

2023



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 December 2023

Join us at one of our 5 Meal Site locations!

Come for the food, stay for the fun

GRACE LUTHERAN CHURCH ELROY

226 ERICKSON ST ELROY

MON, TUES, THURS, FRIDAY 11:30-12:30

NEW!

TIMMY'S TIME OUT (STARTING 2024)

522 GATEWAY AVE MAUSTON MON-THURS 11:00-12:00

R&S SPIRITS WONEWOC

229 CENTER ST WONEWOC TUES-FRIDAY 11:30-12:30

CAMP DOUGLAS COMMUNITY CENTER (BLUFFS)

304 CENTER ST CAMP DOUGLAS MON-THURS 11:30-12:30

NECEDAH HIGH SCHOOL

1801 S. MAIN ST NECEDAH

2ND AND 4TH WEDNESDAYS (SCHOOL YEAR ONLY) 11:00-
12:00PM

\$4.25
Suggested
Donation
Per meal



Call 608-847-9371 to register!
Reservations must be made 24 hours in advance

**MUST
BE AGE
60 OR
BETTER**

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 Sation
Meal Site:

Site Manager: Darlene Fish
Mauston American Legion
1055 E. State Street
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

Kathy Kucher

Crystal Clark

Howard Fischer

Marcy Krogh

Iny Emery

Cynthia Peterson

Kim Strompolis

Bill Riley

Mary Alice Laswell

Judy Zobal

DECEMBER

Upcoming Events

Saturday December 2, 2023

9:00am - 2:30pm Craft Fair @ New Lisbon Area School

9:00am - 3:00pm Powers Candies Annual Open House @ Mauston American Legion Hall

12:00pm - 7:00pm Christmas Through The Years @ Mauston The Boorman House

Sunday December 3, 2023

12:00pm - 7:00pm Christmas Through The Years @ Mauston The Boorman House

Monday December 4, 2023

6:00pm Knit, Crochet, or Craft @ Mauston Hatch Public Library

Tuesday December 5, 2023

4:00pm - 5:00pm Holiday Train Mauston

Thursday December 7, 2023

8:00am - 9:00am Family Story Time @ Mauston Hatch Public Library

1:00pm - 2:00pm HEALTHIER LIVING WITH DIABETES @ Mauston
Mile Bluff Medical Center

4:00pm - 6:00pm Game Night @ Hillsboro Public Library

Friday December 8, 2023

9:00am - 11:00am Sip N Swipe Cafe @ ADRC Office

Saturday December 9, 2023

9:00am - 12:00pm SafeTALK Workshop @ Mauston Hatch Public Library

9:15am Gingerbread House Make & Take @ New Lisbon Library

10:00am - 3:00pm 3rd Annual Holiday Market and Bake sale
@ Mauston Woodside Ranch & Convention Center

6:00 pm- Wonewoc Lighted Christmas Parade

Monday December 11, 2023

6:00pm Knit, Crochet, or Craft @ Mauston Hatch Public Library

Wednesday December 13, 2023

6:30pm - 8:00pm Trivia Night @ Mauston Gravity Box Brewing Company

Thursday December 14, 2023

5:00pm - 6:30pm Community Sharing Supper of Mauston/ Lyndon Station
@ Mauston High School

Friday December 15, 2023

9:00am - 11:00am Sip N Swipe Cafe @ ADRC Office

Saturday December 16, 2023

6:00 pm Necedah Christmas Parade

Monday December 18, 2023

6:00pm Knit, Crochet, or Craft @ Mauston Hatch Public Library

Tuesday December 19, 2023

Men's Shed Event @ Mauston Outdoors Forever Club

Thursday December 21, 2023

4:00pm - 6:00pm Game Night @ Hillsboro Public Library

Monday December 25, 2023

3:00-8:00 pm 3rd Annual Christmas Cafe Necedah Village Hall





SATURDAY, DECEMBER 9
9:00 AM TO NOON

HATCH PUBLIC LIBRARY

111 West State Street | Mauston, WI 53948

If you have ever found yourself in a situation where you are worried someone might be suicidal, but don't know how to engage - safeTALK is for you.

WHAT IS IT?

SafeTALK is a mental health training that prepares you to be more alert to people thinking about suicide and better be able to connect them to help.

USING HELPFUL TOOLS, YOU WILL LEARN HOW TO...

- » Reach out to someone thinking about suicide
- » Quickly connect them to further support
- » Overcome personal and community attitudes that act as barriers to help



Registration is required.
Refreshments will be provided.

**For more information,
call 608-847-2735.**

FREE Workshop

WHO SHOULD ATTEND?

Anyone 15+ years who is looking to build a culture of safety from suicide within their organization and community.

SCAN TO REGISTER!



WORKSHOP WILL BE LED BY:



Do's and Don'ts: Communicating with a Person Who Has Alzheimer's Disease

People with Alzheimer's may struggle to find the right word when speaking and may forget what they were saying. Remember to be patient. Here are some do's and don'ts to keep in mind.



Do	Don't
Make eye contact and use the person's name.	Exclude the person from conversations.
Listen and be open to the person's concerns.	Speak with an angry or tense tone.
Allow extra time for the person to respond.	Talk about the person as if they are not there.
Try using different words if the person doesn't understand what you say the first time.	Interrupt or argue with the person.
Ask yes or no questions: "Would you like some tea?" rather than "What would you like to drink?"	Ask the person whether they remember something or someone.

To learn more about communication and behavior changes in Alzheimer's disease, visit www.nia.nih.gov/alzheimers-communication.



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

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For ad info. call 1-800-950-9952 • www.lpicommunities.com Aging & Disability Resource Center, Mauston, WI A 4C 01-1367

Caregiving in
The Comfort of Home®

Caregiver Assistance News

"CARING FOR YOU ... CARING FOR OTHERS"

Winter Safety—Preventing Falls on Outings

Nearly everyone falls now and then, and some falls are unavoidable. But falling is *not* an inevitable consequence of aging. Most age-related falls are preventable once you know why they happen and take steps to minimize the risk for yourself and the person in your care whose age or health makes them especially vulnerable.

Dehydration can be a very common cause of falls in older adults. It can often cause dizziness and a drop in blood pressure, which can increase the risk of falling over.

According to the Centers for Disease Control and Prevention, even though one-third of adults age 65 and older experience a fall each year, fewer than half of these individuals tell their physician about it. It is essential to notify the doctor about the event. The doctor can make sure that an *invisible* injury did not cause or result from the fall. Have your doctor review all your medications, both prescription and over-the-counter, for their ability to cause dizziness or drowsiness. Wherever possible, eliminate or lower the dose of those that are potentially troublesome.

Fall Prevention Measures

- ✓ **Staying in** when it is rainy or icy outside.
- ✓ Wearing **good foot support** when walking. New shoes are slippery and crepe-soled shoes can cause the toe to catch.
- ✓ Having **foot pain problems corrected** and keeping toenails

trimmed and feet healthy for good balance.

- ✓ As needed, use a **walker or cane for added stability.**
- ✓ Consider **wearing hip protectors** for added protection should you fall.
- ✓ **Stop at curbs** and check the height before stepping up or down. Be cautious at curbs that have been cut away to allow access for bikes or wheelchairs. The incline may lead to a fall. **Avoid gravel paths.**
- ✓ Use a shoulder bag or fanny pack to **leave your hands free to use hand rails** as you go up and down steps and on escalators.
- ✓ **Grip strength** is a good indicator of health as we age. If you can hold onto something with a strong grip, that may break your fall and avoid injury.
- ✓ Having regular **vision screening** check-ups for eyeglasses.
- ✓ Using **separate reading glasses** and other regular glasses if bifocals make it difficult to see the floor.
- ✓ **Look carefully at floor surfaces** in public buildings. Many floors are polished marble or tile that can be very slippery.
- ✓ Consider **wearing hip protectors** for added protection should you fall.
- ✓ **Water therapy** is a safe way for a person with a disability and the elderly to exercise because there is no danger of falling.



Keep hands free

Fear of Falling

Balance can be affected in a person with a disability, such as stroke, and consequently many elderly people fear falling. Certain eye and ear disorders may increase the risk of falls. If the person in your care has balance problems, dizziness, or a spinning sensation, a physical therapy referral from the doctor may help.

To reduce fear of falling, therapists often have people practice getting up from a lying position. This increases confidence that they can get up if they fall. Any amount of exercise helps reduce the risk of falls. A fall may occur because a person's reflexes have changed. As people age, reflexes slow down. Additionally, drinking alcoholic beverages also increases the risk of falling. Alcohol slows reflexes and response time; causes dizziness, sleepiness, or lightheadedness; alters balance; and encourages risky behaviors that can lead to falls.

Transferring from a Wheelchair to a Car

Be sure the car is parked on a level surface without cracks or potholes.

- Open the passenger door as far as possible.
- Move the left side of the wheelchair as close to the car seat as possible.
- 1** • **Lock the chair's wheels.**
- Move both footrests out of the way.



- 2** • Position yourself facing the person.
- Tell him what you are going to do.
- Bending your knees and hips, lower yourself to his level.
- By grasping the transfer belt around his waist help him stand while straightening your hips and knees.
- If his legs are weak, brace his knees with your knees.



- 3** • While he is standing, turn him so he can be eased down to sit on the car seat. **GUIDE HIS HEAD** so it is not bumped.



- 4** • Lift his legs into the car by putting your hands under his knees.
- Move him to face the front.
- Put on his seat belt.
- Close door carefully.

Source: *Caregiving in the Comfort of Home: A Guide for Caregivers*

Taking Care of Yourself— Quick Tips for Winter Driving

- Listen for National Weather Service radio or television travel advisories.
- Do not travel in low visibility conditions.
- Avoid traveling on ice-covered roads, overpasses, and bridges if at all possible.
- If you must travel by car, use snow tires or chains.
- Let someone know your destination and when you expect to arrive. Ask them to notify authorities if you are late.
- Check and re-stock the winter emergency supplies in your car before you leave.
- Never pour water on your windshield to remove ice or snow; it may shatter.
- Take extra warm clothes, blanket, water and mobile phone in case the car breaks down.



Inspiration

*An ounce of prevention is
worth a pound of cure.
— Benjamin Franklin*

Live Life Laughing!

I'll be your doctor today.
Can I hear you laugh?



Memory Care - Well-being

Even if no fracture occurs, a fall can result in irreversible harm to an elderly person's health, social interactions and psychological well-being.

When older people fall they fear falling again, causing them to limit their activities and cause further physical decline, depression and social isolation, which in turn can hasten death.

DID YOU KNOW?

The lyrics of the "Star Spangled Banner," America's national anthem, come from the poem "The Defence of Fort McHenry" written by Francis Scott Key during the War of 1812. Key had been detained by the British during the Battle of Baltimore in 1814. He was inspired to write the poem after seeing that the American flag was still flying over the fort defending Baltimore when the 25 hour battle had concluded.

Later, the title of the poem was changed to "The Star Spangled Banner" and it was set to the tune of the popular song of the day "To Anacreon in Heaven" composed by John Stafford Smith. President Herbert Hoover signed the congressional act declaring "The Star Spangled Banner" as the US national anthem in 1931.

This American Moment brought to you by the Juneau County Retired Educators' Association



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Aging & Disability Resource Center, Mauston, WI

B 4C 01-1367

December Menu

Mauston, New Lisbon, Bluffs, Necedah
and Lyndon Station Areas

Meal Site Managers:

Nancy Nelsen- Bluffs

608-547-2213

Darlene Fish- Mauston/Lyndon Station

608-547-4715

Serving Times: 11:30-12:30

Meal Site Locations:

Mauston American Legion,
Camp Douglas Community Center

MON	TUE	WED	THU	FRI
  <p>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.</p> 				Closed 1
HONEY GLAZED PORK CHOP WHIPPED SWEET POTATOES GREEN BEANS FRUIT CUP WHEAT BREAD MARGARINE 1 % MILK 4	SALISBURY STEAK MASHED POTATOES GRAVY CORN WHEAT BREAD FRUIT CUP MARGARINE 1 % MILK 5	CHICKEN PARMESAN PASTA OF THE DAY PEAS & CARROTS WHEAT BREAD FRUIT CUP 1% MILK 6	BBQ BEEF POTATO WEDGES MIXED VEGETABLES WHEAT BUN FRUIT CUP 1 % MILK 7	Closed 8
SWEDISH MEATBALLS MASHED POTATOES GRAVY PEAS FRUIT CUP WHEAT BREAD MARGARINE 1% MILK 11	CHICKEN BREAST NEAPOLITAN PASTA BABY CARROTS WHEAT BREAD STICK FRUIT CUP MARGARINE 1% MILK 12	BREADED PORK TENDERLOIN STUFFING LS GRAVY CAULIFLOWER FRUIT CUP 1 % MILK 13	CHICKEN SALAD CROISSANT CUCUMBER SALAD VEGETABLE SOUP CRACKERS FRUIT CUP 1 % MILK 14	Closed 15
SLICED ROAST TURKEY STUFFING GRAVY CARROTS FRUIT CUP WHEAT BREAD MARGARINE 1 % MILK 18	SAUSAGE LINK BAKED BEANS MIXED VEGETABLES FRUIT CUP WHEAT BUN 1% MILK 19	<u>CHRISTMAS DINNER</u> BAKED HAM SWEET POTATO GREEN BEANS CRANBERRY APPLE BAKE WHEAT ROLL MARGARINE 1 % MILK 20	HAMBURGER CASSEROLE CORN WHEAT BREAD FRUIT CUP MARGARINE 1 % MILK 21	Closed 22
Closed 25	CHICKEN A LA KING RICE BISCUIT BEETS FRUIT CUP 1 % MILK 26	BEEFY CHEESY MAC W/TOMATO SAUCE CALIFORNIA BLEND VEGGIE BREAD STICK FRUIT CUP 1 % MILK 27	ORANGE CHICKEN RICE BROCCOLI FRUIT BREAD PUDDING 1% MILK 28	Closed 29

December 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
	 <p>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.</p>			Meatloaf & Tomatoes Mashed Potatoes Spinach Fruit Roll 1
	Closed 5	Pizza (pepperoni) Garlic Bread Side Salad - Tomato & Cucumber 6	Sloppy Joe Potato Salad Fruit 7	Pot Roast Potatoes Corn Fruit Bread 8
	Closed 12	Sausage gravy over biscuit Peas Fruit 13	Spaghetti Hot Dish Garlic Bread Fruit 14	Salmon Loaf Mashed Potatoes Beans Fruit Bread 15
	Closed 19	Bologna Scalloped Potatoes Corn Fruit 20	<u>Christmas Meal</u> Turkey Mashed Potatoes Cranberry Dressing Fruit 21	Closed 22
	Closed 26	Meatloaf Mashed Potatoes Peas Fruit Bun 27	Wings Baked Potatoes Corn Fruit 28	Chili Applesauce Crackers Fruit 29
Baked Chicken Stuffing & Cranberries Zucchini Fruit 4				
Chicken & Rice Hot Dish Broccoli Fruit 11				
Goulash (Beef, Beans, Tomato) Side Salad (Tomato & Cucumber) Fruit 18				
Closed 25				

December Menu

Elroy Area

Serving Times: 11:30-12:30

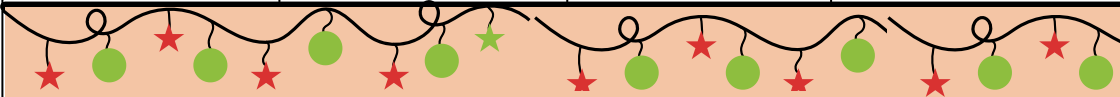
Meal Site Location:

Grace Lutheran Church Elroy

Meal Site Manager:

Karen Nelson

608-462-5175

MON	TUE	WED	THU	FRI
 <p>Please let us know by December 8, 2023 if you want a Christmas Dinner. The Royall School Madigal Choir will be singing starting at 11A.M. They will also be doing a sing-along, so make sure to bring your favorite Christmas song request. The Royal Bank of Elroy and Lindemann Hauling will be sponsoring the meal. A BIG Thank you to them. Merry Christmas to Everyone. -Karen Nelson</p>				Tuna or Chicken Casserole Corn Cottage Cheese Cranberries WW Dinner Roll 1
Kielbasa Mac N" Cheese Stewed Tomatoes Apricots WW Dinner Roll Apple Dessert 4	Beef Tips over Noodles Broccoli W/Cheese Pears German Christmas Stollen 5	Closed 6	Lasagna Peas 7-Layer Salad Applesauce Garlic Bread Oatmeal Raisin Cookies 7	Brats/Bun Baked Beans Autumn Pasta Salad Cottage Cheese Pickles Mandarin Oranges 8
Scrambled Eggs Pork Sausage Patties Hash Browns Peaches Blueberry Coffee Cake 11	Baked Chicken Mashed Potatoes/Gravy Glazed Carrots Sunshine Salad Fruit Cocktail WW Dinner Roll 12	Closed 13	Bar B Que Ribs Mashed Potatoes/Gravy Green Beans Pears WW Dinner Roll Cut Out Cookies 14	Salmon Patties Mashed Potatoes Creamed Peas Applesauce WW Dinner Roll 15
Tator Tot Casserole W/Mixed Vegetables Mandarin Oranges WW Dinner Roll Lemon Bars 18	<u>CHRISTMAS DINNER</u> Swedish Meatball & Stuffed Pork Loin Mashed Potatoes/Gravy Creamy Vegetable Medley Cherry Fluff Salad WW Dinner Roll Creme De Mint Desser19	Closed 20	French Bread Pizza Broccoli Salad Corn Peaches Chocolate Chip Cookies 21	Closed 22
Closed 25	Creamed Chicken over Baking Powder Biscuit Green Beans Tossed Salad Pears Schreiner's Ritz Nut Torte 26	Closed 27	Meatloaf Baked Potato Carrots Peaches Corn Bread Apple Squares 28	Cheddar Beef Enchiladas Mexican Rice Refried Beans Pineapple WW Dinner Roll 29

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:

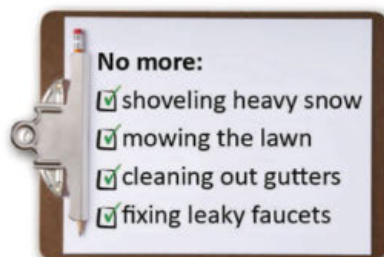
- In home personal care and nursing
- Housing options
- Housekeeping and chore services
- Home modifications
- Adaptive equipment
- Transportation services
- Health, nutrition, and home-delivered meal programs
- Assistance with Medicare, Medicaid, and Social Security
- Caregiver supports and respite

Connect with us at
200 S. Hickory St.
Mauston, WI 53948
Ph: 608-847-9371
Fax: 608-847-9442



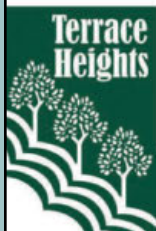
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For ad info. call 1-800-950-9952 • www.lpicommunities.com

Aging & Disability Resource Center, Mauston, WI

C 4C 01-1367

2024 Men Shed Events

10 a.m. - 12 p.m.

Outdoors Forever Clubhouse

4890 County Road N
Mauston, WI 53948

January 23rd: Local Historical Chapter by Craig Saxe

February 27th: International Crane Foundation

March 26th: Maple Syrup and Jam by Black Bear Fruits

April 23rd: Tick Prevention by Public Health

May 28th: Pettenwell & Castle Rock Stewards

June 25th: Culvers & Carr Valley Cheese

July 23rd: Sandburr Farms

August 27th: Wisconsin River Meats

September 24th : Water Fowl by Taylor Finger & Flu Clinic

October 22nd: Jasper's Apples

November date TBD: Badger Ammunition

December date TBD: Christmas Celebration



The Men's Shed is brought to you through partnership of
Aging and Disability Resource Center of Eagle Country
Juneau County Office, Outdoors Forever Conservation
Club and the Juneau County Land and Water
Department.

Contact the ADRC at 608-847-9371 for questions.



DECEMBER BUS TRIPS

With Jim



December 13, 2023 - Rotary Lights LaCrosse

December 27, 2023 - Shopping Trip
Wisconsin Rapids

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).



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in our award winning Senior Life Center.

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



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Mandy Retzlaff, 608-768-5815.



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888-818-2611

www.smpwi.org

 [WisconsinSeniorMedicarePatrol](https://www.facebook.com/WisconsinSeniorMedicarePatrol)



This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Aging & Disability Resource Center, Mauston, WI

D 4C 01-1367

Strength Training Class

STRONG *People*™
STRONG BODIES



Strong Bodies Exercise Classes
January 17, 2024 to March 15, 2024

Wednesdays & Fridays

9:00am – 10:00am

Juneau County Services Building

Room 209, 2nd Floor

200 Hickory St.

Mauston, WI 53948



Program Benefits:

- Increased strength
- Increased energy
- Better sleep quality
- Increased flexibility
- Increased balance
- Improved mood and attitude

This is a **FREE** Strong Bodies strength training Class for adults. Weights and mats are provided, or you can bring your own.

Serving those that are 55+. To reserve your spot, contact the ADRC of Eagle Country Juneau County Office at 608-847-9371. Registration is required.



Reach out if you need any accommodations to attend this event.
An EEO/AA employer, ADRC of Eagle Country - Juneau County
Office provides equal opportunities in employment and
programming,





Photo Courtesy of Pixabay.com

Did you Know...

Pumpkins are actually fruits and not vegetables? Why, because the pumpkin comes from the flower of the plant.

Each pumpkin has about 500 seeds.

Morton, Illinois is considered the "Pumpkin Capital of the World."

Morton is home to Libby's, the producer of 85% of the world's canned pumpkin!

EAT WELL, AGE WELL. December- Pumpkin

Oh, I can still taste and smell the delicious pumpkin pie from Thanksgiving. I also love pumpkin soup, bread, cheesecake, and a nice pumpkin latte. ***What are some of your favorite pumpkin treats?*** I am sharing two recipes on the next page that I hope you try.

As we strive to increase our awareness of various cultures around the world, I did some research and found that many cultures use pumpkins in their cooking. For example, In Armenia, the inside of the pumpkin is stuffed with boiled rice, dried fruit, nuts, and honey. South African pampoenkoekies are tiny pumpkin fritters made with cinnamon and nutmeg. Both sound delicious! The top 3 countries that eat the most pumpkin are China, India, and Russia. Pumpkin was thought to have been introduced in China during the Ming Dynasty around 1368 CE and was originally used as an offering by the Imperial family.

Pumpkin is a nutrition powerhouse. It is a good source of potassium (1 cup has the same amount as a banana), fiber, and vitamins A, B6, C, E, and K. They are packed with antioxidants. For example, Beta-carotene, which gives pumpkins their orange color, is a free-radical fighting antioxidant. Our bodies convert ingested beta-carotene into vitamin A, which is essential for healthy skin and eyes, while also **strengthening the immune system**. Another reason to enjoy pumpkin throughout the winter.

Pumpkin Smoothie in a Cup & Pumpkin Fruit Dip

These quick recipes are refreshing and healthy and your grandkids and great-grandkids will love them too!

Pumpkin Smoothie in a Cup

Ingredients

- $\frac{3}{4}$ cup low-fat vanilla yogurt or 1 container (6 ounces)
- $\frac{1}{4}$ cup canned pumpkin
- 2 teaspoons brown sugar
- $\frac{1}{4}$ teaspoon cinnamon
- $\frac{1}{8}$ teaspoon nutmeg (optional)

Directions

1. Combine all ingredients in a bowl or blender.
2. Mix until smooth and serve.
3. Refrigerate leftovers within 2 hours.
4. You can also freeze it and enjoy it like a shake.



Pumpkin Fruit Dip



Ingredients

- 1 can (15 ounces) **pumpkin** (about $1\frac{3}{4}$ cups cooked pumpkin)
- 1 cup low-fat **ricotta cheese** or **plain yogurt** or low-fat **cream cheese**
- $\frac{3}{4}$ cup **sugar**
- 1 $\frac{1}{2}$ teaspoons **cinnamon**
- $\frac{1}{2}$ teaspoon **nutmeg**

Directions

1. In a large bowl, combine pumpkin, ricotta cheese, or yogurt or cream cheese, cinnamon, and nutmeg. Add sugar a little at a time to reach desired sweetness. Stir until smooth.
2. Refrigerate leftovers within 2 hours.

(Recipes and photos used with permission from Foodhero.org)

Check out more Milk Recipes, facts, fun activities, and more at:

<https://foodhero.org/pumpkin>

If you receive a call, text, or email that...

- Threatens to **suspend your Social Security number**, even if they have part or all of your Social Security number
- Warns of **arrest or legal action**
- Demands or requests **immediate payment**
- Requires payment by **gift card, prepaid debit card, Internet currency, or by mailing cash**
- Pressures you for **personal information**
- Requests **secrecy**
- Threatens to **seize your bank account**
- Promises to increase your **Social Security benefit**
- Tries to gain your trust by providing **fake "documentation," false "evidence," or the name of a real government official**



.... it is a **SCAM!**

Happy Holidays

The ADRC of Eagle Country - Juneau County Office would like to extend our warmest wishes to you this holiday season. May this holiday season bring you moments of joy, love and reflection.



CARE ACT:

SUPPORT WISCONSIN FAMILY CAREGIVERS

In Wisconsin,
580,000 caregivers
provide more than
540,000,000 hours
of unpaid labor per year

More than 4 in 5 employers
(88%) say caregiving will
be an important issue in
the next 5 years

88%

Per year, Wisconsin family
caregiver labor is valued at **\$9.2
billion**

Employers lose nearly **\$33 billion**
every year due to lower productivity
and early retirement related to
caregiving

Lack of Support During Hospital Discharge

76%

of family caregivers
didn't receive any
training upon discharge

Hospital readmissions due to lack of proper
training increases stress for providers

81%

of family caregivers were
given **24 hours or less**
notice of discharge

Last minute hospital discharge instructions
can be rushed and confusing for caregivers

Caregivers miss work and lose pay because
of last minute hospital discharge decisions

Worse Outcomes for Patients, Providers, and Caregivers

The Caregiver Advise, Record, Enable (CARE) Act requires hospitals to:

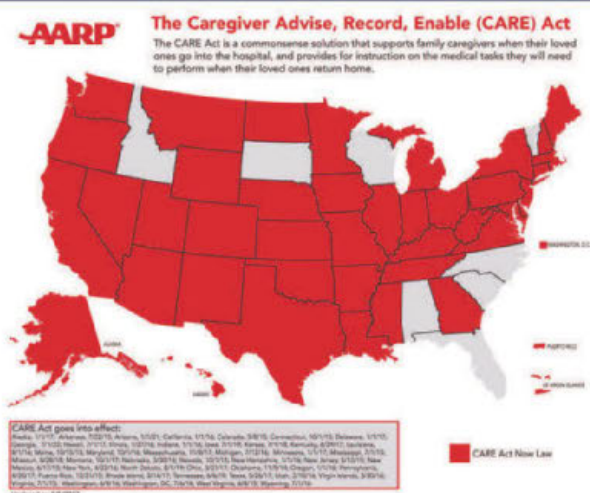
1. Ask patients if they have a caregiver and record in the medical record
2. Contact that caregiver if the patient is to be transferred or discharged
3. Teach the caregivers how to provide the care needed after discharge

Wisconsin is one of only 8 states that has not yet enacted the CARE Act

Did you know?

-There is already funding for the CARE Act! Clinicians can bill the hospital for educating and training family caregivers

-8 in 10 registered voters in WI over 40 support the components of the CARE Act



Champion this legislation and help reintroduce bill AB 584/SB 516 from the 2019-2020 Legislation Session

Contact Bryn Ceman, Caregiver Support Specialist, at the Greater Wisconsin Agency on Aging Resources to learn more about how to collaborate and become an ally on this legislation. Contact Bryn through email at bryn.ceman@gwaar.org or by phone at (608)-228-8096

Sources: AARP Wisconsin & Wisconsin Aging Advocacy Network. (2022) Support Wisconsin Seniors & Their Family Caregivers.
AARP Wisconsin. (2019) Family Caregiving in Wisconsin: Overwhelming Support for the CARE Act: 2019 AARP Survey of Wisconsin Registered Voters 40 and Older.
Greater Wisconsin Agency on Aging Resources (2023). Family Caregiver Involvement - Hospital Discharge Survey
Reinhold, S. C., Caldera, S., Houser, A., & Choula, R. B., (2023). Valuing the Invaluable 2023 Update: Strengthening Supports for Family Caregivers. AARP Public Policy Institute.
<https://doi.org/10.26419/ppi.00082.006>
Wisconsin Family Caregiver Support Alliance & The Arc Wisconsin. (2018) Engaging Employers in the Caregiving Crisis: How Supporting Employees Results in Return on Investment.

Scan this QR Code to Become an Official Partner of the CARE Act:





CARDINAL COMMUNITY CONNECTIONS ADULT OUTREACH

TOGETHER, WE ARE OUR BEST!

A Vision for Building Community:

The Necedah Area School District believes community engagement is an ongoing process that increases active participation, communication, and collaboration between citizens and their schools. We believe that communities working together to create meaningful relationships will lead to an increase in student success and community pride. Together, we are our best!

The following event schedule has been developed to support increased engagement of citizens in the Necedah School Community. As a resident, you have FREE access to various activities and events taking place at the school building. The school's commitment to the luncheons is providing staffing, space, and record keeping. Juneau County is providing reimbursement for the meals. Please join us!

Senior Citizen Luncheons 2023-24

Senior Citizens living in the Necedah community are welcome to join us for luncheons at the school every 2nd and 4th Wednesday of the month at 11:00 am in the Multipurpose Room. Please note: There is one (1) Tuesday event to accommodate 'no school' that week. RSVP is not required. Please park in Parking Lot A (front of school building) and enter through the elementary school.



We love our Senior Citizens!
Everyone is welcome.



December 20
January 10 and 24
February 14 and 28
March 13 (one event due to spring break)
April 10 and 24
May 8 and 22



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: _____



CENTRAL WI CAC INC-Juneau County Energy Assistance
: CENTRAL WI COMMUNITY ACTION (CWCAC)

Address: 534B LA CROSSE ST
MAUSTON WI 53948
608-847-5988
Fax-608-847-3009



Things to bring to Outreach or Appointments:

1. **Social Security** numbers and **Date of Births** of each person in household
2. **Proof of all income** from anyone in household 18 an older- work, child support, SSI, SS, SSDI ETC.
3. **Food Share** Letter First 5 Pages
4. **Landlord's** name and address & phone # if you are a renter a lease
5. **Heat Provider-** cost from 9/1/22 to 8/31/23- if no cost then account number
6. **Electric Provider** and Costs- 9/1/22 to 8/31/23- if no cost bring account number
7. If you have **Alliant** or **MGE** please just bring Account Number- DO NOT CALL THESE PROVIDERS
8. Cell Phone

<u>Household Size</u>	<u>One month</u>	<u>Annual Income</u>
1	\$2,820.67	\$33,848
2	\$3,688.58	\$44,263
3	\$4,556.50	\$54,678
4	\$5,424.50	\$65,094
5	\$6,292.42	\$75,509
6	\$7,160.33	\$85,924
7	\$7,323.00	\$87,876
8	\$7,485.75	\$89,829



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

Juneau County Office
200 Hickory Street
Mauston, WI 53948



Answer Key:

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

