



# VERNON COUNTY RESOURCE CONNECTIONS



*The Aging and Disability Resource Center of Vernon County provides resources, assistance, and information in the community to promote the highest quality of life for individuals.*

**February 2021**



*Each February, NHLBI and The Heart Truth® celebrate American Heart Month by motivating Americans to adopt healthy lifestyles to prevent heart disease. Focusing on your heart health has never been more important. People with poor cardiovascular health are also at increased risk of severe illness from COVID-19.*

# COVID- 19 Vaccines

Vernon County Health Department will be providing vaccines for COVID-19 during Phase 1 A administration. Health care workers and long term care residents have started to receive vaccines here in our county. The below diagram explains the process that state will use to help guide who can receive vaccines first. It is expected that vaccines will not be widely available to all community members until the summer of 2021.



# A Refresher on Divestments

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## **What is a divestment?**

A divestment is a gift, sale, or transfer for less than fair market value. A divestment can take many different forms: a cash gift, a sale of a home for less than its current value, adding someone's name to a property deed, disclaiming an inheritance, or paying on debt the person is not legally obligated to pay for.

## **Why is it important to know about divestments?**

People applying for long-term care Medicaid benefits such as FamilyCare, IRIS, Partnership, Pace, and Nursing Home Medicaid will be screened to determine if any divestments were made in the five years prior to their application.

## **How does a divestment impact eligibility for long-term care Medicaid?**

The agency that processes Medicaid applications will calculate a divestment penalty that will render the applicant ineligible for long-term Medicaid for a specific period of time. The current divestment divisor is \$303.38 per day. To calculate a person's divestment penalty, take the total amount divested and divide it by \$303.38. The result is the number of days that a person will be ineligible for long-term care Medicaid programs.

For example, if a person gave away \$100,000, then take 100,000 and divide it by 303.38. The answer is 329.62, which is rounded down to 329. That means this person would be ineligible for long-term care Medicaid for 329 days (approximately 11 months).

## **What else is important to know about divestments?**

Medicaid presumes that family members perform work and provide care to other family members gratuitously. Said another way, Medicaid assumes that the person who is performing the services or providing the care is not expecting to be paid. However, sometimes payment is expected and appropriate. In that case, there must be a signed and notarized contract in place between the two parties prior to the services being rendered and payment made. Otherwise, Medicaid will count those payments to family members as divestments.

It is also important to note that sometimes a transaction may appear to be a divestment, but upon further investigation, may not be a divestment at all. For example, someone may sell their home for less than the fair market value, which would seem to be a divestment. However, if there was a fire in the home and it was no longer structurally sound and needed a lot of repairs, it could be sold in "as is" condition for much less than it was previously worth. In those cases, pictures, insurance claim forms, and statements from a realtor can provide verification that the transaction was not a divestment.

Finally, remember that transactions between family members are always highly scrutinized. Keep good records, save receipts, take pictures, and create written agreements to substantiate the understanding of both parties.

# Don't Overlook Depression

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Do you feel sad, empty, and hopeless much of the day? Are you having trouble sleeping, eating, or functioning? Have you lost interest in things that you used to enjoy? These are all signs of depression, a medical illness that affects how you feel, the way you think and how you act.

Depression often goes undiagnosed and untreated as people tend to downplay the symptoms or blame them on other things. While it's normal to feel sad and have a lack of energy occasionally, these feelings shouldn't persist for more than a few days. Right now, with the cold darkness of winter and the pandemic raging, depression symptoms are on the rise. Depression is treatable and should not be overlooked as a possible cause of feeling sad and hopeless.

Symptoms of depression can vary from person to person, but anyone who has been experiencing five or more of the following symptoms for more than two weeks should contact their health care provider.

- Persistent sad, anxious, or "empty" mood
- Sleeping too much or too little
- Change in appetite resulting in weight gain or loss
- Loss of pleasure and interest in activities once enjoyed
- Irritability, restlessness
- Crying too often or too much
- Aches and pains that don't go away when treated
- Difficulty concentrating, remembering, or making decisions
- Fatigue or loss of energy
- Feeling guilty, hopeless, or worthless
- Thoughts of death or suicide

Caregivers in particular need to be aware of the risk of depression. According to a survey by the Family Caregiver Alliance, caregivers experience depression at twice the rate of the general population. The added responsibility and stress of caring for a loved one, especially during a pandemic, can have a negative impact on a caregiver's health if steps are not taken to stay healthy. If depression goes untreated it can lead to increased emotional and physical problems as well as affect your ability to care for your loved one.

If diagnosed with depression, treatment usually includes medication, counseling, or a combination of the two. You can also practice these coping mechanisms to relieve symptoms of depression.

- Communicate your feelings with friends, family, a support group, or mental health professional.
- Set limits – don't try to do more than you can handle. Ask for help.
- Take care of your body – eat well, get enough sleep, and exercise regularly
- Learn ways to manage stress and relax. Schedule time each day to do something for yourself.
- Maintain a good sense of humor. Find humor in daily events.

Knowing the symptoms of depression and understanding ways to reduce your risk of depression can help you stay healthy. Don't overlook the seriousness of depression. If you or someone you know exhibits the signs of depression, seek medical help. Life can be enjoyable!

For more information on depression or other caregiving or aging related issues, call the ADRC of Vernon County office, 608.637.5201.

*Jane Mahoney*

*Caregiver Support Specialist*

*Greater Wisconsin Agency on Aging Resources*



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# FEBRUARY

2021

## VERNON COUNTY MINIBUS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Viroqua 8:30 Westby 8:45 Coon Valley 9:00 Chaseburg 9:15 Stoddard 9:30 <b>Arr: La Crosse 10:00</b>	<b>2</b>	<b>3</b> HILLSBORO IN-TOWN SERVICE (9:00 – 3:00)	<b>4</b> Viroqua 8:30 Westby 8:45 Coon Valley 9:00 Chaseburg 9:15 Stoddard 9:30 <b>Arr: La Crosse 10:00</b>	<b>5</b> Viroqua 8:30 Westby 8:45 Coon Valley 9:00 Chaseburg 9:15 Stoddard 9:30 <b>Arr: La Crosse 10:00</b>
<b>8</b> Viroqua 8:30 Westby 8:45 Coon Valley 9:00 Chaseburg 9:15 Stoddard 9:30 <b>Arr: La Crosse 10:00</b>	<b>9</b> Viroqua 8:00 Viola 8:15 LaFarge 8:30 Hillsboro 9:00 <b>Arr: Richland Center 10:00</b>	<b>10</b> HILLSBORO IN-TOWN SERVICE (9:00 – 3:00)	<b>11</b> Viroqua 8:30 Westby 8:45 Coon Valley 9:00 Chaseburg 9:15 Stoddard 9:30 <b>Arr: La Crosse 10:00</b>	<b>12</b> Viroqua 8:30 Westby 8:45 Coon Valley 9:00 Chaseburg 9:15 Stoddard 9:30 <b>Arr: La Crosse 10:00</b>
<b>15</b> Viroqua 8:30 Westby 8:45 Coon Valley 9:00 Chaseburg 9:15 Stoddard 9:30 <b>Arr: La Crosse 10:00</b>	<b>16</b> Viroqua 8:00 LaFarge 8:30 Hillsboro 9:00 Ontario 9:20 <b>Arr: La Crosse 10:00</b>	<b>17</b> HILLSBORO IN-TOWN SERVICE (9:00 – 3:00)	<b>18</b> Viroqua 8:30 Westby 8:45 Coon Valley 9:00 Chaseburg 9:15 Stoddard 9:30 <b>Arr: La Crosse 10:00</b>	<b>19</b> Viroqua 8:30 Westby 8:45 Coon Valley 9:00 Chaseburg 9:15 Stoddard 9:30 <b>Arr: La Crosse 10:00</b>
<b>22</b> Viroqua 8:30 Westby 8:45 Coon Valley 9:00 Chaseburg 9:15 Stoddard 9:30 <b>Arr: La Crosse 10:00</b>	<b>23</b> Hillsboro 8:45 LaFarge 9:15 Viola 9:30 Readstown 9:45 <b>Arr: Viroqua 10:00</b>	<b>24</b> HILLSBORO IN-TOWN SERVICE (9:00 – 3:00)	<b>25</b> Viroqua 8:30 Westby 8:45 Coon Valley 9:00 Chaseburg 9:15 Stoddard 9:30 <b>Arr: La Crosse 10:00</b>	<b>26</b> Viroqua 8:30 Westby 8:45 Coon Valley 9:00 Chaseburg 9:15 Stoddard 9:30 <b>Arr: La Crosse 10:00</b>
		<b>Fares:</b> \$7.00 -La Crosse, Richland Center \$12.00 - Madison \$3.00 - Hillsboro in town		RESERVATIONS ARE REQUIRED FOR ALL OF OUR TRANSPORTATION SERVICES. CALL <b>637-5201 OR</b> <b>1-888-637-1323</b>

A handicapped-accessible minibus for 1 wheelchair and 8 other passengers is available.

Call 608-637-5201 or 1-888-637-1323 for reservations.

\*Schedule subject to change contact the ADRC for information and reservations.



Photos by Pexels.com

## EAT WELL, CARE WELL.

### FOOD SAFETY TIPS

As we age, our immune system naturally declines. Foodborne illnesses can have a greater impact on us when we are older. Therefore, proper food safety practices, which are always important, become even more critical while working with seniors. In addition to selecting quality ingredients and making sure your water is safe and clean, there are four easy and universal steps you can follow to decrease the risk of spreading harmful germs through food. The more you become familiar with these four steps: *clean, separate, cook, & chill*; the better off you and the individuals you help will be. Turn this page over to learn more about these steps

#### WEEKLY CHALLENGES

BUY AND USE A MEAT THERMOMETER

VISIT THE CDC WEBSITE FOR MORE INFO

CHECK THE TEMP OF YOUR FRIDGE THERMOMETER (BELOW 40° F?)

WASH HANDS FOR 20 SECONDS BEFORE FOOD PREP

#### DID YOU KNOW?

If you sing "Happy Birthday" twice while washing your hands, it will take you around the recommended 20 seconds.

# 1. Clean 2. Separate 3. Cook 4. Chill

- 1. CLEAN** – Good hygiene/cleanliness is one of the simplest food safety practices that can have a major impact.
  - Wash hands with warm water and soap for 20 seconds, then dry with a clean towel
  - Be sure to wash hands after going to the restroom, changing tasks, or handling raw meat. When in doubt wash your hands.
  - Keep fingernails trimmed and hair (including facial hair) contained.
  - Keep food prep surfaces/utensils clean and sanitized.
- 2. SEPARATE** – Cross-contamination/cross-contact of foods, food surfaces, and utensils is preventable with a little diligence. Always keep raw meat, fish and eggs from crossing paths with ready-to-eat foods.
  - Use different cutting boards, knives, and other utensils when switching from preparing raw animal products
  - Store raw meat lower in the fridge than ready-to-eat foods.
- 3. COOK** – Cooking animal products to the proper temperature is a sure way to eliminate many harmful bacteria. Use a meat thermometer and don't rely only on the look of the product. Proper internal temperatures are:
  - 145°F for fish, ham, and whole cuts of beef, pork, veal, and lamb
  - 160°F for ground meats
  - 165°F for poultry
- 4. CHILL** – Be aware of the temperature "Danger Zone" for food (40-140°F).
  - Refrigerate leftover food below 40°F & within 2 hours of finished cooking.
  - Thaw foods in the fridge or in running cold water. Never thaw food on the counter.

For more information, visit [www.cdc.gov/foodsafety](http://www.cdc.gov/foodsafety)

GWAAR Nutrition Team in Collaboration with UW-Stout Dietetics Students. By: Tom Paine 2/2021

## Polka Dot Cookies

Servings: about 3 dozen

- 1 cup (2 sticks) butter, softened
- 1 cup creamy peanut butter
- 1 cup granulated sugar
- 1 cup firmly packed brown sugar
- 2 eggs
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1-1/2 cups plain candy-coated chocolate candies

Preheat the oven to 350 degrees. In a large mixing bowl, beat butter, peanut butter, and sugars until creamy. Add eggs, one at a time, until combined.

In a medium bowl, combine flour and baking soda; add to peanut butter mixture until combined. Stir in candies.

Drop dough by heaping tablespoonfuls 2 in. apart on a greased baking sheet. Bake for 14-17 minutes or until edges are golden brown. Allow to cool on baking sheet for 3 minutes. Remove to wire rack to cool completely.



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Empowering Seniors To Prevent Healthcare 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.





# ON THE MENU

Please note: All congregate meal sites are closed at this time. Meals can be provided via carry out or home delivered meal.

If you are interested in a meal and are over the age of 60, please contact the Aging & Disability Resource Center of Vernon County at 608-637-5201.

Suggested donation for a meal is \$4.25

**ATTENTION: All reservations made for a meal must be made by 8:30 AM the day you are requesting a meal. Thank you.**

## **DE SOTO SENIOR MEALS**

Jacie Smith, Center Manager

Bright Spot Restaurant, 118 Mill Park

De Soto, Phone 648-3514

Serving Monday thru Thursday @11:30 A.M.

***Home Delivery for DeSoto, Genoa, Retreat, & Stoddard areas***

**Dining Center meals do not require a reservation.**

Whole wheat bread or roll offered daily.

**Mon, Feb 1**— Goulash w/ beans & stewed tomatoes, tossed salad w/ spinach, pears, cookie.

**Tues, Feb 2**— Ham & scalloped potatoes, peas & carrots, strawberries.

**Wed, Feb 3**— Ham, potato salad, peaches, pumpkin pie.

**Thurs, Feb 4**— Meatloaf, au gratin potatoes, creamed corn, tropical fruit, bar.

**Mon, Feb 8**— Spaghetti w/ meat sauce, tossed salad w/ spinach, peaches, garlic bread, cookie.

**Tues, Feb 9**— Roast beef, potatoes, carrots, oranges, pistachio fluff.

**Wed, Feb 10**—Tacos w/ fixings, creamed

corn, applesauce, carrot cake.

**Thurs, Feb 11**—Sloppy joe sandwich, fried potatoes, baked beans, pineapple, pumpkin bar.

**Mon, Feb 15**— Roast pork w/ gravy, mashed potatoes, broccoli blend, orange slices, cookie.

**Tues, Feb 16**— Lasagna, carrots, tossed salad w/ spinach, banana, cherry cheesecake.

**Wed, Feb 17**— Chicken, baked potato, green beans, applesauce, peanut butter bar.

**Thurs, Feb 18**— Cheeseburger, fried potatoes, creamy kidney bean salad, mixed fruit, Jell-O cake.

**Mon, Feb 22**— Meatloaf, mashed potatoes, wax beans, pears, berry cobbler.

**Tues, Feb 23**— BBQ riblet, cheesy hash browns, mixed vegetables, pineapple, butterscotch pudding.

**Wed, Feb 24**— Tater tot casserole, cauliflower, mixed fruit, pumpkin bar.

**Thurs, Feb 25**— Chicken, sweet potato casserole, tossed salad, mandarin oranges, apple pie.



### **HILLSBORO SENIOR MEALS**

Hannah Robaczewski, Center Manager  
Gundersen St. Joseph's, 400 Water Ave  
Hillsboro, **Phone 608-489-8155**  
Serving Monday - Thursday

**Mon, Feb 1**—Taco salad, tortilla chips, pears, pumpkin bar.

**Tues, Feb 2**—Chicken breast & gravy, rice/ancient grain blend, four bean salad, mandarin oranges, sugar cookie.

**Wed, Feb 3**—Liver & onions, mashed potatoes & gravy, wheat bread, pineapple upside down cake.

**Thurs, Feb 4**— Roast beef, baked potato w/ sour cream, steamed Brussels sprouts, wheat bread, fresh fruit cup, raspberry sherbet.

**Mon, Feb 8**—Grilled chicken breast, roasted baby reds, green beans, wheat bread, fruit cocktail, chocolate cupcake.

**Tues, Feb 9**—Pork chop mushroom gravy, mashed potatoes, steamed carrots, wheat dinner roll, pineapple tidbits, vanilla pudding.

**Wed, Feb 10**—Baked tilapia, spinach salad w/ ranch dressing, steamed corn, wheat bread, pumpkin pie square.

**Thurs, Feb 11**— Spaghetti & meatballs, steamed broccoli, bread stick, sliced peaches, apple cake.

**Mon, Feb 15**—Sloppy joe, steak fries, carrot sticks & dip, fresh fruit, chocolate pudding.

**Tues, Feb 16**— Baked chicken, baked potato w/ sour cream, baked beans, wheat bread, pineapple tidbits, carrot cake.

**Wed, Feb 17**—Goulash, spinach salad w/ ranch dressing, corn muffin, peaches, Rice Krispy bar.

**Thurs, Feb 18**—Swiss steak, mashed potatoes w/ gravy, Brussels sprouts, wheat bread, applesauce, lemon bar.

**Mon, Feb 22**—Baked ham, au gratin potatoes, green beans, wheat dinner roll, fresh fruit, orange sherbet.

**Tues, Feb 23**— Lasagna, spinach salad w/ Italian dressing, wheat bread stick, pears, chocolate chip cookie.

**Wed, Feb 24**—Roast pork, baby red potatoes, steamed carrots, wheat bread, apple crisp.

**Thurs, Feb 25**—Beef tips over noodles, green beans, tossed salad w/ ranch, orange Jell-O w/ oranges.

### **LA FARGE SENIOR MEALS**

Coreen Hofschulte, Center Manager  
Kickapoo Haven, 106 Main Street  
La Farge, **Phone 637-5201**  
Serving Monday thru Thursday @11:30 A.M

**Mon, Feb 1**—Beef brisket, mashed potatoes w/ gravy, scalloped corn, wheat bread, bread pudding w/ caramel sauce.

**Tues, Feb 2**— Jiffy bake casserole, cooked baby carrots, dinner roll, strawberries, banana crème pie, fruit juice.

**Wed, Feb 3**—Herbed pork loin, garlic herb potatoes, green beans, wheat bread, banana, cookie.

**Thurs, Feb 4**— Swedish meatballs over egg noodles, sliced beets, dinner roll, pineapple tidbits, applesauce cake.

**Mon, Feb 8**— Stuffed chicken, rice pilaf, side salad w/ dressing, wheat bread, applesauce, crème puffs w/ caramel sauce.

**Tues, Feb 9**— Goulash, Italian blend vegetables, wheat bread, banana, carrot cake, fruit juice.



**Wed, Feb 10**— Sliced roast turkey, mashed potatoes w/ gravy, stewed tomatoes, wheat bread, diced pears, cookie.

**Thurs, Feb 11**— Chicken cordon bleu casserole, green beans, wheat bread, pineapple tidbits, 7 layer bar, fruit juice.

**Mon, Feb 15**— Shredded chicken & gravy over mashed potatoes, roasted Brussels sprouts, wheat bread, banana, cherry crisp.

**Tues, Feb 16**— Chili w/ beans, corn bread, coleslaw, diced pears, peanut butter swirl bar, fruit juice.

**Wed, Feb 17**— Tater tot casserole, coiled carrots, wheat bread, apple slices, cookie, fruit juice.

**Thurs, Feb 18**— Broiled cod w/ tartar sauce, baked potato w/ butter & sour cream, side salad w/ dressing, dinner roll, mixed fruit, banana cake.

**Mon, Feb 22**— Chicken tenders w/ BBQ sauce, baked beans, whole kernel corn, wheat bread, mandarin oranges, strawberry shortcake.

**Tues, Feb 23**— Meatloaf w/ ketchup, au gratin potatoes, seasoned broccoli, wheat bread, banana, lemon bar.

**Wed, Feb 24**— Baked ham, sweet potato casserole, sliced beets, dinner roll, cranberries, Jell-O cake w/ topping.

**Thurs, Feb 25**— Batter fried cod w/ tartar sauce, twice baked potato w/ butter, cucumber salad, dinner roll, diced peaches, cookie.

### **READSTOWN SENIOR MEALS**

Mary Nachtigal, Center Manager  
Valley View Apartments, 520 N. 4<sup>th</sup> St.

Readstown, **Phone 637-5201**

Serving Tuesday thru Friday @11:00 A.M.

**Tues, Feb 2**— Creamed chicken over biscuits, peas & carrots, Jell-O w/ fruit, melon cup, brownie.

**Wed, Feb 3**— Stuffed pork chop, roasted sweet potatoes, coleslaw, melon cup, dessert bar.

**Thurs, Feb 4**— Open faced turkey sandwich, mashed potatoes & gravy, green beans, apple snicker bar salad, cook's choice dessert.

**Fri, Feb 5**— Chili, grilled cheese sandwich, seven layer salad, strawberry shortcake.

**Tues, Feb 9**— Beef tips over noodles, California medley, broccoli craisin salad, melon cup, pumpkin bar.

**Wed, Feb 10**— Spaghetti w/ meat sauce, garlic breadstick, Italian romaine salad, fruit cup, cookie.

**Thurs, Feb 11**— Parmesan crusted pork chop, dinner roll, parselied baby red potatoes, baked beans, zesty cucumber salad, banana pudding dessert.

**Fri, Feb 12**— Scalloped potatoes & ham, dinner roll, green beans, carrot cake salad, melon cup, cupcake.

**Tues, Feb 16**— Salisbury steak, wheat dinner roll, mashed potatoes, roasted carrots, fruit salad, cook's choice dessert.

**Wed, Feb 17**— Baked chicken, dinner roll, toasted sweet potato, California medley, coleslaw, fresh melon, birthday cake.

**Thurs, Feb 18**— Meatballs w/ gravy, dinner roll, mashed potatoes, roasted broccoli, fresh melon, fruit crisp.

**Fri, Feb 19**— Baked cod, seasoned rice, Brussels sprouts w/ cheese sauce, pasta veggie salad, fresh fruit, cookie.

**Tues, Feb 23**—Ham, wheat dinner roll, au gratin potatoes, peas & carrots, green beans w/ tomato salad, fresh fruit, cook's choice dessert.

**Wed, Feb 24**— Open faced roast beef sandwich, mashed potatoes & gravy, baked beans, mandarin spinach salad, melon cup, cupcake.

**Thurs, Feb 25**— Roasted turkey, wheat dinner roll, boiled potatoes, butternut squash, creamy cucumber salad, fruit crisp.

**Fri, Feb 26**— Meatloaf, wheat dinner roll, roasted baby red potatoes, Jell-O w/ fruit, fresh melon, cookie.

### **VIROQUA SENIOR MEALS**

Linzi Miller/Janet Hohn, Center Manager  
Park View Manor, 200 Park View Court  
Viroqua, **Phone 637-5201**

Serving Monday thru Thursday

Meal must be picked up by between 11:00-11:45

**Mon, Feb 1**— Chili w/ beans, green beans, cornbread, iced cinnamon roll, mixed fruit.

**Tues, Feb 2**—Glazed baked ham, garlic mashed potatoes, sautéed cabbage, wheat roll, chocolate peanut butter bar, sliced oranges.

**Wed, Feb 3**— Homemade lasagna, tossed garden salad, corn, garlic breadstick, carrot cake.

**Thurs, Feb 4**— Brown sugar apple pork loin, baked potato, glazed carrots, wheat bread, fruit crisp.

**Mon, Feb 8**—Seasoned chicken thigh, roasted seasoned potatoes, winter squash, wheat roll, apple crisp.

**Tues, Feb 9**—Swiss steak, au grain potatoes, confetti baked beans, wheat bread, strawberry shortcake.

**Wed, Feb 10**—Roasted turkey & gravy, mashed sweet potatoes, creamed peas, marble rye bread, chocolate chip cookie, cranberry sauce.

**Thurs, Feb 11**— Spaghetti w/ meat sauce, rutabagas, tossed garden salad, wheat breadstick, pineapple upside down cake.

**Mon, Feb 15**—Lemon herb baked fish, baked potato, coleslaw, wheat bread, blueberry cheesecake.

**Tues, Feb 16**— Goulash, corn, broccoli, wheat bread, pumpkin pudding.

**Wed, Feb 17**—Fried chicken, baked sweet potato, cornbread, chocolate cake w/ peanut butter frosting, mandarin oranges.

**Thurs, Feb 18**— Hearty beef stew, diced beets, biscuit, peach pie.

**Mon, Feb 22**—Beef tips, buttered noodles, sliced carrots, wheat bread, blueberry pie, tossed salad.

**Tues, Feb 23**—Glazed baked ham, hash brown bake, calico beans, wheat roll, mandarin orange cake.

**Wed, Feb 24**—Smothered chicken breast, scalloped potatoes, stewed tomatoes, cornbread, Jell-O fruit salad.

**Thurs, Feb 25**—Meatloaf, stewed red potatoes, green beans, wheat bread, fruit cobbler.



### **WESTBY SENIOR MEALS**

Westby, Phone 637- 5201

Serving Monday thru Thursday

**Home Delivery for Westby, Coon Valley, &  
Chaseburg areas**

\*CALL ADRC TO RESERVE OR CANCEL A MEAL\*

**Mon, Feb 1**—Beef brisket, mashed potatoes w/ gravy, scalloped corn, wheat bread, bread pudding w/ caramel sauce.

**Tues, Feb 2**— Jiffy bake casserole, cooked baby carrots, dinner roll, strawberries, banana crème pie, fruit juice.

**Wed, Feb 3**—Herbed pork loin, garlic herb potatoes, green beans, wheat bread, banana, cookie.

**Thurs, Feb 4**— Swedish meatballs over egg noodles, sliced beets, dinner roll, pineapple tidbits, applesauce cake.

**Mon, Feb 8**— Stuffed chicken, rice pilaf, side salad w/ dressing, wheat bread, applesauce, crème puffs w/ caramel sauce.

**Tues, Feb 9**— Goulash, Italian blend vegetables, wheat bread, banana, carrot cake, fruit juice.

**Wed, Feb 10**— Sliced roast turkey, mashed potatoes w/ gravy, stewed tomatoes, wheat bread, diced pears, cookie.

**Thurs, Feb 11**— Chicken cordon bleu casserole, green beans, wheat bread, pineapple tidbits, 7 layer bar, fruit juice.

**Mon, Feb 15**—Shredded chicken & gravy over mashed potatoes, roasted Brussels sprouts, wheat bread, banana, cherry crisp.

**Tues, Feb 16**— Chili w/ beans, corn bread, coleslaw, diced pears, peanut butter swirl bar, fruit juice.

**Wed, Feb 17**— Tater tot casserole, coiled carrots, wheat bread, apple slices, cookie, fruit juice.

**Thurs, Feb 18**—Broiled cod w/ tartar sauce, baked potato w/ butter & sour cream, side

salad w/ dressing, dinner roll, mixed fruit, banana cake.

**Mon, Feb 22**— Chicken tenders w/ BBQ sauce, baked beans, whole kernel corn, wheat bread, mandarin oranges, strawberry shortcake.

**Tues, Feb 23**—Meatloaf w/ ketchup, au gratin potatoes, seasoned broccoli, wheat bread, banana, lemon bar.

**Wed, Feb 24**— Baked ham, sweet potato casserole, sliced beets, dinner roll, cranberries, Jell-O cake w/ topping.

**Thurs, Feb 25**—Batter fried cod w/ tartar sauce, twice baked potato w/ butter, cucumber salad, dinner roll, diced peaches, cookie.

*Just a reminder: You can use your FoodShare card to make a donation to the Nutrition Program. If interested please call Megan at the ADRC of Vernon County at 608.637.5201.*





UW-Madison Division of Extension's Life Span program presents the Wise Wisconsin Winter Series. Connect with others from around the state as you learn how to increase joy and satisfaction in your life during these cold, snowy winter months. Grab a hot beverage and join us! For more in-depth description of the session, visit:

<https://go.wisc.edu/b4z2s8>

# Wise Wisconsin WINTER SERIES

February 3<sup>rd</sup> through March 10<sup>th</sup>, 2021

Wednesdays at 9:00 a.m. on Zoom

Register for the sessions you wish to attend at:

<https://go.wisc.edu/8s973c>

► Reach the Senior Market  
**ADVERTISE HERE**

CONTACT

Patsy Sears to place an ad today!

[psears@lpseniors.com](mailto:psears@lpseniors.com) or (800) 950-9952 x5901

## A Place You Can Call Home

**Pleasant Valley Seniors, RCAC**  
W466 County Rd. K, Stoddard, WI 54658  
Office: 608-787-6384  
24/7 Awake Staff, Pet Friendly,  
Private Balconies Available,  
Country Setting

**Oak Grove Assisted Care, RCAC**  
200 W. 6th St., Necedah, WI 54646  
Office: 608-565-3990  
Rooms starting at \$1,115.00 per month,  
24/7 Awake Staff, Library, Beauty Salon,  
Indoor Pool, Fitness Room, Pet Friendly

For more information please call or email: [pvsdirector@yahoo.com](mailto:pvsdirector@yahoo.com)  
Medication administration can include: sliding scale & insulin assistance,  
warfarin management, pain management, and some wound care

## NEVER MISS A NEWSLETTER !

Sign up to have our newsletter emailed to you at [www.ourseniorcenter.com](http://www.ourseniorcenter.com)



## NOW OPEN!



**Fully Licensed Adult Day Services for**  
Elderly, Frail Elderly, Dementia,  
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**Our Services Include:**

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Day Trips, Music, Dancing, Wii Games,  
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**Open 9:00-3:00 Call for Enrollment Information**

**Ellen Alvin 647-8931**

1400 W Seminary St • Richland Center, WI 53581



# Let's Connect!

Tired of being socially isolated?

Join us for fun and informative bi-monthly calls.

1st & 3rd Wednesdays at 10 a.m.– starts February

Dane County agencies are partnering to provide educational and entertaining programs by phone in an effort to reduce feelings of isolation during the pandemic and winter months.



\* Please join us by calling **1-800-767-1750**

**Passcodes: 1st Wednesday of month use 97758# and 3rd Wednesday of the month use 58501#**

A variety of programs will be offered. Each Wednesday there will be something new, including music, poetry reading, sports celebrities, museum resources, health information, community resources and much more!

Topics available here: <https://aaa.dcdhs.com/COVID-19.aspx>



## Online Resources:

**ADRC:** [www.vernoncounty.org/  
departments/  
department\\_of\\_human\\_services/  
aging\\_and\\_disability\\_department](http://www.vernoncounty.org/departments/departments_of_human_services/aging_and_disability_department)

**Teepa Snow:** [teepasnow.com/](http://teepasnow.com/)

**CareBlazers:** [www.careblazers.com/](http://www.careblazers.com/)

**TimeSlips:** [timeslips.org/about/news/28](http://timeslips.org/about/news/28)

**Caregiver Action Network::**

[www.caregiveraction.org/](http://www.caregiveraction.org/)

**Wisconsin Caregiver:**

[wisconsin caregiver.org/virtual-events-for-caregivers](http://wisconsin caregiver.org/virtual-events-for-caregivers)

## Virtual support groups:

**Evening Conversations: Thursdays 7:30-8:30 PM**

Relaxed conversation about caregiving for someone living with dementia. We share stories, struggles and successes. Join by phone, or Zoom. Contact Teresa 608.637-5201 for more information.

**Caregiver Teleconnection:** Call 866-390-6491 or Register online

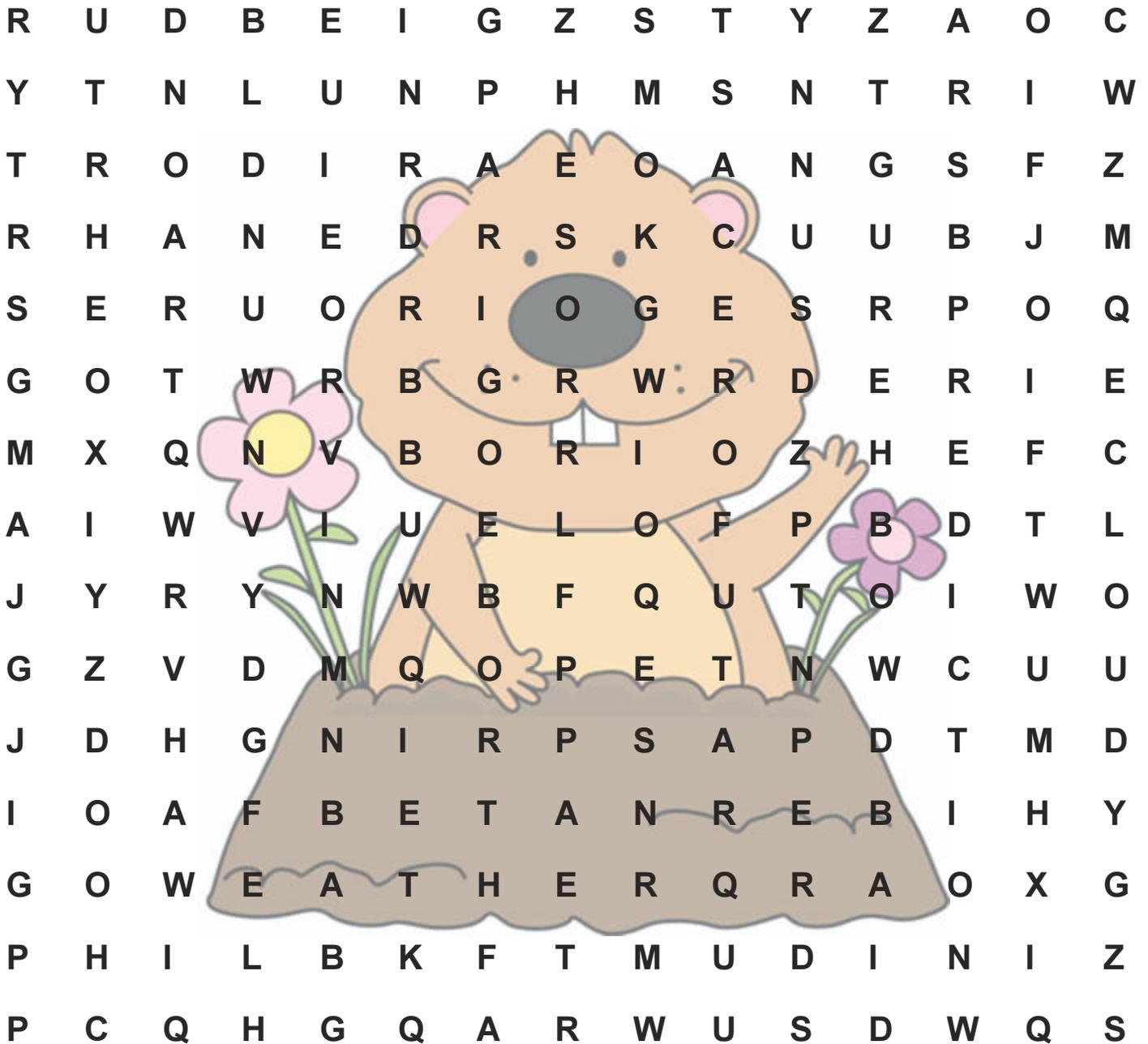
[www.wellmedcharitablefoundation.org/  
caregiver-support-caregiver-teleconnection/](http://www.wellmedcharitablefoundation.org/caregiver-support-caregiver-teleconnection/)

**Alzheimer's Association:** Call to register 800.272.3900; [www.alz.org/wi](http://www.alz.org/wi)  
24/7 Helpline: 800.272.3900

<p><b>ADT-Monitored Home Security</b></p> <p>Get 24-Hour Protection From a Name You Can Trust</p> <ul style="list-style-type: none"><li>• Burglary</li><li>• Flood Detection</li><li>• Fire Safety</li><li>• Carbon Monoxide</li></ul> <p> ADT Authorized Provider <b>SafeStreets</b> 1-855-225-4251</p>	<p><b>PROTECTING SENIORS NATIONWIDE MEDICAL ALERT SYSTEM</b></p> <p><b>\$29.95/MO</b> PLUS SPECIAL OFFER BILLED QUARTERLY</p> <p><b>CALL NOW! 1.877.801.5055</b> <a href="http://WWW.24-7MED.COM">WWW.24-7MED.COM</a></p>	
<p> <b>Vernon Acres</b></p> <p>Vernon Acres Senior Living Opening Spring 2021 Newest Assisted Living Community</p> <p>When The Goal is Quality Care, Think Vernon Acres and Vernon Manor</p>	<p>Don't miss life's <b>GREATEST MOMENTS</b></p> <p>Cataract Surgery available in Hillsboro.</p> <p><b>GUNDERSEN ST. JOSEPH'S HOSPITAL AND CLINICS</b> 400 Water Ave., Hillsboro (608) 489-8000</p>	<p><b>Want laundry help? Our wash-and-fold service is for you!</b></p> <ul style="list-style-type: none"><li>• Senior discounts • Supplies included</li><li>• Pick-up and delivery available</li></ul> <p>Call 608-638-8060 for more information</p> <p><b>COUNTY SEAT LAUNDRY</b></p> <p>1218 N. Main St., on Viroqua's north side</p>
<p> <b>Vernon Manor</b></p> <p>24 Hour Nursing Short Term Rehabilitation Long Term Care</p> <p>Serving Vernon County for Over 100 Years Owned &amp; Operated by Vernon County Just east of Hwy. 14 off of Cty. BB in Viroqua</p> <p>For More Information <b>Call 608-637-5400</b></p>	<p></p>	<p><b>"Inclusa's purpose is to make individuals feel that they're not alone, that they have some choice in their care."</b></p> <p>Local long-term care supports and services delivered with a focus on your life, your choice.</p> <p> inclusa.org   877-376-6113</p>



# Groundhog Day Word Search



BURROW  
FORECAST  
HOLE  
PREDICTION  
SUNNY

CLOUDY  
GROUNDHOG  
MORNING  
SHADOW  
UNDERGROUND

FEBRUARY  
HIBERNATE  
PHIL  
SPRING  
WEATHER

## *5 Tips for Healthy Eating as We Age*

Good nutrition plays an important role in how well you age. Eating a healthful diet helps keep your body strong and can help reduce your risk for heart disease, diabetes, stroke, and osteoporosis. Studies even show a link between healthful eating and longevity.

“As we age, the body becomes less efficient at absorbing some key nutrients. Appetite and taste can suffer from loss of sense of smell and taste or from side effects of medications. Bad teeth can make some foods difficult to chew or digest,” said Arthur Hayward, MD, a geriatrician and the clinical lead physician for elder care with Kaiser Permanente’s Care Management Institute. “So choosing foods carefully is smart.”

Here are five tips to help you get the nutrition your body needs:

### **1. Avoid empty calories.**

Foods with empty calories may contain very few vitamins and minerals. “Convenience foods,” such as packaged snacks, chips and sodas, are common sources of empty calories. Avoid the “bad” carbs — foods that have white flour, refined sugar, and white rice.

### **2. Choose nutrient-rich foods.**

Eat a variety of foods. The more you vary the foods you eat, the more vitamins, minerals, and other nutrients you get. For example:

- **Eat lots of fruits and vegetables.** Choose fresh, frozen, or no-salt canned vegetables and fruits in their own juice or light syrup.
- **Eat foods with protein.** Protein is found in lean meat, fish, poultry, eggs, and cheese, cooked beans, peanut butter, and nuts and seeds.
- **Get enough calcium and vitamin D.** Calcium and vitamin D are found in milk and milk products, including yogurt and cheese. They are also in green leafy vegetables (spinach, kale, collard greens) and tofu.
- **Include foods high in vitamin B12.** After 50, the body produces less gastric acid and absorbs less B12, which helps keep blood and nerves vital. B12 is found in milk, meat, poultry, fish, and eggs.

**Eat high-fiber foods.** This includes fruits, vegetables, cooked dried beans, and whole grains.

### **3. Drink plenty of fluids.**

Drink plenty of fluids, enough so that your urine is light yellow or clear like water. Fiber and fluids help with constipation.

### **4. If your appetite is poor.**

Try eating smaller meals, several times a day, instead of one or two large meals. Eating while socializing with others may help your appetite. You might also ask about changing medicines. Medication can cause appetite or taste problems.

### **5. Eat soft foods.**

As we approach our senior years, chewing food is sometimes difficult. Choose low-sodium canned vegetables or cooked fruits and vegetables. These are often softer. Chop or shred meat, poultry, or fish and then add sauce or gravy to the meat to help keep it moist.



Aging & Disability Resource Center  
402 Courthouse Square, Banta Building  
Viroqua, WI 54665  
608-637-5201 or 1-888-637-1323

Vernon County

## Upcoming February Events

February 5—National Wear *Red* Day

February 9—National Guard Free COVID19 Testing Site, Old Highway  
Shop Viroqua

February 14—*Happy Valentine's Day*

February 15—Human Services Committee Meeting 9am

February 22—Nutrition Advisory Committee Meeting 3pm

February 23—National Guard Free COVID19 Testing Site, Old Highway  
Shop Viroqua

