

2024



Aging & Disability Resource Center of
Eagle Country
Juneau County Office
200 S. Hickory St
Mauston, WI 53948
Ph: 608-847-9371
Email: jcadrc@co.juneau.wi.us

A newsletter for Juneau County Seniors & individuals living with disabilities

Ageless Newsletter April 2024



Local Food Purchase Assistance Program

The ADRC of Eagle Country Juneau County Office along with the Juneau County Land and Water Department is excited to announce that Juneau County is one of nine recipients who have been awarded the Local Food Purchase Assistance Program Community Grant (LFPA) through the WI Department of Agriculture and Trade Commission (DATCP). The purpose of this grant is to connect underserved vulnerable communities with access to healthy food through partnerships with local farmers and producers. The grant provides the opportunity for the departments to work hand in hand with local producers and municipalities connecting Juneau County residents with access to local produce, meat, and specialty items through community pop up distribution events. Pop up events will be held weekly starting in mid-May and running through mid-November. Anyone living in Juneau County is eligible to participate. A listing of community distribution days will be available in late April. We look forward to bringing this opportunity to the community! For more information on the LFPA Grant and community distribution days, contact the ADRC at 608-847-9371.



Staff Directory

*Aging & Disability Resource Center of Eagle Country
Juneau County Office*



The ADRC can connect you to resources about:

- In-home personal care and nursing
- Housing resources and options
- Housekeeping and chore services
- Home modifications
- Adaptive equipment
- Transportation
- Health, Wellness and Prevention
- Senior Dining opportunities
- Home Delivered Meals
- Medicare, Medicaid, and Social Security
- Caregiver supports and respite
- Support for persons living with dementia and their caregivers
- Disability Resources & Assistance

ADRC Director:
Gina Laack

Aging Program Specialist:
Chelsey Turpin

Secretary/Transportation:
Sue Riley

OAA Support Coordinator:
Angela Pokorney

Information & Assistance:
Lead ADRC Specialist:

Nickie Preuss
ADRC Specialist:
Jessica Hoehn
ADRC Specialist:
Tiara Hoffman

Disability Benefit Specialist:
Rebecca Ladd

Elder Benefit Specialist:
Amy Goodman

Dementia Care Specialist:
Abby Heckman

ADRC Driver:
Jim Migach

Food Transporters:
Jon Housworth
Christine Mawbey

Mauston/Lyndon Station Meal Site:

Site Manager: Darlene Fish
Legend's Bar & Grill
(formally)Timmy's Time Out
522 Gateway Ave
Mauston, WI 53948
Phone: 608-547-2802
or 608-547-4715

Bluffs Meal Site:

Site Manager: Nancy Nelsen
Camp Douglas Village Hall
304 Center St
Camp Douglas, WI 54618
Phone: 608-547-2213

Elroy Meal Site:

Site Manager: Karen Nelson
Grace Lutheran Church
226 Erickson St.
Elroy, WI 53929
Phone: 608-462-5175

Wonewoc Meal Site:

Site Manager: Cathy Durkee
R & S Spirits & Lounge
229 Center St.
Wonewoc, WI 53968
Phone: 608-847-9371

Committee on Aging and Disability Board Members

Jack Jasinski (Chair)

Tim Miller

Heidi Randall

Crystal Clark

Howard Fischer

Vacant

Iny Emery

Cynthia Peterson

Kim Strompolis

Bill Riley

Mary Alice Laswell

Judy Zobal

Aging & Disability Resource Center

Upcoming Programs

April 10, 2024

Dementia Live

Hatch Public Library

111 W. State St. Mauston, WI 53948

April 12, 2024

Medicare ABC's

1:00- 3:00pm

Services Building Room 209

200 South Hickory St. Mauston, WI 53948

April 23, 2024

Men's Shed

10am-12pm

Outdoors Forever Clubhouse

4890 County Rd N Mauston WI 53948



UPCOMING
EVENTS

Please call our office to register for classes at 608-847-9371.

DEMENTIA Live[®]

Proven. Powerful. Essential

- Hands on, simulation experience
- Immerses participants into what it could feel like to live with dementia
- Discussion to follow the hands on experience
- Learn how to turn new understanding into action

Join us for a FREE Dementia Live experience!

Ever wonder what it can be like to live with dementia?
Want to learn to better understand a loved one living with dementia?



AGE-u-cate[®]
Training Institute

ADRC
of Eagle Country

Event Details: April 10th

Hatch Public Library
111 W State St
Mauston, WI

Session 1 - 8:30 - 9:30

Session 2 - 9:30 - 10:30

Session 3 - 10:30 - 11:30

Registration is required and spots are limited. Contact the ADRC to register or for questions:

📞 608-847-9371

SOCIAL ENGAGEMENT: A Key Ingredient to Well-Being for Older Adults

Social Engagement Benefits for Older Adults

Improved mental health and higher quality of life (Luo et al., 2020)



Longer life spans (Holt-Lunstad, et al., 2010)

Improved health and physical fitness (Bath & Deeg, 2005)



Sense of purpose (Zhang et al., 2018)

Social Engagement Benefits for the Community

Social engagement reduces Medicare expenses, as social isolation costs Medicare **\$6.7 billion** every year (AARP Public Policy Institute, 2017)



Individuals share wisdom and experience through intergenerational mentoring and other community activities

Individuals share their knowledge, talent and skills when engaged



Older adults tend to volunteer more than others (Kent, 2011), with each hour of volunteering valued at **\$29.95** (Independent Sector, 2022)

USAging
Leaders in Aging Well at Home

engAGED
The National Resource Center
for Engaging Older Adults

ACL
Administration for Community Living

SAFETY TIPS – Self Evaluation

How can you tell if you have a drinking problem?

Answering the following four questions can help you find out if you or a loved one has a drinking problem:

- ➔ Have you ever felt you should cut down on your drinking?
- ➔ Have people annoyed you by criticizing your drinking?
- ➔ Have you ever felt bad or guilty about your drinking?
- ➔ Have you ever had a drink first thing in the morning to steady your nerves or to get rid of a hangover?

One “yes” answer suggests a possible alcohol problem. More than one “yes” answer means it is highly likely that a problem exists. If you think that you or someone you know might have an alcohol problem, it is important to see a doctor or other health care provider. They can help you determine if a drinking problem exists and plan the best course of action.

Source: National Institute on Alcohol Abuse and Alcoholism, <http://www.niaaa.nih.gov/>



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

Visit us today:
mychoicewi.org/LPI
1-800-963-0035

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

DHS Approved 4/22/2021



Compassionate
Hospice &
Palliative Care

TOGETHER IN CARE

Learn more at
TomahHealth.org



Tomah Health
HOSPICE TOUCH &
PALLIATIVE CARE

608.374.0250



One & Two Bedroom Apartments in Juneau County

FOR LOW-INCOME ELDERLY AND DISABLED

Rent is based on 30% of adjusted gross income. Heat,
Water & Sewer included.

Juneau County Housing Authority

717 E. State St., Mauston, WI 53948

608-847-7309



Building Locations:
Wonewoc, Elroy,
Union Center,
Lyndon Station,
Necedah, Hustler,
Camp Douglas, New
Lisbon & Mauston

This institution is an
equal opportunity provider
and employer



Assisted Senior Living
Providing Quality Care

320 Attewell St., Mauston
(608) 847-6248



Caregiving in
The Comfort of Home®

Caregiver Assistance News

“CARING FOR YOU... CARING FOR OTHERS”

Alcohol & Drug Abuse

As we age, the need to take more and different kinds of medications increases. Growing older means our bodies respond differently to alcohol and medications than when we were younger. Alcohol slows down brain activity. Because alcohol affects alertness, judgment, coordination, and reaction time, drinking increases the risk of falls and accidents. Some research has shown that it takes *less* alcohol to affect older people than younger ones. Over time, heavy drinking permanently damages the brain and central nervous system, as well as the liver, heart, kidneys, and stomach. Alcohol's effects can make some medical problems hard to diagnose. For example, alcohol causes changes in the heart and blood vessels that can dull pain that might be a warning sign of a heart attack. It also can cause forgetfulness and confusion, which can seem like dementia or Alzheimer's disease.

Alcoholism is a disease that includes any of the following four symptoms:

- **Craving** – A need or urge to drink.
- **Loss of control** – Not being able to stop drinking once drinking has begun.
- **Physical dependence** – Withdrawal symptoms, such as nausea, sweating, shakiness, and anxiety after stopping drinking.
- **Tolerance** – The need to drink greater amounts of alcohol to get “high.”

A Safe Level of Drinking

Awareness is the first step. How do you know if you or someone you love is consuming too much alcohol? According to the CDC, for most adults, moderate alcohol use is up to **two drinks per day for men and one drink per day for women and older people**. (One drink equals one 12-ounce bottle of beer or wine cooler, one 5-ounce glass of wine, or 1.5 ounces of 80-proof distilled spirits.)

However, people taking certain over-the-counter or prescription medications and people with medical conditions that can be made worse by drinking should *never* drink.



Resource for You

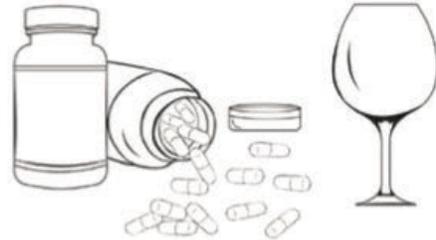
Alcoholics Anonymous

A.A. is a fellowship of people who come together to solve their drinking problem. It doesn't cost anything to attend A.A. meetings. There are no age or education requirements to participate. Membership is open to anyone who wants to do something about their drinking problem.

A.A.'s primary purpose is to help alcoholics to achieve sobriety. Visit www.aa.org to find an A.A. meeting near you.

Avoiding Problems with Prescription Medications

When used responsibly, prescription medications can measurably improve lives. But these drugs also carry the risk of dependence and addiction—and seniors are particularly vulnerable. The changing metabolisms of older people can intensify the effects of drugs and alcohol. Aging is often characterized by loss and loneliness—two conditions that increase the risk of substance abuse.



Painkillers and sedative labels warn against alcohol use, but an elderly person may forget about the warning. **Even a small amount of alcohol, in combination with certain prescription medications, can suppress breathing—with fatal results.**

It's also essential not to combine drugs—prescription or not—without consulting your health practitioner, or to deviate from the prescribed dosage. Caregivers can help by encouraging older adults to use pain killers and sedatives only when absolutely necessary, and to taper off as soon as they can. **It's equally important to help seniors tackle the underlying problems, and not just treat their symptoms.**

- Remind them to *always* avoid alcohol when taking painkillers or sedatives.
- Encourage them to bring all their medications to their doctor when they go for their yearly checkups, so the physician has a record of exactly what they're taking.
- Check medication use—prescription and over-the-counter—and be sure they understand label warnings and the dangers of drug interaction.
- Encourage them to throw out outdated prescription and over-the-counter medications.
- Know what medications the person in your care is taking, and why.

Source: [Caring.com](https://www.caring.com)

Alcoholic Liver Disease

Alcoholic liver disease ranges from fatty liver, alcoholic hepatitis, to end-stage liver failure. Unfortunately, many alcoholics notice the first symptoms only when severe, life-threatening liver disease is already present. Alcohol-related chronic liver disease ranks as the 9th cause of death and accounts for more than 56,000 deaths per year in the U. S. The best treatment for alcoholic liver disease is to abstain from alcohol. Even people with advanced liver disease caused by drinking alcohol can significantly improve the disease if they stop drinking.

Source: *The Comfort of Home for Chronic Liver Disease*; CDC

Taking Care of Yourself — Changing Behaviors One Step at a Time

Sometimes we are not aware that our behaviors can affect other people's behaviors. To be able to make changes in our interactions with others, we must try to improve our behaviors one step at a time. Try these simple steps:

- Be generous with compliments. Do not wait for others to do significant accomplishments before you give them a positive feedback. Say something nice whenever you catch them doing a good job, no matter how small.
- Be generous with your smiles. A smile can be encouraging for someone who is struggling to do some tasks and can foster self-esteem.
- Do not allow yourself to nurture negative thoughts.
- Accept others for who they are and avoid being critical of them.



Inspiration

God grant us the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference.
—Serenity Prayer

Live Life Laughing!

Why when I drink alcohol, everyone says I'm an alcoholic? But when I drink Fanta, no one says I am Fantastic.



Memory Care - Symptoms

People with dementia often have emotional symptoms such as depression and anxiety. These symptoms may be a direct result of the neurological changes caused by the illness. They can also be the person's reaction to the awareness of change in his ability to function as he once could. In addition, depression and anxiety can be a symptom of another illness entirely or of medications used to treat it.

Juneau County Senior Nutrition Program
 Wonewoc R&S Spirits Meal Site
 229 Center St Wonewoc



My Meal My Way

Dining In Options

(Dine in only from 11:30 a.m.-12:30 p.m.) Tuesday-Friday

Eligible participants must be age 60 or better

Suggested contribution rate of \$4.25 per meal

#1. BLT Sandwich



On Whole Wheat Toast
 Side Broccoli
 Cup of Fruit

#2. Chicken Tenders



2 Pieces
 Mashed potatoes
 Green Beans
 Cup of Fruit
 Whole Wheat Bun

#3. Hamburger



On a Whole Wheat Bun
 with tomato and
 lettuce
 French Fries
 Cup of Fruit

#4. Chicken Noodle Soup



Side Salad with Egg,
 Tomato, & Cucumber
 Cup of Fruit

#5. Western Omelette

Choice of Bacon, Ham or
 Sausage
 Hasbrowns
 Whole wheat Toast
 Cup of Applesauce



*Soup and salad bar
 option available on
 Fridays!*

For more information, contact the ADRC at
 608-847-9371.



MY MEAL MY WAY

The "My Meal My Way" program provides variety and allows choice and options when it comes to choosing a meal for meal site participants.

Make sure to swing by the Wonewoc meal site at R&S Spirits to try out the 'My Meal My Way' program and enjoy lunch YOUR WAY! Stay tuned for our Mauston meal site My Meal My Way Program, coming soon to Legends Bar and Grill!

Donald Root
Insurance Planning for Seniors



- Life Insurance
- Medicare Supplements
- Advance Funeral Planning

18218 Justice Road
 Camp Douglas, WI 54618

(608) 427-6848 office
 (608) 567-9919 cell
 don.root@mwt.net

**HOSPITAL
 THRIFT STORE**
 222 Elm St. • Mauston, WI

OPEN:
 M, W, TH, F: 12:30-4
 TUES: 10-4 • SAT 10-1

 Find us on Facebook

"HMHA Thrift Store"

LET'S GROW YOUR BUSINESS
 Advertise in our Newsletter!

CONTACT ME Ruth Schlitz

rschlitz@lpicommunities.com • (800) 950-9952 x2671



123 East State Street | Mauston, WI | 608-847-5949 | milebluff.com/rx

- over-the-counter medications
- home medical supplies and equipment
- online prescription refills
- cards and gifts

Simplify your medication schedule with our AdherePac™ and Med Sync programs!

With five area locations, our expert pharmacy team is here to care for you and your loved ones. You do not need to be a Mile Bluff patient to take advantage of our pharmacy services.

Prescription Dispensing Centers are located in Elroy, Mauston, Necedah, and New Lisbon.





April 2024 Menu



Mauston, Necedah and Lyndon Station Areas

Meal Site Manager
Darlene Fish- Mauston/Lyndon Station
608-547-4715

Serving Times: 11:00-12:00
Meal Site Locations:
Timmy's Time Out - 522 Gateway Ave
Mauston, WI 53948

MON	TUE	WED	THU	FRI
Glazed Ham, Cheesy Potatoes, Vege, 1% Milk, Wheat Bread, Fruit 1	Baked Chicken Thighs, American Potatos, Beets, Wheat Bread, 1% Milk 2	Ground Beef Casserole W Tomato's, Asparagus, 1% Milk, Roll, Fruit Bake 3	Baked Tilapia, Rice Pilaf, Vegetable, 1% Milk, Whole Bread 4	Closed 5
Crab Cakes, Lemon Rice, Vege, 1% Milk, Wheat Bread, Fruit Cup 8	Beef Pot Roast, Potatoes & Carrots, Roll, 1% Milk, 9	Chicken Parm, Pasta & Marinara Sauce, 1% Milk, Roll, Pudding w bananas 10	Turkey Bacon Club, Poppy Seed Chicken & Grape Pasta Salad, Vege Stix, 1% Milk 11	Closed 12
Meatloaf, Gravy, Mashed Potatoes, Vegetable, 1% Milk, Whole Bread 15	Chicken Salad, Croissant, Three Bean Salad, Broccoli Cheddar Soup, 1% Milk 16	Smoked Sausage, Peppers and Rice, 1% Milk, Applesauce, Wheat Bread 17	Cheesy Ham n ' Egg Fritata, Baby Cakes, Biscuit, 1% Milk, Mxed Melon 18	Closed 19
Chicken Carbonara Pasta Bake, Vege, 1% Mik, Roll 22	Swedish Meatballs, Pasta, Vegetable, 1% Milk, Roll, Fruit 23	Sliced Pork w Gravy, Mashbo's, Creamed Peas, 1% Milk, Whole Bread, Fruit 24	Seafood Lasagna, Vege, Roll, 1% Milk, Fruit 25	Closed 26
Cheese Tortillini, Chicken, Alfredo Sauce, Vege, Garlic Toast, 1% Milk 29	Beef Tips n' Gravy, Egg Noodles, Vege, 1% Milk, Roll, Fruit Cup 30	Please call ahead to reserve your meal. Suggested donation of \$4.25 per meal. Menu subject to change. All meals served with bread and milk.		



April 2024 Menu



Wonewoc Area

Serving Times: 11:30-12:30

Meal Site Manager:

Meal Site Location: R&S Spirits Wonewoc

Cathy Durkee

My Meal My Way menu options available upon dining in

608-847-9371

MON	TUE	WED	THU	FRI
Closed 1	Beef Stew Bread Fruit 2	Chicken Wrap Tator Tots Cottage Cheese Fruit 3	Tortellini Bake Noodles Fruit Bun 4	Shrimp Scampi Roasted Potatoes Squash Fruit 5
Closed 8	Scalloped Potatoes & Ham 3 Bean Salad Fruit 9	Turkey Burger Potato Salad Fruit Bread 10	Chicken Fajitas Rice Fruit 11	Salmon Bake Asparagus Fruit Bun 12
Closed 15	Goulash Noodles Buttermilk Biscuit Fruit 16	Pork Chops Au Gartin Potatoes Applesauce Carrots 17	Chicken Stir Fry Mashed Potatoes Fruit 18	Steak Fettuccini Green Bean Salad Fruit 19
Closed 22	Lasagna Carrots Garlic Bread Fruit 23	Chicken Salad Sandwich Potato Soup 24	Bacon Mac & Cheese Beans Fruit 25	Shrimp Alfredo Broccoli Fruit 26
Closed 29	Stuffed Pepper Casserole (Rice, Peppers, Broccoli, Noodles, Beef) 30	Please call ahead to reserve your meal. Suggested donation of \$4.25 per meal. Menu subject to change. All meals served with bread and milk.		



April 2024 Menu

Bluffs (Camp Douglas, New Lisbon Hustler) & Elroy Area

Meal Site Managers:

Karen Nelson -608-462-5175

Nancy Nelsen - 608-547-2213

Serving Times: 11:30-12:30

Meal Site Locations:

Grace Lutheran Church 226 Erickson St. Elroy, WI

Camp Douglas Village Hall - 304 Center St.

MON	TUE	WED	THU	FRI
Taco Salad W/Meat Tomatoes & Romaine Lettuce Refried Beans Mexican Street Corn Salad Applesauce 1	Baked Chicken Mashed Potatoes/Gravy Carrot Casserole Apricots WW Dinner Roll Apple Crisp 2	Closed 3	Beef Stew Stewed Tomatoes Pears WW Dinner Roll Lemon Bars 4	Brats/Bun Baked Beans Macaroni Salad Mandarin Oranges 5
Cream Of Broccoli Soup Cheesy Roast Beef Casserole Sliders Cottage Cheese Peaches 8	Liver & Onions Oven Fried Potato Carrots Fruit Salad WW Dinner Roll Oatmeal Raisin Cookies 9	Closed 10	Smothered Pork Chops Mashed Potatoes/Gravy Scalloped Corn WW Dinner Roll Apricots Pumpkin-Pecan Slab Pie 11	Fish - Fried or Baked Cheesy Hash Browns Bean Salad Pineapple WW Dinner Roll 12
Crescent Bacon Breakfast Ring Hash Browns Applesauce Cranberry Coffee Cake 15	Barbecue Ribs Baked Potato Beets Peaches WW Dinner Rolls Blueberry Torte 16	Closed 17	Chicken Alfredo over Spaghetti Green Beans Cranberries Garlic Bread Chocolate Lasagna 18	Chili Grilled Cheese on WW Oriental Salad Pears 19
Polish Sausage W/Sauerkraut Mashed Potatoes Carrots Fruit Cocktail Cinnamon Roll 22	Roast Turkey/Dressing Mashed Potatoes/Gravy Broccoli/Cauliflower W/Cheese Mandarin Oranges WW Dinner Roll Angel Food Cake 23	Closed 24	Salisbury Steak Mashed Potatoes/Gravy Baked Lima Beans Pears WW Dinner Roll Un-Beet-Able Cake 25	Salmon Patties Mashed Potatoes Creamed Peas Applesauce WW Dinner Roll 26
Baked Mostaccioli W/Meat Sauce Corn 7-Layer Salad Pineapple Garlic Parmesan Dinner Roll 29	Pork Roast Mashed Potato/Gravy Green Beans Applesauce Corn Bread Almond Joy Cookies 30	Please call ahead to reserve your meal. Suggested donation of \$4.25 per meal. Menu subject to change. All meals served with bread and milk.		

SAVE THE DATE
AGING ADVOCACY DAY 2024
Tuesday, May 14, 2024 | Madison, WI



Join us for the 8th annual Aging Advocacy Day!

Advocates from around the state will gather to help educate state legislators about issues affecting older adults and caregivers in Wisconsin!

No experience necessary; training is provided.

Morning training at the Best Western Premier Park Hotel, 22 S. Carroll St., Madison; and **Afternoon visits** with your legislators/key staff members at the Wisconsin State Capitol.

We will also be working with local aging network partners to schedule and host follow up in-district meeting opportunities over the summer of 2024.

Make a difference. Let your voice be heard.

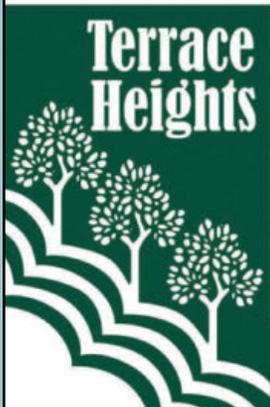
Contact: Janet Zander
 1414 MacArthur Rd.
 Madison, WI 53714

janet.zander@gwaar.org

(608) 228-7253

#WIAgingAdvocacyDay
 #WIAAD24

Goodbye House. Hello Home.
Retirement living at its best!

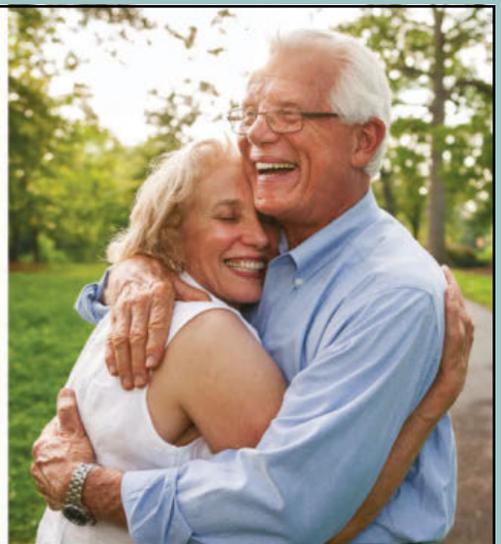


Schedule a private tour today!

608-847-2377

Independent living for those 62 and older

**1-BEDROOM
 APARTMENTS AVAILABLE!**



1030 Division Street, Mauston, WI 53948 | milebluff.com/terraceheights



Carol Wagenson
 Auctioneer/Realtor

608-548-3161



Carol has been conducting auctions in Wisconsin since 1996. She is known for her integrity, auction planning, and promotion while conducting estate and farm auctions. Carol is also an experienced realtor with the knowledge & commitment to get you the best results for all your real estate needs in today's market.



First Choice Realty

carolw@wifirstchoicerealty.com

WE'RE HIRING!

AD SALES EXECUTIVES

**BE YOURSELF.
 BRING YOUR PASSION.
 WORK WITH PURPOSE.**

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4ipi.com or
www.4ipi.com/careers





Foods for Eye Health

Contributors: Esther Ellis, MS, RDN, LDN

Reviewers: Academy Nutrition Information Services Team

Do your eyes have all the nutrients they need to help prevent cataracts, macular degeneration, glaucoma, and other sight woes? Read on to learn about some of the top foods to promote eye health. But don't count on popping a pill to reduce your risk! Your best sources of vitamins, minerals, and antioxidants are from whole foods, since it may be a combination of nutrients within the foods which provide these benefits.

Kale: See the Light

This leafy green is a source of lutein and zeaxanthin, which are related to vitamin A and beta-carotene, and may help protect eye tissues from sunlight damage and reduce the risk of eye changes related to aging. Other good sources of these nutrients include dark green leafy vegetables such as collard greens, turnip greens, and spinach, broccoli, kiwi, grapes, yellow squash, oranges, corn, and egg yolk. Your body needs fat to absorb lutein and zeaxanthin, so be sure to eat them with a bit of unsaturated fat such as a drizzle of olive oil or a few slices of avocado. Kale also contains vitamin C and beta-carotene, other eye-friendly nutrients.

Sweet Potatoes: The Color of Health

Beta-carotene gives these tubers their orange color. Your body converts beta-carotene to vitamin A, a nutrient that helps prevent night blindness and age related macular degeneration. Sweet potatoes not your favorite? For beta-carotene, try other deep orange foods, such as carrots and butternut squash, plus dark green foods including spinach and collard greens. Liver, milk, and eggs are also sources of vitamin A.

And, similar to lutein and zeaxanthin, beta-carotene and vitamin A are absorbed best when eaten with a little healthy fat such as olive oil.

Strawberries: Help You "C" Better

Fresh, juicy strawberries are a good thing for your eyes, and contain plenty of vitamin C, which is an antioxidant that may help lower your risk of cataracts. Also, be sure to load up your plate with other vitamin C-rich foods including bell peppers, broccoli, citrus (such as orange and grapefruit), and cantaloupe.

Healthy Fats: Include Sources of Omega-3 Fatty Acids

Besides helping with the absorption of certain nutrients, some healthy fats also contain omega-3 fatty acids. Salmon is an excellent source of omega-3s, which may be beneficial for eye health. Include salmon or other types of fatty fish two to three times per week. Other foods that include omega-3 fatty acids are walnuts (which also contain eye-healthy vitamin E), flax and chia seeds.



APRIL BUS TRIPS

With Jim



April 18, 2024 - Wisconsin National Guard Museum with Volk Field Base Tour - please bring identification with to present at gate.

April 24, 2024 - Reedsburg - Viking Village Foods

Please call the ADRC Office at 608-847-9371 to reserve your spot. There is a \$10 cost per person per shopping and bus trip. (Lunch not included).



Assisted *Living*

in our award winning Senior Life Center.

When you're here, you're home.



For more information call
Jessica Good, 608-768-5808.



Adult *Day* Services

Social connections. Compassionate care.
Peace of mind.

For more information call
Mandy Retzlaff, 608-768-5815.



2350 North Dewey Avenue, Reedsburg, WI 53959 | www.ramchealth.com

Are High Energy Costs Putting the Squeeze On Your Limited Income?

ENERGY SERVICES FOR VILAS COUNTY
may be able to help!



Our experienced 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.

Don't delay, call us today! **715-337-2124** or visit **HEAT.HELP**



2024 Virtual Wellness Night

This evening will inspire you to tap into your inner-strength and embrace your self worth.

Wednesday, May 15 | 5-6:30 pm



- Keynote presentation focused on finding your inner-strength and self-worth.
- Participate in instructor-led activities in either Adventure therapy, finding your creativity, restorative yoga, or a cooking demo.
- Hear from partners in Adams, Juneau, and Sauk counties to learn about wellness-related services available for all ages.

Complete the post survey for the chance to win one of several post-event giveaways from area businesses!



Register for **FREE** Today:
bit.ly/WellnessNight24

SCAN ME

Contact Alysha Basel at abasel@juneaucountywi.gov or 608-847-9373 for questions



JUNEAU COUNTY 2025-2027 AGING PLAN LISTENING SESSIONS

Let your voice be heard!

The ADRC of Eagle Country Juneau County Office is currently working on our 2025-2027 Aging Plan and seeking public input! Come join us for lunch at your local meal site and share your ideas on how to improve services locally for those age 60 or better in Juneau County! All sessions will be held at 12:00 p.m. Please call ahead to reserve a meal at 608-847-9371.

Transportation to a meal site is available upon availability and request. Please contact the ADRC for reservations.



- **April 4th-Legend's Bar & Grill 522 Gateway Ave, Mauston**
- **April 9th-Camp Douglas Village Hall 304 Center St. Camp Douglas**
- **April 10th-Necedah High School 1801 S Main Street Necedah**
- **April 12th- Grace Lutheran Church 226 Erickson Street Elroy**
- **April 17th- R&S Spirits 229 Center Street Wonewoc**

CAREGIVER CONNECTION **SUPPORT GROUP**



**BEYOND THE
DAILY GRIND**
**241 E STATE ST,
MAUSTON, WI
53948**

Join us for discussion and refreshments and connect about your caregiving journey, daily struggles and joys that happen when caring for a loved one. All caregivers are welcome to attend.

**EVERY 2ND TUESDAY
OF THE MONTH
9:30 AM - 10:30 AM
REFRESHMENTS PROVIDED**

**To Join please call:
608-847-9371**

Sponsored and facilitated by the ADRC of Eagle Country
Juneau County Office



Did you know the Aging and Disability Resource center has a caregiver support group? Join us every 2nd Tuesday of the month 9:30-10:30AM at Beyond the Daily Grind for discussion and refreshments. Caregiving can be difficult, but you are not alone in the caregiving journey. During the caregiver support group you can listen to others share their journey, as well as share your own. The caregiver support group is facilitated by the ADRC of Eagle Country Juneau County Office Angela Pokorney (Older Americans Act Support Coordinator) and Abby Heckman (Dementia Care Specialist).

For further information on resources available to caregivers Contact Angela Pokorney, Older Americans Act Support Coordinator at At 608-847-9371

VOLUNTEER DRIVERS NEEDED



NEIGHBORS HELPING NEIGHBORS

Help transport elderly residents and or individuals living with a disability to and from medical appointments, grocery shopping, and other personal errands. Volunteer drivers are also needed to help deliver home delivered meals to home bound community members.

Mileage is reimbursed at the federal reimbursement rate. You choose how far you're willing to drive and which trips to accept or decline.

Qualifications include:

- Valid WI Driver's License
- Reliable Vehicle
- Current Insurance/Registration
- Background check required



Contact the ADRC of Eagle County Juneau County Office to sign up at 608-847-9371.





EDUCATION SERIES

FOR SENIORS



-  Once a month
-  One hour
-  1030 Division Street
Mauston, WI 53948

DATES TOPICS

- | | | |
|----------|--|--|
| March 28 | | Healthy Eating |
| 2:00 pm | | <i>Presented by Mile Bluff Dietitians</i> |
| April 25 | | Medicare ABC's |
| 2:00 pm | | <i>Presented by Amy Goodman (ADRC)</i> |
| May 9 | | Senior Fitness/Balance |
| 1:30 pm | | <i>Presented by Mile Bluff Athletic Trainers</i> |
| June 27 | | Medicare Scams |
| 2:00 pm | | <i>Presented by Medicare Patrol</i> |

For more information and to RSVP, call **608-847-2377**.



Photo Courtesy of Pixabay.com

Did you Know...

Parsnips are carrot's sweeter cousin and can be used to sweeten cakes and jams

Parsley can be used in a variety of dishes as an ingredient or garnish.

EAT WELL, AGE WELL. April – Parsnips and Parsley

Parsnips are high in fiber, as well as a good source of potassium, calcium, iron, Vitamin C, and folate. While parsnips look like an albino carrot, they are different. Parsnips are very sweet, making them a healthy addition to desserts and sweeter dishes. They grow in cooler temperatures making fresh parsnips available in the spring and fall; they can even be left in the ground over the winter and picked in early spring.

- Storage: Store wrapped in a towel or perforated bag to keep dry.
- Preparation: Wash and peel before cooking. Tasty when roasted, mashed, put into soups, and even in desserts.

Parsley is a hardy herb that is high in several vitamins. It is rich in phytonutrients, or plant compounds, that have anti-inflammatory and immune-boosting properties. There are 2 varieties of parsley: Italian flat leaf is good for cooking and curly leaf is good for garnishing.

- Storage: Stores well in the refrigerator in a plastic bag for a week or longer upright with stems in a few inches of water. Like many herbs parsley can be kept as a potted plant inside for continuous fresh parsley.
- Preparation: Can be chopped and added to stocks, soups, and braised dishes or added as a garnish on top of pasta and roasted vegetables.

Roasted Parsnips with Parsley Garnish



Ingredients

- Half a pound of fresh parsnips
- 1 tsp olive oil
- 1/2 tsp Italian seasoning
- 1.4 tsp salt (optional)
- Parsley for garnish, chopped



Instructions

1. Heat oven to 400°F
2. Peel parsnips and cut into 1-inch chunks. Toss with oil and herb mixture in a large bowl.
3. Spread seasoned parsnips on a baking sheet and roast for 25-35 minutes stirring once or twice.
4. Remove from oven and garnish with parsley

Notes

- Parsnips are done when a fork slides in with little resistance
- Roasted parsnips make a great side for roasted chicken or pork loin
- For a sweet take, try tossing with maple syrup before roasting
- Recipe adapted from <https://www.healthyseasonalrecipes.com/simple-roasted-parsnips/>

Check out more Recipes at: <https://foodhero.org/parsnips> and <https://foodhero.org/parsley>

Word scramble:

- | | |
|-------------------|--------------------|
| 1. ryslepa _____ | 4. evegabtel _____ |
| 2. otor _____ | 5. saprpni _____ |
| 3. noelsasa _____ | 6. oaretds _____ |

Answers: 1. parsley 2. root 3. seasonal 4. vegetable 5. parsnip 6. roasted

Know us before you need us!

The ADRC of Eagle Country Juneau County is a friendly, welcoming place where you can go for free unbiased information about aging or living with a disability. The ADRC provides information on a broad range of programs and services, including helping people understand the various long-term care options available to them, providing assistance with applying for programs and benefits, and serving as an access point for publicly funded long-term care. These services can be provided at the ADRC Office, by telephone, or through a home visit, whichever is most convenient to you. Whether you are looking for information for yourself, or are a concerned family member or friend, or a professional working with issues related to aging or disabilities, we are here to help!

The ADRC can connect you to resources about:

- In home personal care and nursing
 - Housing options
 - Housekeeping and chore services
 - Home modifications
 - Adaptive equipment
 - Transportation services
 - Health, nutrition, and home-delivered meal programs
 - Assistance with Medicare, Medicaid, and Social Security
 - Caregiver supports and respite
- Connect with us at
200 S. Hickory St.
Mauston, WI 53948
Ph: 608-847-9371
Fax: 608-847-9442



Donation Designation Form:

I want to help the Aging and Disability Resource Center of Eagle Country Juneau County Office continue its dedication serving older adults, individuals with disabilities, caregivers and their families.

In MEMORY/HONOR of: _____

Donation made by: _____

Address: _____

I want my donation to go to the following programs:

Caregiver Support Programs _____ Juneau County Men's Shed _____ Healthy Living Programs _____
Meals on Wheels _____ Congregate Dining Site _____ Other: _____

Would you like an acknowledgement in the Ageless Newsletter? Yes _____ No _____

Please send receipt to: _____

Address: _____

Check out the Ageless newsletter online at:
www.co.juneau.wi.gov/adrc1

Juneau County Office
200 Hickory Street
Mauston, WI 53948



**Become a Volunteer Driver for
the Juneau Co. ADRC.
Call 608-847-9371 for more
information!**

