

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 March 2024

JUNEAU COUNTY 25-27 AGING PLAN



We want to hear from YOU!

The ADRC of Eagle Country Juneau County Office is currently working on preparing our 2025-2027 aging plan. Every 3 years the ADRC is required to complete and submit an aging plan to the Greater Wisconsin Area Agency on Resources (GWAAR) in order to receive ongoing federal Older Americans Act funding. Older Americans Act funding helps to provide aging services in Juneau County for individuals age 60 and over such as the home delivered meal program, congregating dining program, caregiver support services and health promotion classes like Strong Bodies. Aging plans assess community needs and trends and help to build and determine future programming. The ADRC is seeking participant feedback to help determine what resources the community feels are needed to age well and age in place in Juneau County. The results of this survey will be used to help develop not only the aging plan, but help determine where funding is spent through the ADRC.



If you would like to participate and complete a survey, please refer to page 21 of this newsletter and fill out the attached survey. Completed surveys can be mailed back to the office or dropped off at 200 Hickory Street. Please contact the ADRC Office if you would like an additional copy mailed at 608-847-9371.

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
 Legend's Bar & Grill
 (formally)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

VOLUNTEER DRIVERS NEEDED



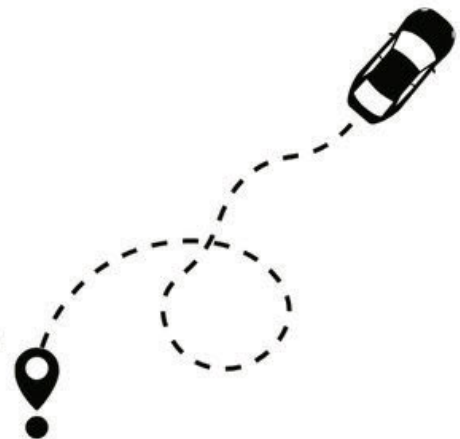
NEIGHBORS HELPING NEIGHBORS

Help transport elderly residents or individuals living with a disability to and from medical appointments, grocery shopping, and other personal errands. Volunteer drivers are also needed to help deliver home delivered meals to home bound community members.

Mileage is reimbursed at the federal reimbursement rate. You choose how far you're willing to drive and which trips to accept or decline.

Qualifications include:

- Valid WI Driver's License
- Reliable Vehicle
- Current Insurance/Registration
- Background check required



Contact the ADRC of Eagle Country Juneau County Office to sign up at 608-847-9371.



Strength Training Class

STRONG *People*™
STRONG BODIES



Strong Bodies Exercise Classes

April 3, 2024 to May 24, 2024

Wednesdays & Fridays

9:00am – 10:00am

Juneau County Services Building

Room 209, 2nd Floor

200 Hickory St.

Mauston, WI 53948



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 60+. 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.





PROTECT YOUR IDENTITY

Prevent tax-related ID theft.



Never store your Social Security number on your phone or computer.



Destroy unneeded documents containing personal information.



Sign up for federal and state Identity Protection PINs with the IRS and Wisconsin DOR.



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



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Learn more at
TomahHealth.org

 **Tomah Health**
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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



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(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

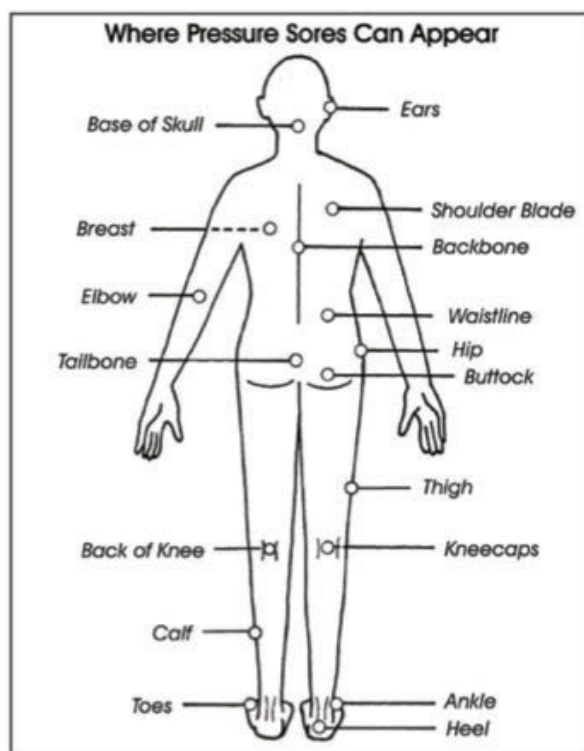
"CARING FOR YOU ... CARING FOR OTHERS"

Skin Care – Avoiding Pressure Sores

We have all experienced the feeling of sitting or lying in one position too long and having a painful or numb red spot. In someone who spends most of the day in bed or in a wheelchair, that spot can become a *pressure sore*.

Pressure sores (also called decubiti or bed sores) are blisters or breaks in the skin caused when the body's weight presses blood out of a certain area.

The most likely people to get pressure sores are those who are low weight, overweight, malnourished, diabetic, dehydrated, or whose bodies retain fluids. The best treatment for pressure sores is prevention. How much time they take to heal depends on how advanced the condition is.



Overview

- The most common areas for sores are the bony areas—tail bone, hips, heels, elbows, shoulder blades, on the back of arms and on legs where they rest on the chair. (See illustration.)
- Sores can appear when the skin rubs repeatedly on a sheet.
- The skin breakdown starts from inside, works up to the surface, and can occur in just 15 minutes.
- Damage can range from a change in color in unbroken skin to deep wounds down to the muscle or bone.
- In light-skinned people, in the first stage, a sore may change skin color to a dark purple or red area that does not become pale under fingertip pressure. In dark-skinned people, this area may become darker than normal.
- The affected area may feel warmer than surrounding skin.
- Untreated pressure sores can lead to hospitalization and can require skin grafts.

Keeping Skin Healthy

It is easier to *prevent* a pressure sore than to *cure* it so, check the skin daily. Bath time is the ideal time to do this without causing a person discomfort.

- Provide a well-balanced diet, with adequate vitamin C, zinc, and protein.
- Keep the skin dry and clean. Urine and stool left on the skin can cause sores and infection.
- Keep clothing loose.
- If splints or braces are used, make sure they are adjusted properly.
- Turn a bedridden person at least every 2 hours, alternating positions.
- Lightly tape foam to bony sections of the body using paper tape, which will not hurt the skin when peeled off.
- Use flannel or 100% cotton sheets to absorb moisture. Keep wrinkles out of sheets.
- Rent an electrically operated ripple bed (with sections that inflate alternately).
- Avoid using a plastic sheet or a Chux if they cause sweating.
- When the person is sitting, encourage changing the body position every 15 minutes.
- Use foam pad or sheep skin on chair seats to cushion the buttocks.
- Change the type of chair the person sits in; occasionally try an open-back garden chair.
- Provide as much movement or exercise as possible.
- If a person tends to scratch or pick at a spot, have him wear cotton gloves. (Make sure the hands are clean and dry before putting the gloves on.)

Remember, good nutrition is key to preventing and curing pressure sores.

Seek immediate medical care if you see signs of infection, such as a fever, drainage from a sore, a sore that smells bad, changes in skin color, warmth or swelling around a sore. Follow the doctor's or nurse's treatment plan in applying medication to sores and bandaging the areas to protect them while they heal. To reduce the chance of infection, provide all care while wearing gloves.

- Do not position the person on his bony parts.
- Do not let the person lie on pressure sores.
- In bed, change positions at least every two hours.
- Follow the doctor's or nurse's treatment plan in applying medication to sores and bandaging the areas to protect them while they heal.

The Benefits of Eating With Others:

Connecting Nutrition and Socialization for Better Health

THE POSITIVE IMPACT OF EATING TOGETHER

Studies show that people who dine with others regularly eat healthier and report a better quality of life. It provides a sense of structure and belonging while offering greater opportunities for improved nutrition. Coming together over a meal can also provide meaningful ways to connect with others over shared beliefs and cultural interests. Benefits may include:

Physical Health

- Improved nutrition
- Reduced risk of chronic conditions
- Better mobility



Mental Health

- Increased self-care
- Sense of well-being
- Reduced anxiety and depression



Social Health

- Opportunities to connect
- Stronger relationships
- Reduced loneliness



REDUCED HUNGER IS MORE COMMON AS WE AGE

As a result, some older adults skip meals or eat in an unbalanced manner when eating alone. When we eat with others, our nutrition intake improves. Examples may include:

Eating better overall
or certain food groups like protein and vegetables.



Consuming more calories
to provide needed energy.



Taking in more nutrients
like iron, calcium, and folate.



Sources cited

- Gender differences in longevity in free-living older adults who eat-with-others: A prospective study in Taiwan. 2017.
- A systematic review and meta-analysis of the social facilitation of eating. 2019.
- Social influences and eating behavior in later life: a review. 2011.
- "You've got to be old to go there:" psychosocial barriers and facilitators to social eating in older adults. 2020.
- Living alone but eating together: exploring lunch clubs as a dining out experience. 2017.
- Eating along or together among community-living older people - a scoping review. 2021.

Aging & Disability Resource Center

Upcoming Programs

March 4, 2024 - April 8, 2024

Powerful Tools for Caregivers

Every Monday for 6 consecutive weeks from 2:00pm to 3:30pm at the ADRC.

March 4, 2024 - April 22, 2024

Boost your Brain & Memory Class

Every Monday for 8 consecutive weeks from 10am - 11am at Camp Douglas Village Hall 304 Center St. Camp Douglas, WI 54618

Please call our office to register for classes at 608-847-9371.

March 8, 2024

Medicare ABC's

1 - 3pm in Services Building Room 209.
200 South Hickory St. Mauston, WI 53948

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



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CONTACT ME Ruth Schlitz

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



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- cards and gifts

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

Aging & Disability Resource Center, Mauston, WI

B 4C 01-1367

March 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
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.				Closed 1
Meatloaf, Mashed Potatoes, Green Beans, Wheat Bread, 1% Milk 4	Bacon Turkey Cheese Melt, Tater Tots, Broccoli Cheddar Soup, Three Bean Salad, 1% Milk 5	Breaded Chicken Tenders, Sweet Potato Mashed, Corn, Wheat Bread, 1% Milk 6	Cheese Ravioli, Marinara Sauce, Mild Italian Sausage, Vege, Wheat Breakdstick, 1% Milk 7	Closed 8
Pork Diane, Butternut Squash Casserole, Roll, 1% Milk 11	Beef Stroganoff over Noodles, Roasted Cauliflower, Roll, 1% Milk 12	Baked Cod, Rice Pilaf, Parm Zucchini , Wheat Bread, 1% Milk 13	Sliced Turkey, Gravy, Stuffing, Green Bean Casserole, Roll, 1% Milk 14	Closed 15
Corned Beef, Carrots & Cabbage, Potatoes, Rye Bread, 1% Milk 18	Salsbury Steak, Mashed, Cauliflower Gratin, Wheat Bread, 1% Milk 19	Bacon Cheese Stuffed Chicken Breast, Rice, Brocoli, Wheat Bread, 1% Milk 20	Meat Lasagna, Creamed spinach, Breadstick, 1% Milk 21	Closed 22
Italian Meatballs with Marinara Sauce, Parm Butter Noodles, Vege, Roll, 1% Milk 25	Pork Loin, Gravy, American Potatoes, Apple Sauce, Wheat Bread, 1% Milk 26	Baked Salmon, Lemon Risotto, Roasted Asparagas, Wheat Bread, 1% Milk 27	Chicken Cordon Bleu, Beets, American Potatoes, Wheat Bread, 1% Milk 28	Closed 29

March 2024 Menu

Wonewoc Area

Serving Times: 11:30-12:30

Meal Site Manager:

Meal Site Location: R&S Spirits Wonewoc

Cathy Durkee

My Meal My Way menu options available upon dining in

608-847-9371

MON	TUE	WED	THU	FRI
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.				Fish Baked Potatoes Coleslaw Bun 1
Closed 4	Ribs Potato Salad Beans Bun 5	Chicken Mashed Potatoes Carrots Fruit 6	Hot Dogs Beans Cucumber Salad Fruit 7	Salmon Loaf Squash Au Gratin Potatoes Bun Fruit 8
Closed 11	BBQ on a bun Noodle Salad Fruit 12	Tuna Casserole Bun Fruit 13	Pizza Salad Fruit 14	Corned Beef Cabbage Potatoes Carrots Bun Fruit 15
Closed 18	Taco Bake (Meat, Lettuce, Tomato, Cheese) 19	Shepard 's Pie Bun Fruit 20	Scalloped Potatoes Ham Broccoli Bun Fruit 21	Meatloaf Mashed Potatoes Beans Bun 22
Closed 25	Spaghetti & Meat Sauce Salad Garlic Bread Fruit 26	Grilled Ham & Cheese Tomato Soup Pasta Salad Fruit 27	Bologna Mac & Cheese Beans Fruit 28	Beef Tips over Potatoes Spinach Fruit Bun 29

March 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
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.				Tuna or Chicken Casserole Corn Cottage Cheese Mandarin Oranges WW Dinner Roll ¹
Kielbasa German Potato Salad Baked Beans Pears WW Dinner Roll ⁴	Breaded Pork Chops Cheesy Hash Browns Green Bean Casserole Peaches Corn Bread Pudding Hawaiian Poke Cake ⁵	Closed ⁶	Beef Tips over Noodles Carrots Romaine Lettuce Salad WW Dinner Roll Mandarin Oranges Farm Cookies ⁷	Fish - Fried or Baked Oven Fried Potatoes Coleslaw Apricots WW Dinner Roll ⁸
Tator Tot Casserole W/Mixed Vegetables Green Beans/ 7-Layer Salad Fruit Cocktail WW Dinner Roll ¹¹	Porcupine Meatballs W/Red Gravy Mashed Potatoes Corn Bean Salad Pears WW Dinner Rolls Caramel Pecan Poke Cake ¹²	Closed ¹³	<u>St. Pat's Day Dinner</u> Corn Beef & Cabbage, Potatoes & Carrots Green Jell-O Pineapple Salad Irish Soda Bread Wearing O' Green Cake ¹⁴	Salmon Patties Mashed Potatoes Creamed Peas Peaches WW Dinner Roll ¹⁵
Quiche - Cheese, Sausage & Onion Oven Fried Potatoes Blueberry Coffee Cake Applesauce ¹⁸	Baked Chicken Mashed Potatoes/Gravy Glazed Carrots Peaches WW Dinner Roll Peanut Butter Cookies ¹⁹	Closed ²⁰	Ribs 'N' Kraut Baked Potato Green Beans Jell-o W/Fruit Cocktail WW Dinner Roll Lemon Poppy Seed Cake ²¹	Tuna Melt Sandwich Tomato Soup Tossed Salad Pears ²²
Calico Bean Soup Grilled Ham & Cheese on WW Cottage Cheese Peaches ²⁵	Lasagna Bean Salad Corn Applesauce Garlic Bread Peach Swirl Cake ²⁶	Closed ²⁷	<u>EASTER DINNER</u> Ham Sweet Potatoes Creamy Cheesy Corn Fruit Salad WW Dinner Roll ²⁸ Butterfinger Extasy Cake	Closed ²⁹

SAFETY TIPS— Dry Skin

Dry skin is more common as we age because of age-related thinning of the skin and the skin produces less of the oils needed for the skin to retain water. Dry skin can easily become infected. Follow these tips to feel comfortable.

1. Use a humidifier in the winter or keep bowls of water near the heating vents.
2. Take only short, lukewarm showers and baths. Hot water washes away our natural oils.
3. Use soaps with moisturizers.
4. Wear gloves when washing dishes and cleaning.
5. Use moisturizers often during the day. Keep a jar in many areas of the house.
6. Use lipstick or lip balm on lips.
7. Practice sun protection year round.

Provide plenty of fluids—especially water, which won't add calories or caffeine!



Goodbye House. Hello Home.

Retirement living at its best!



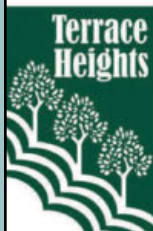
No more:

- ✓ shoveling heavy snow
- ✓ mowing the lawn
- ✓ cleaning out gutters
- ✓ fixing leaky faucets



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



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Auctioneer/Realtor

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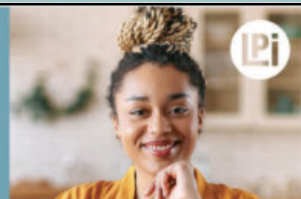
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For ad info. call 1-800-950-9952 • www.lpicommunities.com

Aging & Disability Resource Center, Mauston, WI

C 4C 01-1367

BOOST YOUR BRAIN & MEMORY CLASS



LOOKING FOR WAYS TO PROMOTE BRAIN HEALTH AS YOU AGE?

TOPICS DISCUSSED

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

ABOUT THE TRAINING

BOOST YOUR BRAIN &
MEMORY IS AN 8 WEEK
EVIDENCE-BASED BRAIN
HEALTH PROGRAM
DESIGNED TO FOCUS ON
MEMORY STRATEGIES
THAT CAN POSITIVELY
INFLUENCE BRAIN
HEALTH.

When:

Class will be held on Monday:
March 4, 11, 18, 25
April 1, 8, 15, 22
10 a.m. – 11:00 a.m.

Where:

Camp Douglas Community
Center (Bluffs)
304 Center St
Camp Douglas, WI

Call to register:

Contact the Aging and Disability
Resource center at 608-847-9371
for registration and questions.
Registration is required.

 **Institute on Aging**

 **ADRC**
of Eagle Country

DEMENTIA Live[®]

Proven. Powerful. Essential

- Hands on, simulation experience
- Immerses participants into what it could feel like to live with dementia
- Discussion to follow the hands on experience
- Learn how to turn new understanding into action

Join us for a **FREE Dementia Live** experience!

Ever wonder what it can be like to live with dementia?
Want to learn to better understand a loved
one living with dementia?



 **AGE-u-cate**
Training Institute

 **ADRC**
of Eagle Country

Event Details: April 10th

Hatch Public Library	Session 1 - 8:30 - 9:30
111 W State St	Session 2 - 9:30 - 10:30
Mauston, WI	Session 3 - 10:30 - 11:30

Registration is required and spots
are limited. Contact the ADRC
to register or for questions:

 608-847-9371

MARCH BUS TRIPS

With Jim



March 6, 2024 - Tomah Shopping Trip

March 20, 2024 - Sparta 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.



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Are High Energy Costs Putting the Squeeze On Your Limited Income?



ENERGY SERVICES FOR VILAS COUNTY
may be able to help!



Our experienced team is available to answer any questions you may have and assist you in applying for WHEAP or other resources that may be of help.

Don't delay, call us today! **715-337-2124** or visit **HEAT.HELP**



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...

There are over **4,300 varieties** of potatoes that come in many sizes, shapes, and colors

Chives are rich in phytochemicals that help control cholesterol and blood pressure.

EAT WELL, AGE WELL. March – Potatoes and Chives

If you are striving to eat a more plant-based diet and purchase locally grown, in-season foods; Wisconsin is a major player in the United States potato market. Wisconsin is ranked 3rd in the nation for shipping fresh potatoes and total potato production. Contrary to popular belief potatoes are high in several vitamins and minerals. Just be aware of how you prepare them and the toppings you add. Different colors mean different nutrients, so a variety is always healthy.

- Storage: Store in a cool, dark place with low humidity, like a basement.
- Preparation: Wash before cooking. Potatoes can be roasted, mashed, fried, pureed, stuffed, baked, grilled, steamed, or boiled.

Chives are easy to grow and make a delicious pairing with potatoes. While they are grown in the summer, chives can be chopped and frozen on a cookie sheet or in ice trays for year-round use. Chives are a good source of many vitamins, minerals, and phytochemicals.

- Storage: Stores well in refrigerator for several days if wrapped loosely in paper towel
- Preparation: Wash just before using. Makes for a great garnish on a variety of foods

March is National Nutrition Month! Learn more at

<https://www.eatright.org/about-national-nutrition-month>

Cheesy Potato Soup

Ingredients

- 1 medium onion, chopped
- ¼ cup celery, chopped
- 1 tsp vegetable oil
- 2 cups potatoes, bite-size diced
- 2 cups low-sodium broth (any type)
- ¼ tsp pepper
- 3 Tbsp cornstarch
- 1½ cups 1% or nonfat milk, divided
- ¾ cups (3 ounces) cheddar cheese, shredded
- 1 Tbsp bacon, cooked and crumbled (optional)
- Chives, chopped, for garnishing

Instructions

1. In a large saucepan over medium-high heat, sauté onions and celery in vegetable oil until onions are clear or translucent.
2. Add diced potatoes, broth, and pepper. Bring to a boil and stir, then reduce heat to low. Cover and simmer until potatoes are tender, 15-25 minutes.
3. In a small bowl, stir together cornstarch and ¼ cup milk until smooth. Add remaining milk to bowl.
4. Stir the cornstarch mixture into the potato mixture.
5. Cook and stir until thickened and heated through, about 5 minutes. Do not let boil.
6. Remove from heat. Stir in cheese until melted.
7. Garnish with bacon and chives, as desired.
8. Refrigerate leftovers within 2 hours.

Notes

- Can reduce the amount of cheese used for a healthier touch.
- Pair with a whole grain bread or sandwich packed with vegetables for a balanced meal.
- The recipe can be found at <https://foodhero.org/recipes/cheesy-potato-soup>



Check out more Recipes at: <https://foodhero.org/potatoes>

What's New in Medicare

WHAT'S NEW IN 2024?



Part A: Hospital Insurance

PART A PREMIUM

Free if you've worked 10 years or more
\$278 per month if you've worked 7.5 to 10 years
\$505 per month if you've worked fewer than 7.5 years

PART A HOSPITAL DEDUCTIBLE

\$1,632 each benefit period

PART A HOSPITAL COINSURANCE

\$0 for the first 60 days of inpatient care each benefit period
\$408 per day for days 61-90 each benefit period
\$816 per lifetime reserve day after day 90 in a benefit period
(You have 60 lifetime reserve days that can only be used once. They're not renewable.)

SKILLED NURSING FACILITY COINSURANCE

\$0 for the first 20 days of inpatient care each benefit period
\$204 per day for days 21-100 each benefit period



Part B: Medical Insurance

PART B PREMIUM

\$174.70 is the standard premium

PART B DEDUCTIBLE

\$240 per year

PART B COINSURANCE

20% for most services Part B covers



SHIP

State Health Insurance
Assistance Program

Part D: Prescription Drug Coverage

PART D PREMIUM

Around \$30 per month

PART D MAXIMUM DEDUCTIBLE

\$545 per year

COVERAGE GAP BEGINS

\$5,030

CATASTROPHIC COVERAGE BEGINS

\$8,000



shiphelp.org | 1.877.839.2675



Ending Care Appeals

HOSPITAL DISCHARGE APPEAL

If Medicare will no longer pay for your hospital care and you believe it's still medically necessary, you have the right to a fast appeal.



Important Message from Medicare*

Your provider should give you this notice within two days of entering the hospital as an inpatient.



Beneficiary and Family Centered Care- Quality Improvement Organization (BFCC-QIO)

To file an expedited appeal, call the BFCC-QIO by midnight of the day of your discharge.



Detailed Notice of Discharge

Once you contact the BFCC-QIO, the hospital must send you this notice. It explains in writing why your hospital care is ending.

**This notice includes instructions for how to appeal.*



SHIP

State Health Insurance Assistance Program

Navigating Medicare



For more guidance on appeals

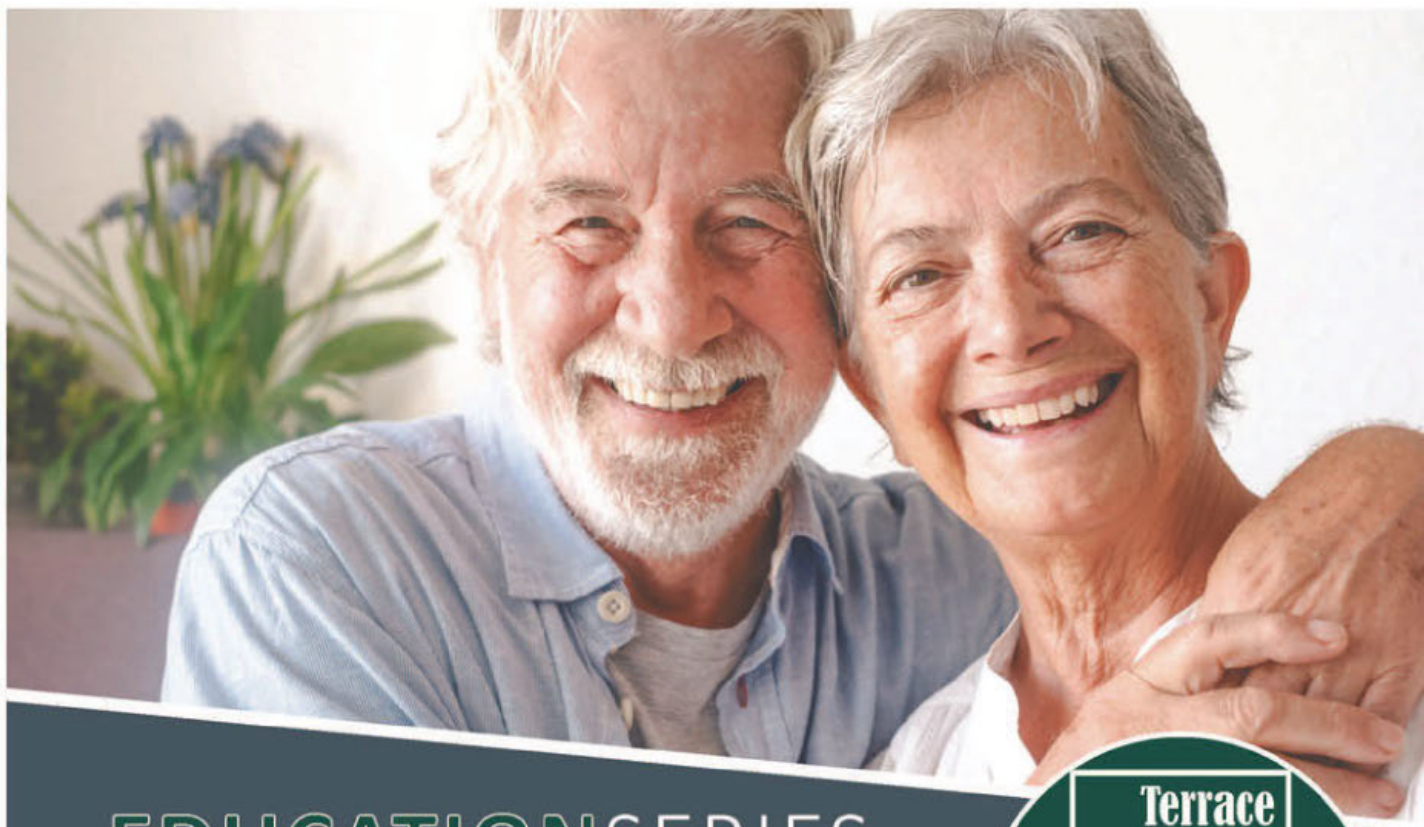
Contact your local State Health Insurance Assistance Program (SHIP).



BFCC-QIO Call

The BFCC-QIO should call you with its decision within 24 hours of receiving all the information it needs.

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EDUCATION SERIES

FOR SENIORS



Once a month



One hour



1030 Division Street
Mauston, WI 53948

DATES TOPICS

March 28		Healthy Eating
2:00 pm		<i>Presented by Mile Bluff Dietitians</i>
April 25		Medicare ABC's
2:00 pm		<i>Presented by Amy Goodman (ADRC)</i>
May 9		Senior Fitness/Balance
1:30 pm		<i>Presented by Mile Bluff Athletic Trainers</i>
June 27		Medicare Scams
2:00 pm		<i>Presented by Medicare Patrol</i>

For more information and to RSVP, call **608-847-2377**.

1. Please select the option that best describes you?

- ☐ I am over 60 years of age
- ☐ I am under 60 years of age
- ☐ I am caring for or have family/friends over age 60
- ☐ Other: _____

2. Where do you gather information about the Juneau County ADRC programs?

- ☐ WRJC 92.1 or 92.9
- ☐ Ageless Newsletter
- ☐ Facebook (i.e. Social Media)
- ☐ Website
- ☐ Other: _____

3. Do you live alone?

- ☐ Yes
- ☐ No

4. What Aging and Disability Resource Center (ADRC) services have you received? (Check all that apply)

- ☐ Nutrition (ie: home delivered meals, congregate meals)
- ☐ Transportation
- ☐ Information & Assistance (General Information)
- ☐ Assistance with long term care programming and enrollment
- ☐ Health Promotion Programming (ie: strong bodies, boost your brain, support group)
- ☐ Men's Shed
- ☐ Medicare Assistance
- ☐ Social Security
- ☐ Caregiver Assistance
- ☐ Other: _____

5. Do you have enough support and/or resources you need to live safe and independently at home? If not, please explain why.

- ☐ Yes
- ☐ No, Why: _____

6. Demographic information: I live in the _____ community/area

- ☐ Camp Douglas
- ☐ Necedah
- ☐ New Lisbon
- ☐ Mauston
- ☐ Mather
- ☐ Wonewoc
- ☐ Necedah
- ☐ Union Center
- ☐ Other: _____

7. What do you feel are the main challenges for older adults living in Juneau County? (check all that apply)

- ☐ Housing
- ☐ Nutrition/Food Resources
- ☐ Finding In-Home Support
- ☐ Caregiver Support
- ☐ Transportation
- ☐ Physical Activity
- ☐ Dementia
- ☐ Opportunities to interact with others
- ☐ Loneliness
- ☐ Mental Health
- ☐ Staying connected with Friends and Family
- ☐ Financial Security
- ☐ End of Life Preparedness
- ☐ Access to healthy food, nutrition resources
- ☐ Social Isolation
- ☐ Other: _____

8. What is the greatest challenge facing you and/or your family in the next five years?

9. What aged related programs/services would you like to see offered in Juneau County?

10. What programs/services can the ADRC improve?

Tape Here



Tape Here

Place
Stamp
Here

ADRC of Eagle Country – Juneau County Office
200 S. Hickory St.
Mauston, WI 53948

Fold on this line

You also have the option to complete this survey online!

Visit: <https://www.facebook.com/ADRCMauston>

And one last thing...

Please encourage your family and friends to take the survey! If they'd like a print version like this, they can call us at (608)-847-9371

Fold on this line

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!**

