

2023

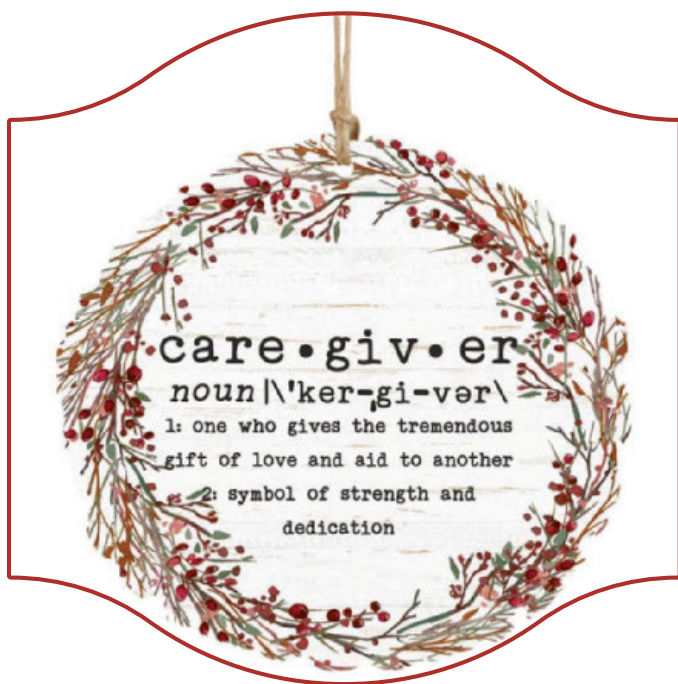


Aging & Disability Resource Center of  
Eagle Country  
Juneau County Office  
200 S. Hickory St  
Mauston, WI 53948  
Ph: 608-847-9371  
Email: [jcadrc@co.juneau.wi.us](mailto:jcadrc@co.juneau.wi.us)

*A newsletter for Juneau County Seniors & individuals living with disabilities*

## Ageless Newsletter November 2023

# NATIONAL FAMILY CAREGIVER MONTH



***Thank you,  
Caregivers!***

November is a time to honor those who dedicate their time, energy, skills and give an unending amount of love and care to loved ones. Caregiving requires sacrifice, flexibility and can be a 24/7 duty. To all of those who have stepped into the role of a caregiver, the ADRC of Eagle County Juneau County Office has a tremendous amount of gratitude, respect and admiration for you. For caregiver support, resources, education or assistance, contact the ADRC of Eagle Country Juneau County Office 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:**

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 Zabal***



# November

## Upcoming Events

### Wednesday November 1, 2023

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

### Thursday November 2, 2023

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

### Saturday November 4, 2023

Daylight Saving Time Ends



### Monday November 6, 2023

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

### Tuesday November 7, 2023

Election Day

### Wednesday November 8, 2023

Blood Drive at Mile Bluff Medical Center

### Thursday November 9, 2023

4:00pm - 6:00pm Game Night @ Hillsboro Public Library

### Saturday November 11, 2023

Veterans Day

4:00 p.m.- 8:00 pm Poultry Bing  
@Maurice Harvey VFW Post Lyndon station



### Monday November 20, 2023

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

### Thursday November 23, 2023

Thanksgiving Day

8:00 am-10am

Wonewoc 4-H Badgers

Annual 5k Turkey Trot and Walk  
@ Wonewoc High School



### Monday November 27, 2023

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

### Tuesday November 28, 2023

10:00 am-12:00 pm Men's Shed Event @ Mauston Outdoors Forever Club, "Getting to know Representatiave Kurtz"

### Wednesday November 29, 2023

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

### Thursday November 30, 2023

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



### Ingredients

- ½ c unsalted butter, room temperature
- 1 c Dark Brown Sugar
- 1 egg
- ½ c + 1 T Maple Syrup
- 1 t vanilla extract or maple extract (optional)
- 2 c Flour
- ½ t Baking Soda
- ½ t Salt
- ¾ c Walnuts, chopped

### Preparation

Preheat the oven to 350 degrees.

Cream butter and sugar in a large bowl. Add in egg and maple syrup. Mix until combined. In a separate bowl whisk together all dry ingredients to combine. Slowly add dry ingredients to wet ingredients and mix to combine. Fold in chopped nuts. Scoop a tablespoon sized amount onto parchment lined baking sheets. Bake for 12 minutes. Makes about 36 cookies.

# Maple Nut Cookies



## **PRESCRIPTION FOR A HEALTHY HOLIDAY**

For many people, the holiday season means extra visits with family and friends, creating fun memories, sharing traditions, and enjoying the warm glow of family. With all the decorating and activities, it's easy to let safety slip off your To Do list. But this is an excellent time to make sure powerful medicines don't fall into the wrong hands. Prescriptions and over-the-counter remedies we rely on can be dangerous to others, and not just to children. It is true that about 60,000 young children are taken to the emergency room each year because they got into medicines left within easy reach. Unfortunately, older kids and teens often experiment with drugs they find in someone else's medicine cabinet. A surprising number of heroin users started abusing drugs by taking opioid pain killers stolen from a family member. In fact, drug addiction crosses ALL age groups, and it often starts with prescription medicines.

### **SIX WAYS TO SAFEGUARD YOUR PRESCRIPTION DRUGS-AND YOUR LOVED ONES:**

1. Keep all medicines and over-the-counter items—especially cough syrup, sleep aids, and motion sickness medicine—locked up, or move them to a place where they won't be easily found.
2. Sort through all your medicines and get rid of old or unused ones. The label will tell you how to dispose of them. Before you put them in the trash, mix them with something that tastes bad, like cat litter or old coffee grounds, and then put them in a sealed bag or old container and place it in the trash. (Most medicine should not be flushed because it gets into creeks and rivers.) Ask the pharmacy or police department about "drug take-back" programs for an even safer method of disposal.
3. Keep track of your medicines on a regular basis (weekly), especially opioids or other pain killers, including how many pills you should have.
4. Check around your home for old medicines. Purses, coat pockets, kitchen cupboards, bureau drawers, and hall closets are common places to find old medicines.
5. If you take prescriptions with you when staying in someone else's home, quietly ask your host or another trusted adult to lock them up or find a secure place to store them. Suitcases and purses are not safe places to keep powerful prescriptions.
6. Keep the Poison Help number handy in case of emergencies: (800) 222-1222.

# JOIN US FOR A PUBLIC HEARING



Please join us for review of the Juneau County  
2024 85.21 Transportation Grant Application

Date: Monday, November 20th, 2023

Time: 9:00am

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



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Aging & Disability Resource Center, Mauston, WI

A 4C 01-1367



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# Caregiver Assistance News

"CARING FOR YOU... CARING FOR OTHERS"

## Alzheimer's Disease and Wandering

One of the most troubling aspects of Alzheimer's (AD) is the person's tendency to wander away from home. There is no way to predict who will wander or when it might happen. However, some of the reasons can be pain or restlessness, side effects of medication, a noisy or stressful environment, an attempt to meet basic needs (finding the toilet) or trying to meet former obligations to job or family.

Wandering may also be a natural release for boredom or agitation. If this is the reason, wandering within a safe confined space may be encouraged. When faced with episodes of wandering, try to find their *cause*.

### Reduce the Chance of Wandering

You cannot always prevent wandering, but you can do many things to reduce the chances it will happen.

- Provide opportunities for **exercise**. Exercise might include singing, rhythmic movements, walking at an indoor mall, or dancing. Develop areas indoors and outdoors where the person can explore and wander independently and safely.
- **Reduce noise** and confusion, particularly at mealtimes.

**Note:** Alzheimer's disease is the 6th leading cause of death among US adults.

Source: CDC

- **Clearly label** bathrooms, living rooms, and bedrooms with large letters or pictures. Try attaching a yellow strip of plastic, symbolizing caution, across doors to prevent wanderers from entering or leaving the room. Place a large NO on doors.
- **Camouflage doors** by painting exit doors the same color as the walls or cover doors with curtains. Place a full-length mirror on doors to the outside. Some people will turn around when they see the image, not recognizing themselves.
- **Install electronic alarms** or chimes on windows and doors.
- **Monitor medication** for changes, especially anti-depressants or anti-anxiety drugs.
- Determine whether wandering is related to previous lifestyles. Find out how the person coped with change and stress and **learn about patterns** of physical exercise and lifetime habits, both at home and at work. (Did the person always react to an argument by going out and walking for an hour? Did he always jog in the afternoon?) Have a plan of action if wandering occurs.



Source: The Comfort of Home for Alzheimer's Disease: A Guide for Caregivers



## ***Safe Return Program***

If you are the authorized caregiver or a family member, you can register the person in your care with the Alzheimer's Association's Safe Return Program. The Alzheimer's Association, in collaboration with MedicAlert® Foundation, provides membership plans with 24/7 Wandering Support. Call 800-432-5378 or visit [www.alz.org/safereturn](http://www.alz.org/safereturn) for details.

**Getting started is easy:** Choose your medical ID and engrave it with the most critical information and select a membership plan that best suits your needs. Enjoy peace of mind knowing you or your loved one are protected with MedicAlert. Products are mailed in six to eight weeks. Having the identifying information and a picture stored in a national database will increase chances of finding someone even if they refuse to wear the bracelet.



Call the Safe Return Hotline at 800-572-1122 as soon as possible when the registrant moves or goes on vacation so Safe Return always has up-to-date information.

## ***Preparing for a Safe Return***

Prevention is the best cure, but if you can't prevent your loved one from wandering, here is a checklist of things that will make it easier for them to be found.

- ✓ Note what the person is wearing each day.
- ✓ Have photos available to give to the police and searchers.
- ✓ Have information on age, height, weight, hair and eye color, physical disabilities, and other identifying features.
- ✓ Know if the person has any medical problems or takes medication.
- ✓ Note the person's favorite places to go, "hang outs" and familiar sites.
- ✓ Put bells on the doors to alert you when they are opened.
- ✓ Be aware of nearby hazards such as bodies of water, dense foliage, construction sites, high cliffs, steep stairways, high balconies, busy roads, fences, and gates.
- ✓ Know if the person can use a bus or a taxi.
- ✓ Keep unwashed clothing or wipe clean cotton balls on the person's face or arm. Put the balls in individual Ziploc bags and store them in the freezer. Tracking dogs can use them to pick up a scent.

When the missing person is found, call the police and the Safe Return program (800-572-1122).

Source: Alzheimer's Association; <https://www.alz.org/help-support/caregiving/safety/medicalert-with-24-7-wandering-support>



## Taking Care of Yourself— Poetry Relaxes

When caring for a person with dementia it can be difficult to find ways to relax.

Poetry can be powerful therapy for people with dementia as well as relaxing for the caregiver. Tapping into the rhythm and rhymes of poems can make people laugh, dance or cry.

Try your favorite poem or consider:

- The Owl and the Pussy Cat – Edward Lear
- The Raven – Edgar Allen Poe
- How Do I Love Thee – Elizabeth Barrett Browning
- Rock Me to Sleep – Elizabeth Akers Allen
- Jabberwocky—Lewis Carroll
- Jeanie with the Light Brown Hair—Stephen Foster

Source: [www.alzpoetry.com](http://www.alzpoetry.com); Alzheimer's Foundation of America's CareADvantage Spring 2006



## Inspiration

*Do not let what you cannot do interfere with what you can do.*

## Live Life Laughing!

When I was 20 and I dropped something, I'd pick it up.

Now I'm 80 and I drop something, I decide I don't need it anymore!



## Memory Care - Inform the Neighbors

Contact the people living in the immediate vicinity and ask them to alert you if they see the person in your care walking around unsupervised to contact you. Show them a photo of the person. It is important to make people aware so you create a huge safety net for the person with Alzheimer's.



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



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# November 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
<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>		<p>BREADED PORK TENDERLOIN STUFFING LS GRAVY CAULIFLOWER FRUIT JELLO MARGARINE 1 % MILK 1</p>	<p>BBQ BEEF SANDWICH CHIPS CALIFORNIA VEGETABLE WHEAT BUN BIRTHDAY CAKE FRESH FRUIT 1 % MILK 2</p>	<p><b>Closed</b> 3</p>
<p>CHICKEN PARMESAN RICE PILAF PEAS WHEAT BREAD STICK FRUIT PUDDING 1% MILK 6</p>	<p>HONEY GLAZED PORK CHOP WHIPPED SWEET POTATOES GREEN BEANS APPLESAUCE WHEAT BREAD MARGARINE 1 % MILK 7</p>	<p>SAUSAGE LINK BAKED BEANS CORN FRUIT CUP WHEAT BUN 1 % MILK KETCHUP &amp; MUSTARD 8</p>	<p>HAM SALAD CROISSANT CUCUMBER SALAD VEGETABLE SOUP CRACKERS FRUIT CUP 1 % MILK 9</p>	<p><b>Closed</b> 10</p>
<p>BEEFY CHEESEY MAC W/TOMATO SAUCE MIXED VEGETABLES WHEAT STICK FRUIT JELLO 1% MILK 13</p>	<p>BAKED CHICKEN / 2 LEGS CHEESY RICE PEAS &amp; CARROTS WHEAT BREAD MARGARINE FRUIT OF THE WEEK 1 % MILK 14</p>	<p>SWEDISH MEATBALLS MASHED POTATOES GRAVY BABY CARROTS FRUIT FLUFF WHEAT BREAD MARGARINE 1% MILK 15</p>	<p>HAM SALAD CROISSANT CUCUMBER SALAD VEGETABLE SOUP CRACKERS FRUIT CUP 1 % MILK 16</p>	<p><b>Closed</b> 17</p>
<p>SLICED ROAST TURKEY MASHED POTATOES GRAVY GREEN BEAN CASSEROLE CRANBERRY SAUCE WHEAT ROLL MARGARINE 1 % MILK 20</p>	<p>HAMBURGER CASSEROLE CORN WHEAT BREAD FRUIT PUDDING MARGARINE 1 % MILK 21</p>	<p>SALISBURY STEAK MASHED POTATOES MIXED VEGETABLES WHEAT BREAD FRUIT CUP MARGARINE 1 % MILK 22</p>	<p><b>Closed</b> 23</p>	<p><b>Closed</b> 24</p>
<p>BAKED PORK CHOP W/MUSHROOM SAUCE DICED POTATOES GREEN BEANS WHEAT BREAD MARGARINE 1% MILK 27</p>	<p>BAKED FISH / SCAMPI RICE CORN BREAD PUDDING FRUIT PUDDING MARGARINE 1% MILK 28</p>	<p>CHICKEN A LA KING RICE BISCUIT MIXED VEGETABLE FRUIT CUP 1 % MILK 29</p>	<p>BEEF CUTTAGE PIE MASHED POTATO GREEN BEANS AMBROSIA SALAD WHEAT BREAD MARGARINE 1 % MILK 30</p>	





# November 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*

*Meal Site Manager:*

*Cathy Durkee*

*608-847-9371*

MON	TUE	WED	THU	FRI
<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>		<p>Sausage Pizza Garlic Bread Peaches</p> <p>1</p>	<p>Hamburger Kidney Bean Salad Fruit</p> <p>2</p>	<p>Cheese Stuffed Shells Spinach Fruit</p> <p>3</p>
<p><b>Closed</b></p> <p>6</p>	<p>Bologna Mashed Potatoes Green Beans Fruit Bread</p> <p>7</p>	<p>Ham &amp; Cheese Sandwich Tomato Slice Fruit Pie</p> <p>8</p>	<p>Chili (Beans/Burger) Crackers Fruit</p> <p>9</p>	<p><b>Closed</b></p> <p>10</p>
<p><b>Closed</b></p> <p>13</p>	<p>Burger &amp; Mushroom Gravy over rice Cherry Dessert</p> <p>14</p>	<p>Chicken Mac &amp; Cheese Fruit Bread Beans</p> <p>15</p>	<p>Pork Mashed Potatoes Broccoli Fruit</p> <p>16</p>	<p>Fish Baked Potatoes Squash Fruit Bread</p> <p>17</p>
<p><b>Closed</b></p> <p>20</p>	<p>Spaghetti Casserole Corn Bread Fruit</p> <p>21</p>	<p>Ham Slice Mashed Potatoes Gravy Green Bean Casserole</p> <p>22</p>	<p><b>Closed</b></p> <p>23</p>	<p><b>Closed</b></p> <p>24</p>
<p><b>Closed</b></p> <p>27</p>	<p>Meatball Sub Coleslaw Carrots Fruit</p> <p>28</p>	<p>Sausage Gravy over Biscuits Corn Fruit</p> <p>29</p>	<p>Chicken Noodle Soup Applesauce Bread</p> <p>30</p>	



# Novemeber Menu

## Elroy Area

Serving Times: 11:30-12:30


Meal Site Manager:

Meal Site Location:

Karen Nelson

Grace Lutheran Church Elroy

608-462-5175

MON	TUE	WED	THU	FRI
<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> 		<p><b>Closed</b></p> <p>1</p>	<p>Meatballs W/Gravy Mashed Potatoes Corn Mandarin Oranges WW Dinner Roll Dessert</p> <p>2</p>	<p>Hamburger on a Bun Baked Beans German Potato Salad Pickles Jell-o W/Fruit Cocktail</p> <p>3</p>
<p>French Toast Bake Egg Bake W/Sausage Cottage Cheese Applesauce Coffee Cake</p> <p>6</p>	<p>Liver &amp; Onions Cheesy Hash Browns Broccoli Pears WW Dinner Roll</p> <p>7</p>	<p><b>Closed</b></p> <p>8</p>	<p>Spaghetti W/Meat Sauce Green Beans Romaine Lettuce Salad Cottage Cheese Peaches Garlic Bread Dessert</p> <p>9</p>	<p><b>Closed</b></p> <p>10</p>
<p>Smoked Sausage W/Potatoes, Carrots, Onions, Red Peppers &amp; Zucchini Kidney Bean Salad Mandarin Oranges WW Dinner Roll Dessert</p> <p>13</p>	<p>Pork Steak Mashed Potatoes/Gravy Fried Cabbage Pears WW Dinner Roll</p> <p>14</p>	<p><b>Closed</b></p> <p>15</p>	<p>Beef Stroganoff over Noodles Broccoli Peaches WW Dinner Roll Dessert</p> <p>16</p>	<p>Fish - Fried or Baked Sweet Potatoes Fries Corn Apricots WW Dinner Roll</p> <p>17</p>
<p>Goulash Peas Applesauce Garlic Bread Dessert</p> <p>20</p>	<p><b>THANKSGIVING DINNER</b> Turkey &amp; Stuffing Mashed Potatoes/Gravy Broccoli Casserole Cranberry Salad WW Dinner Roll Pumpkin Pie</p> <p>21</p>	<p><b>Closed</b></p> <p>22</p>	<p><b>Closed</b></p> <p>23</p>	<p><b>Closed</b></p> <p>24</p>
<p>Beef Stew W/Potatoes, Carrots &amp; Peas Mandarin Oranges Ciabatta Bread Dessert</p> <p>27</p>	<p>Ribs &amp; Kraut Mashed Potatoes Green Beans Pineapple Corn Muffin</p> <p>28</p>	<p><b>Closed</b></p> <p>29</p>	<p>Bean or Beer Cheese Soup Ham &amp; Cheese Sliders Salad Applesauce Dessert</p> <p>30</p>	





# 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!

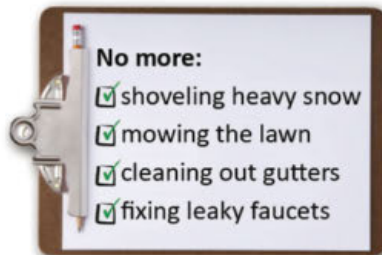
## The ADRC can connect you to resources about:

- 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

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Aging & Disability Resource Center, Mauston, WI

C 4C 01-1367

# Caregiver Boot Camp

*This is a free survival program for families coping with Alzheimer's Disease or other dementias. Presented by local ADRC Dementia Care Specialists.*

## Topics Covered Include:

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

**December 11th**

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

*Free lunch and survival kit provided to participants!*



**Juneau County Services  
Building  
200 Hickory St.  
Room 209 (Second Floor)**

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

**ADRC**  
of Eagle Country



# BUS TRIPS WITH JIM



**November 15, 2023 - Shopping Trip to Tomah**

**November 30, 2023 - Rotary Lights LaCrosse**

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).

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


**PROTECT** your personal information

**DETECT** suspected fraud, abuse, or errors

**REPORT** suspicious claims or activities

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 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.



**COTTAGE  
CARE  
CIRCLE**

*Assisted Senior Living*  
**Providing Quality Care**

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



**Assisted Living**  
in our award winning  
Senior Life Center.

*When you're here, you're home.*

For more information call our social services rep  
**Jessica Good, 608-768-5808.**



**Reedsburg Area  
Senior Life Center**

**ramchealth.com**  
2350 N Dewey Ave  
Reedsburg

**FOR  
RENT**

**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**



For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://www.lpicommunities.com)

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

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**

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



# Native American Heritage Month

## Did you Know...

Native American Heritage Month first evolved from "American Indian Week," which President Reagan proclaimed on the week of November 23-30, 1986. In 1990, President George H. W. Bush approved a joint resolution designating November 1990 as National American Indian Heritage Month. It was later changed to Native American Heritage month under President Barack Obama.

For centuries, indigenous people across Wisconsin have relied on traditional diets not only as food, but also as a source of medicine touting the healing properties of Native foods.

Often times the food that was most beneficial to the people of that area were the foods that were most readily available. Foods were rich in nutrients and vitamins because they came right from the earth like fish, wild game, foods from plants like berries, fiddle ferns, dandelions, and cattails. Foods such as these (many which we still have access to today) were the source of "good health" for the Native American people.

For example, wild rice is a long-standing food in the traditional Native American diet. Harvesting this grain goes back thousands of years in the tribal communities of Wisconsin. Wild rice provides a

good amount of magnesium when eaten. If you have low levels of magnesium, it can result in high blood pressure, heart disease, type 2 diabetes and other diseases. (Mayo Clinic)

Conversely, according to the CDC, in recent years heart disease is the leading cause of death in Native Americans nationwide and Diabetes is the fourth leading cause of death. It begs the question, "Would these statistics be different today if Native Americans were able to eat like they did in the past?" If they could ingest more foods that were from their traditional diet; rich in nutrients, minerals, and vitamins, Like wild rice?

When Native Americans speak of food is medicine, this in part is what they are describing. The foods most closely tied to their traditional diets are the foods they provide the most benefits to their health.

## Did you Know...

According to the 2020 U.S. Census 2.5% of Wisconsin residents identified as being American Indian and Alaska Native alone or in combination. The counties with the highest populations include Menominee, Sawyer, Forest, Ashland, Bayfield, Vilas, Shawano and Jackson. Which makes sense because there are tribal communities or reservations located within those counties.

Traditional diets included a balance of carbohydrates, protein and essential vitamins and minerals. This balance was achieved by interplanting corn, bean and squash which are often referred to as The Three Sisters. The sturdy corn stalks provided support for the beans to climb while the vines of the squash provided shade to trap moisture in the soil.



## Dandelion Greens

Dandelion greens	1 tsp salt
1/4 cup butter	1/2 tsp pepper
1 Tbsp vinegar	

Gather greens before they blossom.

Clean good and rinse with water.

It takes a small about of water to cook. Cook until tender.  
Add butter, vinegar, salt, and pepper to taste.

It takes a pail of greens. Tastes somewhat like spinach.

Ardetta Williams, Lac du Flambeau



## Wild Rice Casserole

1 cup wild rice	2 cans mushroom soup
2 lbs ground beef	2 small cans mushrooms
2 cups chopped celery	6 tbsp soy sauce
3/4 cup chopped onion	

Wash rice, bring to a boil and turn the heat down and simmer for 1-2 hours.

Brown the meat, celery, and onions, add the remaining ingredients.

Place in casserole. Bake uncovered 45 minutes at 350 degrees.

Gladys Bearheart, St. Croix



# Knowledge is Power

## Understanding the rights of nursing home residents

Source: <https://acl.gov/news-and-events/fact-sheets/publications-and-fact-sheets>

An estimated 1.4 million older adults and people with disabilities live in nursing homes, according to the Centers for Disease Control and Prevention. If a nursing home participates in Medicare or Medicaid – and most do – it must meet requirements “to promote and protect the rights of each resident.” This means nursing homes are required to care for their residents in a way that enhances the quality of life for residents, respects their dignity and ensures they are able to make choices for themselves.

Established by federal law, the “Residents’ Bill of Rights,” states if you live in a nursing home, you are entitled to rights including:

- The right to be fully informed in a language you understand of all aspects of your residency.
- The right to participate in all aspects of your care.
- The right to make independent choices based on your needs and preferences.
- The right to privacy and confidentiality.
- The right to safe and appropriate transfer and discharge, including the right to appeal decisions.
- The right to visits from friends, family, providers and other people of your choosing.
- The right to participate in social, religious and community activities.
- The right to organize and participate in resident groups, often called resident councils.
- The right to complain without fear of repercussions.
- The right to be free from discrimination.
- The right to be free from abuse, neglect and restraint.
- The right to adequate medical care and treatment.
- The right to get information about alternatives to nursing homes.

Some states have laws and regulations that establish additional rights for nursing home residents. Some states also guarantee a similar set of rights for people who live in assisted living or similar settings.

Every state, the District of Columbia, Puerto Rico and Guam have an advocate, called a Long-Term Care Ombudsman, for residents of nursing homes, board and care and assisted living facilities and similar residential care facilities. These advocates work to resolve problems affecting residents’ health, safety, welfare and rights. Residents, their families and others have the right to contact their local Ombudsman program to help them understand their rights, learn about community resources and work through problems.

For more information on these rights, and to find your local Ombudsman program, visit [acl.gov/ombudsman](https://acl.gov/ombudsman). The website also provides information on other programs and services available to help older adults and people with disabilities who need help with daily tasks, like getting dressed, bathing or cooking, to receive this support in their own homes. These programs can help delay or avoid nursing home care, guide nursing home residents looking to transition back into the community and support family members serving as caregivers.





# COULD YOU USE A LITTLE EXTRA HOLIDAY CHEER?

Santa's elves are looking to deliver gifts to individuals aged 60 & better in Juneau County.

If you or someone you know is in need of some extra holiday cheer, please contact the ADRC Office at 608-847-9371.

Deadline to sign up is November 10th.







## 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.



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: \_\_\_\_\_





## REDUCING HOLIDAY STRESS

It's time for the holidays once again; decorating, shopping, parties, family gatherings, presents, greeting cards...and the list goes on and on. While many people look forward to the hustle and bustle of the season, others see the holidays as a time of stress, chaos and sadness.

People who have experienced changes due to Alzheimer's, stroke or other medical conditions may feel a great deal of loss during the holidays. Those who are caring for these loved ones may feel overwhelmed by trying to keep up holiday traditions while continuing to provide care. They may also be uncertain about gathering with friends and family for fear the changes in physical health, behavior and personality may make others uncomfortable.

If you are experiencing anxiety over the upcoming holiday season it is important to realize that these feelings are normal, and you are not alone. There are ways to reduce stress during the holiday season. Please take a moment to contemplate what you can do to better manage your life during this busy season.

- **Adjust your expectations.** You don't have to do everything you've done in the past. Talk with your loved ones and choose a few traditions to carry out.
- **Ask for help.** Involve other family members or friends in your holiday preparations. Not only does this reduce your stress, but it provides you and your loved one with socialization. Write down what needs to be done so you can ask for something specific when people offer to help.
- **Prepare family and friends before getting together.** Update family and friends on how your loved one has changed and what they can expect during their visit. Offer suggestions on how best to communicate.
- **Suggest gift ideas.** Give friends and family ideas of useful gifts they can give such as cd's, photo albums, comfortable clothing, videos or audio books. Don't forget your own wish list, too! Gift certificates for dining, laundry or cleaning services are great ideas for busy caregivers.
- **Keep the needs of your loved one in mind.** For those with memory loss, remember that distant memory stays intact the longest and plan activities accordingly, avoiding new games or activities. Many stroke survivors have lost the ability to feed themselves and may find it uncomfortable to eat in front of guests. An afternoon of looking at old slides or photos and reminiscing might be more appropriate than sharing a meal. Schedule gatherings during the day rather than in the evening since symptoms often are worse in the evening.
- **Be good to yourself.** Make it a priority to care for yourself. Getting away with friends for lunch, a movie or a concert might be just what you need. Or perhaps some time by yourself to read, write in a journal or enjoy a bubble bath is how you recharge. Determine what rejuvenates you and take the time to do it.

Don't let the hustle and bustle of the holidays add anxiety to your life! Find ways to simplify and enjoy a stress-free holiday season filled with love, joy and good memories! For more information about caregiving and resource that can help, contact the ADRC pf Eagle Country - Juneau County at 608-847-9371. Happy Holidays!

Jane Mahoney  
Former Older Americans Act Consultant  
GWAAR



Check out the Ageless newsletter online at:  
[www.co.juneau.wi.gov/adrc1](http://www.co.juneau.wi.gov/adrc1)

Juneau County Office  
 200 Hickory Street  
 Mauston, WI 53948



**Answer Key:**

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

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

