



Aging & Disability Resource Center

of Sheboygan County

Sheboygan County Social Isolation Guide

Caregiver Resources:

You are a caregiver if you….

• Help a loved one with medications

• Go grocery shopping for or with someone

• Are the primary caregiver for a person in a facility

• Check on a loved one’s dietary needs

• Care for someone long distance

• Help with cleaning, laundry, or other home chores

• Provide care for a family member in their home or yours

• Take a loved one to doctor visits & help interpret a doctor’s directions

Caregiver Friends Support Group ~ A general support group for family caregivers

Co-facilitated by:

Aging & Disability Resource Center (ADRC) of Sheboygan County &UW– Madison Extension Sheboygan County / Human Development and Relationships

2nd Tuesday of each Month (No Dec. meeting)

1:30 p.m. – 3p.m. Phone-in

Contact: Lisa Hurley, Caregiver Coordinator

ADRC of Sheboygan County

Phone: # (920) 467-4079 / Lisa.Hurley.SheboyganCounty.com

Powerful Tools for Caregiver ~ Evidence-based 6-week workshop. Participants will learn to reduce stress, improve self-confidence, better communicate feelings, increase ability to make tough decisions and locate helpful resources.

FRIDAYS: Oct. 2, 9, 16, 23, 30 & Nov. 6, 2020 from 10:00 a.m. – 11:30 a.m.

Online ~ Caregivers will need to have access to a laptop computer or tablet and have internet access.

Contact: Lisa Hurley, Caregiver Coordinator

ADRC of Sheboygan County

Phone: # (920) 467-4079 / Lisa.Hurley.SheboyganCounty.com

Caregivers Connect ~ Educational program to learn practical tips on a variety of topics to assist caregivers to better meet the physical, emotional and financial challenges of caregiving.

Let's Protect Ourselves from Scams

Thursday, October 15, 2020 at 6 p.m.

Presenter: Christine Freund, Certified Social Worker, Adult Protective Services Specialist, Aging & Disability Resource Center (ADRC) of Sheboygan County

Everyone wants your money! What do you have to do to protect yourself? Learn about various scams and schemes that are used to try to get your money, including telemarketing and mail. Learn simple habits/precautions to protect yourself. Virtual: Phone-in, Computer or tablet

Contact: Lisa Hurley, Caregiver Coordinator

ADRC of Sheboygan County

Phone: # (920) 467-4079 / Lisa.Hurley.SheboyganCounty.com

TRUALTA Caregiver Program~An online portal that helps caregivers develop skills and find local resources, all from the comfort and safety of home. It is easy to use on a computer, laptop or tablet and is available at no cost to Wisconsin caregivers thanks to the National Family Caregiver Support Program.

Contact: Lisa Hurley, Caregiver Coordinator, ADRC of Sheboygan County

Phone: # (920) 467-4079 /

Lisa.Hurley.SheboyganCounty.com

Caregiver Action Network (CAN) ~ The nation’s leading family caregiver organization working to improve the quality of life for the more than 90 million Americans who care for loved ones with chronic conditions, disabilities, disease, or the frailties of old age. CAN serves a broad spectrum of family caregivers ranging from the parents of children with significant health needs, to the families and friends of wounded soldiers; from a young couple dealing with a diagnosis of MS, to adult children caring for parents with Alzheimer’s disease. CAN (the National Family Caregivers Association) is a non-profit organization providing education, peer support, and resources to family caregivers across the country free of charge.

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

Contact our Care Support Team, staffed by caregiving experts, to help you find the right information you need to help you navigate your complex caregiving challenges.

Caregiving experts are available 7:00 AM – 6:00 PM CST.

Caregiver Help Desk Phone: # 855-227-3640

Alzheimer’s Disease & Dementia Resources:

Alzheimer’s Association Helpline: 24/7 Helpline is staffed by trained professionals who provide confidential support/information to people living with the disease, caregivers, families, and the public. Phone: # 800-272-3900

The Alzheimer’s Association-The Alzheimer’s Association is still here for you! The Alzheimer’s Association is following guidance from local public health agencies related to the COVID-19 outbreak. As a precaution, our staff and volunteers are working remotely. Despite this change, we want to reassure you that we are still working to support you and your loved ones.

The Alzheimer’s Association will continually reevaluate COVID-19 measures and resume in-person engagements as soon as we are able, based on public health guidelines. Until that time, please utilize our resources and know that the Alzheimer’s Association is available to you 24/7 for around-the-clock care and support. Ph.# 800.272.3900 <https://www.alz.org/wi>

Aside from in-person meetings, virtually all Alzheimer’s Association programs and services are available to all Wisconsin families. Meetings, events and participation, both in internal/external activities, will be conducted online or by phone whenever possible.

For details on meetings and events please check <https://www.alz.org/wi>.

Alzheimer’s Association links to available programs and services—all free resources:

Classes and training <https://training.alz.org/>

Online tools <https://www.alz.org/help-support/resources/online-tools>

Caregivers’ forum and message board <https://www.alzconnected.org/>

Roadmap for approaching Alzheimer’s <https://www.alzheimersnavigator.org/>

Virtual Support Groups <https://www.communityresourcefinder.org/>

Virtual Education Programs <https://www.communityresourcefinder.org/>

The Gathering Place & Memory Matters~ A social model day service dedicated exclusively to early-mid memory loss. This program offers a life-enriching program with activities designed around the six elements of wellness (physical, cognitive, social, emotional, spiritual and community) for individuals living with memory loss.

We give you the peace of mind that your loved one will be well cared for while you catch up on chores, run errands, or just take some quiet time for yourself. Currently open four days a week, Mon./Tues./Wed./ Thur. 9:30am-3:30pm, (lunch provided).

Contact: Leah Zehel  [tgp@stpaulfalls.com](mailto:tgp@stpaulfalls.com) / [www.memorymattersmost.com](http://www.memorymattersmost.com)

Phone: # 920-627-6847

SPARK!  ~ 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 by providing stimulating conversations, peer support, and creativity through museum experiences, workshops and programs. SPARK! programs are FREE for families to attend together in a comfortable environment led by specially trained staff and volunteers.

(In light of the pandemic, the John Michael Kohler Arts Center is looking at ways to engage with our SPARK! participants virtually.)

Contact: Claire Carlson, Audience-Centered Program Coordinator, John Michael Kohler Arts Center

Phone: # 262-930-5147 / [CCarlson@jmkac.org](mailto:CCarlson@jmkac.org) / [www.jmkac.org/learn/spark](http://www.jmkac.org/learn/spark)

Recreation:

Wisconsin Department of Natural Resource (DNR):

Call Center staff are available 7 Days a Week from 7 am-10pm. Call Center can provide information about all the State of WI outdoor recreation options, State Park volunteer opportunities, hunting/fishing opportunities and destinations throughout the entire State of Wisconsin Contact a Customer Service Representative for general questions. In light of COVID-19, the Wisconsin DNR has temporarily suspended counter services at all DNR service centers. Call for information and assistance or access information at the DNR website   
Call Toll Free—Phone: # 1-888-WDNRINFO (1-888-936-7463)  
Open a chat session available from 8 a.m. to 8:00 p.m.

**Bilingual Services are available--**May I help you? ¿Cómo puedo ayudarle? Kuv pab koj tau licas?  
Phone: # 1-888-WDNRINFo (1-888-936-7463)

<https://dnr.wisconsin.gov/>

Plymouth DNR Satellite Center-Open Mondays-Fridays 11am-2pm.   
Adell Wildlife Area: <https://dnr.wisconsin.gov/topic/Lands/WildlifeAreas/adell.html>

Kiel Marsh Wildlife Area: <https://dnr.wisconsin.gov/topic/Lands/WildlifeAreas/kiel.html>

Kohler-Andrae State Park: <https://dnr.wisconsin.gov/topic/parks/kohlerandrae>

Nichols Creek Wildlife Area: <https://dnr.wisconsin.gov/topic/Lands/WildlifeAreas/nichols.html>

North Branch Milwaukee River Wildlife and Farming Heritage Area: <https://dnr.wisconsin.gov/topic/Lands/WildlifeAreas/northbranch.html>

Sheboygan Marsh Wildlife Area: <https://dnr.wisconsin.gov/topic/Lands/WildlifeAreas/sheboygan.html>

1155 Pilgrim Road, Plymouth, WI 53073  
phone: # (920) 892-8756  
Fax: # (920) 892-6638

City of Sheboygan Public Works~

Call or access information on the website about Sheboygan County’s great outdoor destinations including trails, boat landings; parks, and campgrounds located in the county. For more information call Mondays-Fridays 7:30am-4pm, or visit the website.

MUNICIPAL SERVICE BUILDING, 2026 New Jersey Avenue, Sheboygan, WI 53081

Phone: # (920) 4593440

Fax: # (920) 459-3443

Sheboygan County Trails, Boat Landings, Parks& Campgrounds: <https://www.sheboygancounty.com/departments/departments-f-q/planning-and-conservation/facilities>

Google Earth~ Free on-line access to multiple National Parks tours.

<https://earth.google.com/web>

Sheboygan County Health and Wellness Workshops:

Living Well With Chronic Condition Free with option to purchase $20 book. ~Workshop for adults with any type of ongoing health condition to develop strategies to find practical ways to deal with pain/fatigue; learn better ways to talk with your doctor/family about your health; practice relaxation/other techniques to help you break the symptom cycle; discover better nutrition/exercise choices; and to get the support you need! Currently available online only. Participants must have computer/internet access. Thursdays from Oct. 8-Nov.12, 8:30am-10am.

Contact: Allison Brunette phone: # (920) 467-9042 or Email: [Allison.brunette@sheboygancounty.com](mailto:Allison.brunette@sheboygancounty.com) to register.

Mind Over Matter: Health Bowels, Healthy Bladder

~A health and wellness program designed for women 50+ years who have experienced or wants to learn to prevent bladder or bowel issues. The program helps give women the tools needed to take control of their bladder and bowel system. Participant learn exercises to strengthen the pelvic muscles, learn how fluids and fiber can improve function, and work together with other women to solve problems and cope with setbacks. Available online only. Participants must have computer/internet access to participate. Workshops consists of 3 sessions on Tuesdays beginning September 22, 2020 from 9am-11am.

Register by contacting the ADRC at phone: # (920) 467-4100

Walk With Ease free with option to purchase $5 workbook.

~Walking made easy. Walking made safe. A health and wellness program designed to reduce pain and stiffness; increase balance, strength, and walking pace; and help build confidence and improve health. Currently, the Walk With Ease program is designed for all sessions to take place outdoors-Mon., Wed., Fri. from Sept. 21-Oct.30 8:30am-9:30am at Rochester Park, 710 Hickory Street, Sheboygan Falls.

Contact: Allison Brunette phone: # (920) 467-9042 or Email: [Allison.brunette@sheboygancounty.com](mailto:Allison.brunette@sheboygancounty.com) to register.



Aging & Disability Resource Center

of Sheboygan County

Exercise and Physical Activity:

Staying active can help you:

* Keep and improve your strength so you can stay independent
* Have more energy to do the things you want to do
* Improve you balance and prevent falls
* Prevent or delay some diseases like heart disease, stroke, type 2 diabetes, osteoporosis; and certain types of cancer
* Perk up your mood and reduce feelings of depression
* Sleep better at night
* Reduce levels of stress and anxiety
* Reach or maintain a healthy weight

Wisconsin Institute for Healthy Aging (WIHA)~

**WIHA** makes proven tools for healthy aging available for everyone. WIHA provides o**n-line access to physical activity and exercise resources that can be used to help support communities.**

Physical activity is essential to Healthy Aging–even during a Pandemic! As an older adult, regular physical activity is one of the most important things you can do for your health. It can prevent or improve many of the health problems that seem to come with age. It also helps strengthen your muscles so you can keep doing your day-to-day activities without becoming dependent on others.

Move more and sit Less–every day, including during this pandemic. It is never too late to start exercising! 150 minutes a week is the ideal goal, but 10 minutes per day is better than zero. Every bit of exercise and movement helps. How are YOU going to work on standing up and moving more during your day?

You can exercise at home with these great on-line v**ideos:**

[7-Minute Yoga](https://www.silversneakers.com/blog/yoga-seniors-7-minute-flow-ease-stress-increase-flexibility/?utm_source=youtube&utm_medium=social&utm_campaign=edit_activity)- from SilverSneakers (7/28/2020)

<https://www.silversneakers.com/blog/yoga-seniors-7-minute-flow-ease-stress-increase-flexibility/?utm_source=youtube&utm_medium=social&utm_campaign=edit_activity>

[Active Older Adults Exercise Videos](https://ymca360.org/on-demand/category/14) - from YMCA (7/14/2020)

<https://ymca360.org/on-demand/category/14>

[StrongBodies Exercise Video](https://pbswisconsin.org/watch/university-place/university-place-strong-women-strong-bones/) - from UW-Extension (7/14/2020)

<https://pbswisconsin.org/watch/university-place/university-place-strong-women-strong-bones/>

[Bring Yourself into the Present](https://taichihealth.com/video/centering/)- from Tai Chi Health (4/21/2020)

<https://taichihealth.com/video/centering/>

[Practice Tai Chi with a Chair (for balance support when needed)](https://taichihealth.com/video/tai-chi-fundamentals-adapted-optional-side-support/) - from Tai Chi Health (4/21/2020)

<https://taichihealth.com/video/tai-chi-fundamentals-adapted-optional-side-support/>

[Practice Tai Chi with a Walker](https://taichihealth.com/video/tai-chi-fundamentals-adapted-optional-side-support/)- from Tai Chi Health (4/21/2020)

<https://taichihealth.com/video/tai-chi-fundamentals-adapted-optional-side-support/>

[Practice Gentle Range of Motion Exercise](https://taichihealth.com/video/rom-dance/)s- from Tai Chi Health (4/21/2020)

[https://taichihealth.com/video/rom-dance/](https://taichihealth.com/video/rom-dance/%0c)

Wisconsin Institute for Healthy Aging-WIHA

Phone: # (608) 243-5690

<https://wihealthyaging.org/about-us>

1414 MacArthur Road, Suite B, Madison, WI 53714  
E-mail: [info@wihealthyaging.org](mailto:info@wihealthyaging.org)

Better Choices, Better Health ® (BCBH)~

Better Choices, Better Health is an online chronic disease self-management program developed at Stanford University, is an internet-based group that focuses on chronic disease management, decision making, problem-solving, and action-planning for adults with arthritis, diabetes, or other chronic diseases. Better Choices, Better Health is a six-week workshop offered on a dedicated website. This is a fee-based on-line program for interested participants.

Wisconsin Institute for Healthy Aging, 1414 MacArthur Road, Suite B, Madison, WI 53714

Phone: # (608) 243-5690

Email: info@wihealthyaging.org

Mental Health America (MHA)-Sheboygan County~

Outdoor Yoga for Mental Health, Mondays 6-7pm & Wednesdays 12-1pm through October 14, 2020. An all levels class focused on yoga and other mind body fitness postures, movements, and stress reduction techniques to improve focus; strengthen, calm, and connect the mind, body, and heart; and enhance well-being. Join us at various locations for a rejuvenating outdoor socially distanced experience.

* Various Outdoor Locations Mondays 6-7pm:

August 10: [Deland Park](https://sheboygandpw.com/park-shelters-and-buildings/deland-community-center) grass area CANCELLED DUE TO STORM

August 17: [Lakeview Park](https://sheboygandpw.com/park-shelters-and-buildings/lakeview-park) (Southside Sheboygan)

August 24 - [General King Park](https://sheboygandpw.com/park-shelters-and-buildings/king-park-pavilion) (Southside Sheboygan)

August 31 - Blue Harbor Beach (beach just South of resort)

September 14 - Nourish

September 21 - NO CLASS

September 28 - Maywood

October 5 - Perennials Farms

October 12 - Maywood

* Above and Beyond Children’s Museum garden Wednesdays 12-1pm

Morning Mindfulness at Willow Creek Preserve, 10AM SATURDAY, SEPTEMBER 26, 2020, Willow Creek Preserve will host Rachael Lewinski Director of Wellness & Marketing from Mental Health America (MHA) in Sheboygan County for a morning of mindfulness in nature. Forest bathing exercises and a nature inspired gentle yoga practice in the beautiful [Willow Creek Preserve](https://www.glaciallakes.org/willow-creek-preserve.html). Social distancing guidelines will be followed within a safe, open air natural setting. Approximately 1.5-2 hours beginning at 10 am.

Your registration donation will benefit both MHA and [Glacial Lakes Conservancy](https://www.glaciallakes.org/). Suggested minimum donation of $10 per guest can me made online by clicking the link below, or you can mail a check to:

Glacial Lakes Conservancy  
529 Ontario Ave.  
​Sheboygan, WI 53081

<https://www.glaciallakes.org/>

Phone: # (920) 273-1143   
529 Ontario Avenue, Sheboygan, WI 53081   
[info@glaciallakes.org](mailto:info@glaciallakes.org)

National Institute on Aging (NIH)~

The National Institute on Aging provides an online resource to news articles and research related to the latest information about how exercise and physical activity can help people stay healthy as they age. The NIH website also provides access to numerous exercise and physical activity guides for individuals to use to learn how to fit exercise into their daily lives safely while also helping to develop strategies to get motivated to get moving!

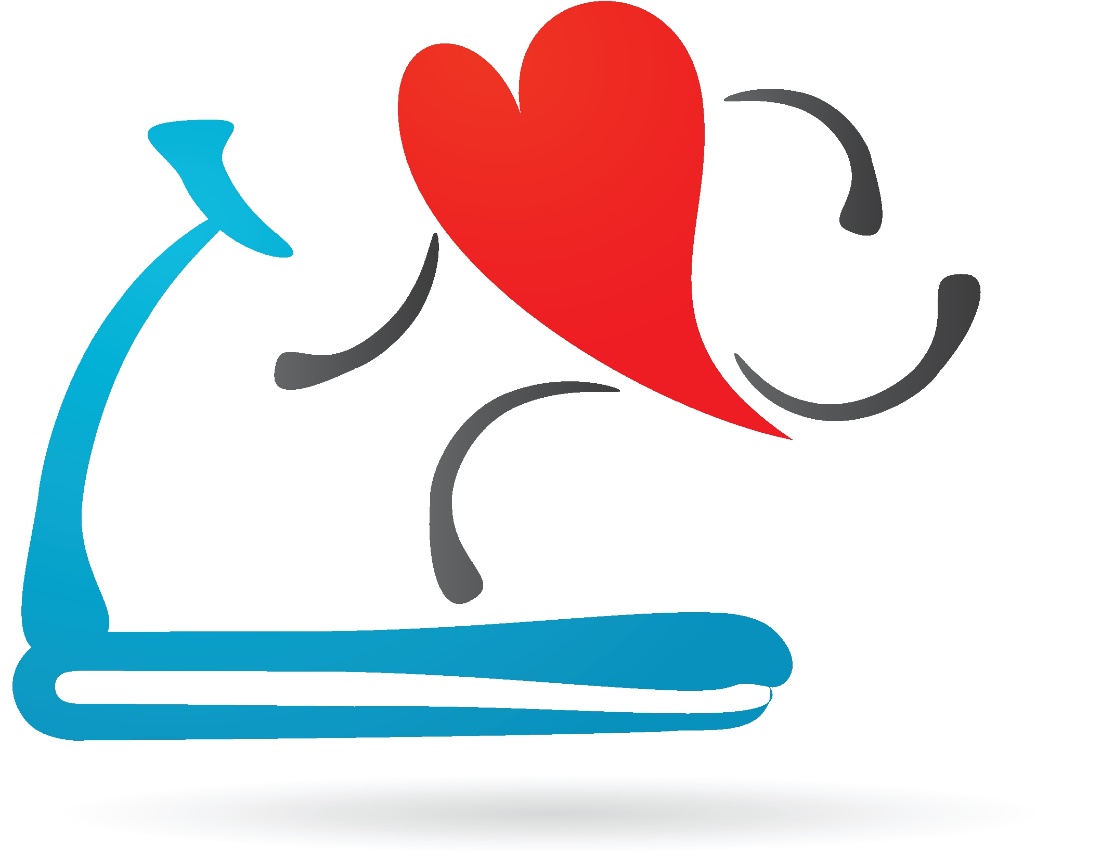
<https://www.nia.nih.gov/health/exercise-physical-activity>

Wisconsin Strong Bodies~

The WI StrongBodies Program is based on the StrongWomen Program that was created by Rebecca Seguin (Texas A&M University) and Miriam Nelson (Hampshire College). StrongBodies will catalyze positive change in people of all ages to live stronger, healthier lives by providing knowledge, inspiration, access to programs, and ongoing support. StrongBodies envisions a worldwide community of fit, strong, and healthy individuals; in turn, these empowered individuals will become positive agents of change for their families, communities, and beyond.

Email: [**strongbodies@extension.wisc.edu**](mailto:strongbodies@extension.wisc.edu)

<https://fyi.extension.wisc.edu/strongwomenwisconsin/>



[This Photo](http://drferraro.ca/health-wellness/) by Unknown Author is licensed under [CC BY-NC-ND](https://creativecommons.org/licenses/by-nc-nd/3.0/)

**General Aging and Wellness Resources:**

The Friendship Line ~Any aging adult or person living with disabilities, who suffers from depression, loneliness, isolation, anxiousness, or may be thinking about death or suicide, can benefit from completely confidential phone calls with Friendship Line volunteers.

Institute on Aging’s 24-hour toll-free Friendship Line is the only accredited crisis line in the country for people aged 60 years and older, and adults living with disabilities. They also make on-going outreach calls to lonely older adults.

It is both a crisis intervention hotline and a warmline for non-emergency emotional support calls. Providing emotional support; Elder abuse reporting; Well-being checks; Grief support through assistance and reassurance; Active suicide intervention; Information and referrals for isolated older adults, and adults living with disabilities

In addition to receiving incoming calls, Friendship Line also offers outreach to eligible callers. We connect with people on a regular basis, and help monitor their physical and mental health concerns. The call-out services act as an intervention to prevent suicide in the long term by improving the quality of life and connectedness of isolated callers.

<https://www.ioaging.org/services/all-inclusive-health-care/friendship-line>

Phone: # (800) 971-0016

Sheboygan County Public Health Department~

The Sheboygan County Public Health Department is a division of the Sheboygan County Department of Health and Human Services. The Public Health Department is a community-focused department that strives to provide quality customer and community service while actively listening and responding to community needs and expectations. The mission of Sheboygan County Public Health Department is to strengthen the community by encouraging healthy behaviors, preventing disease, and protecting the members of our community.

Please watch for local community updates through the Sheboygan County Public Health email, website, and Facebook page.

Sheboygan County Public Health Department Website: <https://www.sheboygancounty.com/departments/departments-f-q/health-and-human-services/public-health>

<https://www.facebook.com/SheboyganPublicHealth/>

Access to Sheboygan County Public Health Department COVID-19 updates:

<https://www.sheboygancounty.com/departments/departments-f-q/health-and-human-services/public-health/communicable-disease/coronavirus-covid-19>

Phone: # (920) 459-3207 Mondays-Fridays 8am-5pm

Phone: # (920) 459-0529 for Public Health emergencies after business hours

Fax communicable disease reports day or night to Fax: # (920) 459-0529

Email: [public.health@sheboygancounty.com](mailto:public.health@sheboygancounty.com)

Senior Activity Center of Sheboygan

Providing dynamic social opportunities which promote wellness, learning, and recreation for active seniors.

Phone: # (920) 459-3290

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

[www.facebook.com/SACSSheboygan](http://www.facebook.com/SACSSheboygan)

[SeniorCenter@sheboyganwi.gov](mailto:SeniorCenter@sheboyganwi.gov)

Generations Intergenerational Center~

Generations Intergenerational Center houses six nonprofit organizations including the Plymouth Senior Center and Plymouth meal site. We offer a full range of fitness classes from high to low impact. We provide Silver Sneakers and Arthritis Foundation certified classes. Our classes are available in person or online through our YouTube Channel—

<https://www.youtube.com/channel/UC5DbyEjeMhg6LCeY41YktDA>.

We offer many activities from various card games, pickleball, Wii bowling, ceramics, Mah Jonng, watercolor painting, card making, Scrabble and so much more. We even provide one-on-one technical help with your electronic devices. Our restaurant Pic-a-Deli serves fantastic lunches and daily specials for very reasonable prices.

Menu: <https://uploads.weconnect.com/mce/26ced0b5ea2b6f3c8b1e5090a6cdbdfae5a6f853/PAD%20Menu%202020.pdf>.

Generations offers many events where you can interact with the children from Growing Generations to young adults from Plymouth’s middle and high schools. We are committed to bringing our Generations together to build a better community!

Phone: # (920) 892-4858

1500 Douglas Drive, Plymouth, WI 53073

Website: [generationsic.org](http://generationsic.org/)

University of Wisconsin-Madison-Division of Extension/ Life Span~

Online access to statewide information and resources related to COVID-19, stay at home tips, and ways to cope better with the associated losses and change in people’s lives.

<https://aging.extension.wisc.edu/articles/moving-forward-during-covid-19/>

<https://fyi.extension.wisc.edu/covid19/category/topics/families/stay-at-home-tips/>

UW Extension~ Stay Home, Stay Healthy--A Senior Newsletter.

<https://sheboygan.extension.wisc.edu/2020/07/28/stay-home-stay-healthy-a-senior-newsletter/>

SAGE Connect~ A resource for LGBT elders that provides a way to connect with their broader community, reduce social isolation, and promote well-being; volunteers can sign up to help or LGBT elders can sign up for a month of weekly calls:

<https://www.sageusa.org/sageconnect/>

Friendly Talk~ This company offers “Friendly Talk” a subscribed, live phone conversation service for individuals who live alone or would benefit from hearing a friendly voice on a regular basis. This is an affordable fee-based assistance to your membership.

[www.friendlytalk.net](http://www.friendlytalk.net)

Phone: # (414) 462-9900

Well Connected by Covia~ A nationwide social call program provided by volunteers to reduce social isolation and loneliness for seniors on a one-to-one basis. Volunteers must pass a background check and attend an initial two-hour training program. Seniors can sign up for calls or to receive contact by mail, and volunteers can sign up to help.

<https://covia.org/services/well-connected/about/>

Aging and Disability Resource Center (ADRC) of Sheboygan County~

The Sheboygan County Aging and Disability Resource is open Mondays-Fridays 8am-5pm—currently by telephone or by scheduling appointments. The ADRC provides a one-stop shop for people who are 60 years of age or better and adults who have disabilities when they need information and guidance about available options, services, and programs.

Information & Assistance: Guidance from Information & Assistance about a wide variety of topics including Long-term care Options Counseling; Benefits Counseling; Youth-to-Adult Transitional Services; Prevention and Early Intervention Services; Access to Publicly Funded Long-term Care Programs and Services; Adult Protective Services; Referral to Chore Services; Reassurance Call program; Nutrition programs and information and/or referrals to other available programs.

Telephone Reassurance Program: Daily telephone calls to seniors to check in with them to ensure their safety and give them an opportunity to share a little bit about their day and any concerns they may have.

Handy-Helpers Chore Service**:**

A list maintained by the ADRC that provides names of persons who are willing to do various types of chore services for seniors that could include the following tasks: lawn and yard work; snow shoveling; home maintenance; housekeeping; and companion services.

Senior Dining Program:

Sheboygan County continues to offer the Home-delivered Meal program for eligible participants. Congregate Dining sites remain closed at this time, but Curbside Pick-up is available at most dining sites. Meal reservations are required in advance for Curbside Pick-up and must be made by noon the previous business day. Please call for further information about these nutrition programs or to make a reservation.

Phone: # (920) 467-4100; Toll-Free Phone: # (800) 596-1919; TTY Phone: # (920) 467-4195

650 Forest Avenue, Sheboygan Falls, WI 53085

<https://www.sheboygancounty.com/departments/departments-f-q/health-and-human-services/aging-and-disability-resource-center>

email: ADRC@sheboygancounty.com



Aging & Disability Resource Center

of Sheboygan County

Family Eldercare: Lifetime Connections Without Walls~ A telephone conference call program that offers social and education sessions, support groups, and friendly conversation, all from the comfort of home.

<https://www.familyeldercare.org/programs/lifetime-connections-without-walls/>

WELL BEING~ Calm--an app that features guided meditations, nature sounds, and a step-by-step guide to finding peace of mind; a free trial is available:

<https://www.calm.com/>

National Suicide Prevention Lifeline~ A program that provides an immediate connection for people in emotional distress.

Available 24 hours a day—7 days a week.

Phone: # (800) 273-TALK (8255)

Prevea Behavioral Care in Sheboygan~

Prevea provides a wide range of counseling services for all ages. Prevea Behavioral Care is able to help by offering individual, couple, group, and family therapy with therapists who specialize in emotional, behavioral or relationship problems.

Prevea Behavioral Care in Sheboygan, 3425 Superior Avenue, Sheboygan, WI 53081

Phone: # (920) 458-5557

https://www.prevea.com/Locations/Behavioral-Care-Sheboygan

Mental Health America (MHA)-Sheboygan County~

Mental Health America in Sheboygan County is a nonprofit mental health resource center serving our community since 1963. We promote mental wellness through prevention, education, advocacy, as well as increasing access to care and recovery, support services. Good mental health is fundamental to our overall well-being. We’re glad you’re interested in finding out more about us! Our website has information about Mental Health America and the work we do in **prevention**, **education**, **access**, **support** and **recovery**.

Good mental health is fundamental to the overall health and well-being of every person. It is what creates satisfaction in life, the ability to maintain good relationships with others, as well as productivity in school and the workplace. While healthy lifestyles and healthy environments contribute greatly to good mental health, mental disorders will affect 1 in 4 Americans each year. In fact, mental illnesses are more common than cancer, diabetes, or heart disease. The good news? Mental illness can be effectively treated. MHA believes in educating the public to help break the stigma that surrounds mental illness.

Together, we can make a difference in the lives of those who struggle with mental illness and promote good mental health for our whole community.

For immediate help with a mental health crisis, contact the Mental Health Crisis Line Phone: # (920) 459-3151—24 hours a day, 7 days a week.

**MHA is open Mondays-Thursdays 8am-4pm--**Please reach out by phone or email and allow 48 hours for a response.

915 N. 7th Street, Sheboygan, WI 53081

[info@mhasheboygan.org](file:///C:\Users\SpitzLMS\Documents\info@mhasheboygan.org)

Phone: # (920) 458-3951

<https://mhasheboygan.org/contact>

Sheboygan County Department of Health and Human Services—Behavioral Health Department~

The Behavioral Health Department provides a full range of mental health services with the goal to strive towards assuring that Sheboygan County citizens can access a comprehensive array of qualify services that will help improve their quality of life and overall well-begin. Services include:

* Serve persons who struggle with mental health and Alcohol or Other Drug Abuse (AODA) needs.
* Support individuals to remain or become more self-sufficient in their own home or community.
* Assure services are available in the most facilitative environment consistent with individual support, protection, and treatment needs.
* Promote greater community involvement, individual choice, and community acceptance for people who suffer from mental illness or addiction.
* Support existing government, voluntary, and private community resources as a vital part of the comprehensive array of quality services available to Sheboygan County residents.

Health & Human Services Building, [1011 North 8th Street, Sheboygan, WI 53081](http://goo.gl/maps/g86pE)

**Phone: #** (920) 459-6405

**Email: Jaclyn.Moglowsky@SheboyganCounty.com**  
**Fax: #** (920) 459-6459

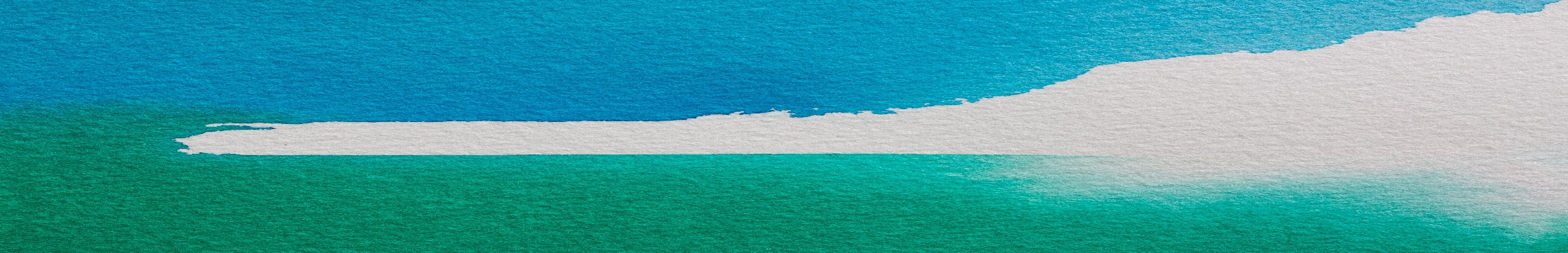
https://www.sheboygancounty.com/departments/departments-f-q/health-and-human-services/behavioral-health

Aurora Behavioral Health~

The Aurora Behavioral Health is open Mondays-Fridays 9am-5pm with extended hours available, and offers partial hospitalization and intensive outpatient treatment options for those struggling with depression, anxiety, trauma and other behavioral health issues. Work with compassionate, experienced mental health professionals through group-based therapy while learning practical, meaningful ways to deal with emotional distress. Clinics are available in multiple locations in Sheboygan County—call for more information.

Sheboygan Clinic Phone: # (920) 453-3900

<https://www.aurorahealthcare.org/locations/behavioral-health-center/aurora-behavioral-health-center-sheboygan>



Public Transportation Options in Sheboygan:

Shoreline Metro~

Welcome to Shoreline Metro, your destination for affordable, dependable, safe and courteous public transportation in the Sheboygan Metro Area. Fixed route public transit options are available six days a week. At Shoreline Metro, we are more than a transportation option. We are a way of life!

Website: [https://shorelinemetro.com/](https://shorelinemetro.com/%20)

Bus Buddy Travel Training Program~ Are you new to public transit? Recently lost your car or ability to drive? Shoreline Metro can help you gain back your independence with our Bus Buddy Travel Training Program. Let us help you get back out of the house and into the community. Best of all it’s free!

Website: [https://shorelinemetro.com/rider-services/bus-buddy-program/](%20https://shorelinemetro.com/rider-services/bus-buddy-program/%20)

ADA Paratransit Service~

Paratransit is a demand-responsive service for customers of Shoreline Metro unable to use the fixed route public transit option. Service is available six days a week and is provided by Metro Connection, a division of Shoreline Metro. A disability doesn’t have to prevent your mobility. With Metro Connection, affordable, dependable, safe and courteous transportation is just a phone call away.

Website: <https://shorelinemetro.com/metro-connection/>

Elderly and Disabled Transportation Service~

This demand-responsive service is for customers not only living in the urban Sheboygan area but also in areas of rural Sheboygan County. Service is available weekdays and to select areas in Sheboygan County. Your location or disability doesn’t have to prevent your mobility. With Metro Connection, affordable, dependable, safe and courteous transportation is just a phone call away.

This service is courtesy of Sheboygan County and Shoreline Metro.

Website: <https://shorelinemetro.com/metro-connection/>

**Shoreline Metro Transfer Station Office & Customer Service is open Mondays-Fridays 8am-5pm.**

828 Pennsylvania Avenue, Sheboygan, WI 53085

Phone: #  [(920) 459-3281](callto:9204593281)

Fax: # (920) 459-6594

Email:  [contact@shorelinemetro.com](mailto:contact@shorelinemetro.com)

Gibbsville Go-fers~

Program manned by volunteers who will help people obtain groceries when they have transportation issues. The Gibbsville Go-fers have a strict policy that they will pick-up orders that have been called into local groceries stores and then drop them off at a person’s home.

Gibbsville Reformed Church, North 3145 State Road 32, Sheboygan Falls, WI 53085

Phone: # (920) 564-3434

Brain Health:

Sheboygan County Libraries:

Cedar Grove Public Library~

The Cedar Grove Public Library is Open Mondays-Thursdays 10 am-7pm, Fridays 10 am-5pm, and Saturdays 10 am-12 pm for Essential Services

Including: Limited Public Computer Access; Browsing Materials; Checkout and Returns; Printing, photocopying and faxing. Never Ending Book sale and Puzzle Exchange are available.

Convenient Curbside Pickup is available.

Phone: # (920) 668-6834

131 Van Altena Ave. Cedar Grove WI 53013

<https://www.cedargrovelibrary.net/>

Elkhart Lake Public Library~

The Elkhart Lake Public Library is open Mondays-Thursdays 9am-7pm; Fridays 9am-5pm; and Saturdays 9am-2pm to the public for essential services that includes the following: Browsing; Checkout and return of library materials; Internet and wireless access; Printing, photocopying, and faxing.

The park-side entrance is being used for no-contact pickup and delivery only. Curbside Pickups are available by request at the park-side entrance. The Elkhart Lake Public Library offers help with selection of materials over the phone, and also offers a reader’s advisory if individuals are unsure what book they would like to read next.

Phone: # (920) 876-2554  
40 Pine Street, P.O. Box 387 Elkhart Lake, WI 53020

<https://www.elkhartlakepubliclibrary.org/introducing-library-to-go/>

Kohler Public Library~

The Kohler Public Library is open Mondays-Thursdays 8am-8:30pm, Fridays8am-5pm, Sundays 1pm-4pm in Winter months; Mondays-Thursdays 9am-8:30pm, Fridays 9am-5pm, Sundays 1pm-4pm in Summer months.

The Kohler Public Library offers books, newspapers, magazines, consumer reports, scholastic items, and individuals with a library card can check out eBooks and read those books anywhere and on any device.

Phone: # (920) 459-2923

333 Upper Road, Kohler, WI 53044

<https://www.kohlerpubliclibrary.org/>

Lakeview Community Library~

The Lakeview Community Library is open Mondays-Thursday 10am-7pm, Fridays 10am-5pm, and Saturdays 10am-1pm for essential services such as materials and computer use only. Contactless services are available by ringing the doorbell or calling ahead of time.

Phone: # (920) 994-4825

112 Butler Street, Random Lake, WI 53075

<https://www.lakeviewcommunitylibrary.org/>

Mead Public Library~

The library is open from Mondays-Thursday 10 am- 6pm, Monday to Thursday; and Fridays& Saturdays 10 am- 5 pm. Library materials can be checked out inside the building. Curbside checkout of books, movies and other materials is available by calling ahead. Personalized recommendations from librarians is available for members who are unsure what to check out.

Phone: # (920) 459-3400

710 North 8th Street, Sheboygan, WI 53081

<https://www.meadpl.org/>

Oostburg Public Library~

The Oostburg Public Library is open Mondays-Thursday 10am-8pm, Fridays 10am-5pm, and Saturdays 10am-12pm for basic circulation services and essential computer use.

Phone: # (920)564-2934

213 North 8th Street, Oostburg, WI 53073

<https://www.oostburglibrary.org/>

Plymouth Public Library~

The Plymouth Public Library is open for essential services Mondays-Thursdays 9am-7pm, Fridays 9am-5pm, and Saturdays 9am-1pm for essential services including browsing for items; public computer/internet access; and copying, printing, and faxing. Express Checkout is available for those who want to be in and out of the building as quickly as possible—call ahead for further information/assistance.

Phone: # (920) 892-4416  
Email: plref@monarchlibraries.org  
130 Division Street, Plymouth, WI 53073

[https://plymouthpubliclibrary.net/](https://plymouthpubliclibrary.net/%20)

Sheboygan Falls Memorial Library~

The Sheboygan Falls Memorial Library is open Mondays-Fridays 9am-6pm for essential services and contactless curbside pickup. Call or use the online system to request books, videos, and CDs. The WIFI remains available to the public and can be accessed just outside the building, or inside during business hours.

Phone: # (920) 467-7908

330 Buffalo Street, Sheboygan Falls, WI 53085

<https://www.sheboyganfallslibrary.org/>

Monarch Library System Bookmobile~

Bookmobile services are available to all Sheboygan County residents. There are numerous Bookmobile stops throughout Sheboygan County, and materials can be returned to any public library in Ozaukee and Sheboygan county. Reference questions, requests for materials, and reserves can be made by calling or emailing. Curbside service is available at all stops—call ahead for more information. **There have been many schedule changes to the September 2, 2020 –** January 14, 2021 Bookmobile stop schedule, so be sure to email or call to make sure that your favorite stop is scheduled.

Phone: # (920) 208-4900 ext. 315

4632 South Taylor Drive, Sheboygan, WI 53081

<https://www.monarchlibraries.org/>

Email: [bkmref@monarchlibraries.org](mailto:bkmref@monarchlibraries.org)

Open Culture~ 1,500 Free cultural and educational online courses and content.

<http://www.openculture.com/freeonlinecourses>

Learn Out Loud- Free audio and video learning.

<https://www.learnoutloud.com/Free-Audio-Video>

Free Classic Audio Books~ Free online access to classic audio books.

<https://freeclassicaudiobooks.com/>

LibriVox--free public domain audiobooks:

<https://freeclassicaudiobooks.com/>

Mind Webs--old-time radio dramatizations for the most classic science fiction short stories:

<https://bookriot.com/sites-we-like-150-science-fiction-stories-on-mind-webs/>

Overdrive--provides free access to the most eBook/audiobook content on the internet by partnering with local libraries:

<https://www.overdrive.com/>

Digital Book-free audio books and eBooks:

<https://www.digitalbook.io/>

Scribl--free podcasts and audiobooks with some read by the authors themselves:

<https://scribl.com/browse?page=1&bf=all:ebooks:audio_ebooks:podcasts&ac=0>

Project Gutenberg--the classic site for free eBooks that are in the public domain:

<https://www.gutenberg.org/browse/categories/1>

Texas Aging and Longevity Center--Activities for Older Adults During Shelter-in-Place

<https://liberalarts.utexas.edu/talc/covid-19-information/activities-during-shelter.php>

John Michael Kohler Arts Center~

SKETCH WITH SPARK!

Coming in October 2020: FREE sketchbooks and colored pencils from the SPARK! program at the John Michael Kohler Arts Center. Photo prompts and thought-provoking questions make this book an interactive companion you can use at your leisure. Contact Program Coordinator Claire Carlson to arrange drop off, pick up, or free shipping.

Contact: Claire Carlson, Audience-Centered Program Coordinator

[ccarlson@jmkac.org](mailto:ccarlson@jmkac.org)

Phone: # (262) 930-5147

SPARK!

Spark is a cultural program for people with early to mid-stage memory loss and their care partners. Programs keep participants actively engaged in their communities by providing experiences that stimulate conversations, provide peer support, and inspire creativity through museum experiences, workshops and programs. SPARK! programs are FREE for families to attend together in a comfortable environment led by specially trained staff and volunteers.

The John Michael Kohler Arts Center is looking ahead at ways to engage with SPARK! Participants virtually. We are eager to serve you in person once again, but in the meantime, we would love to include your feedback in our planning. Please take the short survey below, and let’s stay connected about ways to continue offering meaningful, free enrichment for adults living with memory loss, as well as their devoted care partners. Thank you!

<https://www.surveymonkey.com/r/YVCWMF7>

TOUR ART GALLERIES FROM HOME

The John Michael Kohler Arts Center is now accessible from the comfort of home. Follow the links below to enjoy 360  ̊ virtual tours and photos of the current exhibitions: On Being Here (and There), Dr. Charles Smith: Aurora, Preschool Perspectives: Tending, and Collection Highlights: Purvis Young.

For an in-person visit, please call 920-458-6144 to make your reservation.

<https://www.jmkac.org/exhibition/2020/on-being-here/vandertie-goodroad.html>

<https://www.jmkac.org/exhibition/2020/on-being-here/ai_tokens.html>

<https://www.jmkac.org/exhibition/2020/on-being-here/between-you-me.html>

<https://www.jmkac.org/exhibition/2020/on-being-here/inscriptions.html>

<https://www.jmkac.org/exhibition/2019/dr-charles-smith/dr-charles-smith>

<https://www.jmkac.org/exhibition/2020/preschool-perspectives/preschool-perspectives>

<https://www.jmkac.org/exhibition/2020/purvis-young/purvis-young>

Updated: 9/17/2020