

# July 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 14<sup>th</sup> 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](mailto:ADRC@co.door.wi.gov)**  
**[adrcdoorcounty.org](http://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](http://www.co.door.wi.gov) or [adrcdoorcounty.org](http://adrcdoorcounty.org). If you would like to have a newsletter sent to you via email, please contact us at [ADRC@co.door.wi.gov](mailto:ADRC@co.door.wi.gov) and you will be put on a list to receive one each month.

## Our Staff

**Joe Krebsbach**, HHS Director  
**Kevin Brennan**, HHS Deputy Director  
**Jennifer Fitzgerald**, ADRC Director  
**Nicki Scharrig**, ADRC Assistant Director  
**Dawn Thiry-Herlache**, Activities/Volunteer Coord.  
**Sierra Witczak**, Dementia Care Specialist  
**Mary Ann Salmon**, Disability Benefit Specialist  
**Jessica Flores**, Elderly Benefit Specialist  
**Melissa Walz**, ADRC Specialist  
**Cheri VanDenBogart**, ADRC Specialist  
**Heather Geiger**, ADRC Specialist  
**Sara Dennison**, Office Assistant  
**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**

## Teamwork: Working Together to Serve Our Community

At the ADRC, teamwork is at the heart of everything we do. While many people may connect with one staff member when they call or visit, it takes an entire team working together behind the scenes to ensure our consumers receive the support, information, and services they need.

Recently, our team experienced some transitions as we said goodbye to Wendy and Margaret following their retirements and welcomed new additions to our staff. While faces may change, our commitment to working together and providing excellent service to Door County residents remains the same. While we will miss their knowledge and dedication, we are excited to welcome new team members who will help us continue serving Door County residents. The ADRC is pleased to welcome Sara to our front desk team. Sara joined us on May 18th and is already becoming a familiar face to many of our visitors and callers.

You will also continue to see Barb from time to time. After many years of providing exceptional service at the front desk, Barb is transitioning to work more closely on our data entry and Nutrition Program. Her experience, compassion, and commitment to helping others remain an important part of the ADRC, and we are grateful to have her supporting this vital program.

Every day, our staff members bring different skills, knowledge, and experiences to the table. Whether it is helping someone understand their Medicare options, connecting a caregiver with resources, assisting an older adult in remaining independent at home, or coordinating services for individuals with disabilities, we rely on one another to provide the best possible support.

Teamwork means sharing ideas, solving problems together, and stepping in to help when challenges arise. It means recognizing that no single person has all the answers, but together we try to find solutions that make a meaningful difference in people's lives. Our Nutrition Program staff, Benefit Specialists, Dementia Care Specialists, ADRC Specialists, Adult Protective Services, Transportation program, and administrative staff all play an important role in serving Door County residents.

Just as important, teamwork extends beyond our office walls. We work closely with local organizations, healthcare providers, caregivers, volunteers, and community partners who share our commitment to helping people live with dignity, independence, and quality of life.

As we move through the busy summer months, we are reminded that great things happen when people work together. By supporting one another, welcoming new team members, and combining our strengths, we can continue making a positive impact in the lives of those we serve throughout Door County.

Jenny Fitzgerald-ADRC Director

# Caregiver Connections

You are not alone – join a community that cares

## Northern Door Chapter

### NEW FORMAT-

1<sup>st</sup> Thursday of the month

1:00-2:00pm

***Dementia Specific & Caregiver groups run simultaneously.***

DCMC-Sister Bay Rehab  
2345 Canterbury Lane, Sister Bay

## Southern Door Chapter

3<sup>rd</sup> Thursday of the month

1:00-2:30pm

Brussels Community Center  
1366 Junction Road, Brussels



## Sturgeon Bay Chapter

4<sup>th</sup> Monday of the month

1:00-2:30pm

***Dementia Specific & Caregiver groups run simultaneously.***

ADRC of Door County  
914 N. 14<sup>th</sup> Avenue, Sturgeon Bay

## Washington Island Chapter

1<sup>st</sup> 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

2<sup>nd</sup> Wednesday of the month

1:00-2:00pm

Sturgeon Bay Methodist Church  
836 Michigan Street, Sturgeon  
Bay

Call Carol 920-743-3476



## Grief Support

4<sup>th</sup> Wednesday of each month

1:00-2:30pm

ADRC of Door County  
914 N. 14<sup>th</sup> 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.

# NEW CAREGIVER SELF-CARE CLASS



**CARING FOR A LOVED ONE  
CAN BE REWARDING, BUT IT  
CAN ALSO BE STRESSFUL.**

The Stress-Busting Program for Family Caregivers is an evidence-based program designed to help caregivers care for their own well-being while supporting a loved one living with dementia

## **WHAT YOU'LL LEARN:**

- Stress management and relaxation techniques
- Education and problem-solving strategies
- Support for grief, loss, depression, and difficult behaviors
- Positive coping skills and wellness practices

## **PARTICIPANTS OFTEN REPORT:**

- Reduced stress, anxiety, and depression
- Improved quality of life and relaxation
- Increased confidence and self-esteem

**FREE TO ALL  
CAREGIVERS**



ADRC of Door County  
914 N. 14th Ave.  
Sturgeon Bay, WI 54235



Every Other Thursday  
Beginning July 9, 2026  
10:00am-11:30am



Call Nicki or Sierra to register: 920-746-2372



# 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 SARA!



Sara Dennison recently joined the Door County Aging and Disability Resource Center as Administrative Assistant 1.


She returned to Door County full-time about two years ago and is delighted to be back by the shores of Lake Michigan.

She comes from a diverse background in higher education and non-profits stewarding the arts, conservation, and community resources.

She is committed to helping welcome and support the wonderful community of folks who come to the ADRC.

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

**VELKOMMEN APARTMENTS**  
 1976/1978 TOWNLINE RD, WASHINGTON ISLAND, WI 54246  
 Traci Lawrenz • 262-483-7841  
 Call to request an application or email [tracicares@hotmail.com](mailto:tracicares@hotmail.com)



IMMEDIATE OPENINGS | LOW-RENT HOUSING FOR SENIORS OR • HANDICAPPED, DISABLED

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

[tracicares@hotmail.com](mailto:tracicares@hotmail.com)  
 Rent based on 30% of income, less medical. This Institution is an Equal Opportunity Provider and Employer.

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**920.804.3853**  
 1300 Egg Harbor Rd., Ste 125  
 Sturgeon Bay, WI 54235  
[hearinglife.com](http://hearinglife.com)  
 Mention code **AHQ-11** when calling  
 \*See office for details.

**Coming together to care for you**



**iCare**  
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 A Humana Company

**INCLUSA**  
 The National Inclusion Project

[icarehealthplan.org](http://icarehealthplan.org)      [inclusa.org](http://inclusa.org)  
 800-777-4376      877-376-6113



**CARE Patrol**<sup>TM</sup>  
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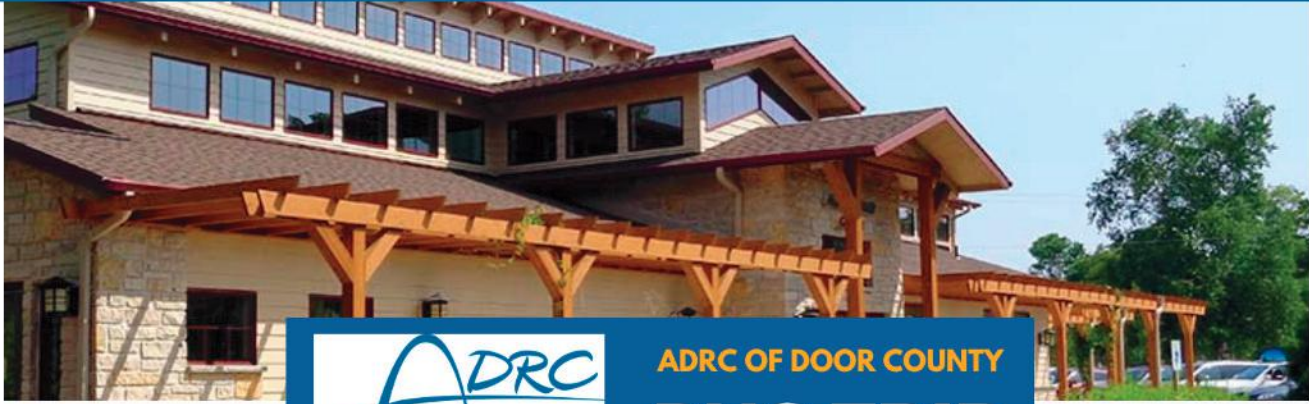
920-883-5081 | [greenbay.carepatrol.com](http://greenbay.carepatrol.com)



TRUST this team to guide you on your journey in finding the BEST senior living options. Assisted living, memory care, and home care. We will help you during this stressful time.

**We are a NO COST SERVICE!**  
**Call Today 920-883-5081**

# BUS TRIP



ADRC OF DOOR COUNTY

## BUS TRIP

WEDNESDAY, AUGUST 5, 2026

### The Ridges Sanctuary Bailey's Harbor, WI

Limited seating  
available!

8:00 AM - 1:45 PM

*(expected timeframe)*

8:00 AM - Check-in at the ADRC

8:15 AM - Depart from the ADRC  
Door County Connect Transit Services.

9:00 - 11:30 AM - Guided Hike along the  
Boardwalk & Explore the Cook-Albert Nature  
Center

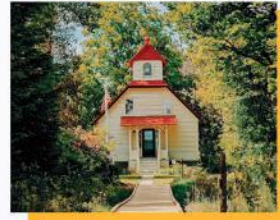


### The Cornerstone Pub Bailey's Harbor, WI

12:00 PM - Lunch at Cornerstone Pub

Classic and creative pub fare. Great sandwiches, salads, burgers  
and pizza. Vegetarian friendly. Proud to feature Door County vendors.

1:45 PM - Return to the ADRC



Note: Times & locations subject to change and may vary slightly



PAYMENT IS REQUIRED AT REGISTRATION

The deadline for registration is July 17th.



Cost: \$20 (includes guided hike fee and transportation).  
Please bring money for lunch.



Contact the ADRC at 920-746-2372.



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 14<sup>th</sup> Ave, Sturgeon Bay

#### **UPCOMING DATES:**

July 21 @ 1:00pm, August 26 @ 1:00pm, September 23 @ 1:00pm,  
October 12 @ 8:30am

(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 <sup>th</sup> Avenue, Sturgeon Bay  Liberty Grove Dining Site 2 <sup>nd</sup> Tues @ 12pm 11161 Old Stage Rd, Sister Bay  Baileys Harbor Dining Site 3 <sup>rd</sup> Wed @ 12pm 2392 County Road F	July Topic: Troubleshooting When Your Provider Refuses to Bill Medicare  If your provider refuses to bill Medicare, there may be several reasons. Learn what steps to take, including how to appeal, request reimbursement, or report potential fraud.  *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](http://www.doorcountyconnect.com)



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

Door to Door Rides, serves most of Door County. Services are based on taxi zones that have varying schedules and fares. In some areas, this service is available Mon-Sun.  
  
**Call (920) 746-6948** or **(888) 337-9485 (Toll Free)** to schedule.

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Long Term Care



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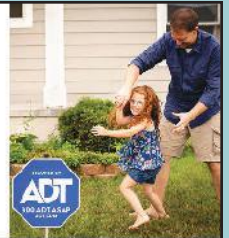
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Sturgeon Bay, WI 54235

[www.hannemann-gosser.com](http://www.hannemann-gosser.com)

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- Fire Safety
- Carbon Monoxide



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Provider

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# TECHNOLOGY WORKSHOPS



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

## TECH-KNOWLEDGE-Y WORKSHOPS

**INSTRUCTIONAL  
PRESENTATIONS**  
**GUEST SPEAKERS**  
**Q & A TEACH AND  
LEARN SESSIONS**

Monthly  
Every 1st Week  
11 am-12 pm

Monday-  
NWTC Sister Bay

Tuesday- ADRC  
Sturgeon Bay

Register for upcoming workshops:



For More Details or to  
register by phone, contact:

Holly Herzog

📞 920-746-2260

📧 holly.herzog@wisc.edu

🌐 <https://door.extension.wisc.edu>

# THE SOUND Journey

*Time 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, July 30<sup>th</sup>**  
**10:00am**



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

For more information, contact Sierra 920-746-7154

# CHAIR ZUMBA




Zumba Gold Chair is a low-to-medium intensity dance exercise class that's designed for older adults who need to use a chair for support, are wheelchair-bound or have mobility or balance issues.

**TUESDAYS & WEDNESDAYS**  
**(WEDNESDAYS STARTING JULY 15)**  
**9:30 - 10:15 am**

- Strengthen bones & muscles
- Improve balance & coordination
- Mood booster
- Boost cardiovascular health
- Increase bone density

**Cost: \$3 per class**

To register, contact Grace at [gec513@gmail.com](mailto:gec513@gmail.com)

Grace is a highly experienced and engaging fitness instructor, specializing in Senior Fitness classes.

ADRC OF DOOR COUNTY | 914 N. 14<sup>th</sup> Ave. Sturgeon Bay, WI

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## A PARTNER FOR LOCAL CARE

Lakeland Care is a local option for Family Care Program services. Contact your local Aging and Disability Resource Center (ADRC) for more information.




[www.lakelandcareinc.com](http://www.lakelandcareinc.com)



## Advertise Here!

Increase visibility in your community.



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



## We're Hiring Ad Sales Executives

- Paid Training
- Full-time with Benefits

Visit [www.lpicommunities.com/careers](http://www.lpicommunities.com/careers)

**Visit us today:**  
**[mychoicewi.org](http://mychoicewi.org)**  
**1-800-963-0035**

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

DHS Approved 4/22/2021

# CELEBRATING 250 YEARS!



# 4th July

## INDEPENDENCE DAY

### *Celebration*



Join us for a festive 4th of July celebration featuring live music, delicious food, and patriotic spirit!

**Thursday, July 2nd**

Live Music by "Imagine That"

**11:30 AM - 12:30 PM**



**ADRC of Door County**

Please RSVP by calling  
920-746-2372



Aging and Disability Resource Center  
of Door County

# WELCOME TO YOUR NEW ROLE, BARB!



Hi! For those of you that don't know me, I am Barb Snow.

I have been with Door County for 13 years, hitting every stage from volunteering to full time. I was working at the front desk at the ADRC. In April, I shifted positions to work as the Meals on Wheels Coordinator.

When I have free time I enjoy spending time with my family and grandkids, walking and fishing.

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

## Are High Energy Costs Putting the Squeeze on Your Limited Income?



**ENERGY SERVICES FOR DOOR COUNTY** may be able to help!

2 Simple ways to apply for a WHEAP Energy Assistance Grant!

**1**

**Call 800-506-5596**  
Locally 920-818-0456

A) For questions or to schedule an appointment at our service center or outreach sites.  
B) To complete a WHEAP application by phone with our helpful and experienced staff.

**OR**

**2**

You may now also apply online at **HEAT.HELP**

**101 N. 4th Ave, Ste. 102**  
**Sturgeon Bay, WI 54235**

\*This site is fully accessible.

For over 4 decades we have been responsible for providing government, utility supported and charitable energy assistance grants statewide to over 100,000 low income households annually.

Working closely with Door Co. HHS, other basic service providers and utilities-fuel vendors serving the area, we are committed to providing the highest level of assistance and services possible for those in need.



Our capable team is available to answer any questions you may have and assist you in applying for WHEAP or other resources that may be of help.

2026 **homeenergy+**

**NEW ENERGY ASSISTANCE GROSS INCOME GUIDELINES FOR THE PREVIOUS ONE MONTH**

NUMBER IN HOUSEHOLD	GROSS INCOME LIMIT (1 MON TH)
1	\$3,201.75
2	\$4,186.92
3	\$5,172.08
4	\$6,157.33
5	\$7,142.50
6	\$8,127.67
7	\$8,312.33
8	\$8,497.08

**homeenergy+**

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

## Advertise in Our Newsletter!

**Contact Michelle Crites**

[mcrites@4LPi.com](mailto:mcrites@4LPi.com)

(800) 950-9952 x2256



## Advertise Here!

Increase visibility in your community.



Monday	Tuesday	Wednesday
<p style="text-align: center;"><b>PLEASE NOTE:</b> 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.</p>		<p><b>1</b> 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</p>
<p><b>6</b> 9:00 Artists in Making 9:00 Praise Moves 10:00 Memoir Monday 10:00 DVD Fitness 11:00 Zumba Gold 12:30 Bridge 12:30 Poker 1:00 Samba</p>	<p><b>7</b> 8:30 Strong Bodies 9:00 Chess 9:00 Euchre 9:30 Chair Zumba 10:00 Spanish Conversation 11:00 Tech-Knowledge-y Workshops 12:30 Golf Card Game 1:00 Watercolor Painting 1:00 Sheephead</p>	<p><b>8</b> 9:00 Fall Prevention 9:00 Pinochle 10:00 DVD Fitness 10:00 Wisdom Workshop 10:30 Chair Yoga 12:30 Ballroom Dancing 12:30 Sheephead 12:30 Poker 1:00 Samba 1:00 Memory Cafe</p>
<p><b>13</b> 8:30 Foot Clinic 9:00 Artists in Making 9:00 Praise Moves 10:00 DVD Fitness 11:00 Zumba Gold 12:30 Bridge 12:30 Poker 12:30 Samba 1:00 Growing Connections</p>	<p><b>14</b> 8:30 Strong Bodies 9:00 Chess 9:00 Euchre 9:30 Chair Zumba 10:00 Spanish Conversation 11:30 Birch Creek Jazz Ambassadors 12:30 Golf Card Game 1:00 Watercolor Painting 1:00 Sheephead 1:00 Caregiver Compass 1:00 Fitness Room (personal trainer by appt.)</p>	<p><b>15</b> 9:00 Pinochle 9:30 Chair Zumba 10:00 DVD Fitness 10:30 Chair Yoga 10:30 Spark! 12:30 Ballroom Dancing 12:30 Sheephead 12:30 Poker 1:00 Samba 1:00 Medicare Minute 1:00 Dementia 101</p>
<p><b>20</b> 9:00 Artists in Making 9:00 Praise Moves 10:00 DVD Fitness 11:00 Zumba Gold 12:30 Bridge 12:30 Poker 12:30 Samba</p>	<p><b>21</b> 8:30 Strong Bodies 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 1:00 Caregiver Compass 1:00 Welcome to Medicare</p>	<p><b>22</b> 7:30 Bus Trip to Brewer's Game 9:00 Pinochle 10:00 DVD Fitness 10:30 Chair Yoga 12:30 Ballroom Dancing 12:30 Sheephead 12:30 Poker 1:00 Samba</p>
<p><b>27</b> 8:30 Foot Clinic 9:00 Praise Moves 9:00 Artists in Making 10:00 DVD Fitness 11:00 Zumba Gold 12:30 Bridge 12:30 Poker 12:30 Samba 1:00 Caregiver Support Group</p>	<p><b>28</b> 8:30 Strong Bodies 9:00 Cardmaking Class 9:00 Chess 9:00 Euchre 10:00 Spanish Conversation 12:30 Golf Card Game 1:00 Watercolor Painting 1:00 Sheephead 1:00 Caregiver Compass</p>	<p><b>29</b> 9:00 Pinochle 9:30 Chair Zumba 10:00 DVD Fitness 10:30 Chair Yoga 12:30 Ballroom Dancing 12:30 Sheephead 12:30 Poker 1:00 Samba 1:00 Grief Support Group</p>

Thursday

Friday

2

8:00 Somatics  
 8:30 Strong Bodies  
 9:00 Friendly Crafters  
 9:30 Chair Zumba  
 10:00 Healthy Habits, Healthy Future  
 10:00 Cribbage  
 11:30 Fourth of July Celebration & Music by "Imagine That"  
 12:00 Mah Jongg  
 12:30 Sheephead  
 1:00 Busy Fingers-Knitting Group  
 1:00 Woodcarving  
**1:30 ADRC Closed**

3

ADRC Closed



9

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

10

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

16

8:00 Somatics  
 8:30 Strong Bodies  
 9:00 Friendly Crafters  
 10:00 Bingo  
 10:00 Healthy Habits, Healthy Future  
 10:00 Cribbage  
 11:00 Blood Pressure Checks  
 11:45 Aging Happily Series  
 12:00 Mah Jongg  
 12:30 Sheephead  
 1:00 Busy Fingers Knitting Group  
 1:00 Life, Death & the Afterlife Group  
 1:00 Woodcarving

17

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

23

8:00 Somatics  
 8:30 Strong Bodies  
 9:00 Friendly Crafters  
 10:00 Caregiver Stress Busting  
 10:00 Healthy Habits, Healthy Future  
 10:00 Cribbage  
 11:30 Music by George (guitar)  
 12:00 Mah Jongg  
 12:30 Sheephead  
 1:00 Woodcarving

24

9:00 Cardio Drumming (Independent)  
 9:00 Poker  
 9:00 Chess  
 10:00 DVD Fitness  
 11:00 Zumba Gold

30

8:00 Somatics  
 8:30 Strong Bodies  
 9:00 Friendly Crafters  
 10:00 Power of Sound  
 10:00 Healthy Habits, Healthy Future  
 10:00 Cribbage  
 12:00 Mah Jongg  
 12:30 Sheephead  
 1:00 Woodcarving

31

9:00 Cardio Drumming (Independent)  
 9:00 Poker  
 9:00 Chess  
 10:00 DVD Fitness  
 11:00 Zumba Gold



# 4TH OF JULY SAFETY TIPS FOR SENIORS



1. Stay hydrated during outdoor events
2. Watch for uneven ground at firework shows
3. Wear hearing protection for loud displays
4. Keep pets indoors during fireworks
5. Bring a chair to avoid standing too long
6. Apply sunscreen before daytime celebrations



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## The Right Care RIGHT NOW

Emergency Care | Urgent Care | DirectCare

Whether you are visiting from out of town or a long-time patient, Door County Medical Center is dedicated to getting you the right care, when you need it the most.

Learn more at [dccarenow.com](http://dccarenow.com)

**EMERGENCY & URGENT CARE**  
323 South 18th Ave.  
Sturgeon Bay

**DIRECTCARE**  
911 Green Bay Rd.  
Sturgeon Bay

IN PARTNERSHIP WITH HOSPITAL SISTERS HEALTH SYSTEM

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

Supporting older adults experiencing depression, anxiety, or other mental health challenges often associated with aging.

**WE CAN HELP.**  
**(920) 746-3778**

**Senior Life Solutions®**

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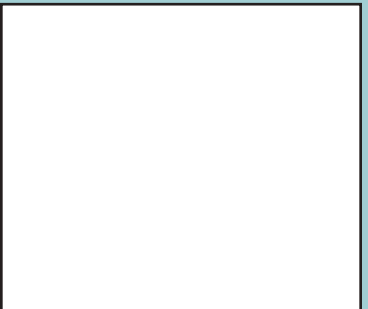
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*... the quality of life you deserve*

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No act of kindness is ever wasted





**Door County  
Medical Center**

IN PARTNERSHIP WITH HOSPITAL SISTERS HEALTH SYSTEM



**Senior Life  
Solutions®**

## WHEN ROLES REVERSE: BECOMING THE ONE WHO NEEDS HELP



For much of our lives, we take pride in being the ones others rely on. So when the time comes to accept help instead of giving it, the shift can feel deeply uncomfortable.

This transition is one many older adults face. Whether due to changes in health, mobility, memory, or energy levels, needing assistance can bring up a mix of emotions: frustration, sadness, fear, even a sense of loss. These feelings can be hard to manage, but they are common, and they are completely natural. Here are some ways to cope with this challenging transition:

**Redefine Independence:** Independence can include knowing when to accept help and making choices that support your well-being. Asking for assistance with certain tasks, whether it is transportation, managing medications, or household chores, can actually create more space for the things that matter most to you.

**Maintain Dignity Through Communication:** If you have family members or caregivers helping you, sharing your preferences can make a meaningful difference. Let them know what's important to you. This could be as simple as how you like things done around the house, when you prefer privacy, or how you want to stay involved in decisions.

**Allow Yourself to Receive:** Receiving help allows others to show care, to feel useful, and to connect with you in new ways. If you've spent years supporting others, this may be their opportunity to give back.

**Find Purpose in New Ways:** Your experiences, wisdom, and perspective still matter. You may find new ways to contribute, such as offering guidance, sharing stories, mentoring others, or simply being present for loved ones. Purpose can also come from personal growth.

**Take Care of Your Emotional Health:** Transitions like this can sometimes lead to feelings of isolation, anxiety, or depression. Staying connected is essential. Whether it is through friends, family, community groups, or structured programs, maintaining social interaction can provide comfort and support.

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 [slsteamedmedical.org](mailto:slsteamedmedical.org)**

# PRAISE MOVES CLASS

Exercise your body, mind and spirit!

PraiseMoves®



The Fountain

## 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**



# MEMOIR MONDAY

NO PREVIOUS WRITING EXPERIENCE REQUIRED!

Want to write down memories from your life but aren't sure where to start? Join us as we share prompts that will bring back memories that you can share with family!

WORK IS NOT CRITIQUED AND SHARING IS OPTIONAL.



## FIRST MONDAY

OF EVERY MONTH

10:00-11:00AM

CONTACT THE ADRC AT 920-746-2372 FOR MORE INFORMATION.



July's Writing Prompt:  
Write about the experience you or a relative has had with the military.



Write On, Door County

# BINGO GAMES

Games - Prizes - Fun

**Date:**  
Thursday, July 16th

**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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## ADT-Monitored Home Security

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- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets

833-287-3502

## NO NEW MEDICARE CARD

Don't fall for the Scam!



Have you been told you need a new Medicare card?

**STOP! It's a scam**



Here's the truth?

- Medicare is NOT issuing plastic cards
- You do NOT need to "update" your Medicare Card
- Medicare will NEVER call or text you asking for your Medicare number

Protect Yourself:

- Never give out your Medicare number to unexpected callers
- Hang up on anyone asking for personal information
- Report suspicious calls to Senior Medicare Patrol

Wisconsin Senior Medicare Patrol

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

## Sunflower Cottage

A SUNSHINE RESOURCES ENTITY



### STATE CERTIFIED ADULT DAY SERVICE

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

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

LEARN MORE



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



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, July 8th\*\***  
**10:00am-11:30am**

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



**SPARK!**  
 CREATIVE ENGAGEMENT PROGRAMS FOR PEOPLE WITH MEMORY LOSS AND THEIR CARE PARTNERS

**GHOST PORTS**

*Wednesday, July 15*  
**10:30AM-12:00PM**

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

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 [suitczak@co.door.wi.gov](mailto:suitczak@co.door.wi.gov) or call Sierra at 920-716-7154

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 Independent Health Agent

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

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Personalized in-home care for aging adults.

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[homeinstead.com/149](http://homeinstead.com/149)



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# MEMORY CARE



ADRC OF DOOR COUNTY  
914 N. 14TH AVE.  
STURGEON BAY, WI 54235

MEMORY CAFE SPONSORED BY  **Sunshine Resources**  
OF DOOR COUNTY

IF YOU'D LIKE TO OFFER YOUR TIME, PRESENT AN ACTIVITY, SHARE YOUR TALENTS, OR SPONSOR A MONTHLY EVENT, PLEASE CONTACT SIERRA WITCZAK AT 920-746-7154. TO BE ADDED TO THE EMAIL LIST ABOUT UPCOMING MEMORY CAFES, PLEASE REACH OUT TO SIERRA AT SWITCZAK@CO.DOOR.WI.GOV

# 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

**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.

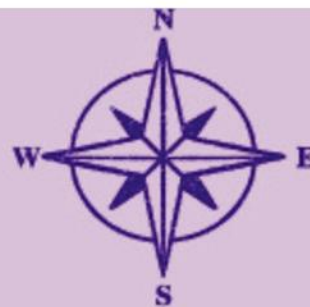
Call to register: 920-746-2372



Aging and Disability Resource Center

# 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 TO AGING JULY SOCIAL BINGO

**AGING COALITION**  
OF DOOR COUNTY

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

Enjoy a local Independence Day event or festival with someone	Teach someone how to play a game you enjoy	Ask someone about their day and really listen to what they say	Pick cherries or visit a local cherry orchard or market with someone	Enjoy a summer music event/concert with someone
Search out local street art with a friend	Explore a town, city, county or state park with someone	Send someone a birthday or special occasion card	Invite someone to meet for coffee, a drink or a treat	Smile and greet someone you don't know
Take a scenic drive with someone to a different part of the County	Sit back, rest and enjoy nature with a friend or relative	Make up your own social activity	Work on a crossword or other word puzzle with someone	Reminisce with someone about their favorite place
Discover a "new to you" shop or café with someone	Do a "random act of kindness"	Swap favorite summertime recipes with friends or family	Share a bouquet of summer flowers with someone	Select and read a book and discuss with someone
Help someone with a small project	Ask someone about music they enjoy then listen to a few songs	Enjoy a BBQ or picnic with someone	Laugh with someone	Take a walk with someone and pick up trash along the way

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

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

**[doortoaging.com](https://doortoaging.com)**

# 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](mailto: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](http://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!



July: Grill, Picnic, Enjoy—Count Your Carbs with Ease

## Did you Know?

Carbs come from more than bread and pasta—fruit, milk, and beans count too.

### What are carbs?

Carbohydrates (carbs) are important for providing our bodies with energy and are found in a variety of foods including breads, pastas, fruits, vegetables, milk, and beans.

### Why should I count carbs?

Carbs that we eat are broken down into sugars (glucose) in the body to be used by our cells for energy. After a meal, blood sugar levels increase, and insulin works to keep levels from going up too high. Because insulin does not work as well when we have diabetes, eating consistent amounts of carbs at meals (45-60 grams per meal) can help manage blood sugar levels.



### Simple versus Complex Carbs

Focusing on **complex carbs** such as whole grains, brown rice, beans, potatoes, and fruit and **limiting simple carbs** like juice, soda, cakes, and candy can help keep blood sugar levels stable throughout the day.

### Food Categories

- **At a meal, aim for 45-60 grams of carbs.**
- The following servings of foods contain **15 grams of carbs:**
  - 1 slice of bread/ 1 tortilla
  - 1 small apple, orange, or banana
  - ½ cup granola or cooked cereal
  - ½ cup pasta or rice
  - 10 oz. milk
  - ½ cup cooked beans/corn/green peas
  - ½ cup cooked/1 cup raw vegetables

### Label Reading

- Start by looking at the serving size, the nutrition information is based on this amount. Above the serving size, you'll see the "servings per container," which tells you how many servings are in the whole package.
- The total carbohydrate amount on a Nutrition Facts label includes sugar, starch, and fiber. When counting carbohydrates, check the total grams listed. There is also a breakdown of each type of carbohydrate below that number.

### Importance of Hydration

Water helps buffer carb absorption and lowers glucose spikes.

**\*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](http://gwaar.org/nourishstep)

GWAAR Nutrition Team. UW Health Interns Trinity Manzke & Molly Ross 7/2026

## MEALS ON WHEELS

# WE DELIVER

## HOT MEALS RIGHT TO YOUR DOOR!

Are you or a loved one 60+ and having difficulty preparing meals and homebound? Meals on Wheels delivers nutritious meals and a friendly check-in to seniors throughout Door County. No one should go hungry.

### What We Offer:

- Hot, nutritious meals
- Friendly wellness checks
- Serves adults 60+ from Southern Door to Washington Island.
- Available Monday-Friday. Frozen meals available upon request.
- There is a suggested contribution of \$6.00 per meal.

**Call Today:** (920) 746-2523 to see if you qualify.

914 N. 14th Ave, Sturgeon Bay, WI | [www.adrcdoorcounty.org](http://www.adrcdoorcounty.org)





# 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 &amp; Friday</p>	
	<h3>Liberty Grove Town Hall</h3>
<p>11161 Old Stage Road, Sister Bay          920-746-2523          Serving Dine in: Tuesday &amp; 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. 14<sup>th</sup> Avenue, Sturgeon Bay          920-746-2372          Serving Dine in: Monday thru Friday          Soup &amp; 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.

# JULY MENU – WASHINGTON ISLAND

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

Monday	Wednesday	Friday
	<p><b>1</b> Chicken Parmesan with Pasta Asparagus Garlic Bread Stick Fruit Parfait</p>	<p><b>3</b> Closed for the Holiday!</p>
<p><b>6</b> Cream of Broccoli Soup Egg Salad Sandwich Mandarin Oranges Cherry Pie Ala-Mode</p>	<p><b>8</b> Lasagna Steamed Corn Romaine Salad Garlic Bread Fresh Fruit</p>	<p><b>10</b> Cheeseburger with Lettuce, Tomato and Onion Potato Salad 3 Bean Salad Watermelon</p>
<p><b>13</b> Taco Salad with Corn Chips, Ground Beef, Tomato, Lettuce, Onion, Cheese, Sour Cream Fruit Ice Cream</p>	<p><b>15</b> Mushroom Swiss Burger Mixed Veggies Baked Beans Fruit Brownie</p>	<p><b>17</b> Baked Chicken Sweet Potato Wedges Mixed Veggies with Cheese Fresh Fruit Roll Rice Krispy Bar</p>
<p><b>20</b> Ham &amp; Cheese Sandwich Chicken Vegetable Soup Cole Slaw Fruit Salad</p>	<p><b>22</b> Beef Tips with Mushrooms Egg Noodles Peas Fruit &amp; Yogurt Parfait Cookie</p>	<p><b>24</b> Spaghetti with Meat Sauce Parmesan Cheese Romaine Salad Garlic Bread Stick Fresh Fruit</p>
<p><b>27</b> Baked Turkey Stuffing with Gravy Summer Squash Roll Fruit Salad Apple Pie</p>	<p><b>29</b> Stuffed Pepper Soup Chicken Salad Sandwich Fruit Three Bean Salad Cookie</p>	<p><b>31</b> Grilled Chicken Sandwich with Lettuce, Tomato and Cheese Butternut Squash Fresh Fruit Rice Crispy Treat</p>

# JULY 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
		<b>1</b> Tuna Noodle Casserole Peas Mixed Green Salad Roll Mandarin Oranges	<b>2</b> Cheeseburger on a Bun Stewed Tomatoes Tater Tots Apricots Ice Cream	<b>3</b>  Closed for the Holiday!
<b>6</b> Chicken Cordon Bleu Roasted Sweet Potatoes Country Veggie Blend Roll Berry Delight Fruit Salad	<b>7</b> BBQ Pulled Chicken on a Bun Baked Potato Cauliflower Coleslaw Cherry Pie Bar	<b>8</b> Greek Meatballs Greek Lemon Rice Green Beans Broccoli Kale Salad Apple	<b>9</b> Lasagna Mixed Green Salad with Tomatoes Mixed Vegetables Garlic Bread Apricot Cheesecake	<b>10</b> Baked Ham Baby Red Potatoes Baked Beans Roll Pineapple
<b>13</b> Beef Stroganoff over Egg Noodles Brussel Sprouts & Carrots Roll Pear	<b>14</b> Honey Garlic Chicken Brown Rice Roasted Butternut Squash Mixed Green Salad Applesauce Pineapple Upside Down Cake	<b>15</b> Chicken Salad Sandwich Split Pea & Ham Soup Cottage Cheese with Berries Brownie	<b>16</b> Taco Bake over Spanish Rice with Lettuce & Chips Corn Warm Spiced Peaches	<b>17</b> Breaded Salmon Succotash Buttered Beets Potato Salad Rye Bread Cookie
<b>20</b> Sweet & Savory Meatballs Baked Potato Corn & Zucchini Roll Strawberry Pretzel Salad	<b>21</b> Berry Spring Salad with Grilled Chicken Raspberry Vinaigrette Roll Cookie	<b>22</b> Orange Chicken Brown Rice Stir Fry Veggies Thai Cucumber Salad Mandarin Oranges Fortune Cookie	<b>23</b> Sloppy Joe on a Bun Sweet Potato Fries Ancho BBQ Beans Pea & Cheese Salad Rice Krispy Treat	<b>24</b> Pork Loin Butternut Mac & Cheese Blended Veggies Sunshine Fruit Salad
<b>27</b> Brat on a Bun German Potato Salad Green Peas Sliced Apples with Funfetti Dip	<b>28</b> Herb Roasted Chicken Mashed Potatoes with Gravy Carrots Creamy Grape & Apple Salad Roll Strawberry Cake	<b>29</b> Egg Salad Sandwich Stuffed Pepper Soup Southwest Bean Salad Banana Cherry Torte	<b>30</b> Creamy Turkey Casserole Green Beans Mixed Green Salad Cottage Cheese Blondie Bar	<b>31</b> Lemon Garlic Cod Baby Red Potatoes Country Veggie Blend Creamy Coleslaw Rye Bread Vanilla Pudding