

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 October 2023

Medicare Open Enrollment

October 15th- December 7th



By now you should have received your Annual Notice of Change form from your current Medicare Advantage Plan or Medicare Part D (Prescription Plan). It is very important to review these changes annually so you can make an informed decision on whether staying with your current plan or switching to a new plan will best serve your medical needs. If you would like unbiased assistance with reviewing your Medicare Plan options, contact your local Elder Benefit Specialist, Amy Goodman at 608-847-9371.

Additional ways to review your Medicare options:

- ✓ Contact your current plan to discuss upcoming 2024 changes
- ✓ Review the Annual Notice of Change
- ✓ Review your plan, as well as new plans, on www.medicare.gov

Staff Directory

***Aging & Disability Resource Center of Eagle Country
Juneau County Office***



The ADRC can connect you to resources about:

- In-home personal care and nursing
- Housing resources and options
- Housekeeping and chore services
- Home modifications
- Adaptive equipment
- Transportation
- Health, Wellness and Prevention
- Senior Dining opportunities
- Home Delivered Meals
- Medicare, Medicaid, and Social Security
- Caregiver supports and respite
- Support for persons living with dementia and their caregivers
- Disability Resources & Assistance

ADRC Director:
Gina Laack

Aging Program Specialist:
Chelsey Turpin

Secretary/Transportation:
Sue Riley

OAA Support Coordinator:
Angela Pokorney

Information & Assistance:
Lead ADRC Specialist:

Nickie Preuss

ADRC Specialist:

Jessica Hoehn

ADRC Specialist:

Tiara Hoffman

Disability Benefit Specialist:
Rebecca Ladd

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





Sunday October 1, 2023

11:00am - 2:00pm The Camp Douglas Vendor & Farmers Market @ Camp Douglas Farmers Market

Monday October 2, 2023

11:30pm - 12:30pm Walking on Sunshine @ Mauston Castle Rock Realty

Tuesday October 3, 2023

Honor Stand Open Every Day @ New Lisbon Black Bear Fruits

Wednesday October 4, 2023

4:00pm - 9:00pm Steak Night @ Mauston Little Summit Bar and Grill

5:15pm - 6:15pm Walking on Sunshine @ Mauston Castle Rock Realty

6:30pm - 8:00pm Trivia Night @ Mauston Gravity Box Brewing Company

Thursday October 5, 2023

1:00pm - 2:00pm HEALTHIER LIVING WITH DIABETES @ Mauston Mile Bluff Medical Center

Saturday October 7, 2023

6:00pm - 9:00pm The Annual Camp Douglas Night Market @ Camp Douglas Farmers Market

Sunday October 8, 2023

11:00am - 2:00pm The Camp Douglas Vendor & Farmers Market @ Camp Douglas Farmers Market

Monday October 9, 2023

Columbus Day

11:30pm - 12:30pm Walking on Sunshine @ Mauston Castle Rock Realty

Tuesday October 10, 2023

Honor Stand Open Every Day @ New Lisbon Black Bear Fruits

Wednesday October 11, 2023

4:00pm - 9:00pm Steak Night @ Mauston Little Summit Bar and Grill

5:15pm - 6:15pm Walking on Sunshine @ Mauston Castle Rock Realty

Sunday October 15, 2023

11:00am - 2:00pm The Camp Douglas Vendor & Farmers Market @ Camp Douglas Farmers Market

Monday October 23, 2023

11:30pm - 12:30am Walking on Sunshine @ Mauston Castle Rock Realty

Tuesday October 24, 2023

Honor Stand Open Every Day @ New Lisbon Black Bear Fruits

10:00am Men's Shed Event @ Mauston Outdoors Forever Club- "What's Hopin" with Micah Playman- Gravity Box Brewery

Wednesday October 25, 2023

4:00pm - 9:00pm Steak Night @ Mauston Little Summit Bar and Grill

4:30pm - 6:00pm Elroy Community Supper @ Elroy United Methodist Church

5:15pm - 6:15pm Walking on Sunshine @ Mauston Castle Rock Realty

Thursday October 26, 2023

4:00-7:00 pm Mauston Community Expo @ Mauston High School

5:00pm - 6:30pm Community Sharing Supper of Mauston/ Lyndon Station @ Mauston High School

Saturday October 28, 2023

9:00am - 2:00pm Necedah HS Craft & Vendor Holiday Show @ Necedah High School

Sunday October 29, 2023

11:00am - 2:00pm The Camp Douglas Vendor & Farmers Market @ Camp Douglas Farmers Market

Monday October 30, 2023

11:30pm - 12:30pm Walking on Sunshine @ Mauston Castle Rock Realty

Tuesday October 31, 2023

Honor Stand Open Every Day @ New Lisbon Black Bear Fruits

2023 COMMUNITY FLU CLINIC SCHEDULE



*Juneau County
Health Department*

Sept. 29th (Fri) 8-9am Wonewoc Village Hall
Oct. 2nd (Mon) 10-11am New Lisbon City Hall
Oct. 3rd (Tues) 9:30-10am Camp Douglas Village Hall
Oct. 4th (Wed) 9-10am Necedah Village Hall
Oct. 6th (Fri) 10am-4pm Juneau Co. Health Dept.
Oct. 9th (Mon) 3-4pm Elroy Family Medical Center

Regular Flu (Quadrivalent) \$35.00

High-Dose Flu \$70.00

Bring your insurance card with you, your insurance will be billed. If no insurance, we accept cash or check.

**IF UNABLE TO ATTEND
ANY OF THESE CLINICS,
PLEASE CALL 847-9373 TO
SCHEDULE AN
APPOINTMENT**

**HOMEBOUND? PLEASE
CONTACT SADIE, RN AT
847-9587**

	1					9	6	
6							1	3
8								2
9			1		3		7	
7		3	6					
3			9		1			8
	2		7			5		
						2		





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1-800-963-0035

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

DHS Approved 4/22/2021



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Caregiving in
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Caregiver Assistance News

"CARING FOR YOU ... CARING FOR OTHERS"

Fire Safety

A fire can become life-threatening in just two minutes. A residence can be engulfed in flames in five minutes. According to the National Fire Prevention Association (NFPA) the home — the place people feel safest from fire — is actually where they are at greatest risk, with three-quarters (75 percent) of all U.S. fire deaths occurring in homes. Where people used to have more than 10 minutes to escape a typical home fire from the time the smoke alarm sounds, today they may have as little as two minutes.

Modern home furnishings are often made with synthetic materials that burn faster and generate toxic smoke, making it extremely difficult to see and breathe.

Learn About Fires

- **Fire is FAST!** In less than 30 seconds a small flame can turn into a major fire. It only takes minutes for thick black smoke to fill a house or for it to be engulfed in flames.
- **Fire is HOT!** Heat is more threatening than flames. Room temperatures in a fire can be 100 degrees at floor level and rise to 600 degrees at eye level. Inhaling this super-hot air will scorch your lungs.
- **Fire is DARK!** Fire starts bright, but quickly produces black smoke and complete darkness.
- **Fire is DEADLY!** Smoke and toxic gases kill more people than flames

do. Fire produces poisonous gases that make you disoriented and drowsy.

Source: Home Fires | Ready.gov

Home Escape Planning

Advance preparations can truly mean the difference between life and death in a home fire. Having a plan practiced with all members of the household builds the muscle memory needed to get out as quickly and safely as possible.



Key messages to plan your escape:

- ✓ Make sure your home escape plan **meets the needs of all household members**, including those with sensory or physical disabilities.
- ✓ **Smoke alarms** should be installed inside every sleeping room, outside each separate sleeping area, and on every level of your home.
- ✓ Know **at least two ways out** of every room, if possible. Make sure all doors and windows open easily.
- ✓ Have an **outside meeting place** a safe distance from your home where everyone should meet.
- ✓ Practice your home fire **drill at least twice a year** with everyone in the household, including guests. Practice at least once during the day and at night.

Choose the Right Equipment and Use It Properly

Cook and heat your home only with equipment designed and intended for cooking and heating.

The Big Four Fire Starters

1. **Smoking.** Many seniors or their visitors still smoke. **Unsafe smoking habits lead the cause of fire deaths among older Americans.** Never leave smoking materials unattended. Use wide-lipped “safety ashtrays.” Douse ashtrays with water and empty them into a metal container before going to bed. Never smoke in bed or on upholstered furniture. Check all furniture and carpets for fallen cigarettes and ashes before leaving home or going to sleep. Keep all smoking materials out of bedrooms. Burning bedclothes can create a fire from which escape is impossible. **Never allow smoking near an oxygen tank.**
2. **Heating equipment.** Especially dangerous are kerosene heaters, woodstoves and electric space heaters. Buy only UL approved heaters and use only the manufacturer’s recommended fuel for each heater. Do *not* use electric space heaters in the bathroom or other wet areas. Keep paper and fabric away from heat sources. Once a year, have chimneys, fireplaces, wood stoves and furnaces serviced. **Never use a cook stove to heat your home.**
3. **Cooking.** The third leading cause of fire deaths. For the elderly, the kitchen can be a dangerous place. **Most kitchen fires occur when cooking food is left unattended.** If you must leave the kitchen while cooking, turn off the burner. If there’s something in the oven, check it every 15 minutes. Use a bell timer to remind you. If you leave the kitchen briefly, carry a spoon or potholder with you to remind you to return. If a fire starts in a pan, put a lid on it. **Never throw water on a grease fire.** Keep flammable liquids, like alcohol and cooking oils, and paper away from the stove. To prevent spills due to overturned appliances containing hot food or liquids, use the back burner when possible, and/or turn pot handles away from the stove’s edge. Keep a fire extinguisher in the kitchen (but not right next to the stove) and learn how to use it. **Never cook while wearing robes or other loose-fitting garments that can contact hot surfaces.**
4. **Faulty wiring.** Many seniors live in older homes with wiring problems. Regularly inspect extension cords for exposed wires or loose plugs. Unplug them when not in use. If you need to plug in two or three appliances, lamps, etc., get a UL-approved unit that has built-in circuit breakers. **If you see or smell smoke or sparks coming from any electrical appliance or outlet, shut off the main circuit breaker and call an electrician at once.**



Taking Care of Yourself— Get Your Benefits Electronically

A disaster can disrupt mail service for days or weeks. If you depend on Social Security or other regular benefits, switching to electronic payments is an easy way to protect yourself financially before disaster strikes. It also eliminates the risk of stolen checks. The U.S. Department of the Treasury recommends two safer ways to get federal benefits:

- **Direct deposit to a checking or savings account.** If you get federal benefits you can sign up by calling **800-333-1795** or sign up online.
- **The Direct Express® prepaid debit card** is designed as a safe and easy alternative to paper checks. Call toll-free at **877-212-9991** or sign up online.

Source: People with Disabilities | Ready.gov



Inspiration

The best way to cheer yourself up is to cheer someone else up.
— Mark Twain

Live Life Laughing!



Never let yourself get too Hungry,
too Angry,
too Lonely
or too Tired.

Memory Care - Night Safety

A person with Alzheimer's may prefer to sleep in a comfortable chair in the living room instead of in bed. Be sure that the house is securely locked and **be sure matches and cigarettes are out of reach. Consider installing a shut-off valve (for a gas stove) or a circuit breaker for an electric stove so the stove cannot start a fire at night.**

BUS TRIPS WITH JIM

October 11 - Ski-Hi Fruit Farm - Baraboo

A Century of Experience Three generations of the Bassett Family have owned and operated Ski-Hi Fruit Farm atop the Baraboo Bluffs. Hardworking, industrious and adaptable, the family and the farm have remained a staple throughout the years for those near and far. Today Jacob Franzen manages the farm with wisdom and guidance from Betty, third generation farm owner.

October 18 - Necedah Wildlife Refuge

A guided bus tour through the refuge.

October 25 - Shopping Trip Sparta

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).



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Aging & Disability Resource Center, Mauston, WI

B 4C 01-1367

October Menu

Mauston, New Lisbon, Bluffs, Necedah and Lyndon Station Areas

Meal Site Managers:

Nancy Nelsen- Bluffs

608-547-2213

Darlene Fish- Mauston/Lyndon Station

608-547-4715

Serving Times: 11:30-12:30

Meal Site Locations:

Mauston American Legion,

Camp Douglas

Community Center



MON	TUE	WED	THU	FRI
SLICED ROAST TURKEY STUFFING GRAVY CARROTS CRANBERRY SAUCE WHEAT BREAD MARGARINE 1 % MILK 2	Closed for Site Manager Training 3	CHICKEN PARMESAN PASTA MARINARA ITALIAN BLEND WHEAT BREAD -STICK FRUIT CUP 1% MILK 4	BBQ BEEF POTATO WEDGES MIXED VEGETABLES WHEAT BUN 1 % MILK FRESH FRUIT 5	Closed 6
SALISBURY STEAK MASHED POTATOES LS CORN WHEAT BREAD FRUIT JELLO MARGARINE 1 % MILK 9	BAKED CHICKEN / 2 LEGS CHEESY RICE PEAS & CARROTS WHEAT BREAD MARGARINE FRUIT OF THE DAY 1 % MILK 10	SAUSAGE LINK / BRAT BAKED BEANS MIXED VEGETABLES FRUIT FLUFF WHEAT BUN 1% MILK KETCHUP & MUSTARD 11	BAKED HAM AU GRATIN POTATO GREEN BEANS FRUIT WHEAT BREAD MARGARINE 1 % MILK 12	Closed 13
BEEFY CHEESEY MAC W/TOMATO SAUCE MIXED VEGETABLES WHEAT BREAD STICK FRESH FRUIT 1 % MILK 16	CHICKEN BREAST PASTA OF THE WEEK CALIFORNIA BLEND WHEAT BREAD FRUIT CUP MARGARINE 1 % MILK 17	BAKED FISH / SCAMPI DICED POTATOES CORN BREAD COLESLAW FRUIT PUDDING MARGARINE 1% MILK 18	BREADED PORK TENDERLOIN STUFFING LS GRAVY CAULIFLOWER FRUIT JELLO 1 % MILK 19	Closed 20
SWEDISH MEATBALLS MASHED POTATOES GRAVY CORN FRUIT FLUFF WHEAT BREAD MARGARINE 1% MILK 23	CHICKEN SALAD CROISSANT CUCUMBER SALAD VEGETABLE SOUP CRACKERS FRUIT CUP 1 % MILK 24	HONEY GLAZED PORK CHOP WHIPPED SWEET POTATOES GREEN BEANS WHEAT BREAD FRUIT CUP MARGARINE 1% MILK 25	TACO CASSEROLE STEWED TOMATOES WARM APPLE SAUCE MARGARINE 1 % MILK 26	Closed 27
HAMBURGER CASSEROLE CORN GARLIC BREAD-STICK FRUIT PUDDING 1 % MILK 30	BREADED CHICKEN BREAST RICE PEAS & CARROTS WHEAT BREAD MARGARINE FRUIT CUP 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.		

October Menu Wonewoc Area

Serving Times: 11:30-12:30

Meal Site Location: R&S Spirits Wonewoc

My Meal My Way menu options available
upon dining in

Meal Site Manager:

Cathy Durkee

608-847-9371



MON	TUE	WED	THU	FRI
Closed 2	Closed for Site Manager Training 3	Chili Crackers Pears 1% Milk Bread 4	Ham & Cheese Sandwich Potato Salad Fruit 1% Milk 5	Beef Tips over Mashed Potatoes Broccoli Cherry Pie Bun 6
Closed 9	Spaghetti Garlic Bread Applesauce 1% Milk 10	Chicken Noodle Soup Mixed Veggies Crackers 1% Milk 11	Meat Loaf Mashed Potatoes Peas Bun Fruit 1% Milk 12	Pulled Pork Sandwich Macaroni Salad Fruit 1% Milk 13
Closed 16	Ham Cheesy Potatoes Spinach Fruit 1% Milk 17	Cheeseburger Soup Bun Fruit 1% Milk 18	Chicken Mashed Potatoes Waxed Beans Fruit 1% Milk 19	Fish Au Gratin Potatoes Carrots Fruit 1% Milk 20
Closed 23	Brats Sauerkraut Mashed Potatoes Fruit 1% Milk 24	Cream of Ham & Potato Soup Crackers Bun Oranges 1% Milk 25	Taco Salad Bowl Corn Fruit 1% Milk 26	Salmon Loaf Scalloped Potato Green Beans Fruit 1% Milk 27
Closed 30	Pork Chop Mashed Potatoes Applesauce Beans 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.		

October Menu

Elroy Area

Serving Times: 11:30-12:30

Meal Site Location:

Grace Lutheran Church Elroy

Meal Site Manager:

Karen Nelson

608-462-5175



MON	TUE	WED	THU	FRI
Taco Salad W/Meat Lettuce & Tomato Black Bean Salsa Salad Mandarin Oranges WW Dinner Roll Mexican Wedding Cookies 2	Closed for Site Manager Training 3	Closed 4	Baked Chicken Mashed Potatoes/Gravy Green Beans Cranberries WW Dinner Roll Banana Cream Pie 5	Sweet & Sour Pork W/Red Peppers & Onions over Rice Corn Salad Oriental Salad Peaches WW Dinner Roll 6
Corned Beef Casserole with Cabbage Cottage Cheese Apricots Scones Apple Dessert 9	Salisbury Steak Mashed Potatoes/Gravy Baked Lima Beans Pears WW Dinner Roll 10	Closed 11	Soup & Salad Chili Or Chicken Noodle Chicken Salad Macaroni Salad 7-Layer Salad Fruit Salad WW Dinner Roll Brownies 12	Chef Salad W/Ham & Cheese Sub Sandwich Cottage Cheese Mandarin Oranges 13
Pancakes Egg Casserole Pork Sausage Applesauce Raspberry Almond Coffee Cake 16	Chicken Fricassee W/Red Peppers/ Onions/Celery & Carrots Green Bean Casserole Peaches WW Dinner Roll 17	Closed 18	Bar B Que Ribs Mashed Potatoes/Gravy Zucchini Casserole W/Tomatoes & Cheese Watermelon WW Dinner Roll Zucchini Bars 19	Salmon Patties Mashed Potatoes Creamed Peas Pears WW Dinner Roll Fruit Cake 20
Boiled Dinner - Ham, Potato, Carrots, Cabbage & Rutabaga Kidney Bean Salad Cottage Cheese WW Dinner Roll Hawaiian Poke Cake 23	Breaded Pork Chop Noodles Romanoff Scalloped Corn Peaches WW Dinner Roll 24	Closed 25	Roast Beef Mashed Potatoes/Gravy Green Beans Fruit Cocktail WW Dinner Roll Lemon Meringue Pie 26	La Farge Bologna Scalloped Potatoes Harvard Beets Pineapple WW Dinner Roll 27
Chicken "N" Dumplings Glazed Carrots Mixed Green Salad Peaches WW Dinner Rolls Molasses Cookies 30	Baked Mostaccioli W/Meat Sauce Green Beans Tossed Salad Pears Garlic Parmesan Dinner Roll 31	<p>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.</p>		

Making healthy lifestyle choices may reduce your risk of dementia.

We don't yet know for certain what, if anything, can prevent dementia, but there may be steps you can take to help reduce your risk.



Control high blood pressure



Sleep well



Eat a healthy diet



Keep physically active



Connect with family and friends

Learn more about these steps and other healthy lifestyle changes you can make at www.alzheimers.gov/can-i-prevent-dementia.



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Aging & Disability Resource Center, Mauston, WI

C 4C 01-1367



SHIP

State Health Insurance
Assistance Program

Listed below are things you
should consider when choosing a

Medigap Plan

Note: Massachusetts, Minnesota, and Wisconsin have different Medigap plans.

Plan A offers the most basic coverage, covering a core set of coverage gaps, but it is often the least expensive.



Plans F, C, and G are the three most comprehensive Medigaps, but they generally cost more.

Plans F and C are only available to you if you became eligible for Medicare before January 1, 2020.



Medigap plans are guaranteed renewable. That means that as long as you pay the premium, you can keep your plan. However, premiums may change yearly.

Shop around. Different insurance companies charge different premiums for the exact same plan.



SHIP

State Health Insurance
Assistance Program
Navigating Medicare

Contact your State Health Insurance Assistance Program (SHIP) to learn when you can purchase a Medigap in your state. Call 877-839-1246 or visit www.shiphelp.org to contact your local SHIP.

Five Myths About Advance Care Planning

Get the facts about these common advance care planning myths.

Myth

I only need a plan if I'm very old or ill.



Fact

It's impossible to predict the future. An emergency can happen at any age. Creating a plan now helps ensure that someone you trust can make decisions that reflect your wishes.

Myth

My loved ones will know what I want when the time comes.



Fact

Not necessarily. In one study, nearly 1 in 3 people guessed wrong when asked to predict which end-of-life decisions their loved one would make.

Myth

I need a lawyer to create an advance care plan.



Fact

Most states offer free advance directive forms online, and you do not have to involve a lawyer.

Myth

An advance care plan only matters if I put it in writing.



Fact

The most important part of planning is discussing your wishes with your loved ones. It can save them from worrying about whether they made the right decisions for you.

Myth

Once I put my plans in writing, I can't change them.



Fact

Your advance directives can be changed at any time. In fact, you should review your plans at least once a year and after any major life event like a move, divorce, or change in your health.

Ready to get started?

Visit www.nia.nih.gov/acp



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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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Aging & Disability Resource Center, Mauston, WI

D 4C 01-1367

Sip N Swipe Cafe

"A tablet/smartphone beginner basics class"



Designed to help:

- Those new to technology
- Those who use a tablet, but only for one or two tasks
- Those who have a smart phone, but are not sure how to use

(Owning a smart phone or tablet is not required.)



Free classes

November 17 – Apple OS.

December 1 – Android OS.

December 8 – Apple OS.

December 15 – Android OS.

9:00–11:00 a.m.

ADRC of Eagle Country

Juneau County Office

200 Hickory Street

Mauston

*Contact the ADRC at
608-847-9371 to register. Registration
required and spots are limited.*



CENTRAL WI CAC INC-Juneau County Energy Assistance
: CENTRAL WI COMMUNITY ACTION (CWCAC)

Address: 534B LA CROSSE ST
MAUSTON WI 53948
608-847-5988
Fax-608-847-3009

Things to bring to Outreach or Appointments:

1. **Social Security** numbers and **Date of Births** of each person in household
2. **Proof of all income** from anyone in household 18 an older- work, child support, SSI, SS, SSDI ETC.
3. **Food Share** Letter First 5 Pages
4. **Landlord's** name and address & phone # if you are a renter a lease
5. **Heat Provider**- cost from 9/1/22 to 8/31/23- if no cost then account number
6. **Electric Provider** and Costs- 9/1/22 to 8/31/23- if no cost bring account number
7. If you have Alliant or MGE please just bring Account Number- DO NOT CALL THESE PROVIDERS
8. Cell Phone

Juneau County Outreach Sites 2023-2024

Necedah Village Hall- 11/07/23- Tuesday- 10:00am to 12:30pm

Elroy Grace Lutheran Church- 11/14/23 Tuesday- 11am to 12pm

Wonewoc R&S Spirits- 11/21/23 Tuesday – 1:00 pm to 2:00pm

New Lisbon City Hall 11/28/23- Tuesday - 11:00am to 12:00pm

<u>Household Size</u>	<u>One month</u>	<u>Annual Income</u>
1	\$2,820.67	\$33,848
2	\$3,688.58	\$44,263
3	\$4,556.50	\$54,678
4	\$5,424.50	\$65,094
5	\$6,292.42	\$75,509
6	\$7,160.33	\$85,924
7	\$7,323.00	\$87,876
8	\$7,485.75	\$89,829



Photo Courtesy of Pixabay.com

Did you Know...

There are about 300 apple orchards in WI?

Want to find one closest to you, visit The Wisconsin Apple Growers Associations website

<https://www.waga.org/Member-Orchards>

They have other useful information to <https://www.waga.org/>

EAT WELL, AGE WELL. October- Apples

We all know the saying, *"An apple a day keeps the doctor away."* This saying originated in 1866 in Wales in a publication. The original saying was "Eat an apple on going to bed and you'll keep the doctor from earning his bread." The saying reappeared in 1913 in its current form. Through the ages, the apple has come to symbolize health and healthy habits. Let's take a closer look at the nutrients apples provide.

Apples may lower cholesterol and blood pressure and can aid digestion and stabilize blood sugar. Why? **Apples contain both soluble and insoluble fiber.** The soluble fiber in apples becomes gelatinous when it mixes with water in your digestive tract. It makes you feel full, slows down the absorption of nutrients, and prevents spikes in blood sugar. Soluble fiber also helps lower your levels of cholesterol. The insoluble fiber in apples can help move food thru your system to help prevent constipation. Apples contain vitamin C and antioxidants which can support a healthy immune system.

Be sure to eat the apple peel to get all the health benefits. I made an apple pie with the skins on the apples, and it turned out great!

Joke: Why did the apple pie cry? Because its peelings were hurt!

Baked Apple and Cranberries

Why not enjoy two WI Fruits in one simple dish? Can't you just smell the delicious, tender apple baking? This recipe makes 1 serving but just double it and enjoy it with someone.

Ingredients

- 1 baking apple (Such as Cortland, Macintosh, Granny Smith, Jonathan, or Braeburn)
- Cinnamon to taste
- 1 Tablespoon dried cranberries
- 1 teaspoon packed brown sugar
- ½ teaspoon margarine or butter

Directions

1. Wash hands with soap and water.
2. Wash the apple and remove the core leaving the bottom to hold in the filling.
3. Peel a small band of skin from around the top of the apple. (As shown in the photo).
4. Place the apple in a microwave-safe container.
5. Sprinkle cinnamon around the top of the apple and into the hole.
6. Fill the center of the apple with cranberries, pressing down if needed.
7. Top the cranberries with brown sugar and margarine or butter.
8. Cover loosely with wax or parchment paper.
9. Microwave on HIGH for about 2 1/2 minutes or until the apple is soft when poked through the center hole with a fork. Cool slightly.
10. Refrigerate leftovers within 2 hours.



(Recipes and photos used with permission from Foodhero.org)

Check out more Milk Recipes, facts, fun activities, and more at: <https://foodhero.org/apples>

SENIOR EXPO

2023

An educational event focusing on senior health
and navigating the long-term care system

The community is invited to attend a
FREE EVENT



- educational seminars
- informational booths
- light lunch
- facility tours

RSVP'S

are required for this event.

**THURSDAY
OCTOBER 26**

10 am - 2 pm

Terrace Heights
Retirement Community



SCHEDULE:

9:30 am | Registration

10:00 am | Long Term Care: What You Need To Know

- Terrace Heights Housing Coordinator Jill Finley
and ADRC Juneau County Director Gina Laack

10:30 am | Estate Planning for Life and Death

- Attorney Catherine Orton

11:30 am | Scams - The Bank of Mauston

12:00 pm | Lunch (Tours of Terrace Heights will be available)

12:45 pm | Dementia 101 - ADRC of Eagle Country

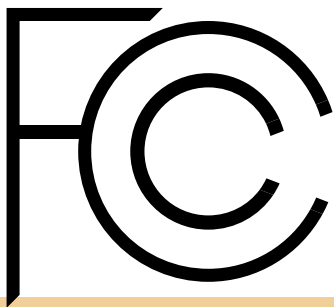
1:15 pm | Healthy Aging - Dr. Alicia-Maria Fernandez

(Mile Bluff Clinic primary care provider)

To RSVP for this event, please call


608-847-2377

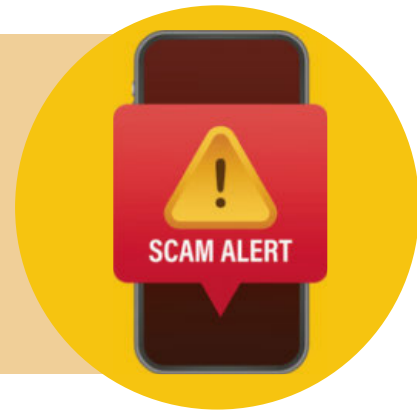
1030 Division Street | Mauston, WI | milebluff.com/terraceheights




FCC | CONSUMER CONNECTIONS

AVOID SPOOFING SCAMS

- 
- ☒ Don't answer calls from unknown numbers.
 - ☒ If you answer and it's not who you expected, don't hang on, hang up.
 - ☒ Use extreme caution if you are being pressured for immediate payment.




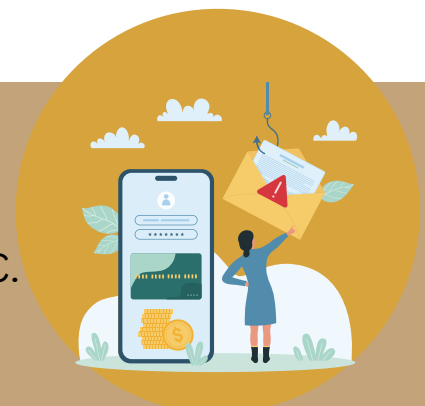
- ☒ Ask your phone company about call blocking tools for landlines or apps for mobile devices.

- 
- ☒ Never assume an unexpected call is legitimate. Hang up and call back using a number you can verify on a bill, a statement, or an official website.



- ☒ Be suspicious. Con artists can be very convincing: They may ask innocuous questions, or sound threatening, or sometimes seem too good to be true.

- 
- ☒ Report spoofing scams to law enforcement, the FCC and the FTC.





CARDINAL COMMUNITY CONNECTIONS ADULT OUTREACH

TOGETHER, WE ARE OUR BEST!

A Vision for Building Community:

The Necedah Area School District believes community engagement is an ongoing process that increases active participation, communication, and collaboration between citizens and their schools. We believe that communities working together to create meaningful relationships will lead to an increase in student success and community pride. Together, we are our best!

The following event schedule has been developed to support increased engagement of citizens in the Necedah School Community. As a resident, you have FREE access to various activities and events taking place at the school building. The school's commitment to the luncheons is providing staffing, space, and record keeping. Juneau County is providing reimbursement for the meals. Please join us!

Senior Citizen Luncheons 2023-24

Senior Citizens living in the Necedah community are welcome to join us for luncheons at the school every 2nd and 4th Wednesday of the month at 11:00 am in the Multipurpose Room. Please note: There is one (1) Tuesday event to accommodate 'no school' that week. RSVP is not required. Please park in Parking Lot A (front of school building) and enter through the elementary school.



We love our Senior Citizens!
Everyone is welcome.



October 25
November 8 and 21 (Tuesday)
December 20
January 10 and 24
February 14 and 28
March 13 (one event due to spring break)
April 10 and 24
May 8 and 22



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: _____

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:

2	1	7	3	8	5	9	6	4
6	5	4	2	7	9	8	1	3
8	3	9	4	1	6	7	5	2
5	6	1	8	4	7	3	2	9
9	8	2	1	5	3	4	7	6
7	4	3	6	9	2	1	8	5
3	7	5	9	2	1	6	4	8
4	2	6	7	3	8	5	9	1
1	9	8	5	6	4	2	3	7

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

