

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 June 2023

The importance of Social Connection



Recently the surgeon general released an advisory calling attention to the public health crisis of loneliness, isolation and lack of connection in the United States.

Even prior to the onset of the COVID 19 pandemic, approximately half of the U.S. adults reported experiencing measurable levels of loneliness. Disconnection affects our mental, physical and societal health. Loneliness and isolation increase the risk for individuals to develop mental health challenges in their lives, and lacking connection can increase the risk for premature death to levels comparable to smoking 15 cigarettes a day.

The ADRC offers a variety of activities throughout Juneau County that promote social connection which can help reduce loneliness and isolation among our aging and disabled populations.

To stay connected locally join us at any of the following:

Juneau County Men's Shed Program

Juneau County Senior Congregate Meal Sites

ADRC Evidenced Based Health Promotion Classes

Caregiver Connection Support

Or contact us to learn about our many volunteer opportunities at
608-847-9371.

To read the entire surgeon general advisory go to <https://www.hhs.gov>

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
JUNE MEN'S SHED THEME: BIG TOY AND CAR SHOW JUNE 27TH. CONTACT ABBY TO REGISTER 608-847-9371 			1:00pm - 2:00pm HEALTHIER LIVING WITH DIABETES @ Mauston Mile Bluff Medical Center 1			9:00am - 3:00pm Riverside Farmers Market @ Mauston Riverside Park 11:00am - 12:00pm Taste of Mauston @ Mauston Riverside Park 3
4	6:30pm - 8:30pm Bingo at the Moose Lodge @ Mauston Moose Lodge 5	6	Chair Yoga @ 10:30a New Lisbon Library Movie Day @ New Lisbon Library 7	8	2	9:00am - 3:00pm Riverside Farmers Market @ Mauston Riverside Park 9:00am - 2:00pm Book Sale- Friends of the Hatch Public Library @ Mauston Hatch Public Library 10
11	6:30pm - 8:30pm Bingo at the Moose Lodge @ Mauston Moose Lodge 12	Caregiver Support Group, Beyond the Daily Grind 930-1030 13	Chair Yoga @ 10:30a New Lisbon Library Author of Tailspin John Arbruster @ New Lisbon Library 14	15	16	9:00am - 3:00pm Riverside Farmers Market @ Mauston Riverside Park 17
18	6:30pm - 8:30pm Bingo at the Moose Lodge @ Mauston Moose Lodge 19	20	Chair Yoga @ 10:30a New Lisbon Library 21	Elroy Fair		9:00am - 3:00pm Riverside Farmers Market @ Mauston Riverside Park Old Fashion Days Woneewoc, WI 24
Elroy Fair	6:30pm - 8:30pm Bingo at the Moose Lodge @ Mauston Moose Lodge 26	Men's Shed 10-12 p.m. 27	Chair Yoga @ 10:30a New Lisbon Library 28	29	30	

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.

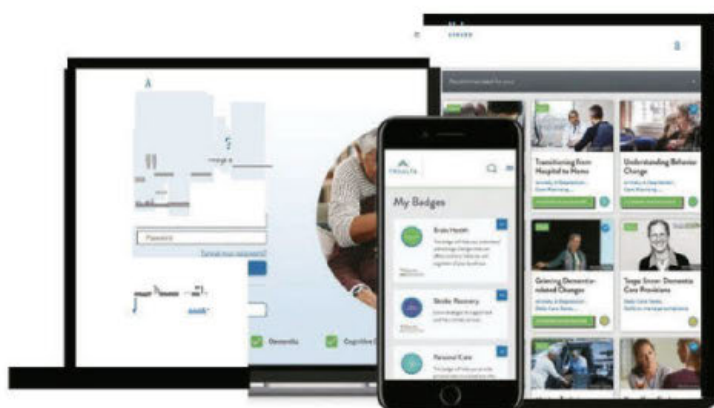
Sponsored and facilitated by the ADRC of Eagle Country - Juneau County Office

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

To Join please call:
 608-847-9371

Access free training and resources to help you build skills and confidence to provide care at home.

Trualta is an online platform designed to help families build skills to manage care at home for their aging loved ones. Improve confidence, reduce stress and prevent burnout by learning care skills. Once you are registered, you have unlimited access to their articles and tips about caring for your loved one.



"This was wonderful. My husband and I danced and we had a good time singing these oldies but goodies. I will highly recommend these to anyone whose husband or wife has Alzheimer's."

- Pat from "Alzheimer's Music Connect"

Trualta is really easy to use. All you will need to start is a computer, tablet, or smartphone. With lessons ranging from 5 minutes to 2 hours, Trualta makes it easy for you to fit caregiver training in whenever it works for you.



Contact Us to Register Today!

Angela Pokorney, CSW
OAA Support Coordinator
Phone: 608-847-9292
Email: apokorney@co.juneau.wi.us

Roasted Strawberry Sheet Cake



CAKE:

- 1 cup butter softened (you can use ½ cup of mashed bananas and ½ cup butter if you want to decrease the fat content calories and boost the nutrients).
- 1-1/2 cups sugar or sugar substitute for baking
- 2 large eggs, room temperature
- 2 teaspoons almond extract
- 3 cups all-purpose flour
- 3 teaspoons baking powder
- 2 teaspoons salt
- 1 cup 2% milk
- 1/4 cup sugar (optional)

Ingredients

- 4 pounds halved fresh strawberries
- 1/2 cup sugar or sugar substitute if desired

Directions

1. Preheat oven to 350°.
2. Place strawberries on a parchment-lined rimmed baking sheet. Sprinkle with sugar and toss to coat. Bake until just tender, 35-40 minutes. Cool slightly.
3. Meanwhile, grease a 15x10x1-in. baking pan. In a large bowl, cream butter and sugar until light and fluffy, 5-7 minutes. Add eggs, 1 at a time, beating well after each addition. Beat in the almond extract.
4. In another bowl, whisk flour, baking powder, and salt; add to creamed mixture alternately with milk, beating well after each addition (batter may appear curdled).
5. Transfer to prepared pan. Top with 3 cups roasted strawberries: sprinkle with sugar if desired.
6. Reserve remaining strawberries for serving. Bake until a toothpick inserted in the center comes out clean, 30-35 minutes. Cool completely in a pan on a wire rack.
7. Serve with reserved roasted strawberries

Recipe adapted from: <https://www.tasteofhome.com/recipes/roasted-strawberry-sheet-cake/>



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DHS Approved 4/22/2021



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Aging & Disability Resource Center, Mauston, WI

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CAREGIVER ASSISTANCE NEWS

"CARING FOR YOU ... CARING FOR OTHERS "

In helping a person with Alzheimer's disease (AD) to select and put on clothing, be mindful of the choices he used to make, and try to honor that taste and style. For example, if an elderly man had worn a tie every day to work but could no longer tie the knot and was frustrated if he could not put the tie on every day, a simple solution is to tie several in advance for him and let him slip the ties on and off. That may be easier for him to do and save you time. Sometimes a "clip on" tie will work also.

Most people have favorite colors, textures, and types of clothing—and people with dementia often want to wear the same outfit all the time. If you get duplicates of the items the person always wants to wear, he can still be comfortable when clothes are being washed and you will avoid arguments and explanations. Clean out closets and drawers so that out of season or difficult to clean clothes will not be temptingly in view. If the person wants to wear something you don't like, try to accept his choice, unless it is totally inappropriate.

Lay out clothing in the order in which it should be put on. This will provide a cue to those who are unsure what to put on next, and will generally make the process run more smoothly when you have to assist. You will also not need to leave the person to go find a missing piece.

- Use clothes that are easy to put on.
- Store all like clothes together.
- Use shoes that slip on or fasten with Velcro®.
- Use socks rather than pantyhose.
- Use pants and skirts with elastic waistbands.
- Use bras with front openers.
- Avoid clothes that have to be put on over the head.
- Replace buttons with Velcro® closures.

Sometimes, people with Alzheimer's disease will undress at inappropriate times. If it is because he is fidgeting and unintentionally opening buttons, consider sweaters without buttons, or a one-piece jump suit. Sometimes, wearing an apron will be a distraction. If things are sewn onto the apron, that will give the person something to touch and feel with his hands, distracting him from trying to remove a shirt or pants.



6 Tips for Senior Sun Safety

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Summer weather is great for relaxing with family and friends. Being outside for pool parties, barbecues, and beach trips are what make summertime so much fun.

Too much outdoor time, however, can lead to problems like sunburn and dehydration in elderly populations who are especially at risk for these hot-weather woes. But by taking a few precautions, problems like sunburn and dehydration in the elderly can be avoided and seniors will be able to get the most out of long summer days.



Wear the right clothing.

The best summertime clothing for seniors is lightweight and made out of a breathable fabric such as cotton. Shirts should be long-sleeved, and seniors should wear wide-brimmed hats to protect from the sun.



Apply sunscreen early and often.

Sunscreen takes time to work, so don't wait until you're poolside. Try to apply sunscreen about an hour before you head outside, and reapply every two hours. Look for a broad-spectrum sunscreen that protects against both UVA and UVB radiation.



Drink plenty of fluids.

Seniors are less likely to feel thirsty, and dehydration can come on quickly and be dangerous. Try to drink between 6 and 8 glasses of water a day, and increase your intake if you're doing any kind of physical activity, or if the weather is particularly hot.



Stay indoors at the hottest hours.

The sun is most intense during the middle of the day. If you're a tennis player or gardener, it's best to keep these activities to the early morning or evening, when the weather is cooler. Try to stay indoors when the sun is at its peak.



WARNING: Knowing the signs of heat stroke can save a senior's life. A flushed face, high body temperature, headache, nausea, rapid pulse, dizziness and lack of sweating despite the heat are signs that immediate action should be taken. Drinking water, a cool ice pack to the back of the neck, and removal of the sun is a must at the earliest signs of these symptoms.



Wear eye protection.

Seniors have very sensitive eyes. Wearing sunglasses can help reduce the cumulative damage that causes eye problems such as cataracts and age-related macular degeneration in seniors. Wrap-around styles that protect from both UVA and UVB radiation are best.



Check your medications.

Some medications can cause increased sensitivity to the sun. Look over your medications, and talk to your doctor about any concerns or questions you have.



EMERGENCY PREPAREDNESS

FOR OLDER ADULTS AND PEOPLE WITH DISABILITIES

CREATE A NETWORK OF SUPPORT

TO HELP YOU IN CASE
OF AN EMERGENCY.



Plan how you will
communicate
if you have a
communication
disability.



Plan for your
transportation
if you need help
evacuating.



Plan how you will
evacuate with any
assistive devices.

PREPARE FOR A POWER OUTAGE IF YOU USE ELECTRIC MEDICAL DEVICES.



talk to a health care
provider about what to do



identify an alternative
power source for devices



inform your emergency
contacts of the plan

WHAT TO INCLUDE IN AN EMERGENCY PREPAREDNESS KIT

- ☒ Contact information for important people and care providers
- ☒ A list of medicines you need, dosage instructions, and any allergies
- ☒ Styles and serial numbers of all medical and assistive devices
- ☒ Need-to-know information for first responders and others who might need to help you



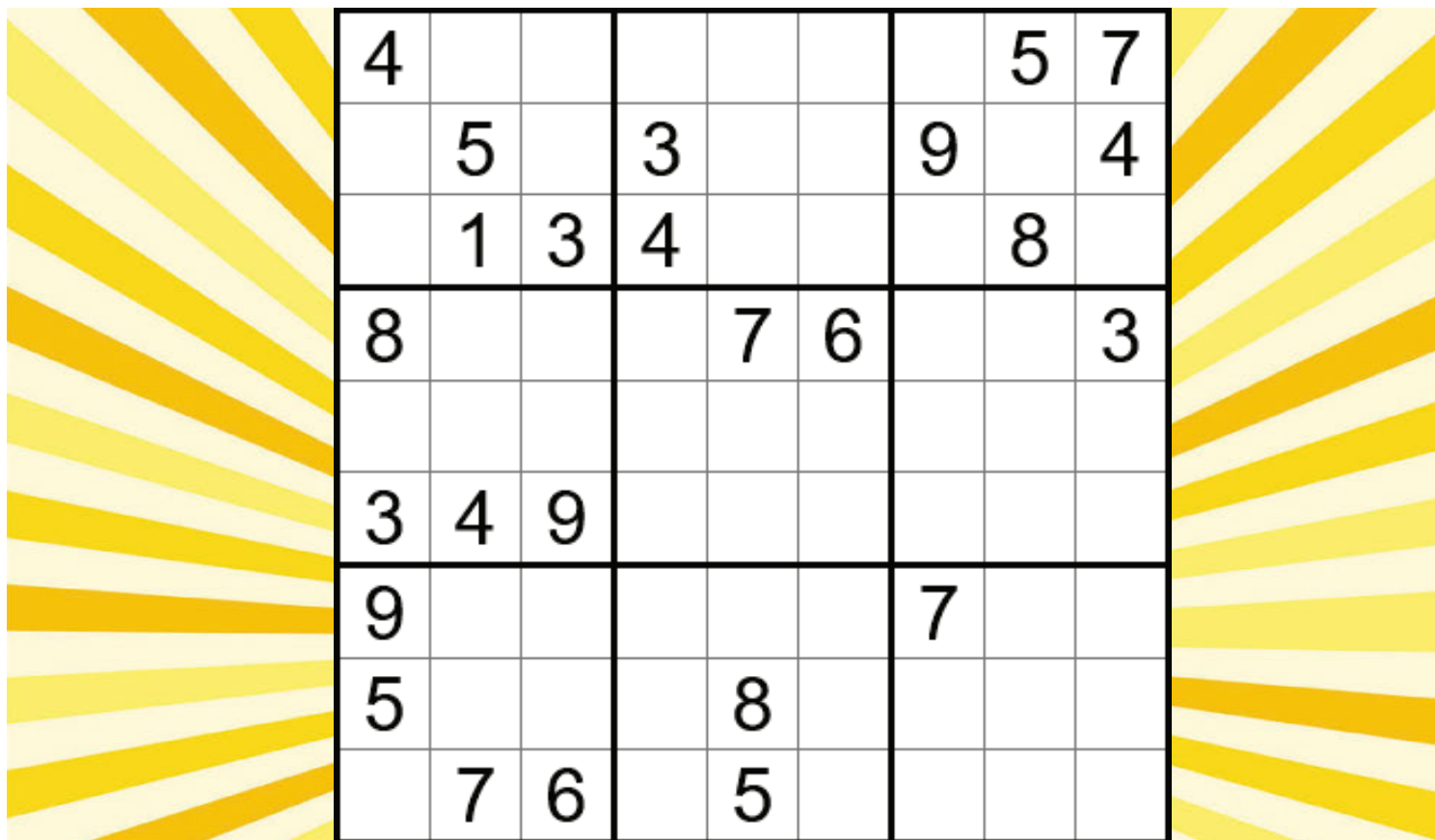
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and other
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Mauston , Bluffs and Lyndon Station Meal Site - Mauston American Legion

June 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
			BBQ BEEF POTATO WEDGES CALIFORNIA BLEND WHEAT BUN 1 % MILK FRUIT CUP 1	Closed 2
BAKED HAM AU GRATIN POTATOES GREEN BEANS WHEAT BREAD MARGARINE 1 % MILK APPLESAUCE 5	CHICKEN PARMESAN PASTA MARINARA PEAS WHEAT BREAD STICK 1 % MILK FRUIT FLUFF 6	SALISBURY STEAK MUSHROOMS-ONIONS MASHED POTATOES CORN WHEAT BREAD MARGARINE 1 % MILK FRUIT CUP 7	CHICKEN A LA KING RICE BISCUIT BROCCOLI FRUIT JELLO MARGARINE 1 % MILK 8	Closed 9
MEATLOAF AU GRATIN POTATOES STEWED TOMATOES WHEAT BREAD MARGARINE 1% MILK FRUIT CUP 12	CHICKEN BREAST NEAPOLITAN PASTA BEETS BISCUIT MARGARINE 1 % MILK FRUIT JELLO 13	CATCH OF THE DAY / BAKED FISH SEASONED DICED POTATOES ITALIAN BLEND CORN BREAD FRUIT PUDDING MARGARINE 1% MILK 14	BREADED PORK TENDERLOIN STUFFING LS GRAVY CAULIFLOWER 1 % MILK FRUIT CUP 15	Closed 16
SOUP OF THE DAY HAM SPREAD CROISSANT PICKLED BEETS CRACKERS 1 % MILK FRUIT JELLO 19	BAKED CHICKEN / 2 LEGS CHEESY RICE PEAS & CARROTS WHEAT BREAD MARGARINE 1 % MILK FRUIT CUP 20	SWEDISH MEATBALLS MASHED POTATOES GRAVY CORN WHEAT BREAD MARGARINE 1% MILK FRUIT FLUFF 21	SAUSAGE LINK BAKED BEANS CALIFORNIA BLEND VEGGIES WHEAT BUN 1 % MILK FRUIT CUP 22	Closed 23
BEEFY CHEESY MAC TOMATO SAUCE VEGETABLE MEDLEY WHEAT BREAD STICK FRUIT PUDDING 1 % MILK 26	SLICED ROAST TURKEY MASHED POTATOES GRAVY PEAS & CARROTS WHEAT BREAD MARGARINE 1 % MILK FRUIT CUP 27	BAKED PORK CHOP W/MUSHROOM SAUCE DICED POTATOES BROCCOLI WHEAT BREAD MARGARINE 1% MILK FRUIT JELLO 28	29	Closed 30

Wonewoc Meal Site R&S Spirits & Lounge

June 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
			Bacon/Cheese Omelet Wheat Toast Hashbrowns Applesauce 1	Fish Baked potato Salad w/ cucumbers tomatoes Bread 2
Closed 5	Chicken Tenders Mashed Potatoes Beans Fruit Bread 6	Potatoes & Ham Soup Bread Fruit Green Beans 7	Sloppy Joes Baked Beans Potato Salad Fruit Cup 8	Chicken Alfredo Peas Fruit Bread 9
Closed 12	Spaghetti & meat sauce Green Beans Garlic Bread Fruit 13	Chicken Mashed Potatoes Corn Bread Fruit 14	Bacon Mac & Cheese Tomatoes Applesauce Bread Fruit 15	Spinach & Ham quiche w/ tomatoes Cottage Cheese Fruit 16
Closed 19	Meatloaf Cheesy Potatoes Carrots Bread Fruit 20	Bologna Mashed Potatoes Green Beans Bread Fruit 21	Scalloped Potatoes w/ Ham Green Bean Casserole 22	Chicken Dumpling Soup Bread Fruit 23
Closed 26	Tater Tot Casserole w/beans & mixed veggies 27	Chicken Thighs Mashed Potatoes Peas Fruit Bread 28	Lasagna Broccoli Garlic Bread Fruit 29	Fish Crockpot Potatoes Carrots Fruit Bread 30

Elroy Meal Site Grace Lutheran Church

June 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
			Pulled Pork Sandwich Mac & Cheese Peas Pickles Applesauce Banana Oatmeal Cookie 1	Chicken "N" Dumplings Scalloped Corn Kidney Bean Salad Peaches WW Dinner Roll 2
French Toast Bake Egg Bake W/Veggies & Ham Cottage Cheese Pears Blueberry Muffins 5	Smothered Pork Chops Mashed Potatoes/Gravy Harvard Beets Applesauce WW Dinner Roll German Chocolate Cake 6	Closed 7	Beef Roast Mashed Potatoes/Gravy Green Beans Peaches WW Dinner Roll Peanut Butter Cookie 8	Taco Salad W/Meat, Lettuce & Tomatoes Bean Salad Mandarin Oranges WW Dinner Roll 9
Chicken Cordon Bleu Carrots Snickers Caramel Apple Salad Peaches WW Dinner Roll Boston Cream Puffs 12	Ham Sweet Potatoes Pears WW Dinner Roll Ooey-Gooey Pecan Squares 13	Closed 14	Lasagna Peas 7-Layer Salad Mandarin Oranges Garlic Bread Rhubarb Dessert 15	Bar-B-Que on Bun Macaroni Salad Baked Beans Pickles Apricots 16
Chili Grilled Cheese Cottage Cheese Fruit Cocktail Chocolate Lasagna 19	Meatloaf Baked Potato Green Beans Peaches WW Dinner Roll Caramel Apple Ring 20	Closed 21	Bar B Que Ribs Cheesy Hash Browns Bean Casserole Applesauce Corn Bread Butterscotch Meringue Bars 22	Fish - Fried or Baked German Potato Salad Coleslaw Jell-O W/Pineapple WW Dinner Roll 23
Bacon Wrapped Pork Filet Baked Potato Barbecued Lima Beans Spiced Apples WW Dinner Roll Pumpkin Bars 26	Baked Chicken Mashed Potatoes/Gravy Green Beans Mandarin Oranges WW Dinner Roll Rhubarb Meringue Dessert 27	Closed 28	Goulash Lettuce Salad Cottage Cheese Pears Garlic Bread Farm Cookies 29	Kielbasa Hash Brown Potatoes Corn Oriental Salad Fruit Cocktail WW Dinner Roll 30



Donation Designation Form:

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

In MEMORY/HONOR of: _____

Donation made by: _____

Address: _____

I want my donation to go to the following programs:

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

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

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Address: _____

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ADRC of Eagle Country Juneau County Farmers Market Vouchers

The Senior Farmers Market Nutrition Program offers low-income older citizens an opportunity to purchase fresh, locally grown fruits, vegetables, and herbs from certified farmers.

To be eligible to receive Senior FMNP checks, there must be at least one person in the household who is age 60 or older and meets income eligibility requirements. Native Americans may participate at age 55 or older.

Each eligible household will receive \$35 in vouchers to use at authorized farmers' markets to purchase only Wisconsin grown fruits, vegetables, and herbs. Vouchers must be used by October 31st, 2023.

Vouchers will be distributed on a first-come, first-serve basis June 2, 2023 and June 5, 2023 from 8am to 12pm at the Juneau County ADRC, 200 Hickory Street Mauston, WI 53948. If you are in need of transportation assistance to retrieve a voucher call 608-847-9371.





BUS TRIPS WITH JIM

June 14, 2023

Olbrich's Gardens

and a stop for Lunch

Olbrich's outdoor gardens feature 16 acres of stunning landscapes and Midwest-hardy plants walk around to enjoy the tranquility - Free Admission

If you wish to do so visit the tropical Bolz Conservatory, filled with exotic plants, orchids, birds, and a waterfall - \$6 admission

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).

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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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Aging & Disability Resource Center, Mauston, WI

D 4C 01-1367

Feeding Your Loved One: Tips for Caregivers

Approximately 85% of people with dementia and chronic illness are cared for exclusively in their own homes, and one major worry for caregivers can be ensuring that their loved one is eating healthy. Good nutrition is important for managing chronic conditions like diabetes and heart disease, preserving stamina and independence and maintaining a strong immune system that can fend off illnesses. However, special dietary needs, reduced ability to eat independently or recognize hunger, reduced appetite, difficult behaviors, and other issues all can make providing a healthy diet challenging, and malnutrition is a real risk.

Looking for strategies to improve nutrition and reduce stressful mealtimes? The What's on Your Plate? guide from the National Institute on Aging Resources can help with choosing foods and planning meals, and the following ideas may help meals go more smoothly:

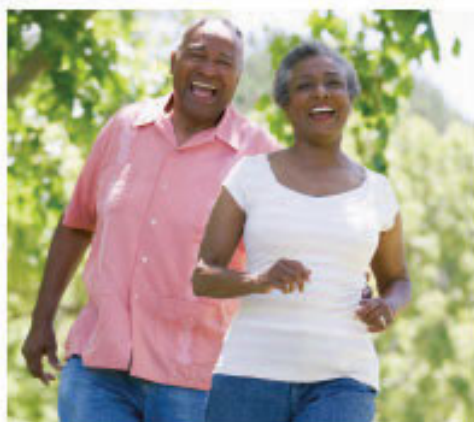
- Offer one food at a time. Too much food on a plate can be confusing and overwhelming.
- Eat with your loved one.
- Model eating behavior and have pleasant conversations during meals.
- Talk about the smell and enjoyment of each food.
- If chewing or swallowing are a problem, prepare soft, chopped or bite-size like cottage cheese scrambled eggs, applesauce, etc.
- Watch for choking hazards like small hard objects (grapes, raw carrot pieces).
- Make sure dentures are in place and fit well.
- Keep table settings simple to avoid distractions.
- Don't worry about messy eating.
- Serve finger foods like sandwiches (in quarters), carrot or cheese sticks, fruit slices.
- Optimize appetite for meals by offering opportunities for physical activity and avoid constipation with plenty of fluids and fiber.
- Offer small, frequent meals rather than three large meals.

To find more ideas for feeding people with dementia or to prevent malnutrition in your older loved one, consult your healthcare provider, contact a dietitian, or visit the nutrition resources created by the Alzheimer's Association, the U.S. Department of Agriculture or the Academy of Nutrition and Dietetics. Need additional assistance? Through grants to states and community organizations, the Administration for Community Living funds several programs that provide support to family caregivers. Find out what's available in your community by contacting the ElderCare Locator online or at 800-677-1116, or by visiting the caregiver resources pages on [ACL.gov](https://acl.gov).



HEALTHYLIVINGTIPS

Get Set for a Healthy Summer



In most parts of the United States, the beautiful colors and temperate weather of summer are a welcome break from the cold grey of winter. But warm weather can lead to serious health risks.

Start planning now to avoid some of the health risks summer can bring by following these tips:

- **Keep cool.** Make sure your home's air conditioner or climate control system is working properly. If you do not have climate control, think about public places where you can go to comfortably spend time on hot days. Some examples include local senior centers, libraries, shopping malls and movie theaters.
- **Stay indoors.** Plan your summer activities so that you are indoors during the hottest part of the day. Run your errands early in the morning or at dusk when the temperatures drop slightly.
- **Cover up.** When you do need to go outside, protect yourself from the sun by wearing plenty of sunscreen, and invest now in a comfortable, wide-brimmed hat.
- **Stay hydrated.** Make sure you have a supply of water and plenty of ice in your home. And if you are going out, take a bottle of water with you.
- **Breathe easy.** Spend less time outdoors on humid days, especially if you are allergic to pollen or live in an area where there is a lot of air pollution.
- **Stay informed.** Throughout the summer, follow your local weather reports to find out when your community is experiencing severe heat and humidity.

Useful Resources

Administration on Aging Health Related Resources

http://www.aoa.gov/AoARoot/Preparedness/Resources_Individuals/Health_Resources.aspx

National Institutes of Health Medline Plus – Heat Illness

<http://www.nlm.nih.gov/medlineplus/heatillness.html>



AoA
Administration on Aging

FOR MORE INFORMATION ABOUT AOA U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES,
ADMINISTRATION ON AGING, WASHINGTON, D.C. 20201

PHONE: (202) 619-0724 | FAX: (202) 357-3555 | EMAIL: AOAINFO@AOA.GOV | WEB: WWW.AOA.GOV |
FACEBOOK: WWW.FACEBOOK.COM/AOA.GOV



Photo Courtesy of Pixabay.com

Did you Know...

Wisconsin dairy farms produce more than 23 billion pounds of milk every year. That's about 14% of the country's total milk supply.

Wisconsin is the # 1 cheese-producing state, making 26% of the country's cheese.

Wisconsin won more awards than any other state or country at the 2021 World Championship Cheese Contest, with 138 medals!

EAT WELL, AGE WELL. June-Dairy Month

Dairy is synonymous with Wisconsin. Most of us either know or were dairy farmers. I had the honor and privilege of being raised on a homestead farm. The farm had dairy cattle for many years. I often reflect on heading out to the dairy barn to watch my papa and uncle Johnny milk. The smell of fresh milk and the delicious, sweet taste of the cream that we would skim off the top still make my mouth water.

Sometimes milk gets a bad rap nutritionally, but there are many health benefits. Calcium, vitamin D, and phosphorus are important for bone building, and the high potassium content of dairy foods that can help lower blood pressure are just a few nutrients that it provides.

So what is included in the "Dairy Group"? According to <https://www.myplate.gov/eat-healthy/dairy> The Dairy Group includes milk, yogurt, cheese, lactose-free milk, and fortified soy milk and yogurt. The Dairy Group does not include foods made from milk that have little calcium and high-fat content. Examples of this are cream cheese, sour cream, cream, and butter. We encourage you to choose low-fat or non-fat versions when possible and aim for 3 servings a day. In general, the following counts as 1 cup from the Dairy Group:

- 1 cup of milk, yogurt, or soy milk or 1 ½ ounces of natural cheese

Giving to the Next Generation

From self-expression to self-direction, there are countless ways for older adults to stay engaged and give back to others at the same time. Some of the most rewarding ways to express yourself and contribute to your community involve passing on experiences, wisdom, and skills to the generations that follow.

Everyone has something to share, and these ideas can help get you started.

Mentor. Use professional or personal experiences to guide a child, young adult, or even a peer. Example: Visit Senior Corps at nationalservice.gov to learn about becoming a foster grandparent.

Volunteer. Put skills to use while giving back to your community.

Example: Sign up to collect food/clothing donations, serve meals at a local soup kitchen, or help older friends with daily tasks at home such as paying bills.

Teach. Impart expertise via formal or informal education and tutoring opportunities.

Example: Check with local schools that may need reading, math, or science tutors.

Speak. Sign up for speaking engagements, paid or unpaid, as well as storytelling events.

Example: Open-mic events, often at theaters and libraries, welcome speakers of all ages.

Engage. Visit a senior center or organize a gathering focused on connecting with others.

Example: Book clubs attract participants of all ages and encourage the exchange of ideas.

Write. Pen an article, op-ed, or even a book to communicate wisdom and lessons learned. Example: Start with something you know the most about, such as a career, hobby, or historical event, and submit a column to your local newspaper.

Create. Pick a medium and use art to express yourself and share your perspective.

Example: Paint, draw, sculpt, play music, dance, make crafts – whatever suits you.

Looking for more ideas? Each May, the Administration for Community Living leads Older Americans Month, a national observance focused on community engagement and other issues important to older adults. Visit <https://oam.acl.gov/> any time for resources and inspiration.

FRIENDS OF HATCH PUBLIC LIBRARY

BOOK SALE

JUNE 10th
9AM-2PM



FRIENDS OF THE HATCH PUBLIC
LIBRARY PRESENT 2023

MUSIC IN THE PARK

Mondays, at 6 PM, in Riverside Park, Downtown Mauston

- 6.5----- Site 7- Classic rock and country
- 6.12----- Ruckus- A variety band of local adults
- 6.19----- Jay Hoffman- Singer/ songwriter
- 6.26----- St. Patrick's Spirit & Spark- Inspirational

www.hatchpubliclibrary.org - 608.847.4454



Medicare Information Overload! What Does it All Mean?

By Ingrid Kunding, Wisconsin Senior Medicare Patrol Project Manager

Does this sound familiar? You receive relentless phone calls, view TV ads with amazing deals, and get random mailings informing you of special offers. If you are a Medicare beneficiary, you are likely familiar with all these things. While there are many great resources available to help you navigate your Medicare options, there are also many things to watch out for.

The focus of unwanted and misleading offers is often conducted on the telephone. However, there are two other solicitation tactics to be aware of, television commercials and postcards or mailings about Medicare plans. Though not necessarily fraudulent, they can be deceiving and potentially cause issues down the road with your providers, coverage, and prescription drugs.

Proceed with caution and know that if something sounds too good to be true, it probably is!

Have you seen the television commercial featuring a former NFL quarterback, encouraging you to call today to put money back in your pocket with a different Medicare plan? Be careful. While everyone wants to have more money in their pockets, there is more to it than that. Often there is eligibility criteria that is not fully explained, and the plan may not be offered in your area or might force you to change health care providers. Another word of warning: if you decide to call the toll-free number that is advertised on the commercial, beware that you are going to be talking with an insurance agent, not directly with a Medicare customer service representative. The fine print that plays during the commercial states that this advertisement is not affiliated or endorsed by any governmental agency or the Federal Medicare programs, plan availability varies by region or state. If you make this call, you are giving this insurance company permission to continue to call you and, in some cases, pressure you in to making a decision about a Medicare plan without understanding it completely. This can have a negative impact on your health care as well as your pocket. The postcards or mailers that you receive, notifying you that you may be entitled to a new Medicare plan with additional benefits...again, be careful! While the mailers say all the right things and again promise to add money back to your monthly Social Security payments, there is often a catch. And, unfortunately, people do not realize this until it is too late. These mailers are advertisements for insurance and are not connected to or endorsed by any governmental agency, including Medicare. Calling the number provided could potentially cause you more telephone calls from potentially aggressive insurance agents.

It can be frustrating to know that there are so many insurance companies and telemarketing companies out there making Medicare, which can already be complicated and difficult to understand, even more confusing. But finally, some good news! There are resources available that will provide unbiased information at no charge.

Important Resources for Wisconsin Medicare Beneficiaries:

- **Benefit Specialists at local Aging and Disability Resource Centers (ADRCs) and aging units in every county and tribe offer benefits counseling. For contact information, visit <https://www.dhs.wisconsin.gov/benefit-specialists/index.htm> or call 608-266-2536.**
- **The Medigap Helpline (800-242-1060) is a toll-free helpline operated by the Wisconsin Board on Aging and Long-Term Care that provides counseling for all Wisconsin Medicare beneficiaries on Medicare, Medicare supplement insurance, employer-based health insurance, Medicare Advantage plans, long term care insurance and related topics.**
- **The Wisconsin Medigap Part D and Prescription Drug Helpline (855-677-2783) is a toll-free helpline that answers questions from Wisconsin residents age 60 and over about Medicare Part D and other prescription drug coverage options.**
- **The Disability Drug Benefits Helpline (800-926-4862) is a toll-free helpline operated by Disability Rights Wisconsin that helps people who have Medicare due to a disability with questions about prescription drug coverage.**
- **Office for the Deaf and Hard of Hearing (video phone: 262-347-3045) provides outreach and individual counseling in American Sign Language.**
- **Wisconsin Judicare, Inc. (800-472-1638) provides outreach and benefits counseling to Native American Medicare beneficiaries.**
- **The Wisconsin Senior Medicare Patrol (888-818-2611) is a toll-free helpline for Medicare beneficiaries and their families to call to report suspected Medicare fraud, errors, and abuse.**



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



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

