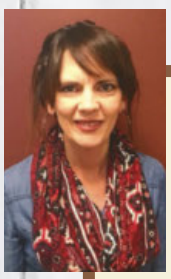
ADRC
Aging & Disability Resource Center of Eagle Country
Prairie du Chien Office

Eagle News & Views

OCTOBER 2021



Dear Friends,

Happy Halloween! October is a month full of excitement and special celebrations. October 11th is National Do Something Nice Day. What a wonderful day to do something kind. It truly doesn't cost a thing. Help your neighbor out for the day, volunteer your time at an organization, or just give a compliment to someone today. Any of these things will help someone out and put them in a good mood. Just in time for October 13th which is World Smile day! Finally, who can forget October 31st is Halloween. Get your sweet treats ready for all those trick or treaters that will be out and about.

October is a busy month for our Elder Benefit Specialist and Open Enrollment season for Medicare. Check out her pages on 14-16 to see how to schedule an appointment this year.

We will also be continuing many health promotion classes into next year. Our next class will be Powerful Tools for Caregivers. This class will be offered virtually starting in November. Check out the next issue with specific dates, times, and the registration process. If you do not have a device and would still like to participate please reach out as we may have alternatives for you. If you would like to be put on an interest list and be sent any information on any upcoming classes that our office will hold, please contact our office to find out how.

See you at the center,
Roby Fuller

Serving Crawford County Seniors, Adults with Disabilities and Their Families and Caregivers

Staff:

Roby Fuller, Director
Jacob Schneider, Administrative Assistant
Jill Olson, Home Delivered Meals Coordinator
Melissa Goodman, Information & Assistance Specialist
Kelli Brooks, Information & Assistance Specialist
Ashley Greene, Elder Benefit Specialist
Amy Eastlick, Disability Benefit Specialist
MaryAnn Haug, Registered Dietitian
Pam Kul-Berg, Dementia Care Specialist—Regional Office

ADRC of Eagle Country

225 N. Beaumont Road, Suite 117
Prairie du Chien, WI 53821
Open Monday – Friday 8am – 4:30pm

Contact ADRC

Phone…….608-326-0235 or 877-794-2372
Fax……..…608-326-1150
Email……...ccadrc@crawfordcountywi.org
Web…….www.adrceagle.org
Facebook…Crawford County ADRC – Prairie du Chien Office

Help Finding Services
Information & Assistance Specialist

Make decisions that are right for you.

- Want to stay independent & live where you want?
- Looking for help with housekeeping, bathing, or transportation?
- Need to understand a dementia diagnosis?
- Helping care for a loved one and need answers & stress relief?

ADRC staff listen to your unique situation.
They focus on your wants and needs. Staff provide unbiased options, so you can make informed decisions.

Money Matters
Elder & Disability Benefit Specialist

Explore private and/or government benefit options. Benefit Specialists provide information & assistance, education, and advocacy for a variety of programs, such as:

- Medicare
- Medicaid
- Prescription drug assistance
- Social Security benefits
- Benefit appeals & denials

Food - Meals
Nutrition Program - Homebound Meals

Stay connected with friends & meet new ones over a delicious lunch at a community cafe. Get healthy eating tips at educational classes throughout the year. Lunch can be delivered at home for qualifying, homebound older adults or adults with disabilities.

Transportation
We will get you there!

Transportation is door-to-door service with 48-hour advance notice for scheduling. Sit back and relax while one of our caring drivers takes you shopping, to a medical appointment or out for lunch at one of our meal sites.

Help Build Your Community
Make a Difference & Give Back

As a non-profit organization, ADRC's mission would not be possible without the generous support from community members just like you.

- Get Involved: Share a skill with different volunteer opportunities
- Make Your Dollar Count- No amount too small
- Loan Closet- Donate home medical equipment
- Advocate- Let your voice be heard

Stay Healthy, Stay Active
Learn More - Grow Strong - Have Fun

Add laughter, independence, friends, and energy to your life!

- Improve Your Health- Understand a diabetes diagnosis
- Stay Safe- Reduce your risk of falls
- Have Fun- Try a new hobby or take a trip around the community

Exercise classes, support groups, workshops, and more, there is so much to do at ADRC!

MISSION STATEMENT:

To provide older adults and people with physical or intellectual/development disabilities the resources needed to live with dignity and security, and achieve maximum independence and quality of life. The goal of the ADRC is to empower individuals to make informed choices and to streamline access to the right and appropriate services and supports.

ADRC TRANSPORTATION

Available to Crawford County Residents 60+ & disabled adults.

Call Jacob at 608-326-0235 to schedule a ride today!

AARP Driver Safety Classes

Now Online Only

We have just been informed by the AARP National Office that all in person events have been canceled through the end of the year. This cancelation is predicated on the rise in COVID 19 Cases due to the Delta variant. First and foremost, AARP wants to assure that participants, staff, and hosts remain as safe as possible.

As we are not holding in person classes, the discount on the Smart Driving course has been extended. Details are as follows:

Website: www.aarpdriversafety.org
Promo code for 25% discount: DRIVINGSKILLS
Good through: ***December 31, 2021***

A bit of good news, when our classes resume, AARP will be presenting a revised/refreshed course. The content is virtually the same, but it has been reorganized and refreshed to reflect the current trends/laws.

Be Active: Local Activity Resources

We hope you enjoyed the Be Active Series! If you're interested in joining a class or finding a place to be active, here are some local resources available to you:

- Check out your local Park and Rec department for the many outdoor walking and biking paths that are available in our community.
- Many local high schools will allow you to use their facility during non-school hours to walk during inclement weather. Please reach out to them to see what their hours are and what their COVID protocols are.
- Hoffman Hall in Prairie du Chien, WI
- Contact your local ADRC to see what health promotion class is being currently offered in your community.

Find more tips or learn more about the Physical Activity for Lifelong Success (PALS) program at wihealthyaging.org/PALS
PALS: Physical Activity for Lifelong Success | WIHA

wiha Wisconsin Institute for Healthy Aging

Advancing the Science: The Latest in Alzheimer's and Dementia Research

At any given moment research is happening...

Alzheimer's is a global health problem with more than 6 million people living with the disease in the U.S. Alone. Tremendous gains have been made in the understanding of the science and basic biology underlying Alzheimer's and other dementias. These advances are leading to great strides in strategies for prevention, detection, dignostics and therapeutic interventions.

Join us to learn more about:

- Landscape of Alzheimer's and Dementia science
- Risk factors for Alzheimer's and all other dementia
- Highlights in early detection and diagnosis
- Latest advances in clinical trials, treatments and lifestyle interventions

October 15th

10:30 - 11:30 A.M.

Call: 800.272.3900

Virtual Presentation

ADRC Aging & Disability Resource Center of Eagle Country
Serving Crawford, Juneau, Richland and Sauk Counties

ADRC Aging & Disability Resource Center of Southwest Wisconsin
Serving Grant, Green, Iowa and Lafayette Counties

www.alz.org/wi
24/7 Helpline 800.272.3900
Hablamos Español 414.431.8811

alzheimer's association
Wisconsin Chapter

Rivercrest Village

One Bedroom Apartment Homes for older adults or persons with a disability.

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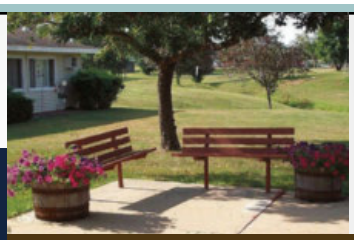
- Appliances - Ceiling Fans - Intercom Entry System
- Free-Off Street Parking - Community Room with Kitchen
- On-Site Coin Operated Laundry - Social Activity Program
- Small Pets Allowed - Social Services Coordinator
- Convenient Location



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Attorneys At Law

phone: **608.326.8434** fax: **608.326.6314**

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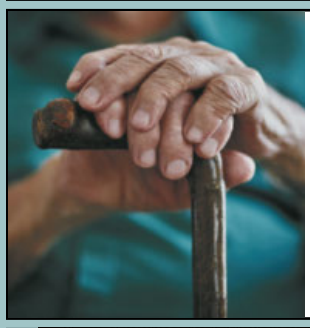
1-800-963-0035

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

DHS Approved 4/22/2021



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ADRC
Aging & Disability Resource Center of Eagle Country
Prairie du Chien Office

LEGISLATIVE UPDATES

From the Desk of
STATE SENATOR BRAD PFAFF

How the State Budget Affects You: A Look at the Numbers

My name is Brad Pfaff, and I am proud to represent you as State Senator for the 32nd District in the Wisconsin State Senate. The Driftless Region has always been my home; it's where I learned the value of hard work, resilience, and respect for my community.

As your State Senator, it's important to me that you are informed of legislation that may impact you. The following are some key components of the biennial budget.

- $252 million to increase Medicaid reimbursement rates for skilled nursing facilities and intermediate care facilities
- $104 million in funding for direct care workers
- 40% increase in Medicaid reimbursement for dental service
- $78 million for personal care agencies that assist people living at home
- $1.4 million to increase reimbursement for hearing aids and audiology services
- Funding that will enable every county to have at least one dementia care specialist

I'm glad to report that we could make all of these investments while providing tax cuts for the middle class. This budget helps care facilities retain and hire quality staff while keeping money in your pocket.

If you have any questions or concerns, please call me at (608) 266-5490 or email Sen.Pfaff@legis.wisconsin.gov. It is an honor to serve you in the State Senate, and I hope you will not hesitate to contact me in the future.

Senator Brad Pfaff represents the 32nd Senate District, which includes La Crosse, Vernon, Crawford, and southern Monroe County.

From the Desk of MaryAnn Haug,
ADRC Dietitian

PUMPKINS

What is a pumpkin?

The pumpkin belongs to the vine crops or gourd family, cucurbits, which also includes cucumber, gourd, muskmelon, squash, and watermelon. The name pumpkin originated from "pepon" the Greek word for "large melon". The French changed it to pompon, the English to pompion, and the American colonists to pumpkin. Native Americans called pumpkins "isqoutum squash".

Although it is often thought of as a vegetable, it is actually a fruit. There are many varieties of pumpkins, some small, some large. Small varieties, weighing 2 to 5 pounds, include the Baby Bear, Small Sugar, Spooktacular, or Winter Luxury. Intermediate varieties, growing to 8 to 15 pounds, include Autumn Gold, Harvest Moon, and Jack-o-Lantern. Large varieties, weighing 15 to 25 pounds, include Big Autumn, Ghost Rider, Happy Jack, and Jumpin' Jack.

Nutrition & Health Benefits of Pumpkin

Pumpkin is low in calories, fat, cholesterol, and sodium. It is also an excellent source of antioxidants, vitamins, and minerals. The bright orange color is a hallmark of the important antioxidant, beta-carotene. Beta-carotene is one of a group of red, orange, and yellow pigments called carotenoids. Carotenoids are provitamin A compounds, or precursors to vitamin A, which basically means that they are able to be converted to vitamin A by our bodies. Think of carotenoids as food sources of vitamin A; some carotenoids are better sources of vitamin A than others. Of all the carotenoids, beta-carotene provides the most vitamin A, which is critical for vision and helps to maintain immune function, and healthy lungs, bones, and skin.

Equally important, research suggests that beta-carotene may reduce the risk of some cancers, particularly breast cancer in premenopausal women and ovarian cancer in postmenopausal women. Beta-carotene in combination with specific other nutrients has also shown promise in treating eye diseases, such as cataracts and age-related macular degeneration (AMD). There is also evidence that beta-carotene may help to improve physical performance and strength in the elderly.

Other related antioxidants found in pumpkin include alpha-carotene and lutein. Alpha-carotene is another carotenoid and provitamin A compound. It is also an antioxidant that protects cells from damage. Lutein, yet another carotenoid, is thought to protect eye tissues from sunlight damage.

Pumpkin is also a good source of B vitamins folate and niacin. Folate, or folic acid, helps the body make healthy new cells. Niacin helps the digestive system, skin, and nerves to function.

HOME DELIVERED MEALS
Call 326-0235
for meal changes
before 9am.

October Northern Home Delivered Meals

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menus are subject to change				**1** Shrimp Alfredo over Noodles, Brussel Sprouts, Garlic Bread, Lime/Applesauce
4 Meatballs, Mashed Potatoes, Glazed Carrots, Marble Cake with White Frosting	**5** Creamed Chicken on a Biscuit, Broccoli, Double Chocolate Brownie	**6** Lasagna, French Green Beans, Garlic Breadstick, Blueberry Cheesecake	**7** Pork Loin, Mashed Potatoes w/Gravy, Capri Vegetables, Peach Shortcake	**8** Lemon/Pepper Pollock, Red Skin Potatoes, Brussel Sprouts, Cherry Crisp
11 Homestyle Meatloaf, Mashed Potatoes/Gravy, Buttered Corn, Spiced Apples	**12** Roast Turkey, Dressing/Gravy, Carrots, Butterscotch Torte	**13** Beef Steak w/ Gravy, Baked Potatoes, Diced Tomatoes, Mandarin Oranges	**14** Spaghetti in Meat Sauce, Green Beans, Garlic Breadstick, Chocolate Frosted Brownie	**15** Breaded Fish Fillet, Baked Potato, Coleslaw, Sour Cream Orange Cake
18 Hawaiian Ham, Sweet Potatoes, Green Beans, Lemon Chiffon Torte	**19** Shepherd's Pie, Beet Pickle, Strawberry Shortcake w/ Whip Cream	**20** Pork Loin, Mashed Potatoes w/Gravy, Carrots, Orange Whip	**21** Swedish Meatballs, Egg Noodles, Green Peas, Cinnamon Sliced Apples	**22** Fish Wedge, Red Skin Potatoes, Cole Slaw, Chocolate Chip Cake/Frosting
25 Spaghetti w/ Meat Sauce, French Green Beans, Garlic Bread, Peach Crisp	**26** Pork Chop, Mashed Potatoes w/Gravy, Baked Beans, Lemon Cake w/ Icing	**27** Roast Turkey, Whipped Potatoes with Gravy, Carrots, Pumpkin Pie	**28** Meatloaf with Ketchup Glaze, Mashed Potatoes with Gravy, Peas, Banana Torte	**29** Shrimp Alfredo over Noodles, Brussel Sprouts, Garlic Bread, Lime/Applesauce Gelatin

Prairie du Chien Home Delivered Meals

October

- There is not a specific charge for those 60 and better.
- Suggested donation for 60 and better is $3.50.
- Quest Card or FoodShare can be used for a meal donation.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menus are subject to change		HOME DELIVERED MEALS Call 326-0235 for meal changes before 9am.		1 Lemon Baked Cod, Baked Potato, Diced Beets, Tiramisu Dessert
4 Crusted Pork Chop, Parmesan Noodles, Sunshine Carrots, Plums	5 Chicken Pot Pie, Peas, Cherry Crisp	6 Mushroom & Swiss Burger, American Fries, Broccoli Raisin Salad, Watermelon	7 Roast Turkey, Turkey Gravy, Mashed Potatoes, Caramelized Butternut Squash, Mini Cream Puffs	8 Bourbon Glazed Salmon, Roasted Sweet Potatoes, Lemon Buttered Asparagus, Lemon Cake
11 Spaghetti w/ Meatsauce, Steamed Cauliflower, Garlic Breadstick, Turtle Brownies	12 Creamy Pork Cutlet, Baked Sweet Potato, Malibu Blend Vegetables, Peach Crisp	13 Beef Pepper Steak, Mashed Potatoes, Beef Gravy, Lemon Glazed Carrots, Sliced Strawberries	14 Chicken Breast Parmesan, Rice Pilaf, Broccoli, Cherry Crisp	15 Battered Fish, French Fries, Savory Green Beans, Lemon Bar
18 Country Fried Steak/ Gravy, Parsley Butter Red Potatoes, Stewed Tomatoes, Roll, Creamy Lime Gelatin	19 Grilled Marinated Chicken, Mashed Potatoes, Asparagus w/Bacon, Butter Pecan Bread Pudding	20 Pork Chop/ Mushroom Gravy, Buttered Fettuccini Noodles, Broccoli, Cherry Fluff	21 Meatloaf, Mashed Potatoes, Beef Gravy, Corn, Apple Crisp	22 Seasoned Cod, Parmesan Baby Bakers, Honey Glazed Carrots, Fresh Grapes
25 Bratwurst/Bun, Sauerkraut, Potato Salad, Tomato Slices, Mandarin Slices	26 Swiss Steak w/ Tomatoes, Mashed Potatoes, Creamed Corn, Homestyle Peach Cobbler	27 Chicken Marsala, Rice Pilaf, Malibu Blend Vegetables, Watermelon	28 Ham Loaf, Baked Sweet Potato, Green Beans, Pears in Citrus Gelatin	29 Potato Crusted Cheddar Cod, Scalloped Potatoes, Stewed Tomatoes, Chocolate Mousse

Leisure Time
Sports Bar & Bowl

1618 S. Marquette Rd., Prairie du Chien

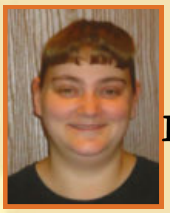
Amber, Host-

October

Dine In & Carry Out Meals

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menus are subject to change	Call Leisure Time at 326-2782 to make your reservations. Meals served M-F, 11:30am-1:30pm. Punch cards available. Suggested meal donation $4.00.			**1** Shrimp, French Fries, Baked Beans, Applesauce, Roll, Cookie
4 Pork Roast with Sauerkraut, Roasted Potatoes, Pears, Roll, Pudding	**5** Chicken Alfredo, Broccoli, Pineapple, Breadstick, Chocolate Cherry Cake	**6** Hot Beef Sandwich Mashed Potatoes & Gravy, Green Beans, Fruit Cocktail, Pumpkin Bars	**7** Tater Tot Casserole, Pasta Salad, Peas, Roll, Applesauce, Blueberry Bars	**8** Hand Breaded Cod, Au Gratin Potatoes, Corn, Roll, Peaches, Pudding
11 Salisbury Steak Mashed Potatoes & Gravy, Carrots, Pineapple, Roll, Cookie	**12** Hot Pork Sandwich Mashed Potatoes & Gravy, Green Beans, Fruit Cocktail, Poke Cake	**13** Stuffed Green Peppers, Macaroni Salad, Applesauce, Roll, Cherry Bars	**14** Smothered Chicken Breast, Mashed Potatoes, Broccoli, Roll, Peaches	**15** Shrimp, Cheesy Hash Browns, Corn, Roll, Pears, Cookie
18 Shepherd's Pie, Green Beans, Fruit Cocktail, Roll, Pudding	**19** Hawaiian Meatballs, Au Gratin Potatoes Broccoli, Roll, Applesauce, Dump Cake	**20** Baked Chicken, Roasted Potatoes, Baked Beans, Roll, Peaches, Bread Pudding with Vanilla Sauce	**21** Pork in Dressing, Mashed Potatoes & Gravy, Pears, Strawberry Bars	**22** Hand Breaded Cod, French Fries, Baked Beans, Pineapple, Roll, Pudding
25 Sliced Turkey, Mashed Potatoes & Gravy, Corn, Applesauce, Roll, Cookie	**26** Meatloaf, Cheesy Hash Browns, Roll, Broccoli, Peaches, Poke Cake	**27** Pork Chops, Au Gratin Potatoes Green Beans, Pears, Roll, Apple Bars	**28** Creamed Chicken over Biscuits, Peas, Pineapple, Texas Sheetcake	**29** Shrimp, Roasted Potatoes, Carrots, Fruit Cocktail, Roll, Cookie

October



Elaine, Hostess

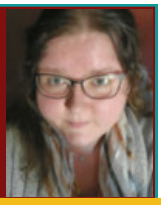
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menus are subject to change		**Dine In & Carry Outs** 104 Passive Sun Drive, Soldiers Grove Call 624-3295 to reserve your meal today! Suggested meal donation $4.00.		**1** Breaded Shrimp Sweet Potato Fries, Peas, Beet Salad, Roll, Dessert Bar
4 Pulled Pork Sandwich, Tossed Salad, Steak Fries, Carrots, Fresh Fruit, Dessert Bar	**5** Lasagna, Garlic Breadstick, Green Beans, Coleslaw, Strawberry Shortcake	**6** Tater Tot Casserole, Roasted Brussel Sprouts, Creamy Cucumber Salad, Melon Cup, Roll, Dessert Bar	**7** Open Faced Turkey Sandwich, Mashed Potatoes, Squash, Seven Layer Spinach Salad, Fruit Crisp	**8** Chili, Grilled Cheese Sandwich, Jello with Fruit, Melon Cup, Cook's Choice Dessert
11 Sloppy Joe, Potato Salad, Baked Beans, Melon Cup, Dessert Bar	**12** Baked Chicken, Mashed Potatoes & Gravy, Broccoli, Cottage Cheese with Peaches, Roll, Cupcake	**13** Roasted Turkey, Roasted Baby Red Potatoes, Beets, Zesty Cucumber Salad, Roll, Pumpkin Pie	**14** Meatloaf, Boiled Potatoes, Roll, Carrots, Mandarin Spinach Salad, Melon Cup, Cook's Choice Dessert	**15** Parmesan Crusted Pork Chop, Baked Potato, California Medley, Pasta Salad, Melon Cup, Roll, Dessert Bar
18 Ham Steak, Squash, Corn, Three Bean Salad Dinner Roll, Dessert Bar	**19** Salisbury Steak, Mashed Potatoes, Mixed Vegetables, Caprese Salad, Fruit Cup, Roll, Cook's Choice Dessert	**20 Birthday Meal** Grilled Chicken Breast, Seasoned Rice, Brussel Sprouts, Waldorf Salad, Melon, Birthday Cake	**21** Hamburger Steak with Onions/ Mushrooms, Cheesy Hash Browns, Roll, Roasted Cauliflower, Broccoli Craisin Salad, Fruit Pie	**22** Cherry Glazed Pork Loin, Seasoned Red Potatoes, Peas, Carrot Cake Salad, Melon Cup, Roll, Dessert Bar
25 Beef Tips, Green Beans, Romaine Salad, Melon Cup, Fruit Parfait	**26** Baked Cod, Seasoned Rice, Mixed Vegetables, Watergate Salad, Melon Cup, Cook's Choice Dessert	**27** Herb Roasted Pork Loin, Mashed Sweet Potatoes, Green Beans, Fruit Salad, Dinner Roll, Dessert Bar	**28** Meatballs with Gravy, Mashed Potatoes, Baked Beans, Marinated Vegetable Salad, Roll, Fruit Cobbler	**29** Creamed Turkey over Biscuit, Peas & Carrots, Kale Berry Salad, Melon Cup, Cupcake

Information & Assistance

From your I & A Specialists

Kelli Brooks

Melissa Goodman



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Crawford County Health & Human Services
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225 N. Beaumont Rd, Suite 326
Prairie du Chien, WI 53821
*****Apply online: https://energybenefit.wi.gov*****

~Applications taken from 10/1/2021-5/15/2022~

HOUSEHOLD SIZE	ONE MONTH INCOME	HOUSEHOLD SIZE	ONE MONTH INCOME
1	$ 2,591.92	5	$ 5,781.92
2	$ 3,389.42	6	$ 6,579.42
3	$ 4,186.92	7	$ 6,729.00
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Wisconsin SMP
Empowering Seniors To Prevent Healthcare Fraud

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Rent based on 30% of adjusted gross income

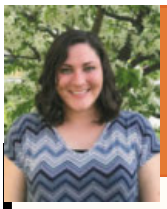
695 E. Blackhawk Ave.
(608) 326-8323
pdchousingauthority@gmail.com

Ellen Anderson
Senior Market Account Manager
701 Sand Lake Road, Onalaska, WI 54650
Phone: 1-877-483-9578
Email: eanderson@ticinsurance.com

We sell Medicare Supplements, Medicare Advantage plans & Part D plans

Medicare is a jungle...let us help you navigate the jungle.

THE Insurance CENTER



Just for You

From your Elder Benefit Specialist, Ashley Greene

Get Ready for the Medicare Annual Open Enrollment Period

The Medicare annual open enrollment period is just around the corner and now is a good time to start thinking about your options. Do you have a Medicare Prescription Drug (Part D) plan? Each year these plans can change the list of prescription medications they will cover. The plans' premiums, deductibles, and co-pays can also change each year. That means even if you are taking the same medications, the amount you pay for your medications may change in 2022!

What can people do about this? Anyone with a Medicare Part D Plan should check their coverage each year during Medicare's annual open enrollment period which runs **October 15 through December 7th**. This is the time of year to find out if your current plan will cost you more, or less than other Part D plans in 2022. If it is no longer the best plan for your medications, this is the time to make a switch to a Part D plan that will suit you better.

The annual open enrollment period is also your time to compare Medicare Advantage plans. These are Medicare Health plans run by private insurance companies that have a special contract with Medicare. Each plan has a network of providers you will be required to use to get the best coverage, or any coverage. Advantage plans are also allowed to offer coverage for services not covered by Medicare, such as dental, vision, or hearing. However, Advantage plans typically charge you a copay or coinsurance for each medical service. The annual open enrollment is generally the only time of the year for you to switch from a Supplement policy to an Advantage plan, or to change to a different plan.

Keep in mind that Medicare Supplement policies, Wisconsin SeniorCare, and any Veteran's health or drug benefit are not subject to the annual open enrollment period. It is not necessary to review this type of coverage during this time of year, unless you are looking to change your coverage to a Part D plan or an Advantage plan.

Don't let this opportunity pass you by! Crawford County residents can complete the form on pages 15-16 and return to the Aging & Disability Resource Center for local assistance comparing Part D plans or Advantage plans.

Free and unbiased assistance is also available through the following resources:

⇒ 1-800-MEDICARE or www.medicare.gov

⇒ Medigap helpline 1-800-242-1060

⇒ Disability Drug Helpline 1-800-926-4862 (if under age 60)

⇒ Wisconsin Medigap Prescription Drug Helpline 1-855-677-2783

Aging & Disability Resource Center
225 N. Beaumont Road, Suite 117
Prairie du Chien, WI 53821

2021 Medicare Open Enrollment Screening Form

To request assistance comparing Medicare plans, please complete BOTH SIDES of this form and return it to the address listed above no later than ***November 23, 2021***.

First Name	**Middle Initial**	**Last Name**

Date of Birth _____/_____/_____	**Sex** Male Female	**Marital Status** Married Divorced Widowed Separated Never Married

Address

City	**State**	**Zip Code**

Phone Number ( ) _____ - _____	**Race** White African Am Native Am Hispanic Asian Other

Medicare Number (found on the red, white and blue card) _____-_____-_____	**Start Dates** Part A _____ Part B _____

Do you have Senior Care or a Forward Health card? Yes No	**Are you a Veteran?** Yes No	**Do you live alone?** Yes No

MyMedicare Account (if you have an account and would like the ADRC to run a personalized plan comparison)

Username _____ Password _____

List your current PRESCRIPTION insurance (copy the name exactly as it is written on your insurance card)

Preferred Pharmacy	**2nd Choice Pharmacy**
3rd Choice Pharmacy	**Would you be willing to use a mail order pharmacy?** Yes No

How would you like to receive your Medicare plan comparison?

Mail Email Phone Appointment In Person Appointment**

***The ADRC will be following all Public Health and CDC guidelines for in person appointments. You will be expected to follow any building mask policy, and may be asked to switch to another type of appointment if in person is deemed unsafe by Public Health.*

What type of Medicare plans would you like to compare?

Part D plans Advantage Plans ***

****Please read the article on page 14 before requesting help with Advantage plans. These plans are not Medicare Supplement policies. If you are looking for help with Medicare Supplement policies, you will need to contact an insurance agent. The ADRC cannot recommend specific insurance agents.*

Medication Info

List all the medications you are taking in the chart below or attach a current printout from the doctor or pharmacy. Don't forget to include as needed medications, such as pain management meds or rescue inhalers. ***Do not include over the counter medications, such as vitamins, minerals, supplements, or non-prescription pain relievers.***

	Complete Prescription Name (exactly as it's written on the bottle/box)	Strength (mg, mL, etc)	Type (tablet, capsule, vial)	Quantity (# in a bottle when you refill)	How Often Refilled
	Example: Metoprolol tartrate	25mg	tablet	90	90 days
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					

Disclaimer

By signing below, I agree that I am requesting the Elder Benefit Specialist's (EBS) assistance comparing my Medicare Part D or Advantage plan options, and I acknowledge each of the following:

- The Planfinder tool used from www.medicare.gov is subject to revision and/or error. The drug prices provided are only an estimate, and are not a guarantee of future pricing.
- The most accurate information is available by contacting your desired plan directly.
- The EBS cannot and will not recommend a plan for me. It is the EBS' role to provide me with information and guidance on my options, but **I am responsible for making any decisions regarding changes to my coverage.**
- The EBS can complete the enrollment into a new plan on my behalf, provided I give consent.
- **The deadline to make any changes is December 7th, 2021**. After this date, I will not be able to change my 2021 coverage unless I qualify for a special enrollment period.

Signature _____ Date _____

Recognize Caregiver Burnout

Providing care for an aging or disabled loved one is probably one of the hardest jobs you will ever do. Assisting with daily cares such as dressing, grooming, bathing, and walking is physically challenging. Maneuvering through the maze of medical and social services can be trying and time-consuming. Watching your loved one's ability to care for themself deteriorate is emotionally difficult. And the changes in your own personal, social, and work life as a result of your caregiving obligations may leave you feeling confused, unhappy, and frustrated. These stresses can pile up on even the strongest of individuals and negatively impact your physical and mental health.

It is important to recognize when the challenges go beyond your ability to manage and into what is often called **caregiver burnout** which is a state of physical, emotional, and mental exhaustion. Stressed caregivers may experience fatigue, anxiety, and depression. Learning to identify the warning signs of burnout and learn interventions to reduce stress levels will help make your caregiving role more manageable and enjoyable.

Here are some warning signs of Caregiver Burnout:

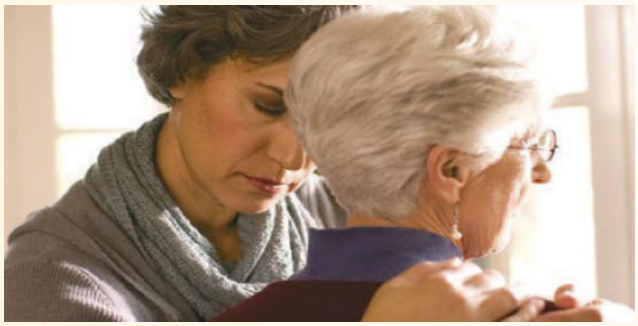
- Being on the verge of tears or crying a lot
- Feeling helpless or hopeless
- Overreacting to minor nuisances
- Feeling constantly exhausted
- Losing interest in or having decreased productivity from work
- Withdrawing from social contacts
- Increasing use of alcohol or stimulants
- Change in eating or sleeping patterns
- Inability to relax
- Scattered thinking
- Feeling increasingly resentful
- Being short-tempered with care recipient frequently
- Increasing thoughts of death

You may not always recognize the signs of burnout in yourself, but those close to you probably will. Be open to feedback from your friends and family about how you appear to be coping. Then heed the warnings to counteract burnout.

Once you have recognized that you are experiencing burnout you can try various things to help you cope.

Here are some suggestions:

- Ask others for help. You don't have to do everything. It's okay to ask for help.
- Get support. Find family and friends whom you can share joys and frustrations with. Attend a support group to receive positive feedback and coping strategies from others in similar situations. Consider seeking professional counseling if needed.
- Take regular breaks, even if it is only 15 or 20 minutes while your loved one is sleeping or engaged in something else, do something that makes you feel good.
- Maintain good health by exercising regularly and eating a healthy diet.
- Take regular time out for journaling, meditating or contemplation.
- Stay involved in hobbies and activities you enjoy. Find a home care provider or ask family or friends to stay with your loved one if necessary.



When you understand and acknowledge that being a caregiver may leave you feeling stressed and anxious you are better able to protect yourself against caregiver burnout. The most important thing you can to do prevent burnout and be an effective caregiver is to take care of yourself!

For more information on Caregiver Burnout and other caregiver issues, please call Crawford County Aging & Disability Resource Center at 608-326-0235.

SAVVY CAREGIVER(TM) WORKSHOP

2021 Savvy Class

Online program

October 18th - December 6th

Mondays

3:00pm- 5:00pm

Workshop presented by the ADRC of Eagle Country and the ADRC of Southwest WI

For More Information or to Register Contact Bonnie 608-426-4295 or Pam 608-548-3954

Limited enrollment available - Register soon!

ADRC

SAVVY CAREGIVER™
KNOWLEDGE. SKILLS. MASTERY.

WORKSHOP FOR FAMILY CAREGIVERS OF A PERSON WITH DEMENTIA

Savvy Caregiver helps family caregivers acquire and strengthen knowledge, skills and attitudes to empower them to be more intentional, strategic and responsive in their care role. Gain knowledge to manage daily care, skills to adjust your approach and confidence to set and achieve caregiving goals.

This project was supported, in part by grant number 90ADPI0038-01-00 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. ©2002-2021. The Savvy Caregiver Program is copyrighted and used with permission. All Rights Reserved.

News for You

Amy Eastlick, Disability Benefit Specialist

Does COVID-19 financial assistance affect my Supplemental Security Income (SSI) eligibility or payment?

We recently changed our rules about what financial assistance can affect your eligibility for SSI or your monthly SSI payment amount. Specifically, we no longer count the financial assistance listed below against your eligibility or payment amount. We are reviewing SSI claims and other SSI records going back to the beginning of the COVID-19 pandemic to restore SSI payments for people whose SSI was affected by receiving any of the assistance listed below.

What COVID-19 financial assistance no longer counts against SSI eligibility or SSI payment amount?

- Economic Impact Payments (EIP)
- State Stimulus Payments (Some exclusions may apply.)
- Unemployment Assistance (also includes regular unemployment)
- Paycheck Protection Program (PPP): Loan Forgiveness to Employers & Self-Employed Individuals
- Economic Injury Disaster Loan (EIDL) Program: Loans/Grants to Employers & Self-Employed Individuals
- Coronavirus Food Assistance Program – Direct Payments to Farmers and Ranchers
- COVID-19 Veteran Rapid Retraining Assistance Program
- COVID-19 Funeral Assistance
- Emergency Rental Assistance Fund
- Emergency Assistance for Rural Housing/Rural Rental Assistance
- Homeowner Assistance Fund
- Housing Assistance and Supportive Services Programs for Native Americans
- Tribal Payments from the Coronavirus Relief Fund and the Coronavirus State and Local Fiscal Recovery Funds
- Supporting Foster Youth and Families
- Higher Education Emergency Relief Fund
- Emergency Assistance to Children and Families through the Pandemic Emergency Assistance Fund
- Farm Loan Assistance for Socially Disadvantaged Farmers and Ranchers
- USDA Assistance and Support for Socially Disadvantaged Farmers, Ranchers, Forest Land Owners and Operators, and Groups

How Can I Get Missing Economic Impact Payments?

If you filed a tax return for 2020, you do not need to do anything else. The IRS has already issued stimulus payments to most individuals who get Supplemental Security Income (SSI) and Social Security retirement, disability, or survivors benefits. If you did not get a first or second EIP for you or someone in your household including dependents, or if you got less than the full amount, you may be eligible to claim the 2020 Recovery Rebate Credit by using the IRS' Child Tax Credit Non-Filer Sign-up tool by October 15, 2021.

This updated tool is designed to help eligible individuals who don't normally file income tax returns register for the third round of EIPs and claim the 2020 Recovery Rebate Credit for the first two rounds of EIPs they may have missed.

If you have questions about EIPs, visit www.irs.gov/eip.

FREE PIZZA & PRIZES

Transportation BINGO

The ADRC of Eagle Country - Prairie du Chien Office would love for you to come play Bingo with us! Learn about the many benefits of being a volunteer driver for our community. Free pizza & prizes which include gas cards, car kits and more!

OCTOBER 19TH - 11:30AM

LEISURE TIME SPORTS BAR & BOWL
1618 S. MARQUETTE ROAD, PRAIRIE DU CHIEN

Register today by calling the ADRC office at 608-326-0235.

ADRC
Aging & Disability Resource Center of Eagle Country