



LIBERTY GROVE ROCKS

Featured Business

Brew Coffee House of Door County
12002 St Hwy 42
Ellison Bay, WI 54210
(920) 421-2739

Check them out of Facebook

Important Dates

March 12th, Parks & Property 9am
March 12th Tech meeting 7pm
March 13th Planning Commission pm
March 20th Town Board meeting 7pm
March 21st, AED class at SBFD 6:00pm
April 2nd, Spring Election 7am-8pm
April 16th, Annual Town Meeting 7pm
All meetings at the Town Hall

Knowledge speaks, but wisdom listens

FROM THE TOWN CHAIRMAN

The Town Office has welcomed two new members to the staff. Stacy Bell will take over the clerk/treasurer position when Janet retires in December. She will also become the clerk/treasurer for our Utility District #1. Between now and Janet's retirement she will be learning all the nuances of the position plus the multitude of duties she will assume.

Doug Curzon has joined the staff as Deputy Clerk/Treasurer and Assistant to the Administrator. He will assist Bud with the numerous duties Bud performs as the Town begins a very busy time moving forward with several major projects.

The Board is waiting for a report from Gary Rosenbeck of McMahon Associates regarding the proposed upgrades at the Wastewater Treatment plant in Sister Bay. According to the 2013 agreement between the Town and Village the Town, to be responsible for partial payment, needs to sign off on any proposals. The Finance Committee recommended that the Town not sign off on the proposal at this time. We also need to be certain of the costs and necessity of the proposed project. The nearly \$5,000,000.00 project is being reviewed by our engineering firm.

As a precautionary measure the Town has ordered a Phase 1 study on the former Val-A Motel property

A reminder that the Spring Election is rapidly approaching in addition to the Annual Town Meeting.

Thirty-five people from a variety of interests participated in the Economic Development Session narrated by Naletta Burr of the Wisconsin Economic Development Corporation in conjunction with the Door County Economic Development Corporation. The three-hour session resulted in several areas that need to be addressed as the town moves forward. Results are available at the Town Office. Thank you to all the participants.

From your Town Board-

- Parks & Property will continue to work with the Liberty Grove Historical Society on plans for the Klenke garage building.
- Grease trap inspections are continuing.
- At the Special Board meeting 2/14, the meeting was called to authorize the purchase of the Olson property located at 11976 Hwy 42 in Ellison Bay. The purchase was approved by the residents for the Town to make the purchase. By a show of hands vote – 12 aye, 1 nay. Motion passed.



The **2019 Dog Licenses & Tags** for new dogs and renewals are available as of **December 1, 2018**.

You must apply for the license before April 1, 2019 to avoid a late fee.

Fees are

Altered - \$5.00

Regular - \$10.00

You will need a certificate from your dog's veterinarian showing his/her current rabies shot, when that shot expires and the manufacturer and serial number of the shot.



AED Classes

The Town of Liberty Grove was given an AED machine from Sister Bay/Liberty Grove Fire Dept.

The next class is scheduled, if you are interested in learning how to use the AED. It could save a life.

Class is scheduled at the Sister Bay Fire Station on the following date:

March 21, 6:00pm

Please call to 854-4021 to reserve a spot.

Liberty Grove's Annual Town Meeting

All residents of Liberty Grove should plan on attending the Annual Town meeting on April 16th at 7:00pm. We will have our auditor's there to give our annual financial report, committee updates from the past year and general business which needs to be conducted at a town's annual meeting. Anyone is welcome to attend.

Any qualified elector is welcome to participate in voting matters. (see definition in WI State Statute 6.02) We hope to see you there.

***DON'T FORGET TO TURN YOUR
CLOCKS AHEAD
(Spring ahead, Fall Back)
ONE HOUR ON SATURDAY NIGHT,
MARCH 09th!***

LOOK OUT, HERE COMES SPRING!



REMEMBER

A delicious and nutritious lunch is provided by

The Senior Resource Center
At the
Liberty Grove Town Hall
Monday, Wednesday and Friday
Every week, except on Holidays.

Come and have lunch with us, enjoy conversation, meet new friends and socialize!

Call **888-743-1844 X2542
24 hours before the
first time you come for lunch.

Lake Michigan Water Levels

Did you know, as of Feb 8th Lake Michigan was 21 inches above its 100 Year average, and four inches higher than last year. The water levels were 48 inches above the February low, set in 1964, but still 11 inches below the high, set in 1986.

MARK YOUR CALENDARS!!!

For the past few years Liberty Grove along with the Village of Sister Bay has sponsored a document shredding and electronic and appliance recycling event for its residents. **The recycle/shred program will now take place once a year. The 2019 recycle/shred date will be July 13rd.** Bring your items to 11161 Old Stage Rd. from 9:00am to 1:00pm. Because of the success of the document shredding we have a limit of 5 banker boxes per address. There is no charge to shred.

Free:

Towers, laptops, keyboards and mouse
Cell phones
Servers
Wire and cabling
Copiers, printers, fax machines
Phone systems
DVD or VCR
Stereo's or CD players
Rechargeable batteries
Household appliances, big or small
Anything metal

For a fee:

Monitors	\$10
TV	\$15
TV over 30"	\$30
Console TV	\$30
Freon units	\$5

(This list may not be all inclusive.)



Winter Farm & Artisan Market

Baileys Harbor Town Hall Saturday, March 9, and April 13, 10am to 2pm. Featuring food, clothing, art, personal care, home goods and more!

NWTC Small Business Classes

Pathway to Entrepreneurship, 5-8pm Wednesdays, March 20 to April 10. Fee: \$150.

How to Launch a Pop-Up Shop, 5-8pm Tuesday, April 23. Fee: \$79.

Marketing Strategies for Small-Business Owners, 4:30-8:30pm Wednesday, April 24, Fee; \$99.

Liberty Grove Senior Resources

Aging & Disability Resource Center of Door County

@ THE DOOR COUNTY SENIOR & COMMUNITY CENTER

916 N. 14th Ave. • Sturgeon Bay, WI 54235

920-746-ADRC (2372) • Toll free: 855-828-2372

Email: ADRC@co.door.wi.us

Website: www.ADRCDoorCounty.org

Open Monday – Friday 7:00 a.m. to 6:30 p.m.

or by appointment

Memory care Connections

Door County Senior Resource Center, Sturgeon Bay. 920-493-0339

memorycare@doorcountyfamilycenters.com



Pet Friendly Assisted Living

The majority of people love their pets because they enrich lives in multiple ways. About two thirds of households have various domestic animals in the United States according to research. Seniors are fond of their furry friends. It is with good reason because spending even a few minutes with the pets makes older adults feel great.

The science behind this is that bonding with the animals for around 15 minutes sets off a chemical reaction in the brain. In turn, this increases the production of serotonin - a feel-good hormone, and it also lowers the levels of cortisol, a flight or fight hormone.

In the past, older adults were forced to part with their beloved companions after moving into a retirement community. Things are different nowadays because there is an ever-increasing number of pet friendly assisted living facilities that allow residents to stay with their pets. Management of such retirement communities realizes that pets in the lives of aging individuals give them new meaning in life as well as enhance their well-being, so finding local pet friendly senior living communities is no longer a difficult task, whether you are looking for pet friendly nursing homes or assisted living homes.

Benefits of Staying with Pets at Assisted Living Facilities

Pets are reliable companions that motivate the older generation to socialize and stay active. Furthermore, retirees get numerous perks after long-term interaction with their favorite animals, including:

Psychological Benefits

Reduces Depression - having pets around has shown to decrease the risk of anxiety and depression. It is especially true for an older adult who has just lost their spouse, has fears about moving from the comforts of their home, or has received a terminal diagnosis.

Lowers Stress - staying with animals increases the production of happy hormones in the body which in turn significantly decreases or eliminates stress.

Eases Agitation - memory care residents in senior housing apartments are quick to become agitated. Caregivers, however, report that when they are residents of pet friendly senior housing and in the company of their beloved pets, they are calmer.

Enhances Mental Stimulation - taking care of pets can help senior citizens remain sharp. Note that when it comes to brain health the saying "use it or lose it" applies. Looking after the pets can help to ward off dementia symptoms. Learning how to look after a dog or cat, brushing them and learning how to train them are some of the things that keep neurons on their toes. The responsibility of looking after another living creature can also help to offer structure in seniors' daily lives.

Physical Benefits

Increases Levels of Physical Activity - staying with pets keeps retirees more active. Simple acts of looking after the lovely creatures such as walking them or cleaning and feeding them introduce an aspect of exercise in the owner's life, which is fantastic for their health.

May Reduce Pain Levels- because pet owners enjoy increased physical activity levels, it is possible that it can also help to reduce the pain that a person is experiencing. Increased physical activity associated with pet ownership also helps to lower pain that arthritis patients feel.

Reduces Blood Pressure - reduced stress levels that the pets evoke can lead to lowering/normalizing of blood pressure. Aging individuals who frequently interact with cats, dogs, or other animals are less likely to experience spikes in blood pressure than the ones who do not stay with their animals.

Help with Faster Healing - caregivers also observe that animal companions can help seniors to recover faster after they are taken ill and given permission to recuperate in their living spaces.

Social Benefits

Improved Socialization - pets can reduce the feelings of isolation in the elderly. Research reveals that people are more likely to smile more and interact with each other in the presence of dogs, cats and other animals. It goes to show that pet therapy evokes outgoing, social behavior and conversation.

Reduced Verbal Aggression - studies also show that elders with [dementia, Alzheimer's or other memory care](#) issues are less likely to experience verbal aggression if they are spending time with pets. It is safe to say that domestic animals have a positive influence on such populations.

Judgement Free Friendships - the friendships that retirees form with their pets are free of judgment and are pure. It is something that can make them feel better about themselves which can result in better self-esteem and self-awareness to enjoy brighter days in their new assisted living homes.

