

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 April 2023

The ADRC, Juneau County Health Department and Mile Bluff were notified in March of a scam targeting residents in our area. The person on the other end of the call is selling medical equipment claiming to be from Health Care Solutions. When the number is searched, it is linked to many county agencies, medical facilities and other companies in our area. When called back they will tell you that you have won a prize, please be advised that this is a scam. Use caution when providing your credit card, banking or Medicare information to an unknown caller. If it seems suspicious, it probably is!



Known Tactics Scammers Use:

Scammers frequently change their approach with new tactics and messages to trick people. Below are red flags to be aware of if you are contacted by someone who is trying to scam you.

- Scammers may threaten you with arrest or legal action because you don't agree to pay money immediately. or threaten to suspend your social security number.
- Claim to need personal information or payment to activate a cost-of-living adjustment (COLA) or other benefit increase.
- Pressure you to take immediate action, including sharing personal information.
- Ask you to pay with gift cards, prepaid debit cards, wire transfers, cryptocurrency, or by mailing cash.
- Threaten to seize your bank account.
- Identify themselves as a loved one in trouble.
- Offer to move your money to a "protected" bank account.
- Demand secrecy.
- Direct message you on social media.

Be skeptical and look for red flags. If you receive a suspicious call, text message, email, letter, or message on social media use caution as the caller or sender may not be who they say they are. To learn more see page 8.

Source: <https://www.ssa.gov/scam/>

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:

Ann June

Disability Benefit Specialist:
Tiara Hoffman

Elder Benefit Specialist:
Amy Goodman

Dementia Care Specialist:
Abby Heckman

ADRC Driver:
Jim Migach

Food Transporters:
Julia Ritchart
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



CALENDAR OF EVENTS

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

						Hatch Public Library Book Sale 9:00am - 2:00pm 1
2	6:30pm - 8:30pm Bingo at the Moose Lodge @ Mauston Moose Lodge 3	Spring Election Day Mental Health First Aid for Older Adults Mile Bluff Medical Center 8:00-5:00 5		1:00pm - 2:00pm HEALTHIER LIVING WITH DIABETES @ Mauston Mile Bluff Medical Center 6	<i>Good Friday</i> ADRC Office Closed 7	8
 9	6:30pm - 8:30pm Bingo at the Moose Lodge @ Mauston Moose Lodge 10	11:00am - 12:00pm Senior Citizen Luncheons @ Necedah Area School 11	12	13	Hatch Public Library Recycle Plastic Bags - repurpose into baskets 4:00pm - 6:00pm 14	15
16	6:30pm - 8:30pm Bingo at the Moose Lodge @ Mauston Moose Lodge 17	Hatch Public Library Meet the Artist Rod Hermanson 6pm 18	19	Learn how to use Uber in Juneau County ADRC Office 1:00 p.m. 20	21	6:30pm Dueling Pianos @ The Lodge At Mauston 22
23	6:30pm - 8:30pm Bingo at the Moose Lodge @ Mauston Moose Lodge 24	11:00am - 12:00pm Senior Citizen Luncheons @ Necedah Area School 4:30pm - 6:00pm New Lisbon Community Supper @ New Lisbon Community Center (Former American Legion Hall) 25	26	5:00pm - 6:30pm Community Sharing Supper of Mauston/ Lyndon Station @ Mauston High School 27	28	29



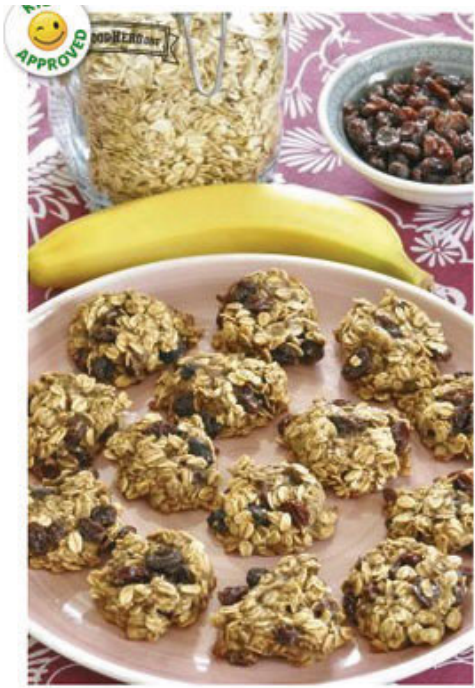
Contact the ADRC at 608-847-9371 if you need transportation assistance to the polls on April 4th for the Spring Election.

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Banana Oatmeal Cookies



Ingredients

- 2 very ripe bananas
- 1 cup oats (quick-cooking or old fashioned rolled)
- ½ teaspoon cinnamon
- ½ teaspoon vanilla
- ½ cup raisins

Directions

1. Wash hands with soap and water.
2. Preheat oven to 350 degrees F. Lightly grease a baking sheet.
3. In a medium bowl, mash bananas with a fork until mostly smooth.
4. Add oats, cinnamon, vanilla and raisins. Mix well.
5. Drop the dough with a teaspoon onto the baking sheet. Flatten dough with the back of a spoon or bottom of a drinking glass.
6. Bake 10 to 15 minutes. Remove from oven and let cool before serving.

Prep time: 10 minutes

Cook time: 15 minutes

Makes: 14 Cookies



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



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PALLIATIVE CARE**

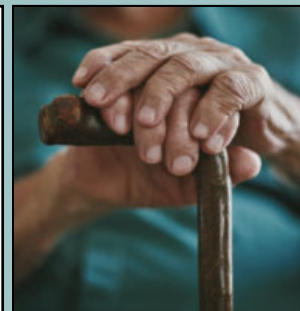


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Aging & Disability Resource Center, Mauston, WI

A 4C 01-1367

CAREGIVER ASSISTANCE NEWS

"CARING FOR YOU ... CARING FOR OTHERS "

Abuse & Neglect / Violence

People with dementia are especially vulnerable to mistreatment, partly because caring for them can put so much stress on those who provide care. If you don't understand the reason for his behavior, you may misinterpret it as hostile to you, rather than caused by their illness. Understanding the disease, knowing how best to communicate with a person with dementia, and having adequate support for yourself can go a long way toward preventing these very upsetting situations.

A person with Alzheimer's disease may sometimes act in ways that are upsetting or seem aggressive. He or she may hit, scratch, or fight with the caregiver. This does *not* always happen. But if it does, it is likely to be when the person is in the middle stage of Alzheimer's disease. This stage can last for up to four years.

These actions can be upsetting and are often hard for caregivers to manage. It helps to have a plan. One that many people find easy to remember is called ABC. Here is what this means:

A means Antecedent. This refers to events that happen just *before* an upsetting action.

B is the Behavior. This means any upsetting or aggressive *action done* by the person who has Alzheimer's disease.

C refers to the Consequence. This includes events that happen *after* the behavior. Sometimes, these events can make the situation worse.

Here is a story about people we are calling Mary and Robert Jones. In this story, Mary is the caregiver for her husband, Robert, who has Alzheimer's disease. As you will see, in this story many things go wrong.

A. The Antecedent. What happened before the behavior?

Mary slept too late and now is in a hurry. She wants her husband Robert to quickly get out of bed, take a shower, eat, and get dressed before a driver arrives to take them to his doctor's appointment. Because of her late start, Mary yanks off the bed covers and yells at Robert to get up. He does not understand the words but reacts to her tone of voice. Mary gets angry when he pulls the bed covers back up. "So that's the way it will be. I'm in charge here," she yells.

Mary then drags Robert out of bed and rushes to get him dressed. Now he must balance on one leg rather than sit down to pull up his pants. This is not their usual routine when Mary takes her time helping Robert get ready for the day.

B. The Behavior.

Robert loses his balance because Mary is rushing him so much. He grabs her arm for support and does not let go. When she yells, he grabs even tighter. Robert is now digging his nails into Mary's arm.

C. The Consequence. The events that followed the behavior.

Mary loses control and smacks Robert in the face (something she had never done before). He hits her back. Mary thinks he is fighting, though it may be that he is just afraid and doing to her what she did to him.

One problem leads to others and Mary now worries that Robert will hurt her again. She questions whether she can care for him at home and wonders whether Robert must go to a nursing home.



Now let's look again at this story using the ABC way. Mary can see that the problems started when she rushed around and did not think of how Robert would react. She now knows she must avoid these types of situations.

- Mary learned that because Robert has Alzheimer's disease, he **cannot be rushed**. While she should not feel guilty, she should realize how her actions made this worse.
- If Mary is ever late again, she will call the doctor's office and ask if they can make a new appointment or come in later in the day. This is better than expecting Robert to change his behavior.
- Mary will make a list of what happened just before Robert's upsetting behavior. She will look for causes of what went wrong and figure out ways to avoid them.
- Mary will also think about her own actions and what did or did not work well.
- Mary will use the ABC way to help Robert to be more cooperative in the future. This is a way to understand

what happened and figure out ways to better manage in the future.

Source: *The Comfort of Home for Alzheimer's Disease*

Sleep Disturbances

Changes in the brain can alter the sleep patterns of people with dementia. Having a daily schedule with enough activity and periods of rest, avoiding caffeine in the later part of the day, and sticking to a regular time for going to bed may help. Sleep medications should be used only as a last resort. Discuss them with the doctor before using them.

Sometimes the person with Alzheimer's disease will want to sleep in the clothes he has worn during the day. He may prefer to sleep in a comfortable chair in the living room instead of in bed. If there is no harm in going along with these behaviors, do not make an issue about them. However, be sure that the house is securely locked so if the person wakes up and wants to go outside during the night, he cannot do so.

Tips to Protect and Prevent Your Personal Information from Medicare Fraud

Everyone can take steps and play a role in preventing fraud and abuse in the health care system. Take action to help protect your personal information by following these steps:

- Protect your medical identification cards and numbers- keep these items in a safe place.
- Treat your Medicare card and number like you would treat a credit card.
- Only share Medicare and other health care identification cards and numbers with trusted sources who need that information to serve you, such as your health care providers.
- Medicare already has your number. They will not call you to ask for it, and they do not need your bank account number! If you call 1-800-Medicare (1-800-633-4227) for assistance, they will however ask for your Medicare number.
- Treat any offer or free services in exchange for your Medicare or health care identification number with caution and suspicion.
- Rely on your doctors for medical advice and prescriptions, not advice or offers of medical services from unknown persons who call, visit, advertise on television, or approach you in public.

Information from Wisconsin Senior Medicare Patrol www.smpwi.org/prevent



LET US EAT LETTUCE



Select – Choose lettuce with fresh, crisp leaves.

Store – Keep lettuce in a plastic bag with small holes. Store in refrigerator for up to 1 week.

Prepare – Rinse carefully under cool running water and allow it to dry well.

Lettuce is The Harvest of the Month!

Add lettuce to your favorite family meals:

- Serve tuna, chicken, or egg salad on a bed of lettuce.
- Use lettuce instead of a bun for a burger or sandwich.
- Ran out of tortillas? Use a large leaf as a taco shell for leftover fillings.

Make meals and memories together. It's a lesson kids will use for life.

Did you Know?

The four main types of lettuce include butterhead (Boston, bibb), crisphead (iceberg), looseleaf (red leaf, green leaf) and romaine. Lettuce leaves that are darker in color contain more vitamins and minerals than the paler color varieties.



Nutritious, Delicious, Wisconsin!
#WIHarvestoftheMonth



Extension
UNIVERSITY OF WISCONSIN-MADISON

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The University of Wisconsin-Madison Division of Extension is an EEO/AA institution committed to diversity among its employees and in its programs. Funding for this publication was made possible by the U.S. Department of Agriculture's (USDA) Agricultural Marketing Service through grant AM200100XXXXG060. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the USDA.

What To Know About High Blood Pressure as You Age

Points to remember:



The chance of having high blood pressure increases as you age.



Most people with high blood pressure don't have signs or symptoms.



Serious health problems can develop if high blood pressure is left untreated.

What you can do:



Get your blood pressure checked frequently.



Eat a healthy diet and exercise regularly.



Ask your doctor if you need medication to manage your blood pressure.

Learn more about high blood pressure and older adults at www.nia.nih.gov/high-blood-pressure.



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Aging & Disability Resource Center, Mauston, WI

B 4C 01-1367

Mauston , Bluffs and Lyndon Station Meal Site - Mauston American Legion

April 2023 Menu

Mauston/Lyndon Station

Meal Site Manager:

Darlene Fish 608-547-4715

Bluffs Meal Site Manager:

Nancy Nelsen 608-547-2213

Please call to reserve your meal.

Menu subject to change.

There is a suggested donation
of \$4.25 per meal.

Serving times: 11:30-12:30

All meals are served with bread, milk and butter.

MON	TUE	WED	THU	FRI
HONEY GLAZED PORK CHOP WHIPPED SWEET POTATOES CAULIFLOWER APPLESAUCE WHEAT BREAD MARGARINE 1 % MILK 3	BAKED CHICKEN / 2 LEGS CHEESY RICE PEAS & CARROTS WHEAT BREAD MARGARINE FRUIT CUP 1% MILK 4	BAKED HAM / EASTER MEAL SWEET POTATO GREEN BEAN APPLE CRISP WHEAT ROLL MARGARINE 1 % MILK 5	BBQ BEEF SANDWICH POTATO WEDGE MIXED VEGETABLE WHEAT BUN FRUIT PUDDING 1 % MILK 6	Closed 7
SALISBURY STEAK MASHED POTATOES MIXED VEGETABLE WHEAT BREAD FRUIT JELLO MARGARINE 1 % MILK 10	SAUSAGE LINK BAKED BEANS CALIFORNIA BLEND VEGGIES FRUIT CUP WHEAT BUN 1% MILK 11	BAKED FISH / SCAMPI DICED POTATOES CORN BREAD COLESLAW FRUIT JELLO MARGARINE 1% MILK 12	SLICED ROAST TURKEY MASHED POTATOES GRAVY PEAS & CARROTS CRANBERRY WHEAT BREAD MARGARINE 1 % MILK 13	Closed 14
SWEDISH MEATBALLS MASHED POTATOES GRAVY CORN FRUIT FLUFF WHEAT BREAD MARGARINE 1% MILK 17	CHICKEN BREAST/ SKINLESS NEAPOLITAN PASTA LS CORN WHEAT BREADSTICK MANDARIN ORANGES MARGARINE 1% MILK 18	FISH CHOWDFER BROCCOLI FRUIT CUP BISCUIT MARGARINE 1 % MILK 19	MEATLOAF AU GRATIN POTATO STEWED TOMATOES FRUIT JELLO WHEAT BREAD MARGARINE 1 % MILK 20	Closed 21
CHICKEN PARMESAN HASHBROWN CASSEROLE PEAS GARLIC BREAD STICK FRUIT CUP 1% MILK 24	SALISBURY STEAK MASHED POTATOES WAX BEANS WHEAT BREADSTICK FRUIT FLUFF MARGARINE 1 % MILK 25	BREADED PORK TENDERLOIN STUFFING LS GRAVY CALIFORNIA BLEND VEGGIES WHEAT BREAD FRUIT CUP MARGARINE 1 % MILK 26	CHICKEN SALAD CROISSANT CUCUMBER SALAD VEGETABLE SOUP CRACKERS PEACHES 1 % MILK 27	Closed 28

Wonewoc Meal Site R&S Spirits & Lounge

April 2023 Home Delivered Meal Menu



Check out our new
dining in menu
options on page 14!

Wonewoc Meal Site Manager:

Kathy Durkee

Phone: 608-847-9371

All Meals are served with
bread, milk and butter.

Please call to reserve your meal.

Menu subject to change.

There is a suggested donation
rate of \$4.25 per meal.

Serving times: 11:30-12:30

MON	TUE	WED	THU	FRI
Closed 3	BBQ Pork Sandwich Potato Bakers Carrots Fruit 4	Baked Chicken Legs Cheesy Hash Browns Mixed Veggies Fruit 5	Easter Meal Ham Mashed Potatoes Green Bean Casserole Apple Pie 6	CLOSED IN OBSERVANCE OF GOOD FRIDAY 7
Closed 10	Beef & Mac Noodles in Tomato Sauce Garlic Bread Fruit 11	Lasagna Broccoli Garlic Bread Fruit 12	Chicken Tenders Baked Potatoes Cauliflower Fruit 13	Cream of Ham & Veggies Soup Bread Fruit 14
Closed 17	Baked Chicken Dressing Squash Fruit 18	Scalloped Potatoes & Ham Green Beans Fruit 19	Burgers with Lettuce & Tomatoes Baked Beans Coleslaw Fruit 20	Fish Wedges Broccoli Wheat Bun Fruit 21
Closed 24	Chicken Alfredo Green Beans Fruit 25	Spaghetti & Meat Sauce Garlic Bread Coleslaw Fruit 26	Meatloaf Mashed Potatoes Peas Wheat Bun Fruit 27	Creamed Chicken over biscuits Carrots Applesauce 28

Elroy Meal Site Grace Lutheran Church

April 2023 Menu

Elroy Meal Site Manager:

Karen Nelson 608-462-5175

All Meals are served with bread,
milk and butter.

Serving times: 11:30-12:30

Please call to reserve your meal.

Menu subject to change.

There is a suggested donation
rate of \$4.25 per meal.

MON	TUE	WED	THU	FRI
Tator Tot Casserole W/Mixed Vegetables Green Beans Oriental Salad Mandarin Oranges Chocolate Chip Cookies 3	Smothered Chicken Mashed Potatoes Carrots Cranberries WW Dinner Roll Nutty Pineapple Cake 4	Closed 5	EASTER DINNER Stuffed Pork Loin Mashed Potatoes/Gravy Green Beans Almondine Fruit Salad WW Dinner Rolls Mandarin Orange Pretzel Dessert 6	CLOSED IN OBSERVANCE OF GOOD FRIDAY 7
Scrambled Eggs Fried Ham Hash Browns Cottage Cheese Applesauce Cinnamon Rolls 10	Salisbury Steak Beefy Rice Glazed Carrots Romaine Lettuce Salad Apricots WW Dinner Roll Peanut Butter Cookie 11	Closed 12	Sweet & Sour Chicken W/Veges over Rice Oriental Salad Pears WW Dinner Rolls Butterfinger Cake 13	Baked Mostaccioli W/Meat Garlic Bread Corn Salad Peaches Butterfinger Cake 14
Taco Salad W/Meat Lettuce & Tomatoes Bean Salad Peaches WW Dinner Roll Bananas "n' Cream Squares 17	Ribs & Kraut Mashed Potatoes Peas Pears Corn Muffins Zucchini Cake 18	Closed 19	Baked Chicken Mashed Potatoes/Gravy Stewed Tomatoes Tossed Salad Mandarin Oranges WW Dinner Roll Mint Brownies 20	LaFarge Bologne Cheesy Hash Browns Barbecued Lima Beans Applesauce WW Dinner Roll 21
Bean & Ham Soup Ham Sliders Cottage Cheese Peaches Almond Joy Cake 24	Chicken over Rice Squash Green Beans Jell-O W/Fruit Cocktail WW Dinner Roll Pineapple Upside Down Cake 25	Closed 26	Breaded Pork Chop Baked Potato Corn 7-Layer Salad Applesauce WW Dinner Roll Nonny's Lemon Cookies 27	Hamburger Hot Dish W/Veggies Carrots Frog Eye Salad Pineapple WW Dinner Roll 28



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 _____ 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: _____

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Wonewoc R&S Spirits Meal Site
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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



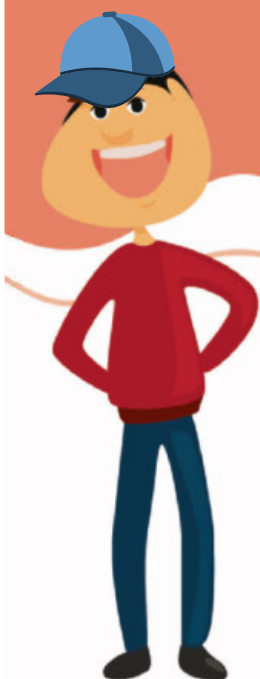
*Soup and salad bar
option available on
Fridays!*

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

ADRC
of Eagle Country
Juneau County Office



BUS TRIPS WITH JIM



April 11, 2023

Bus Trip - Sparta
Shopping - Wal-Mart,
Dollar Tree, & a stop for Lunch

April 27, 2023

Baraboo
with a stop for lunch

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

Concerned about Medicare fraud? Give us a call...

PROTECT your
personal information

DETECT suspected
fraud, abuse, or errors

REPORT suspicious claims
or activities

Toll-free Helpline:
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www.smpwi.org

WisconsinSeniorMedicarePatrol



Preventing Medicare Fraud

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.



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Aging & Disability Resource Center, Mauston, WI

D 4C 01-1367

Sip N Swipe Cafe

"A tablet/smartphone beginner basics class"



Designed to help:

- Those new to technology
- Those who use a tablet, but only for one or two tasks
- Those who have a smart phone, but are not sure how to use.

(Owning a smart phone or tablet is not required.)



Free classes

April 14th, 21st, 28th

9:00–11:00 a.m.

ADRC of Eagle Country

Juneau County Office

200 Hickory Street

Mauston

Contact the ADRC at

608-847-9371 to register.

Registration is required and spots are limited.

NUTRITION EDUCATION



Photo Courtesy of Pixabay.com

EAT WELL, AGE WELL.

April- Celebrating Bananas

Bananas are known for being rich in potassium which may protect against high blood pressure and other heart disease

They are the top-selling fruit in the US according to

freshproduce.com.

Bananas are a great way to add moisture, reduce fat and calories, and add sweetness and nutrients to recipes.

- ⚙ You can replace egg in baked goods: $\frac{1}{4}$ cup mashed banana (about $\frac{1}{2}$ banana) = 1 egg
- ⚙ Mashed bananas can also be substituted for up to half of the fat in baked goods. For example, if the recipe calls for half a cup of butter, instead add $\frac{1}{4}$ cup of mashed bananas and $\frac{1}{4}$ cup of butter. This will reduce the calories in the recipe by 407 and fat by 42 grams!!!

April is also [Arab American Heritage Month](#). Did you know that Bananas were brought from the east to the west by Arab conquerors when Alexander the Great sent his armies to descend upon India in 327 BC? If you would like to try some Arab recipes check out

<https://arabamericanmuseum.org/chef-series/>

Did you Know...

In 1907 the First Banana Split was made!

At his restaurant in Wilmington, Ohio, Ernest R. Hazard created this new ice cream treat which he hoped would attract college students to his shop.

You can slow ripening by storing bananas in a cool spot or they can be refrigerated for up to 2 weeks.

The skin may turn black but the flesh will be fine to eat.

You can freeze them too!

Caregiver Boot Camp

This is a free survival program for families coping with Alzheimer's Disease or other dementias. Presented by local ADRC Dementia Care Specialists.

Topics Covered Include:

- Dementia 101 "What is Dementia?"
- The Dementia Live Experience
- Tough Conversations
- Question and Answer
- Community Resources
- Caring for the Caregiver

May 31st

9:00 a.m.-3:00 p.m

Free lunch and survival kit provided to participants!



**Juneau County Services
Building
200 Hickory St Rm. 209
Mauston**

Contact 608-847-9371 to register. Registration required.

ADRC
of Eagle Country

Save the Date

Tuesday, May 9, 2023, 1:00 – 3:00 p.m.

Aging Advocacy Day

Wisconsin Aging Advocacy Network



You are Invited!

Join aging advocates from across the state to share your story and prepare to make issues impacting older adults and family caregivers a top priority for state legislators in 2023 and beyond.

Register at:

<https://gwaar.wufoo.com/forms/z11p6eil0dbk2o8/>

More details coming soon!

<https://gwaar.org/aging-advocacy-day-2023>

Contact: Janet Zander, 1414 MacArthur Rd., Madison, WI 53714, janet.zander@gwaar.org, (608) 228-7253



#WisAgingAdvocacy2023

2023 VIRTUAL WOMEN'S MAY 3rd 5-6:30 PM NIGHT

all are welcome

Main presentation focused on inner strength and self-worth

Join in an instructor-led activity from your choice of: Strong Bodies, mindful meditation, chair yoga, or a cooking demo

Hear from partners in Adams, Juneau, and Sauk counties to learn what women's health services are available for all ages

Complete the post survey for a chance to win a door prize from area businesses!

Register for FREE today:
Scan the QR code,
go to bit.ly/41COB6M, or
call Alysha at 608-847-9373



TIPS TO MAKE MEALTIMES EASIER for People with Alzheimer's

Meals can be a **challenging time** for people with Alzheimer's and their caregivers.

Maintaining **familiar routines** and serving **favorite foods** can help the person know what to expect and feel more relaxed.



HERE ARE SOME TIPS TO HELP MEALTIME GO SMOOTHLY:

Continue to Next Page

Make the eating area quiet. Turn off the TV and radio.



Offer just one food at a time instead of filling the plate or table with too many options.



Don't rush. Be patient and give the person enough time to finish the meal.



Cut food into small pieces and make it soft enough to eat, which will help with chewing and swallowing.



A meal is a good opportunity for social interaction. You can set the mood with a warm and happy tone of voice.

Visit <https://www.nia.nih.gov/health/healthy-eating-and-alzheimers-disease> for more information about healthy eating for a person with Alzheimer's disease.



National Institute
on Aging

POETRY FUN WITH GARY

APRIL 4TH

Hatch Public Library
111 W State St, Mauston

10:00 a.m.- Kids Session (ages 0-6)
1:00 p.m.- Adult Session

Join in on the fun and interactive performances by nationally recognized Gary Glazner from the Alzheimer Poetry Project. Gary uses movement and poetry to create a beautiful time of laughter, connection and demonstrates how participatory arts positively impact lives.

Bring a friend, neighbor or family member. These events are FREE!
Register by calling the ADRC at 608-847-9371.



For more information about the Alzheimer Poetry Project visit,
<http://www.alzpoetry.com>



LEARN HOW TO USE **Uber in Juneau County**

Informational Session

Thursday, April 20th

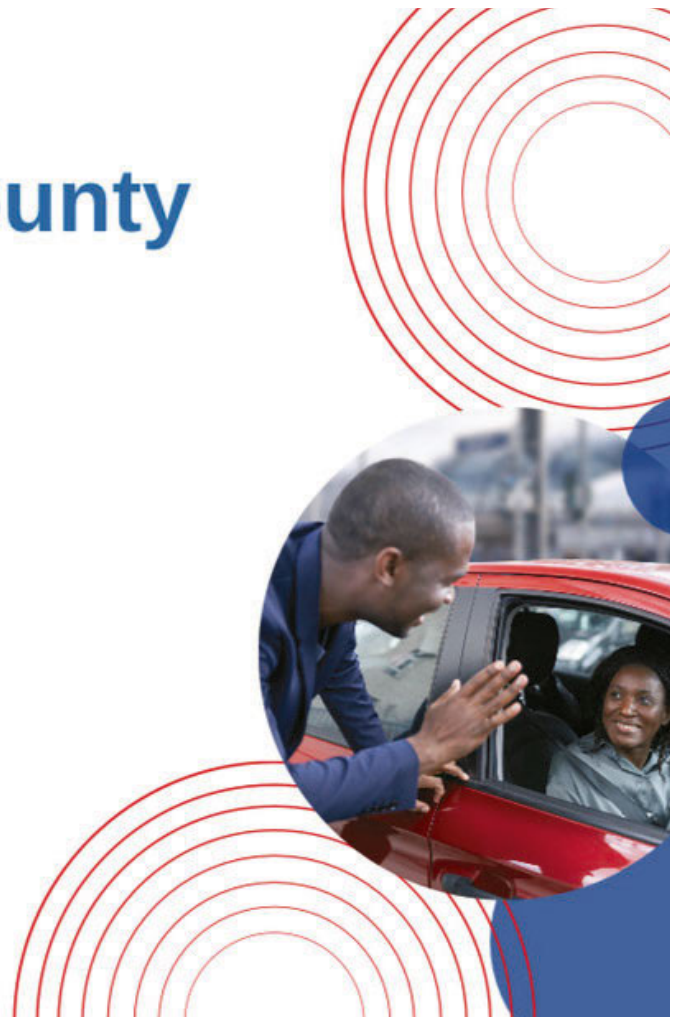
1 PM

ADRC Office

200 S Hickory Street, Mauston

**LEARN HOW TO CREATE AN UBER
ACCOUNT AND TRAVEL SAFELY**

Uber is now available in Juneau County
as a ride option



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

Transportation Program

The ADRC of Eagle Country Juneau County Office provides transportation assistance for a low cost to Juneau County residents age 60 and over or to individuals living with a disability. Transportation services available include the ADRC handicap accessible van and bus, Volunteer Escort Drivers, Find Your Own Driver Program, and the Taxi Subsidy Program.



Non Emergency Transportation Services:

- Medical appointments
- Shopping & Personal business
- Nutrition
- Education & Employment
- Social and Recreational

To schedule transportation or to find out more about our services call 608-847-9371.

Hours of operation- 8:00-4:30 p.m.

Requests must be made at least 48 hours prior to appointment.

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

Juneau County Office
 200 Hickory Street
 Mauston, WI 53948



Answer Key:

2	4	8	1	6	7	9	5	3
6	7	9	3	8	5	1	4	2
3	1	5	4	9	2	8	7	6
1	8	4	9	2	3	5	6	7
9	3	6	7	5	8	4	2	1
7	5	2	6	4	1	3	9	8
4	9	3	8	7	6	2	1	5
8	2	7	5	1	4	6	3	9
5	6	1	2	3	9	7	8	4

8	5	2	1	6	4	9	7	3
7	4	6	3	9	8	2	1	5
1	3	9	5	2	7	6	8	4
2	8	4	7	1	6	5	3	9
6	9	1	2	5	3	8	4	7
3	7	5	8	4	9	1	2	6
5	2	7	6	3	1	4	9	8
9	1	8	4	7	5	3	6	2
4	6	3	9	8	2	7	5	1

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

