

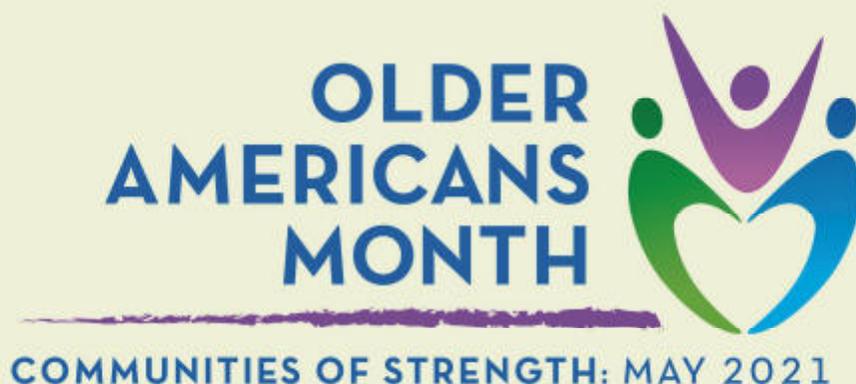


VERNON COUNTY RESOURCE CONNECTIONS



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.

May 2021



“Communities of Strength”

Every May, the Administration for Community Living leads our nation’s observance of Older Americans Month. The theme for 2021 is "Communities of Strength."

Older adults have built resilience and strength over their lives through successes, failures, joys, and difficulties. Their stories and contributions help to support and inspire others. This OAM, we will celebrate the strength of older adults and the Aging Network, with special emphasis on the power of connection and engagement in building strong communities.

There are many things we all can do to nurture ourselves, reinforce our strength, and continue to thrive. Connecting with others is one of the most important—it plays a vital role in our health and well-being, and in that of our communities. From finding joy in small things and sharing our stories, to looking at the big picture and giving to others, join us in promoting the ways we are connected and strong.

Dementia and Caregiving Virtual Book Club

June's Book:

Loving Someone Who Has Dementia

By Pauline Boss, PHD

Tuesdays 12:00-1:00

June 1, 8, 15, 22 & 29

Free to anyone caring for a loved one or is
interested in learning more about Dementia.
Join online or by phone.



Led by Dementia Care Specialists from
Vernon & Richland Counties

Register with Teresa at 608.637.5201

*If assistance is required to locate book,
let Teresa know at registration.*



Just As Important: Pneumonia Vaccine

Understandably, all eyes are on the COVID-19 vaccination process: who is eligible, its availability, the side effects, and its effectiveness. We're also all familiar with getting our annual flu shots each fall. Often overlooked, however, is the importance of getting a pneumococcal (pneumonia) vaccine.

Pneumococcal disease is a term used for a wide range of infections including:

- Ear infections;
- Sinus infections;
- Pneumonia (lung infection);
- Bacteremia (bloodstream infection);
- Meningitis (infection of the covering of the brain and spinal cord); and
- Sepsis (the body's extreme response to an infection).

Mild symptoms include cough, ear pain, fever, and sore throat. More severe symptoms include fever or chills, cough, rapid or difficult breathing, chest pain, headache, stiff neck, increased pain when looking at bright lights, and confusion or low alertness. Pneumococcal bacteria spread from person to person through coughing, sneezing, and close contact. People can carry the bacteria in their nose and throat without being sick and spread the bacteria to others.

Some adults are at increased risk for pneumococcal disease, including those who:

- Are 65 years or older;
- Use alcohol excessively;
- Smoke cigarettes; and
- Have certain medical conditions including chronic illnesses of the heart, liver, kidney or lungs; diabetes; conditions that weaken the immune system; cochlear implants; and cerebrospinal fluid leak.

Medicare Coverage of Pneumonia Vaccine

Medicare Part B covers two separate pneumonia vaccines. Part B covers the first shot if you have never received Part B coverage for a pneumonia shot before. You are covered for a different, second vaccination one year after receiving the first shot.

If you qualify, Original Medicare covers pneumonia shots at 100% of the Medicare-approved amount when you receive the service from a participating provider. Medicare Advantage Plans are required to cover pneumonia shots without applying deductibles, copayments, or coinsurance when you see an in-network provider and meet Medicare's eligibility requirements for the service.

As with any vaccine, it is best to talk with your doctor about your specific conditions and any potential risks of side effects. For more information, call Medicare at 1-800-633-4227 or visit the website: <https://www.medicare.gov/coverage/pneumococcal-shots>

Home Safety Tips for Caregivers

We work hard keeping our loved ones safe and healthy. We monitor diet and medications and activities as best we can. Something that is sometimes overlooked is basic home safety. Falls are the leading cause of injury deaths among people over 65. Over half of falls happen due to hazards in the home. Fortunately, performing a home safety check can help prevent accidents and falls. The following are some suggestions from the Centers for Disease Control and Prevention for keeping your home safe.

FLOORS: Be sure there is a clear walkway through each room. Move furniture around so the path is clear. Remove throw rugs and keep clutter (books, papers, blankets, etc.) off the floor. Be sure there are no cords or wires from lamps, phones, etc across the walkway.

STAIRS AND STEPS: Always keep stairs clear of any objects such as shoes, books, etc. Fix broken or uneven steps. Be sure there is ample lighting above the stairs at the top and the bottom. Furthermore, install a light switch at the top and bottom of the stairs so you never have to walk stairs in the dark. If there is carpet on the stairs, make sure it is firmly attached. Lastly, install handrails on both sides of the stairs. Be sure that they are as long as the stairs and are very secure.

KITCHEN: Rearrange your cupboards so that the things you use the most are at waist level, where they are easy to reach. If you need to use a step stool, use one that is stable and has a bar to hold on to. Never use a chair as a step stool.

BATHROOMS: The floor of the shower or bathtub should have a non-slip rubber mat or self-stick strips to keep it from being slippery. Install grab bars inside the tub and next to the toilet.

BEDROOMS: Place lamps within reach on either side of the bed and make sure they are easy to turn on and off. Make sure there is a clear path from the bed to the bathroom. Consider using a night-light in the bedroom and bathroom.

In addition to making your home safe, consider these other tips to help prevent falls:

- Regular exercise makes you stronger and improves coordination and balance.
- Have your pharmacist or doctor check all the medicines you take (including over the counter) as some may make you sleepy or dizzy.
- Check your vision yearly. Poor vision can increase your risk of falling.
- Get up slowly after you sit or lie down. Count to 10 before walking.
- Always wear shoes, outside and inside the house as well.
- Use bright bulbs in all rooms of your house. Having uniform lighting in each room is safest.
- Hang lightweight curtains or shades to reduce glare.

Paint a contrasting color on the top of all steps so you can see the stairs better.

The Centers for Disease Control and Prevention have created a checklist that you can use to ensure your home is safe. Access the checklist online: https://www.cdc.gov/steady/pdf/check_for_safety_brochure-a.pdf Or you can call the Aging & Disability Resource Center of Vernon County office at 608.637.5201 for more information.

Jane Mahoney
Caregiver Support Specialist
Greater Wisconsin Agency on Aging Resources

ADRC of Vernon County

Contact Information:

Office.....608-637-5201
 Fax.....608-637-5307
 Toll Free.....1-888-637-1323

Office Hours: Monday–Friday
 8:30 AM-4:30 PM

Address:
 402 Courthouse Square
 Viroqua, WI 54665

Office Staff:

Tricia Clements, Unit Director
 Brenda Olson, Social Worker
 Olivia Tryggestad, Social Worker
 Teresa Gander, Dementia-Caregiver
 Support Specialist
 Shelley Matson, Elder Benefit
 Specialist
 Megan Fortun, Nutrition Coordinator
 Lindsey Raasch, Transportation
 Coordinator

504 Salsbery Circle, Hillsboro, WI



*Specializing in Senior Care, Memory Care, and Respite.
 Apartments (one bedroom/one bath and two
 bedroom/two baths) as well as studios available.*

*Make Milestone Moments
 Throughout the Seasons*



Call Bridget Phillips at 608-489-3930 Today!

KRAUSE  MONUMENT

Serving the Tri-State Area Since 1895
www.Krausemonument.com

Call or Visit an Indoor Showroom in Wisconsin
 Viroqua 608-637-7726 • Richland Center 608-647-8314
 Reedsburg 608-524-5355

BRONZE • MONUMENT CLEANING & REPAIR • STATUES
 ETCHINGS • VETERANS MEMORIALS • SIGNS • ON SITE ENGRAVING



Steven Campbell, Owner
 P.O. Box 15 • Viroqua, WI 54665
 Phone (608) 606-1483
 Fax (608) 637-2952
steve@campbellfamilyhomes.com



727 Water Avenue Hillsboro
 PO Box 467, 54634
608-489-3141
www.petersonpharmacy.com

**BETHEL HOME
 & SERVICES**



*Your community resource
 for services to the aging*

608.637.2171
bethelhome.org

M (608) 386-9787
O 2 movers
 2 hours
 \$220
V Open
 24/7/365



N Fully Licensed
 And Insured
G Specialize in
 Assisted Living Moves
? info@ericsmovers.com



MAY

©LPI

VERNON COUNTY MINIBUS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
3 Viroqua 8:30 Westby 8:45 Coon Valley 9:00 Chaseburg 9:15 Stoddard 9:30 Arr: La Crosse 10:00	4	5 HILLSBORO IN-TOWN SERVICE (9:00 – 3:00)	6 Viroqua 8:30 Westby 8:45 Coon Valley 9:00 Chaseburg 9:15 Stoddard 9:30 Arr: La Crosse 10:00	7 Viroqua 8:30 Westby 8:45 Coon Valley 9:00 Chaseburg 9:15 Stoddard 9:30 Arr: La Crosse 10:00
10 Viroqua 8:30 Westby 8:45 Coon Valley 9:00 Chaseburg 9:15 Stoddard 9:30 Arr: La Crosse 10:00	11 Viroqua 8:00 Viola 8:15 LaFarge 8:30 Hillsboro 9:00 Arr: Richland Center 10:00	12 HILLSBORO IN-TOWN SERVICE (9:00 – 3:00)	13 Viroqua 8:30 Westby 8:45 Coon Valley 9:00 Chaseburg 9:15 Stoddard 9:30 Arr: La Crosse 10:00	14 Viroqua 8:30 Westby 8:45 Coon Valley 9:00 Chaseburg 9:15 Stoddard 9:30 Arr: La Crosse 10:00
17 Viroqua 8:30 Westby 8:45 Coon Valley 9:00 Chaseburg 9:15 Stoddard 9:30 Arr: La Crosse 10:00	18 Viroqua 8:00 LaFarge 8:30 Hillsboro 9:00 Ontario 9:20 Arr: La Crosse 10:00	19 HILLSBORO IN-TOWN SERVICE (9:00 – 3:00)	20 Viroqua 8:30 Westby 8:45 Coon Valley 9:00 Chaseburg 9:15 Stoddard 9:30 Arr: La Crosse 10:00	21 Viroqua 8:30 Westby 8:45 Coon Valley 9:00 Chaseburg 9:15 Stoddard 9:30 Arr: La Crosse 10:00
24 Viroqua 8:30 Westby 8:45 Coon Valley 9:00 Chaseburg 9:15 Stoddard 9:30 Arr: La Crosse 10:00	25 Hillsboro 8:45 LaFarge 9:15 Viola 9:30 Readstown 9:45 Arr: Viroqua 10:00	26 HILLSBORO IN-TOWN SERVICE (9:00 – 3:00)	27 Viroqua 8:30 Westby 8:45 Coon Valley 9:00 Chaseburg 9:15 Stoddard 9:30 Arr: La Crosse 10:00	28 Viroqua 8:30 Westby 8:45 Coon Valley 9:00 Chaseburg 9:15 Stoddard 9:30 Arr: La Crosse 10:00
31 <u>No Mini Bus Service</u> 		RESERVATIONS ARE REQUIRED FOR ALL OF OUR TRANSPORTATION SERVICES. CALL 637-5201 OR 1-888-637-1323		Fares: \$7.00 - La Crosse, Richland Center \$12.00 - Madison \$3.00 - Hillsboro in town

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.

Living with Memory Problems

Memory problems vary from person to person. What you consider to be a problem depends partly on what you need or expect to be able to do. Some very common memory problems include:

- Forgetting people's names
- Struggling to remember day-to-day events or experiences
- Misplacing items (such as keys or glasses) around the house
- Getting lost in a familiar place or on a familiar journey
- Finding it hard to start or follow conversations
- Forgetting appointments or important dates (such as birthdays)
- Struggling with the steps in a recipe

Everyone reacts differently to memory problems. It's normal to get frustrated or worried, or lose self-confidence. You may find the following tips helpful:

- Talk to others, such as friends, family, or other people experiencing memory problems.
- They might suggest helpful ways of thinking, and you may be able to find solutions together.
- Do the things that you're comfortable with.
- Focus on memory problems that are having real impact on your life and that happen more often, such as often misplacing items like your cell phone.
- Try to focus on the things you can remember and can do. You may well have a good memory of events from many years ago. There will still be many things you are able to do that you learned in the past.

Many people find the following approaches helpful. It can help to try out different approaches and discover which ones work best for you.

- Set a regular daily routine. But keep some variety, such as meeting with friends or visiting a museum, so you don't get bored.
- Talk about your day. This is a good way of remembering and feeling positive about what you've done that day.
- Plan ahead. Example: layout items you will need for the next day.
- Focus on One Things at a Time.
- Break tasks down into smaller steps.
- Knowing where things are. Keep your home layout familiar. Remove clutter and unnecessary items.
- Timing. Try to do your most challenging activities early in the day, when you have the most energy and can concentrate best.
- Support. Talk to friends and family about how you feel and how you can work together. They can support you to try out new techniques to help with your memory.

Marketplace Changes Under the American Rescue Plan

In addition to providing for a third round of stimulus checks, the American Rescue Plan (ARP) Act will make marketplace health plans more affordable. These changes affect people who are already enrolled in marketplace coverage as well as people who sign up this year.

Increased Marketplace Premium Subsidies

The ARP increases premium tax credits, or subsidies, for everyone enrolled in a marketplace plan. In the past, everyone with a marketplace plan had to pay some amount of premiums. Under the ARP, people with incomes under 150% FPL may be able to choose a premium-free silver plan with a small deductible.

In addition, people with incomes above 400% of the federal poverty level (FPL) may be eligible for premium subsidies. Before the ARP, people with incomes above 400% FPL were not eligible for any premium subsidies. Now people may be eligible for premium subsidies if they would be required to contribute more than 8.5% of their household income toward their plan's premium, depending on the plan. This is even true for people with incomes above 400% FPL.

The increased premium subsidies will be in effect during 2021 and 2022. The Department of Health and Human Services announced that the subsidies will be available on HealthCare.gov beginning April 1, and the subsidies for current enrollees will be retroactive to January 2021. It is unclear whether these changes will be automatic for current enrollees. Beginning April 1, consumers should update their HealthCare.gov applications and reselect their current plan to receive the tax credits this year. If they do not take any action after April 1, they can claim the increased subsidies as tax refunds when they file their 2021 tax return next year.

Under the current COVID-19 special enrollment period, people have until August 15 to sign up for coverage or change plans to take advantage of the additional subsidies.

Increased Subsidies for People Receiving Unemployment Benefits

When people receiving unemployment benefits apply for a marketplace plan in 2021, their income over 133% FPL will be disregarded for purposes of determining eligibility for premium and cost-sharing subsidies. As a result, people who receive unemployment benefits at any time in 2021 may be able to choose a premium-free silver plan with a small deductible. This rule will only be in effect during 2021. In addition, people receiving unemployment benefits must meet the other requirements to be eligible for marketplace subsidies. For example, if they have access to job-based health insurance that meets the Affordable Care Act's standards for affordability and minimum value, they will be ineligible for any marketplace premium subsidies.

Premium Tax Credit Repayment Forgiveness for 2020

People who apply for marketplace premium subsidies must provide an estimate of their income for that tax year. When they file federal tax returns for that year, they must determine whether they received the correct amount of premium tax credit. Individuals who overestimated their income will receive an additional premium tax credit. On the other hand, individuals who underestimated their income must repay any excess premium tax credit. Individuals with income above 400% FPL must repay the entire amount of excess premium tax credit they received that year. There is a limit to how much a person with lower incomes must repay.

Because the COVID-19 pandemic caused significant income uncertainty last year, the ARP waives repayment of any excess premium tax credit received by marketplace enrollees in 2020. This will protect people at any income level, including those with income over 400% FPL. Because the 2020 tax forms were finalized before the ARP was passed, the Internal Revenue Service is expected to release additional guidance. Individuals with questions should consult a tax professional.

For one-on-one assistance with choosing a Marketplace plan, contact Covering Wisconsin at 608-261-1455 or at <https://www.coveringwi.org/>. People who are enrolled in Medicare should not enroll in Marketplace coverage.



CREAMERY CREEK Senior Living Now Leasing!
ASSISTED LIVING & MEMORY CARE
(608) 638-1600
 1049 Chicago Ave., Viroqua, WI
www.creamerycreekseiorliving.com

Schedule your tour today!

Norseland Nursing Home



24/7 Skilled Nursing Services
 Physical, Occupational, & Speech Therapy
 Planning a surgery? Call us today for inpatient or outpatient rehabilitation!

323 Black River Rd. Westby, WI 54667 (608) 634-3747 www.bsjcorp.com

my choice WISCONSIN

Care Wisconsin and My Choice Family Care are now My Choice Wisconsin.

My Choice Wisconsin is a managed care organization that serves government-funded programs to seniors and adults with disabilities in over 50 Wisconsin counties.

**FAMILY CARE PARTNERSHIP
 FAMILY CARE | MEDICAID SSI
 MEDICARE DUAL ADVANTAGE**

1-800-963-0035
mychoicewi.org/LP

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

PROTECT your personal information
DETECT suspected fraud, abuse, or errors
REPORT suspicious claims or activities

Toll-free Helpline: 888-818-2611
 Email: smp-wi@gwaar.org
gwaar.org/senior-medicare-patrol
 [WisconsinSeniorMedicarePatrol](https://www.facebook.com/WisconsinSeniorMedicarePatrol)



Wisconsin SMP
 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, May 3—Spaghetti w/ meat sauce, tossed salad w/ spinach, peaches, garlic bread, cookie.

Tues, May 4—Roast beef, potatoes, carrots, oranges, pistachio fluff.

Wed, May 5—Tacos w/ fixings, creamed corn, applesauce, carrot cake.

Thurs, May 6—Batter Fried Fish, fried potatoes, baked beans, pineapple, pumpkin bar.

Mon, May 10—Roast pork w/ gravy, au gratin potatoes, cabbage, orange slices, cookie.

Tues, May 11—Lasagna, carrots, tossed salad w/ spinach, banana, cherry cheesecake.

Wed, May 12—Chicken al king over biscuits, green beans, applesauce, peanut butter bar.

Thurs, May 13—Cheeseburger, fried potatoes, creamy kidney bean salad, mixed fruit, Jell-O cake.

Mon, May 17—Chicken Salad on croissant, potato chips, pears, berry cobbler.

Tues, May 18—BBQ riblet, cheesy hash browns, mixed vegetables, pineapple, butterscotch pudding.

Wed, May 19—Tater tot casserole, cauliflower, mixed fruit, pumpkin bar.

Thurs, May 20—Batter fried Fish, sweet potato casserole, tossed salad, mandarin oranges, apple pie.

Mon, May 24—Meatloaf, mashed potatoes, beets, strawberry shortcake, fruit juice.

Tues, May 25—Boiled ham, carrots, potatoes, cabbage, applesauce, brownie.

Wed, May 26—Beef tips, boiled potatoes, peas, orange slices, chocolate pudding.

Thurs, May 27—Pulled Pork sandwich, potato salad, baked beans, cranberry sauce, pie.

Mon, May 31—**CLOSED**



HILLSBORO SENIOR MEALS

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

- Mon, May 3**—Grilled chicken breast, roasted baby reds, green beans, wheat bread, fruit cocktail, chocolate cupcake.
- Tues, May 4**—Pork chop w/ mushroom gravy, mashed potatoes, steamed carrots, wheat dinner roll, pineapple tidbits, vanilla pudding.
- Wed, May 5**—Baked tilapia, spinach salad w/ ranch dressing, steamed corn, wheat bread, pumpkin pie square.
- Thurs, May 6**—Spaghetti & meatballs, steamed broccoli, breadstick, sliced peaches, apple cake.
- Mon, May 10**—Sloppy joes, steak fries, carrot sticks & dip, fresh fruit, chocolate pudding.
- Tues, May 11**—Baked chicken, baked potato w/ sour cream, baked beans, wheat bread, pineapple tidbits, carrot cake.
- Wed, May 12**—Goulash, spinach salad w/ ranch dressing, corn muffin, peaches, Rice Krispy bar.
- Thurs, May 13**—Swiss steak, mashed potatoes w/ gravy, Brussels sprouts, wheat bread, applesauce, lemon bar.
- Mon, May 17**—Baked ham, au grain potatoes, green beans, wheat dinner roll, fresh fruit, orange sherbet.
- Tues, May 18**—Lasagna, spinach salad w/ Italian dressing, wheat breadstick, pears, chocolate chip cookie.
- Wed, May 19**—Pork chop, baby red potatoes, steamed carrots, wheat bread, apple crisp.
- Thurs, May 20**—Beef tips over noodles, green beans, tossed salad w/ ranch, orange Jell-O w/ oranges.

- Mon, May 24**—Cheeseburger, steak fries, baked beans, peaches, raspberry sherbet.
- Tues, May 25**—Scalloped potatoes & ham, steamed corn, spinach salad w/ ranch dressing, wheat bread, sliced strawberries, angel food cake.

Wed, May 26—Baked tilapia, baked potato w/ sour cream, wheat bread, mandarin oranges, brownie.

Thurs, May 27—Meatloaf, mashed potatoes & gravy, steamed carrots, wheat bread, fruit cocktail, peanut butter cookie.

Mon, May 31—**CLOSED**

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, May 3**—Cheeseburger on a bun w/ condiments, baked beans, potato chips, pineapple tidbits, frosted carrot cake.
- Tues, May 4**—Baked ziti, Italian vegetable blend, breadstick, mixed fruit, cookie, fruit juice.
- Wed, May 5**—BBQ chicken, cheesy hash browns, roasted Brussels sprouts, wheat bread, banana, 7 layer bar.
- Thurs, May 6**—Smothered pork loin, mashed potatoes w/ gravy, cooked baby carrots, dinner roll, cranberry sauce, pie w/ topping.
- Mon, May 10**—Baked ham, macaroni & cheese, pea & onion pearls, wheat bread, diced pears, apple crisp.
- Tues, May 11**—Egg salad sandwich, Italian pasta salad, broccoli bacon & cashew salad, banana, yogurt parfait.
- Wed, May 12**—Meatloaf w/ ketchup, scalloped potatoes, coiled carrots, dinner roll, applesauce, black bottom cupcake.



Thurs, May 13—Broiled cod w/ tartar sauce, 1/2 baked potato w/ sour cream & butter, green beans, wheat bread, pineapple tidbits, cookie.

Mon, May 17—Shredded chicken & gravy over mashed potatoes, sliced beets, wheat bread, banana, frosted white cake.

Tues, May 18—Spaghetti & meatballs w/ marinara sauce, 7 layer salad, dinner roll, diced pears, cookie, fruit juice.

Wed, May 19—Roasted turkey, sweet potatoes, green bean casserole, wheat bread, apple slices, brownie.

Thurs, May 20—BBQ chicken, tri-colored potatoes, coleslaw, dinner roll, mixed fruit, pumpkin bar.

Mon, May 24—Tater tot casserole, cooked baby carrots, wheat bread, mandarin oranges, apple cake, fruit juice.

Tues, May 25—Goulash casserole, seasoned broccoli, wheat bread, banana, cookie, fruit juice.

Wed, May 26—Pigs in a blanket, calico beans, macaroni pasta salad, watermelon, pie w/ topping.

Thurs, May 27—Batter fried cod w/ tartar sauce, twice baked potato, cucumber salad, dinner roll, diced peaches, baked scone.

Mon, May 31—**CLOSED**

READSTOWN SENIOR MEALS

Mary Nachtigal, Center Manager
Valley View Apartments, 520 N. 4th St.
Readstown, **Phone 637-5201**
Serving Tuesday thru Friday @ 11:00 A.M.

Tues, May 4—Stuffed pork chop, mashed sweet potatoes, roasted cauliflower, mandarin spinach salad, fruit cup, cook's choice dessert.

Wed, May 5—Sloppy joe, pasta salad, baked beans, melon cup, fruit crisp.

Thurs, May 6—Creamed turkey over biscuit, peas & carrots, Brussels sprouts, creamy cucumber salad, melon cup, dessert bar.

Fri, May 7—Meatballs w/ gravy, dinner roll, mashed potatoes, green beans, fruit salad, cookie.

Tues, May 11—Chicken parmesan, spaghetti, garlic breadstick, corn, Waldorf salad, muffin.

Wed, May 12—Ham steak, dinner roll, au gratin potatoes, squash, kale berry salad, melon cup, dessert bar.

Thurs, May 13—Open faced beef sandwich, mashed potatoes, zesty cucumber salad, carrots, fruit cup, cupcake.

Fri, May 14—Roasted turkey, dinner roll, roasted baby red potatoes, California medley, broccoli raisin salad, melon cup, banana cream pie.

Tues, May 18—Scalloped potatoes & ham, dinner roll, green beans, carrot cake salad, melon cup, cook's choice dessert.

Wed, May 19—Beef tips over noodles, 3 bean salad, mixed vegetables, fruit cup, birthday cake.



Thurs, May 20—Open faced turkey sandwich, mashed potatoes, beets, marinated vegetable salad, fruit cobbler.

Fri, May 21—Salisbury steak, dinner roll, mashed potatoes, broccoli, cottage cheese, peaches, pumpkin pie.

Tues, May 25—Hamburger steak, dinner roll, baked potato, cowboy beans, Jell-O w/ fruit, cook's choice dessert.

Wed, May 26—Parmesan crusted pork chop, dinner roll, seasoned rice, green beans, tossed salad, fruit cup, cupcake.

Thurs, May 27—Meatloaf, dinner roll, boiled potatoes, roasted asparagus, Watergate salad, melon cup, dessert bar.

Fri, May 28—Creamed chicken over biscuit, peas & carrots, seven layer spinach salad, melon cup, banana pudding dessert.

VIROQUA SENIOR MEALS

Janet Hohn, Center Manager

Park View Manor, 200 Park View Court

Viroqua, **Phone 637-5201**

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

Mon, May 3—Tuna melt, garlic herb pasta w/ veggies, mandarin oranges, cinnamon glazed carrots.

Tues, May 4—Baked chicken, boiled potatoes, country vegetables, dinner roll, banana cream pie.

Wed, May 5—Meatloaf, baby red potatoes, green beans, wheat roll, pineapple upside down cake.

Thurs, May 6—Popcorn shrimp, kidney bean salad, wheat bread, no bake chocolate oatmeal bar, hot apples.

Mon, May 10—BBQ pork ribette, sweet potatoes, cornbread, vanilla ice cream, fruit cocktail.

Tues, May 11—Potato-leek soup w/ kielbasa, kidney bean salad, pears, oatmeal bar.

Wed, May 12—Baked chicken thigh, baked potato, broccoli, wheat bread, fudge brownie.

Thurs, May 13—Meatballs sub, potato chips, cauliflower, sherbet, pineapple.

Mon, May 17—Potato crunch pollock, O'Brien potatoes, country vegetables, wheat bread, applesauce cake.

Tues, May 18—Glazed baked ham, au gratin potatoes, cauliflower, garlic cheese biscuit, blueberry pie.

Wed, May 19—Chili, cornbread, peaches, vanilla ice cream.

Thurs, May 20—BBQ chicken, sweet potato, coleslaw, wheat bread, fudge brownie.

Mon, May 24—Hamburger on a bun, baked beans, coleslaw, apple pie.

Tues, May 25—Baked salmon, buttered noodles, creamed peas, wheat bread, frosted banana bar.

Wed, May 26—Egg salad sandwich, pickled beets.

Thurs, May 27—Meatballs, mashed potatoes w/ gravy, Brussels sprouts, wheat bread, cookie, sliced oranges.

Mon, May 31—**CLOSED**

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, May 3—Cheeseburger on a bun w/ condiments, baked beans, potato chips, pineapple tidbits, frosted carrot cake.

Tues, May 4—Baked ziti, Italian vegetable blend, breadstick, mixed fruit, cookie, fruit juice.

Wed, May 5—BBQ chicken, cheesy hash browns, roasted Brussels sprouts, wheat bread, banana, 7 layer bar.

Thurs, May 6—Smothered pork loin, mashed potatoes w/ gravy, cooked baby carrots, dinner roll, cranberry sauce, pie w/ topping.

Mon, May 10—Baked ham, macaroni & cheese, pea & onion pearls, wheat bread, diced pears, apple crisp.

Tues, May 11—Egg salad sandwich, Italian pasta salad, broccoli bacon & cashew salad, banana, yogurt parfait.

Wed, May 12—Meatloaf w/ ketchup, scalloped potatoes, coiled carrots, dinner roll, applesauce, black bottom cupcake.

Thurs, May 13—Broiled cod w/ tartar sauce, 1/2 baked potato w/ sour cream & butter, green beans, wheat bread, pineapple tidbits, cookie.

Mon, May 17—Shredded chicken & gray over mashed potatoes, sliced beets, wheat bread, banana, frosted white cake.

Tues, May 18—Spaghetti & meatballs w/ marinara sauce, 7 layer salad, dinner roll, diced pears, cookie, fruit juice.

Wed, May 19—Roasted turkey, sweet potatoes, green bean casserole, wheat bread, apple slices, brownie.

Thurs, May 20—BBQ chicken, tri-colored potatoes, coleslaw, dinner roll, mixed fruit, pumpkin bar.

Mon, May 24—Tater tot casserole, cooked baby carrots, wheat bread, mandarin oranges, apple cake, fruit juice.

Tues, May 25—Goulash casserole, seasoned broccoli, wheat bread, banana, cookie, fruit juice.

Wed, May 26—Pigs in a blanket, calico beans, macaroni pasta salad, watermelon, pie w/ topping.

Thurs, May 27—Batter fried cod w/ tartar sauce, twice baked potato, cucumber salad, dinner roll, diced peaches, baked scone.

Mon, May 31—**CLOSED**



**There's a Living Well with
Chronic Conditions workshop
starting soon near you!**

6 Week Online Class

Wednesday, June 2 -
Wednesday, July 7

Suggested \$15 Donation

Please Call to Register

ADRC of Vernon County

1-888-637-1323 or 608-637-5201

There will be a pre-class on May 26 from
2:30pm – 5:00pm. This will be done to
assist individuals with technology.

IMPORTANT REMINDERS

CLPI

If you have not received the COVID-19 vaccination and are interested in doing so, you can contact the Aging & Disability Resource Center of Vernon County for help scheduling an appointment for the vaccination.

608.637.5201 or 1.888.637.1323

AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact **Patsy Sears** to place an ad today!
psears@4LPi.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 \$1,1150.00 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
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.mycommunityonline.com



NOW OPEN!



Fully Licensed Adult Day Services for
Elderly, Frail Elderly, Dementia,
Developmentally Disabled

Our Services Include:
Activities of Daily Living, Personal Care,
Showers & Medication Administration

Our Activities Include:
Day Trips, Music, Dancing, Wii Games,
Bowling, Activity Stations, Movies,
Theme Days, Crafts, Baking

Open 9:00-3:00 Call for Enrollment Information
Ellen Alvin 647-8931
1400 W Seminary St • Richland Center, WI 53581



Community Spotlight

CARE COVE

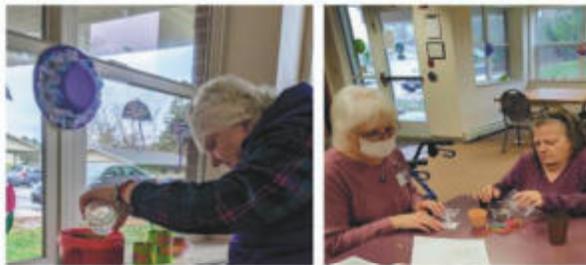
We are so excited to share the news that our Care Cove Adult Day Services program has re-opened after closing due to the 2020 covid shut down. This program has operated successfully for over 30 years. The closing has allowed us to take on a new approach to day services. Our Helping Hands team led by Kris Markert and Jessica Kuester will be providing leadership for Care Cove. We also welcome Karen Schlesner, as our Care Cove Lead, who comes to us from her activity position at Fairhaven, Old Times and Bothne. Karen has great experience in working with clients that are elderly, have dementia and / or disabilities. We are excited with the expertise that she brings.



“Care, through Faith and Service with Jesus Christ as our guide”

INQUIRIES/QUESTIONS

PLEASE CALL (608) 637-2378
<https://www.bethelhome.org/>



Care Cove provides individualized care plans. Activities and outings based on participants interests. Currently open M-F 830-4p

HELPING HANDS

Helping Hands provides Transportation, Nail Care Clinics, and In-home services in Vernon County and surrounding counties (based on staff availability).

Provider Services:

- Basic Personal Cares
- Light Housekeeping
- Transportation (Wheelchair Capable & Driver assistance available)

RN Services:

- Oversight of Personal Cares
- Medication Set-ups
- Foot Nail Care
- Case Management

Handyman Services (based on availability)

Online Resources:

ADRC: www.vernoncounty.org—Click ADRC, top right corner

Teepa Snow: teepasnow.com/

CareBlazers: www.careblazers.com/

TimeSlips: timeslips.org/about/news/28

Caregiver Action Network:

www.caregiveraction.org/

Wisconsin Caregiver: wisconsincaregiver.org

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/

Alzheimer’s Association: Call to register 800.272.3900; www.alz.org/wi
24/7 Helpline: 800.272.3900

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



ADT Authorized Provider **SafeStreets** 1-855-225-4251

PROTECTING SENIORS NATIONWIDE
MEDICAL ALERT SYSTEM



\$29.95/MO
BILLED QUARTERLY

- No Long-Term Contract
- Price Guarantee
- Made and monitored in the USA

PLUS SPECIAL OFFER

CALL NOW! 1.877.801.5055
WWW.24-7MED.COM



Vernon Acres

Vernon Acres Senior Living
Opening Spring 2021
Newest Assisted Living Community

When The Goal is Quality Care, Think Vernon Acres and Vernon Manor



Vernon Manor

24 Hour Nursing
Short Term Rehabilitation
Long Term Care

Serving Vernon County for Over 100 Years
Owned & Operated by Vernon County
Just east of Hwy. 14 off of Cty. BB in Viroqua

For More Information
Call 608-637-5400

Don't miss life's **GREATEST MOMENTS**

Cataract Surgery available in Hillsboro.

GUNDERSEN ST. JOSEPH'S HOSPITAL AND CLINICS

400 Water Ave., Hillsboro
(608) 489-8000

Want laundry help? Our wash-and-fold service is for you!

- Senior discounts • Supplies included
- Pick-up and delivery available

Call 608-638-8060 for more information

COUNTY SEAT LAUNDRY

1218 N. Main St., on Viroqua's north side

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

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



INCLUSA

inclusa.org | 877-376-6113

Do Cognitive Supplements Perform as Advertised?

Supplements exist that claim they can boost your memory, increase productivity, and help keep the mind sharp. These natural and synthetic substances have increased in popularity in recent years and represent an industry that generated more than half a million dollars in sales in 2015. How effective are these supplements and are they safe to use?

According to the Food and Drug Administration (FDA), supplements that claim to prevent, treat, or cure cognitive impairments like Alzheimer's and dementia often make marketing claims with minimal to no evidence supporting them. Some cognitive-enhancing supplements even contain drugs that aren't approved by the FDA for use. Despite this, they can still be readily purchased over the internet. Four of the most common cognitive supplements include: Vinpocetine, Piracetam, Neuriva, and Prevagen.

Vinpocetine

Vinpocetine goes by a few different names. They include: Vinca minor extract, lesser periwinkle extract, or common periwinkle extract. In recent years, the FDA warned that Vinpocetine can cause miscarriages and negatively impact fetal development if used during pregnancy.

Piracetam

Piracetam belongs to the same class of drugs as levetiracetam which is commonly used to treat epilepsy and is used in other countries as a prescription drug. According to one 2001 Cochrane review, there is no strong evidence to support the use of piracetam for cognitive health. Furthermore, they found that the upper end of the manufacturer-recommended daily dose is more than double what some countries would prescribe.

Neuriva

Neuriva is derived from coffee cherry extract. It's been found to increase levels of brain-derived neurotrophic factor (BDNF) BDNF is a protein that plays an essential role in neurogenesis (the process by which new neurons are formed in the brain). A study conducted in 2020 found that 71 adults with mild cognitive decline did show an improvement in reaction time that persisted throughout the duration of the study. Keep in mind though, this study was funded and conducted by a company that manufactures coffee cherry extract.

Prevagen

Prevagen alleges that their product maintains stable calcium levels in the brain and enhances the function of other brain proteins. The Alzheimer's Drug Development Foundation says this supplement likely does not have any benefits on brain health.¹ Additionally, the maker of Prevagen is involved in an ongoing legal battle that state the company has made false and unsubstantiated claims regarding their product. Adverse effects have also been noted in some cases with Prevagen use including: chest pain, vertigo, and seizures.

Diet

Research has shown that dietary changes can prolong cognitive decline by as many as 7.5 years and lessen your chance of developing dementia. The most impactful changes you can make are: including more fruits (especially berries, grapes, watermelon, and avocados), vegetables (beets and dark/leafy greens), whole grains/legumes, and choosing healthier fats (nuts, olive oil, and fatty fish). If you do choose to use a supplement that boasts cognitive enhancement, I'd recommend consulting with your physician. Otherwise, you can improve your brain health and protect against cognitive decline by making changes to your diet.



Elliot D. Mezera
Dietician,
Vernon Manor



Think Spring

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

Word Lists:

ARIES
 BLOSSOM
 BUNNIES
 CHIRPING
 FLOWERS
 HATCHING
 MARCH
 RAIN
 SHOWERS
 THAW

BASKETBALL
 BOUQUET
 BUTTERFLY
 CLOVER
 GALOSHES
 IRISH
 MFLIT
 RENEWAL
 SPRINGTIME
 TULIPS

BIRDS
 BREEZY
 CATERPILLAR
 CROCUS
 GRASS
 KITES
 NEW
 ROBINS
 SPROUTING
 UMBRELLA

BLOOMING
 BUD
 CHICKS
 DAFFODIL
 GREEN
 LEPRECHAUNS
 PUDDLES
 SHAMROCK
 SUNSHINE
 WARMING





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

Vernon County

Upcoming May Events

- May 4—National Guard Free COVID19 Testing Site, Old Highway Shop
Viroqua**
- May 9—Mother's Day**
- May 17—Human Service Committee Meeting 9am**
- May 18—National Guard Free COVID19 Testing Site, Old Highway Shop
Viroqua**
- May 24—Nutrition Advisory Committee Meeting, 3pm**
- May 31—Memorial Day **Offices Closed, No Senior Meals****