

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 September 2023



As we're sad to see summer end, we're excited to welcome Fall and all of the exciting things happening at the ADRC of Eagle Country Juneau County Office. As you know, we sadly said goodbye to Ann June, one of our ADRC Resource Specialists who retired in July after just shy of 25 years working at Juneau County. With Ann's retirement we welcomed Tiara Hoffman who transitioned from Disability Benefit's Specialist to ADRC Resource Specialist. We also welcomed Becky Ladd to the ADRC Team as our new Disability Benefit's Specialist. Both Becky and Tiara have jumped into their new roles and are doing an excellent job.

In August we also celebrated the 1-year celebration of the Juneau County Men's Shed. The Shed has proven to be a huge success and the ADRC is very thankful for the partnerships and friendships that have been made over the past year. We are also forever grateful to the Outdoors Forever Conservation Club, Dementia Care Specialist Abby Heckman and Dustin Ladd with the Juneau County Land and Water Department for all of their work in helping to make the program so successful.

A new season also means a new round of offerings for both the Strong Bodies Strong Bones Class facilitated by Aging Program Specialist Chelsey Turpin as well as the Boost Your Brain and Memory Class facilitated by Dementia Care Specialist Abby Heckman. Welcome to Medicare presentations will also be offered in September by Elder Benefit's Specialist Amy Goodman. As always, we are continuously looking for volunteers to help with our transportation and nutrition programs.

To learn more about volunteering or ADRC programming and classes contact the ADRC 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:  
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***



# September 2023

## Calendar of Events

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

					1	2
3	<b>LABOR DAY!</b> 4	5	6	7	8	Apple Dumpling Day Races and Craft Fair Schultz Park Elroy  Lyndon Station Dash and Bash Fundraiser Lyndon Park 9
10	 <b>Patriot Day</b> 11	Caregiver Support Group Beyond the Daily Grind 9:30-10:30  Welcome to Medicare Presentation ADRC 10-12 12	13	14	Welcome to Medicare Presentation ADRC 1-3 15	 2nd Annual K9's of Juneau County Fundraiser Shipwreck Bay 10:00 a.m. 16
Yellow River Craft and Vintage Faire Necedah Village Hall 11-4 17	18	19	20	21	22	JC AIRS Barn Dance Juneau County Fairgrounds 23
24	25	Juneau County Men's Shed Program Outdoors Forever Clubhouse 10-12 26	27	Mauston/Lyndon Station Sharing Supper Mauston High School 5:00 28	29	30

### CAREGIVER CONNECTION SUPPORT GROUP

BEYOND THE DAILY GRIND

241 E STATE ST

MAUSTON, WI 53948



Join us for discussion and refreshments and connect about your caregiving journey, daily struggles and joys that happen when caring for a loved one. All caregivers are welcome to attend.

Sponsored and facilitated by the ADRC of Eagle Country - Juneau County Office

EVERY 2ND TUESDAY  
OF THE MONTH  
9:30 AM - 10:30 AM  
REFRESHMENTS PROVIDED

To Join please call:  
608-847-9371



## Types of Gemstones

L	I	P	E	A	R	L	A	E	I	A	I	T	D
A	I	E	A	K	P	E	R	I	D	O	T	D	D
R	Q	D	A	R	U	A	Z	U	R	I	T	E	I
U	I	U	L	T	A	N	J	K	A	A	U	S	A
I	Z	N	A	A	A	R	Z	A	G	R	R	A	M
C	R	O	Z	M	R	N	R	I	D	A	T	P	O
I	T	I	T	D	A	E	Z	E	T	E	R	P	N
T	P	O	O	L	Y	R	M	A	I	E	A	H	D
R	R	R	P	D	A	G	I	E	N	J	P	I	Z
I	P	M	P	A	M	A	D	N	K	I	I	R	T
N	L	R	L	L	Z	R	I	E	E	R	T	E	A
E	O	N	Y	X	R	N	E	E	I	O	U	E	E
U	L	A	P	O	R	E	P	S	A	J	L	B	N
A	L	T	S	Y	H	T	E	M	A	X	D	I	Y

TOPAZ  
 EMERALD  
 KUNZITE  
 AQUAMARINE  
 ONYX  
 AZURITE  
 CITRINE  
 SAPPHIRE  
 AMETHYST  
 JASPER  
 DIAMOND  
 PEARL  
 RUBY  
 GARNET  
 TANZANITE  
 PERIDOT  
 JADE  
 OPAL







### Ingredients:

- 1/2 lb. lean ground beef
- 2 medium potatoes
- 1 small onion, peeled and sliced
- 2 medium carrots, peeled and sliced
- Dash of salt and pepper or salt-free seasoning of your choice
- 1 tsp garlic powder

# HOBO WRAP

### Directions:

1. Layout 2 sheets of tin foil
2. Slice onion into thin slices
3. Shape the ground beef into two hamburger patties
4. Layer the patties on top of the onions
5. Place the sliced potatoes on top of the burger and onion
6. Slice the carrots and layer them next
7. Add desired seasonings and oil if desired



**my choice**  
WISCONSIN

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](http://mychoicewi.org/LPI)  
**1-800-963-0035**

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

DHS Approved 4/22/2021



**COMPASSIONATE  
HOSPICE &  
PALLIATIVE CARE**

**Close to Home**

 **Tomah Health**  
HOSPICE TOUCH &  
LIFE CHOICES PALLIATIVE CARE  
[TomahHealth.org](http://TomahHealth.org)

**LET'S GROW YOUR BUSINESS**  
Advertise in our Newsletter!

**CONTACT ME Ruth Schlitz**

[rschlitz@lpicommunities.com](mailto:rschlitz@lpicommunities.com) • (800) 950-9952 x2671



**"It's my life and they respect that."**

Local long-term care supports and services delivered with a focus on Life. Defined by you.

 **INCLUSA**  
Life. Defined by you.

[inclusa.org](http://inclusa.org) | 877-376-6113



Caregiving in  
The Comfort of Home®

# Caregiver Assistance News

"CARING FOR YOU ... CARING FOR OTHERS"

## Hygiene - Alzheimer's Care / Toileting

As Alzheimer's disease (AD) progresses, incontinence may occur. This is caused by forgetting to go to the bathroom when one feels the urge to urinate or have a bowel movement, not knowing *how* to get to the bathroom, or not being able to recognize the bathroom itself, or ability to get there in time.

Incontinence usually begins in the late part of the middle stage of Alzheimer's. It is a symptom of AD that caregivers fear they will not be able to handle. Many learn to take it in stride and find that it is not the "deal breaker" they expected it to be. Knowing how to use the proper products will help you with the discomfort you may feel.

Confusion about how to find the bathroom, inability to get there on time, or a urinary tract infection may be the cause of the problem. Ask the doctor if there could be a *physical* cause of the problem, rather than the progression of AD.

### Reducing Incontinence Problems

A regular toileting schedule and reading the signals when the person needs to go to the toilet may help the person to continue to use the toilet for a longer time. However, you will probably need to use protection for the bed since the person may sleep through the need to go.

- Always be calm and understanding when accidents occur. Find ways to preserve dignity. For example, say,

"Anyone can have an accident."  
Don't make the person feel guilty.

- Wear gloves. This prevents the spread of disease; wash hands before and after assistance.
- If the person cannot use the toilet and cannot learn to use a urinal, commode, or in-bed toileting, incontinence products will be necessary. If the person can move around on his own, do not encourage bed toileting.
- Watch for signs of urinary tract infection (blood in urine, cloudy urine with sediment, etc.).
- Because he may not recognize the need to use the toilet, "suggestions" to go to the bathroom can be very helpful—just a simple reminder after a meal, for example, or early in the morning, or before bedtime.
- If the person is in the early stage of AD, leave a bathroom light on at night so a person can find the bathroom easily. Keep the bathroom door open so the toilet is visible. Put a picture of a toilet on the bathroom door. Paint the bathroom door with a color in contrast to the wall.
- If it is in another room, make sure the "pathway" is marked. Marking a path can be done with something simple, such as reflecting tape. A person with middle-stage AD cannot toilet himself independently. Some caregivers will wake the person at night to take him to the





bathroom, while others prefer to use incontinence products. You may need to try different incontinence products before you find the one that works best for the person in your care.

- If the person with AD fails to remember to wipe himself or wash his hands, you will have to prompt him to do it, help him to do it, or do it for him. Maintain good hygiene – wash the genitals at least once a day using unperfumed soap and do not use talcum powder.

## Using a Commode

A portable commode is helpful for a person with limited mobility. The portable commode (with the pail removed) can be used over the toilet seat and as a shower seat.

## Using a Portable Commode

1. Gather the portable commode, toilet tissue, a basin, a cup of water, a washcloth or paper towel, soap, and a towel.
2. Wash your hands and put on gloves.
3. Help the person onto the commode.
4. Offer toilet tissue when the person is finished.
5. Pour a cup of warm water on female genitalia.
6. Pat the area dry with a paper towel.
7. Remove the pail from under the seat, empty it, rinse it with clear water, and empty the water into the toilet.
8. Remove your gloves and wash your hands.
9. Offer a washcloth so the person can wash his or her hands.



Portable Commode Chair

## Using the Bathroom Toilet

If the mobile person is missing the toilet, get a toilet seat in a color that is different from the floor color. This may help him see the toilet better. If the person with AD fails to remember to wipe himself or wash his hands, you will have to prompt him to do it, help him to do it, or do it for him.



Raised (elevated)  
toilet seat



Toilet Frame



pixabay.com

## EAT WELL, CARE WELL. WAYS TO ENSURE AN ADEQUATE DIET

Malnutrition can be a serious health problem for older adults and the aging population. This issue can lead to more complications further down the line. There are many factors that help contribute to malnutrition – like natural loss of appetite, taste, or smell as the body ages. Maintaining an adequate diet can be a challenge, but there are many ways to help fight this serious problem.

**Consuming Nutrient-Rich Foods** – Planning meals with a variety of nutrient rich foods can help a person maintain a healthy diet and healthy eating habits. Whole grains, fruits, vegetables, fish, and lean meats are all nutritious options.

**Eating Healthy Snacks** – Eating nutrient-rich snacks between meals can help you maintain good health and a proper diet. Planning out these snacks between mealtimes can help keep you on a good eating schedule.

**Using a variety of Herbs and Spices** – Using new herbs and spices in meals can add delicious flavor to meals and help you maintain interest in eating.

**Daily Exercise** – Daily exercise or physical activity (even if it is just a simple daily walk) helps stimulate appetite. This is also beneficial for maintaining healthy muscles and bones.

Source: Mayo Clinic: <https://mayoclinic.org>

### WEEKLY CHALLENGES

---

TRY ADDING A NEW  
NUTRIENT-RICH FOOD  
TO A MEAL EACH DAY

---

TRY ONE OF THE  
SNACK IDEAS BELOW

---

USE A NEW HERB OR  
SPICE IN A MEAL THIS  
WEEK

---

PARTAKE IN EXERCISE  
OR PHYSICAL  
ACTIVITY EVERY DAY  
THIS WEEK

### DID YOU KNOW?

KEEPING A WEEKLY  
WEIGHT RECORD CAN  
HELP DETECT EARLY  
SIGNS OF AN  
INADEQUATE DIET AND  
MALNUTRITION.





# BUS TRIPS WITH JIM

## Shopping Trips

September 12 - Tomah  
September 27 - Baraboo

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).

**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



"HMHA Thrift Store"



**WISCONSIN DELLS**  
HEALTH SERVICES

Schedule a tour today.

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

Call Tracey at 608-254-2574

300 Race St.

Wisconsin Dells, WI 53965

Your choice. Your facility.

[www.wisconsindehshs.com](http://www.wisconsindehshs.com)



123 East State Street | Mauston, WI | 608-847-5949 | [milebluff.com/rx](http://milebluff.com/rx)

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

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



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

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



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

Aging & Disability Resource Center, Mauston, WI

B 4C 01-1367

# September 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><b>Closed</b></p> <p>1</p>
<p><b>Closed</b></p> <p>4</p>	<p>SLICED ROAST TURKEY STUFFING GRAVY PEAS CRANBERRY SAUCE WHEAT BREAD MARGARINE 1 % MILK 5</p>	<p>HONEY GLAZED PORK CHOP WHIPPED SWEET POTATOES BROCCOLI APPLESAUCE WHEAT BREAD MARGARINE 1 % MILK 6</p>	<p>BBQ BEEF SANDWICH POTATO WEDGE MIXED VEGETABLE WHEAT BUN FRUIT CUP 1 % MILK 7</p>	<p><b>Closed</b></p> <p>8</p>
<p>BEEFY CHEESY MAC W/TOMATO SAUCE ITALIAN BLEND GARLIC BREAD STICK FRUIT CUP 1% MILK 11</p>	<p>CHICKEN BREAST CHEESY RICE PEAS &amp; CARROTS WHEAT BREAD MARGARINE FRUIT PUDDING 1 % MILK 12</p>	<p>SWEDISH MEATBALLS MASHED POTATOES GRAVY CORN FRUIT JELLO WHEAT BREAD MARGARINE 1% MILK 13</p>	<p>BAKED HAM AU GRATIN POTATO CAULIFLOWER APPLE SAUCE WHEAT BREAD MARGARINE 1 % MILK 14</p>	<p><b>Closed</b></p> <p>15</p>
<p>SALISBURY STEAK MASHED POTATOES CORN WHEAT BREAD FRUIT FLUFF MARGARINE 1 % MILK 18</p>	<p>STEWED CHICKEN RICE BISCUIT MIXED VEGETABLE FRUIT CUP 1 % MILK 19</p>	<p>COLD TUNA MAC SALAD CUCUMBER SALAD CRACKERS FRUIT CUP MARGARINE 1% MILK 20</p>	<p>BEEF CUTTAGE PIE MASHED POTATO GREEN BEANS AMBROSIA SALAD WHEAT BREAD MARGARINE 1 % MILK 21</p>	<p><b>Closed</b></p> <p>22</p>
<p>BREADED PORK TENDERLOIN STUFFING LS GRAVY CALIFORNIA BLEND FRUIT CUP MARGARINE 1 % MILK 25</p>	<p>BREADED PORK TENDERLOIN STUFFING LS GRAVY CALIFORNIA BLEND FRUIT CUP MARGARINE 1 % MILK 26</p>	<p>HAMBURGER CASSEROLE CORN GARLIC BREAD-STICK FRUIT PUDDING 1 % MILK 27</p>	<p>HAM SANDWICH SPREAD CROISSANT PICKLE BEETS POTATO CHIPS FRUIT CUP 1 % MILK 28</p>	<p><b>Closed</b></p> <p>29</p>



# September 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
<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>Ham &amp; Pasta Salad Mixed Veggies Apple Pie</p> <p>1</p>
<p><b>Closed</b></p> <p>4</p>	<p>Turkey Cheesy Potatoes Broccoli Fruit Wheat Bread</p> <p>5</p>	<p>Brats Potato Salad Beans Fruit Wheat Bun</p> <p>6</p>	<p>Spaghetti Bake Garlic Bread Spinach Fruit</p> <p>7</p>	<p>Beef gravy over Mashed Potatoes Beets Fruit</p> <p>8</p>
<p><b>Closed</b></p> <p>11</p>	<p>Meatloaf Mashed Potatoes Peas Fruit Wheat Bun</p> <p>12</p>	<p>Ham/Cheese Sandwich Pasta Salad Kidney Beans Fruit</p> <p>13</p>	<p>Ravioli Bake With Spinach Cheesy Garlic Bread Fruit</p> <p>14</p>	<p>Fish Tator Tots Coleslaw Wheat Bun Fruit</p> <p>15</p>
<p><b>Closed</b></p> <p>18</p>	<p>Pork Chops Squash Apple Sauce Wheat Bread</p> <p>19</p>	<p>Meatball Sub Cottage Cheese Tomato Slice Beans Fruit</p> <p>20</p>	<p>Shrimp 3pcs Cucumber Salad Tator Tots Fruit</p> <p>21</p>	<p>Chicken Mashed Potatoes Corn Fruit Wheat Bun</p> <p>22</p>
<p><b>Closed</b></p> <p>25</p>	<p>Hamburger gravy over noodles</p> <p>26</p>	<p>Chicken Stir Fry over rice</p> <p>27</p>	<p>Hot Dogs Mac &amp; Cheese 3 bean salad Fruit</p> <p>28</p>	<p>Salmon Loaf Cauliflower Fruit Wheat Bun</p> <p>29</p>

# September 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><u>Labor Day Picnic</u> Brats/Bun Sauerkraut Potato Salad Broccoli Salad Pickles Watermelon Cupcakes 1</p>
<p><b>Closed</b> 4</p>	<p>Ribs &amp; Kraut Mashed Potatoes Cauliflower Jell-O W/ Pineapple Corn Muffin Mandarin Orange Cake 5</p>	<p><b>Closed</b> 6</p>	<p>Meatloaf Baked Potato Stewed Tomatoes Bean Salad Pears WW Dinner Roll Brown Sugar Pecan Cookies 7</p>	<p>Kielbasa Cheesy Hash Browns Carrots Mixed Greens Salad Applesauce WW Dinner Roll 8</p>
<p>Tator Tot Casserole W/Mixed Vegetables Cucumber Salad Cantelope WW Dinner Roll Mini Cinnis 11</p>	<p>Pork Roast Mashed Potatoes/Gravy Fried Cabbage Garbanzo Bean Salad Pears WW Dinner Roll 12</p>	<p><b>Closed</b> 13</p>	<p>Beef Tips over Noodles Squash Broccoli Peaches WW Dinner Roll Orange Creamsicle Dessert Bars 14</p>	<p>Fish - Fried or Baked Roasted Sweet Potatoes Corn Apricots Red Lobster Cheddar Bay Biscuits 15</p>
<p>Chicken Gnocchi Soup or Potato Soup Roast Beef Sliders 3-Bean Salad Applesauce Zucchini Brownies 18</p>	<p>Liver &amp; Onions Oven Fried Potatoes Beets Fruit WW Dinner Roll 19</p>	<p><b>Closed</b> 20</p>	<p>Baked Chicken Mashed Potatoes/Gravy Corn Cranberries WW Dinner Roll Caramel Apple Cake 21</p>	<p>Shepherd's Pie W/Carrots &amp; Peas Romaine Salad Peaches Blueberry Orange Muffin 22</p>
<p>Barbeque on a bun Macaroni Salad Cowboy Beans Pears Lemon Bars 25</p>	<p>Ham Scalloped Potatoes Corn Watermelon WW Dinner Roll 26</p>	<p><b>Closed</b> 27</p>	<p>Lasagna Peas 7-Layer Salad Mandarin Oranges Garlic Bread Chocolate Eclair Cake 28</p>	<p>Baked Western Omelet Pork Sausage Hash Browns Applesauce Cranberry Nut Bread 29</p>



# September 18 – 22 is Falls Prevention Awareness week

## Six Tips To Help Prevent Falls

More than one in four people age 65 years or older fall each year, yet many falls can be prevented.



Learn more about reducing your risk of falling at [www.nia.nih.gov/falls-prevention](http://www.nia.nih.gov/falls-prevention).



## Goodbye House. Hello Home.

Retirement living at its best!



### No more:

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



1-BEDROOM APARTMENTS  
NOW AVAILABLE!

Terrace  
Heights

Schedule your private tour today!

**608-847-2377**

1030 Division Street, Mauston, WI 53948 | Independent living for those 62 and older  
[milebluff.com/terraceheights](http://milebluff.com/terraceheights)

NEVER MISS  
OUR NEWSLETTER!

**SUBSCRIBE**

Have our newsletter  
emailed to you.

Visit [www.mycommunityonline.com](http://www.mycommunityonline.com)



**SUPPORT OUR  
ADVERTISERS!**



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

Aging & Disability Resource Center, Mauston, WI

C 4C 01-1367



# **SAVE THE DATE**

# **MEDICARE ABC'S**

# **EVENT**

**Learn the basics of Medicare including the coverage that is provided and have your questions answered!**

**For registration and questions, contact the ADRC Elder Benefit Specialist at 608-847-9371.**

**Tuesday**  
**SEPTEMBER 12**  
**10 a.m. - 12 p.m.**

**OR**

**Friday**  
**SEPTEMBER 15**  
**1 p.m. - 3 p.m.**

**ADRC OFFICE**  
**200 HICKORY ST**  
**MAUSTON, WI**

**REGISTRATION IS**  
**REQUIRED**



# FALSE CLAIMS MAY BE HIDING ON YOUR MSN

The grey bar indicates date of service and provider information.

Below that is the service or item provided.

*Make sure these are correct!*

May 9, 20XX

ABC DME (555) 555-1234  
PO BOX 1, Anytown, MO 555  
Ordered by John J Doe

Quantity, Item/Service Provided & Billing Code

1 Oxygen Concentrator (E1390- Rental

for Claim #10334829



SMPRESOURCE.ORG



877.808.2468

SUPPORTED BY GRANT # 90MPPC0002 FROM A.C.

It is important to review your or your loved one's Medicare Summary Notices, known as MSNs, for false claims or potential scams. Sometimes you might get a delivery like COVID-19 tests or a knee brace that makes you aware something isn't right.

However, not every scam has a physical delivery and is just claims on your statements, making them less obvious. The only way to know about these is to check your MSN.

Key words to look for on your Medicare statements would be:

diabetic supplies, hospice, therapy, urine analysis, genetic tests, orthotics, telehealth, telephone, or virtual visit.

To learn more about reading your MSN and how to report something that seems odd, visit <https://smpresource.news/ReadMSN>

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

**PROTECT** your personal information

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

**REPORT** suspicious claims or activities

**Toll-free Helpline:**  
**888-818-2611**

**[www.smpwi.org](http://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.

## ADT-Monitored Home Security

Get 24-Hour Protection  
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets

**833-287-3502**

## 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](http://ramchealth.com)**  
2350 N Dewey Ave  
Reedsburg



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



# Medicaid

## State-Directed Care vs. Self-Directed Care

Medicaid pays for services through many programs that help you live in your own home or community. If you have a disability, are aged, or have a chronic condition such as diabetes, heart disease, or high blood pressure, you may be eligible to receive the care you need through one of the programs.

As a Medicaid beneficiary, you can maintain your independent living by receiving services managed by a State agency or a State-contracted health care organization, or you can choose to self-direct your care. The options and rules vary by State. Contact your State Medicaid agency for more information.

### State-Directed

- The standard delivery system is fee-for-service, but States are increasingly moving to managed care and other integrated care models.
- Managed care provides for the delivery of health benefits and additional services through contracts between State Medicaid agencies and managed care organizations.
- A case manager provides services to assist individuals with gaining access to needed services.
- **Examples:** Assisted living facilities, adult family homes, and home health agencies.



### Self-Directed

- An alternative to traditionally delivered and managed services allows individuals to be responsible for managing all aspects of service delivery.
- When you self-direct your care, you or your representative decide who provides services to you and how they are provided. You must ensure your services are provided and documented so that you and your caregivers can be paid by the Medicaid program.
- A supports counselor assists you with directing your services and is a liaison between you and the program.
- **Examples:** Home and Community-Based Services, such as Personal Care Services and Hospice Care, provided in your home.





# Don'ts of Medicaid



**There are rules Medicaid beneficiaries must follow. If you break the rules, you are breaking the law. Know the “Don'ts of Medicaid” so you don't get in trouble.**

- Don't intentionally provide false information to qualify for Medicaid.
- Don't share your Medicaid card, medical record, or other medical information with anyone except your doctor or a health care professional.
- Don't sign a blank medical form. Read and understand it, then answer all the questions. Write “N/A” for “not applicable” in sections you don't need to complete.
- Don't ask for medical services that you don't need, like extra referrals or tests. This wastes Medicaid funds.
- Don't sell your Medicaid supplies, equipment, or medications to others.
- Don't accept money or anything of value from individuals in exchange for going to medical appointments, or for receiving tests, medical equipment, or any other Medicaid service.
- Don't ask for the same prescription from different doctors. This is a dangerous practice called doctor shopping.
- Don't alter your prescriptions or sell prescription drugs to family, friends, or drug dealers. This is called drug trafficking and it is illegal.





# SEPTEMBER IS SELF-IMPROVEMENT MONTH



## SELF IMPROVEMENT IS IMPORTANT

It's an annual personal health checkup. We can think about how to improve our mental and physical health. It acts as a catalyst for us to get better.



## SELF - EMPOWERING

Only we have the power to make the choices that improve our lives, whether it's changing our diet or lifestyle, starting an exercise regimen, reading more books, or joining groups or clubs that expand our social circle.



## EAT HEALTHY FOOD

Eating healthy foods will give you lots more energy than junk food will and it is very good for your body.



## GET ENOUGH SLEEP

By getting enough sleep you won't feel sluggish and have a lot of energy in the morning.



## EXERCISE MORE

When we exercise, our body gives out a hormone called endorphins, giving us the feeling of joy.



## OBSERVING SELF-IMPROVEMENT

### Volunteer

People who volunteer are happier and feel volunteering gives them a sense of purpose. Identify one or two charities that align with your interests and commit to volunteering a few hours a week or month. You'll be helping them, and yourself.

## READ SOME BOOKS

There are a million self-help books on the market that cover everything from work/life balance — to improving self-confidence — to managing relationships with family members and friends. Crawl up with a book or two that might introduce you to some new and helpful ideas.



## SPEND TIME WITH YOUR LOVED ONES

Spending time with people you care about will give you a feeling of happiness.

<https://nationaltoday.com/self-improvement-month/#why-we-love>



# **CMS Responding to Data Breach at Contractor CMS Notifying Potentially Involved Beneficiaries and Providing Information on Free Credit Monitoring**



The Department of Health and Human Services (HHS) and the Centers for Medicare & Medicaid Services (CMS) have responded to a May 2023 data breach in Progress Software's MOVEit Transfer software on the corporate network of Maximus Federal Services, Inc. (Maximus), a contractor to the Medicare program, that involved Medicare beneficiaries' personally identifiable information (PII) and/or protected health information (PHI). No HHS or CMS systems were impacted. Maximus is among the many organizations in the United States that have been impacted by the MOVEit vulnerability. This week, CMS and Maximus are sending letters to individuals who may have been impacted notifying them of the breach, and explaining actions being taken in response. CMS estimates the MOVEit breach impacted approximately 612,000 current Medicare beneficiaries.

CMS and Maximus are notifying Medicare beneficiaries whose PII and/or PHI may have been exposed that they are being offered free-of-charge credit monitoring services for 24 months. This notification also contains information about how impacted individuals can obtain a free credit report, and, for those beneficiaries whose Medicare Beneficiary Identifier number may have been impacted, information on receiving a new Medicare card with a new number. Below please find a sample of the letter being sent to those who are potentially affected:

Dear <<Name 1>>

The Centers for Medicare & Medicaid Services (CMS), the federal agency that manages the Medicare program, and Maximus Federal Services, Inc. (Maximus), are writing to inform you of an incident involving your personal information related to services provided by Maximus. Maximus is a CMS contractor that provides appeals services in support of the Medicare program.

The incident involved a security vulnerability in the MOVEit software, a third-party application which allows for the transfer of files during the Medicare appeals process. Maximus is among the many organizations in the United States that have been impacted by the MOVEit vulnerability.

We are sending you this letter so that you can understand more about this incident, how we are addressing it, and additional steps you can take to further protect your privacy. We are providing information with this notice on free credit monitoring services and, if your Medicare Beneficiary Identifier (MBI) was impacted, will be giving you a new Medicare card with a new Medicare Number. This does not impact your current Medicare benefits or coverage.

Source: <https://www.cms.gov/newsroom/press-releases/cms-responding-data-breach-contractor>

Continued on Page 20





## **What Happened?**

**Our understanding is as follows: On May 30, 2023, Maximus detected unusual activity in its MOVEit application. Maximus began to investigate and stopped all use of the MOVEit application early on May 31, 2023. Later that same day, the third-party application provider, Progress Software Corporation, announced that a vulnerability in its MOVEit software had allowed an unauthorized party to gain access to files across many organizations in both the government and private sectors.**

**Maximus notified CMS of the incident on June 2, 2023. To date, the ongoing investigation indicates that on approximately May 27 through 31, 2023, the unauthorized party obtained copies of files that were saved in the Maximus MOVEit application, but that no CMS system has been compromised. After notifying CMS, Maximus then began to analyze the files to determine which data had been affected. As part of that analysis, it was determined that those files contained some of your personal information.**

## **What Information Was Involved?**

**We have determined that your personal and Medicare information was involved in this incident. This information may have included the following:**

**Name**  
**Social Security Number or Individual Taxpayer Identification Number**  
**Date of Birth**  
**Mailing Address**  
**Telephone Number, Fax Number, & Email Address**  
**Medicare Beneficiary Identifier (MBI) or Health Insurance Claim Number (HICN)**  
**Driver's License Number and State Identification Number**  
**Medical History/Notes (including medical record/account numbers, conditions, diagnoses, dates of service, images, treatments, etc.)**  
**Healthcare Provider and Prescription Information**  
**Health Insurance Claims and Policy/Subscriber Information**  
**Health Benefits & Enrollment Information**  
**What Are We Doing?**

**When the incident was discovered, Maximus began an investigation, took the MOVEit application offline, applied MOVEit software patches, and notified law enforcement. CMS is continuing to investigate this incident in coordination with Maximus and will take all appropriate actions to safeguard the information entrusted to CMS.**



## **What Can You Do?**



**Medicare**

**Medicaid.gov**  
Keeping America Healthy

### **Enroll in Experian Identity and Credit Monitoring Services**

Maximus is offering a complimentary 24 months of credit monitoring and other services from Experian at no cost to you. You do not need to use your credit card or any other form of payment to enroll in the service.

### **Obtain a Free Credit Report**

Under federal law, you are entitled to one free credit report every 12 months from each of the three major nationwide credit reporting companies listed above. Call 1-877-322-8228 or request your free credit reports online at [www.annualcreditreport.com](http://www.annualcreditreport.com). When you receive your credit reports, review them for problems. Identify any accounts you didn't open or inquiries from creditors that you did not authorize. Verify all information is correct. If you have questions or notice incorrect information, contact the credit reporting company.

Even if you don't find any suspicious activity on your initial credit reports, the Federal Trade Commission (FTC) recommends that you still check your credit reports periodically. Checking your credit report periodically can help you spot problems and address them quickly.

If you find suspicious activity on your credit reports or have reason to believe your information is being misused, call your local law enforcement agency and file a police report. Be sure to obtain a copy of the police report, as many creditors will want the information it contains to absolve you of the fraudulent debts. You may also file a complaint with the FTC by contacting them on the web at [www.ftc.gov/idtheft](http://www.ftc.gov/idtheft), by phone at 1-877-IDTHEFT (1-877-438-4338), or by mail at Federal Trade Commission, Consumer Response Center, 600 Pennsylvania Avenue, NW, Washington, DC 20580. Your complaint will be added to the FTC's Identity Theft Data Clearinghouse, where it will be accessible to law enforcement for their investigations. In addition, you may obtain information from the FTC about fraud alerts and security freezes.

### **Continue to Use Your Existing Medicare Card**

At this time, we are not aware of any reports of identity fraud or improper use of your information as a direct result of this incident. However, if your MBI was impacted, a new Medicare card with a new number will be issued to you. CMS will mail the new card to your address in the coming weeks. In the meantime, you can continue to use your existing Medicare card. After you get your new card, you should:

Follow the instructions in the letter that comes with your new card.

Destroy your old Medicare card.

Inform your providers that you have a new Medicare Number.

For More Information

We take the privacy and security of your Medicare information very seriously. CMS and Maximus apologize for the inconvenience this privacy incident might have caused you.

If you have any further questions regarding this incident, please call the Experian dedicated and confidential toll-free response line at xxx-xxx-xxxx. This response line is staffed with professionals familiar with this incident who know what you can do to protect against misuse of your information. The response line is available Monday through Friday from 8 am – 10 pm Central, or Saturday and Sunday from 10 am – 7 pm Central (excluding major U.S. holidays).

You can also call 1-800-MEDICARE (1-800-633-4227) with any general questions or concerns about Medicare.



## 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](http://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!

