

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 May 2023

Older Americans Month: Aging UNBOUND

Established in 1963, Older Americans Month (OAM) is celebrated every May, led by the Administration for Community Living (ACL). OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens. This year's theme, Aging Unbound, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age. This May, join us as we recognize the 60th anniversary of OAM and challenge the narrative on aging. Here are some ways we can all participate in Aging Unbound:

Embrace the opportunity to change: Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy, and energy.

Explore the rewards of growing older: With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities.

Stay engaged in your community: Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities at your local senior center or elsewhere in the community.

Form relationships: As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.

Aging
UNBOUND

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

May 2023

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:30pm - 8:30pm Bingo at the Moose Lodge @ Mauston Moose Lodge 1	2	6:30pm - 9:30pm Dave Ramsey's Financial Peace University @ Necedah Area School 3	1:00pm - 2:00pm HEALTHIER LIVING WITH DIABETES @ Mauston Mile Bluff Medical Center 4	5	9:00am - 3:00pm Riverside Farmers Market @ Mauston Riverside Park 6
7	6:30pm - 8:30pm Bingo at the Moose Lodge @ Mauston Moose Lodge 8	11:00am - 12:00pm Senior Citizen Luncheons @ Necedah Area School 9	10	11	12	9:00am - 3:00pm Riverside Farmers Market @ Mauston Riverside Park 13
 14	6:30pm - 8:30pm Bingo at the Moose Lodge @ Mauston Moose Lodge 15	16	17	18	19	9:00am - 3:00pm Riverside Farmers Market @ Mauston Riverside Park 20
21	6:30pm - 8:30pm Bingo at the Moose Lodge @ Mauston Moose Lodge 22	4:30pm - 6:00pm New Lisbon Community Supper @ New Lisbon Community Center (Former American Legion Hall) 23	24	5:00pm - 6:30pm Community Sharing Supper of Mauston/ Lyndon Station @ Mauston High School 25	26	9:00am - 3:00pm Riverside Farmers Market @ Mauston Riverside Park 27
 28	6:30pm - 8:30pm Bingo at the Moose Lodge @ Mauston Moose Lodge 29	30	31			

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

Mother's Day Word Search

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



CARD	HOLIDAY
CARING	LOVING
CELEBRATE	MAY
CHILDREN	MOM
FAMILY	MOTHER
FLOWERS	PARENT



Homemade Granola

Ingredients:

- 4 c old fashioned rolled oats
- ¼ c sunflower seeds
 - 2 tbsp canola oil
 - 1 c dried fruit
- 1 c sliced almonds
 - ½ c maple syrup
 - ½ tsp salt
- ½ c shredded coconut

One serving about a cup

Makes eight servings

Nutrition Information

Calories	435
Total Fat	19 g
Saturated Fat	4 g
Sodium (mg)	155
Fiber	8 g
Total Sugars	25 g
Cholesterol (mg)	0
Protein	10 g



Photo courtesy from Pixabay.com

Directions:

1. Heat oven to 350 °F
2. Toss oatmeal, almonds, coconut, and sunflower seeds with maple syrup, oil, and salt
3. Place on rimmed baking sheet
4. Bake and toss once until golden and crisp (about 25-30 minutes)
5. Once the oat mixture has cooled slightly and still warm, add the dried fruit
6. Let the mixture cool down before you enjoy
7. Sprinkle on yogurt or eat as cereal with milk



 <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</p> <p>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>



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

Aging & Disability Resource Center, Mauston, WI

A 4C 01-1367

CAREGIVER ASSISTANCE NEWS

"CARING FOR YOU ... CARING FOR OTHERS "

Back Safety – Don't Get Hurt!

As a caregiver, you will have to help the person in your care move to a chair or be asked to pick up a heavy object. It is very easy to be injured doing this and left unable to perform your caregiving duties. Attention to the safest way to move your body— and the person in your care—will keep you from unnecessary injury. Save your back. If you feel a strain, get help; don't do it alone. Most muscle strain injuries to both the caregiver and care receiver are preventable if you follow some simple rules.

Body Mechanics

The proper use of our bodies is called body mechanics. It involves standing and moving in ways that prevent injury, avoid fatigue, and make the best use of strength. When you learn how to move, control, and balance your own body, it's easier to control and help or move another person.

Preventing Back and Neck Pain

To prevent injuries to yourself, get plenty of rest,
good nutrition, physical
fitness and maintain:

- Good body mechanics.
- A stress management program such as daily meditation.
- A stretching routine before you lift.
- A back-strengthening exercise program.

General Rules

The following hints will help you use proper body mechanics and be safe.

■ Only lift as much as you can comfortably handle.

■ Always let the person you are helping know what you are going to do.

■ To create a base of support, stand with your feet 8"–12" apart with one foot a half step ahead of the other.

■ Bend your knees slightly.

■ Keep your spine in a neutral (normal arched, not stiff) position while lifting.

■ USE YOUR LEGS instead of your back to do most of the work—leg muscles are stronger than back muscles.

■ If you can adjust the bed, keep the top at about waist level. If it is low or you are tall, put one foot on a footstool to relieve pressure on your lower back.



Base of Support

The Golden Rule. . .

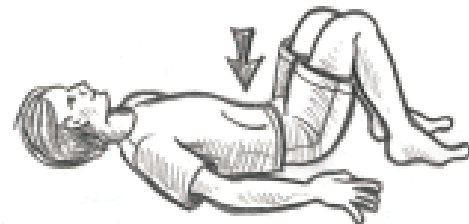
First, consider the task at hand. Think about what you are capable of, what assistance you might need, and to what degree the one in your care can assist you. Then, eliminate hazards such as clutter, throw rugs or excess furniture.

When planning on the space you need to move, pivot, or transfer, allow for more space than you think you need. Remember these tips:

1. Let the person you are helping do as much as he can do safely.
2. Never allow the person you are helping to put his arms around your neck.
3. Have the person PUSH off rails, chair arms, etc. (No pulling)
4. Avoid sudden jerking movements; move slowly and communicate what you are doing and need the person to do. Remember, if the person in your care does not move often, he may become lightheaded with a change in position—move slowly!
5. Have all equipment you need ready and in working order, such as a transfer belt, chair, wheelchair, commode, or Hoyer lift. If transferring to or from a bed, wheelchair or commode with locking brakes, make sure they are locked.
6. If, during a transfer, you start to “lose” the person, do not try to hold him up. Doing so will probably result in injury. Instead, lower him slowly to the floor and call for assistance.

Daily Back Strengthening Exercises

- **Hug Your Knees**—Lie on your back with knees bent and soles on the floor. Use your arms to hug one knee at a time to your chest. Ten times each knee.
- **Flatten Your Back**—Lie on your back with knees bent and soles on the floor. Take deep breaths as you tighten your abdominal muscles and press the small of your back into the floor. Hold to a count of 15 as you continue to breathe deeply.
- **Chest Lift**—Lie on your stomach in a relaxed position. Put your hands palms down at chest level and raise your head and chest from the floor. Breathe and hold this position for a count of 25. Gradually increase the time you are able to remain in this position.

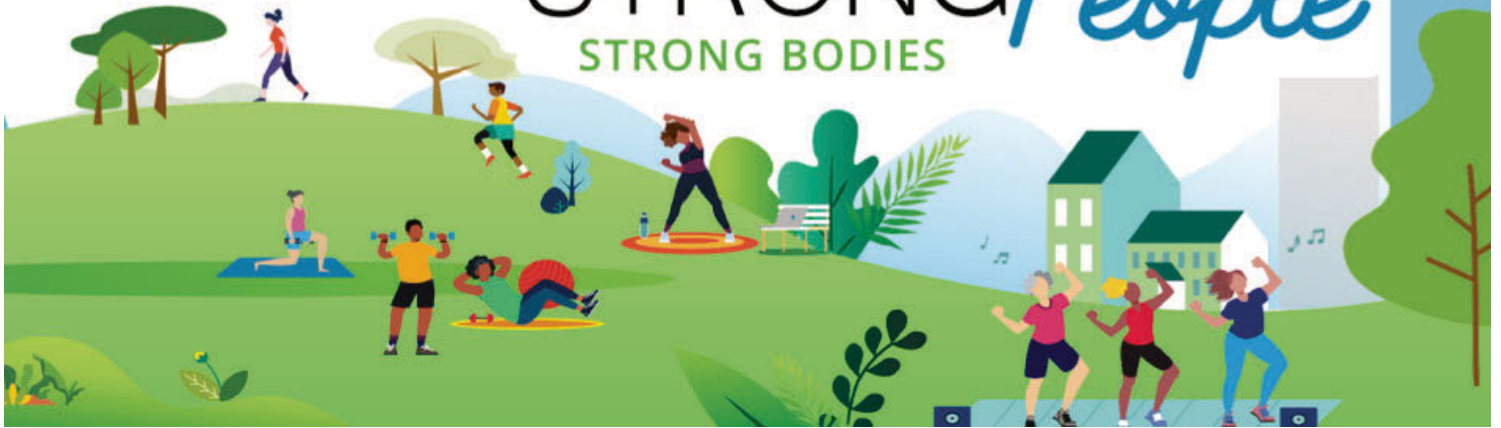


Back-strengthening exercises will take time to have an effect, but continue them, even after your back feels stronger. And no matter how strong your back feels, always use proper body mechanics!

Remember to check with your doctor before starting an exercise program.

Strength Training Class

STRONG *People*™
STRONG BODIES



Strong Bodies Exercise Classes

May 30, 2023 to August 11, 2023

Tuesdays & Fridays

10:30am – 11:30am

200 S. Hickory St. Rm 209

Services Building Entrance

Mauston, WI 53948

No Class Date: June 20, 2023, July 4, 2023, Aug 8, 2023

Program Benefits:

- Increased strength
- Increased energy
- Better sleep quality
- Increased flexibility
- Increased balance
- Improved mood and attitude

This is a **FREE** Strong Bodies strength training Class for adults. Weights and mats are provided, or you can bring your own.

Serving those that are 55+. To reserve your spot, contact the ADRC of Eagle Country Juneau County Office at 608-847-9371. Registration is required.



Reach out if you need any accommodations to attend this event.
An EEO/AA employer, ADRC of Eagle Country - Juneau County
Office provides equal opportunities in employment and
programming,



May is Women's Health Month!

It is a great time of the year to remind the women in your life to get their annual health exam!

If you or someone you know needs help with the cost of a mammogram or Pap Smear contact Jennifer with the Wisconsin Well woman Program at (608) 847-9455 or toll-free at 1-866-735-9616.

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

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

Aging & Disability Resource Center, Mauston, WI

B 4C 01-1367

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

May 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
TATER TOT CASSEROLE CORN WHEAT BREAD APPLE BAKE MARGARINE 1 % MILK 1	SAUSAGE LINK BAKED BEANS CALIFORNIA BLEND VEGGIES WHEAT BUN FRUIT CUP 1 % MILK KETCHUP & MUSTARD 2	BAKED CHICKEN / 2 LEGS CHEESY RICE PEAS & CARROTS WHEAT BREAD MARGARINE FRUIT CUP 1% MILK 3	BBQ BEEF SANDWICH POTATO WEDGE MIXED VEGETABLE WHEAT BUN FRUIT JELLO 1 % MILK 4	Closed 5
HONEY GLAZED PORK CHOP WHIPPED SWEET POTATOES GREEN BEANS APPLESAUCE WHEAT BREAD MARGARINE 1 % MILK 8	SLICED ROAST TURKEY MASHED POTATOES GRAVY PEAS FRUIT OF THE DAY WHEAT BREAD MARGARINE 1 % MILK 9	SOUP OF THE DAY HAM SPREAD CROISSANT PICKLED BEETS FRUIT FLUFF CRACKERS 1 % MILK 10	MEATLOAF AU GRATIN POTATO STEWED TOMATOES FRUIT CUP WHEAT BREAD MARGARINE 1 % MILK 11	Closed 12
BEEFY CHEESY MAC TOMATO SAUCE VEGETABLE MEDLEY WHEAT BREAD FRUIT CUP MARGARINE 1 % MILK 15	CHICKEN BREAST NEAPOLITAN PASTA SPINACH BISCUIT FRUIT CUP MARGARINE 1 % MILK 16	SWEDISH MEATBALLS MASHED POTATOES GRAVY CORN FRUIT FLUFF WHEAT BREAD MARGARINE 1% MILK 17	BREADED PORK TENDERLOIN STUFFING GRAVY MIX VEGETABLE FRUIT CUP 1 % MILK 18	Closed 19
CHICKEN PARMESAN PASTA MARINARA BROCCOLI GARLIC BREAD STICK FRUIT CUP 1 % MILK 22	SALISBURY STEAK MASHED POTATOES CORN WHEAT BREAD FRUIT JELLO MARGARINE 1 % MILK 23	POOR-MAN POTATOES WEDGES CALIFORNIA BLEND VEGGIES FRUIT CUP RYE BREAD MARGARINE 1 % MILK 24	BAKED PORK CHOP W/MUSHROOM SAUCE DICED POTATOES GREEN BEANS WHEAT BREAD FRUIT CUP MARGARINE 1 % MILK 25	Closed 26
*** HAPPY *** MEMORIAL <i>Day</i> Closed 29	HAMBURGER CASSEROLE CORN GARLIC BREAD-STICK FRUIT FLUFF 1 % MILK 30	TURKEY A LA KING STEAMED RICE LIMA BEANS BISCUIT FRUIT CUP MARGARINE 1% MILK 31		

May 2023 Menu

Serving times: 11:30-12:30

MON	TUE	WED	THU	FRI
<div>Closed</div> <div>1</div>	<div>Hamburger Gravy over Rice Green Beans Fruit Tomatoes</div> <div>2</div>	<div>Bologna Mashed Potatoes Peas Fruit</div> <div>3</div>	<div>Waffles Sausage Links Applesauce</div> <div>4</div>	<div>Baked Chicken Coleslaw Fruit Bread</div> <div>5</div>
<div>Closed</div> <div>8</div>	<div>Ham Sliders Potato Salad Baked Beans Fruit</div> <div>9</div>	<div>Chicken Noodle Soup Salad Fruit</div> <div>10</div>	<div>Hamburger Tator Tots Pork/Beans Fruit</div> <div>11</div>	<div>Pork Chops Cheesy Rice Cauliflower Fruit</div> <div>12</div>
<div>Closed</div> <div>15</div>	<div>Spaghetti w/ meat sauce Coleslaw Bread Fruit</div> <div>16</div>	<div>Chicken Salad Sandwich Cucumber Salad Fruit</div> <div>17</div>	<div>Chicken Fajita Side Salad Fruit Cup</div> <div>18</div>	<div>Fish Baby Bakers Coleslaw Fruit</div> <div>19</div>
<div>Closed</div> <div>22</div>	<div>Meatloaf Cheesy Hashbrowns Broccoli Fruit</div> <div>23</div>	<div>Hotdogs & Sauerkraut Baked Beans Fruit</div> <div>24</div>	<div>Alfredo & Meat Green Beans Fruit</div> <div>25</div>	<div>Baked Fish Side Salad Cottage Cheese Fruit</div> <div>26</div>
<div> <div> <div>*** HAPPY ***</div> <div>MEMORIAL</div> <div>Day</div> </div> <div>Closed</div> <div>29</div> </div>	<div>Meatballs over mashed potatoes Broccoli Fruit</div> <div>30</div>	<div>Scalloped potatoes/Ham Wax Beans Fruit</div> <div>31</div>		

Elroy Meal Site Grace Lutheran Church

May 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
Creamed Chicken over Biscuits Carrots Cranberries Butterscotch Meringue Bars 1	Liver & Onions Fried Potatoes Green Beans Peaches WW Dinner Roll Chocolate Chips Cookies 2	Closed 3	Pork Roast Mashed Potatoes/Gravy Peas Sauerkraut Salad Pears WW Dinner Roll Caramel Pecan Poke Cake 4	Cinco de Mayo Beef Enchilada W/Cheese Refried Beans Mexican Rice Jell-O W/Pineapple Mexican Wedding Cookies 5
Baked Western Omelet Hash Browns Cottage Cheese Copper Penny Salad Applesauce Blueberry Coffee Cake 8	BBQ Ribs Baked Potato Green Beans Pears WW Dinner Roll Brownies 9	Closed 10	Ham Boiled Dinner W/Potatoes, Carrots, Rutabaga & Cabbage Cottage Cheese Mandarin Oranges WW Dinner Roll 11	Mother's Day Dinner Baked Chicken Sweet Potatoes Broccoli W/Cheese Fruit Salad Peaches WW Dinner Roll Raspberry Cake 12
Potato Soup or Beer Cheese Soup Baked Italian Beef Slider Cottage Cheese Pineapple Oatmeal Bars 15	Meatballs W/Gravy Mashed Potatoes Spinach Corn Salad Peaches WW Dinner Roll Sugar Cookies 16	Closed 17	Pork Steak Cheesy Hash Browns Corn Applesauce WW Dinner Roll Preacher Cake 18	Salmon Patties Mashed Potatoes Creamed Peas Mandarin Oranges Cinnamon Rolls 19
Smoked Sausage W/Roasted Potatoes, Carrots, Onion, Red Peppers & Zucchini Cottage Cheese Fruit Cocktail WW Dinner Roll Tapioca Pudding 22	Spaghetti W/Meat Sauce Green Beans 7-Layer Salad Peaches Garlic Bread Lemon Bars 23	Closed 24	Chicken Salad Croissant Sandwich Oriental Salad Pears Almond Poppy Seed Bars 25	<u>Memorial Day Picnic</u> Brat/Bun Potato Salad Baked Beans Mandarin Oranges Reese's Cookies 26
★ ★ ★ HAPPY ★ ★ ★ MEMORIAL <i>Day</i> Closed 29	Shepherd's Pie W/Carrots & Peas Lettuce Salad Peaches WW Dinner Roll Butterfinger Peanut Butter Oatmeal Cookies 30	Closed 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 _____ 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 _____

Please send receipt to: _____

Address: _____

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What You Need to Know:

Your health is important and needs to be protected. If you are 65 or older, or have certain disabilities, or End-Stage Renal Disease, you can get health care coverage through the Medicare program. You'll get access to health care services you need to achieve and maintain good health. It's important to review your Medicare coverage options and find an affordable option that meets your health care needs.



Medicare & You 2023

There are two types of Medicare coverage options:

- 1.) Original "Traditional" Medicare**
- 2.) Medicare Advantage**

Original Medicare is often referred to as Part A and Part B. You can go to any doctor or hospital, anywhere in the United States, that accepts Medicare. If you have Original Medicare, you can also buy a Medicare Supplement Insurance (Medigap) policy from a private insurance company. Original Medicare pays for much, but not all, of the cost for covered health care services and supplies. A Medigap policy can help pay some of the remaining health care costs, such as copayments, coinsurance, and deductibles. Original Medicare helps cover inpatient care in hospitals, skilled nursing facility care, hospice care, and home health care. It also covers:

- Services from doctors and other health care providers.
- Outpatient care.
- Durable medical equipment (like wheelchairs, walkers, hospital beds, and other equipment).
- Preventive services (like screenings, certain vaccines, and annual wellness visits).

Medicare Advantage bundles your Original Medicare – and usually Medicare prescription drug coverage – into one health insurance plan. If you select Medicare Advantage coverage, you join a plan offered by Medicare-approved private companies.

Each plan can have different rules for how you get services – like referrals to see a specialist. All plans must cover emergency and urgent care, as well as all medically necessary services covered by Original Medicare.

In many cases, you can only use doctors and other providers who are in your plan's network and service area. Costs for monthly premiums and services vary depending on which plan you join. Some plans may offer some extra benefits that Original Medicare doesn't cover — like vision, hearing, and dental services.

Whether you choose Original Medicare or Medicare Advantage, be sure you have prescription drug coverage. You can join a Medicare Prescription Drug Plan (called a PDP) in addition to Original Medicare. You can also get it by joining a Medicare Advantage plan with Medicare prescription drug coverage.

Please visit [Medicare.gov](https://www.medicare.gov) to learn more about the difference between Original Medicare and Medicare Advantage. With the Medicare Plan Finder, you can see comparisons of costs and coverage for Original Medicare, Medicare Advantage, and Medicare drug plans.

BUS TRIPS WITH JIM

May 16th

Baraboo Antique Mall

Shopping and a stop for Lunch

Opened in 1997 and expanded in 1999, the Wisconsin Dells Antique Mall has over 250 dealers, specializing in a wide, diverse inventory of antiques, collectibles, vintage, jewelry, art, furniture, home décor, props, gifts and much, much more. The Wisconsin Dells Antique Mall is a treasure trove of all that is beautiful, fascinating and unique for sale.

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

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

PROTECT your
personal information

DETECT suspected
fraud, abuse, or errors

REPORT suspicious claims
or activities

Toll-free Helpline:
888-818-2611

www.smpwi.org

 WisconsinSeniorMedicarePatrol



Preventing Medicare Fraud

This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

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Jessica Good, 608-768-5808.



Reedsburg Area
Senior Life Center

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



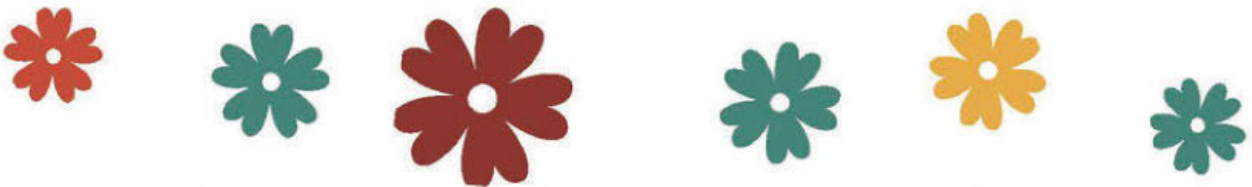
2023 VIRTUAL

WOMEN'S NIGHT

all are welcome!

**WED.
MAY 3rd 5-6:30 PM**

- Main presentation focused on inner strength and self-worth
- Join in an instructor-led activity from your choice of: Strong Bodies, mindful meditation, chair yoga, or a cooking demo
- Hear from partners in Adams, Juneau, and Sauk counties to learn what women's health services are available for all ages



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

Register for FREE today:

- Scan the QR code,
- go to bit.ly/41COb6M, or
- call Alysha at 608-847-9373



Now Accepting FoodShare Benefits!

The Juneau County Senior Nutrition Program is now accepting EBT (FoodShare Benefits) for the Senior Nutrition Program which includes both home delivered meals and congregate dining. Eligible participants can choose how much money from their FoodShare "Quest" card they would like to contribute for meals and pay monthly. The Nutrition Program offers well-balanced meals to help seniors lead ACTIVE, healthy lives and is available to individuals aged 60 or older, regardless of income. There is a suggested contribution of \$4.25 per meal. If you have interest in using your FoodShare Quest Card for meal contributions or want more information on the Juneau County Nutrition Program contact Chelsey Turpin - Aging Program Specialist at 608-847-9368.

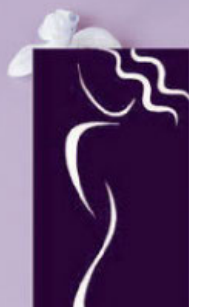


FoodShare
WISCONSIN

Happy Mother's Day!

It is a great time of the year to remind the women in your life to get their mammogram!

If you or someone you know needs help with the cost of a mammogram contact the Wisconsin Well woman Program at (608) 847-9455 or toll-free at 1-866-735-9616.



Nutrition Education



NUTRITION FOR ARTHRITIS



No diet can cure arthritis, but certain eating patterns and lifestyle choices can relieve some symptoms of arthritis and reduce inflammation. Following a Mediterranean-style diet is ideal for low inflammation and overall healthy living.

FRUITS AND VEGETABLES

- Focus on fruits and vegetables at every meal and snack (aim for 8-9 servings daily or 2-3 servings each meal)
- Eat a variety of colors and textures to ensure proper vitamins, minerals, antioxidants, fiber, and other anti-inflammatory agents



WHOLE GRAINS

- Whole grains are high in fiber and low in processed sugars
- Replace white breads, tortillas, and buns with whole grain options, as well as incorporating brown rice, oats, oatmeal, and quinoa

BEANS & LEGUMES

- Beans and legumes are high in fiber, antioxidants, and have strong anti-inflammatory and overall health benefits when regularly incorporated into a diet
- Beans & Legumes are an excellent and affordable source of protein
- Aim for 1 cup, twice or more per week



NUTS & SEEDS

- Nuts and seeds are high in healthy fats, especially Omega-3s, which are helpful for reducing inflammation



HEALTHY FATS

- Choose more unsaturated fats such as extra virgin olive oil, grapeseed oil, walnut oil, canola oil, and avocado oil to aid in relieving inflammation
- Limit to 2-3 TBSP per day

PROTEIN

- Choose lean protein sources like chicken, turkey, lean ground beef, and fish to avoid too much saturated fat that can increase inflammation
- Choose fatty cold-water fish such as salmon, tuna, sardines, mackerel, and trout for healthy fats and lean protein (at least 3-4oz twice a week)

MODERATION

- All foods fit in a healthy diet, but some foods should be eaten in moderation
- Eat in moderation foods high in saturated fat such as full-fat dairy products and red meats
- Foods high in sodium and sugar should be eaten in moderation
- Alcohol should be consumed in moderation (maximum 2 drinks/day)



GREATER WISCONSIN AGENCY ON AGING RESOURCES, INC.

WWW.GWAAR.ORG

CREATED BY LYDIA SCHOOF, DIETETIC INTERN 2019



Photo Courtesy of Pixabay.com

EAT WELL, AGE WELL.

May- Arthritis Awareness Month

Fact: Approximately 53% of adults aged 65 and older in WI have some form of arthritis! When I was little, my grandma used to know when the weather was going to change because her arthritis would “act up”. Now that I am older, I understand what she was talking about.

According to the Arthritis Foundation, Arthritis is the #1 cause of disability in the U.S. There are over 100 types of arthritis and related conditions that can damage joints and often other organs. Please visit <https://www.arthritis.org/> to learn more. They have a wealth of useful information. If you don't have internet access, call the Helpline: 1.800.283.7800 (Toll Free)

What you eat also plays a big part in either decreasing or increasing inflammation in your body. See the handout on the next page for Nutrition Tips.

In addition, contact your local Independent Living Center, there are 8 Regional Offices throughout the state. They can provide information on adaptive equipment to increase your independence. <https://www.dhs.wisconsin.gov/disabilities/physical/ilcs-contact.htm>

Did you Know...

Participating in joint-friendly physical activity can improve your arthritis pain, function, mood, and quality of life.

Joint-friendly physical activities are low-impact, which means they put less stress on the body, reducing the risk of injury. Examples of joint-friendly activities include walking, biking, dancing, and swimming

Contact Your Local Aging & Disability Resource Center, Aging Office or visit <https://wihealthyaging.org/> to find an exercise program near you.

Caregiver Boot Camp

This is a free survival program for families coping with Alzheimer's Disease or other dementias.

Presented by local ADRC Dementia Care Specialists.



Topics Covered Include:

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

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

May 31st

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

*Free lunch and survival kit
provided to participants!*

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

ADRC
of Eagle Country

NUTRITION REGISTRATION FORMS FAQ'S

Why am I being asked to register for aging services?

Participants are asked to complete a registration form with demographic information. This information is used to illustrate to the program's funders that services are being provided to older individuals in need of programs and services.

If you are eligible as a result of your age, you will not be denied services if you refuse to answer all of the questions on the registration form. However, missing information could affect the program's level of funding, as federal and state funds are primary supporters of aging programs. Also, if your local program must implement a waiting list due to the inability to meet demand for services with existing resources, missing information could also affect your position on the waiting list. Most importantly, completing the registration form allows your aging services provider to assist in connecting you with other services that might be appropriate for you and helps ensure that you get the best possible service and care.

Note that some aging services, such as family caregiver support, may require responses to questions other than age in order to determine which services are appropriate and which services caregivers and care recipients are eligible for.

Why am I being asked for my date of birth or age?

All program participants are required to provide their age, as age is used to determine eligibility for most aging services funded with federal and state funds. Federal and state funding is designated to serve older adults who are 60 years old or older.

Why am I being asked for information about my race and ethnicity?

Aging program providers are federally-required to ask about your race and ethnicity. Aging program providers are required to collect this information because this data helps us to evaluate whether the services we are providing are equitable and accessible to all, regardless of race or cultural background.

Why am I being asked for information about my gender?

Aging program providers are federally-required to ask about your gender. It is important that the data we collect is completely accurate, so aging program providers cannot and should not make assumptions about anyone's gender. We strive to provide the most accessible, inclusive, and affirming services possible, and collecting this information helps us do that.

Why am I being asked for information about my income?

Aging program providers are federally-required to ask if your income is at or below a certain number. The number reflected on the registration form is the federal poverty level, which is evaluated and revised annually by the federal government. Aging program providers are required to collect this information because we must target our services toward individuals in need, such as individuals whose income is at or below the federal poverty level.

Why am I being asked questions about Activities of Daily Living (ADLs)?

Aging program providers are federally-required to ask about your functional status for specific aging services.

Federal and state funders utilize this information to illustrate the effectiveness of our programs in providing services to individuals who might otherwise need additional support in a long-term care setting. In other words, the data illustrates our ability to serve you in your home and community.

At the federal level, carryout meals are considered a home-delivered meal service because they are meals provided for individuals to take home, rather than eat in a congregate setting with others, such as a dining center in your community. Therefore, aging program providers are required to ask about functional status (ADLs and Instrumental ADLs) in the same way we are required to ask for meals delivered to your home. If you prefer not to answer these questions, you will not be denied meal service; however, it does impact the program as stated above (funding, waiting list position, ability to connect you with other needed services, etc.).

Is the information I provide kept confidential?

Yes. Aging program providers are required by the State Office on Aging to have processes in place to ensure confidentiality of your information. Processes include assurances that completed registration information is securely transferred to a central location where the information is then entered into a secured federal reporting database. When federal reports are generated, personally identifiable information is removed. Instead, just overall numbers and demographic data are submitted to federal and state funders so that we can evaluate if there are particular communities where some services are needed more than others.

5 SIMPLE EXERCISES TO

BOOST YOUR BRAIN HEALTH



1. Learn Something New

A recent [Neurology](#) study, found that learning activities can help slow down symptoms of Alzheimer's, and maintain quality of life for a longer period of time. Try an online course from a trusted provider like [Skillshare](#), [Masterclass](#), or [Lynda](#).



3. Do Some Light Exercise

Did you know that light exercise has been proven to relieve stress, increase energy, reduce tiredness, improve sleep, and also reduce cholesterol? Find an Exercise for You, try [Chair Exercises](#), [Water Aerobics](#), [Resistance Bands](#), [Walking](#), and [Body Weight Exercises](#).



4. Solve a Puzzle

A recent study by The NCBI shows solving puzzles is an affordable cognitive leisure activity. Grab an old puzzle off the shelf, or head to Amazon to buy some new puzzles. Try, [Amazon Puzzles](#), [Tetris](#) (online), [Jigsaw Planet](#), Google Play store - [Jigsaw Puzzles](#), Apple App store - [Jigsaw Puzzles](#).



2. Play Brain Games

A 2016 study in [International Psychogeriatrics](#), brain stimulating games can improve critical thinking skills that can diminish over time, like speed, planning, reaction, decision-making, and short-term memory. Play a Classic or New Brain Game like [Crossword](#), [Sudoku](#), [Peak](#), or [Lumosity](#).



5. Read a Book

Evidence in Yale study shows reading can lead you to enjoying a longer-life. The study found that readers had a 20% reduction in risk of death over 12 years, compared with non-book readers. Try joining a book club, [Indigo](#), [Good Reads](#), [Oprah's Book Club](#), [Reese Witherspoon's Book Club](#).

Know us before you need us!

The ADRC of Eagle Country Juneau County is a friendly, welcoming place where you can go for free unbiased information about aging or living with a disability. The ADRC provides information on a broad range of programs and services, including helping people understand the various long-term care options available to them, providing assistance with applying for programs and benefits, and serving as an access point for publicly funded long-term care. These services can be provided at the ADRC Office, by telephone, or through a home visit, whichever is most convenient to you. Whether you are looking for information for yourself, or are a concerned family member or friend, or a professional working with issues related to aging or disabilities, we are here to help!

The ADRC can connect you to resources about:

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

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

Transportation Program

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



Non Emergency Transportation Services:

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

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

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

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

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

Juneau County Office
200 Hickory Street
Mauston, WI 53948



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

