



# VERNON COUNTY RESOURCE CONNECTIONS

**February 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.*



## Heart Health Soup Recipe: Slow Cooker Sauerbraten

### Ingredients:

- 1 lb top round or beef loin roast (cut into 1/2 inch cubes)
- 1 onion (chopped)
- 1 cup low-sodium beef broth
- 1/2 cup cider vinegar
- 1 packaged baby carrots
- 1 rib celery (chopped)
- 1 tsp jarred, minced garlic
- 2 small potatoes (peeled, cut into 1 inch cubes)
- 1 Tbsp brown sugar
- 1 tsp ground ginger
- 1/2 tsp nutmeg
- 1 Tbsp whole-wheat flour

### Directions:

1. Add beef, onion, broth, vinegar, celery, garlic, carrots, and potatoes to slow cooker.
2. Cover and cook over low setting for 8-10 hours or over high setting for 3-4 hours.
3. Add brown sugar, ginger, nutmeg, and flour to cooker, stir and turn to high heat—cook for 30 minutes more.



# 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 2<sup>th</sup>**

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](mailto:cvlib@wrlsweb.org)

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

Stepping  
On 

**wiha**  
Wisconsin Institute  
for Healthy Aging  
[wihawilliams.org](http://wihawilliams.org)

## **Got Medicaid or BadgerCare, and Medicare starts? Get Medicare Drug Coverage!**

Although many people don't realize it, Medicaid and BadgerCare Plus will not pay for prescription medications for a person who is eligible for Medicare but is not enrolled in Medicare drug coverage. Since Medicare Part D was created in 2006, federal law has prohibited state Medicaid programs from paying for any medications that could be covered by Medicare, even if the Medicare beneficiary has not enrolled in Medicare drug coverage. That policy is incorporated into Section 38.7 of the BC+ Eligibility Handbook and Topic # 1947 in the Pharmacy Coordination of Benefits section of the ForwardHealth Provider Handbook.

This policy has caused problems for some individuals who expected BadgerCare Plus or Medicaid coverage to be extended through the end of the public health emergency and expected their drug coverage under Medicaid to continue even though they became eligible for Medicare in the meantime.

Unfortunately, most people aren't aware of the issue until they learn from a pharmacist that they have no coverage for needed prescriptions. At that point, they may have no option but to rely on measures such as LINET or manufacturer assistance programs to bridge the gap until they can enroll in a Part D plan or an Advantage Plan with prescription drug coverage. Contact your Aging and Disability Resource for more information or assistance with your Medicare drug coverage.

### **What is the Medicare Advantage Open Enrollment Period?**

Beginning January 1 through March 31, 2022, individuals who are *already enrolled* in a Medicare Advantage Plan can make certain changes. Individuals can only make one change during this period, and the change is effective the first of the month following the month the plan gets the request.

If you are enrolled in a Medicare Advantage Plan as of January 1, 2022 (with or without drug coverage) you can do the following:

- Switch to another Medicare Advantage Plan (with or without drug coverage); or
- Disenroll from your Medicare Advantage Plan and return to Original Medicare. If you choose to do so, you'll be able to join a stand-alone Medicare drug plan.

During this time, you can't do the following:

- Switch from Original Medicare to a Medicare Advantage Plan;
- Join a Medicare drug plan if you're in Original Medicare; or
- Switch from one Medicare drug plan to another if you're in Original Medicare.

Remember: anyone *not enrolled in* an Advantage Plan as of January 1, 2022 cannot choose to enroll in one at this time unless they are in their Medicare Initial Enrollment Period (IEP) or qualify for a Special Enrollment Period (SEP).



**UPCOMING**  
**EVENTS**

**February Virtual Book Club**  
Still Alice | 12-1pm | Tuesdays | Zoom

**February 16 Movie @ Hillsboro  
Library**

1:00pm | Away From Her | Refreshments|

Free

**March 16 Movie @ Hillsboro Library**

1:00pm | Still Alice | Refreshments| Free



For more information  
contact  
the ADRC at  
**608.637.5201**  
Ask for Teresa

# 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**

Campbell Family Homes, LLC

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

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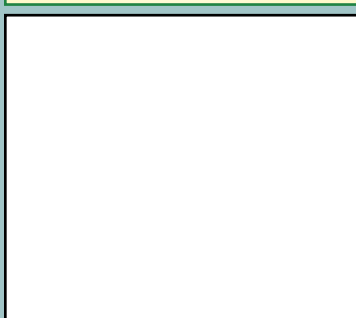
727 Water Avenue Hillsboro  
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**608-489-3141**  
www.petersonpharmacy.com



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## **How To Know When It's Time to Retire from Driving**

Mobility and accessibility are important to our independence and overall mental and physical well-being. In most cases, driving has provided us the ability to work, provide for our families, socialize, and live independently. Removing the ability to drive can feel debilitating, but driving isn't our only tool to access the world around us.

There are many reasons why it may become unsafe for a person to continue driving. Some signs it might be time to hang up the keys include:

- Making unsafe decisions like failing to observe traffic signs, driving at the wrong speed, or not using turn signals
- Making errors such as not obeying laws at intersections, hitting curbs, or poor lane control
- Not reacting quickly to various circumstances
- Mixing up the gas and brake pedals
- Forgetting where you are going or how to find familiar places
- Taking longer to return home from a routine drive than normal
- Anger or confusion while driving
- Car crashes, new dents or dings on the vehicle, or receiving multiple traffic tickets or warnings

If any of these unsafe driving situations are familiar to you, you can set up a comprehensive driving evaluation with an occupational therapist specializing in driving rehabilitation. The occupational therapist will give you a more objective evaluation of your driving capacity and help determine strategies to help you retain independence and mobility when your amount of driving is reduced. An evaluation from an objective third party could especially come in handy if a trusted friend or family member has expressed concern about your driving ability but you do not agree there is a problem. A national database of driving specialists can be found on the American Occupational Therapy Association's website.

Whether or not it is still safe for you behind the wheel will depend entirely on your individual circumstances. Because of this, there's not one specific age that people should retire from driving. However, according to AAA, healthier and more active older adults are outliving their ability to drive safely by an average of 7-10 years.

The best thing to do is make a transportation plan before driving even becomes an issue for you. You may find that creating a plan is more empowering for you because you'll have a say in your transportation before you're unable to drive.

The Alzheimer's Association has a driving contract where you can give your permission to a trusted loved one to help you when it's your time to stop driving. This can be particularly useful if you are in the early stages of Alzheimer's or are afraid that you will have a hard time committing to driving retirement when the time comes.

Keep in mind that it is totally natural to fear such a big change, and you may even mourn the loss of your ability to drive. However, if you plan ahead with your loved ones, the transition will be a lot easier for everyone involved.

Part of creating this plan is figuring out who you can count on when you need help. You are definitely not in this alone, and it may help ease your fears to know exactly who is willing and able to help you if you eventually need it.

You can also take steps now to reduce your reliance on driving, such as getting your groceries and prescriptions delivered to you. There are many transportation resources listed in this article, but you can even try asking a friend or family member if they can recommend any services and/or show you how to use them.

There are plenty of transportation options available to help you get to where you need to be, such as:

- Family members and friends
- Taxi services
- Volunteer driver services
- Public transportation (bus, train)
- Biking or walking if possible
- WisDOT Transit Assistance Programs
- Community Resource Finder
- Eldercare Locator
- Non-Emergency Medical Transportation (NEMT)

If you are new to using some of these services like public transportation or reserving a taxi, it can be helpful to learn how to use them now and know who to contact if you need help, so that you're already used to it. Since everyone's situation is unique, the Alzheimer's Association can provide even more information and support if you call 800-272-3900.

While older adults are more likely to make safe decisions behind the wheel like wearing seatbelts, they are less likely to survive severe crashes than any other age group. There are several reasons for this, including age-related fragility and their vehicles being less likely to have advanced safety features. If you are planning to continue driving for quite some time, it will be important to learn about the different safety features available in newer cars and the importance of driving a vehicle with those capabilities.

Here are some more transportation resources for adults in Wisconsin who cannot drive:

- GWAAR website <https://gwaar.org/transportation3>
- Your Local Aging and Disability Resource Center (ADRC) <https://www.dhs.wisconsin.gov/adrc/consumer/index.htm>
- Wisconsin Association of Mobility Managers (WAMM) <https://wi-mm.org>
- United Way's 211 – Call 211 on your phone
- AAA's Senior Driver Safety & Mobility Program <https://exchange.aaa.com/safety/senior-driver-safety-mobility/>
- AARP "We Need to Talk" Online Workshop <https://learn.aarp.org/we-need-to-talk-online-workshop>
- Alzheimer's Association [Dementia and Driving](#)
- National Transportation Resources <https://www.alz.org/media/Documents/national-senior-transportation-resources.pdf>
- WisDOT Transit Assistance Programs <https://wisconsindot.gov/Pages/doing-bus/local-gov/astnce-pgms/transit/default.aspx>






# FEBRUARY

2022

## VERNON COUNTY MINIBUS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b>	<b>2</b> HILLSBORO IN-TOWN SERVICE (9:00 – 3:00)	<b>3</b> Viroqua 8:30 Westby 8:45 Coon Valley 9:00 Chaseburg 9:15 Stoddard 9:30 Arr: La Crosse 10:00	<b>4</b> Viroqua 8:30 Westby 8:45 Coon Valley 9:00 Chaseburg 9:15 Stoddard 9:30 Arr: La Crosse 10:00
<b>7</b> Viroqua 8:30 Westby 8:45 Coon Valley 9:00 Chaseburg 9:15 Stoddard 9:30 Arr: La Crosse 10:00	<b>8</b> Viroqua 8:00 Viola 8:15 LaFarge 8:30 Hillsboro 9:00 Arr: Richland Center 10:00	<b>9</b> HILLSBORO IN-TOWN SERVICE (9:00 – 3:00)	<b>10</b> Viroqua 8:30 Westby 8:45 Coon Valley 9:00 Chaseburg 9:15 Stoddard 9:30 Arr: La Crosse 10:00	<b>11</b> Viroqua 8:30 Westby 8:45 Coon Valley 9:00 Chaseburg 9:15 Stoddard 9:30 Arr: La Crosse 10:00
<b>14</b> Viroqua 8:30 Westby 8:45 Coon Valley 9:00 Chaseburg 9:15 Stoddard 9:30 Arr: La Crosse 10:00	<b>15</b> Viroqua 8:00 LaFarge 8:30 Hillsboro 9:00 Ontario 9:20 Arr: La Crosse 10:00	<b>16</b> HILLSBORO IN-TOWN SERVICE (9:00 – 3:00)	<b>17</b> Viroqua 8:30 Westby 8:45 Coon Valley 9:00 Chaseburg 9:15 Stoddard 9:30 Arr: La Crosse 10:00	<b>18</b> Viroqua 8:30 Westby 8:45 Coon Valley 9:00 Chaseburg 9:15 Stoddard 9:30 Arr: La Crosse 10:00
<b>21</b> Viroqua 8:30 Westby 8:45 Coon Valley 9:00 Chaseburg 9:15 Stoddard 9:30 Arr: La Crosse 10:00	<b>22</b> Hillsboro 8:45 LaFarge 9:15 Viola 9:30 Readstown 9:45 Arr: Viroqua 10:00	<b>23</b> HILLSBORO IN-TOWN SERVICE (9:00 – 3:00)	<b>24</b> Viroqua 8:30 Westby 8:45 Coon Valley 9:00 Chaseburg 9:15 Stoddard 9:30 Arr: La Crosse 10:00	<b>25</b> Viroqua 8:30 Westby 8:45 Coon Valley 9:00 Chaseburg 9:15 Stoddard 9:30 Arr: La Crosse 10:00
<b>28</b> 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.



## AARP Tax Aide Information

- Online appointment scheduling ONLY

- You will need to schedule two same day appointments to complete your taxes.

- Appointments will be held at the Hogan Administration Center  
807 E Ave South, La Crosse WI 54601

- Tax information line: 608-492-0113



Please visit [aarpfoundation.org/taxaide](http://aarpfoundation.org/taxaide) to schedule your appointments.

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

DHS Approved 4/22/2021

### **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](mailto:smp-wi@gwaar.org)

[gwaar.org/senior-medicare-patrol](http://gwaar.org/senior-medicare-patrol)

[WisconsinSeniorMedicarePatrol](https://www.facebook.com/WisconsinSeniorMedicarePatrol)



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**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.

**Tues, Feb 1**—Goulash w/ beans & stewed tomatoes, cottage cheese, pears, cookie.

**Wed, Feb 2**—Chicken tenders w/ BBQ sauce, baked beans, whole kernel corn, wheat bread, mandarin oranges, strawberry shortcake.

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

**Mon, Feb 7**—Meatloaf, au gratin potatoes, creamed corn, tropical fruit, bar.

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

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

**Thurs, Feb 10**—Beef stew, diced beets, biscuit, pie.

**Mon, Feb 14**—Roast pork w/ gravy, mashed potatoes, broccoli blend, orange slices, cookie.

**Tues, Feb 15**—Lasagna, carrots, tossed salad w/ spinach, banana, cherry cheesecake.

**Wed, Feb 16**—Chicken, baked potato, green beans, applesauce, peanut butter bar.

**Thurs, Feb 17**—Cheeseburger, fried potatoes, kidney bean salad, mixed fruit, Jell-O cake.

**Mon, Feb 21**—Fish, French fries, coleslaw, bar.

**Tues, Feb 22**—Potato soup, mixed vegetables, pineapple, butterscotch pudding.

**Wed, Feb 23**—Tater tot casserole, cauliflower, mixed fruit, pumpkin bar.

**Thurs, Feb 24**—Chicken sweet potato casserole, tossed salad, mandarin oranges, apple pie.

**Mon, Feb 28**—Meatloaf, mashed potatoes, beans, pears, berry cobbler.



### **HILLSBORO SENIOR MEALS**

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

- Tues, Feb 1**—Scalloped potatoes & ham, steamed corn, spinach salad w/ ranch dressing, wheat bread, sliced strawberries, angel food cake.
- Wed, Feb 2**—Baked tilapia, baked potato w/ sour cream, Brussels sprouts, wheat bread, mandarin oranges, brownie.
- Thurs, Feb 3**—Meatloaf, mashed potatoes w/ gravy, steamed carrots, wheat bread, fruit cocktail, peanut butter cookie.
- Mon, Feb 7**—Beef & bean burrito, Spanish rice, cucumber salad, corn muffin, fresh fruit, chocolate pudding.
- Tues, Feb 8**—BBQ pork sandwich, steak fries, carrots & ranch dip, cantaloupe.
- Wed, Feb 9**—Tater tot casserole, spinach salad w/ ranch dressing, corn, wheat bread, peach quick cake.
- Thurs, Feb 10**—Sliced turkey breast, mashed potatoes & gravy, steamed broccoli, wheat dinner roll, fruit cocktail.
- Mon, Feb 14**—Taco salad, tortilla chips, pears, pumpkin bar.
- Tues, Feb 15**—Chicken breast & gravy, rice/ ancient grain blend, four bean salad, mandarin oranges, sugar cookie.
- Wed, Feb 16**—Liver & onions, mashed potatoes & gravy, steamed carrots, wheat bread, pineapple upside down cake.
- Thurs, Feb 17**—Roast beef, baked potato w/ sour cream, steamed Brussels sprouts, wheat bread, fresh fruit cup, raspberry sherbet.
- Mon, Feb 21**—Grilled chicken breast, roasted baby reds, green beans, wheat bread, fruit cocktail, chocolate cupcake.
- Tues, Feb 22**—Pork chop mushroom gravy,

mashed potatoes, steamed carrots, wheat dinner roll, pineapple tidbits, vanilla pudding.

- Wed, Feb 23**—Chicken broccoli rice casserole, wheat bread, mandarin oranges, brownie.
- Thurs, Feb 24**—Spaghetti & meatballs, steamed broccoli, breadstick, sliced peaches, apple cake.
- Mon, Feb 28**—Sloppy joes, steak fries, carrot sticks & dip, fresh fruit, chocolate pudding.

### **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

- Tues, Feb 1**—Homemade lasagna, side salad w/ dressing, dinner roll, watermelon, cookie, fruit juice.
- Wed, Feb 2**—Smother pork loin, garlic herb potatoes, scalloped corn, wheat bread, banana, blueberry crisp w/ topping.
- Thurs, Feb 3**—Fried chicken, mashed potatoes w/ gravy, sliced beets, dinner roll, pineapple tidbits, cream cheese brownie.
- Mon, Feb 7**—Cheeseburger on a bun, calico beans, whole kernel corn, rosy applesauce, frosted white cake.
- Tues, Feb 8**—Sliced roasted turkey, mashed potatoes w/ gravy, coiled carrots, wheat bread, banana, instant cheesecake w/ pie filling.
- Wed, Feb 9**—Shepard's pie, stewed tomatoes, wheat bread, diced pears, cookie, fruit juice.
- Thurs, Feb 10**—Broiled cod w/ tartar sauce, 1/2 baked potato w/ butter & sour cream, green beans, wheat bread, pineapple tidbits, crème puffs w/ caramel.





**Mon, Feb 14**—Sliced roast beef, mashed potatoes w/ gravy, roasted Brussels sprouts, wheat bread, banana, cherry crisp.

**Tues, Feb 15**—Meatloaf w/ ketchup, au gratin potatoes, cooked baby carrots, dinner roll, diced pears, banana crème pie.

**Wed, Feb 16**—Chicken tenders w/ BBQ sauce, baked beans, whole kernel corn, wheat bread, mandarin oranges, strawberry shortcake.

**Thurs, Feb 17**—Baked chicken, stuffing w/ gravy, side salad w/ dressing, dinner roll, mixed fruit, cookie.

**Mon, Feb 21**—Herb pork loin, mashed potatoes w/ gravy, stewed tomatoes, wheat bread, mandarin oranges, strawberry shortcake.

**Tues, Feb 22**—Hearty beef stew, biscuit, broccoli cashew salad, banana, carrot cake, fruit juice.

**Wed, Feb 23**—Baked ham, sweet potato casserole, sliced beets, dinner roll, cranberries, cookie.

**Thurs, Feb 24**—Batter-fried cod w/ tartar, twice baked potato w/ butter, cucumber salad, dinner roll, diced peaches, baked scone.

**Mon, Feb 28**—Shredded beef w/ gravy, mashed potatoes, peas & onion pearls, wheat bread, diced pears, red velvet cake.

### **READSTOWN SENIOR MEALS**

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

**Tues, Feb 1**—Sloppy joe, baked beans, broccoli craisin salad, melon cup, pumpkin bar.

**Wed, Feb 2**—Lasagna, garlic breadstick, coleslaw, California medley, fruit pie.

**Thurs, Feb 3**—Stuffed pork chop, stuffing, mashed sweet potatoes, Watergate salad, melon cup, dessert bar.

**Fri, Feb 4**—Open faced turkey sandwich, mashed potatoes & gravy, green beans, Jell-O w/ fruit, cook's choice dessert.

**Tues, Feb 8**—Open faced roast beef sandwich, mashed potatoes & gravy, corn, mandarin spinach salad, melon cup, fruit cobbler.

**Wed, Feb 9**—Spaghetti w/ meat sauce, garlic breadstick, Italian romaine salad, fruit cup, pumpkin bar.

**Thurs, Feb 10**—Parmesan crusted pork chop, dinner roll, parsleyed baby red potatoes, baked beans, zesty cucumber salad, banana pudding.

**Fri, Feb 11**—Scalloped potatoes & ham, dinner roll, green beans, Waldorf salad, melon cup, cupcake.

**Tues, Feb 15**—Salisbury steak, dinner roll, mashed potatoes & gravy, roasted carrots, fruit salad, cook's choice dessert.

**Wed, Feb 16**—Baked chicken, dinner roll, cheesy hashbrowns, mixed vegetables, coleslaw, fresh melon, birthday cake.

**Thurs, Feb 17**—Meatballs w/ gravy, dinner roll, mashed potatoes, roasted broccoli, Caprese salad, fruit crisp.



**Fri, Feb 18**—Baked cod, seasoned rice, Brussels sprouts w/ cheese sauce, carrot cake salad, fresh fruit, cookie.

**Tues, Feb 22**—Ham, dinner roll, au gratin potatoes, roasted cauliflower, green beans w/ tomatoes salad, fresh fruit, cook's choice dessert.

**Wed, Feb 23**—Roasted turkey, dinner roll, boiled potatoes, squash, creamy cucumber salad, fruit cup.

**Thurs, Feb 24**—Chili w/ beans, grilled cheese sandwich, seven layer spinach salad, fresh fruit, cupcake.

**Fri, Feb 25**—Meatloaf, dinner roll, roasted baby red potatoes, kale berry salad, strawberry shortcake, cookie.

**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.

**Tues, Feb 1**—BBQ riblet, baked sweet potato, creamy coleslaw, biscuit, cream cheese brownie.

**Wed, Feb 2**—Baked chicken, scalloped potatoes, baked beans, dinner roll, pineapple tidbits.

**Thurs, Feb 3**—Beef tips w/ gravy, buttered noodles, green beans, blueberry pie.

**Mon, Feb 7**—Beef stew, biscuit, sliced carrots, banana, s'mores bar.

**Tues, Feb 8**—Brown sugar apple pork, au gratin potatoes, cauliflower, wheat bread, lemon krunch pie.

**Wed, Feb 9**—Chicken drumstick, mashed potatoes w/ sour cream chives, creamy coleslaw, dinner roll, applesauce spice cake.

**Thurs, Feb 10**—Cheeseburger on a bun, potato wedges, baked beans, peaches, pudding.

**Mon, Feb 14**—Baked ham, baked potato, green bean casserole, dinner roll, caramel apple fluff.

**Tues, Feb 15**—Smothered chicken, mashed potatoes w/ butter, tossed salad, wheat bread, brownie.

**Wed, Feb 16**—Spaghetti & meatballs w/ marinara, carrots, breadstick, pineapple, apple crisp.

**Thurs, Feb 17**—Pork chop stuffing bake, fried potatoes, country blend vegetables, dinner roll, mixed fruit.

**Mon, Feb 21**—Brown sugar apple pork, cheesy hashbrowns, carrots, wheat bread, fruit crisp.

**Tues, Feb 22**—Parmesan chicken, au gratin potatoes, diced beets, dinner roll, oranges.

**Wed, Feb 23**—Baked tilapia, rice, broccoli, garlic cheddar biscuit, pumpkin square.

**Thurs, Feb 24**—Salisbury steak, mashed potatoes w/ gravy, corn, wheat bread, strawberries w/ whipped topping.

**Mon, Feb 28**—Popcorn shrimp, garlic mashed potatoes, cauliflower, dinner roll, fruited gelatin.



### **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\*

**Tues, Feb 1**—Homemade lasagna, side salad w/ dressing, dinner roll, watermelon, cookie, fruit juice.

**Wed, Feb 2**—Smother pork loin, garlic herb potatoes, scalloped corn, wheat bread, banana, blueberry crisp w/ topping.

**Thurs, Feb 3**—Fried chicken, mashed potatoes w/ gravy, sliced beets, dinner roll, pineapple tidbits, cream cheese brownie.

**Mon, Feb 7**—Cheeseburger on a bun, calico beans, whole kernel corn, rosy applesauce, frosted white cake.

**Tues, Feb 8**—Sliced roasted turkey, mashed potatoes w/ gravy, coiled carrots, wheat bread, banana, instant cheesecake w/ pie filling.

**Wed, Feb 9**—Shepard's pie, stewed tomatoes, wheat bread, diced pears, cookie, fruit juice.

**Thurs, Feb 10**—Broiled cod w/ tartar sauce, 1/2 baked potato w/ butter & sour cream, green beans, wheat bread, pineapple tidbits, crème puffs w/ caramel.

**Mon, Feb 14**—Sliced roast beef, mashed potatoes w/ gravy, roasted Brussels sprouts, wheat bread, banana, cherry crisp.

**Tues, Feb 15**—Meatloaf w/ ketchup, au gratin potatoes, cooked baby carrots, dinner roll, diced pears, banana crème pie.

**Wed, Feb 16**—Chicken tenders w/ BBQ sauce, baked beans, whole kernel corn, wheat bread, mandarin oranges, strawberry shortcake.

**Thurs, Feb 17**—Baked chicken, stuffing w/ gravy, side salad w/ dressing, dinner roll, mixed fruit, cookie.

**Mon, Feb 21**—Herb pork loin, mashed potatoes w/ gravy, stewed tomatoes, wheat bread, mandarin oranges, strawberry shortcake.

**Tues, Feb 22**—Hearty beef stew, biscuit, broccoli cashew salad, banana, carrot cake, fruit juice.

**Wed, Feb 23**—Baked ham, sweet potato casserole, sliced beets, dinner roll, cranberries, cookie.

**Thurs, Feb 24**—Batter-fried cod w/ tartar, twice baked potato w/ butter, cucumber salad, dinner roll, diced peaches, baked scone.

**Mon, Feb 28**—Shredded beef w/ gravy, mashed potatoes, peas & onion pearls, wheat bread, diced pears, red velvet cake.

## **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



# SPECIAL EVENTS

## Vernon County's 1st Annual Senior Fair

Tuesday, April 26th  
10:00am-3:00pm

Vernon Memorial Expo Building  
210 Fairground Road  
Viroqua, WI

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an ad today! [dpetfalski@lpicommunities.com](mailto:dpetfalski@lpicommunities.com)  
or (262) 785-1188 x2675

### 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**  
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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

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### 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





## **LOOKING TO EARN A LITTLE EXTRA CASH??**

**The ADRC is looking for a Home Delivered Meal Driver in the WESTBY, VIROQUA AND READSTOWN areas for our Meals on Wheels program.**

- This is a part-time position Monday-Thursday working primarily 10am to 1pm
- You would be responsible for all the ordering and delivery of meals to eligible participants in their homes using your vehicle.
- You would receive \$10.75 an hour plus mileage reimbursement for all miles traveled.
- This is a fun opportunity interacting and helping bring nutritious meals to the elderly in our community!

*\*\*\*This is a perfect opportunity for a retired person or someone looking to make a little extra cash\*\*\**



**Meals on Wheels**





### Online Resources:

**ADRC:** [www.vernoncounty.org/departments/department\\_of\\_human\\_services/aging\\_and\\_disability\\_department](http://www.vernoncounty.org/departments/department_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:** [wisconsincaregiver.org/virtual-events-for-caregivers](http://wisconsincaregiver.org/virtual-events-for-caregivers)

### Virtual support groups:

**Dementia Caregiver Support Groups:**

**Every Thursday at 7:30pm**

**First & Third Monday of the Month at 10am**

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

**ADT-Monitored Home Security**

Get 24-Hour Protection From a Name You Can Trust

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- Fire Safety
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**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**

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available in Hillsboro.

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- Senior discounts • Supplies included
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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







# Valentine's Day

Find the words on the list in the word search below!



X Z N E I H E S S B W V  
H Z B M S W Q X F S V H B T J U V S  
Z Q J F O O A A M C S P T N N N U F J E K M  
C B I G L R R R T A F D X J W R H I M F R Q B L J C  
Q G E A O H T U S X E I B B W D X A C S H D W W G O D H  
U P P J W E T W A F U P D J J U C E U V T M Q A H V U Z  
U R F Q E B Q E Z H R U C B U B X H U L I J X F D E D A  
I A J W R R E N U Y S C E B Q E F O O R D B F E X W Z Y  
W G S S S E N D N I K P T S K Z A T W C L G R P H N K M  
T J U W O E S E R V I C E C S N O F R J O U A Q M U C E  
L K C O T M B L U F T H G U O H T C P Q L L Q T M F N U  
D O I Y B Q D Y G H A P P I N E S S T O S Z A H G E Z Y  
J Z Z H D U V Q P D R P I H S D N E I R F G R T N I T  
D E T S N R P E E P C D W H R M S Q D T L F O E S C  
F M J W A G H O B T O K L W U P O D F O Z A P J  
A Z K V C V H O R X X P X J C L E T T E R S  
T G I F T S R M H S F E K N I P P T I A  
D I R D A W G D C A X R G T B F K H  
E I T B B P J K C V B A Z I M D  
Q F P V I O Z Z I N C H Y J  
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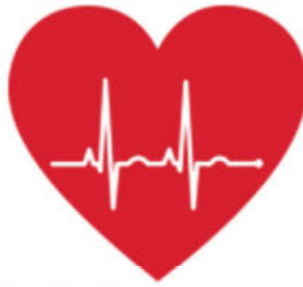
ARROWS  
CUPID  
FUN  
HEARTS  
LOVE  
RED  
SHARE

CANDY  
FLOWERS  
GIFTS  
KINDNESS  
NICE  
ROSE  
SWEET

CHOCOLATE  
FRIENDSHIP  
HAPPINESS  
LETTERS  
PINK  
SERVICE  
THOUGHTFUL



## EAT WELL, AGE WELL. HEART HEALTH



February is all about the heart. We often think solely of Valentine's Day, but February is also National Heart Health Awareness Month. Heart health is an enormous concern in the United States. Heart disease is the leading cause of death in the U.S. Therefore, we hear so much about heart health and see companies advertise "heart healthy" or "promotes heart health" on products. But how do we promote heart health in our daily lives? For starters we can reduce our sodium intake. The average American consumes 3,400 milligrams of sodium a day, while the daily value for sodium is less than 2,300 milligrams per day.

The best way to make sure you are choosing products low in sodium is to use the percent daily value (%DV) on food labels. Typically, a food over 20%DV is high in sodium and 5%DV is considered lower in sodium. It is also important to pay attention to serving sizes to find the total sodium consumed if you eat more than one serving size. Packaging on food products might also contain health claims related to sodium. Sodium-free products have less than 5 mg of sodium per serving and low sodium have 140 mg or less of sodium per serving. Lastly, reduced sodium is a product that contains at least 25% less sodium than the regular product. A diet high in sodium increase blood pressure (also known as hypertension). Blood pressure naturally rises as we age, so it is vital to decrease sodium intake as well. About 56% of U.S. adults have hypertension. One simple tip for reducing sodium is to use herbs, spices, and lemon juice as seasoning rather than salt. Cooking at home makes controlling sodium levels much easier. We can also improve are heart health by reducing our saturated and trans-fat. A simple way to do this is to select reduced-fat cheeses and select lean cuts of beef and pork. Omega-3 fatty acids are thought to help promote heart health. We can increase our intake by adding walnuts and eating fatty fish, such as salmon, lake trout, mackerel, sardines, and albacore tune, at least twice a week. Your heart is an incredibly important organ, so this February give your heart a hug by taking small steps to improve your heart health.

### WEEKLY CHALLENGES

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EAT TWO SERVINGS OF FATTY FISH THIS WEEK

---

REPLACE HIGH FAT CHEESE WITH A LOW-FAT OPTION

---

GO ON A WALK THREE TIMES

---

EAT A HANDFUL OF WALNUTS THIS WEEK

### DID YOU KNOW?

THE RECOMMENDED DAILY VALUE OF SODIUM (2,300 MILLIGRAMS) IS ONLY EQUAL TO ONE TEASPOON!



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

February 4—National Wear **Red** Day

February 14—Human Service Committee Meeting 9am

**Happy Valentine's Day**

February 28—Nutrition Advisory Committee Meeting 3pm

