

January 2021

**Aging & Disability
Resource Center of
Walworth County**
1910 County Road NN
Elkhorn WI 53121

(262) 741-3400
(800) 365-1587
Hearing Impaired 7-1-1

Website: (best viewed with
Chrome browser)

www.co.walworth.wi.us

Click: *Departments, Health &
Human Services, Adult Services,
Aging & Disability Resource
Center*

Some of the things you will find
on our web site are:

- Resources & services
- Hours of operation
- Menus for our 6 meal sites/
meal site locations & hours of
service
- Helpful links
- Aging & Disability Resource
Center (ADRC)
- Benefit information
- ADRC News
- Resource Directory

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**Aging & Disability Resource
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(262) 741-3400

Elder/Adult Abuse Referral

(262) 741-3200

Elder Benefit Specialist

(262) 741-3400

**Nutrition Program:
Meals on Wheels & Senior
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Transportation Program

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Walworth County

Aging & Disability Resource Center News

Skip the Resolutions; Set New Year's Goals

Most New Year's resolutions are discarded pretty quickly. Studies have shown that less than 25% of people remain committed after 30 days. Yet there is value in setting goals to make things work more smoothly and to be sure you are living in a way that is true to yourself rather than always fulfilling the needs and expectations of others.



Before setting New Year's goals this year, I encourage caregivers (myself included) to begin by taking some time to think about this quote from author K. L. Toth, "One of the greatest tragedies in life is to lose your own sense of self and accept the version of you that is expected by everyone else." Caregiving is a role often defined by the expectations of other people – the person you're caring for; other family members and friends; and medical, legal, and human services professionals. Take a little time to focus on your needs and what you might like to bring into your life as you look ahead to a new year. Think about how you can practice self-kindness, open yourself to new solutions as the caregiving landscape changes for you, and reach out for help when you need it.

A list of goals might include:

Committing to something enjoyable

This could be anything from scheduling a daily walk or setting aside time to read a good book to taking on a fun project like learning to knit, recreating a dish from your favorite cooking show, playing an instrument, or learning to paint. You could even take this a step further by finding an online book club or class

continued on page 3



The ADRC is located in the Health and Human Services building located at **1910 County Road NN, Elkhorn**. The hours of operation are from 8:00 a.m. to 4:30 p.m., Monday through Friday. To contact the ADRC of Walworth County, call (262) 741-3400, 1-800-365-1587 or e-mail us at walcoadrc@co.walworth.wi.us.



Contents

Lakeshore Memory Café	2
Caregiver Coffee Club.....	2
Burlington Virtual Café	2
Elder Rights Project	3
Youth to Adult Benefits....	4
Hearing Loss	6
Medicare Part D	7
Energy Assistance	7
Eat Well, Age Well	8
Senior Dining Menu.....	9
Senior Dining Locations ..	9
Changing Drug Plans	10
Medicare Survey	10
Scam Alert	12
Alzheimer's Association	12
Senior Planet	12
Prevention Classes	13
Elder Abuse	14
Word Search	15
Support Groups.....	16
Aram Library	18
Barrett Library	18
Lake Geneva Library.....	19
Matheson Library	19
Word Search Answers ..	19

Please note: Events in this newsletter are subject to change.

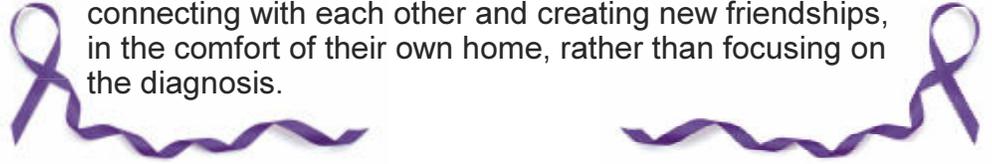


Walworth County offices, including home-delivered meals/dining centers, will be closed on January 1 in observance of the New Years holiday.

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What is a virtual Memory Café?

A virtual Memory Café is a place where persons with MCI (Mild Cognitive Impairment), early-stage Alzheimer's, or related dementias, can join with their care partners to socialize and have fun with other people going through similar things. This provides everyone a great time connecting with each other and creating new friendships, in the comfort of their own home, rather than focusing on the diagnosis.



Lakeshore Virtual Memory Café



Hosted by: Burlington Public Library
Date/Time: Wednesday, January 13th from 1 pm-2 pm
Topic: Explore the 1960s

Grab a cup of coffee and a computer for our virtual Memory Café. While we cannot be together in person just yet, we can still meet up and enjoy each other's company.

Please call (262) 741-3273 to register.
 The link for the virtual Memory Café will be provided at time of registration.

Caregiver Coffee Club

Join us for this new virtual club. Meetings will be on the first Wednesday of the month from 10:00 to 11:00 a.m. Stay connected and join fellow caregivers. Enjoy a warm beverage, relax, chat, and learn something new. You can meet from the comfort of your home by video conferencing or phone. Facilitated by Dementia Care Specialists. To register contact the ADRC of Walworth County at (262) 742-3273 or email walcoadrc@co.walworth.wi.us.

Burlington Area Virtual Memory Café



Join us on the third Friday of the month at 9:30 a.m. for activities and informal conversation. To register, please contact Chad Sutkay at (262) 212-3596 or email at csutkay@touchinghearts.com.

New Year's Goals (continued from page 1)

for cooking, painting, yoga or other activity. Commit to one thing and schedule it. Carving out time that feels good and reflects your authentic self is critical to your health and well-being.



Delegating and asking for help

Delegating and asking for help ensures that you can keep your commitment to doing something for yourself. Can someone call and visit with your care partner while you attend your class, group, or practice? Is there a family member, friend, or neighbor who wouldn't mind regularly taking over a chore that would free up some time for you? If there isn't anyone who comes to mind, brainstorm with professionals at local resources to see what's available. Contact the ADRC of Walworth County for programs and referrals.

Planning for your Care Partner's future

There may come a day when you are no longer able to provide care due to your own limitations or because your care partner's needs are too advanced to handle. Research available options knowing that doing so can save time and stress in the future and can bring peace of mind now. And, difficult as it may be, determine who would provide care if anything interfered with your ability to do so. Designate that person as the alternate to care for your loved one in your will. Contact the ADRC of Walworth County for assistance and referrals.

—Jane De Broux, Caregiver Program Coordinator Area Agency on Aging of Dane County

Elder Rights Project: Civil Legal Aid for Victims



ELDER RIGHTS PROJECT
civil legal aid for victims

The Elder Rights Project provides free legal assistance to secure safety, stability, and independence for elder abuse victims.

Ways we may help you

- Obtain restraining orders
- Revoke abusive powers of attorney
- Recover stolen money and property
- Get public benefits
- Stop abuse (financial, emotional, physical)
- Evict abusers
- Stop evictions caused by abuse
- Solve other civil legal problems related to the victimization

ELIGIBILITY REQUIREMENTS:

- Wisconsin resident?
- 60 or older?
- Victim of a crime or abuse?

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Transitioning from Youth to Adult Benefits

Transitioning to adult benefits can be confusing to families with children with disabilities. How does my child apply for Supplemental Security Income (SSI) benefits? When should my child apply for benefits? What if my child already receives benefits through Katie Beckett funding, another Medicaid Waiver program, or is already on SSI? What if my child never qualified for benefits before, could my child qualify now?

How to Apply?

The quickest way to apply is by completing an online application at: www.socialsecurity.gov. Additionally, your child (at age 18) may apply in person or over the phone. (If you are appointed legal guardian by the court when your child turns 18, you may apply on your child's behalf in person or over the phone.) To schedule an appointment, call the Janesville Social Security office at 1-877-850-7826.

When to Apply?

Applications cannot be submitted prior to the month in which your child turns 18. That's because an application processed before the 18th birthday will be considered under the children's rules and will include parental income and assets when determining eligibility.

The first month of SSI eligibility is the first full month after your child's 18th birthday. The payment for that eligible benefit is made on the first of the next month.

Example: Antonio's 18th birthday is December 2. Antonio, with his parents' assistance, applied for adult SSI benefits on December 3. He is eligible for adult SSI benefits on January 1. His first check will arrive February 1 as payment for January's benefit.

Would my Child Qualify?

Children already receiving SSI benefits prior to age 18 do not need to reapply for benefits. The Social Security office has an established process to redetermine your child's eligibility with the adult rules. (It's called an "Age 18 Redetermination.") Social Security will contact you when it's time to complete the process.

Children who receive long-term care services through Katie Beckett or another Medicaid waivers program are often able to receive a fairly quick determination for adult disability benefits. Often children's long-term care programs require high level of care needs, and because of the high level of need, it can be easier to establish the work-related limitations needed to establish an adult disability determination.

Children who didn't qualify for SSI based on family income or meet level of care needs to qualify for children's long-term care programs may still qualify for adult SSI benefits. The most pertinent question to the determination is whether your child can independently initiate and sustain work-related activities. If your answer is no, then a disability application may be appropriate. And what needs to be conveyed in the SSI application is a "word picture" explaining why your child cannot independently initiate and sustain work-related activities.



As your child transitions from youth to adult, the ADRC is available to answer questions and provide resources.

Please feel free to call us at (262) 741-3400 or 1-800-365-1587.



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Selective Listening or Hearing Loss?

Our senses are designed to clue us in when something isn't quite right. When it comes to age-related hearing loss, the process is so gradual it can continue for years before you or someone else notices it.

Signs of Hearing Loss

Hearing loss not only involves the ear, but the brain as well, where the sound is transmitted into meaningful language. Symptoms of age-related hearing loss vary from mild to profound, but most seniors deal with mild to moderate hearing loss, the type that makes it challenging to hear higher pitched sounds. Other symptoms include:

- ✓ Difficultly hearing phone calls
- ✓ Trouble following conversations
- ✓ Asking others to repeat what they said
- ✓ Very loud TV volume
- ✓ Background noise clouding conversations
- ✓ Feeling exhausted from trying to hear

Hearing Loss Can Affect Mental Health

Studies show that at least a third of those between 65 and 74 and half of those over 75 are dealing with hearing loss. Many of them are reluctant to admit they can't hear, but not dealing with it can lead to depression or isolation in an attempt to mitigate embarrassment or frustration at not understanding conversations.

Hearing loss can also lead to increased risk of dementia, falls, and depression. According to a 2014 National Institutes of Health study, researchers found that hearing loss nearly doubled the risk of depression in adults. Those wearing a hearing aid were happier and had a greater quality of life.

Don't Accept Difficult Hearing

Schedule a visit with an audiologist to get your hearing checked. There may be an easy remedy to boost your ability to hear, such as a hearing aid. Others may benefit from devices such a cochlear implant.

Hearing Aid Benefits

Prevent falls — According to Johns Hopkins University School of Medicine, even mild hearing loss can triple the risk of falls as the individual is less aware of what is going on around them, making them more susceptible to colliding with another or tripping over a pet. Also, by using extra brain power to hear, the brain is unable to focus as well on surroundings.

Mood Boosting — Those who wearing hearing aids are more likely to participate in social activities as they no longer feel left out because they cannot hear conversations. A survey found that untreated hearing loss caused 30% of non-hearing-aid-users to battle depression.

Memory Improvement — Research at the University of Maryland found that wearing hearing aids improves memory because the brain isn't working so hard to decipher words. Being able to hear frees up resources in the brain that can be used for cognitive function.

Relationship Building — Individuals with hearing loss who wear hearing devices have better relationships with family members, friends, and colleagues than those without. A Hear the World Foundation survey of more than 4,300 people about hearing aids and relationships revealed:

- ✓ 69.7% believe hearing aids have improved their relationships.
- ✓ 81% whose partner has been fitted with a hearing aid say they are glad.
- ✓ 40% say they receive more attention from their partner.

If you are struggling to understand your loved ones, it's alright to ask for help. The benefits of visiting an audiologist and admitting that you are having difficulty will far out way the discomfiting knowledge that hearing loss is part of your reality.



Medicare Part D

If you changed your Medicare Part D or Medicare Advantage plan during open enrollment, act now to make sure your first medication refill of the new year arrives on time and is billed properly. Here are a few steps to take:



Update your pharmacy. Mail or drop off a copy of your new drug plan card for seamless billing. You will have a new deductible starting January 1 and will be responsible for the new year co pays. Consider asking your health care team to prescribe a 60- or 90-day refill for your last refill of the year. Multi-month refills further reduce the risk of delays for those who are eligible.

Update your care team. Some health insurance plans include prior authorization or step therapy requirements medication. Your health care team might need to complete new paperwork or file an appeal to give you seamless access to your therapy. Alert your health care team to your insurance change to allow them to tackle obstacles now and reduce the chances of delays in the new year.

Review your financial assistance options. Changes in your health insurance coverage sometimes can change which copay assistance you're eligible for. Manufacturer assistance programs, nonprofit grants and government-funded support programs have different eligibility criteria.

Senior Care for Wisconsin citizens 65 years or older is a 12 month program. Watch for your renewal to keep your drug plan current for 2021. www.dhs.wisconsin.gov/seniorcare for more information

Help with paying for prescription drugs for people age 65 or older. www.dhs.wisconsin.gov.

.....

Energy Assistance

2020/2021 Wisconsin Home Energy Assistance Program (WHEAP) and Weatherization Assistance Program (WAP) is currently available. The assistance is a one-time payment during the heating season and funding pays a portion of energy costs. However, the payment is not intended to cover the entire energy costs of a residence. The amount of the energy assistance payment varies depending on a variety of factors, including the household's size, income, and energy costs.

Who is eligible for energy assistance and weatherization assistance? Your household may be eligible WHEAP and WAP. If your household gross income is less than the amount shown on the chart on the right, you may be eligible for a benefit or services. Applications/appointments for both programs are accepted at Walworth County Energy services, (262) 427-8505 or online at www.energybenefits.wi.gov.

All applicants must provide the following:

- ✓ Your most recent energy bill
- ✓ Photo ID and Social Security number(s)
- ✓ Written proof of your household's gross income for the three months prior to your application

HOUSEHOLD SIZE	ONE MONTH	ANNUAL INCOME
1	\$2,490.08	\$29,881
2	\$3,256.33	\$39,076
3	\$4,022.50	\$48,270
4	\$4,788.67	\$57,464
5	\$5,554.83	\$66,658
6	\$6,321.00	\$75,852
7	\$6,464.67	\$77,576
8	\$6,608.33	\$79,300

The Home Energy Plus Program uses a previous one month income test which is annualized to determine program income eligibility.
Income for people who are self-employed, farmers, or seasonal workers is based on federal income tax forms for the previous year.



EAT WELL, AGE WELL.

Add More Nutrient-Dense Foods to your Diet

Getting enough nutrients through our diet is challenging as we age. Our bodies don't absorb nutrients as well as they once did, yet we tend to need fewer calories and eat less. So it's important to make the most out of the foods we do eat. One way is by choosing more nutrient-dense foods, which provide more nutrition bang for the calorie buck.

Benefits

If you're not already eating a healthy diet, or you're not eating enough healthy foods, nutrient-dense foods will help fill in the gaps. For example, one slice of white bread has about 70 calories, but very few vitamins and minerals. One slice of whole-wheat bread, however, has about the same amount of calories as white bread, but four times the amount of potassium and magnesium and three times the zinc.

Many nutrient-dense foods also contain fiber. Fiber can help prevent constipation, stabilize blood sugars, and lower cholesterol, issues that are often common in older adults. For example, that same slice of whole-wheat bread has double the fiber and protein as the white bread.

Where to find them

Examples of nutrient-dense foods include leafy greens such as spinach, kale, and broccoli; whole grains such as wheat, corn, quinoa, and barley in the form of breads and cereals; fruits such as blueberries, strawberries, and pomegranates; oily fish rich in omega-3 fatty acids, such as salmon and sardines; low-fat dairy products, such as yogurt and milk; lean meats; and vegetables such as mushrooms, sweet potatoes, and bell peppers.

Foods rich in healthy plant-based fats, such as nuts, seeds, and some oils, are also considered nutrient-dense. However, they are higher in calories, so portion size needs to be taken into consideration.

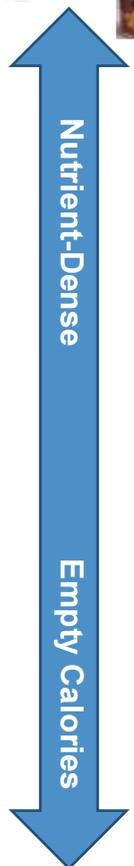
Fitting them in

To boost your nutrient-dense food intake, change your approach to meals and snacks. Think in terms of power-packed plates, even if there isn't much on them, and make every calorie count.

If that idea is overwhelming to you, it's okay to make a gradual increase in nutrient-dense foods. If you don't eat a lot of fruits and vegetables to begin with, just add one serving of one or the other every day, and increase it from there. The more variety, the more vitamins and minerals you'll get.

Another reason to make a gradual increase: adding more fruits and vegetables will boost your fiber intake. Adding too much fiber too fast can cause gas and bloating. Along with the gradual boost in fiber, make sure to get plenty of water to help with digestion.

Adapted from: Publishing, Harvard Health. "Add More Nutrient-Dense Foods to Your Diet." Harvard Health, 2015, www.health.harvard.edu/staying-healthy/add-more-nutrient-dense-foods-to-your-diet.



Walworth County Lunch Menu				January
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			December 31 New Year's Eve Holiday No Meals on Wheels Service and Dining Centers Closed	1 New Year's Day Holiday No Meals on Wheels Service and Dining Centers Closed
4 Hunter's Stew Boiled Potatoes Dill Carrots Warm Scalloped Apples Wheat Roll	5 Turkey & Swiss Sandwich with Cranberry Mayo Whole Wheat Bread Three Bean Salad Grapes	6 Oven Roasted Chicken with Mushroom Gravy Whipped Potatoes Swiss Chard Whole Wheat Bread Peach Cobbler	7 Pasta Bolognese Penne Pasta Peas Mandarin Oranges	8 Roast Turkey and Gravy Mashed Potatoes Almond Green Beans Cranberry Sauce Wheat Bread
11 Roasted Pork Loin with Apple Glaze Baked Potatoes Roasted Broccoli Whole Wheat Bread Peaches	12 Swedish Meatballs Egg Noodles Roasted Parmesan Cauliflower Mandarin Oranges Pumpkin Bars	13 Bell Pepper Cod Lemon Rice Spanish Beans Whole Wheat Bread Fresh Pineapple	14 Chicken Pot Pie with Potatoes Peas and Carrots Pears	15 Herb Poached Salmon Rice Pilaf Winter Squash Wheat Roll Fresh Berries
18 Basil Crusted Chicken Bow Tie Pasta Stewed Tomatoes Dill Cucumber Salad Melon	19 Zesty Taco Bake Spanish Rice Roasted Corn and Black Bean Salsa Peaches	20 Roasted Pork Loin with Mustard Sauce Roasted Potatoes Glazed Carrots Whole Wheat Bread Lemon Bar	21 Meatball Marinara Spaghetti Cesar Salad Grapes	22 Lemon Thyme Cod with Dill Sauce Brown Rice Pilaf Green Beans Pineapple Chunks
25 Shepherds Pie Whipped Potatoes Steamed Broccoli Whole Wheat Bread Apple	26 Garlic Rosemary Beef Roast Mashed Potatoes Green Beans Whole Wheat Bread Blueberry Crisp	27 Chicken Stir Fry with Peppers and Onions Brown Rice Snap Peas and Broccoli Grapes	28 Salisbury Steak Baked Beans Wilted Spinach Whole Wheat Bread Melon	29 Honey Dijon Chicken Thighs Baked Potato Glazed Carrots Whole Wheat Roll Pears

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Whitewater
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 Serving M-F
 11:30 am

****Until Further Notice****

Senior Dining Centers are currently closed and providing "Carry-Out" meals only.

Persons age 60 or older and their spouse, regardless of age, are eligible to participate. A suggested donation amount is posted at the meal site. Those unable to contribute will still be welcome at the site. For more information, call (262) 741-3333 or 1-800-365-1587, ext. 3333. **Reservations are required.** You may reserve a meal by calling your meal site coordinator before 12:00 p.m. one (1) business day in advance. If she cannot be reached, call the Nutrition Program office at 741-3333 or 1-800-365-1587, Ext. 3333. Cancellations must be made no later than 8:00 a.m. the day of your reservation. Call the Nutrition Program office and leave a message.

I've changed my Part D Drug Plans - Now What Do I Do for 2021?

If you found cost savings in switching plans or where you shop during open enrollment here's what to do: You should have received your new drug plan card in the mail. If not call your plan immediately. Refer to the confirmation of enrollment paperwork that was sent to you.

Take your new drug card or mail a copy to your doctor's office and your pharmacy.

How do I change Pharmacies?

We checked in with local pharmacies and the pharmacists shared, just provide your new drug card to the pharmacy you wish to shop at. They will contact your physician's office. Or call your doctor's office and request the nurse send your prescriptions to the new drug plan. Especially if you are going to be using their mail order plan.

When receiving a new medication:

If you are planning on using your plan's mail order services, be sure you ask your doctor for a 30 day supply, that you will fill at your local pharmacy, then start receiving a 90 day supply in mail order. You will have the option of auto refills or to call in your refills as needed. It's a good idea to get all your medications filled before you run out.



Medicare Current Beneficiary Survey



The Centers for Medicare & Medicaid Services (CMS) will soon be contacting beneficiaries directly by phone to conduct the Medicare Current Beneficiary Survey (MCBS). MCBS is a continuous, multipurpose survey of a nationally representative sample of the Medicare population, conducted by the Office of Enterprise Data and Analytics (OEDA) of the Centers for Medicare & Medicaid Services (CMS) through a contract with NORC at the University of Chicago.

If you are selected to be a part of this survey, you will receive an advance letter, followed by a telephone call to schedule a telephone interview.

If you have been contacted to participate in the Medicare Current Beneficiary Survey (MCBS) and would like to verify your selection in this study, please contact NORC toll-free at 1-877-389-3429. If an interviewer has contacted you and you would like to verify them, please call 1-866-856-6672 or email surveyhelp@norc.org. You can also visit the respondent website at www.mcbs.norc.org.

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Walworth County Aging & Disability Resource Center, Elkhorn, WI

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Local Scam Reported

**SCAM
ALERT!**

There has been a scam reported in the area. A consumer received a call from someone stating they were from the ADRC. The scammer stated that the consumer would get a free gift if they just provided their name and Medicare number. If you get a call like this, just hang up. Never give out any information from someone that calls you looking for your personal information including your Medicare number.

Alzheimer's Association

The Alzheimer's Association will be hosting several teleconference and webinar support groups. Topics include:

- ◆ Persons living with Mild Cognitive Impairment (MCI)
- ◆ Family caregivers
- ◆ Dementia living at a facility
- ◆ Frontotemporal Degeneration (FTD)
- ◆ Grief and bereavement

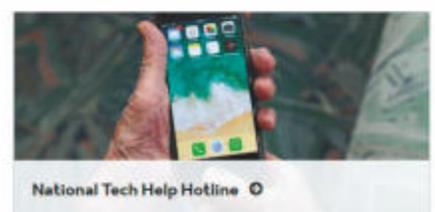
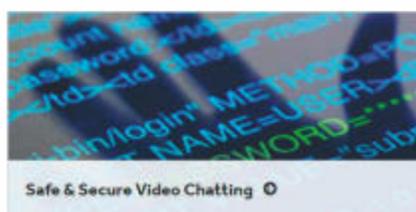
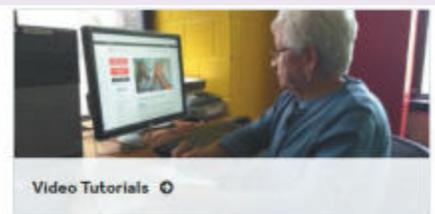
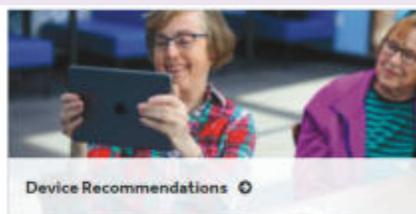
For more information go to www.alz.org/wi.

To attend any support group please register by calling 800-272-3900.
You will receive a connection information after you register.

alzheimer's  association®

Have a Tech Question? Give Senior Planet a Call!

Senior Planet is excited to announce the launch of our National Tech Hotline! Have a tech question? Call our National Tech Hotline: (920) 666-1959. The National Tech Hotline is monitored by Senior Planet Trainers from 9am – 5pm EDT, Monday through Friday. We're here to help you with whatever technological issues you're experiencing. If we can't assist you, we'll help you find someone who can!



Upcoming Online Prevention Classes



Healthy Living with Diabetes

This 6-week community-based program offers tools and resources to enhance your understanding of what it means to have diabetes. Group support helps you build the confidence to manage your diabetes and maintain an active and fulfilling life. Each week has various topics related to mental, physical, and emotional wellbeing. Gain knowledge, share your experience, practice new skills, and help others.

January 12, 2021 thru February 16, 2021; Tuesdays 6:00 pm — 8:30 pm
 May 18, 2021 thru May 22, 2021; Tuesdays 9:00 am — 11:30 am



Stepping On

In Stepping On workshops, we take fall prevention step-by-step. You'll learn how to build and maintain the physical strength and balance you need to walk confidently. From footwear to prescriptions, you'll learn what increases your risk of a fall, how to avoid it, and make an individualized action plan to stay on your feet and living life the way you want.

February 2, 2021 thru March 16, 2021; Tuesdays 10:00 am — 12:15 pm
 April 12, 2021 thru May 24, 2021; Mondays 1:00 pm — 3:15 pm

Healthy Living with Chronic Pain

A 6-week workshop to explore ways to better manage your chronic pain. Take the time to make the changes you want to make. Build your "pain management toolbox", practice new concepts, and share your experience with others. Set your own goals and priorities. Week-by-week, you'll see what works for you and take steps toward healthier living.

January 19, 2021 thru February 23, 2021; Tuesdays 10:00 am — 10:45 am
 * conducted via phone conference - webcam and microphone not required

Mind of Matter: Healthy Bowels, Happy Bladder

Join a MOM workshop and learn strategies for preventing or lessening symptoms including Information sharing, group activities, simple exercises, and dietary changes. With practice, these new skills are proven to help you avoid or reduce leakage so you can keep doing the things that matter most to you.

February 15, 2021 thru March 15, 2021; Tuesdays 2:00 pm — 4:00 pm
 April 27, 2021 thru May 25, 2021; Mondays 1:00 pm — 3:00 pm

Laptop or webcam and microphone capabilities required

Call (262) 741-3309 to register

Registration Required, Space is limited; register early



Wisconsin Institute for Healthy Aging
 Check out our other healthy living programs by visiting us online at:
wihealthyaging.org



Protecting Seniors from Elder Abuse

Elder Abuse is a health problem that is a largely unreported and often neglected issue in the United States. Reports show that 1 out of 10 people over the age of 60 has experienced this form of abuse. Since many cases of elder abuse go unreported, researchers say the actual numbers are probably much higher.



Why do so many cases go unreported? One reason is that the abuser is often a family member or close friend. The senior being abused might also be afraid or unable to seek help. While most of us don't want to think an older adult we know is being abused, there are steps you can take to protect them.

Four Ways You Can Help Prevent Elder Abuse

According to the American Psychological Association (APA), there are four ways we can help prevent elder abuse in our communities.

1. Learn the types of elder abuse

The APA says the first step in preventing elder abuse is education. Not all signs of elder abuse are easy to see. The term "elder abuse" can be used to describe a variety of mistreatment and maltreatment including:

- ▶ Physical abuse or intimidation
- ▶ Neglect or abandonment
- ▶ Sexual assault or abuse
- ▶ Emotional and verbal abuse
- ▶ Financial abuse, including fraud and scams

2. Raise awareness about senior care solutions

People who abuse an elder sometimes do so because the stress and frustration of being a family caregiver overwhelms them. They have no one to turn to for help or support. This is especially true for those caring for a loved one with Alzheimer's disease.

That's why it's important for family caregivers to find ways to take routine breaks. If there isn't a friend or family member who can pitch in, respite care might be a solution to consider.

Home care agencies and assisted living communities offer short-term care options designed to give weary caregivers a break. If finances are tight, your local agency on aging might have funds available to help pay for respite care. Call your local chapter to learn more.

3. Encourage caregivers to connect with a support group

When a caregiver has a strong network of support, difficult days are easier to navigate. For some caregivers, that means finding ways to stay connected with family and friends. A good laugh can help make a stressful day more manageable. Caregivers can also benefit from connecting with an online support group. The Family Caregiver Alliance has a variety of online support groups to consider.

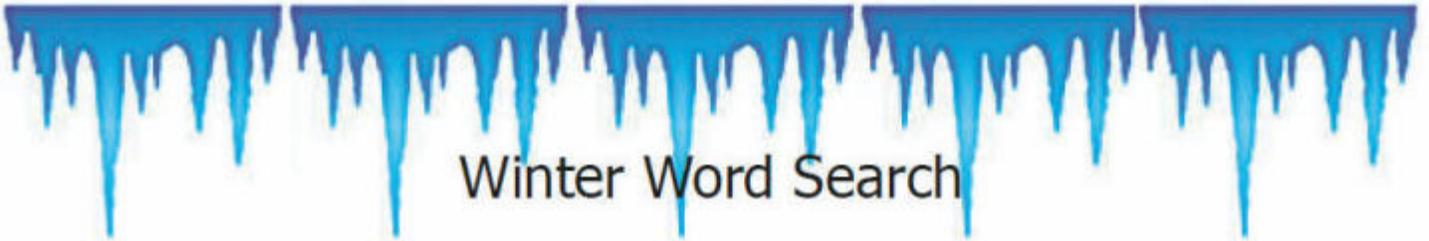
4. Help raise community awareness

The more people know about this national problem, the better. You can help raise awareness in your own community. It might be by sharing this article in your center's newsletter or with your local media. The more we shine a spotlight on elder abuse, the more likely it is people will recognize the warning signs in someone they know.

If you'd like to learn more about elder abuse, we encourage you to visit the National Center on Elder Abuse, ncea.acl.gov. You'll find resources on topics ranging from education to advocacy.



Word Search (answers on page 19)



Winter Word Search

Bitter
Boots
Coat
Cocoa
Cold
December

Earmuffs
Fire
Frozen
Gloves
Igloo
Mitten

Scarf
Shiver
Skate
Sleet
Snowman
Sweater



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

**** Please check to see if groups are meeting. Many may meet virtual or have other options available****

Alzheimer's/Dementia

Alzheimer's Caregiver Support Groups

Burlington: Fourth Wed from 11:30 am-1 pm at Aurora Wellness Center. Call Susanne (262) 767-8313 for more information.

Delavan: Third Wed at 4 pm at Community Centre, 826 E Geneva Street. Call Arlene at (262) 728-6393 or Bob at (262) 472-0958 for more info.

Lake Geneva: Third Wed at 6:30 pm at Arbor Village, 201 Townline Rd. The group is sponsored by the SE Wisconsin Alzheimer's Assoc. New participants always welcome. Contact Andy at (262) 248-4558.

Lake Geneva: Third Fri, 9:30 am at Anchor Covenant Church, 1229 Park Row (lower level). Contact Cindy at (262) 210-9783.

Whitewater: Third Thurs, 2 pm, Irving L. Young Memorial Library. Contact Wendy at 1-800-272-3900.

Family Education Programs

Open to families, caregivers & the general community. Presented by Alzheimer's Association staff member or trained community educator. Call 1-800-272-3900 for info or visit website www.alz.org.



Memory Café

An opportunity for individuals with mild cognitive impairment/early-stage Alzheimers, & their care partners to meet in a safe supportive environment. More in formation contact the ADRC (262) 741-3400

Asperger's/ASD

Southeastern Wisconsin Asperger's– ASD Support - Meets 4th Monday, 6-7:30 pm at Matheson Library, Elkhorn. Support group for caregivers and those affected with ASD (over 18 years of age). Contact Linda at (262) 960-1343 for info. Refreshments & resources provided.

ALS

ALS Association - Wisconsin Chapter - ALS Care Service Team, support groups, equipment loan program. (414) 763-2220 www.alsawi.org

Breast Cancer

Janesville: Breast Cancer Support Group – Meets the second Thursday, 6:30-8 pm at Mercy Clinic North Community Room, 3400 Deerfield Dr., Janesville. For information, call (608) 756-6011.



Fibromyalgia

Burlington: Fibromyalgia Support Group – Not currently meeting. Contact Dawn Gruber at (262) 767-7122 or (262) 767-7174 for assistance.

Grief/Bereavement

Fort Atkinson: Fort Atkinson Area Grief Evening Support Group – Meets the first and third Tuesday from 6:30-7:30 pm at Dwight Foster Library, 209 Merchants Ave. Contact Angie at (619) 222-9624.

Lake Geneva: Harbor of Hope Grief Support – Meets the first Tuesday at 3 pm at Aurora Health Center. For more info contact Mary at (262) 729-0331.

Williams Bay: Bereavement Support Group - Intended for anyone struggling at any stage of the bereavement process. Led by Chaplain Terry Pritchett. Meets the third Thursday from 3:30-4:30 pm. Atrium Senior Living of Williams Bay at Sherwood Lodge, 116 Cherry St., (262) 245-7320.

Multiple Sclerosis

National Multiple Sclerosis Society - Wisconsin Chapter - Information and referral, financial assistance, peer support and education. (800) 344-4867 www.nationalMSSociety.org

Parkinson Disease

American Parkinson Disease Association - Wisconsin Chapter - Referral center for individual, families and the community. (608) 345-7938 www.wichapterapda.org

Wisconsin Parkinson Association - Information and referral, support groups and health care concerns. (800) 972-5455 www.wiparkinson.org

Whitewater: Parkinson Support Group – Meets 1 pm, the second Monday at Fairhaven, 426 W North Street, Whitewater. Call (262) 431-4772 for more information.

Stroke

Stroke Support Group - Meets the first Wednesday at 4:30 pm at Mercyhealth Hospital, Mercy conference room 1128A, 1000 Mineral Point, Janesville. 1-888-396-3729

Violence

New Beginnings APFV

24-hour hotline, support groups, individual counseling, restraining orders & other legal advocacy. Elder abuse advocacy, medical & housing advocacy, help finding emergency shelter and info about other community resources

Women's Domestic Violence Support Group - For women who are currently in or have been in an abusive relationship and want to recover from the trauma. Held at APFV, 735 N Wisconsin St., Elkhorn. Two ongoing support groups; both are held on Mondays, 4:30-5:30 p.m. or 6-7 p.m. Call (262) 723-4653 for more information. (Group is currently on hold)

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This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

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Aram Public Library

Winter Reading Challenge - January 1 to January 31.

Aram Public Library challenges you to read at least 10 hours during the month and keep track of your reading time on APL's Beanstack site at aramlibrary.beanstack.org.



Beanstack's Fourth Annual Winter Reading Challenge, *Books Like Us* sponsored by Simon & Schuster, is a celebration of diversity, harnessing the transformative power of seeing oneself reflected in a book. Explore books from authors spanning an array of diverse backgrounds.

House & Holiday Plant Care - January 5 at 6 p.m. via Zoom. Join the US Extension Walworth County Master Gardeners as they share information about how to care for your house and holiday plants. Please register to receive details of this Zoom event.

Thursday Night Book Club - January 7 at 6:30 p.m. via Zoom. This book club features a contemporary selection of authors in fiction and nonfiction. This month's title is *Dear Edward* by Ann Napolitano. Please register to receive a link to the meeting, or contact the library to reserve a copy of the book.

Tuesday Travels Book Club - January 12 at 4 p.m. on Zoom. With the pandemic limiting travels, let's experience the world through books. Contact the library for more information about our January title and to register.

Virtual Author Event - January 12 at 7 p.m. on Zoom. Stories from the Wreckage: A Great Lakes Maritime History inspired by Shipwrecks will be presented by John Odin Jensen, Ph.D. As a former crab boat captain and a shipwreck survivor,

Jensen brings both personal and professional experience to the study of North American mariners, ships, and shipwrecks. Please register to receive a link to the meeting.

Social Justice - January 13 at 2 p.m. We explore books about poverty, immigration, criminal justice, race, and gender issues to get us thinking and talking about social inequality in the United States and around the world. Meet on the 2nd Wednesday of each month at 2 p.m. on Zoom. Contact the library to reserve a copy of the book. Please register to receive a link to the meeting.

Books, Babble, and Bubbly - January 20 at 6 p.m. Share what you are currently reading while sipping a cocktail in the comfort of your own home. Meetings take place on the 3rd Wednesday of each month at 6 p.m. on Zoom. Please register to receive a link to the meeting.

Guilty Pleasures - January 28 at 6 p.m. Guilty Pleasures is not your mother's book club. Regular meetings take place on the 4th Thursday of the month at 6 p.m. on Zoom. Please register to receive a link to the meeting, or contact the library to reserve a copy of the book.

Adult Crafting at Home –Take and Make crafting bags containing instructions and supplies for a seasonal craft are available for checkout at the library. Each month a new craft will be featured. Craft bags are available on a first come first served basis.

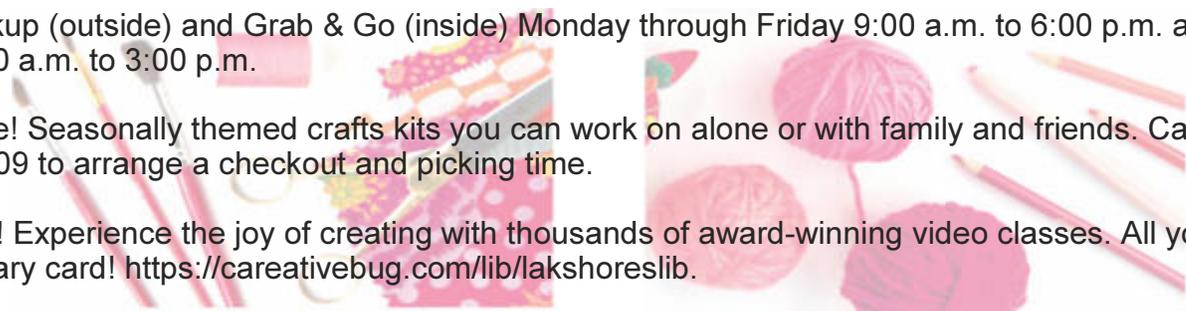
Tech Appointments - Sign up for a 45-minute one-on-one session with a librarian for assistance with anything computer related, such as filling out online applications, signing up or managing email, downloading ebooks and audiobooks or learning to use Microsoft Office. Bring in your own device or use one of the library's computers.

Barrett Memorial Library

Curbside pickup (outside) and Grab & Go (inside) Monday through Friday 9:00 a.m. to 6:00 p.m. and Saturday 9:00 a.m. to 3:00 p.m.

Craft at Home! Seasonally themed crafts kits you can work on alone or with family and friends. Call (262) 245-2709 to arrange a checkout and picking time.

Creative Bug! Experience the joy of creating with thousands of award-winning video classes. All you need is a library card! <https://careativebug.com/lib/lakshoreslib>.



Lake Geneva Public Library

Laughter Yoga w/Emily Hummel via Zoom
Thursday, January 7th - 6:00-7:00 pm
15 person limit

Laughter yoga is a modern exercise involving prolonged voluntary laughter. This type of yoga is based on the belief that voluntary laughter provides similar physiological and psychological benefits as spontaneous laughter. Participants must have their camera and sound turned on for this program as participation is key. Email rstrehlow@lakegeneva.lib.wi.us to register

Book Discussion via Zoom
Wednesday, January 20th - 1:00-2:30 pm
 Email rstrehlow@lakegeneva.lib.wi.us to register

Bizarre History of Wisconsin: Strange Stories from Our Past w/Chad Lewis
Tuesday, January 26th - 6:00-7:00 pm

This presentation showcases over 100 bizarre newspaper stories from Wisconsin that have not been seen in over 100 years. These unbelievable stories were not lost, they were simply hidden. This program provides a time portal back to the early days of the state when it was filled with strange deaths, ghosts, sea serpents, peculiar people, medical anomalies, oddities, psychic phenomena, and UFOs.



Matheson Public Library

Fill the Cold Days and Nights with Reading during Our Adult Winter Reading Program The Library will be bringing a new online program just for adults this January to get you reading and share your favorite titles. Entitled **Master of Minutes**, this program will be run through our **Beanstack** app, and help you keep on track to reading at least 15 minutes every day. As you keep up, the system will reward you with special badges and achievements...keep up the whole way through and you'll be put in the running for our grand prize, a gift certificate to one of our local businesses! In addition, our book review feature will be returning, so you'll be able to share your thoughts on everything you read with your fellow participants. Registration will begin on January 1st. All you need to do is register via Beanstack on our website. The link is: <https://elkhorn.beanstack.org/reader365>



Answers to Word Search on page 15

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D E C E M B E R N B C R D E S A C D T P N B C
X A O E N O E T H N Y U V C B J O E F O H N T
N E L A O O X F C W K L N C E E A R M U F F S
D B D J G T M E P M M I O K A E T X Z Q H D L
C A S M Y S N O W M A N J B M P K I M V B G E
H D B N Y T R S D E E A C Z X G T O L U U H E
S K A T E M U G Q L A M K P I U C W S Y J M T
S K U H B N R S D T G F R O Z E N X C C A R N
T D I N D C G M N R S T J U N B A G A A S D T
T X G L O V E S Q Q O E L B I T T E R M Y N I
P M L E G H N V B S D T V G Y U H I F M H N J
E E O V H R S Z A K M N R D S C V L B T G H P
X C O C O A L L E C S H I V E R E V I R F M N
C B H T G C C A Z E D R S C W B H F P F I R O
C B N T M M I T T E N N B V G O U F P R R J T
B N R C S D X T R H A Z E D X S W E A T E R R
    
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Wash Your Hands



Social Distance



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1910 County Road NN
Elkhorn WI 53121

(262) 741-3400
(800) 365-1587

Website:

www.co.walworth.wi.us/376/Aging-Disability-Resource-Center (best viewed in Chrome)

Email:

walcoadrc@co.walworth.wi.us

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Welcome to Medicare Workshops

If you will become eligible for Medicare soon, it may be beneficial for you to attend one of the Medicare workshops being offered. Unfortunately we are not able to offer in person, group workshops at this time.

Good news! You can still receive assistance with your transition to Medicare. Contact the ADRC of Walworth County to receive information by mail with the option for an in-depth one on one phone conversation by one of the Elder Benefit Specialist staff. The information you will receive will cover what you need to know about your Medicare benefits, options, insurance coverage and medication coverage.

If you have questions or need assistance with your Medicare benefits, contact Julie Juranek at (262) 741-3400 or 1-800-365-1587. Interpreters will be provided upon request.*

2021 Welcome to Medicare Workshop Schedule

In person, group
workshops are
currently on-hold.

Hope to see you
again soon!

