



VERNON COUNTY
RESOURCE
CONNECTIONS

January 2022



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.



Happy New Year from the ADRC staff!

Stop in and see us in 2022.

Don't let a fall cramp your style!

One in four people age 65 or older has a fall each year. You don't have to be one of them.

Take a Stepping On workshop!

Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. In just seven weeks, you'll learn:

- ▶ To identify and remove or avoid fall hazards in your home and outside
- ▶ How vision, hearing, medication, and footwear affect your risk of falling
- ▶ Strength and balance exercises you can adapt to your individual level
- ▶ To get back on your feet the right way if you do fall

**Stepping On has been
researched and proven
to reduce falls
by 30%!**

Wednesday's 9:30-11:30 Starting March 7th

Classes will run for 7 weeks with **Betty Nigh** at the Coon Valley Village Hall

You can register by calling the ADRC of Vernon County at **608-637-5201**, the Library at **608-452-3757** or by emailing

Karen at: cvlib@wrlsweb.org

****Suggested donation \$15****

Stepping
On 

wiha
Wisconsin Institute
for Healthy Aging
wihealthyaging.org

2022 Medicare Costs Released

The Centers for Medicare & Medicaid Services (CMS) recently announced the 2022 premiums, deductibles, and coinsurance amounts for Medicare Parts A and B for those enrolled in Original Medicare. Enrollees in Medicare Advantage Plans (Part C) pay the same premiums but different cost-sharing depending on their plan choice.

You may notice that the numbers are increasing more for 2022 than in previous years. This corresponds to the Social Security Administration's 5.9% Cost-of-Living Adjustment (COLA) for 2022. The 5.9% increase is the highest COLA beneficiaries have seen in 40 years (since 1982). Social Security ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics.

Medicare Part A costs

Medicare Part A covers inpatient hospital, skilled nursing facility, and some home health care services.

According to CMS, about 99% of Medicare beneficiaries receive premium-free Medicare Part A due to having at least 40 quarters of Medicare-covered employment.

Description	2020	2021	2022
Premium with 40 work credits	\$0	\$0	\$0
Premium > 30 work credits	\$252	\$259	\$274
Premium < 30 work credits	\$458	\$471	\$499
Inpatient hospital deductible (up to 60 consecutive days)	\$1,408	\$1,484	\$1,556
Daily coinsurance for days 61-90	\$352	\$371	\$389
Daily coinsurance for lifetime reserve days	\$704	\$742	\$778
Skilled Nursing Facility coinsurance for days 21-100	\$176	\$185.50	\$194.50

Medicare Part B costs

Medicare Part B covers physician services, outpatient hospital services, certain home health services, durable medical equipment, emergency room visits, and certain other medical and health services not covered by Medicare Part A.

Regardless of work quarters, everyone pays a Medicare Part B premium (unless a person qualifies for a premium subsidy). Typically, Medicare Part B provides insurance coverage on an 80/20% basis after the annual deductible is met.

Description	2020	2021	2022
Monthly Premium	\$144.60	\$148.50	\$170.10
Annual Deductible	\$198	\$203	\$233

Fearless Caregiver Emotional First Aid Kit Caregiver.com

You can find respite from your caregiving in the simplest things.

1. Smile, it's not funny how often we forget to do this simple act and how well it lifts our spirits.
2. Call someone who makes you feel good, especially if you haven't spoken with them in a long time.
3. Have a bite of something sinfully delicious, while being conscious your own dietary limitations. When was the last time you treated yourself to a snack?
4. Take a bubble bath, once you make sure that your loved one is safe and secure, nothing expresses caregiver self-care better than a leisurely bubble bath.
5. Read, pick up that novel or re-read that motivating poem. When was the last time you turned off the television, turned down the phone and read something nice? (P.S. this tip goes very well with tip number 3.)
6. Get a massage. It's like taking a mini vacation. It will relax you and take care of all the tension you build up every day.
7. Buy yourself some flowers. You deserve it and the sight and smell of something beautiful and fragrant will give you a reason to smile (see number 1).
8. Take a walk at a pace that allows you to feel the energy of the wind washing over you.
9. Go shopping buy something "just for you", something that makes you feel special.
10. Go online. You can explore different places, find new friends and learn new things. Make the Internet your getaway even when you can't get out of the house.

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
 Teresa Gander, Dementia Care Specialist
 Shelley Matson, Elder Benefit Specialist
 Megan Fortun, Nutrition Coordinator
 Lindsey Raasch, Transportation Coordinator
 Jessica Hanson, Administrative Assistant



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CFH

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Steven Campbell, Owner
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 Fax (608) 637-2952
 steve@campbellfamilyhomes.com

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727 Water Avenue Hillsboro
 PO Box 467, 54634

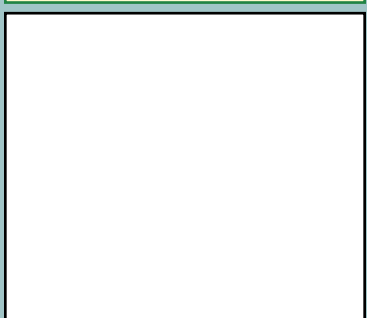
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Protect the Ones You Love, and Who Love You

Keep Older Adults Safe from COVID-19 During the Winter Holidays



This winter is an especially dangerous time for older people because of the COVID-19 virus.

- **Did you know?** 94% of the 770,000+ U.S. residents who have died from COVID-19 were over the age of fifty, including more than 250,000 who died last winter.¹



If older adults get COVID-19, they are much more likely than younger people to be hospitalized or die.

- **Did you know?** Adults 65–74 are 65 times more likely to die, if they get COVID-19, than are young adults (ages 18–29). Adults over 85 are 370 times more likely.
- Adults 65–74 are roughly 5 times more likely to be hospitalized, if they get COVID-19 than are young adults (ages 18–29). Adults over 85 are roughly 10 times more likely.²



Vaccines greatly reduce an older person's risks of getting a severe case of COVID-19.

- **Did you know?** By being fully vaccinated, older adults reduce their chances of being hospitalized³ by 94% and of dying⁴ by 91% if they get COVID-19.



The greatest risk of infection comes from family members and friends who visit indoors and don't know they have COVID-19.

- **Did you know?** Even if you are fully vaccinated, it is still possible, but less likely for you to get and transmit COVID-19 to family and friends. The virus is spread primarily through the air. Therefore, everyone needs to be especially careful around unvaccinated older adults.



Protect the ones you love, and who love you!

- Recommend and help your family and older friends to get vaccinated or get a booster shot.
- If you visit with family, friends, and other people, it is safest to do so in open air spaces or well-ventilated spaces.
- Wear masks indoors, especially if you are around unvaccinated people.
- If you are not fully vaccinated, don't endanger your loved ones: avoid close contact indoors unless you wear masks.

¹ <https://www.cdc.gov/nchs/nvss/vsrr/COVID19/index.htm>

² <https://www.cdc.gov/coronavirus/2019-ncov/covid-data/investigations-discovery/hospitalization-death-by-age.html>

³ <https://www.cdc.gov/media/releases/2021/p0428-vaccinated-adults-less-hospitalized.html>

⁴ <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/effectiveness/index.html>



2022

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 Viroqua 8:30 Westby 8:45 Coon Valley 9:00 Chaseburg 9:15 Stoddard 9:30 Arr: La Crosse 10:00				

Masks are required when riding the minibus. Thank you

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

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



Special Olympics is a global movement that unleashes the human spirit through the transformative power and joy of sports. It empowers individuals with intellectual disabilities to become accepted and valued members of their communities, leading to a more respectful and inclusive society for all. Using sports as the catalyst as well as programming around health and education, Special Olympics works to end inactivity, injustice and intolerance.

Who Are Our Athletes?

Athletes are the heart of Special Olympics. Our athletes are children and adults with intellectual disabilities from all around the world, with more than 9,000 in Wisconsin. They are finding success, joy and friendship as part of our global community. They're also having lots of fun!

Through Special Olympics, our athletes are seeing themselves for their abilities, not disabilities. Their world is opened with acceptance and understanding. They become confident and empowered by their accomplishments. They are also making new friends, as part of the most inclusive community on the planet—a global community that is growing every day.

The goal of Special Olympics Wisconsin (SOWI) is to reach out to the more than 145,000 people in the state with intellectual disabilities. Our 9,000+ SOWI athletes—ages 8 years old and up—come from all regions of the state. We also have a Young Athletes program for children ages 2 to 10. At any age and in every county, our athletes are learning new skills, making new friends and gaining in fitness and confidence.

Special Olympics Wisconsin trainings and competitions happen 365 days a year. We offer 19 Olympic-style winter, spring, summer and fall sports. All sports are coached by certified volunteer coaches. Many athletes start in one sport, then go on to try others.

Special Olympics is Near You!

There is no upper age limit, and in fact, the average age of an athlete is 33. So, whatever your age or skill level, Special Olympics has something for you.

Visit SpecialOlympicsWisconsin.org or contact our staff for the most up-to-date information about program offerings near you.

Special Olympics Wisconsin, Inc. Our local contact is:

2310 Crossroads Drive Ste 1000 Nicole Christensen
Madison, WI, 53718 Athletic Director, Region 6

(608) 442-5670 nchristensen@SpecialOlympicsWisconsin.org



Living Faith Food Pantry

Living Faith Food Pantry is a community outreach ministry of Living Faith Church which has addressed the food insecurity needs of the Viroqua area for 25 years. They have established an array of volunteer, food source, and financial partners that has generously addressed this community need. The Pantry distributes 6,000 pounds of food each week to 160 area households and has been recognized by Second Harvest Food bank as a leader in the distribution of fresh produce.

**209 Sands Road, Viroqua
Mondays from 12:30-4:00 pm**

Masks are required.



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

DHS Approved 4/22/2021

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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.



Thrive Locally



ON THE MENU ©LPI

The Aging & Disability Resource Center of Vernon County provides meals at Senior Dining Centers for those age 60 and older.

The suggested donation is \$4.25 per meal.

****Attention—Due to supply shortages, menu items may change without notice. We apologize for the inconvenience. Thank you.****

DE SOTO SENIOR MEALS

Butch Ghelf, 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, Jan 3**— Roast pork w/ gravy, au gratin potatoes, orange slices, cookie.
- Tues, Jan 4**—Fish, tater tots, peas and carrots, fruit cup, cake.
- Wed, Jan 5**— Chicken, mashed potatoes, green beans, applesauce, peanut butter bar.
- Thurs, Jan 6**— Cheeseburger, French Fries, creamy kidney bean salad, mixed fruit, Jell-O cake.
- Mon, Jan 10**—Meatloaf, mashed potatoes, wax beans, pears, berry cobbler.
- Tues, Jan 11**— BBQ pulled pork sandwich, cheesy hash browns, mixed vegetables, pineapple, butterscotch pudding.
- Wed, Jan 12** — Beef & noodles w/ mixed vegetables, Coleslaw, mixed fruit, pumpkin

bar.

- Thurs, Jan 13**— Chicken, sweet potato casserole, California blend veggies, mandarin oranges, apple pie.
- Mon, Jan 17**— Meatballs, mashed potatoes, beets, strawberry shortcake, fruit juice.
- Tues, Jan 18**—Vegetable Soup, Grilled cheese, applesauce, brownie.
- Wed, Jan 19**— Hamburger gravy over mashed potatoes, peas, orange slices, chocolate pudding.
- Thurs, Jan 20**— Chicken, au gratin potatoes, broccoli blend, cranberry sauce, pie.
- Mon, Jan 24** — Ham & scalloped potatoes, baked beans, peaches, cookie.
- Tues, Jan 25**—Fish, baked potato, coleslaw, applesauce, orange cake.
- Wed, Jan 26** — Lasagna, green beans, fruit, carrot cake.
- Thurs, Jan 27**— Roast beef, mashed potatoes, carrots, pineapple, pie.
- Mon Jan 31**—Tater tot casserole, cauliflower, mixed fruit, berry cobbler.



HILLSBORO SENIOR MEALS

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

Mon, Jan 3—Taco salad, tortilla chips, pears, pumpkin bar.

Tues, Jan 4—Chicken breast & gravy, rice ancient grain blend, four bean salad, mandarin oranges, sugar cookie.

Wed, Jan 5—Liver & onions, mashed potatoes & gravy, steamed carrots, wheat bread, pineapple upside down cake.

Thurs, Jan 6—Roast beef, baked potato w/ sour cream, steamed Brussels sprouts, wheat bread, fresh fruit cup, raspberry sherbet.

Mon, Jan 10—Grilled chicken breast, roasted baby red potatoes, green beans, wheat bread, fruit cocktail, chocolate cupcake.

Tues, Jan 11—Pork chop mushroom gravy, mashed potatoes, steamed carrots, wheat dinner roll, pineapple tidbits, vanilla pudding.

Wed, Jan 12—Chicken broccoli rice casserole, wheat bread, mandarin oranges, brownie.

Thurs, Jan 13—Spaghetti w/ meatballs, steamed broccoli, bread stick, sliced peaches, apple cake.

Mon, Jan 17—Sloppy joes, steak fries, carrot sticks & dip, fresh fruit, chocolate pudding.

Tues, Jan 18—Baked chicken breast, baked potato w/ sour cream, baked beans, wheat bread, pineapple tidbits, carrot cake.

Wed, Jan 19—Goulash, spinach salad w/ ranch dressing, corn muffin, peaches, Rice Krispy bar.

Thurs, Jan 20—Swiss steak, mashed potatoes & gravy, Brussels sprouts, wheat bread, applesauce, lemon bar.

Mon, Jan 24—Baked ham, au gratin potatoes, green beans, wheat dinner roll, fresh fruit, orange sherbet.

Tues, Jan 25—Lasagna, spinach salad w/ Italian dressing, wheat breadstick, pears, chocolate chip cookie.

Wed, Jan 26—Roast pork, baby red potatoes, steamed carrots, wheat bread, apple crisp.

Thurs, Jan 27—Beef tips over noodles, green beans, tossed salad w/ ranch, orange Jell-O w/ oranges.

Mon, Jan 31—Cheeseburger, steak fries, baked beans, peaches, raspberry sherbet.

LA FARGE SENIOR MEALS

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

Mon, Jan 3—Beef brisket, mashed potatoes w/ gravy, scalloped corn, wheat bread, mixed fruit, bread pudding w/ caramel sauce.

Tues, Jan 4—Jiffy bake casserole, cooked baby carrots, dinner roll, strawberries, banana crème pie, fruit juice.

Wed, Jan 5—Herbed pork loin, garlic herb potatoes, green beans, wheat bread, banana, cookie.

Thurs, Jan 6—Swedish meatballs over egg noodles, sliced beets, dinner roll, pineapple tidbits, applesauce cake.

Mon, Jan 10—Stuffed chicken rice pilaf, side salad w/ dressing, wheat bread, applesauce, crème puffs w/ caramel sauce.

Tues, Jan 11—Goulash, Italian blend vegetable, wheat bread, banana, carrot cake, fruit juice.

Wed, Jan 12—Sliced roast turkey, mashed potatoes w/ gravy, stewed tomatoes, wheat bread, diced pears, cookie.



Thurs, Jan 13—Chicken cordon bleu casserole, green beans, wheat bread, pineapple tidbits, 7 layer bar, fruit juice.

Mon, Jan 17—Shredded chicken & gravy over mashed potatoes, roasted Brussels sprouts, wheat bread, banana, cherry crisp.

Tues, Jan 18—Chili w/ beans, corn bread w/ butter & honey, coleslaw, diced pears, peanut butter swirl bar, fruit juice.

Wed, Jan 19—Tater tot casserole, coined carrots, wheat bread, apple slices, cookie, fruit juice.

Thurs, Jan 20—Broiled cod w/ tartar, baked potato w/ butter & sour cream, side salad w/ dressing, dinner roll, mixed fruit, banana cake.

Mon, Jan 24—Chicken tenders w/ BBQ sauce, baked beans, whole kernel corn, wheat bread, mandarin oranges, strawberry shortcake.

Tues, Jan 25—Meatloaf, w/ ketchup, au gratin potatoes, seasoned broccoli, wheat bread, banana, lemon bar.

Wed, Jan 26—Baked ham, sweet potato casserole, sliced beets, dinner roll, cranberries, Jell-O cake w/ topping.

Thurs, Jan 27—Batter fried cod w/ tartar, twice baked potato w/ butter, cucumber salad, dinner roll, diced peaches, cookie.

Mon, Jan 31—Hot open faced roast beef sandwich, mashed potatoes w/ gravy, pea & onion pearls, wheat bread, diced peaches, strawberry shortcake.

READSTOWN SENIOR MEALS

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

Tues, Jan 4— Ham steak, dinner roll, au gratin potatoes, roasted cauliflower, coleslaw, fruit cup, dessert bar.

Wed, Jan 5—Open faced turkey sandwich, mixed vegetables, mashed potatoes & gravy, Waldorf salad, cupcake.

Thurs, Jan 6—Herbed chicken breast, dinner roll, sweet potatoes, California medley, Caesar salad, fresh fruit, cook's choice dessert.

Fri, Jan 7—Meatloaf, dinner roll, mashed potatoes, carrots, broccoli raisin salad, fruit crisp.

Tues, Jan 11—Salisbury steak, dinner roll, mashed potatoes, baked beans, marinated vegetable salad, fruit cup, brownie.

Wed, Jan 12—Chicken tortellini, green beans, marinated spinach salad, melon cup, cupcake.

Thurs, Jan 13—Roasted turkey, dinner roll, boiled potatoes, squash, creamy cucumber salad, fruit cup, dessert bar.

Fri, Jan 14—Parmesan crusted pork chop, dinner roll, parsley red potatoes, peas, carrot cake salad, fruit cup, cook's choice dessert.

Tues, Jan 18—Beef tips over noodles, tossed salad, mashed sweet potatoes, fruit crisp.

Wed, Jan 19—Creamed turkey, biscuit, 4 bean salad, peas & carrots, fresh fruit, birthday cake.

Thurs, Jan 20—Herb roasted pork loin, seasoned rice, Brussels sprouts, cottage cheese, peaches, dessert bar.

Fri, Jan 21—Open faced beef sandwich, dinner roll, green beans, mashed potatoes, coleslaw, melon cup, cook’s choice dessert.

Tues, Jan 25—Pulled pork sandwich, vegetable pasta salad, squash, fruit cobbler.

Wed, Jan 26—Ranch chicken breast, dinner roll, seasoned baby red potatoes, California vegetable blend, fresh fruit, cupcake.

Thurs, Jan 27—Meatballs w/ gravy, dinner roll, kale berry salad, mashed potatoes, roasted carrots, melon cup, dessert bar.

Fri, Jan 28—Tuna melt, cheesy cauliflower soup, peas, 7 layer spinach salad, fresh fruit, cook’s choice 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, Jan 3— Swiss steak, au gratin potatoes, 4 bean salad, wheat bread, strawberry shortcake.

Tues, Jan 4—Open face turkey sandwich, mashed potatoes w/ gravy, cauliflower, pears, apple crisp.

Wed, Jan 5—BBQ riblet, sweet potatoes, creamy coleslaw, wheat bread, pineapple, cream cheese brownie.

Thurs, Jan 6—Chicken cordon bleu casserole, green beans, wheat bread, pudding, fruit juice.

Mon, Jan 10—Swedish meatballs, egg noodles, pickled beets, dinner roll, pineapple tidbits, applesauce cake.

Tues, Jan 11—Chicken salad sandwich, potato chips, applesauce, peanut butter bar.

Wed, Jan 12—Potato crusted pollock, mashed potatoes, cucumber salad, garlic cheese biscuit, mandarin oranges, cookie.

Thurs, Jan 13—Cheeseburger, potato wedges, baked beans, peaches, pudding.

Mon, Jan 17—Beef tips, buttered noodles, sliced carrots, tossed salad, wheat bread, blueberry pie.

Tues, Jan 18—Brown sugar apple pork, baked potato, glazed carrots, wheat bread, fruit crisp.

Wed, Jan 19—Baked tilapia, spinach salad w/ ranch, steamed corn, wheat bread, pumpkin pie square.

Thurs, Jan 20—Tater tot casserole, cauliflower, mixed fruit, cookie.

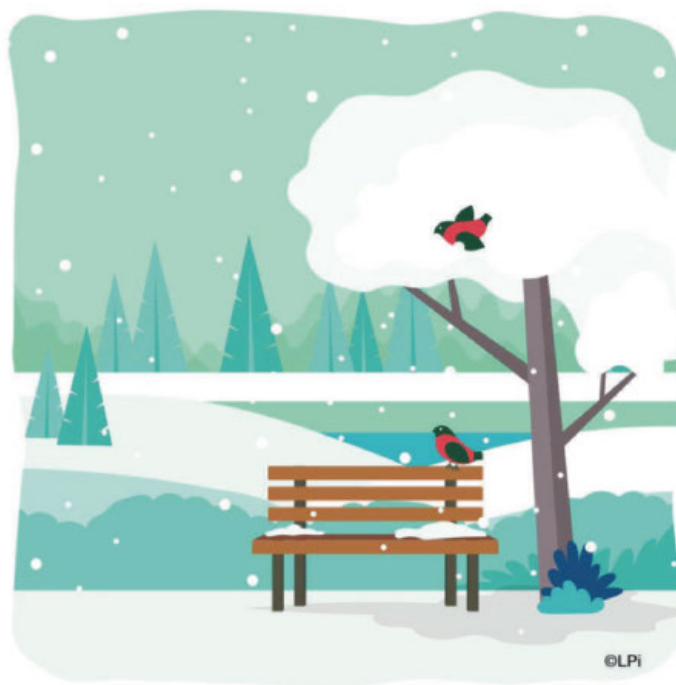
Mon, Jan 24—Baked chicken, scalloped potatoes, baked beans, wheat bread, pineapple tidbits, carrot cake.

Tues, Jan 25—Lasagna, seasoned broccoli, breadstick, diced pears, cookie, fruit juice.

Wed, Jan 26—Baked ham, baked potato, green bean casserole, buttermilk biscuit, mixed fruit, brownie.

Thurs, Jan 27—Hearty beef stew, diced beets, dinner roll, banana, smores bar.

Mon, Jan 31—Meatloaf, steamed potatoes, corn, 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, Jan 3—Beef brisket, mashed potatoes w/ gravy, scalloped corn, wheat bread, mixed fruit, bread pudding w/ caramel sauce.

Tues, Jan 4—Jiffy bake casserole, cooked baby carrots, dinner roll, strawberries, banana crème pie, fruit juice.

Wed, Jan 5—Herbed pork loin, garlic herb potatoes, green beans, wheat bread, banana, cookie.

Thurs, Jan 6—Swedish meatballs over egg noodles, sliced beets, dinner roll, pineapple tidbits, applesauce cake.

Mon, Jan 10—Stuffed chicken rice pilaf, side salad w/ dressing, wheat bread, applesauce, crème puffs w/ caramel sauce.

Tues, Jan 11—Goulash, Italian blend vegetable, wheat bread, banana, carrot cake, fruit juice.

Wed, Jan 12—Sliced roast turkey, mashed potatoes w/ gravy, stewed tomatoes, wheat bread, diced pears, cookie.

Thurs, Jan 13—Chicken cordon bleu casserole, green beans, wheat bread, pineapple tidbits, 7 layer bar, fruit juice.

Mon, Jan 17—Shredded chicken & gravy over mashed potatoes, roasted Brussels sprouts, wheat bread, banana, cherry crisp.

Tues, Jan 18—Chili w/ beans, corn bread w/ butter & honey, coleslaw, diced pears, peanut butter swirl bar, fruit juice.

Wed, Jan 19—Tater tot casserole, coiled carrots, wheat bread, apple slices, cookie, fruit juice.

Thurs, Jan 20—Broiled cod w/ tartar, baked potato w/ butter & sour cream, side salad w/

dressing, dinner roll, mixed fruit, banana cake.

Mon, Jan 24—Chicken tenders w/ BBQ sauce, baked beans, whole kernel corn, wheat bread, mandarin oranges, strawberry shortcake.

Tues, Jan 25—Meatloaf, w/ ketchup, au gratin potatoes, seasoned broccoli, wheat bread, banana, lemon bar.

Wed, Jan 26—Baked ham, sweet potato casserole, sliced beets, dinner roll, cranberries, Jell-O cake w/ topping.

Thurs, Jan 27—Batter fried cod w/ tartar, twice baked potato w/ butter, cucumber salad, dinner roll, diced peaches, cookie.

Mon, Jan 31—Hot open faced roast beef sandwich, mashed potatoes w/ gravy, pea & onion pearls, wheat bread, diced peaches, strawberry shortcake.

Reminder!

The ADRC of Vernon County
will be available to assist
individuals in completing Power
of Attorney for Healthcare.

Staff will be available on the
first Thursday of each month
from 9am—Noon.

Appointments are preferred.

608-637-5201

- ❓ Buying a gift card to pay someone?
- ❗ **STOP. It's a scam!**
- ❗ Gift cards are for gifts.



**HANG UP ON
Gift Card
Scams**
ReportFraud.ftc.gov

Do NOT use a gift card to pay: the IRS or Social Security, tech support, a family member in trouble, ransom or to avoid arrest or deportation, a member of the military, or to keep your utilities on.

Report gift card scams at: **ReportFraud.ftc.gov**

AVAILABLE FOR A LIMITED TIME!
ADVERTISE HERE NOW!

Contact **David Petfalski** to place an ad today! dpetfalski@lpicommunities.com or **(262) 785-1188 x2675**

A Place You Can Call Home

<p>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</p>	<p>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</p>
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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

100 BOTHNE DR.

Coon Valley, WI

55 and older
independent living



This charming building has been completely remodeled, head-to-toe, inside! In each of the 9 brand new rooms, you will find beautifully constructed cabinetry, up to date flooring, a cozy living space and kitchen, 1 bedroom including a full bathroom, and an immense amount of natural lighting! There are several common areas for tenants to share, including onsite laundry and a patio with raised garden beds!

Included in Your Rent :

- 1 bed, 1 bath apartment
- Cable Television
- Internet
- Electric Costs
- Water/ Sewer Costs
- Gas Costs
- Snow removal/ Lawn care
- Off- street parking

\$900-\$950
PER MONTH

 (608) 790-0105

 taylor@nhprimewi.com

(608) 632-1043

  garrick@nhprimewi.com

Online Resources:

ADRC: www.vernoncounty.org/departments/department_of_human_services/aging_and_disability_department

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-events-for-caregivers

Virtual support groups:

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

Circle of Support: First Monday of the month 10:00-11:00 am

*The two meetings listed above are held on zoom, geared toward caring for some with dementia. **Contact Teresa 608.637.5201 for more information.**

Wisconsin Caregiver Support Programs: <https://wisconsincaregiver.org/>

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

NEVER MISS A NEWSLETTER!
Sign up to have our newsletter emailed to you at www.mycommunityonline.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

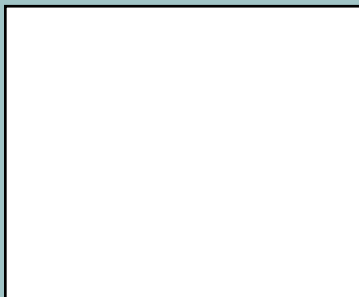
For More Information
Call 608-637-5400

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.org | 877-376-6113



New Year's Eve Word Search

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

- FIRECRACKER
- CHEERS
- DANCING
- STREAMERS
- CONFETTI
- REFLECTION
- CELEBRATE
- MIDNIGHT
- BALLOONS
- COUNTDOWN
- MUSIC
- NEW YEAR
- HOLIDAY
- PARTY
- MASK
- FESTIVITIES





Photos courtesy of Pixabay.com

EAT WELL, AGE WELL. HEALTHFUL SNACKING

NUTRIENT DENSE SNACKS

You may be wondering, "What makes a snack nutrient dense?" A food that is nutrient dense contributes a large amount of nutrients compared to the amount of calories the food yields. Snacks are especially important for older adults because they provide the extra calories and extra nutrients you maybe aren't getting in your regular meals. However, it is important to focus on foods that are low in sodium, added sugars and saturated fats. Large amounts of sodium, added sugars and saturated fats can be found in some of the most popular snack foods so, it is important to read and understand the nutrition label. Some examples of nutrients you might need include: calcium, vitamin D, vitamin B12, fiber and potassium. Try kale or spinach chips to add calcium to your diet. Orange juice or oatmeal can add vitamin D to your diet. Eggs are good when you need vitamin B12 and protein. Lastly, fruits and vegetables are high in fiber and potassium. Think outside the box, and find foods that you like with the nutrients you need!

WEEKLY CHALLENGES

RECORD YOUR DAILY SNACKS

PLAN SNACKS AHEAD OF TIME

SWAP YOUR USUALLY SNACKS FOR FRUITS AND VEGGIES

READ THE FOOD LABELS OF THE SNACKS YOU CHOOSE

DID YOU KNOW?

THE MOST POPULAR SNACKS AMONG AMERICANS ARE CHIPS, CHOCOLATE AND COOKIES.



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

Vernon County

Upcoming January Events

January 1—Happy New Year!

January 6—POA Table 9am-Noon, ADRC of Vernon County

January 17—Human Service Committee Meeting 9am

