

2024



Aging & Disability Resource Center of
Eagle Country
Juneau County Office
200 S. Hickory St
Mauston, WI 53948
Ph: 608-847-9371
Email: jcadrc@co.juneau.wi.us

A newsletter for Juneau County Seniors & individuals living with disabilities

Ageless Newsletter January 2024

New Year. New Mauston Meal Site

As 2023 has come to a close, the ADRC of Eagle Country is excited to announce our new Mauston Senior Meal Site at Timmy's Time Out Bar and Grill at 522 Gateway Avenue in Mauston.

Timmy's Time Out will also be providing the home delivered meals for the Mauston, Necedah and Lyndon Station areas. If you are interested in dining in with us, please remember that a 24 hour advanced notification to the ADRC Office is required to ensure appropriate food counts. The site will be open Mon-Thurs with hours of service from 11:00 a.m.-12:00 p.m.

We'd like to give a special thank you to Wags and Company Catering and the Mauston American Legion who served as our previous meal site and caterer for the past several years. We have appreciated your partnerships and support to the ADRC and community!

Additional meal sites are available in the communities of Elroy, Wonewoc, Camp Douglas and Necedah. Please contact the ADRC Office for more information at 608-847-9371. We look forward to seeing you in the New Year at one of our sites!

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:
Tiara Hoffman

Disability Benefit Specialist:
Rebecca Ladd

Elder Benefit Specialist:
Amy Goodman

Dementia Care Specialist:
Abby Heckman

ADRC Driver:
Jim Migach

Food Transporters:
Jon Housworth
Christine Mawbey

Mauston/Lyndon Station Meal Site:

Site Manager: Darlene Fish
Timmy's Time Out
522 Gateway Ave
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

JANUARY

Upcoming Events

Monday January 1, 2024

New Year's Day

Tuesday January 2, 2024

6:00pm Elroy's Winter Lights @ Elroy Schultz Park (Elroy Fairgrounds)

Wednesday January 3, 2024

10:30am Chair Yoga @ New Lisbon Library

6:00pm - 11:00pm Holiday Lights in the park @ New Lisbon Riverside Park

Monday January 8, 2024

6:00pm Charcoal Drawing Night @ Mauston Gravity Box Brewing Company

6:00pm Knit, Crochet, or Craft @ Mauston Hatch Public Library

Tuesday January 9, 2024

Caregiver Support Group at Beyond the Daily Grind 9:30-10:30

Wednesday January 10, 2024

10:30am Chair Yoga @ New Lisbon Library

Monday January 15, 2024

Martin Luther King Day

Wednesday January 17, 2024

10:30am Chair Yoga @ New Lisbon Library

Saturday January 20, 2024

7:00am Ice Fishing Tournament @ Mauston Riverside Park

Tuesday January 23, 2024

Juneau County Men's Shed Program @ Outdoors Forever 10am-12pm

Wednesday January 24, 2024

10:30am Chair Yoga @ New Lisbon Library

Thursday January 25, 2024

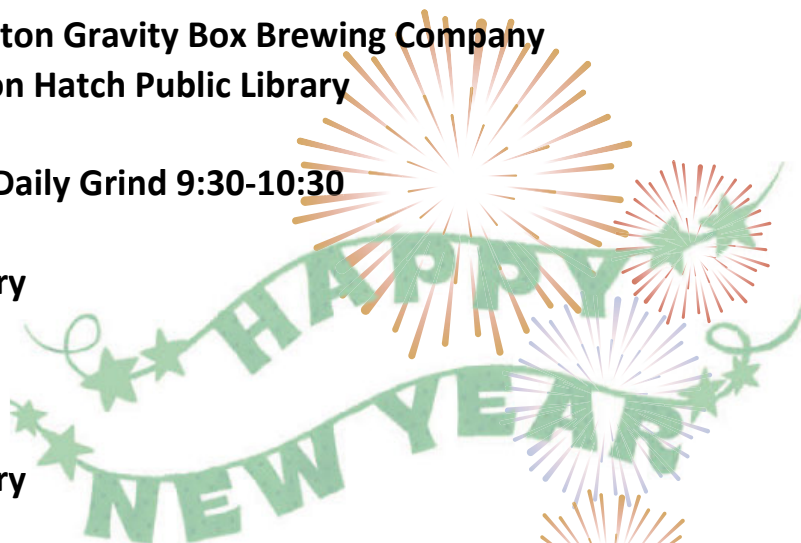
5:00pm-6:00pm Sharing Supper of Mauston/ Lyndon Station @ Mauston High School

Monday January 29, 2024

6:00pm Knit, Crochet, or Craft @ Mauston Hatch Public Library

Wednesday January 31, 2024

10:30am Chair Yoga @ New Lisbon Library



Five Tips for Exercising Safely During Cold Weather

Don't let falling temperatures stop your outdoor exercise plans! You can walk, ski, ice skate, shovel snow, and more.



Take a few extra steps to stay safe:

1

Warm up and cool down, such as stretching or walking in place, to prepare and restore your muscles before and after a workout.



2

Pick the right clothes. Dress in several layers of loose clothing to trap warm air between them. Wear a waterproof coat or jacket if it's snowy or rainy, and don't forget a hat, scarf, and gloves.



3

Be extra careful around snow and icy sidewalks so you won't slip and fall. Wear sturdy shoes to give you proper footing.



4

Learn about the signs of hypothermia, a drop in body temperature that can cause serious health problems.



5

Check the forecast. If it's too windy, cold, or wet outside, consider an indoor workout instead using an online video or your own routine.



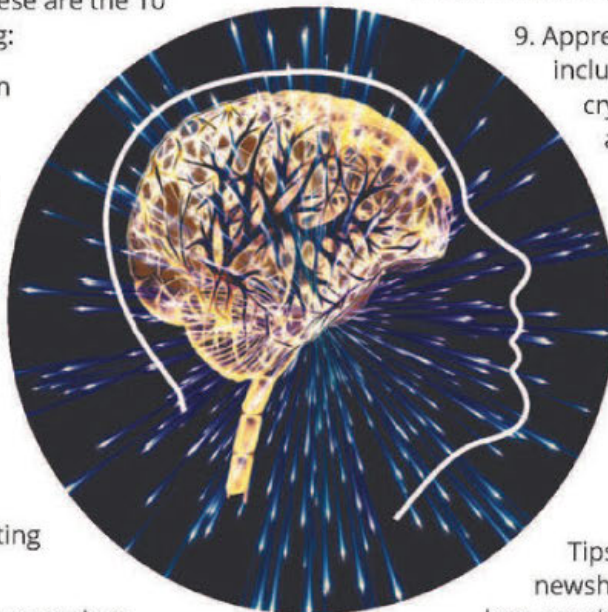
Visit www.nia.nih.gov/health/exercising-outdoors to learn more.

Top 10 Tips for Successful Aging

By the GWAAR Legal Services Team

"It's all in your mind" isn't just a saying, it's a life skill. According to neuroscientist Dr. Daniel Levitin, who studies brains as they age, these are the 10 life habits for successful aging:

1. Delay retirement, and when you do retire, take up volunteering or hobbies. Continue to be engaged in meaningful work.
2. Look forward, not back.
3. Exercise to get your heart rate going, preferably in nature.
4. Embrace a moderate lifestyle.
5. Keep your social circle exciting and new.
6. Spend time with people younger than you.



7. See your doctor regularly, but not obsessively.
8. Don't think of yourself as old.

9. Appreciate your cognitive strengths, including pattern recognition, crystallized intelligence, wisdom, and accumulated knowledge.

10. Practice cognitive transfer (the act of learning, remembering, and problem-solving). This comes from experimental thinking, travel, spending time with grandchildren, and immersion in new activities.

Tips from: <https://www.pbs.org/newshour/show/a-neuroscientist-lays-out-the-keys-to-aging-well>



My Choice Wisconsin is a managed care organization that serves government-funded programs to seniors and adults with disabilities in over 50 Wisconsin counties.

Visit us today:
mychoicewi.org/LPI
1-800-963-0035

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

DHS Approved 4/22/2021

**Compassionate
Hospice &
Palliative Care**

TOGETHER IN CARE

Learn more at
TomahHealth.org

 **Tomah Health**
HOSPICE TOUCH &
PALLIATIVE CARE

608.374.0250



Building Locations:
Wonewoc, Elroy,
Union Center,
Lyndon Station,
Necedah, Hustler,
Camp Douglas, New
Lisbon & Mauston

This institution is an
equal opportunity provider
and employer

One & Two Bedroom Apartments in Juneau County

FOR LOW-INCOME ELDERLY AND DISABLED

Rent is based on 30% of adjusted gross income. Heat,
Water & Sewer included.

Juneau County Housing Authority

717 E. State St., Mauston, WI 53948

608-847-7309



**COTTAGE
CARE
CIRCLE**

Assisted Senior Living
Providing Quality Care

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



For ad info. call 1-800-950-9952 • www.lpicommunities.com Aging & Disability Resource Center, Mauston, WI A 4C 01-1367

Caregiving in
The Comfort of Home®

Caregiver Assistance News

"CARING FOR YOU... CARING FOR OTHERS"

Financial Elder Abuse – Spot Fraud

Financial elder abuse, in which a senior is coerced, bullied, or tricked into giving money or other assets, is the most common form of elder abuse and the fastest growing. Most of the abuse is committed by family members or people the senior knows. Scams by strangers, though less common, often happen more quickly and can result in bigger financial losses.

The National Center on Elder Abuse estimates that only one in four cases of financial abuse is reported. Most seniors never report abuse—even when they *know* their funds are being taken—because they're overwhelmed at the idea of involving the police, or fear being forced to go to a nursing home or are ashamed, especially when the abuser is a family member or caregiver. *Isolation of the senior* by the perpetrator is a strong indicator of undue influence. Often the victim is already living alone and sometimes is removed from contact with outsiders, due either to physical limitations or a psychological fear of leaving the home.

Be aware of troubling signs:

1. **IRS or Social Security Scam**
Complaints of stolen pension, Social Security checks or credit cards. Neither the Social Security Administration nor the IRS will ever call you or send you an email.

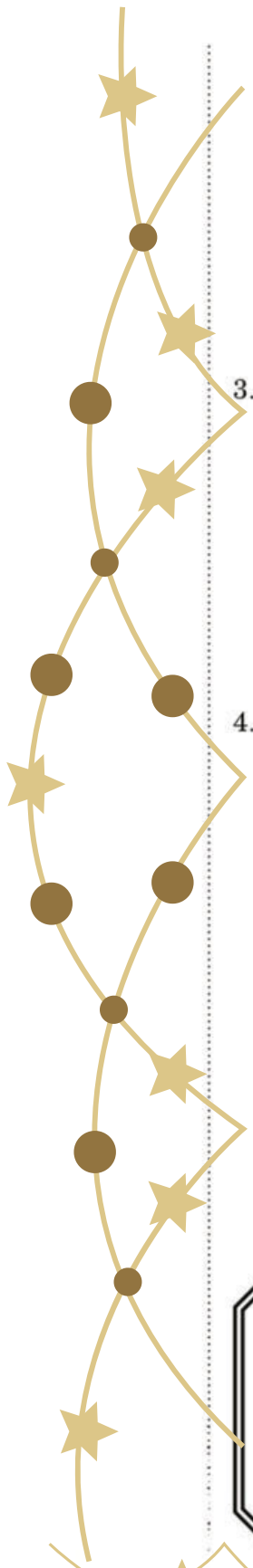
Social Security numbers are never blocked or suspended.

A scammer pretends to be an IRS investigator or someone from the Social Security Administration. They say that you owe additional taxes or your Social Security number has been suspended. They talk about the back taxes and penalties owed or say that your Social Security number has been used in a crime. They say that this can all be cleared up quickly if you will simply wire them money or verify your information.



2. **Banking Scams** Sudden changes in a senior's banking habits.

Frequent withdrawals being made through ATMs, especially if the victim is frail and has not previously used an ATM and transfer of funds to new accounts at banks with which the victim has had no prior connection. New signatories are added to an elder's account. Sudden transfer of assets to a family member or acquaintance without a reasonable explanation. Abrupt changes in a will or other financial documents.



Monitoring a senior's purchases and payments can clue you into payment requests that may be fraudulent. **Set up safeguards at the bank.** If there are concerns, an authorized person can set up a small bank account and debit card for the senior with spending limits. Other funds can be safeguarded in a separate, more secure account.

3. **Sweetheart Scam / Hard Luck Scam** The scammer befriends the senior online. The scammer will prey on the senior's loneliness and willingness to help. They may ask for something to be shipped to the senior's house. Or they may ask for money because they have financial troubles. They try to isolate the senior from family and friends.
4. **Relative in Trouble Scam** A scammer poses as either your relative or someone trying to help your relative through a dire situation. The pressure from the scammer to *act right away* and *not* consult anyone else is a red flag, the FTC says on its website. They're counting on you to act quickly to help your family and to pay without stopping to check whether there's a true emergency. Social media makes the task of gathering personal details easier and then scammers create threatening calls using the name of the relative, so seniors

fear the scammers truly have their relative. **Resist the urge to act immediately, no matter how dramatic the story is.** Check the story out with someone else in your family or circle of friends— *especially* if you've been told to keep it a secret.

5. **Home Repair and Improvement Scams**

Scam artists target homeowners in a variety of ways. A scammer knocks on the victim's door and says that they noticed some repair that needs to be done immediately. Older adults are most likely to have a "nest egg," own a home with equity and have excellent credit. Seniors may need home modifications to accommodate changing needs, so they are a perfect target for dishonest contractors. Be informed before hiring a contractor: **Get referrals** from friends, family and neighbors; **Check reviews** from the Better Business Bureau; **Verify that contractors are licensed and bonded** for damage/theft protection and have liability/worker's compensation insurance. **Get written estimates** from several contractors. **Insist on a written contract. Never pay by cash.** And stagger payments based on completion of the work.

Source: Consumer Reports; Forbes Advisor; Caregiving in the Comfort of Home

If you're a victim of a scam...

You should report the fraud to the FTC at [ReportFraud.ftc.gov](https://www.ftc.gov/report-fraud). The FTC also offers a list of steps you can take to try to get your money back; whether you can do so depends on how you paid and how quickly you sought to cancel the payment.

Taking Care of Yourself—

BALANCE YOUR FOOD INTAKE AND YOUR ACTIVITY

- ✓ One small chocolate chip cookie (50 calories) is equivalent to walking briskly for 10 minutes.
- ✓ The difference between a large gourmet chocolate chip cookie and a small chocolate chip cookie could be about 40 minutes of raking leaves (200 calories).
- ✓ One hour of walking at a moderate pace (20 min/mile) uses about the same amount of energy that is in one jelly filled doughnut (300 calories).
- ✓ A fast food "meal" containing a double patty cheeseburger, extra-large fries and a 24 oz. soft drink is equal to running 2½ hours at a 10 min/mile pace (1500 calories).

Source: US Dept of Health & Human Services



Never give out your bank account, credit card, Social Security, Medicare, or Medicaid number over the telephone—unless you made the call.

Live Life Laughing!

God put me on this earth to do a few things. I'm so far behind I'll never die!



Inspiration

*Extraordinary claims should
require extraordinary
evidence to be believed.*

Memory Care - Vulnerability

Social isolation and mental impairment (such as dementia or Alzheimer's disease) are two factors that may make an older person more vulnerable to financial abuse.

Inclement Weather Policy



Winter travel can be hazardous due to snow, ice, very low temperatures, or wind-chill factors. These conditions can make it unsafe to deliver food to the homes of meals on wheels participants and can result in meal delivery cancellation.

Meal cancellations will be posted on local radio stations including WRJC 92.9 & 92.1, COW 97.1, Magnum Media Broadcasting 102.9 and WBOG - Country 101.3. Meals on Wheels & Senior Dining participants should be prepared to provide their own meals on days when meal delivery is cancelled. Participants are encouraged to keep a 2-3 day supply of nonperishable food or frozen meals on hand in case of an emergency situation.

The safety of our staff & volunteer drivers is very important as they help to keep our program running delivering meals to participants. Driveways, sidewalks, walkways, and porches should be shoveled and ice-free. There may be limited delivery to your home if a driver feels that entrance is not safe, or does not have road access due to snow. If you need assistance with snow removal, please contact the ADRC for our most recent updated local resource listing at 608-847-9371.

Stay safe!

Donald Root
Insurance Planning for Seniors



- Life Insurance
- Medicare Supplements
- Advance Funeral Planning

18218 Justice Road
Camp Douglas, WI 54618

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

**HOSPITAL
THRIFT STORE**
222 Elm St. • Mauston, WI

OPEN:
M, W, TH, F: 12:30-4
TUES: 10-4 • SAT 10-1

 Find us on Facebook

"HMHA Thrift Store"

 **WISCONSIN DELLS**
HEALTH SERVICES

Schedule a tour today.

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

Call Tracey at 608-254-2574

300 Race St.
Wisconsin Dells, WI 53965

www.wisconsindehshs.com

Your choice. Your facility.



123 East State Street | Mauston, WI | 608-847-5949 | milebluff.com/rx

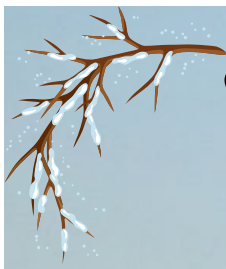
- over-the-counter medications
- home medical supplies and equipment
- online prescription refills
- cards and gifts

Simplify your medication schedule with our AdherePac™ and Med Sync programs!

With five area locations, our expert pharmacy team is here to care for you and your loved ones. You do not need to be a Mile Bluff patient to take advantage of our pharmacy services.

Prescription Dispensing Centers are located in Elroy, Mauston, Necedah, and New Lisbon.



January 2024 Menu

Mauston, Necedah
and Lyndon Station Areas

Meal Site Manager
Darlene Fish- Mauston/Lyndon Station
608-547-4715

Serving Times: 11:00-12:00
Meal Site Locations:
Timmy's Time Out - 522 Gateway Ave
Mauston, WI 53948

MON	TUE	WED	THU	FRI
Closed 1	Meatloaf, Mashed Potatos W Gravy, Vegetable, Bread, 1% Milk 2	Mashed Potatos, Corn, Gravy, Cheese & Chicken, biscuit, broccoli, 1% milk 3	Baked Cod, Rice Pilaf, Vegetable, Bread, 1% milk 4	Closed 5
Lasagna, Garlic Toast, Vegetable, 1% Milk 8	Cheesy Potato Egg Fritata, Bread, 1% Milk, Mxed Melon 9	Country Ribs, American Potatoes, Vegetable, Corn Bread, 1% Milk 10	Chicken Alfredo over Noodles, Vegetable, Bread, 1% Milk 11	Closed 12
Beef & Potato Bake - Mixed Fruit Cup, Bread, 1% Milk 15	Beef Tips Over Egg Noodles, Vegetable, Bread, 1% Milk 16	Louies Goulash - Hamburger, Elbow Noodles, Onion, Tomato, Kidney beans, Sliced Apples, Bread, 1% Milk17	Baked Chicken Thighs, American Potatos, Beets, Bread, 1% Milk 18	Closed 19
Scalloped Potatoes & Ham, Carrots, Bread, 1% Milk 22	Chicken Parm, Angel Hair Pasta & Sauce - Rice Pudding, 1% Milk 23	Salsbury Steak, Twice Baked Potato, Bread, 1% Milk 24	Turkey Tetrazzini, Brocoli, Bread, 1% Milk 25	Closed 26
Moms Salmon Loaf, Mac n Cheese, Vegetable, Bread, 1% Milk 29	Rice Meatballs, Mash Potatoes, Bread, 1% Milk 30	Pulled Pork Sliders, Potato Salad, Fruit, 1% Milk 31	Please call ahead to reserve your meal. Suggested donation of \$4.25 per meal. Menu subject to change. All meals served with bread and milk.	

Meal Site Manager:

Cathy Durkee

608-847-9371

MON	TUE	WED	THU	FRI
<div>Closed</div> <div>1</div>	<div>Bologna Scalloped Potatoes Carrots Fruit</div> <div>2</div>	<div>Tator Tot Casserole Squash Bun Fruit</div> <div>3</div>	<div>Chicken Mashed Potatoes Broccoli Bun Fruit</div> <div>4</div>	<div>Fish Baked Potatoes Green Beans Bun Fruit</div> <div>5</div>
<div>Closed</div> <div>8</div>	<div>Pork Lion Mashed Potatoes Peas Buns Fruit</div> <div>9</div>	<div>Mushroom/Swiss Burgers Tomato Tater Tots Fruit</div> <div>10</div>	<div>Brats w/ Bun Baked Beans Potato Salad Fruit</div> <div>11</div>	<div>Meatloaf Mashed Potatoes Carrots Bun Fruit</div> <div>12</div>
<div>Closed</div> <div>15</div>	<div>Beef Tips Mashed Potatoes Corn Bun Mandarin Oranges</div> <div>16</div>	<div>Chili (beans, tomatoes, burger) Bun Fruit</div> <div>17</div>	<div>Pork Chops Au Gratin Potatoes Broccoli Applesauce</div> <div>18</div>	<div>Ham Cheesy Potatoes Baked Beans Fruit Bun</div> <div>19</div>
<div>Closed</div> <div>22</div>	<div>Chicken Nuggets Corn Bread Noodles Fruit</div> <div>23</div>	<div>Turkey Mashed Potatoes Cranberries Bread Fruit</div> <div>24</div>	<div>Spaghetti Garlic bread Fruit</div> <div>25</div>	<div>Tuna Casserole Mixed Veggies Bread Fruit</div> <div>26</div>
<div>Closed</div> <div>29</div>	<div>Hot Dogs/ Bun Beans Fruit</div> <div>30</div>	<div>Chicken/Dressing Casserole Mixed Veggies Broccoli Fruit</div> <div>31</div>	<div>Please call ahead to reserve your meal. Suggested donation of \$4.25 per meal. Menu subject to change. All meals served with bread and milk.</div>	



January 2024 Menu

Bluffs (Camp Douglas, New Lisbon Hustler) & Elroy Area

Meal Site Managers:

Karen Nelson -608-462-5175

Nancy Nelsen - 608-547-2213

Serving Times: 11:30-12:30

Meal Site Locations:

Grace Lutheran Church Elroy

Camp Douglas Village Hall - 304 Center St.



MON	TUE	WED	THU	FRI
Closed 1	Ham Squash Peas Spinach Salad WW Dinner Roll Peanut Butter Cookies 2	Closed 3	Salisbury Steak Mashed Potatoes/Gravy Corn Mandarin Oranges WW Dinner Roll Dessert 4	Chicken Dressing Casserole Green Bean Casserole Cranberries Jell-o W/Fruit Cocktail 5
LaFarge Bologna Cheesy Hash Browns Harvard Beets Pears WW Dinner Roll 8	Pork Roast Mashed Potatoes W/Gravy Green Beans Mandarin Oranges WW Dinner Roll Dessert 9	Closed 10	Baked Chicken Mashed Potatoes/Gravy Glazed Carrots Peaches WW Dinner Roll Dessert 11	Fish - Fried or Baked Oven Fried Potatoes Corn Apricots WW Dinner Roll 12
Potato Soup Ham & Cheese Sliders Cottage Cheese Fruit Cocktail 15	Turkey & Gravy W/Peas & Carrots over Biscuits Lettuce Salad Peaches Dessert 16	Closed 17	Liver & Onions Oven Fried Potatoes Stewed Tomatoes Pears WW Dinner Roll Dessert 18	Barbeque on a Bun Macaroni Salad Baked Beans Pickles Pineapple 19
Sausage Gravy Over Biscuit Scrambled Eggs Hash Browns Applesauce 22	Baked Mostaccioli W/Meat Sauce Green Beans Tossed Salad Garlic Bread Peaches Dessert 23	Closed 24	Sweet & Sour Pork W/Red Peppers & Onions over Rice Oriental Salad Apricots WW Dinner Roll Dessert 25	Cowboy Stew Grilled Cheese Pea Salad Fruit Salad 26
Taco Salad W/Meat, Tomatoes & Lettuce Refried Beans Spanish Rice Mandarin Oranges 29	Ribs & Kraut Mashed Potatoes Green Beans Pineapple Corn Muffin Dessert 30	Closed 31	Please call ahead to reserve your meal. Suggested donation of \$4.25 per meal. Menu subject to change. All meals served with bread and milk.	



Check Your Medicare Summary Notice! You May Have Suspicious Claims on Your Account

By the Wisconsin SMP Team

Across the country, Medicare beneficiaries are reporting that claims for urinary catheter kits are showing up on Medicare Summary Notices (MSNs), that were not ordered or necessary. The suspicious claim shows charges for upwards of 200+ urinary catheter kits being billed to Medicare for amounts ranging from \$1,200 - \$2,400.

These fraudsters are counting on Medicare to miss these fraudulent claims, as Medicare processes millions of billing claims daily. Fraudsters are also hoping that Medicare beneficiaries are not reviewing their statements. These fraudulent claims often go unnoticed by both Medicare and you.

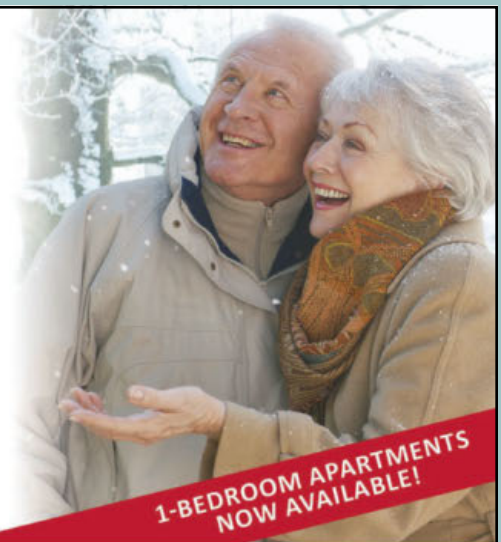
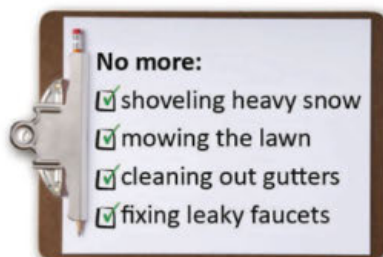
Given the unsolicited and fraudulent charges, it is important to review your Medicare Summary Notice (MSN) for these claims. Please visit our website for information on how to read your "MSN, Detect - Wisconsin Senior Medicare Patrol (smpwi.org). There you will find guidance on what to look for along with a link to a video on how to read your statements.

If you have unwanted charges on your statements, contact Senior Medicare Patrol (SMP) at (888) 818-2611 to report these claims.

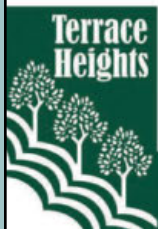
10 | *The SMP Scoop*

Goodbye House. Hello Home.

Retirement living at its best!



1-BEDROOM APARTMENTS
NOW AVAILABLE!



Schedule your private tour today!

608-847-2377

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



Carol Wagenson
Auctioneer/Realtor

608-548-3161



Carol has been conducting auctions in Wisconsin since 1996. She is known for her integrity, auction planning, and promotion while conducting estate and farm auctions. Carol is also an experienced realtor with the knowledge & commitment to get you the best results for all your real estate needs in today's market.



First Choice Realty

carolw@wifirstchoicerealty.com

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME Ruth Schlitz

rschlitz@lpicommunities.com • (800) 950-9952 x2671



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

Aging & Disability Resource Center, Mauston, WI

C 4C 01-1367

2024 Men's Shed Events

Outdoors Forever Clubhouse

4890 County Road N

Mauston, WI 53948

10 a.m. - 12 p.m.

January 23rd: K-9 Unit Overview by Brian Bader

February 27th: International Crane Foundation

March 26th: Maple Syrup and Jam by Black Bear Fruits

April 23rd: Tick Prevention by Public Health

May 28th: Pettenwell & Castle Rock Stewards

June 25th: Culvers & Carr Valley Cheese

July 23rd: Sandburr Farms

August 27th: Wisconsin River Meats

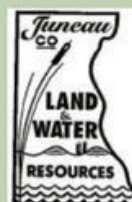
September 24th : Water Fowl by Taylor Finger & Flu Clinic

October 22nd: Jasper's Apples

November date TBD: Badger Ammunition

December date TBD: Christmas Celebration

The Men's Shed Program helps to improve the health and wellbeing of men age 60 and better in Juneau County through social connection, shared interests, skills and companionship. The Men's Shed is a collaborative partnership by the Aging and Disability Resource Center of Eagle Country Juneau County Office, Outdoors Forever Conservation Club and the Juneau County Land and Water Department.



Contact 608-847-9371 to register!



JANUARY BUS TRIPS

With Jim



January 10, 2024 - Tomah Shopping Trip

January 31, 2024 - Baraboo Shopping Trip

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



Assisted *Living*

in our award winning Senior Life Center.

When you're here, you're home.



For more information call
Jessica Good, 608-768-5808.



Adult *Day* Services

Social connections. Compassionate care.
Peace of mind.

For more information call
Mandy Retzlaff, 608-768-5815.



2350 North Dewey Avenue, Reedsburg, WI 53959 | www.ramchealth.com

SUPPORT OUR ADVERTISERS!



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

Aging & Disability Resource Center, Mauston, WI

D 4C 01-1367



Photo Courtesy of Pixabay.com

Did you Know...

Research shows that slowly adding additional beans to your diet will reduce the incidence of flatulence over time.

Rinsing canned beans reduces the sodium by 41%!

EAT WELL, AGE WELL. January- Bean and Soup Month

Beans and Soup go together perfectly and can provide warmth, comfort, and nutrition during our chilly winter months. According to the USDA Food Patterns, beans are considered both a protein and a vegetable! As we age, we need protein at each meal to help keep our muscles strong and we all need more vegetables in our diets, so beans are a win-win!

- Beans are an excellent source of fiber and are an affordable form of protein. In addition, they contain many nutrients that are important for a healthy diet include iron, potassium, calcium, and magnesium.
- Many varieties are gluten-free, dairy-free, and some are vegetarian. Be sure to read labels!
- Beans' high fiber content and low-glycemic index means they are great for people with diabetes. In fact, the *American Diabetes Association* refers to them as *Superstar Foods*!
- Canned beans make it easy to add more plant-based foods to your diet and reduce meat intake, lowering daily caloric and cholesterol intake and saving you money.
- Canned beans are affordable, always in season and always ready to use.

"Knock, knock. Who's there? Bean. Bean who? It's bean awhile since I've seen you."

If it's been a while since you visited your local Senior Dining location stop by and say hi!

Chili For Two

Thick and hearty stove top chili recipe that is the perfect amount for two people.

Ingredients

- 1/2-pound ground beef
- 1/4 cup chopped onion
- 1 garlic clove, minced
- 16 ounces chili beans, undrained
- 14.5 oz. diced tomatoes, undrained
- 1 1/2 teaspoons chili powder
- 1/2 teaspoon ground cumin



Instructions

1. In a large saucepan, add the ground beef and onion and cook over medium heat until the meat is cooked through and no longer pink. Add the minced garlic and cook just until fragrant, approximately 1 minute. Drain and return the mixture to the pan.
2. Add the chili beans, diced tomatoes, chili powder and cumin to the pot. Reduce the heat to medium low to bring the mixture to a simmer. Cover and let the chili simmer for 15 minutes, stirring occasionally.
3. Serve warm with desired toppings. Suggested toppings: diced onion, diced jalapeno, sour cream, cheese, diced cilantro.

Notes

- If you like spicy chili, be sure to use spicy chili beans and add in 1/4 teaspoon or more of ground cayenne pepper.
- Add more variety by adding in other types of beans, like black, kidney, butter, pinto, etc.
- Make this recipe a day or two ahead to get the most flavor. Then reheat on the stove or in the microwave until warmed through.
- If you have extra beans, you can freeze cooked or opened canned beans for longer storage. Use a freezer-quality container. Cover beans with cooking liquid or water, leaving room for expansion. Use within 2 to 3 months for best quality.
- Recipe provided by iCookfortwo.com visit the site for more recipes.

Check out more Recipes at: <https://foodhero.org/beans> and <https://cannedbeans.org/>



Caregiving through the winter



Caregiving for a loved one who has been diagnosed with Alzheimer's Disease, or another form of dementia produces joy, but also challenges. Challenges experienced during warmer seasons can be even more difficult during winter months. The cold, snow and winter weather can remove the ability to enjoy sunshine, go for walks, getting fresh air or can make errands more challenging. It is important to brainstorm alternative options for your loved one and keep them active. Following are a few tips and suggestions to add to your caregiving belt!

Be Prepared:


Unexpected weather happens, especially during winter. Having enough food, games or activities on hand can help avoid a crisis situation.

Helpful reminders:

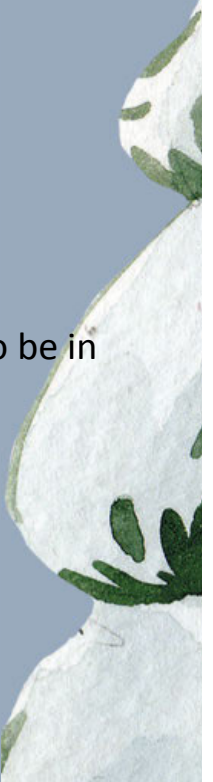
Ensuring that your loved one is adequately dressed for winter weather is important, but it is equally important to recognize that loved ones living with dementia may need additional reminders on what is appropriate winter weather attire. Help your loved one dress in appropriate winter attire by getting their clothing out for them and then providing 2-3 options and allowing choice. Diagrams, notes or verbal reminders can be very helpful.

Getting enough light:


Individuals diagnosed with Alzheimer's Disease or another form dementia experience visual changes. During winter months, when sunlight is limited, it can be helpful to add more indoor lighting for your loved one. Ensure that available sunlight in the home is not getting blocked. Also encourage your loved one to be in areas of the home that receive the most daytime light.



For questions on caregiving for your loved one,
contact Abby Heckman,
Dementia Care Specialist at
The Aging and Disability Resource Center
at 608-847-9371.



Thank You!!

The ADRC of Eagle Country Juneau County Office  would like to express our sincere gratitude and appreciation for all those that helped with the ADRC's Annual Elf to an Elder Project this holiday season.

Your kindness, generosity and festive spirit helped to make a significant impact, creating joy and warmth for all. Thank you for spreading holiday cheer!



Pete & Janet Edgren
Cherry 4-H Lisa Squimum
The Krause Family - Brian, Nicole, Clara, and Ellie
Deb Priest
Melissa Laack & Family
Dustin & Becky Ladd & Family
Lindsey James
Elley Dahlke and Laura Aurit
Mauston High School Student Council
Natty Kranz
Jessica Engel - My Choice Wisconsin
Sunshine & Giggles LLC
Oakdale Credit Union
TMG - Team Beck - Marsy Beck
Marcy & Don Krogh
St Peters Lutheran Church - Leslie Peterson
Mauston/Lyndon Sharing Supper
St Patrick's School- 1st, 2nd, and 4th grades
Mauston After School Program

and many more!!





MAKE YOUR PLAN TO VOTE



Spring Primary: February 20, 2024

Partisan Primary: August 13, 2024

**Presidential Preference Primary and
Spring General Election:** April 2, 2024

Fall General Election: November 5, 2024

Step 1: Check your voter registration status at myvote.wi.gov.

Questions? Call your municipal clerk for assistance.

Find your clerk at myvote.wi.gov/en-US/MyMunicipalClerk.



Step 2: Register or re-register (if you moved since the last election).

February 20 Spring Primary Deadlines:

- Deadline to register online or by mail: January 31
- Deadline to register in person: February 16
- Register at your polling place: February 20

April 2 Presidential Preference Primary and Spring Election Deadlines:

- Deadline to register online or by mail: March 13
- Deadline to register in person: March 29
- Register at your polling place: April 2

August 13 Partisan Primary Deadlines:

- Deadline to register online or by mail: July 24
- Deadline to register in person: August 9
- Register at your polling place: August 13

November 5 Fall General Election Deadlines:

- Deadline to register online or by mail: October 16
- Deadline to register in person: November 1
- Register at your polling place: November 5



Step 3: Fill out a registration form if you are not registered.

- Register online at myvote.wi.gov, or by mail, or in-person at your clerk's office, or at your polling place on Election Day.
- To register online, you need a WI driver's license or WI ID Card.
- *Don't have a valid WI State ID or Driver's License?* Complete a registration form. Mail it to your clerk with a Proof of Residence document with your name and current address, such as a utility bill, bank statement, or a bill or letter from a government agency with your current name and address.



Step 4: To vote by mail, request an absentee ballot ASAP.

- **Online:** Request an absentee ballot at myvote.wi.gov. Use your smartphone to take a picture of your WI ID or WI Driver's License and upload it with your application.
- **By Mail:** Can't request online? Mail your completed absentee ballot request to your clerk with a copy of your photo ID.
- **By Email:** Email your clerk to request an absentee ballot. Include your name, voting address, and a copy of your photo ID.
- **In-Person:** Complete the request form at your clerk's office.



Voter Tip: A voter who is indefinitely confined because of age, physical illness, or infirmity, or disabled for an indefinite period may select "indefinitely confined" when requesting an absentee ballot. This requests an absentee ballot be sent to the voter for every election. Indefinitely confined voters are not required to provide a copy of their photo ID with their request.

Step 5: Learn about the candidates.

Learn about what will be on your ballot at myvote.wi.gov.

Learn about the candidates on vote411.org.

Step 6: Complete your absentee ballot and ballot envelope.

- Carefully follow the directions to ensure your vote will be counted. Use a black pen.
- Complete your absentee ballot in the presence of a witness, who is not a candidate, is at least 18 years old, and is a US citizen. The witness must verify that you completed the absentee ballot but should not see your choices. Need a witness? Check with your clerk.
- Put your absentee ballot in the return envelope and seal it.
- Your witness must sign the return envelope on the line marked "Signature of Witness" and must also write their address.
- Sign and date the return envelope on the line "Signature of Voter".

Step 7: Return the completed witnessed absentee ballot A.S.A.P.

- Your absentee ballot must be received by 8 PM on Election Day.
- **AS SOON AS POSSIBLE**, return your completed and witnessed absentee ballot by mail or to your clerk. **DO NOT WAIT.**
- Check with your clerk for locations and schedules to drop off your completed and witnessed absentee ballot. Some municipalities provide witnesses.
- If you mail your ballot, mail it as soon as possible to allow time for delivery. The US Post Office recommends at least a week.



Step 8: If you vote in-person, bring your photo ID.

In-person Absentee Voting (Early Voting): Your clerk may offer in-person absentee voting and voter registration before Election Day. Ask your clerk for information about early voting locations.

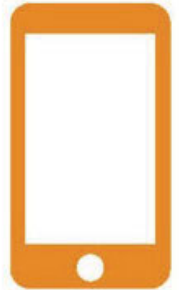
- Early Voting for the February Spring Primary may begin February 6.
- Early Voting for the April Presidential Preference Primary and Spring General Election may begin March 19.
- Early voting for the August Partisan Primary may begin July 30.
- Early voting for the November Fall General Election may begin October 22.

Election Day, 7:00 AM - 8:00 PM: You may register and vote at your polling place. Find your polling place at myvote.wi.gov or ask your clerk – it may have changed.

Voter Tip: Curbside voting is required by law for any voter who cannot enter the polling place due to a disability. This may include voters who are immunocompromised or have symptoms of COVID-19. Contact your clerk before Election Day to ask about curbside voting or ask at your polling place.

Have a Voting Question?

- **Contact your Municipal Clerk:** myvote.wi.gov/en-US/MyMunicipalClerk
- **Disability Rights Wisconsin Voter Hotline:**
1-844-347-8683 / 1-844-DIS-VOTE | info@disabilityvote.org
- **Wisconsin Elections Commission:** 1-866-VOTE-WIS | elections.wi.gov
- **Department of Motor Vehicles (DMV) Voter ID Hotline:** 844-588-1069
- **Wisconsin Disability Vote Coalition:** disabilityvote.org



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



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: _____

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!**

