

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 March 2023

LEARNING HOW TO UBER IN JUNEAU COUNTY

In 2021, the Juneau County Public Health Department along with several other local organizations and groups conducted a county wide survey to determine areas of need within Juneau County. The top three areas of need identified were affordable housing, transportation and good jobs strong economy. As a result of this assessment CAT (Community Action Teams) were formed to try to find and explore possible solutions to the areas identified. Through use of American Rescue Plan Act (ARPA) funding and support of the Juneau County Board of Supervisors, the transportation CAT Committee has organized a program that will offer a \$5.00 incentive to Uber Drivers in the Juneau County area to help boost access to transportation services. Uber is a nationally recognized transportation company that utilizes smart phone/device technology via an "app" that allows passengers to reserve and request transportation services. Drivers are contracted through UBER and use their own vehicles for transports and charge fairs to the participants. To learn more about Uber and how to utilize the service in Juneau County, join us at one of the upcoming information sessions held at the following locations:

March 2nd:

Wonewoc Public Library 2 p.m. or 4:30 p.m.
New Lisbon Public Library 2 p.m. or 5:00 p.m.

March 6th:

Necedah Village Hall 2 p.m. or 5:30 p.m.

March 7th:

Union Center Village Hall 2 p.m. or 5:30 p.m.



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

March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Winding Rivers Church New Lisbon Soup to go 4:00-5:30		
			1	2	3	4
		Meet the Author Sue Berg Elroy Movie Theatre 6:30 p.m.		Girls High School State Basketball Tournament		Girls High School State Basketball Tournament
5	6	7	8	9	10	11
Daylight Saving Time Turn clocks ahead!	Respite Care Lunch and Learn 11-12p.m. Juneau County Services Building	Pi Day $\pi = 3.14$ Caregiver Support Group Beyond the Daily Grind Mauston 10-11		Boys High School State Basketball Tournament	St Patrick's Day Corn beef and Cabbage, Elroy and Wonewoc Mealsites	Boys High School State Basketball Tournament
12	13	14	15	16	17	18
19	20 First Day of Spring!	21	22	23	24	25
26	27	Mens Shed Outdoors Forever Mauston 10-12 p.m.	28	29	30	31
				Mauston/Lyndon Station Sharing Supper Mauston High School 5:00		



***Thank you Patricia White for
your donation to the ADRC in
Memory of Judge John
Roemer and Vivian Roemer.***

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

BEER
 BELFAST
 BISHOP
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 CELEBRATION
 CELTIC CROSS
 CHRISTIAN
 CLOVER
 CORK
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 EVENTS
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 GREEN
 GUINNESS
 HERITAGE
 HISTORY

HOLIDAY
 HOLY DAY
 IRELAND
 IRISH
 LEPRECHAUN
 LIMERICK
 MARCH
 MISSIONARY
 MUSIC
 PARADE

PATRON SAINT
 POTATOES
 SEVENTEENTH
 SHAMROCK
 SNAKES
 SODA BREAD
 TRADITION
 YEARLY



RECIPE

Healthy Trail Mix

1. 1 cup pretzels
2. 1 cup whole grain cereal (your choice!)
3. 1 cup air-popped popcorn
4. 1/4 cup raisins
5. 1/2 cup dried fruit (your choice!)
6. 1/2 cup nuts (your choice!)
7. 1/2 cup mini chocolate chips

DIRECTIONS: Mix all ingredients together in large bowl. Divide up trail mix into small snack bags. Enjoy!



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For more information on your long-term care
options, contact your local ADRC.

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 "

One of the results of Alzheimer's disease (AD) is that the person is unable to plan how to spend her time. She is also unlikely to initiate activities and reach out to friends or family. She often spends much of the day napping and pacing, which results in what others would judge to be an "empty day." She may also forget to have meals, toilet herself, and conduct other routine activities. That is why it is important for you to set up a plan for day-to-day activities that can be followed on a regular basis. In time, the person will become familiar with the routine you have set up, and will feel reassured by knowing what to expect. Having fun and enjoying life is important for everyone. But people with (AD) lose, little by little, the ability to do those things that they enjoyed in the past. Hobbies, concerts, guests can become too complicated for confused people.

Most caregivers focus on those activities the person with AD no longer should do, such as drive, work or go out alone. But, to help maintain good self-esteem, it is also important to help the person with AD continue to engage in meaningful activities and participate in family and community life. To do this, decide what activities he can do and help him adjust for abilities that are lost. Accentuate the positive. Activities should make the best use of a person's remaining strengths and skills, and be based on interests and hobbies developed over



a lifetime. These include activities like going for walks or gardening, which you can enjoy together. Meaningful activities can also reduce the risk of agitation or upsetting behaviors. We all enjoy experiencing things through our senses—smelling a flower, watching a sunset or a familiar taste or smell. Some people enjoy touching a smooth piece of wood or stroking a furry animal. The importance of touch becomes even more important as AD progresses. Also when there is no activity he can do, touch can become an important part of communication and simply holding hands becomes an activity. Caring for plants or pets can help the person with AD to express feelings of caring. He or she will still appreciate signs of affection. Depending on your relationship, holding hands, hugging, brushing hair, rubbing on hand cream or other adult uses of touch (acceptable adult expressions of caring and concern) may provide emotional satisfaction to both of you. Listening to music and singing can be both enjoyable and calming. Memory of song lyrics can remain longer than the person's ability to carry a conversation.

Taking Care of Yourself— **Guilt Can Be Crippling**

You can easily believe that you're not doing a good- enough job as caregiver. Keep in mind that you are doing the best you can, and stay open to suggestions that can help you improve.

Burnout may explain your loss of interest in activities you used to enjoy, your run-down condition, feelings of hopelessness and helplessness and even wanting to hurt yourself or the person in your care. If you have these feelings, it is time to re-evaluate your caregiving situation. You should take steps to get more support and relief from the constant responsibility and stress of caring for a person with Alzheimer's disease.



Live Life Laughing!

At least the birds will think it looks great...



Inspiration

See everything; overlook a great deal; correct a little.
— Pope John XXIII

Memory Care - Your Tone

Regardless of the AD stage, speak gently to the person and maintain eye contact. Smile warmly and often. The person with Alzheimer's may not understand or respond, but will sense your feeling and react to that.

GRAB your GREENS



Greens are the Harvest of the Month!

Add greens to your favorite family meals:

- Add fresh spinach to your smoothie.
- Use fresh or frozen spinach in lasagna, casseroles, or soups.
- Saute Swiss chard with garlic and add to eggs or top a pizza.

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

Did you know?

"Super green" refers to dark green vegetables that contain extra amounts of key nutrients like vitamins A and C, potassium, and dietary fiber. These dark green vegetables are important to eat often to grow and stay healthy. Try a variety of "super green" vegetables including spinach, Swiss chard, kale, collard greens, romaine lettuce, watercress, bok choy, and mustard greens.



Nutritious, Delicious, Wisconsin!
#WISharvestoftheMonth



Extension
UNIVERSITY OF WISCONSIN-MADISON

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The University of Wisconsin-Madison Division of Extension is an EEO/AA institution committed to diversity among its employees and in its programs.



GREENS: QUICK & EASY

- Add fresh spinach to your smoothie
- Use fresh or frozen spinach in lasagna, casseroles, or soups
- Saute Swiss chard with garlic and add to eggs or top a pizza



FOOD
WISE

UW-MADISON EXTENSION

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The University of Wisconsin-Madison Division of Extension is an EEO/AA institution committed to diversity among its employees and in its programs.

SAFETY TIPS— Vision and Hearing Care

A person with Alzheimer's should have regular eye examinations. Poor vision can contribute to confusion. These exams can also spot or detect other serious diseases such as diabetes. Finding and treating eye disease *early* can prevent serious diseases from getting worse and leading to blindness. Tell the doctor of any medicines the person is taking and if there is a family history of glaucoma. Get a yearly eye exam for a person with diabetes.

- Contact your state's Commission for the Blind for information on vision aids for those with low vision.
- Ask for help in finding products ("talking" watches, etc.) and aids that will help the person adjust to low vision.

Hearing loss can make it more difficult for a person to understand and respond appropriately or take part in social activities. It will help the person to hear if you speak slowly and clearly, rather than raising your voice. It is difficult for anyone to adjust to a hearing aid, and even more difficult for someone with AD, but it may be worth exploring the possibility of getting one.

Donald Root
Insurance Planning for Seniors



- Life Insurance
- Medicare Supplements
- Advance Funeral Planning

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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

March 2023 Menu

Mauston/Lyndon Station

Meal Site Manager:

Darlene Fish 608-547-4715

Bluffs Meal Site Manager:

Nancy Nelsen 608-547-2213

Please call to reserve your meal.

Menu subject to change.

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

Serving times: 11:30-12:30

All meals are served with bread, milk and butter.

MON	TUE	WED	THU	FRI
		HONEY GLAZED PORK CHOP WHIPPED SWEET POTATOES GREEN BEANS APPLESAUCE WHEAT BREAD MARGARINE 1 % MILK 1	BBQ BEEF SANDWICH POTATO WEDGE MIXED VEGETABLE WHEAT BUN FRUIT PUDDING 1 % MILK 2	FRIDAY SOUP N SALAD (MAUSTON) 11:30-1:00 CALL TO RESERVE A MEAL 608-547-2213 3
BEEFY CHEESY MAC W/TOMATO SAUCE PEAS WHEAT BREAD STICK FRUIT CUP 1% MILK 6	CHICKEN BREAST NEAPOLITAN PASTA ITALIAN BLEND WHEAT BREAD FRUIT CUP MARGARINE 1 % MILK 7	POOR-MANS SEASONED DICED POTATOES BROCCOLI CORN BREAD FRUIT CUP MARGARINE 1% MILK 8	SAUSAGE LINK BAKED BEANS CALIFORNIA BLEND VEGGIES WHEAT BUN FRUIT CUP 1 % MILK KETCHUP & MUSTARD 9	FRIDAY SOUP N SALAD (MAUSTON) 11:30-1:00 CALL TO RESERVE A MEAL 608-547-2213 10
TURKEY A LA KING STEAMED RICE LIMA BEANS BISCUIT FRUIT JELLO MARGARINE 1% MILK 13	SALISBURY STEAK MASHED POTATOES MIXED VEGETABLE WHEAT BREAD FRUIT CUP MARGARINE 1 % MILK 14	BOILED DINNER W/CABBAGE RED POTATOES BABY CARROTS RYE BREAD PISTACHIO FLUFF MARGARINE 1 % MILK 15	BREADED PORK TENDERLOIN STUFFING LS GRAVY CAULIFLOWER APPLE SAUCE 1 % MILK 16	FRIDAY SOUP N SALAD (MAUSTON) 11:30-1:00 CALL TO RESERVE A MEAL 608-547-2213 17
MEATLOAF AU GRATIN POTATO STEWED TOMATOES FRUIT CUP WHEAT BREAD MARGARINE 1 % MILK 20	CHICKEN PARMESAN PASTA MARINARA ITALIAN BLEND GARLIC BREAD STICK FRUIT CUP 1 % MILK 21	BAKED HAM HASHBROWN CASSEROLE GREEN BEANS BAKED FRUIT WHEAT BREAD MARGARINE 1 % MILK 22	CHICKEN SALAD CROISSANT PICKLED BEETS VEGETABLE SOUP CRACKERS FRUIT JELLO 1 % MILK 23	FRIDAY SOUP N SALAD (MAUSTON) 11:30-1:00 CALL TO RESERVE A MEAL 608-547-2213 24
HAMBURGER CASSEROLE CORN GARLIC BREAD- STICK FRUIT FLUFF 1 % MILK 27	BAKED PORK CHOP W/MUSHROOM SAUCE DICED POTATOES GREEN BEANS WHEAT BREAD FRUIT CUP MARGARINE 1 % MILK 28	SLICED ROAST TURKEY MASHED POTATOES GRAVY PEAS & CARROTS CRANBERRY WHEAT BREAD MARGARINE 1 % MILK 29	SWEDISH MEATBALLS MASHED POTATOES GRAVY LS CORN FRUIT JELLO WHEAT BREAD MARGARINE 1 % MILK 30	FRIDAY SOUP N SALAD (MAUSTON) 11:30-1:00 CALL TO RESERVE A MEAL 608-547-2213 31

Wonewoc Meal Site R&S Spirits & Lounge

March 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
		Turkey Casserole Fruit Bread Milk 1	Lasagna Fruit Bread Milk 2	Pork Roast Mashed Potatoes Carrots Fruit Milk 3
	Beef & Broccoli over noodles Bread Fruit Milk 7	Taco Salad Bread Milk 8	Baked Chicken Tator Tots Carrots Fruit Milk 9	Shepherd's Pie (Beef, Veggies, Mashed Potatoes Milk 10
Closed 6	Pot Roast Mashed Potatoes Peas Fruit Milk 14	Pepperoni Pizza Side Salad Fruit Milk 15	Chicken Alfredo Carrots Fruit Milk 16	Corn Beef Cabbage Carrots Baby Red Potatoes Milk 17
Closed 13	Chili Crackers Fruit Milk 21	Stuffed Peppers (Meat, Rice, Cheese) Fruit Cup Milk 22	Bologna Mashed Potatoes Peas Fruit Cup Milk 23	Fish Tator Tots Carrots Blueberry Bake Milk 24
Closed 20	Meatloaf Mashed Potatoes Green Beans Fruit Milk 28	Spaghetti Garlic Bread Coleslaw Applesauce Milk 29	Chicken Pot Pie Fruit Cup Bread Milk 30	Bacon & Cauliflower Pasta Bun Fruit Milk 31
Closed 27				

Elroy Meal Site Grace Lutheran Church

March 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
 <p>Please let us know by March 6th if you are planning on attending the St. Pat's Day Dinner.</p>		Closed	Pork Roast Mashed Potatoes/Gravy Peas Pears WW Dinner Roll Ooey Goopy Pecan Squares 2	Tuna or Chicken Casserole Carrots Spinach Salad Cranberries WW Dinner Roll 3
Bar-B-Que on Bun Macaroni Salad Baked Beans Apricots Blueberry Bread 6	Pork Steak Mashed Potatoes/Gravy Harvard Beets Applesauce WW Dinner Roll Lemon Meringue Dessert 7	Closed	Liver & Onions Fried Potatoes Green Beans Peaches WW Dinner Roll Grandma's Sugar Cookies 9	Salmon Patties Mashed Potatoes Creamed Peas Mandarin Oranges WW Dinner Roll 10
Sausage Gravy over Biscuits Scrambled Eggs Cottage Cheese Applesauce Oatmeal/Raisin Cookies 13	Chicken "N" Dumplings Squash Kidney Bean Salad Pears WW Dinner Roll Blueberry Angel Dessert 14	Closed	Lasagna Peas 7-Layer Salad Peaches Garlic Bread Chocolate Lasagna 16	St. Pat's Day Dinner Corn Beef & Cabbage Potatoes & Carrots Fruit Salad Scones Lime Poke Cake 17
Kielbasa Potato Salad Bean Salad W/Red Onion Fruit Cocktail WW Dinner Roll Zucchini Cake 20	Porcupine Meatballs W/Gravy Mashed Potatoes Broccoli W/Cheese Peaches WW Dinner Roll Apple Cake 21	Closed	Bar B Que Ribs Cheesy Hash Browns Green Bean Casserole Applesauce Corn Bread Molasses Cookies 23	Fish - Fried or Baked Oven Fried Potatoes Corn Salad Jell-O W/Pineapple WW Dinner Roll 24
Beef Stroganoff over Noodles Scalloped Corn Bean Salad Spiced Apples WW Dinner Roll Pumpkin Bars 27	Baked Chicken Mashed Potatoes/Gravy Green Beans Mandarin Oranges WW Dinner Roll Custard 28	Closed	Beef Stew W/Potatoes & Carrots Lettuce Salad Cottage Cheese Pears WW Dinner Roll Farm Cookies 30	Tuna Melt Sandwich Tomato Soup Oriental Salad Peaches 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: _____

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EVERY CONTRIBUTION COUNTS AND HELPS TO:

- ✓ Expand meal service
- ✓ Maintain current services and demands

Benefits of the Nutrition Program:

- Daily check in for home delivered meal participants
- Support and assistance
- Hot nutritious meal
- Volunteer opportunities
- Link to ADRC for services
- Friendship and social connection

Funding Sources:

The Juneau County Nutrition Program is a federal and state funded program through the Older Americans Act and is supplemented by Juneau County tax levy and participant contributions. Your contribution, big or small helps to make a difference!

The Juneau County Senior Nutrition Program provides nutritious meals to individuals age 60 years and older as well as eligible persons living with a disability. The meal program provides congregate dining, carry out and home delivered meal options. There is no specific charge for the meals, however there is a suggested contribution for each meal to help support and maintain the program operations.

Meal Costs:

Congregate Dining

(cost to prepare)-\$13.19/ per meal

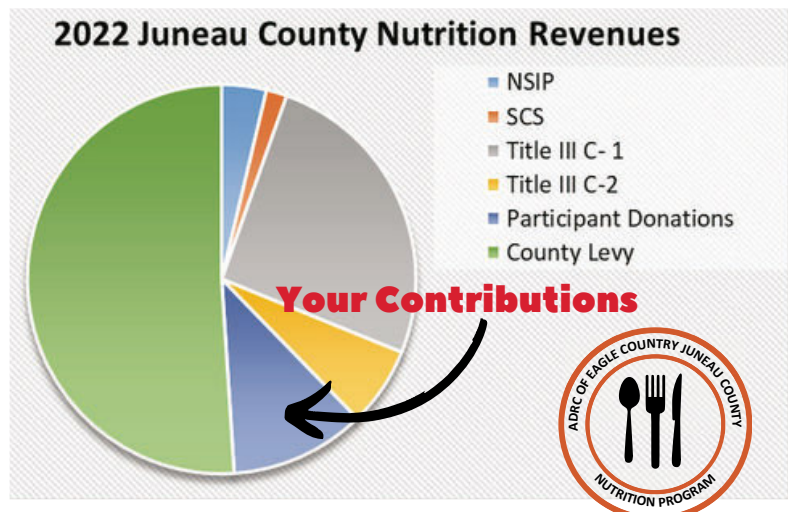
Suggested Contribution: \$4.25/per meal

Home Delivered Meals

(cost to prepare and deliver)-\$14.58/ per meal

Suggested Contribution: \$4.25/per meal

★ Numbers are based off of a 2021 meal cost analysis and are NOT reflective of 2022 cost increases and inflation rates.



BUS TRIPS WITH JIM



March 7, 2023

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

March 16, 2023

Ho - Chunk Gaming Baraboo
with a stop for lunch

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

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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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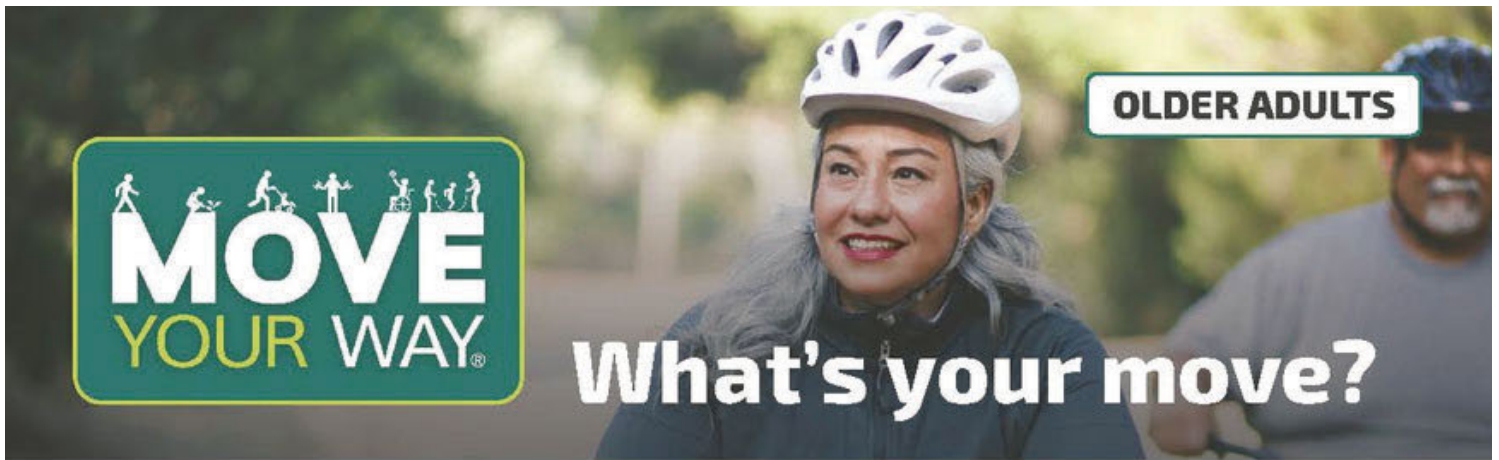
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Reedsburg





OLDER ADULTS



What's your move?

Physical activity can make daily life better.

When you're active and strong, it's easier to:



Do everyday tasks,
like chores and shopping



Keep up with the grandkids



Stay independent
as you get older

And it has big health benefits, too.



Less pain



Better mood



Lower risk of many diseases

How much activity do I need?

Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.



Break it up over the whole week however you want!

Continued p.17

Physical activity can help manage many health problems.

- ✓ Reduce symptoms of arthritis, anxiety, and depression
- ✓ Help keep diabetes and high blood pressure under control

Just getting started?

No problem — start slow and do what you can. **Even a 5-minute walk has real health benefits.** Build up to more activity over time.

Mix in stretches and activities to improve your balance, too! Keep your body flexible and help lower your risk of falls.

And all sorts of activities count.



Even things you have to do anyway



Even things that don't feel like exercise

You can get more active.

No matter your age, you can **find a way that works for you.**



So take the first step. Get a little more active each day. **Move your way.**

Find tips to get moving and build a weekly activity plan.
health.gov/MoveYourWay/Activity-Planner



Nutrition Education



Photo Courtesy of Pixabay.com

Did you Know...

The word "cabbage" comes from the Latin word *caput* and the French word *caboche*, both mean "head".

The worlds largest cabbage was grown in England in 1865 and weighed 123 pounds!

EAT WELL, AGE WELL. March- Cabbage

March is a great month to celebrate cabbage as we honor Irish and Greek American Month. Cabbage is enjoyed by both cultures in a variety of delicious ways. Many of us associate corned beef and cabbage as a traditional Irish dish but did you know that corned beef is not an Irish national dish? The connection with Saint Patrick's Day specifically originates as part of Irish-American culture and is often part of their celebrations in North America. The corned beef was used as a substitute for bacon by Irish immigrants in the late 19th century. I do feature a simple authentic Irish side dish, *Irish Heritage Cabbage* on the next page.

Greek Stuffed Cabbage rolls, called *Lahanodolmades* are a traditional Greek winter dish. Cabbage, rice, herbs, spices, and meat, served with a delicious egg-lemon sauce. Or *Greek Cabbage with Rice -Lahanorizo*, featured on the next page.

Cabbage is 90% water so it can help keep you hydrated.

Cabbage is an excellent source of vitamin C, and a good source of fiber, vitamin K, B6 & folate. Folate plays a key role in breaking down homocysteine, an amino acid that can exert harmful effects on the body if it is present in high amounts.

"How does a farmer mend his pants? With cabbage patches."



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 is required.



RCAW
Respite Care Association
of Wisconsin

ADRC
of Eagle Country

POETRY FUN WITH GARY APRIL 4TH

**Hatch Public Library
111 W State St, Mauston**

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

1:00 p.m.- Adult Session

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

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



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

ADRC
of Eagle Country

BOOST YOUR BRAIN & MEMORY CLASS

LOOKING FOR WAYS TO PROMOTE BRAIN HEALTH AS YOU AGE?

WHEN:

Class will be held on Monday:

April 10, 17, 24

May 1, 8, 15, 22

10 a.m. – 11 a.m.

WHERE:

HATCH PUBLIC LIBRARY

111 W STATE ST. MAUSTON, WI

53948

CALL TO REGISTER:

CONTACT THE AGING AND DISABILITY RESOURCE CENTER AT 608-847-9371 FOR REGISTRATION AND QUESTIONS. REGISTRATION IS REQUIRED.

ABOUT THE TRAINING

BOOST YOUR BRAIN & MEMORY IS AN 8 WEEK EVIDENCE-BASED BRAIN HEALTH PROGRAM DESIGNED TO FOCUS ON MEMORY STRATEGIES THAT CAN POSITIVELY INFLUENCE BRAIN HEALTH. THE PROGRAM OFFERS A UNIQUE, WHOLE-PERSON APPROACH TO BRAIN FITNESS. YOU WILL LEARN PRACTICES THAT CAN HELP YOU LIVE A HEALTHIER LIFESTYLE, REMEMBER THINGS BETTER, BE MORE ORGANIZED, PAY CLOSER ATTENTION, AND REGULATE YOUR EMOTIONS.



TOPICS DISCUSSED

- Class 1: Orientation to class & Introduction
- Class 2: Physical Activity
- Class 3: Emotional Health
- Class 4: Cognitive Activity
- Class 5: Nutrition
- Class 6: Spiritual Activity
- Class 7: Social Engagement
- Class 8: Review and Summary



Institute on Aging



Durable Medical Equipment



Call or visit:

Aging & Disability Resource Center

200 Hickory St

Mauston, WI 53948

Phone: 608-847-9371

Monday – Friday 8 a.m. – 4:30 p.m.

Who can use the Loan Closet?

- Individuals in need of durable medical equipment for either short term or long-term use
- Individuals not enrolled in one of Wisconsin's long term care programs – Family Care, IRIS, and Partnership (call for details)

What types of equipment are available?

- Canes • Shower chairs and transfer bath benches
- Crutches • Toilet risers
- Commodes • Walkers
- Incontinence supplies • Wheelchairs – (Manual)

What information is needed?

Time of Request/Pickup

- Consumer name
- Consumer address (residence and mailing if different)
- Consumer telephone number





of Wisconsin Disability Organizations

**Survival
Coalition**

SAVE THE DATE!

Disability Advocacy Day of Action!

Thursday, March 23, 2023

In -Person 10 A.M.– 3:00 P.M.

**Starting at Monona Terrace,
One John Nolen Drive, Madison, WI
(And State Capitol)**

Disability Day of Action is back in person! The event is focused on connecting Disability Advocates with their legislators to talk about issues that matter to them. Attendees are expected to participate in the morning briefing and visit their legislators in the afternoon.

REGISTRATION OPENS FEBRUARY 1, 2023

RESERVE LA FECHA!

Día de Abogacía de la Discapacidad ¡Día de acción!

Jueves, 23 de Marzo de 2023

Presencial de 10:00 a. m. - 3:00 p. m.

**Salida desde Monona Terrace,
One John Nolen Drive, Madison, WI
(Y el Capitolio del Estado)**

¡El Día del activismo por las personas con discapacidad vuelve en formato presencial! El evento se centra en poner en contacto a los defensores de las personas con discapacidad con sus legisladores para hablar de los temas que les preocupan. Se espera que los asistentes participen en la sesión informativa de la mañana y visiten a sus legisladores por la tarde.

LA INSCRIPCIÓN SE ABRIRÁ EL 1 DE FEBRERO DE 2023

WWW.SURVIVALCOALITIONWI.ORG



Do you get FoodShare?



Your extra benefits due to COVID-19 are ending in **February 2023**.

In March 2023, regular FoodShare benefits will continue.

Check your benefits at access.wi.gov or use the free MyACCESS Wisconsin app.



WISCONSIN DEPARTMENT
of HEALTH SERVICES
dhs.wi.gov/foodshare



Know us before you need us!

The ADRC of Eagle Country Juneau County is a friendly, welcoming place where you can go for free unbiased information about aging or living with a disability. The ADRC provides information on a broad range of programs and services, including helping people understand the various long-term care options available to them, providing assistance with applying for programs and benefits, and serving as an access point for publicly funded long-term care.

These services can be provided at the ADRC Office, by telephone, or through a home visit, whichever is most convenient to you. Whether you are looking for information for yourself, or are a concerned family member or friend, or a professional working with issues related to aging or disabilities, we are here to help!

The ADRC can connect you to resources about:

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

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

Transportation Program

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



Non Emergency Transportation Services:

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

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

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

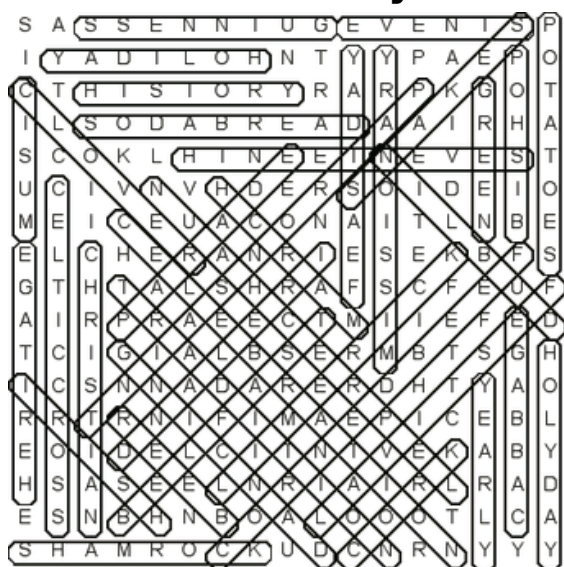
Requests must be made at least 48 hours prior to appointment.

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

Juneau County Office
 200 Hickory Street
 Mauston, WI 53948



Answer Key:



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

