

# ADRC Newsletter



December 2018

Information, Activities and Events Guide



Oconto, Shawano, Menominee Counties & The Stockbridge Munsee Tribe

## Contact Information & Office Hours

### Shawano County

607 East Elizabeth Street

Shawano, WI 54166

855-492-2372

Hours: Monday-Friday 8:00am-4:30pm

### Oconto County

229 Van Buren Street

Oconto Falls, WI 54154

855-492-2372

Hours: Monday-Friday 8:00am-4:30pm

### Stockbridge-Munsee Community

Stockbridge-Munsee Elderly Center

N8651 Maplewood Street

Bowler, WI 54416

855-492-2372

Hours: Monday-Friday 8:00am-4:30pm

### Menominee County

Menominee County Human Services

W3272 Wolf River Road

Keshena, WI 54135

855-492-2372

Hours: Monday & Wednesday 8:30am-11:30am

**Your Free Community Connection to Essential Supports & Services**

**Toll-free: 1-855-492-ADRC (2372)**

**<http://www.adrcwolfriver.org/>**

## Helpful Contacts

- Appleton Social Security – 1-877-694-5495
- Bay Lake Consortium – 1-888-794-5747
- Green Bay Social Security – 1-888-862-4811
- Marinette Social Security -1-888-329-5722
- Menominee County Resource Center- 715-799-5137
- Department of Veterans Affairs – 1-800-827-1000 (Benefits), 1-877-222-8387 (Medical)
- Wisconsin Job Center (Department of Vocational Rehabilitation) – 800-228-2637

### MISSION STATEMENT

*The Aging and Disability Resource Center of the Wolf River Region provides no-cost information and assistance to services that affect the elderly or people with disability. Our professional staff will help you and your family find the information and assistance you need for services in your area. Our services can be provided at one of our offices, on the phone, or in your own home.*

### **Hand-washing is an easy way to prevent infection. Understand when to wash your hands, how to properly use hand sanitizer and how to get your children into the habit.**

Frequent hand-washing is one of the best ways to avoid getting sick and spreading illness. Find out when and how to wash your hands properly.

#### **When to wash your hands**

As you touch people, surfaces and objects throughout the day, you accumulate germs on your hands. You can infect yourself with these germs by touching your eyes, nose or mouth, or spread them to others. Although it's impossible to keep your hands germ-free, washing your hands frequently can help limit the transfer of bacteria, viruses and other microbes.

Always wash your hands before:

Preparing food or eating

Treating wounds or caring for a sick person

Inserting or removing contact lenses

Always wash your hands after:

Preparing food

Using the toilet or changing a diaper

Touching an animal, animal feed or waste

Blowing your nose, coughing or sneezing

Treating wounds or caring for a sick person

Handling garbage

Also, wash your hands when they are visibly dirty.

#### **Skip the antibacterial soap**

Antibacterial soaps, such as those containing triclosan, are no more effective at killing germs than is regular soap. Using antibacterial soap might even lead to the development of bacteria that are resistant to the product's antimicrobial agents — making it harder to kill these germs in the future.

In 2016 the Food and Drug Administration issued a rule under which over-the-counter consumer antiseptic wash products containing the majority of the antibacterial active ingredients — including triclosan and triclocarban — can no longer be marketed to consumers. These products include liquid, foam and gel hand soaps, bar soaps, and body washes.

#### **How to wash your hands**

It's generally best to wash your hands with soap and water. Follow these steps:

Wet your hands with running water — either warm or cold.

Apply liquid, bar or powder soap to a cupped hand.

Lather well.

Rub your hands, palm to palm, vigorously for at least 20 seconds. Remember to scrub all surfaces, including the backs of your hands, wrists, between your fingers and under your fingernails.

Rinse well.

Dry your hands with a clean towel.

Use the towel to turn off the faucet.

#### **How to use an alcohol-based hand sanitizer**

Alcohol-based hand sanitizers, which don't require water, are an acceptable alternative when soap and water aren't available. If you use a hand sanitizer, make sure the product contains at least 60 percent alcohol. Follow these steps:

Apply enough of the product to the palm of your hand to wet your hands completely.

Rub your hands together, covering all surfaces, until your hands are dry.

#### **A simple way to stay healthy**

Hand-washing offers great rewards in terms of preventing illness. Adopting this habit can play a major role in protecting your health.

*By Mayo Clinic Staff*





Getting together with family and friends is a tradition around the holidays. But family gatherings can also lead to major worries over the well-being of an older or disabled family member and the person caring for him or her, especially for people who don't live nearby. When arriving home for the holidays, adult children are often startled to see how much mom's health has declined, and may be even more shocked to see dad struggling to take care of her at home. This makes the holidays a prime time for families to recognize the signs of caregiver stress and know where to find help for caregivers.



There are several signs that a family caregiver may be in trouble.

- Changes in demeanor or personality
  - Withdrawing from social activities that they used to enjoy doing
  - Denial about the health of the person they are caring for or the reality of the situation
  - Mood changes or signs of depression, anxiety, anger or irritability
  - Short-term memory problems, poor concentration, or unnecessarily repeat actions or chores
  - Increase in their own health problems as a result of caregiving
- Difficulty sleeping or feeling exhausted much of the time

Answering “yes” to any of these questions is a strong indicator of caregiver stress. It is also a sign that help is needed.

Sometimes caregivers don't seek help because they don't identify themselves as caregivers and even when they do, they may not be open to accepting help. Conversations with family and friends about the challenges of caring for someone can help a caregiver better relate to the role and be more receptive to assistance. Gaining support and understanding from family members is a great first step in getting a caregiver who is feeling stress to accept assistance.

Recognizing the symptoms of caregiver stress and starting the discussion are only the first part of the equation – finding help is the second and most crucial step in supporting struggling caregivers. Both the ADRC of the Wolf River Region and Shawano County Human Services – Aging Unit can provide comprehensive information and assistance for caregivers on services such as adult day care, home health and personal care, living options, respite care, support groups, financial and legal matters related to caregiving, home delivered meals, transportation and much more.

Holiday gatherings are a great time to offer encouragement, support and assistance to family caregivers. Help isn't always easy to find, but there are options available for caregivers. Call both the ADRC of the Wolf River Region at 1-855-492-2372 or Shawano County Human Services at 715-526-4700 for assistance.

*Jane Mahoney*

*Older American's Act Consultant*

*Greater Wisconsin Agency on Aging Resources*

## MEDICARE SAVINGS PROGRAMS

Wisconsin's Medicaid programs may be able to help pay for certain Medicare cost if you are eligible to enroll in a Medicare Savings Program. Medicare Savings Programs are for those who receive Medicare benefits and who have limited countable income and assets.

The programs may pay some or all of your out of pocket costs for Medicare Part A & B, depending on the program. You can apply online at [access.wi.gov](http://access.wi.gov), over the phone, by mail or stop in person to the Aging and Disability Resource Center of the Wolf River Region. The ADRC will also be able to answer questions you may have regarding these programs. Our phone number is 1-855-492-2372.

### **Qualified Medicare Beneficiary (QMB)**

If eligible, Medicaid pays Medicare Part A and B premiums, deductibles, and coinsurance. Along with qualifying for the full low income subsidy.

### **Specified Low-Income Medicare Beneficiary (SLMB)**

If eligible, Medicaid pays Medicare Part B premiums and receive the full low income subsidy.

### **Specified Low-Income Medicare Beneficiary Plus (SLMB+)**

If eligible, Medicaid pays Medicare Part B premiums and receive the full low income subsidy.

### **Qualified Disabled and Working Individual (QDWI)**

If eligible, Medicaid pays Medicare Part A premiums.

**Each program has its own eligibility requirements and income limits.**

**If you qualify, your social security payment will increase. You will receive a notice from the Social Security Administration informing you of the changes.**

*The ADRC cannot endorse or recommend any organization, product, or service.*

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## Keep Space Blank For Ads

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Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Italian Meatballs Noodles Corn, Pears Pudding	<b>4</b> Beef Stew Cheese & Crackers Tropical Fruit Choc.Cake w/Peanut Butter Frosting	<b>5</b> Chicken Salad on Croissant, Chips Carrots & Celery Dip, Fresh Fruit Lemon Bars	<b>6</b> Hamburger/Lettuce Tomato, Onion Pickle, Wedges Mandarin Oranges Cheesecake	<b>7</b> Fish Fry Potato Salad Pea & Cheese Salad Cinn. Applesauce Mint Brownies
<b>10</b> Salisbury Steak Potatoes/Gravy Carrots Plums Spice Cake	<b>11</b> Spaghetti Bake Garlic Bread Spinach Salad Pineapple Cookie	<b>12</b> Turkey Stuffing Green Bean Casserole Cranberries Pumpkin Bars	<b>13</b> Meatloaf Mashed Potatoes Gravy, Carrots Peaches Red/Green Jell-O Cake	<b>14</b> Chili Crackers Cheese Tropical Fruit Apple Crisp
<b>17</b> BBQ Chicken Sweet Potato Cheesy Broccoli Applesauce Fudge Nut Bar	<b>18</b> Roast Beef Mashed Potatoes Gravy, Corn Mixed Fruit Oreo Torte	<b>19</b> Swedish Meatballs Noodles Mixed Veggies Tropical Fruit Cookie	<b>20</b> Tomato Soup Sandwich Crackers Mandarin Oranges Pudding	<b>21</b> Smoked Sausage Red Potatoes Sauerkraut Pineapple Chocolate Cake
<b>24</b> <b>CLOSED FOR CHRISTMAS EVE</b>	<b>25</b> <b>CLOSED FOR CHRISTMAS DAY</b>	<b>26</b> Country Fried Steak Whipped Potatoes Carrots Applesauce Jell-0	<b>27</b> Chef Salad w/Ham Chicken, Cheese Egg, Croutons Fresh Fruit Apple Crisp	<b>28</b> Tuna Casserole Peas Mixed Fruit Cheesecake
<b>31</b> <b>CLOSED FOR NEW YEARS EVE</b>				

**Human Services:** Shawano County Human Services-715-526-4700

**Public Health:** Shawano/Menominee County Public Health Department – 715-526-4808


**Disability Benefit Specialist:** Shawano County –855-492-2372

**Energy Assistance:** Shawano County Department of Human Services-715-526-4700

**Forward Service Office:** Forward Service Corp Shawano County – 715-524-2511

**Veterans Office:** Shawano County Veterans Service Officer – 715-526-9183

**Home Delivered Meals:** Shawano County Elderly Nutrition Program – 715-526-4700

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Salisbury Steak Mashed Tots Gravy, Veggie Fruit, Dessert	<b>4</b> Chicken Noodle Casserole, Broccoli Bread Sticks Fruit, Dessert	<b>5</b> Pork Roast Mashed Tots Gravy, Veggie Fruit, Dessert	<b>6</b> Bean Soup Ground Ham Sandwich Crackers, Pie	<b>7</b> Egg Bake Pancakes/Syrup Fruit Apple Turnover
<b>10</b> Meatballs /Mashed Tots, Veggies Fruit Dessert	<b>11</b> Polish Sausage Kraut, Parsley Potatoes, Baked Beans, Ice Cream Sandwich	<b>12</b> Chili Crackers Chicken Salad on Croissant Pie	<b>13</b> Chicken Chop Suey Over Rice Oriental Veggies Oriental Noodles Fruited Jell-0	<b>14</b> Baked Cod Baked Beans Baked Potato / the Works Rye Bread, Dessert
<b>17</b> Chicken Dumpling Soup Sandwich Coconut Cream Pie	<b>18</b> Beef Tips, Gravy over Noodles Peas & Carrots Dinner Roll Fruit, Dessert	<b>19</b> Cornish Hens Mashed Tots Stuffing, Gravy Gr. Bean Casserole Cheese Cake	<b>20</b> Ham Scalloped Tots Baked Beans Fruit	<b>21</b> Pork Cutlet Mashed Tots Gravy, Cream Corn, Pumpkin Bars
<b>24</b> <b>CENTER CLOSED CHRISTMAS EVE</b>	<b>25</b> <b>CENTER CLOSED CHRISTMAS DAY</b>	<b>26</b> Meat Lasagna Veggie Mix Bread Stick Fruit, Dessert	<b>27</b> <b>COOKS CHOICE</b>	<b>28</b> <b>COOKS CHOICE</b>
<b>31</b> <b>COOKS CHOICE</b>				

**Human Services:** Oconto County Health & Human Services-920-834-7000

**Public Health:** Oconto County Public Health Department – 920-834-7000

**Disability Benefit Specialist:** Oconto County –855-492-2372

**Energy Assistance:** Oconto County Economic Support Division – 920-834-7055

**Forward Service Office:** Forward Service Corp Oconto County - 920-834-4621

**Veterans Office:** Oconto County Veterans Service Officer – 920-834-6817

**Home Delivered Meals:** Oconto County Commission on Aging – 920-834-7707



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Tator Tot Hot Dish Whole Grain Bread Orange	<b>4</b> Chicken Wild ice Soup Biscuits Apple	<b>5</b> Vegetable Soup Roast Beef Sandwich Mixed Fruit	<b>6</b> Open Faced Hot Turkey Sandwich Mixed Veggies Apricots	<b>7</b> Chili Cornbread Crackers Fruit
<b>10</b> Beef Stew Biscuit Kiwi	<b>11</b> Baked Ham Season Rice Carrots Wheat Bread Applesauce	<b>12</b> Chicken Rice Soup Wheat Bread Pudding Orange	<b>13</b> Sloppy Joe Sweet Potatoes Broccoli Fruit	<b>14</b> Lemon Pepper Chicken Brown Rice Green Beans Fruit
<b>17</b> Beef Pot Roast Ranch Potatoes Veggie Blend Dinner Roll Banana	<b>18</b> Spaghetti w/Meat Sauce Garlic Toast Side Salad Applesauce	<b>19</b> Pork Roast Mashed Potatoes Carrots Wheat Bread Fresh Fruit	<b>20</b> Baked Fish Potato Wedges Cole Slaw Rye Bread Fruit	<b>21</b> <b>CENTER CLOSED</b>
<b>24</b> <b>CENTER CLOSED CHRISTMAS EVE</b>	<b>25</b> <b>CENTER CLOSED CHRISTMAS DAY</b>	<b>26</b> BBQ Chicken Sandwich Corn on the Cob Pineapple	<b>27</b> Beef Noodle Soup Crackers Side Salad Fresh Fruit	<b>28</b> Hamburger Gravy Mashed Potatoes Green Beans Strawberries
<b>31</b> <b>CENTER CLOSED NEW YEARS EVE</b>				

**Human Services:** Menominee Human Services-715-799-3861

**Public Health:** Shawano/Menominee County Public Health Department – 715-526-4808

**Disability Benefit Specialist:** Menominee County –855-492-2372

**Questions in regards to Benefits:** Menominee County Resource Center- 715-799-5137

**Energy Assistance:** Menominee County Human Services Department- 715-799-3861

**Forward Service Office:** Forward Service Corp Menominee County - 715-799-5374

**Veterans Office:** Menominee County Veterans Service Officer – 715-799-3729

**Home Delivered Meals:** Menominee Tribal Aging Division – 715-799-5240

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Tuna Noodle Casserole Green Beans Dinner Roll Jell-0	<b>4</b> Spaghetti / Meat Sauce Lettuce Salad Wax Beans Garlic Bread Italian Cake	<b>5</b> Bean Soup Ham Sandwich Lettuce & Tomato Strawberry Brownie	<b>6</b> Baked Chicken Parslied Potatoes Mixed Veggies Whole Wheat Bread Sherbet	<b>7</b> Sausage Gravy Biscuits American Fries Fresh Fruit
<b>10</b> Polish Sausage Sauerkraut Corn, Tater Tots Yogurt Parfait	<b>11</b> Hamburger Baked Beans French Fries Carrot Cake	<b>12</b> Chili Hot Dog Salad Bar Mandarin Orange Jell-0	<b>13</b> Beef Tips Mashed Potatoes Carrots Butter Beans Ice Cream	<b>14</b> Broccoli Quiche Cottage Cheese With Tomato Hash Browns Fresh Fruit
<b>17</b> Beef Noodle Casserole, Peas Coleslaw Whole Wheat Bread Strawberry Cheesecake	<b>18</b> Fish Baked Potato Coleslaw Rye Bread Yogurt & Berries	<b>19</b> Vegetable Soup Beef & Cheese Sandwich Oatmeal Cookies	<b>20</b> Pork Roast Mashed Potatoes Carrots Butter Beans Apple Pie	<b>21</b> Pancakes Bacon Scrambled Eggs Fresh Fruit
<b>24</b> CENTER CLOSED CHRISTMAS EVE	<b>25</b> CENTER CLOSED CHRISTMAS DAY	<b>26</b> Chicken Soup Salad Bar Bread Stick Pudding	<b>27</b> Meatloaf Mashed Potatoes Green Beans Wheat Bread Cake & Ice Cream	<b>28</b> Breakfast Wrap Hash Browns Fresh Fruit
<b>31</b> CENTER CLOSED NEW YEARS EVE				

**Human Services:** Stockbridge-Munsee Elderly Services- 715-793-4236

**Public Health:** Stockbridge-Munsee Community Health Department – 715-793-5022

**Disability Benefit Specialist:** Stockbridge-Munsee –855-492-2372

**Energy Assistance:** Stockbridge-Munsee Community-715-793-4862

**Veterans Office:** Stockbridge-Munsee Community Veterans Service Officer – 715-793-4036

**Home Delivered Meals:** Stockbridge-Munsee Elderly Services – 715-793-4236

## HOLIDAY FALL PREVENTION-KEEP THESE TIPS IN MIND

**HURRYING!** There's a fine line between the fun of "hustling 'n' bustling" and hurrying to the point of being UNSafe. Take the time to focus on what you're doing and where your feet are. Keep your balance.

With so much to do, it's easy to let households become cluttered. Keep walking paths and stairs clear.

Many of us struggle to get enough sleep, which can make us feel fuzzy and out of sorts. This can lead to falls.

Opportunities abound for more cocktails than we're used to having. Stay alert to how you feel under the influence. If someone tells you you've had enough, you've probably been in danger of falling quite a while already.

Don't carry more packages than you can safely handle. If packages obscure your view, make more trips, or ask for help. If both hands are so full that you can't hold a railing on steps, ask for help, or take an elevator if available.

Whether or not you own a pet, you could spend some time around other peoples' pets that may not be well-trained. They may run into you, jump on you, or trip you up by being underfoot.

When decorating for the holidays, use every safety precaution you can. If you must use a stepstool, make sure it has a wide, sturdy base, steps wide enough to put your whole foot on, and a handle to hold onto. If you get dizzy looking up, stay off stepstools.

When family members or friends ask what you could use for gifts, keep safety items in mind, such as night lights, grab bars, an ice tip for your cane, or traction devices for footwear. Or, ask for the gift of time, to install a grab bar or stair railing, or help clear up clutter.

Enjoy Happy and Safe Holidays!

*Carol Jean Luebeck R.N., B.S.N. [Quality Living By Choice](#) 920-373-1441*

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## TURKEY & VEGGIE ALFREDO POT PIE

1-Bag (12 oz.) frozen broccoli, carrots, cauliflower & cheese sauce  
1-Tablespoon butter  
1/2 cup chopped onion  
1/2 cup chopped red bell pepper  
1-Jar (15oz) Alfredo sauce



2-cups cubed turkey (or Chicken)  
3-Tablespoons chopped fresh basil leaves  
1/4- Teaspoon black pepper  
2-Cans (6oz.) Pillsbury Flaky refrigerated biscuits  
2-Tablespoons Parmesan cheese

Heat oven to 375 F. Spray 8 inch pan or 2-quart glass baking dish with cooking spray. Cook frozen veggies as directed for minimum time. Meanwhile in non stick skillet, melt 1 tablespoon butter and cook onion and bell pepper till tender ( about 5 Minutes). Stir in Alfredo sauce, turkey, cooked veggies with sauce, basil and black pepper. Cook until mixture is thoroughly heated and bubbly, stirring constantly. Spoon into baking dish.

Separate biscuits, cut each in half. Arrange around edge of baking dish, overlapping slightly. Sprinkle on Parmesan cheese. Bake 18-20 min. till golden brown.

### *Dementia Friendly Communities Survey*

**Do you have dementia or do you know someone with dementia?**

Yes (Age: \_\_\_\_\_)

No

**Does the dementia person live at home?**

Yes

No

**Are you aware of any Dementia Friendly efforts?**

Yes (Please List: \_\_\_\_\_)

No

**What would you like to see in your community to help those with dementia and their caregivers?**

Memory Café

Business Dementia Education

Caregiver Support Group

Other: (Please specify) \_\_\_\_\_

**Any comments?**

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**You may drop off the survey at your local Aging and Disability Resource Center, locations are listed on page 2 of the newsletter.**

# Holiday Tunes

- Away in a Manger
- Choir of the Bells
- Dominick the Donkey
- Frosty the Snowman
- Holly Jolly Christmas
- Jingle Bell Rock
- Jingle Bells
- Let it Snow
- Little Drummer Boy
- Little St Nick
- O Holy Night
- Rudolph
- Santa Baby
- Silent Nigh
- Silver Bells
- The Christmas Song
- The First Noel
- Winter Wonderland

Chicken Scratch NY



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

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## ALZHEIMER'S TIPS TO MAKE THE HOLIDAYS BETTER

**Holidays can be bittersweet for families affected by Alzheimer's. Try these simple tips to make the holidays easier on everyone.**



The holiday season can cause mixed feelings for those who have a loved one living with Alzheimer's. It's common to experience a sense of loss for the way things used to be and to feel guilt about what we think we should do or how we think we should feel.

At a time when you believe you should be happy, you could instead find that stress, disappointment and sadness prevail. You might also feel pressure to keep up family traditions, despite the demands caregiving places on your time and energy.

As a caregiver, it isn't realistic to expect that you will have the time or the energy to participate in all of the holiday activities as you once did. Yet, by adjusting your expectations and modifying some traditions, you can still find meaning and joy for you and your family. Here are some ideas.

### **Keep it simple at home**

If you're caring for a loved one who has Alzheimer's at home:

**Make preparations together.** If you bake, your loved one might be able to participate by stirring batter or rolling dough. You might find it meaningful to open holiday cards together. Concentrate on the doing rather than the result.

**Tone down your decorations.** Blinking lights and large decorative displays can cause disorientation. Avoid lighted candles and other safety hazards, as well as decorations that could be mistaken for edible treats — such as artificial fruits.

**Host quiet, slow-paced gatherings.** Holiday gatherings often involve music and loud conversation. Yet for a person who has Alzheimer's, a calm and quiet environment usually is best. Keep daily routines in place as much as possible and, as needed, provide your loved one a place to rest during family get-togethers.

### **Be practical away from home**

If your loved one lives in a nursing home or other facility:

**Celebrate in the most familiar setting.** For many people who have Alzheimer's, a change of environment — even a visit home — can cause anxiety. To avoid disruption, consider holding a small family celebration at the facility. You might also participate in holiday activities planned for the residents.

**Minimize visitor traffic.** Arrange for a few family members to drop in on different days. Even if your loved one isn't sure who's who, two or three familiar faces are likely to be welcome. A large group, however, might be overwhelming.

**Schedule visits at your loved one's best time of day.** Schedule your small gathering during that time.

### **Manage expectations**

To manage expectations during the holidays:

**Pick and choose.** Decide which holiday activities and traditions are most important, and focus on those you enjoy. Remember that you can't do it all.

**Prepare family members.** If you have family coming in from out of town, update them on your loved one's status ahead of time so they know what to expect.

**Delegate.** Remember family and friends who've offered their assistance. Let them help with cleaning, addressing cards and shopping for gifts. Ask if one of your children or a close friend could stay with your loved one while you go to a holiday party.

### **Trust your instincts**

As a caregiver, you know your loved one's abilities best. You also know what's most likely to agitate or upset him or her. Resist pressure to celebrate the way others might expect you to. You can't control the progress of Alzheimer's or protect your loved one from all distress — but by planning and setting firm boundaries you can avoid needless holiday stress and enjoy the warmth of the season.

*By Mayo Clinic Staff*

**MENOMINEE****2018 Elders Christmas Party**

Friday December 14, 2018, 12noon to 4:30 pm at the Menominee Casino Convention Center. Register by calling 715-799-5240.

**New Years Eve Sobriety POW WOW**

Monday December 31, 2018 at the Menominee Indian High School, doors open at 3:00 pm with meal at 5:00 pm.

**Workshop Series: Climate Resilience**

Workshops will be held the first Wednesday of the month, November thru April, 5:00pm to 7:00pm. For more information on location call Julia at 715-799-6226 ext. 3268.

**Community Resource Center in Keshena**

The Community Resource Center offers many different classes that are free and open to the public. Some classes they offer are budgeting, open computer lab for job related activities and much more. Contact them at 715-799-5137.

**SHAWANO COUNTY****The F.R.E.S.H. Project Winter Market**

First Saturday of December, January, February & March at the First Presbyterian Church (100 Presbyterian Street, Shawano) from 8:00 am till noon. Can call 715-526-5206 for more information.

**Community Dinner**

Fourth Tuesday of each month at the First Presbyterian Church in Shawano. Meal starts at 5:30. To register call 715-851-6245.

**Mug Club for Caregivers**

Meet the first Tuesday of the month from 5 to 7 pm at the Fellman Center. For more information please call the Shawano County Department of Human Services at 715-526-4686.

**Memory Café**

Meet the first Tuesday of the month at the Shawano County Library from 1:30 to 3:00pm. For information call Heidi at 715-526-4686.

**OCONTO COUNTY****Oconto County Memory Café**

Will meet every fourth Tuesday at 10:00am –11:30am at the Oconto Falls Library. For more information call Brittany at 920-834-7000 or the Oconto Falls Library at 920-846-2673.

**Connecting Club of Oconto County**

First Wednesday of each month at 1:30 pm

A support group for all caregivers who are looking for an outlet to express concerns and needs to others who are in similar situations. Contact the Caring Tree Adult Day Center at 920-848-6368 for more information.

**Kingdom Come Resale Shop**

Located at 520 Locust St. Oconto Falls is open on Tuesdays 10am to 4 pm. Open to anyone with all proceeds going to support the food pantry.



**From the ADRC**

**STOCKBRIDGE—MUNSEE COMMUNITY****Annual Jingle Bell Walk**

Will be held at the Mohican Family Center on December 6, 2018, registration is 4:45 to 5:15 and walking can begin at 4:45. Must walk 30 minutes to be eligible for prizes. Meal to follow.

**Annual Cookie Walk**

Homemade cookies sold by the pound at Grace Bible Church, 401 W. Main St. Bowler on December 15, 2018 9am –12pm.



**Aging and Disability  
Resource Center of the  
Wolf River Region**

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## **Address Service Requested**

**Aging & Disability Resource Center of the Wolf River Region**

## **How Can ADRC Assist You and Your Loved Ones?**

- Long-Term Care Options
- Family Care Programs
- IRIS Programs
- Nursing Home Relocation
- Dementia/Alzheimer's Support
- Disability Benefits
- Making Phone calls
- Caregiver Support
- Meal Sites
- Youth Transitioning
- Transportation
- Tribal Options
- Resources & Support in  
Your Community

**For assistance, call us Toll-Free at 1-855-492-2372**

**Would you like to receive our Newsletter each month?**

Contact 1-855-492-2372 to get on our mailing list TODAY!  
Or stop by any of our locations to pick-up a copy!