

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 January 2023

Happy New Year!

As we welcome in a new year of resolutions and new adventures, this is also an opportunity to remind people to make sure their resolutions and goals are SMART (specific, measurable, agreed upon, realistic, and time-based goals.) Ensuring you are setting realistic and achievable goals is a great way to set yourself up for success in 2023!

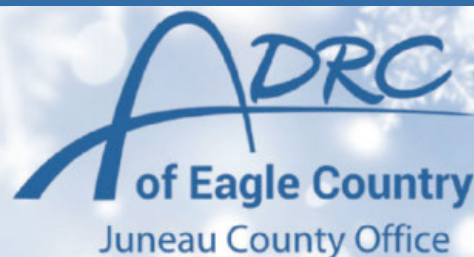
2 New Year's Resolution Suggestions to consider:

1.) Update or create those essential documents! Making sure that important documents like advanced directives (health care power of attorney, financial power of attorney), and living will documents are completed will be a tremendous help to your family or friends if an emergency were to occur. If you need help completing these documents, contact the ADRC!

2.) Eat healthier and exercise more! Eating healthy is vital to keep your body moving and feeling well as we age. It's no secret that regular exercise is also vital as we age and has tremendous health benefits. Contact us to learn more about our nutrition program, home delivered meal program and exercise classes!

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

**Contact us at
608-847-9371**

to schedule an appointment!

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

Food Transporters:

Julia Ritchart

Christine Mawbey

ADRC Driver:

Jim Migach

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



Events Calendar

January 2023

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

 1	6:30pm - 8:30pm Bingo at the Moose Lodge @ Mauston Moose Lodge 2	3	6:00pm - 8:00pm Indoor Pickleball @ Mauston Olson Middle School 4	5	6	7
8	6:30pm - 8:30pm Bingo at the Moose Lodge @ Mauston Moose Lodge 9	9:30am - 10:30am Caregiver Connection Support Group @ Mauston Beyond The Daily Grind 10	6:00pm - 8:00pm Indoor Pickleball @ Mauston Olson Middle School 11	12	13	14
15	6:30pm - 8:30pm Bingo at the Moose Lodge @ Mauston Moose Lodge 16	11:00am - 12:00pm Senior Citizen Luncheons @ Necedah Area School 17	Meet the Author - Mike O'Connor @ Hatch Public Library at 1:00p 6:00pm - 8:00pm Indoor Pickleball @ Mauston Olson Middle School 18	19	20	6:00am Lake Decorah Ice Fishing Tournament - 6th Annual @ Mauston Riverside Park 21
22	6:30pm - 8:30pm Bingo at the Moose Lodge @ Mauston Moose Lodge 23	24	6:00pm - 8:00pm Indoor Pickleball @ Mauston Olson Middle School 25	5:00pm - 6:30pm Community Sharing Supper of Mauston/ Lyndon Station @ Mauston High School 26	27	28
29	6:30pm - 8:30pm Bingo at the Moose Lodge @ Mauston Moose Lodge 30	4:30pm - 6:00pm Community Supper @ New Lisbon Community Center (Former American Legion Hall) 11:00am - 12:00pm Senior Citizen Luncheons @ Necedah Area School 31				

THANK you

Thank you to the **Helen and Loren Walker Foundation** for your generous donation to the ADRC Of Eagle County - Juneau County Nutrition Program. Your generosity allows us to fulfill our mission of providing older adults and people with physical or intellectual/developmental disabilities the resources needed to live with dignity and security, and achieve maximum independence and quality of life. The goal of the ADRC is to empower individuals to make informed choices and to streamline access to the right and appropriate services and supports.

Y E N O O L C D R T E B A R D E M
 F N V N I L A W R P H O E N I X E
 O R A R E N A A S G S P A C E Y R
 X A O M I E V A N O S B I G L O E
 X N R E K O S I H M C K E L L E N
 S W L U L C V O T N F B A C O N T
 F S A T S A A T N M E N O M A D S
 O B A H E S E J R U M L P P E D O
 R L D W L N E E F L A D L O T O C
 D A I C T B E L K B H U S Y H U S
 R C C R A V E C L D T N E E G G E
 T K A H E I A R O L A C N R I L G
 N H P S A S N O G O T A O R O A D
 A S R T U N W E U G S N J A V S I
 R U I C Y E H G U A N O C C M N R
 G R O E N A M K C A H P E S C I B

BACON, Kevin
 BARDEM, Javier
 BLACK, Jack
 BRIDGES, Jeff
 CAINE, Michael
 CARREY, Jim
 CHAN, Jackie
 CLOONEY, George
 COSTNER, Kevin
 CUSACK, John
 DAMON, Matt
 DANIELS, Jeff

DEPP, Johnny
 DICAPRIO, Leonardo
 DOUGLAS, Michael
 DUNCAN, Michael Clarke
 FORD, Harrison
 FOXX, Jamie
 GIBSON, Mel
 GOLDBLUM, Jeff
 GRANT, Hugh
 GYLLENHAAL, Jake
 HACKMAN, Gene

HARTNETT, Josh
 IRONS, Jeremy
 JACKMAN, Hugh
 JONES, James Earl
 LAW, Jude
 MCCONAUGHEY, Matthew
 MCKELLEN, Ian
 NEESON, Liam
 PESCI, Joe

PHOENIX, Joaquin
 REEVES, Keanu
 RUSH, Geoffrey
 RUSSELL, Kurt
 SPACEY, Kevin
 STATHAM, Jason
 TRAVOLTA, John
 VOIGHT, Jon
 WAHLBERG, Mark
 WEAVING, Hugo
 WOOD, Elijah

THREE BEAN CONFETTI SALAD

Ingredients:

- 1 tsp garlic, chopped
- ¼ cup red wine vinegar
- 1 Tbsp Dijon mustard
- ¼ cup extra-virgin olive oil
- ½ can (~15 oz) Black Beans, any variety, drained and rinsed
- ½ can (~16 oz) Pinto Beans, any variety, drained and rinsed
- ½ can (~15.8 oz) Great Northern Beans, any variety, drained and rinsed
- ½ cup cooked canned corn
- ¼ cup red pepper, diced
- 1 can (3 oz) chopped green chilies, drained
- ½ cup red onion, chopped
- 2 Tbsp cilantro, chopped
- 1 avocado, chopped (cut right before using)
- Salt and black pepper to taste



Directions

1. In small bowl, combine garlic, red wine vinegar and mustard. Let sit for 5 minutes. Whisk in olive oil. Set aside.
2. Place beans, corn, red pepper, chilies, red onion and cilantro in medium bowl. Pour in vinegar mixture, gently mix.
3. Fold in avocado and adjust seasonings.

Nutrition facts per serving (without optional toppings)

Calories 153, Saturated Fat 2g, Carbohydrate 11g, Fiber 4g, Protein 3g, Sodium 98mg

Recipe and photo used with permission from: https://cannedbeans.org/documents/Canned_Beans_Recipes.pdf

 <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>"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 "

Alzheimer's Disease – Preparing the Home

Your goal in adapting the home for a person with Alzheimer's disease (AD) is to keep the surroundings as familiar as possible, while making the changes necessary to create a home that is calming, reassuring, safe, and supportive. The home should be suitable for AD symptoms, which include:

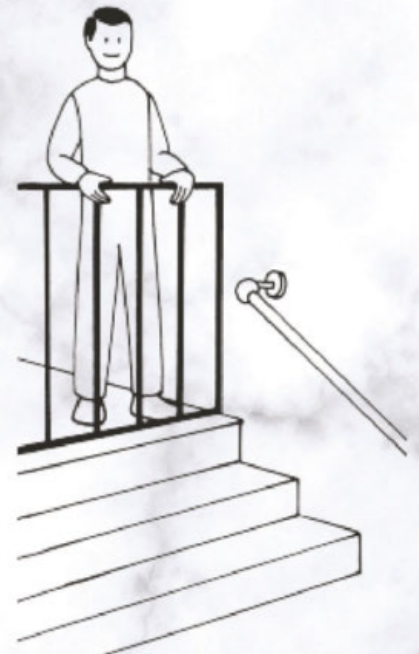
- Memory loss
- Confusion about how to get to or find a particular room
- Decreased judgment
- Tendency to wander
- Poor impulse control
- Changes in vision, hearing, depth perception
- Sensitivity to changes in temperature

AD symptoms get worse as time goes on. In the early stage it causes mostly thinking (cognitive) difficulties. Eventually it causes physical decline as well. In the late stage, the loss of abilities such as walking has a major effect on how much care will be needed. Features of the home, such as steps and narrow bathroom doors, can become major obstacles to providing care.

Not all changes to the home need to be made at once. Remember that it is difficult for a person with AD to adjust to changes in the environment.

Therefore, it may be best to make some changes when the person is in the early stage of the illness and will have the easiest time getting used to them.

When the necessary changes are made, the home will be safer. The person with AD will be able to function better and your job as a caregiver will be less physically and emotionally stressful. The chance of a fall, an accident, and frightening experiences such as having the person in your care wander away from home will be reduced.



A safety gate at the top of stairs can prevent a fall.

Resource for You

The Alzheimer's Foundation of America created **The Apartment**—a model studio residence built to showcase ways that practical design and technology can greatly increase the quality of life for someone living with dementia and help family care partners protect their loved ones' safety. Visit, the Alzheimer's Foundation of America | **The Apartment-A Guide to Creating a Dementia-Friendly Home** (alzfdn.org)

General Home Safety for the Person with AD

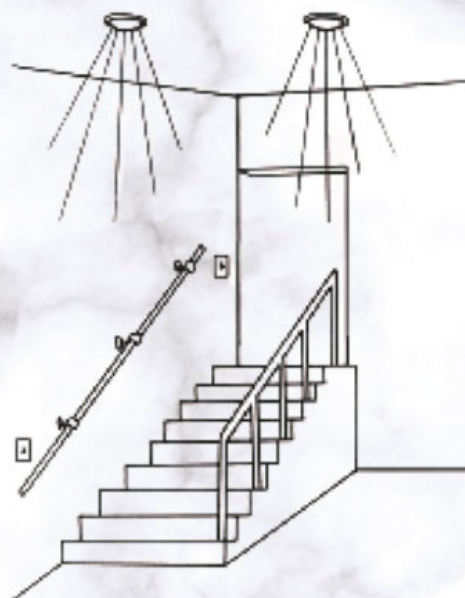
A safe, comfortable home can help a person with Alzheimer's feel more relaxed and less overwhelmed. Try to look at the world through the eyes of a person with AD and *above all focus on preventing accidents, wandering away from home, and emotional upset.*

Furniture – Remove any unneeded furniture. Place the remaining furniture so that there is **enough space for a walker or wheelchair** avoiding the need for an elderly or disabled person to move around coffee tables and other barriers. Once the person in your care has gotten used to where the furniture is, do not change it. Make sure furniture will **not move if it is leaned on**. Check that the armrests of a favorite chair are long enough to help the person get up and down. Make chair seats 20" high. **Remove scatter rugs**, which can cause falls. Add **cushioning to sharp corners** and reflector tape on furniture, cabinets, and vanities.

Lighting – Plan for extra **outdoor lighting** for good nighttime visibility, especially on stairs and walkways. Use **automatic night-lights** in the rooms used by the person in your care.

Place nonskid tape on the edges of stairs (and consider painting the edge of the first and last step a different color from the floor to help with depth perception). Provide enough **no-glare lighting**—indirect is best. Place light switches next to room entrances so the lights can be turned on before entering a room. Consider "clap-on" lamps beside the bed. Cover smooth or shiny surfaces to **reduce glare**, which upsets or confuses the person with AD. **Eliminate shadows** by creating a uniform level of light with up-lights that reflect off the ceiling. (Ask a lighting store for a lamp that doesn't cast shadows.)

Signage & Décor – For those who tend to wander, create a safe path through the home for a "**wander loop**." Use reflector tape to create a **path to follow from the bedroom to the bathroom** at night. Cover or remove mirrors if they are upsetting to the person with AD, who may not recognize himself. Place **labels on drawers and cabinets**. Decorate the front door so he or she can recognize their house or apartment. To improve the person's mood and help with memory recall, keep items displayed or paintings from former cherished activities such as mountain hikes, seaside vacations or sports.



Be sure stairs are well lit with light switches at both the top and bottom of the stairs.



THANK YOU!

A very special thank you to all those that sponsored an elder for our 2nd annual Elf to an Elder Project. Your generosity and kindness is very much appreciated and helped to spread some extra cheer this holiday season!

Bonnie Konnemann
Castle Rock Realty
Oakdale Credit Union
Mauston/Lyndon Station Sharing Supper
Andrew Zobal & Leslie Householder
Noyes Family-Jostin, Terri, Corbin & Natalie
Cheery 4-H Club
Nancy C. Hadley (Bank of Mauston)
My Choice
Juneau County Care Teams
Tucker Family
St. Patrick's School
Janet Carlin-Edgren
Friends & Family from Peanut's Playhouse Child Care

Olson Middle School Staff
The Sunshine Movement
James & Becky Senzig & Family
Frank & Judy Zobal
James & Sarah Grogan
Karri Sternald
The Book Club
Elley & Laura Dahlke
Iny Emery
Deb Priest
T.R. from Necedah
Unifying Nutrition



Nutrition Program

UPDATE



Effective January 1st 2023 the suggested donation for meals through the Juneau County Nutrition Program including both congregate dining meals and home delivered meals will be increasing from \$4.00 per meal to \$4.25. This rate increase is a direct result of the increased cost of food prices and record high inflation rates. Program participants will not be denied a meal if they are unable to pay the suggested donation rate.

A reminder that all congregate dining participants are asked to please call ahead at least 24 hours in advance if you are planning to dine at one of our meal sites. Participants are not guaranteed a meal without 24-hour notice. To reserve a meal, contact 608-847-9371.

Donald Root
Insurance Planning for Seniors



- Life Insurance
- Medicare Supplements
- Advance Funeral Planning

18218 Justice Road
Camp Douglas, WI 54618

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

HOSPITAL THRIFT STORE

222 Elm St. • Mauston, WI

OPEN:

M, W, TH, F: 12:30-4

TUES: 10-4 • SAT 10-1



"HMHA Thrift Store"



WISCONSIN DELLS
HEALTH SERVICES

Schedule a tour today.

- Skilled Nursing Care
- Memory Care
- Physical Therapy
- Occupational Therapy
- Speech Therapy

Call Tracey at 608-254-2574

300 Race St.

Wisconsin Dells, WI 53965

Your choice. Your facility.

www.wisconsindehshs.com



MileBluff
PHARMACIES

PHILLIPS PHARMACY | 123 EAST STATE STREET | MAUSTON | 608-847-5949
RAABE'S PHARMACY | 112 SOUTH ADAMS STREET | NEW LISBON | 608-562-3302

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

**Simplify your medication schedule with our
AdherePac™ and MedSync programs!**

PRESCRIPTION DISPENSING CENTERS LOCATED IN:

ELROY FAMILY MEDICAL CENTER: 1515 Academy Street, Elroy

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.



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

Aging & Disability Resource Center, Mauston, WI

B 4C 01-1367



Mauston American Legion, Bluffs and Lyndon Station Beagles Meal Site

January 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.

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
Closed <				

Wonewoc Meal Site R&S Spirits & Lounge

January 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
Closed 2	Swiss steak, diced tomato and mushroom gravy over noodles Carrots Fruit Bun 3	Spaghetti w/ meat sauce Garlic bread Lettuce salad w/ cucumbers and tomatoes Fruit 4	Pork chops Mashed potatoes Corn Fruit 5	Fish Baked potatoes Green beans Fruit 6
Closed 9	Porcupine meatballs in mushroom gravy over noodles Broccoli Apple bake 10	Chicken casserole w/ mixed veggies Fruit cup Baking powder biscuits 11	Chicken noodle soup Crackers Cherry bake 12	Turkey wrap w/ dressing Mashed potatoes & gravy Cranberries Dessert 13
Closed 16	Alfredo (shrimp) over noodles Corn Fruit Bread 17	Bologna Mashed potatoes Peas Fruit cup 18	Chicken chili w/ various beans & tomatoes Crackers Fruit 19	Salmon loaf Tator tots Cauliflower Fruit 20
Closed 23	Tuna casserole Baked beans Strawberry shortcake 24	Hamburgers on bun Sliced potatoes, green beans & onions in a mushroom sauce Fruit bake 25	Tator tot casserole Fruit cup Bread 26	Shrimp Baked potatoes Squash Fruit cup 27
Closed 30	Baked chicken Sliced potatoes Peas Fruit cup 31			

Elroy Meal Site Grace Lutheran Church

January 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 2	Pork Roast Mashed Potatoes/Gravy Peas Pears WW Dinner Roll Bananas 'N' Cream Dessert 3	Closed 4	Liver & Onions Fried Potatoes Green Beans Peaches WW Dinner Roll Brown Sugar Cookies 5	Tuna or Chicken Casserole Carrots Kidney Bean Salad Cranberries WW Dinner Roll 6
Taco Salad W/Meat, Lettuce & Tomatoes Bean Salad Peaches WW Dinner Roll Mexican Wedding Cookies 9	Salisbury Steak Mashed Potatoes/Gravy Harvard Beets Applesauce WW Dinner Roll Lemon Meringue Dessert 10	Closed 11	Boiled Dinner - Ham, W/Pot. Carrots, Rutabaga & Carrots Pears WW Dinner Roll Banana Bread Bars W/Frosting 12	Salmon Patties Mashed Potatoes Creamed Peas Mandarin Oranges WW Dinner Roll 13
French Toast Bake Scrambled Eggs Sausage Applesauce Cherry Cheese Torte 16	Baked Mostaccioli W/Meat Peas 7-Layer Salad Peaches Garlic Bread Almond Joy Cake 17	Closed 18	Chicken Alfredo over Spaghetti Squash Pears WW Dinner Roll Soft & Chewy Pumpkin Oatmeal Cookie 19	Fish - Fried or Baked Cheesy Hash Browns Baked Beans Jell-O W/Fruit WW Dinner Roll 20
LaFarge Bologna Mac & Cheese Green Beans Peaches WW Dinner Roll Chocolate Marshmallow Bars 23	Meatballs W/Gravy Mashed Potatoes Corn Pineapple WW Dinner Roll Amish Style Applesauce Cake 24	Closed 25	Bar B Que Ribs Baked Potato Broccoli/Cheese Applesauce Corn Bread Pumpkin Pie Bars 26	Hamburger on a Bun German Potato Salad Coleslaw Pickles Apricots 27
French Bread Pizza Green Salad Stewed Tomatoes Applesauce Blueberry Muffins Butter Meltaways 30	Baked Chicken Mashed Potatoes/Gravy Scalloped Corn Tossed Salad Mandarin Oranges WW Dinner Roll Apple Cake 31			



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: _____

Goodbye House. Hello Home.

Retirement living at its best!



Schedule your private tour today!
608-847-2377

www.milebluff.com/terraceheights
1030 Division St. Mauston, WI 53948 | Independent living for those 62 and older





**TRANSITIONS
AT HOME**

Skilled Home Health Services

Skilled Nursing, Physical Therapy & Occupational Therapy
Transitions Central Office - Phone 715-544-2322 fax 715-544-6398

Home Health - Covered By Most Insurances

**SUPPORT OUR
ADVERTISERS!**



Four Things To Know About Depression and Older Adults

Everyone has feelings of uneasiness, stress, and sadness at some point during their life.

However, clinical depression is more than just feeling sad or blue. It's a serious condition that affects many older adults and requires treatment.



Signs and symptoms of depression vary from person to person. Look for changes in your mood or your interest in participating in activities.



Depression can be treated. If you have symptoms of depression that last for more than two weeks, talk with your doctor. There are many effective treatment options, so it's important to seek help early on.



Get support from family and friends. Though they cannot provide treatment, loved ones can help someone with depression by listening, watching for symptoms, participating in activities the person enjoys, and encouraging them to seek treatment.



A healthy lifestyle can help feelings of depression. Staying active, eating a healthy diet, getting enough sleep, and connecting with friends and family can benefit your mental health.

Visit www.nia.nih.gov/health/depression-and-older-adults for more information about depression and older adults.



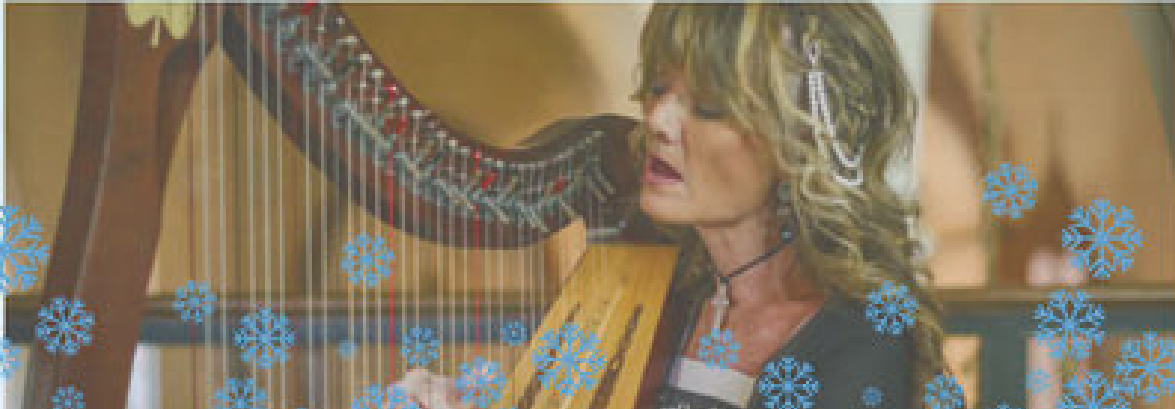
FREE CONCERT

SHARI SARAZIN

January 5, 2023 4:30-6:00 PM

CELEBRATE THE NEW YEAR WITH HARP & SONG!

LIVE AT THE HATCH PUBLIC LIBRARY!



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.

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets

833-287-3502

COTTAGE CARE CIRCLE

Assisted Senior Living
Providing Quality Care

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



Assisted Living
in our award winning
Senior Life Center.

When you're here, you're home.

For more information call our social services rep
Jessica Good, 608-768-5808.



ramchealth.com
2350 N Dewey Ave
Reedsburg



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

Aging & Disability Resource Center, Mauston, WI

D 4C 01-1367

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.

NUTRITION EDUCATION



Photo Courtesy of Pixabay.com

EAT WELL, AGE WELL.

Benefits of Using a Slow Cooker

- Juices or sauces produced in the cooker containing nutrients can be served along with the meal
- Slow cookers can enhance the flavor of foods
- Various meals can be cooked in a slow cooker such as soups, stews, and casseroles
- A slow cooker may use less electricity than an oven
- They may tenderize less-expensive cuts of meat
- Putting all the ingredients into your slow cooker can decrease preparation and clean up time
- Slow cookers are useful throughout the year

WEEKLY CHALLENGES

TRY ONE NEW RECIPE
IN A SLOW COOKER.

INCORPORATE
VEGETABLES IN YOUR
SLOW COOKER
RECIPES.

EXPLORE THE
SETTINGS ON YOUR
SLOW COOKER.

SHARE A FAVORITE
SLOW COOKER
RECIPE WITH A
FRIEND.

MEN'S SHED

OUTDOORS FOREVER CLUBHOUSE

4890 County Road N Mauston, WI 53948

Every 4th Tuesday
10 a.m. - 12 p.m

The goal of the Men's Shed Program is to help improve the health and wellbeing of men age 60 and older in Juneau County through social connection, shared interests, skills and companionship.

Please call the ADRC at 608-847-9371 for more information and to register. Registration is required.

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 CONNECTION SUPPORT GROUP

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



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

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

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

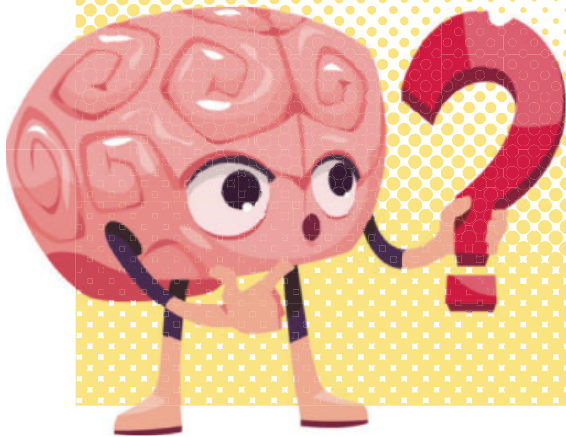
Sponsored and
facilitated by the ADRC
of Eagle Country
Juneau County Office

DID YOU KNOW?

Did you know that your brain health is impacted by factors such as diet, social activity, physical activity, ability to think positively and so much more? Brain health is built and maintained by many factors that impact our daily lives. It is important to understand how small, positive, changes impact and promote an increase in brain health.

The winter season produces barriers for many to get outside and be physically active, weather conditions prohibit travel at times and lack of sunlight is scientifically proven to have a negative impact on people's overall mental health.

Finding ways to promote brain health and combat uncontrollable elements that can be hard on your overall health, will only increase the strength and resiliency of your brain.



The ADRC offers a variety of classes year-around that will help educate you on tips and tricks to maintain and promote brain health as well as socially connect you with others in the community. For questions regarding the variety of classes offered, contact the ADRC at 608-847-9371.

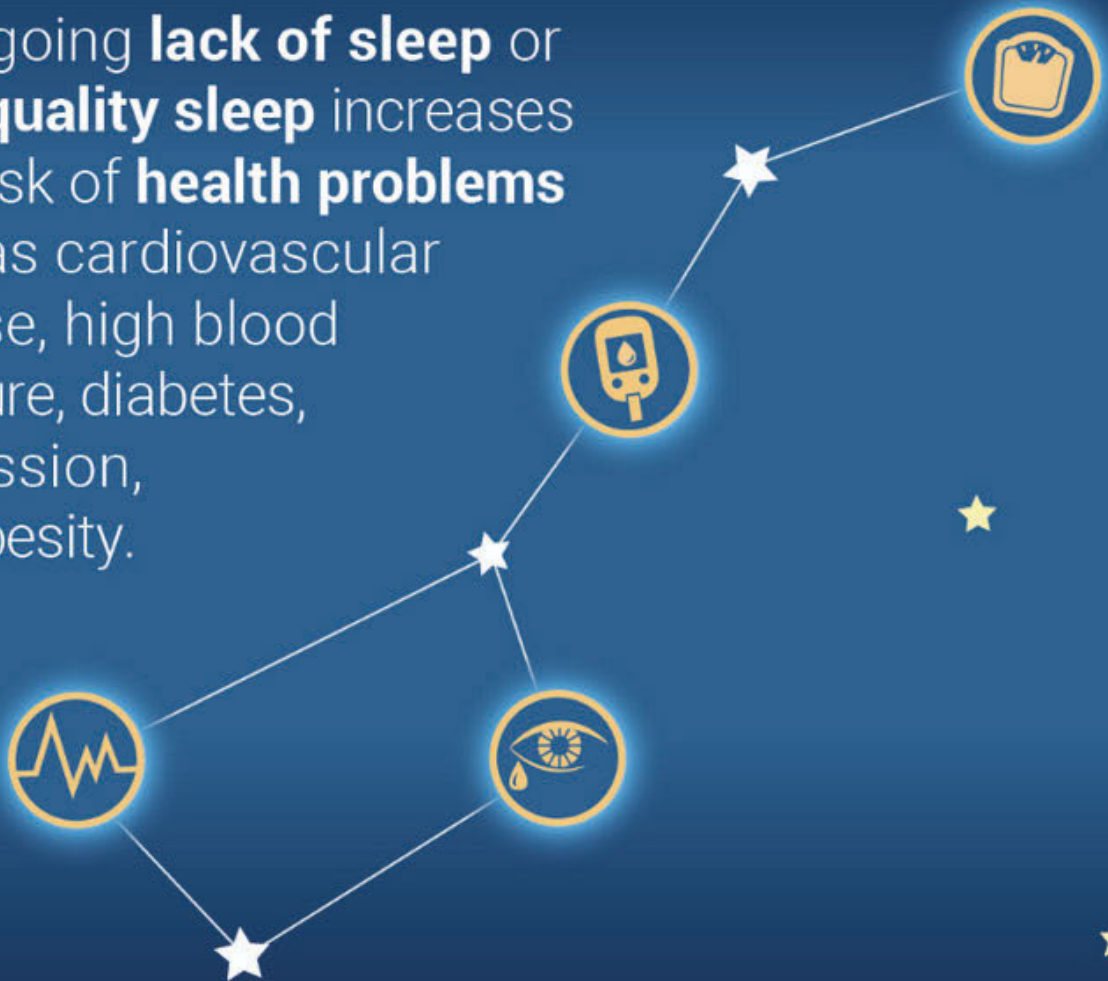
VOLUNTEERS NEEDED!



The ADRC is in need of volunteer drivers for our home delivered meal programs as well as our volunteer escort driver program. To learn more contact 608-847-9371. Mileage reimbursement available!

GETTING A GOOD NIGHT'S SLEEP

An ongoing **lack of sleep** or **poor-quality sleep** increases your risk of **health problems** such as cardiovascular disease, high blood pressure, diabetes, depression, and obesity.



They are also linked to **memory problems**, **forgetfulness**, and **more falls or accidents**.

Aim for
7-9 hours
of sleep each night.

HERE ARE SOME TIPS TO HELP:

Go to bed and wake up at the same time every day, even on weekends.



Find ways to relax before bedtime each night.



Avoid distractions such as cell phones, computers, and televisions in your bedroom.



Exercise at regular times each day, but not within 3 hours of your bedtime.



Don't eat large meals, or drink caffeine or alcohol late in the day.



Avoid long naps (over 30 minutes) in the late afternoon or evening.



Z-z-z



An ongoing lack of sleep or poor-quality sleep increases your risk of health problems such as cardiovascular disease, high blood pressure, diabetes, depression, and obesity. It is also linked to memory problems, forgetfulness, and more falls or accidents.

Aim for 7-9 hours of sleep each night. Here are some tips to help:

- ***Go to bed and wake up at the same time every day, even on weekends.***
- ***Find ways to relax before bedtime each night.***
- ***Avoid distractions such as cell phones, computers, and televisions in your bedroom.***
- ***Exercise at regular times each day, but not within 3 hours of your bedtime.***
- ***Don't eat large meals, or drink caffeine or alcohol late in the day.***
- ***Avoid long naps (over 30 minutes) in the late afternoon or evening.***

Older adults need about the same amount of sleep as all adults—7 to 9 hours each night. But, older people tend to go to sleep earlier and get up earlier than they did when they were younger.

There are many reasons why older people may not get enough sleep at night. Feeling sick or being in pain can make it hard to sleep. Some medicines can keep you awake. No matter the reason, if you don't get a good night's sleep, the next day you may:

- ***Be irritable***
- ***Have memory problems or be forgetful***
- ***Feel depressed***
- ***Have more falls or accidents***

Alzheimer's disease often changes a person's sleeping habits. Some people with Alzheimer's disease sleep too much; others don't sleep enough. Some people wake up many times during the night; others wander or yell at night.

The person with Alzheimer's disease isn't the only one who loses sleep. Caregivers may have sleepless nights, leaving them tired for the challenges they face.

If you're caring for someone with Alzheimer's disease, take these steps to make him or her safer and help you sleep better at night:

- Make sure the floor is clear of objects.
- Lock up any medicines.
- Attach grab bars in the bathroom.
- Place a gate across the stairs.



Fact Sheet

SOCIAL SECURITY

2023 SOCIAL SECURITY CHANGES

Cost-of-Living Adjustment (COLA):

Based on the increase in the Consumer Price Index (CPI-W) from the third quarter of 2021 through the third quarter of 2022, Social Security and Supplemental Security Income (SSI) beneficiaries will receive an 8.7 percent COLA for 2023. Other important 2023 Social Security information is as follows:

Tax Rate	2022	2023
Employee	7.65%	7.65%
Self-Employed	15.30%	15.30%

NOTE: The 7.65% tax rate is the combined rate for Social Security and Medicare. The Social Security portion (OASDI) is 6.20% on earnings up to the applicable taxable maximum amount (see below). The Medicare portion (HI) is 1.45% on all earnings. Also, as of January 2013, individuals with earned income of more than \$200,000 (\$250,000 for married couples filing jointly) pay an additional 0.9 percent in Medicare taxes. The tax rates shown above do not include the 0.9 percent.

	2022	2023
Maximum Taxable Earnings		
Social Security (OASDI only)	\$147,000	\$160,200
Medicare (HI only)	No Limit	
Quarter of Coverage		
	\$1,510	\$1,640
Retirement Earnings Test Exempt Amounts		
Under full retirement age	\$19,560/yr. (\$1,630/mo.)	\$21,240/yr. (\$1,770/mo.)
NOTE: One dollar in benefits will be withheld for every \$2 in earnings above the limit.		

	2022	2023
The year an individual reaches full retirement age	\$51,960/yr. (\$4,330/mo.)	\$56,520/yr. (\$4,710/mo.)
NOTE: Applies only to earnings for months prior to attaining full retirement age. One dollar in benefits will be withheld for every \$3 in earnings above the limit.		
Beginning the month an individual attains full retirement age	None	

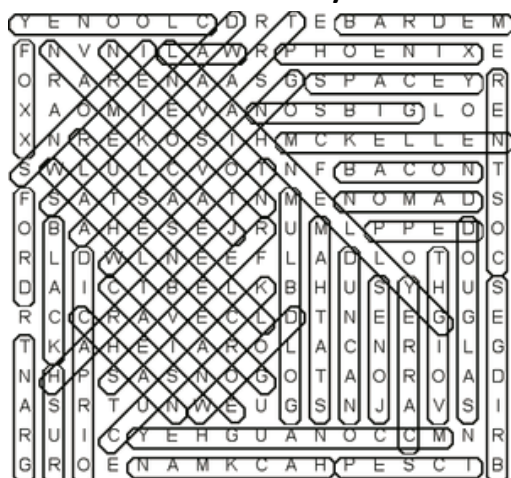
	2022	2023
Social Security Disability Thresholds		
Substantial Gainful Activity (SGA)		
Non-Blind	\$1,350/mo.	\$1,470/mo.
Blind	\$2,260/mo.	\$2,460/mo.
Trial Work Period (TWP)	\$ 970/mo.	\$1,050/mo.
Maximum Social Security Benefit: Worker Retiring at Full Retirement Age		
	\$3,345/mo.	\$3,627/mo.
SSI Federal Payment Standard		
Individual	\$ 841/mo.	\$ 914/mo.
Couple	\$1,261/mo.	\$1,371/mo.
SSI Resource Limits		
Individual	\$2,000	\$2,000
Couple	\$3,000	\$3,000
SSI Student Exclusion		
Monthly limit	\$2,040	\$2,220
Annual limit	\$8,230	\$8,950
Estimated Average Monthly Social Security Benefits Payable in January 2023		
	Before 8.7% COLA	After 8.7% COLA
All Retired Workers	\$1,681	\$1,827
Aged Couple, Both Receiving Benefits	\$2,734	\$2,972
Widowed Mother and Two Children	\$3,238	\$3,520
Aged Widow(er) Alone	\$1,567	\$1,704
Disabled Worker, Spouse and One or More Children	\$2,407	\$2,616
All Disabled Workers	\$1,364	\$1,483

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!

