd like to try, Door County offers the perfect backdrop to enjoy the simple pleasures—whether that's casting a line, exploring a new trail, lending a hand in the garden, having a meal with a old friend, meeting someone new or simply soaking in the beauty of the season—and making a few more memories along the way.

Jenny Fitzgerald- Director

Caregiver Connections

You are not alone – join a community that cares

Northern Door Chapter

NEW FORMAT-

1st Thursday of the month starting in June!

1:00-2:00pm

Dementia Specific & Caregiver groups run simultaneously.

DCMC-Sister Bay Rehab
2345 Canterbury Lane, Sister Bay

Southern Door Chapter

3rd Thursday of the month

1:00-2:30pm

Brussels Community Center
1366 Junction Road, Brussels



Sturgeon Bay Chapter

4th Monday of the month

1:00-2:30pm

Dementia Specific & Caregiver groups run simultaneously.

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

Washington Island Chapter

1st Friday of the month

10:00-11:30am

Rec Center's Mosling Room
1877 Lake View Road, Washington Island

Call Christine 920-535-3021

Parkinson's Support

2nd Wednesday of the month

1:00-2:00pm

Sturgeon Bay Methodist Church
836 Michigan Street, Sturgeon Bay

Call Carol 920-743-3476



Grief Support

4th Wednesday of each month

1:00-2:30pm

ADRC of Door County
914 N. 14th Ave. Sturgeon Bay
Call Sandy 920-339-6700



Find support, share your journey, visit with others

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

2026 Healthy Living with Mild Cognitive Impairment (MCI) Education Series

A free quarterly support and education series about brain health and living well with MCI

Navigating Alzheimer's Biomarker Testing and Results

Friday, June 12

9:30–11:30 a.m.



This session will explore Alzheimer's biomarker testing, including its benefits and risks, how results guide medical care and planning, and how early diagnosis can expand treatment options and support quality of life. The program will end with a Q&A session. Free and open to all.

Guest Presenter: Annalise Rahman-Filipiak, PhD

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

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

Held at:

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



About the Series:

Healthy Living with MCI offers attendees guidance and science-backed strategies for living and coping with memory and thinking changes.

Join **Nathaniel Chin, MD**, and **Jennifer McAlister, BA**, from the Wisconsin Alzheimer's Disease Research Center to learn more about MCI.

Questions?

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

Presented by:



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

Community Partners:



ONEIDA



Your Bridge to Support

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

BUS TRIP



ADRC OF DOOR COUNTY

BUS TRIP

TUESDAY, JUNE 16, 2026

**Open Door Bird Sanctuary
Sturgeon Bay, WI**

9:00 AM - 1:00 PM

(expected timeframe)

9:00 AM - Check-in

9:15 AM - Depart from ADRC
Door County Connect Transit Services.

10:00 - 11:30 AM - Guided Tour

12:00 Picnic lunch at the sanctuary

1:00 PM - Return to ADRC

**Times & locations subject to change and may vary slightly*

**Limited seating
available!**



Cost: \$15 (includes guided tour fee and transportation).
Please bring a picnic lunch.



Reserve your spot by June 2nd.
Contact the ADRC at 920-746-2372.



914 N. 14th St.
Sturgeon Bay, WI

SAVE THE DATE

DRIVEN TO SUCCEED: TRANSPORTATION & CAREER FAIR

Wednesday, June 17 | 9 am-12 pm
Door County Fairgrounds



Watch for updates on the "Door County Connect" Facebook page or at www.co.door.wi.gov/170/transportation

To request a booth for the career fair or to bring your unique vehicle, equipment, or transportation-related service to the event, please call Pam Busch at 920-746-5982 or email transportation@co.door.wi.gov



FREE MEMORY SCREENINGS

EARLY DETECTION IS
IMPORTANT



TAKE CARE OF
YOUR BRAIN



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

MEMORY SCREENING DATES:

- JUNE 29 FROM 10AM-12PM
- JULY 27 FROM 10AM-12PM
- AUG. 24 FROM 10AM-12PM

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



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



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

BUS TRIP



ADRC OF DOOR COUNTY

BUS TRIP

WEDNESDAY, JULY 22, 2026

**American Family Field
Milwaukee, WI**

7:30 AM - 7:00 PM

(expected timeframe)

7:30 AM - Depart from the ADRC & return at 7:00 PM.

Babler Coach Bus

10:30 AM - Lunch

Select sub sandwiches, chips, fruit, cookie & beverage

**Please bring a lawn chair*

11:30 AM - Walk Around / Shop

1:10 PM - Milwaukee Brewers vs. New York Mets Baseball Game

Field Outfield - Section 107

**Times subject to change and may vary slightly*



PAYMENT IS REQUIRED AT REGISTRATION



\$85 per person
(includes ticket, lunch, & transportation)



**RSVP to the ADRC at 920-746-2372
by July 8th.**



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

WELCOME TO MEDICARE

MEDICARE



EDUCATION

“Welcome To Medicare”

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

Topics Covered:

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



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

UPCOMING DATES: June 24 @ 1:00pm,
July 21 @ 1:00pm, August 26 @ 1:00pm

(classes last about 1 ½-2 hours)

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

This class is for you if:

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

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

Medicare Educational Opportunities

“Medicare Minute” Each month, we will cover a different Medicare related subject in greater detail. Understanding Medicare will ensure you are an informed consumer and help you advocate for better care. These sessions are presented by trained SHIP Counselors and are expected to last 30 minutes or less.

DATES/LOCATIONS	TOPIC OF DISCUSSION
ADRC -3rd Wed @ 1pm 914 N 14 th Avenue, Sturgeon Bay	June Topic: Care Coordination after a Skilled Nursing Facility Stay
Liberty Grove Dining Site 2 nd Tues @ 12pm 11161 Old Stage Rd, Sister Bay	Medicare Part B covers transitional care management after a hospital or SNF stay. Learn how this benefit supports your recovery and what costs may apply.
Baileys Harbor Dining Site 3 rd Wed @ 12pm 2392 County Road F	*Please note: “Medicare Minute” topics may be subject to change. *

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

GET CONNECTED. GET ON BOARD.

In Door County, transportation is a basic need. It can be a hardship for people who do not have access to safe, reliable, and affordable transportation. Door County Connect is here to help and is your public transit service to get you to work, medical care, shopping, or activities at the ADRC.



Door County Connect Public Transit Services
Find out more at www.doorcountyconnect.com



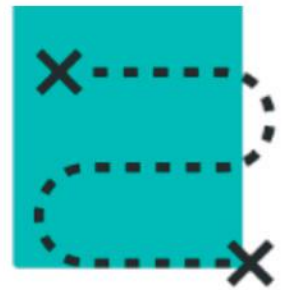
Door County Connect travels the City of Sturgeon Bay & an extended area up to 10 miles from the ADRC. Service is available Mon-Thu 7:45am – 4:15pm & Fri 7:45am – 1:15pm. Riders pay \$2 per stop in the City (1/2 price rides for lunch at the ADRC) & \$5 per trip in the extended area. **Call (920) 746-6944** to book.

Door to Door Rides, serves most of Door County. Services are based on taxi zones that have varying schedules and fares. In some areas, this service is available Mon-Sun.

Call (920) 746-6948 or **(888) 337-9485 (Toll Free)** to schedule.

What's your ride?

Door County Transportation Options



	Door 2 Door Rides 920-746-6948	Door County Connect 920-746-6944	Door-Tran 920-743-9999	Private & Other Services
Operates Monday-Friday	✓	✓	✓	✓
Operates Saturday-Sunday	✓	✗	✗	✓
Available After 5 PM	✓	✗	✗	✓
Wheelchair Accessible	✓	✓	?	?
Out-of-County Travel	✗	✗	?	✓
Car Seat Compatible	✓	✓	?	?
Advance Notice Preferred	24 Hours	24 Hours	48 Hours	Varies



Yes



No



May be available, contact provider

Door-Tran offers a variety of programs to meet your transportation needs, including:

- Resident transportation
- Veterans transportation
- Half price travel vouchers
- Car purchase and repair programs
- Information & referrals

This resource guide was created by:




AGING COALITION
OF DOOR COUNTY

Scan for a Full List of Transportation Options



Call (920) 743-9999
or visit door-tran.org
to find your ride!


BALLROOM DANCING



Join us as we explore the world of traditional dances, featuring the waltz, swing, cha-cha, two-step, salsa, and many more!

Every Wednesday starting in June
12:30 - 2:00pm
Free Entrance

Register at the ADRC
(920) 746-2372
914 N. 14th Ave.
Sturgeon Bay, WI 54235




ORNAMENTS OF WOOD & WONDER

Discover the Art of Crafting

Create a beautiful ornament by combining wood with various mixed media elements. These can be given as gifts to hang on a tree, a wall, or to display on a shelf all year long.



Shown above are samples of more than 25 various designs to create

🕒 **10:00AM - 12:00PM**

**TUESDAYS:
JUNE 9th & 16th**

(2 sessions required)

For registration, please contact the ADRC at 920-746-2372 before May 26th.

No fee for this class; all supplies are included. Instructor-guided.

Limited space available!



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

FATHER'S DAY PARTY



PLEASE JOIN US FOR A

FATHER'S DAY

Party



MONDAY | JUNE 22

LIVE MUSIC BY
TONY RESTUS

11:30-12:30PM



914 N. 14TH AVE. STURGEON BAY
RSVP TO THE ADRC OF DOOR COUNTY
(920) 746-2372



TAKE CARE OF YOUR BRAIN



The Wisdom Workshop

Join us and flex your mental muscles!

This is a brain-boosting program. Each session offers puzzles, conversation starters, creative challenges, and memory-strengthening activities that support an active, healthy brain. No tests, no pressure—just laughter, learning, and a chance to stretch your thinking.

Wednesday, June 24th
10:00am-11:30am

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



LET THE GAME BEGIN!

If you love playing cards and socializing with others through friendly competition, this game is for you.

9:00 - 12:00 PM

TUESDAYS

MORE INFO

Contact the ADRC at (920) 746-2372

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

Monday	Tuesday	Wednesday
<p>1 8:30 Foot Clinic 9:00 Artists in Making 10:00 Memoir Mondays 10:00 DVD Fitness 11:00 Zumba Gold 12:30 Bridge 12:30 Poker 12:30 Samba 1:00 Dementia 101</p>	<p>2 8:30 Strong Bodies 9:00 Chess 9:00 Euchre 9:30 Chair Zumba 10:00 Spanish Conversation 12:30 Planning Ahead 12:30 Golf Card Game 1:00 Watercolor Painting 1:00 Sheephead</p>	<p>3 9:00 Fall Prevention 9:00 Pinochle 10:00 DVD Fitness 10:30 Chair Yoga 12:30 Ballroom Dancing 12:30 Sheephead 12:30 Poker 1:00 Samba 1:00 Memory Cafe</p>
<p>8 9:00 Artists in Making 10:00 DVD Fitness 11:00 Zumba Gold 12:30 Bridge 12:30 Poker 1:00 Growing Connections 1:00 Samba</p>	<p>9 8:30 Strong Bodies 9:00 Chess 9:00 Euchre 9:30 Chair Zumba 10:00 Spanish Conversation 10:00 Ornaments of Wood & Wonder 12:30 Planning Ahead 12:30 Golf Card Game 1:00 Watercolor Painting 1:00 Sheephead 1:00 Fitness Room (personal trainer by appt.)</p>	<p>10 9:00 Fall Prevention 9:00 Pinochle 10:00 The Sound Journey 10:00 Bingo 10:00 DVD Fitness 10:30 Chair Yoga 12:30 Ballroom Dancing 12:30 Sheephead 12:30 Poker 1:00 Samba</p>
<p>15 8:30 Foot Clinic 9:00 WEAAD Rock Painting 9:00 Artists in Making 10:00 DVD Fitness 11:00 Zumba Gold 12:30 Bridge 12:30 Poker 12:30 Samba 1:00 Book Club</p>	<p>16 8:30 Strong Bodies 9:00 Chess 9:00 Euchre 9:00 Bus Trip 9:30 Chair Zumba 10:00 Ornaments of Wood & Wonder 10:00 Spanish Conversation 12:30 Planning Ahead 12:30 Golf Card Game 1:00 Watercolor Painting 1:00 Sheephead</p>	<p>17 9:00 Fall Prevention 9:00 Pinochle 10:00 DVD Fitness 10:30 Chair Yoga 12:30 Ballroom Dancing 12:30 Sheephead 12:30 Poker 12:45 Advanced Planning Presentation 1:00 Samba 1:00 Medicare Minute</p>
<p>22 9:00 Artists in Making 10:00 DVD Fitness 11:30 Father's Day Celebration 12:30 Bridge 12:30 Poker 12:30 Samba 1:00 Caregiver Support Group</p>	<p>23 9:00 Chess 9:00 Euchre 9:30 Chair Zumba 10:00 Spanish Conversation 12:30 Golf Card Game 1:00 Watercolor Painting 1:00 Sheephead</p>	<p>24 9:00 Fall Prevention 9:00 Pinochle 10:00 Wisdom Workshop 10:00 DVD Fitness 10:30 Chair Yoga 12:30 Sheephead 12:30 Poker 1:00 Welcome to Medicare 1:00 Grief Support Group 1:00 Samba</p>
<p>29 8:30 Foot Clinic 9:00 Artists in Making 10:00 DVD Fitness 11:00 Zumba Gold 12:30 Bridge 12:30 Poker 12:30 Samba</p>	<p>30 8:30 Strong Bodies 9:00 Cardmaking Class 9:00 Chess 9:00 Euchre 9:30 Chair Zumba 10:00 Spanish Conversation 12:30 Planning Ahead 12:30 Golf Card Game 1:00 Watercolor Painting 1:00 Sheephead</p>	

Thursday**Friday****4**

8:30 Strong Bodies
 8:30 Somatics
 9:00 Friendly Crafters
 9:30 Zumba Gold
 10:00 Healthy Habits, Healthy Future
 10:00 Cribbage
 12:30 Sheephead
 1:00 Busy Fingers-Knitting Group
 1:00 Woodcarving
 1:00 Mind Over Matter

11

8:30 Strong Bodies
 8:30 Somatics
 9:00 Friendly Crafters
 9:30 Zumba Gold
 10:00 Healthy Habits, Healthy Future
 10:00 Cribbage
 11:30 Music by George (guitar)
 12:30 Sheephead
 1:00 Woodcarving

18

8:30 Strong Bodies
 8:30 Somatics
 9:00 Friendly Crafters
 9:30 Zumba Gold
 10:00 Healthy Habits, Healthy Future
 10:00 Cribbage
 11:00 Blood Pressure Checks
 11:00 How to Cook with Herbs Presentation
 12:30 Sheephead
 12:45 Scams within Door County Present.
 1:00 Busy Fingers Knitting Group
 1:00 Mind Over Matter
 1:00 Life, Death & the Afterlife Group
 1:00 Woodcarving

25

8:30 Somatics
 9:00 Friendly Crafters
 10:00 Healthy Habits, Healthy Future
 10:00 Cribbage
 11:30 Music by George (guitar)
 12:30 Sheephead
 1:00 Woodcarving

5

9:00 Cardio Drumming (Independent)
 9:00 Poker
 9:00 Chess
 9:30 Gadget Guy by appt.
 10:00 DVD Fitness
 10:00 Washington Island Support Group
 11:00 Zumba Gold

12

9:00 Cardio Drumming (Independent)
 9:00 Poker
 9:00 Chess
 9:30 Gadget Guy by appt.
 9:30 Healthy Living with Mild Cognitive Impairment Education Series
 10:00 DVD Fitness
 11:00 Zumba Gold

19

9:00 Cardio Drumming (Independent)
 9:00 Poker
 9:00 Chess
 9:30 Gadget Guy by appt.
 10:00 DVD Fitness
 11:00 Zumba Gold

26

9:00 Poker
 9:00 Chess
 10:00 DVD Fitness

PLEASE NOTE:

All activities need to conclude by 4:15pm
 Monday thru Thursday and 1:15pm on
 Friday

With the addition of new classes and
 programs, we kindly request flexibility in
 room allocation due to limited space.



ADRC

THE SOUND Journey

Tune into Wellness. Vibrate with Harmony.

Kathy McCabe invites you to immerse yourself in therapeutic sounds that calm the mind & body, and uplift the spirit.


The Sound instruments


- Crystal Sound Bowls
- Kochi Chimes
- Monochords

Wednesday, June 10th

10:00am



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

 For more information, contact Sierra 920-746-7154

DOOR COUNTY MARITIME MUSEUM PRESENTS



SPARK!

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

CHATEAU Hutter

17
JUNE 2026

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

 **10.30 AM - 12.00 PM**

 **FREE ENTRY**



SPARK! is a cultural program for people with early to mid-stage memory loss and their care partners. Programs are designed to keep participants actively engaged in their communities. SPARK! is FREE of cost. Space is limited. Please register at least 2 days before the program. To register for a SPARK! program you can email switczak@co.door.wi.gov or call Sierra at 920-746-7154



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

MIND OVER MATTER

MIND OVER MATTER HEALTHY BOWELS, HEALTHY BLADDER

Three Class Series | Two Locations

ADRC Sturgeon Bay

914 N 14th Avenue
Thursday 5/21, 6/4, 6/18
1-3:30 pm

DCMC Sister Bay Clinic

2345 Canterbury Lane
Tuesday 6/2, 6/16, 6/30
1-3:30 pm

Half of all women age 50 or older will experience incontinence at some point in their lives—

Mind over Matter can help you improve your symptoms!

Researched and proven to improve bladder symptoms for 71% of participants and bowel symptoms for 55%



Learn More



Call or email Teri to register:
920-746-7110
tvanlieshout@co.door.wi.gov

\$30 class materials fee



PRAISE MOVES CLASS

Exercise your body, mind and spirit!

PraiseMoves®



A few benefits of PraiseMoves:

- Improve posture
- Relieve stiffness
- Improve flexibility
- Refresh your spirit

Each posture has a biblical name and a scripture set to it ("Mount Zion," "David's Harp," "Prayer Warrior").

low impact aerobics
powerful stretching
scripture verses
Christian music

Beginning July 6
Mondays at 9:00am
ADRC of Door County

Taught by: Nancy Stults
Certified PraiseMoves
Instructor
920-455-9170

No cost

SPANISH CONVERSATION

TUESDAYS
10:00-11:00am

This conversational Spanish class allows individuals in Door County with some Spanish background to practice and refine their skills.

Native speakers are encouraged to attend, as we welcome your expertise!

Starting June 2nd

INFORMAL & FUN

VARIETY OF TOPICS

CONJUGATION & TENSES

EDUCATIONAL GAMES

HELP WITH GRAMMAR & VOCABULARY (AS NEEDED)

For more information, call the ADRC at (920) 746-2372




BINGO GAMES

Games - Prizes - Fun

Date: Wednesday, June 10th

Time: 10:00-11:00 am

Get ready to shout "BINGO!" and win some amazing prizes at this free and fun-filled event. Our Bingo caller will guide you through multiple rounds of the classic game, and there will be plenty of opportunities to win.

Play Now!

For More Information: 920-746-2372

Visit Our Website: adrcdoorcounty.org

Our Location: 814 N. 14th Avenue



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Raising Awareness for Elder Abuse in Our Community

Wear Purple Day: Important time to come together as a community to recognize, prevent and address elder abuse affecting older adults.

To support this effort, we are hosting several events at the ADRC that are designed to educate, engage, and empower our community.



Wear Purple Day Monday, June 15th

Show your support by wearing purple, the official color of WEAAD. This simple act helps spark conversations and brings visibility to an important issue.



Rock Painting Event Monday, June 15th 9:00-10:30 AM

Join us for a creative and meaningful activity as we paint rocks with messages of awareness and support. These rocks will serve as reminders throughout our community.



Advanced Planning Presentation Wednesday, June 17th at 12:45 PM

Presentation by Regan Hendrickson, Register in Probate. Learn how planning ahead can protect your wishes, finances, and well-being. This session will cover essential steps everyone should consider.



Scams within Door County Thursday, June 18th at 12:45 PM

Presentation by John Gilson and Matt Tassoul, Door County Sheriff's Department Investigators. This presentation will provide practical tips to keep yourself and loved ones safe.

By participating in these events, you can help spread awareness, learn valuable information, and support the well-being of older adults in our community. Together, we can make a difference.

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

MEMORY CARE

COME & JOIN US



COOKIE CREATIONS MEMORY CAFE

At the ADRC of Door County

Bring your sweet tooth and decorate sugar cookies

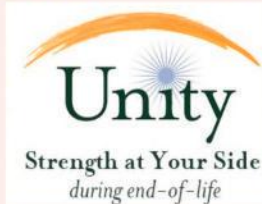
WEDNESDAY

JUNE

3

1:00 PM

SPONSORED BY:



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

GROWING CONNECTIONS

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

NO GARDEN, GARDENING EXPERIENCE OR GREEN THUMB REQUIRED!

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

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

SUBJECTS

JUNE 8: PLANT ADRC GARDEN BEDS

JULY 13: PEAS

AUG 10: BANANAS

SEPT 14: PEARS

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

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

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

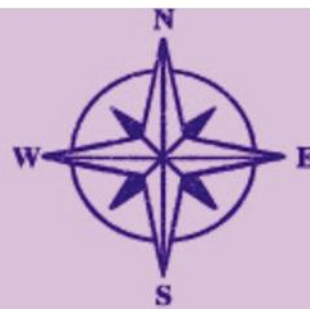
Call to register: 920-746-2372



ADRC
Aging and Disability Resource Center
of Door County

Caregivers' Compass

Learn. Share. Connect.



Join us for Caregivers' Compass, a supportive series for anyone caring for others. Connect with fellow caregivers, share experiences, and learn practical skills to help you navigate your caregiving journey with more confidence. Open to All!



Join any session or attend them all!
Topics may include Self Advocacy,
Joy, Transitions, Financial Mapping,
Compassion Resiliency

1-hour, interactive program followed by
social time

•ADRC of Door County•

Tuesdays at 1pm, July 14 thru August 4



*Or contact Holly to
register!*



Extension

UNIVERSITY OF WISCONSIN-MADISON

Extension-Door County

Holly Herzog

920-746-2260

holly.herzog@wisc.edu

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



**Door County
Medical Center**

IN PARTNERSHIP WITH HOSPITAL SISTERS HEALTH SYSTEM



**Senior Life
Solutions®**

IS IT ANGER, OR SOMETHING MORE? UNDERSTANDING DEPRESSION IN OLDER MEN



It can be easy to miss or misinterpret the signs of depression in an older man when they show up as anger or phrases like:

"People get on my nerves." "I'm just tired." "I don't need to talk about it."

These can all be signs that something deeper is going on. The National Institute of Mental Health and the National Institute on Aging both note that depression can include irritability, sleep changes, withdrawal, and increased alcohol use, and NIA specifically notes that sadness is not always the main symptom in older adults.

SIGNS OF DEPRESSION IN OLDER MEN

Every person is different, but here are a few common examples of changes families and loved ones may recognize:

The "short fuse" change

A man who used to be patient now gets irritated quickly. He may seem angry over everyday things, but underneath that anger may be stress, hopelessness, or emotional pain.

The "checking out" change

He spends more time alone, stops going places, or loses interest in activities he used to enjoy. He may say he is "fine," but he is less engaged and harder to connect with.

The "physical symptoms first" change

He talks more about body aches, headaches, poor sleep, or low energy than emotions. That does not mean the symptoms are "all in his head." Depression and physical health are closely connected, and many people notice physical symptoms first.

The "coping" change

He starts using alcohol more often, works constantly, or distracts himself all day to avoid talking or feeling. These behaviors can look like coping, but they may also be signs of depression.

If this sounds like a family member or loved one, a good first step is to open the door to an honest, respectful conversation about mental health.

Our hospital-based outpatient program meets the unique needs of older adults experiencing depression and/or anxiety. Anyone can make a referral to our program, including self-referrals, provider referrals, or community consultations.

Call us today at (920)746-3778 OR EMAIL slsteam@dcmedical.org

Connecting You to Farm Fresh Food

Senior Farmers Market Nutrition Program (SFMNP)



SFMNP serves Wisconsin seniors

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

SFMNP gets you farm fresh food

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

SFMNP makes eating local easy

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

Learn
more!



Find a
market
near you!



Email: dhswicfmnp@dhs.wisconsin.gov

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

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

This institution is an equal opportunity provider.

P-03598A (04/2025)

Division of Public Health

Wisconsin Department of Health Services



Take a **NOURISH** Step!



June Joy: Enjoy Your Favorites in the Right Portions

Did you Know?

Using a smaller plate naturally reduces portions by 20%.

Portion Size Versus Serving Size... what's the difference?

- **Portion size:** Portion size is the amount of food you choose to put on your plate and eat
- **Serving size:** is the amount of a specific food or drink that is suggested on a food label
- These are the **recommended serving sizes** of some common foods:
 - 1 slice of whole grain bread
 - 1/2 cup cooked pasta
 - 1 small piece of fruit
 - 1 wedge of melon
 - 1 cup non-fat or low-fat milk
 - 2 oz. cheese
 - 3 oz. lean meat, chicken, or fish (this is about the size of a deck of cards)
- Use serving sizes to be mindful of portion sizes at meals. Select a variety of foods to help keep you full and satisfied.



Strategies for including favorite foods

- Combine a favorite treat with fruits, vegetables, or protein to make the meal/snack more satisfying and balanced.
- Try new recipes that keep the flavor you love but reduce sugar, fat, or salt.
- Eat favorite foods with friends or family to make the experience more satisfying and help prevent overeating.
- Take one serving according to the food label and eat it off a plate
- Avoid eating in front of the TV or while you are busy with other activities
- Focus on what you are eating, chew your food well, enjoy the smell and taste of your favorite food.
- Freeze food you won't serve or eat right away. Freeze leftovers in single-sized servings so you have ready-made meals.

Importance of Hydration

Hydrating before meals helps with portion control.

***NOURISH stands for: Nutrient-Rich Foods, Omega-3s & Healthy Fats, Understand, Recipes, Increase Protein & Fiber, Sugar & Sodium Awareness, and Hydrate.**



For more information visit: gwaar.org/nourishstep
GWAAR Nutrition Team. UW Health Interns Trinity Manzke & Molly Ross 6/2026

Mini Dessert Swap - Lemony Fruit Cups

Ingredients

- ½ cup Greek or plain yogurt
- 1/4 tsp lemon zest (grated)
- 2 tsp fresh lemon juice
- 1 tbsp almonds (dry roasted, sliced, crushed)
- 1 kiwi(s) (peeled and cut into 4 slices)
- 4 medium strawberries (quartered)

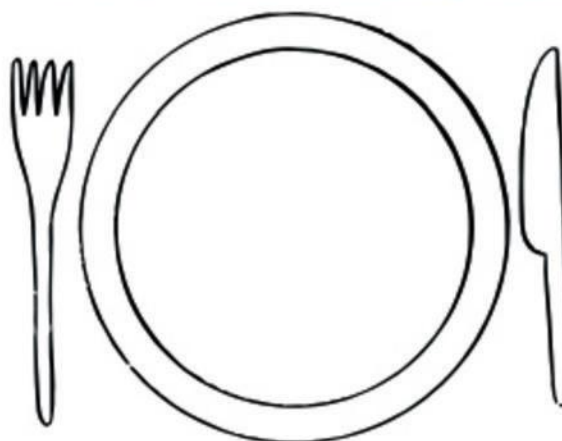
Directions

- In a small bowl, stir together the yogurt, lemon zest, and lemon juice. Spoon into two small custard cups or ramekins.
- Sprinkle the almonds over the yogurt mixture. Arrange the kiwifruit and strawberries on top. Serve immediately, or refrigerate until serving time.

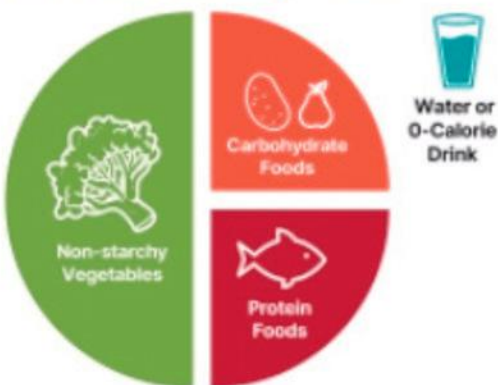
Recipe adapted from <https://diabetesfoodhub.org/recipes/bonus-recipe-lemony-fruit-cups>



“Portion Size Plate” Drawing Activity



The Diabetes My-Plate



<https://diabetesfoodhub.org/blog/create-your-plate-simplify-meal-planning-diabetes-plate>

Directions:

- Draw out what you normally eat for your favorite meal, include accurate portion size.
- Compare to suggested serving size/diabetes MyPlate.

Keep taking NOURISH Steps and learn more about portion sizes at:

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/portion-size-versus-serving-size>



If you want more pep, take a NOURISH Step!

For more information visit: gwaar.org/nourishstep

GWAAR Nutrition Team. UvW Health Interns Trinity Manzke & Molly Ross 6/2026





Door County's Meal Sites

All meals are served at Noon

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

	<h3>Baileys Harbor Fire Station</h3>
	<p><i>Temporary location during construction project!</i> 2404 Park Road, Baileys Harbor 920-746-2523 Serving Dine in: Wednesday & Friday</p>
	<h3>Liberty Grove Town Hall</h3>
	<p>11161 Old Stage Road, Sister Bay 920-746-2523 Serving Dine in: Tuesday & Thursday</p>
	<h3>Washington Island Community Center</h3>
	<p>910 Main Road, Washington Island 920-847-2522 Serving Dine in: Monday, Wednesday, Friday</p>
	<h3>Aging and Disability Resource Center of Door County</h3>
	<p>914 N. 14th Avenue, Sturgeon Bay 920-746-2372 Serving Dine in: Monday thru Friday Soup & Salad Bar: Monday, Wednesday, Friday @ 11:30am</p>

Home Delivered Meals and Frozen Meals are available at all locations. An Assessment is needed for both programs. Call 920-746-2523.

For Meals in Sturgeon Bay, call 920-746-2372. For Liberty Grove or Baileys Harbor call 920-746-2523.

JUNE MENU – WASHINGTON ISLAND

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

Monday	Wednesday	Friday
<p>1 Spaghetti with Meat Sauce Side Salad Garlic Bread Banana Cookie</p>	<p>3 Beef Stoganoff Egg Noodles Brussel Sprouts Fruit Roll Vanilla Pudding</p>	<p>5 Cod Sweet Potatoes Broccoli & Cauliflower Fruit Rye Bread Cheesecake</p>
<p>8 Grilled Chicken Sandwich with Lettuce, Tomato, Cheese Butternut Squash Fresh Fruit Rice Crispy Treat</p>	<p>10 Pork Chop Suey Brown Rice Stir Fry Vegetables Cantaloupe Bread Yogurt</p>	<p>12 Baked Chicken Mashed Potatoes & Gravy Broccoli Wheat Bread Fruit Birthday Cake</p>
<p>15 Chili Cornbread Casserole Fruit Salad Cheese Stick</p>	<p>17 Lasagna Asparagus Romaine Salad Garlic Bread Fresh Fruit</p>	<p>19 Pork Chop Scalloped Potatoes Steamed Carrots Applesauce Bread Ice Cream</p>
<p>22 Brat on a Bun Sauerkraut Potato Salad Baked Beans Fruit with Yogurt</p>	<p>24 Roast Pork Mashed Potatoes Steamed Carrots Wheat Roll Cherry Pie</p>	<p>26 Cold Tuna Casserole over Fresh Spinach Fresh Fruit Roll Oatmeal Cookie</p>
<p>29 Meatloaf Baked Potato Stewed Tomatoes Grape Salad Roll Cheese Stick</p>		

JUNE MENU – STURGEON BAY, LIBERTY GROVE, BAILEYS HARBOR

For meals in Sturgeon Bay, call (920) 746-2372. For Liberty Grove or Baileys Harbor call (920) 746-2523.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Chicken Meatballs Lemon rice Carrots & Peas Apricots Roll Red Velvet Cake</p>	<p>2 Chef Salad with Chicken, Tomatoes, Cheese, Egg Roll Fresh Fruit Strawberry Rhubarb Crisp</p>	<p>3 Pork Chop Sweet Potato Green Beans Roll Banana Orange Tapioca Salad</p>	<p>4 BBQ Pulled Chicken on a Bun 3 Bean Salad Kale Salad Watermelon Strawberry Shortcake</p>	<p>5 Cod Baby Reds Asparagus Rye Bread Apple Gingerbread Cookie</p>
<p>8 Sub Sandwich Baby Carrots with White Bean Dip Pineapple Ice Cream</p>	<p>9 Turkey Bacon Wrap Tomato Bisque Crackers Cheese Stick Mandarin Orange Lemon Torte</p>	<p>10 Beef Stew over Mashed Potatoes Mixed Veggies Roll Melon Cherry Almond Cake</p>	<p>11 Lasagna Strawberry Spinach Salad Garlic Bread Apricot Vanilla Pudding</p>	<p>12 Egg Bites Diced Potatoes Warm Spiced Peaches English Muffin Orange Juice</p>
<p>15 Brisket on a Hoagie Tater Tots Carrots Mixed Fruit Chocolate Chip Cookie</p>	<p>16 Polish Sausage with Sauerkraut on a Bun Green Beans German Potato Salad Banana German Chocolate Cake</p>	<p>17 Taco Salad with Lettuce, Tomatoes, Onion, Cheese, Refried Beans Tortilla Chips Orange Churro</p>	<p>18 Tuscan Chicken over Brown Rice Broccoli Roll Grapes Cappuccino Bars</p>	<p>19 Seafood Salad Sandwich Coleslaw Black Bean & Corn Quinoa Mixed Berries with Yogurt & Granola</p>
<p>22 Father's Day Party! BBQ Ribs Baked Beans Corn Bread Collard Greens Watermelon Black Bottom Cake</p>	<p>23 Hot Ham & Cheese on a Croissant Broccoli Salad Macaroni & Cheese Pineapple Cookie</p>	<p>24 Swedish Meatballs Mashed Potatoes Mixed Veggies Roll Plum Sweet Potato Brownie</p>	<p>25 Cheeseburger with Lettuce & Tomato on a Bun Potato Salad Corn Salad Blueberry Pie Bars</p>	<p>26 Lemon Chicken Wild Rice Asparagus Roll Apple Strawberry Pretzel Salad</p>
<p>29 Sloppy Joe Coleslaw Sweet Potato Fries Grapes Pecan Pie Bar</p>	<p>30 Orange Chicken Brown Rice Stir Fry Veggies Thai Cucumber Salad Mandarin Orange Fortune Cookie</p>			