

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 February 2023



WHEN AN EMERGENCY OCCURS ARE YOU PREPARED?

Dear Friends,

The year 2022 certainly did not end quietly with our weather systems in Juneau County. We received multiple different storm systems in the month of December that provided us with many learning opportunities here at the ADRC of Eagle Country Juneau County Office.

A critical resource that we want to remind Juneau County residents of is the Juneau County Functional Needs Registry. This is a very valuable and important listing of vulnerable community members who have identified that they would need additional support and or services in the event of an emergency such as blizzard, ice storm, long term power outage, fire, flood etc.

Emergency Preparedness Partners and coordinators use the Functional Needs List Registry and connect individually with those on the list during these more emergent events to ensure the safety and well-being of vulnerable Juneau County residents in need of extra support. Individuals who are aging and or disabled with needs such as oxygen dependence, limited mobility, limited immediate social supports, etc are encouraged to consider having your name placed on the list. The list is kept confidential and is only used by emergency management personnel in times of crisis. For more information about the Functional Needs Registry, please contact the Juneau County ADRC at 608-847-9371 or Mary Crowley at the Juneau County Health Department 608-847-9373.

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

FEBRUARY

UPCOMING EVENTS

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	Groundhog's Day  2	 100th Annual Snowflake Ski Jumping Tournament Westby 3	 4
Kids Fisheree Bires Pond Mauston 5	6	Music with Campfire Kevin 2:00 Open to the public Terrace Heights Mauston 7	8	9	Youth Mental Health First Aid Training Mile Bluff Medical Center 9:00-4:00 p.m. 10	Taste of New Lisbon Contest New Lisbon Community Center 12:00 p.m. 11
Superbowl Sunday 5:30 p.m.  12	13	Valentine's Day Caregiver  Connection Support Group Beyond the Daily Grind 9:30-10:30 14	15	16	17	18
19	President's Day Committee on Aging and Disability Meeting ADRC 9:30-11:00 a.m. 20	Music with Debbie Richards 2:00 Open to the public Terrace Heights Mauston 21	22	23	Mauston/Lyndon Station Sharing Supper Mauston High School 24	25
Terrace Heights Bus Trip to "Assisted Living the Musical" Cal Center Reedsburg 26 Open to the public	27	Juneau County Men's Shed Outdoors Forever Clubhouse 10-12p.m. 28				



**Bus Trips
With Jim**

**Shopping Trip - Tomah
February 17, 2023**

**Limited seating
available!**

Stops will be at Wal-Mart, Dollar Tree, and 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).**





Sauteed Spinach with Garlic

Ingredients

- 1-2 cloves garlic, minced
- 3 tablespoons veggie broth, or a drizzle of your favorite low sodium oil
- 2 cups fresh spinach
- 1 tablespoon white wine
- a squeeze of fresh lemon juice

Instructions

1. Sauté garlic with 1 tablespoon broth or drizzle of oil on medium-low heat for 1 to 2 minutes or until fragrant.
2. Add the spinach, the other 2 tablespoons of broth, or a little bit more oil and wine. Sauté 3-4 minutes until spinach is wilted.
3. Squeeze some lemon on top and enjoy on its own or as a side to any meal!

Source: <https://www.veggiesdontbite.com/veestro-review-best-sauteed-spinach/>

 <p>my choice WISCONSIN</p> <p>My Choice Wisconsin is a managed care organization that serves government-funded programs to seniors and adults with disabilities in over 50 Wisconsin counties.</p> <p>Visit us today: mychoicewi.org/LPI 1-800-963-0035</p> <p>For more information on your long-term care options, contact your local ADRC.</p> <p><small>DHS Approved 4/22/2021</small></p>	 <p>COMPASSIONATE HOSPICE & PALLIATIVE CARE</p> <p>Close to Home</p>  <p>Tomah Health HOSPICE TOUCH & LIFE CHOICES PALLIATIVE CARE TomahHealth.org</p>	
 <p>THRIVE LOCALLY</p>		<p>"It's my life and they respect that."</p> <p>Local long-term care supports and services delivered with a focus on Life. Defined by you.</p>  <p>inclusa.org 877-376-6113</p>



CAREGIVER ASSISTANCE NEWS

"CARING FOR YOU ... CARING FOR OTHERS "

Food Insecurity – Nutrition on a Budget

Food and nutrition insecurity is a term to describe when someone is unable to access or afford enough food or enough nutritious food for their overall health and well-being. Food and nutrition insecurity doesn't always mean that someone goes without food; it can mean that they're not getting the healthiest kind of food. This can be because nutritious foods may be hard to find in some communities or because they can be too expensive for many to afford. For women and seniors living alone, food insecurity increased.



The United States Department of Agriculture breaks food insecurity into two categories:

- Low food security is when the food you eat is lower-quality or isn't very appealing, and you don't have many choices. But you typically get enough food. Very low food security is when you can't get food when you need to or you have to eat less because you don't have money or other ways to get it. Adults in low-income, food insecure conditions are more likely to get diseases.
- Nutritious foods may be too expensive for some people, which limits healthy food choices. Foods that are cheaper and easier to get tend to be lower-quality foods that are high in added sugars, saturated fat and sodium (salt). A diet that includes plenty of vegetables, fruits, and lean proteins is important for diabetes management

Resources for You

Hunger Hotline from the USDA for information on meal sites, food banks, and other services near you. Call 1-866-3-HUNGRY (1-866-348-6479).

Meals on Wheels You may be eligible if you are age 60 or older with a spouse of any age, or a disabled person under age 60 and are recuperating from serious illness or surgery. To find the closest program to you, contact 888-998-6325 www.mealsonwheelsamerica.org For other nutrition programs, visit the Eldercare Locator at <https://eldercare.acl.gov> or call 800-677-1116.

But some of these nutritious foods cost more than foods that are high in calories but low in nutrition. While lower nutritional foods can cost less and provide plenty of calories, they can cause frequent spikes in blood sugar levels (hyperglycemia), which can increase the risk of diabetes related complications like nerve damage or vision loss.

Food and Nutrition Insecurity and Diabetes | CDC

What You *Don't* Eat and What You *Do* Eat

Although *calorie* needs decline with age, nutritional requirements remain the same or in some cases increase. Good nutrition requires effort, knowledge and some planning.

Make vegetables and grains the *main course* and reduce your meat portion to a *side dish*. The recommended meat portion should be no bigger than a deck of cards—much smaller than the typical meat course.

According to the USDA's ChooseMyPlate guidelines, seniors should eat 2–2½ cups of vegetables every day and 1½–2 cups of fruit a day for a total 3½–4½ cups. Eating at least one fruit and vegetable dish at each meal accomplishes that goal.

A variety of food is not only best for dietary needs, but also makes eating more appealing. Varied colors, textures and flavorings can help stimulate appetite. Herbs and seasonings can make up for taste changes, without simply adding more salt.

You can cut food costs by cooking more meals at home and by making sure they include some of the healthiest foods, like whole grains, vegetables, and beans. Cook extra portions and freeze for later use.

Affordable Nutritious Foods

- | | |
|-----------------------------------|------------------------------|
| ■ Brown Rice | ■ Fresh Bagged Spinach |
| ■ Whole-Wheat or Multigrain Pasta | ■ Beans |
| ■ 100% Whole-Wheat Bread | ■ Canned Tuna |
| ■ Nonfat Greek Yogurt/Milk | ■ Bananas and frozen berries |
| ■ Old-Fashioned Oats | ■ Peanut butter |
| ■ Frozen Vegetables | ■ Eggs or Egg Substitute |
| ■ Russet or Sweet Potatoes | ■ Dried Beans and Lentils |

Remember, *prepared* foods cost more and often have too much *Note*, if the person in your care has medical problems such as diabetes, *special therapeutic* diets should be discussed with the doctor or registered dietitian.

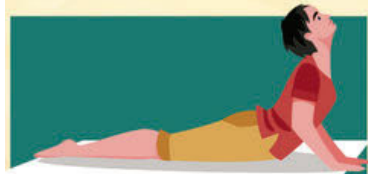
Saving \$\$\$\$

Simple tips for saving money on food purchases:

- \$ **Plan meals.** Create a list from that meal plan, then shop from that list—it'll help you to stick to your budget.
- \$ **Look for coupons, sales and store specials.** For even more savings, sign up for the store's discount card.
- \$ **Don't shop when you're hungry.** Shopping when full makes it easier to stick to your list.
- \$ **Buy store brands.** They usually cost less and are of similar quality.
- \$ **Compare prices.** Even if you have a coupon, other brands may still be cheaper.
- \$ **Buy larger quantities** when items are on sale. Divide them into smaller portions and freeze them.
- \$ **Check sell-by dates and** buy the freshest food possible.

Tips To **BOOST** Your Health as You Age

Did you know that making lifestyle changes can help you live longer and better? Try these tips to get started.



Manage stress — try yoga or keep a journal.



Learn something new — take a class or join a club.



Get moving — try gardening, biking, or walking.



Choose healthy foods rich in nutrients.



Go to the doctor regularly.



Connect with family and friends.

Learn more about steps you can take to promote healthy aging at www.nia.nih.gov/healthy-aging.

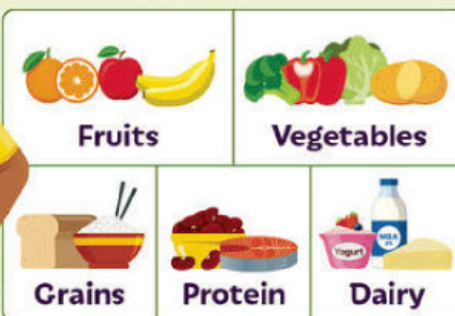


5 Tips for **Choosing Healthier Foods** as You Age

Follow these tips to help you maintain a healthy weight, get needed nutrients, and lower your risk of developing certain diseases.



Eat a variety of foods each day.



Read food labels to learn what's in your food.



Choose foods that don't have a lot of sugar, saturated fats, and sodium.



Be aware of how many calories you need per day.

Women 60+		Men 60+	
Physical activity	Calories	Physical activity	Calories
Not active	1,600	Not active	2,000-2,200
Moderately active	1,800	Moderately active	2,200-2,400
Very active	2,000-2,200	Very active	2,400-2,600

Learn more about healthy eating as you age at www.nia.nih.gov/healthy-eating.



Winter travel can be hazardous due to snow, ice, very low temperatures, and wind-chill factors. These conditions can make it unsafe to deliver food to the homes of home delivered participants and can result in meal delivery cancellation. As a reminder, meal cancellations will be posted on local radio stations including WRJC 92.9 & 92.1, COW 97.1, Magnum Media Broadcasting 102.9 and WBOG - Country 101.3. Meals on Wheels & Senior Dining participants should be prepared to provide their own meals on days when home delivered meals are cancelled. Participants are encouraged to keep a 2-3 day supply of nonperishable food or frozen meals on hand in case of an emergency situation.



Driveways, sidewalks, walkways, and porches should be shoveled and ice-free. There may be limited delivery to your home if a driver feels that the entrance is not safe or does not have safe road access. If you need assistance with snow removal, please contact the ADRC for our most recent updated local resource listing at 608-847-9371.

Donald Root
Insurance Planning for Seniors

- Life Insurance
- Medicare Supplements
- Advance Funeral Planning

18218 Justice Road
Camp Douglas, WI 54618

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

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- cards & gifts

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MILE BLUFF CLINIC: 1040 Division Street, Mauston
NECEDAH FAMILY MEDICAL CENTER: 1408 Wheelihan Avenue, Necedah

You do not have to be a Mile Bluff patient to use the pharmacy services. Learn more at www.milebluffrx.com.



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

February 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
		BAKED CHICKEN CHEESY RICE CARROTS FRUIT CUP WHEAT BREAD MARGARINE 1% MILK 1	BBQ BEEF POTATO WEDGES ITALIAN BLEND VEGGIES BUN BIRTHDAY CAKE FRESH FRUIT 1 % MILK 2	FRIDAY SOUP N SALAD (MAUSTON) 11:30-1:00 CALL TO RESERVE A MEAL 608-547-2213 3
HONEY GLAZED PORK CHOP WHIPPED SWEET POTATOES GREEN BEANS APPLESAUCE WHEAT BREAD MARGARINE 1 % MILK 6	CHICKEN BREAST PASTA OF THE DAY BABY CARROTS WHEAT BREAD STICK FRUIT JELLO 1 % MILK 7	SALISBURY STEAK MUSHROOMS- ONIONS MASHED POTATOES CORN WHEAT BREAD FRUIT FLUFF MARGARINE 1 % MILK 8	SAUSAGE LINK BAKED BEANS MIXED VEGGIE FRUIT PUDDING WHEAT BUN MARGARINE 1 % MILK 9 KETCHUP & MUSTARD	FRIDAY SOUP N SALAD (MAUSTON) 11:30-1:00 CALL TO RESERVE A MEAL 608-547-2213 10
LASAGNA ZUCCHINI & YELLOW SQUASH GARLIC BREAD-STICK FRUIT JELLO 1 % MILK 13	BAKED CHICKEN / 2 LEGS RICE PILAF PEAS & CARROTS WHEAT BREAD FRUIT CUP MARGARINE 1% MILK 14	SWEDISH MEATBALLS MASHED POTATOES GRAVY CORN FRUIT FLUFF WHEAT BREAD MARGARINE 1% MILK 15	BREADED PORK TENDERLOIN STUFFING LS GRAVY CAULIFLOWER FRUIT CUP 1 % MILK 16	FRIDAY SOUP N SALAD (MAUSTON) 11:30-1:00 CALL TO RESERVE A MEAL 608-547-2213 17
CHICKEN PARMESAN PASTA MARINARA PEAS GARLIC BREAD STICK FRUIT CUP 1 % MILK 20	MEATLOAF AU GRATIN POTATO STEWED TOMATOES FRUIT JELLO WHEAT BREAD MARGARINE 1% MILK 21	POOR-MANS BAKED POTATOES WEDGES BROCCOLI FRUIT CUP BISCUIT MARGARINE 1 % MILK 22	SOUP OF THE DAY HAM SPREAD CROISSANT VEGGIE SALAD FRUIT FLUFF CRACKERS 1 % MILK 23	FRIDAY SOUP N SALAD (MAUSTON) 11:30-1:00 CALL TO RESERVE A MEAL 608-547-2213 24
BAKED HAM HASHBROWN CASSEROLE CALIFORNIA BLEND FRUIT OF THE DAY WHEAT BREAD MARGARINE 1 % MILK 27	BEEFY CHEESY MAC W/TOMATO SAUCE MIXED VEGGIE BREAD STICK FRUIT JELLO 1 % MILK 28			

Wonewoc Meal Site R&S Spirits & Lounge

February 2023 Menu

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
		1	2	3
Closed 6	Swiss Steak Mashed Potatoes Peas Apple Sauce 7	Spaghetti Garlic Bread Green Beans Fruit 8	Ham/Cheese Sandwich Spinach noodle salad w/ tomatoes & cucumbers Blueberry Bake 9	Fish Tator Tots Coleslaw Cherry Bake 10
Closed 13	Goulash w beans Peas Fruit Cup 14	Chicken stew Corn Biscuits Fruit Bake 15	Porcupine Balls over Mashed Potatoes & Gravy Cauliflower Fruit 16	Shrimp over Rice Cottage Cheese Tomatoes Peas 17
Closed 20	Bacon/Cheeseburger Tater Tot Casserole Broccoli Apple Sauce 21	Ham Slice Mashed Potatoes Corn Peaches 22	Hamburger Baked Beans Potato Salad Apple Dessert 23	Fish Baked Potato Green Beans Blueberry Bake 24
Closed 27	Bologna Mashed Potatoes Peas Fruit 28			

Elroy Meal Site Grace Lutheran Church

February 2023 Menu

Elroy Meal Site Manager:

Karen Nelson 608-462-5175

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 1	Ribs & Kraut Mashed Potatoes Green Beans Pears Corn Muffins Zucchini Cake 2	Goulash Carrots Bean Salad Peaches WW Dinner Roll 3
Smoked Sausage W/Potatoes, Carrots, Onions, Red Peppers & Zucchini Applesauce WW Dinner Roll Tapioca Pudding 6	Ham Slices Sweet Potatoes Green Beans Pineapple Tidbits WW Dinner Roll Lemon Bars 7	Closed 8	Spaghetti W/Meat Sauce Peas 7-Layer Salad Garlic Bread Peaches Chocolate Chip Cookies	Shepherd's Pie W/ Carrots & Peas Cottage Cheese Kidney Bean Salad Pears WW Dinner Roll 10
Quiche - Cheese, Sausage, Onion & Peppers Hash Browns Fresh Fruit Salad Cherry Cheese Torte 13	Valentine's Day Dinner Shrimp Scampi & Bacon Wrapped Pork Filet Twice Baked Potato Baked Asparagus Strawberry Pretzel Salad Mini Cheese Cake 14	Closed 15	Creamed Chicken over Biscuit Carrots Applesauce 7-Layer Bars 16	Fish - Fried or Baked Cheesy Hash Browns Green Beans Spinach Salad Jell-O W/Fruit WW Dinner Roll 17
Brat/Bun Baked Beans Macaroni Salad Peaches Peanut Butter Cookies 20	Baked Chicken Mashed Potatoes/Gravy Scalloped Corn Tossed Salad Mandarin Oranges WW Dinner Roll Mint Brownies 21	Closed 22	MeatLoaf Baked Potato Stewed Tomatoes Pears WW Dinner Roll Pumpkin Bars 23	Salmon Patties Mashed Potatoes Creamed Peas Apple Rings WW Dinner Roll 24
Tator Tot Casserole W/Mixed Vegetables Green Beans Oriental Salad Blueberry Muffins 27	Beef Tips over Noodles Glazed Carrots Apricots WW Dinner Roll Chocolate Eclair Cake 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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Aging & Disability Resource Center, Mauston, WI

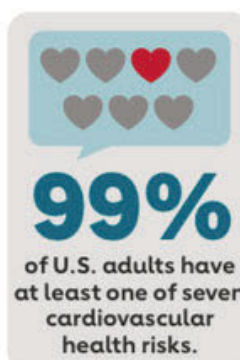
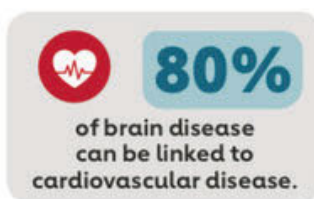
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BRAIN HEALTH & HEALTHY AGING

As you age, a healthy body is key to a healthy brain and sharp mind. Stay healthy and active to help reduce your risk of stroke, heart disease, memory loss and difficulty with thinking and learning.

BY THE NUMBERS



YOUR LIFESTYLE CHOICES AFFECT YOUR BRAIN HEALTH

It's never too late to start making healthier choices:



Get enough sleep

Adults need 7–9 hours per night. Teenagers and children need more.



Get regular checkups

Schedule regular visits with your health care provider. Talk about how to control or manage your risk factors.



Move more, sit less

Aim for 150 minutes of moderate aerobic exercise per week or 75 minutes of vigorous exercise (or a combination) per week.



Eat healthy

Increase the amount of fruits and vegetables you eat. Reduce your intake of sodium, added sugar and saturated and trans fats.



Don't smoke or vape

If you currently smoke or vape, quit.

HOW CAN I LEARN MORE?

1 Talk with your health care provider

2 Call 1-888-4-STROKE (1-888-478-7653) or visit heart.org/BrainHealth

LUNCH & LEARN:

"What is respite care and how to become a respite care provider in Juneau County"

March 13th 11 a.m. to 12 p.m.
Juneau County Services Building, Rm
209
200 Hickory Street, Mauston

Come enjoy a FREE lunch and learn what it means to be a respite care provider. The lunch and learn will include information and education on what respite care is, how to become a respite care provider and the needs that our community is facing. Those who attend and complete an online course will receive a \$100 gas card.

To register or to find out more, contact the Aging and Disability Resource Center of Eagle Country Juneau County Office at 608-847-9371. Registration Required.



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:
888-818-2611

www.smpwi.org

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.

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Jessica Good, 608-768-5808.



ramchealth.com
2350 N Dewey Ave
Reedsburg



Eat Safe Food after a Power Outage



During a power outage, keep refrigerator & freezer doors closed

⚡ If the doors stay closed, food will stay safe for up to:



www.cdc.gov/foodsafety



4
Hours in a
Refrigerator

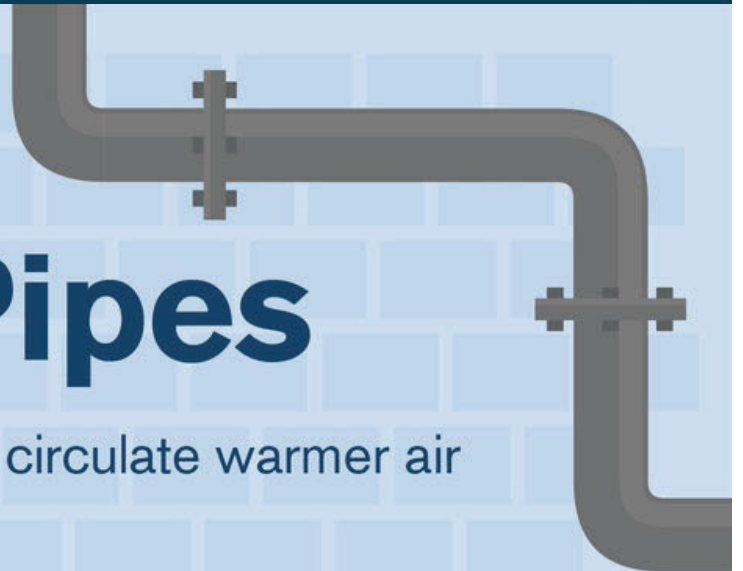
48
Hours in a
FULL
Freezer



24
Hours in a
HALF-FULL
Freezer

CS310309-C

Prevent Frozen Pipes



- ✓ Open cabinet doors to circulate warmer air around plumbing.
- ✓ Let cold water drip from the faucet at a trickle.
- ✓ Don't set your temperature below 55° F.



American
Red Cross



NUTRITION EDUCATION



pixabay.com

EAT WELL, AGE WELL. SALT-FREE COOKING, SPICE IT UP!

Salt is commonly added to foods to increase their flavor but too much sodium in your system promotes water retention in the bloodstream. Over time, the extra volume of blood can stress and stiffen blood vessels, making the heart work harder to maintain blood flow. This can lead to an increased risk of heart attack and stroke. Eating a low-sodium diet (less than 2300 mg/day) can help.

Try Salt-free Cooking by adding other ingredients into your recipe. This could include adding lemon juice, citrus fruits, or wine. When you are cooking salt-free foods try to avoid adding onion or garlic **salt** and replace it with either fresh garlic and onion or the **powdered** form.

Herbs and Spices are a great way to add flavors and color to your recipes while also reducing the amount of sodium. They also provide antioxidants and other health benefits. Some common herbs and spices include basil, oregano, thyme, parsley, cinnamon, and many more.

Limit Processed Foods. Fast food, frozen meals, canned foods, packaged baked goods, condiments, and soups tend to be high in sodium. Look for no-added salt or low sodium versions that have less than 140 mg per serving.

Source: Cooking without salt

<https://medlineplus.gov/ency/patientinstructions/000760.htm>

WEEKLY CHALLENGES

TRY USING FRESH
OR DRIED HERBS

TRY ADDING CITRUS
FRUITS TO YOUR
RECIPE FOR FLAVOR

TRY A SALT-FREE
SEASONING BLEND
OR SEASONED
PEPPER

CHECK THE SODIUM
LEVEL ON
PACKAGED FOODS

DID YOU KNOW

**1 TEASPOON OF SALT
CONTAINS 2300 MG
OF SODIUM!**

MEN'S SHED

OUTDOORS FOREVER CLUBHOUSE

4890 County Road N Mauston, WI 53948

2023 Men Shed Dates

JANUARY 24TH: CHILI COOK OFF & ANTIQUE CLOCKS W/ CRAIG WHITE

FEBRUARY 28TH: OUTDOORS FOREVER GAME FEED & GAMES/CARDS

MARCH 28TH: SNACK & SHED HUNTING (TOMMY MILLER & GARY HAUGH)

APRIL 25TH: BREAKFAST & OVERVIEW OF G.O.L.D (GUARDIANS OF LAKE DECORAH)

MAY 23RD: MONARCH BUTTERFLIES & MILKWEED BOMBS

JUNE 27TH: COOKOUT & BIG CAR/TOY SHOW

JULY 25TH: TBD

AUGUST 22ND: FOOD SPONSORED BY KWIK TRIP & 1 YEAR ANNIVERSARY GATHERING

SEPTEMBER 26TH: CRANBERRIES WITH MARTIN POTTER

OCTOBER 24TH: WHAT'S HOPIN' WITH MICAH PLAYMAN

NOVEMBER 28TH: SMALL TALK WITH REPRESENTATIVE TONY KURTZ

DECEMBER: HOLIDAY MEAL SPONSORED BY KWIK TRIP & GAMES

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



CAREGIVER TIPS: DRESSING AND GROOMING

DRESSING

5 TIPS FOR DRESSING

1 BE FLEXIBLE.

If the individual wants to wear the same outfit repeatedly, buy duplicates or have similar options available. Keep in mind that it is important for the individual to maintain good personal hygiene, including wearing clean undergarments, as poor hygiene may lead to urinary tract or other infections that further complicate care.

It's all right if the person wants to wear several layers of clothing, just make sure he or she doesn't get overheated. When outdoors, make sure the person is dressed for the weather. Offer praise, not criticism, if clothing is mismatched.

2 SIMPLIFY CHOICES.

Keep the closets free of excess clothing. A person may panic if clothing choices become overwhelming. If appropriate, give the person an opportunity to select favorite outfits or colors, but try offering just two choices.

3 ORGANIZE THE PROCESS.

Lay out clothing in the order that each item should be put on. Hand the person one item at a time while giving simple, direct instructions such as "Put on your shirt," rather than "Get dressed."

4 CHOOSE COMFORTABLE SHOES.

Make sure the person has comfortable, non-slip shoes.

5 PICK COMFORTABLE AND SIMPLE CLOTHING.

Cardigans, shirts and blouses that button in front are easier to work than pullover tops.

Substitute Velcro® for buttons, snaps or zippers, which may be too difficult to handle. Make sure that clothing is loose fitting, especially at the waist and hips, and choose fabrics that are soft and stretchable.

GROOMING

4 TIPS

1 MAINTAIN GROOMING ROUTINES.

If the person has always gone to the beauty shop or a barber, continue this activity. If the experience becomes distressing, it may be possible to have the barber or hairstylist come to the person's home.

2 USE FAVORITE TOILETRIES.

Allow the person to continue using his or her favorite toothpaste, shaving cream, cologne or makeup.

3 PERFORM TASKS ALONGSIDE THE PERSON.

Comb your hair, and encourage the person to copy your motions.

4 USE SAFER, SIMPLER GROOMING TOOLS.

Cardboard nail files and electric shavers can be less threatening than clippers and razors.

Learn more at www.alz.org/care/alzheimers-dementia-dressing.asp

MEDICARE INFO

Saving money with the Inflation Reduction Act

The Inflation Reduction Act will save money for people with Medicare by improving access to affordable treatments and strengthening the Medicare program. Here's what the law means for you:

Lower drug costs & improved Part D coverage

The cost of a month's supply of each Part D-covered insulin is capped at \$35, and you don't have to pay a deductible for insulin. Other questions about insulin coverage?

If you get a 60- or 90-day supply of insulin, your costs can't be more than \$35 for each month's supply of each covered insulin.

If you take insulin through a traditional pump that is covered under Medicare's durable medical equipment benefit, that insulin is covered under Medicare Part B — these benefits go into effect on July 1, 2023.

Get more information about this new insulin benefit.

Plans have until the end of March 2023 to update their systems to reflect the \$35 cap on insulin, which means you might be charged a higher amount during this time when you fill a prescription for insulin. If you pay more than \$35 for a month's supply of a covered insulin product in January and/or February 2023, your plan must reimburse you within 30 calendar days for any amount you paid above the \$35 cap. Contact your plan to find out how to get reimbursed.

If you have drug costs high enough to reach the catastrophic coverage phase in your Medicare drug coverage, you won't have to pay a copayment or coinsurance, starting in 2024.

Extra Help affording prescription drug coverage (the Part D Low-Income Subsidy (LIS) program) will expand to certain people with limited resources who earn less than 150% of the federal poverty level, starting in 2024.

Your yearly Part D out-of-pocket costs will be capped at \$2,000, starting in 2025. You'll also have the option to pay out-of-pocket costs in monthly amounts over the plan year, instead of when they happen.

Medicare will negotiate to get you lower drug prices

For the first time, Medicare will be able to negotiate directly with manufacturers for the price of certain high-spending brand-name Medicare Part B and Part D drugs that don't have competition.

This year we'll announce the first 10 drugs selected for negotiation.

Negotiated prices for these first 10 drugs will be effective in 2026.

Medicare will select and negotiate costs for:

15 Part D drugs in 2025 (effective in 2027).

15 Part B and Part D drugs in 2026 (effective in 2028).

20 Part B and Part D drugs in 2027 (effective in 2029).

20 Part B and Part drugs in 2028 and every year after.

Manufacturers that don't follow the negotiation requirements will have to pay a tax, and will have to pay penalties if they don't fulfill other manufacturer requirements.

Better access to vaccines

People with Medicare Part D drug coverage now pay nothing out-of-pocket for even more vaccines, including the shingles vaccine, that are recommended by the Advisory Committee on Immunization Practices.

Do I need to do anything?

If you take insulin, get help comparing plan options and costs:

Call 1-800-MEDICARE (1-800-633-4227). TTY users can call 1-877-486-2048.

Contact your local State Health Insurance Assistance Program (SHIP) to get free personalized health insurance counseling.

What if I want to change plans?

If you use a covered insulin product you can add, drop, or change your Part D coverage one time between now and December 31, 2023. If you change plans mid-year, your True Out-of-Pocket (TrOOP) costs will carry over from one plan to the next. Call 1-800-MEDICARE if you take insulin and want to change your plan.



3 in 4 older adults take at least 1 medicine commonly linked to falls or car crashes.

Are Your Medicines Increasing Your Risk of a Fall or a Car Crash?

Older adults (65 years and older) are at a greater risk if they:

- Use any medicine with side effects that can cause problems with how they think and remember, and the way their bodies perform.
- Take multiple medicines daily with these side effects.

How can I reduce my risk of falling or having a car crash?

- Use the **Personal Medicines List** to make a list of the medicines you take. Include all prescription medicines, over-the-counter medicines (OTCs), dietary supplements, and herbal products.
- Use the **Personal Action Plan** to help guide your conversation with your doctor or pharmacist at least once a year, or when you change your medicines.

Side effects of prescription medicines, over-the-counter medicines, dietary supplements, and herbal products may cause falls or car crashes.

Download the Fact Sheet, Personal Medicines List, and Personal Action Plan at bit.ly/CDC-MedicinesRisk.

Ask your doctor or pharmacist these questions:

- What is this medicine used for?
- Does this medicine interact with others I am taking?
- Could this medicine have side effects that might change my ability to drive safely or increase my risk of falling?
- Is there another medicine or dose I should try?
- If I stop or change this medicine, what side effects should I expect?



Centers for Disease Control and Prevention
National Center for Injury Prevention and Control



Are Your Medicines Increasing Your Risk of a Fall or a Car Crash?

As we age, our bodies process what we eat and drink—including medicines—differently.

A medicine that worked well in the past could start causing side effects now or in the future.

What are some side effects to look out for?

- ☐ Changes in vision
- ☐ Changes in awareness
- ☐ Loss of balance
- ☐ Slower reaction time
- ☐ Fainting, or passing out
- ☐ Muscle weakness
- ☐ Lack of muscle coordination
- ☐ Tiredness
- ☐ Sleepiness
- ☐ A drop in blood pressure when you stand up from sitting or lying down— also known as postural hypotension— that causes dizziness, lightheadedness, or fainting.
- ☐ Lower alertness level or difficulty concentrating, leading to:
 - Lane weaving,
 - Increased risk of leaving roadway, or
 - Hesitant driving (second-guessing or over-correcting).

For more information visit:

bit.ly/CDC-MyMobilityPlan

The medicine categories and examples listed below can contribute to falls or car crashes.

Opioid or narcotic pain medicines:

- Oxycodone (e.g., OxyContin, Roxicodone)
- Hydrocodone (e.g., Lortab, Vicodin)

Anti-depression or mood medicines:

- Fluoxetine (e.g., Prozac)
- Amitriptyline (e.g., Elavil)

Anti-anxiety medicines:

- Diazepam (e.g., Valium)
- Alprazolam (e.g., Xanax)

Prescription and OTC sleep aids:

- Zolpidem (e.g., Ambien)
- Diphenhydramine (e.g., Benadryl)

High blood pressure/ heart medicines:

- Metoprolol (e.g., Toprol, Lopressor)
- Amlodipine (e.g., Norvasc)
- Furosemide (e.g., Lasix)

Muscle relaxing medicines:

- Carisoprodol (e.g., Soma)
- Cyclobenzaprine (e.g., Flexeril)

Anti-psychosis or mood stabilizing medicines:

- Risperidone (e.g., Risperdal)
- Quetiapine (e.g., Seroquel)

Note: This is not a complete list of all medicines or potential side effects. The examples provided are some of the most frequently used medicines in each category.

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



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

