

Family *and* Friends

FREE



A monthly newsletter brought to you by Richland County Health & Human Services and the Aging and Disability Resource Center of Eagle Country—Richland Center Office

Tips for Maintaining a Healthy Brain

Current research indicates that lifestyle choices have significant impact on long term brain health. Though we cannot control all risk factors, like age and heredity, we can make a positive impact with our lifestyle choices. Eating healthy, getting regular exercise, keeping your brain engaged and staying socially connected may help reduce your risk of Alzheimer's or other dementia. Implementing these tips can help make a difference in your brain health.

Incorporating a healthy diet into our lives is beneficial at any age.

- Eat a balanced diet with lots of colorful fruits and vegetables high in antioxidants.
- Foods that may be especially good for your brain include: Green leafy vegetables, blueberries, broccoli and cauliflower.
- Eat healthy fats found in nuts and certain fish, such as salmon or tuna. Fish high in omega-3 fatty acids may also be especially beneficial.
- Limit the amount of high fat, sugary or salty food you eat.
- Drink in moderation. Some research suggests that moderate amounts of red wine may contain healthy antioxidants.



Staying physically active is healthy for your heart and your brain. The brain needs oxygen and a healthy blood supply to work at its best. Thirty minutes of exercise five or more times a week is recommended. The exercise does not need to be strenuous. Find something that you enjoy and can fit into your own lifestyle. For example:

- Walk or bike instead of drive
- Take the stairs rather than the elevator
- Dancing can be healthy and fun
- Swimming is a great low-impact exercise
- Tai Chi or yoga can help improve balance and flexibility

Challenging your brain is a great way to stay sharp. Find things that interest you and are fun. Some ideas:

Do puzzles such as crosswords or number games

(continued on pg 9)



Inside this Issue

Spotlight On	Pg 2
Supported Decision Making	Pg 4
Nutrition Menu	Pg 6
Seasonal Affective Disorder	Pg 7
Social Security News	Pg 8
New Year's Resolutions	Pg 10



SPOTLIGHT ON... 2022-2024 RICHLAND COUNTY AGING PLAN



The Aging and Disability Resource Center (ADRC) of Eagle Country's Richland Center office is beginning the process of developing the three-year County Aging Plan. The

purpose of creating the plan is to create, improve, or expand services for older adults in Richland County. A new plan is required every three years in order to receive Federal funding through the Older Americans Act. It is a way to hear what people desire to ensure that we are providing services that meet the needs of older adults in our community.

As part of the process of creating the plan the ADRC will be holding numerous events throughout the county over the next few months. Due to COVID most of these events will be virtual listening sessions.

Also, a survey has been created to obtain input from community members regarding what they feel are the assets and challenges for people who are aging in Richland County. This plan is meant to be representative of what the community sees as needs for the next three years. Community input is requested throughout the plan development process to create goals that have been formulated from the responses of community members.

Please take time to complete the following survey and return it to the ADRC located within Health and Human Services at 221 West Seminary Street, Richland Center.

1. What do you see as the top 3 needs to age well in Richland County?

2. What are the 3 most important issues facing older people in our community?

3. Are there programs or services that you would like to see in Richland County that are not currently provided, or services that are provided but you would like to see expanded? If so, please share your ideas.

4. What does Healthy Aging mean to you?

5. As a caregiver for a spouse, family member, or friend, what resources do you think are more important for the aging unit to provide?

6. What do you see as some of the biggest challenges to remaining in your home as you age?

7. 2020 was a year with a lot of challenges due to the pandemic. Do you have any suggestions on how we could better serve the aging population during a crisis?

Thank you for taking time to complete the survey. Your input is very important to us.

JANUARY FAMILY & FRIENDS RECIPE TO TRY



Vegetarian Bean Soup



Prep Time: 1:30 min Cook Time: 60 min

Yield: 10 servings

Ingredients:

2– 16 ounce packages of dried mixed beans
2 (15 oz) cans tomatoes
2 cups chopped celery
2 cups chopped onion
1/4 cup chopped prepared garlic
2 cups chopped peppers (any color)
2/3 cups chopped zucchini
2 cups chopped cabbage
2 cups chopped kale
2 T basil
1 bay leaf
salt and pepper
water

Directions:

- Wash beans and pick out any half beans. Cover beans with water to 2 inches above the bean line. Soak overnight or use the quick method of soaking beans. To do this, add water a couple of inches above the bean line,

cover them, bring to a boil, then cut the heat, and let them sit for an hour. Dump the bean water. Either method works.

- Add fresh water to the beans to cover them by a couple of inches.
- Add the rest of the ingredients to the mix.
- Return to a boil then lower the temperature and simmer until the beans are done, which will be an hour or two, depending on how high you simmer them.
- Check the pot often and stir. Add more water if the soup seems dry. You want this to be soup and not stew.



(courtesy of healthy-diet-habits.com)

**PROTECTING SENIORS NATIONWIDE
MEDICAL ALERT SYSTEM**



\$29.95/MO
BILLED QUARTERLY

PLUS
SPECIAL
OFFER

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

There Is Always Family Here

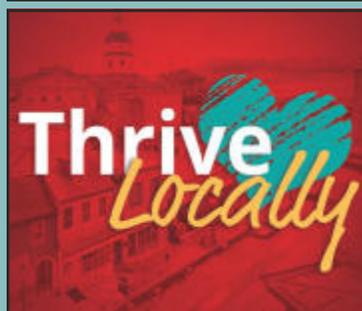
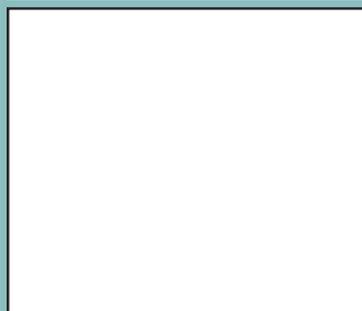


**Harvest
Guest Home**
Assisted Living



23 Year of Laughter and Tears
Established 1995

(608) 647-8205 • www.harvestguesthome.com



NOW OPEN!



**Woodland
Adult Day Center**

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



SUPPORTED DECISION MAKING

WISCONSIN STATE LAW

Wisconsin state law formally recognizes Supported Decision-Making agreements as legal arrangements¹ that allow persons to retain their right to make their own decisions, while also choosing trusted people (called Supporters) to help them gather and understand information, compare options, and communicate their decisions to others.

¹ Wis. Stats. Ch 52. (2017 Wisconsin Act 345)

Supported Decision-Making helps individuals with disabilities and aging adults to make decisions about their lives. They choose the people they trust to help them gather and understand information, compare options, and communicate their decisions to others. It's how most people make decisions.

Supported Decision-Making is an alternative to guardianship through which individuals get help from trusted family members, friends and professionals to help them understand the situations and choices they face, so they can make their own decisions. Supported Decision-Making enables individuals to ask for support where and when they need it. Supported Decision-Making agreements can be used for many kinds of decisions including medical, financial, housing and other life matters. Powers of attorney, representative payees and simple release of information forms can also help families provide the needed supports and safeguards without going to court and imposing guardianship restrictions.

Getting Started

Supported Decision-Making can help individuals stay in control of their own lives. Each individual decides the amount and type of support he or she wants and needs. People with disabilities and aging adults need people they trust to support them to reach their goals.

STEP 1: START THE CONVERSATION

Talk about goals and needed supports to achieve them. Think about an individual's current abilities and areas where growth can occur.

STEP 2: IDENTIFY PEOPLE WHO ARE WILLING AND ABLE TO ASSIST

A support person should know the individual well and be able to understand and communicate with her or him.

STEP 3: PLAN AND COMMUNICATE

Bring the support team together to determine how team members will communicate.

STEP 4: SET UP AN AGREEMENT

Supported Decision-Making agreements are as individual as the people using them.

STEP 5: LET EVERYONE KNOW

Once the Supported Decision-Making agreement is signed, share copies with doctors, financial institutions, schools, and others who are involved. (use a tracking form to keep yourself organized)

How They Work

A Supported Decision-Making agreement includes a list of decisions the individual wants assistance in making and identifies a Supporter(s) they want to help them. Wis.Stats.Ch 52 includes the Supported Decision-Making agreement form and requires the following elements are included:

- Name and contact information
- Types of decisions a supporter may assist with
- Role the supporter plays (ex: A supporter helps understand complex medical information)
- Signatures of the person and supporter(s), and two witnesses or a notary.

The Role of the Supporter

A Supporter is available to help when needed. The individual chooses who they would like to support them and determines when and for what reason they would like the assistance of a Supporter.

A Supporter can:

- Help the person read and/or understand their options
- With permission from the person, access information needed to help the person make the decision
- Attend meetings and assist the person in asking questions
- Help communicate the person's decisions and preferences to others.

For more information, or assistance with the Supported Decision Making process contact the ADRC of Eagle Country's Richland Center office by calling 608-647-4616. One of our Information and Assistance Specialist will be happy to talk with you.

Forms can be found at <https://www.dhs.wisconsin.gov/library/f-02377.htm>

(article courtesy of wi-bpdd.org)

IMPORTANT TIME FOR MEDICARE ADVANTAGE MEMBERS

By the GWAAR Medicare Outreach Team (for reprint)

If you have a Medicare Advantage Plan, this is an important time for you! As you start the new year, if you are not completely happy with your current Medicare Advantage Plan you may be able to make a change. The Medicare Advantage Open Enrollment Period (MA OEP) begins January 1st and ends March 31st each year and is only available to people who are currently enrolled in a Medicare Advantage Plan.

Are you unhappy with your plan's network doctors or pharmacies? Are you concerned that you may be stuck in a plan that isn't suitable to you for another whole year? If you already have a Medicare Advantage Plan, this may be the perfect time to take another look at your 2021 options.

From now until March 31st,

- Current Medicare Advantage Plan members can switch to a different Medicare Advantage Plan, or
- You can drop your Medicare Advantage Plan and return to Original Medicare, and sign up for a stand-alone Medicare Part D (prescription drug) plan.

You may only make one change during this period and if you do so, it will automatically disenroll you from your previous Medicare Advantage Plan. A change made during this period will be effective the first of the following month.

Again, it is important to note that this enrollment period is **only** for people who already have a Medicare Advantage Plan. If you have Original Medicare, (Part A and Part B), this enrollment period does not apply to you. For more information or assistance with Medicare Advantage Plan comparisons, contact the ADRC of Eagle Country-Richland Center office at 608-647-4616

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

PROTECT your personal information

DETECT suspected fraud, abuse, or errors

REPORT suspicious claims or activities



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.

Toll-free Helpline:
888-818-2611
Email: smp-wi@gwaar.org
gwaar.org/senior-medicare-patrol
WisconsinSeniorMedicarePatrol



RICHLAND HILLS

Affordable housing for seniors, disabled and low income individuals

701 W. Seminary St. Richland Center, WI 53581 Ph/Fax 608-647-4877

Catering Services | Wild Game Processing

- FRESH MEAT & CHEESE • SEAFOOD
- SMOKED SAUSAGE • DISCOUNTED MEAT BUNDLES
- MICRO BREWS • WINE • BEER • MOMIE SLAUGHTERING

premeats.com • premeats@gmail.com
Highway 14, Spring Green • 588-2164

PRATT

FUNERAL & CREMATION SERVICE

608.647.4808

Funeral Directors
Serving Southwest WI

Mark Jelinek

Nick Hodge

prattfuneralservice.com

COMMUNITY FIRST BANK
"First for You"
Life Changes. Let Marlys Hennessy, Personal Banker, help you manage the financial challenges in your changing life.

Marlys Hennessy
Personal Banking Officer
1200 Sextonville Road
Richland Center
Phone: 647-4029
www.cfbank.com

FDIC

Capital Wealth Advisory Group
A financial advisory practice of Ameriprise Financial Services, Inc.
182 N Central Ave, Ste 301 Richland Center, WI 53581
608.647.8842 • mycwag.com

When you have the right financial advisor, life can be brilliant.



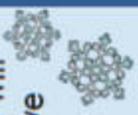
Occasionally, it is necessary to make changes in the menus. All meals are served with milk. Please call the meal site for reservations at least one day in advance.

Grab N' Go January 2021

Grab and Go Senior Meals Richland Center
Mon.- Wed.- Fri. – Reservations Required
 Call Tanya at (608) 649-5937
Rockbridge - Temporarily Closed
Germanatown Home Delivered Only at this time
 – Monday, Wednesday and Thursday –
 Call Rita Connors (608) 983-2798

MONDAY	WEDNESDAY	FRIDAY
 4 Meatloaf Company Potatoes Mixed Vegetables Coleslaw Cherry Brownie 11 Roast Turkey Rosemary Red Potatoes Steamed Broccoli Side Salad w/Dressing Yellow Cake 18 <i>Martin Luther King Day</i> Chicken Cacciatore Over Rice Normandy Vegetables Applesauce Chef's Choice Dessert 25 Chicken Cordon Bleu Seasoned Wild Rice Brussel Sprouts Side Salad w/Dressing Fruited Jell-O w/Topping Chocolate Chip Bar	<p>We would LOVE to have you join us!</p> 6 Chicken Alfredo Green Beans Side Salad Apricots Chocolate Chip Bar 13 Swedish Meatballs Over Buttered Noodles Carrots Mixed Fruit Cookie 20 Salisbury Steak Mashed Potatoes w/Gravy Seasoned Beets Diced Peaches Blonde Brownie 27 BBQ Pork Baked Potato w/Sour Crm Mixed Vegetables Pears Whole Wheat Dinner Roll Frosted Birthday Cake	<p>1</p>  CLOSED No Grab N' Go 8 Cream of Mushroom Pork Mashed Potatoes w/Gravy Buttered Broccoli Fresh Fruit Frosted Chocolate Cake 15 Baked Ham Squash Brussel Sprouts Buttery Beets Bread Pudding w/Sauce 22 Spaghetti & Meat Sauce Mixed Vegetables Peaches Parmesan Bread Stick Cookie 29 Sloppy Joes on a WW Bun Cowboy Beans Mixed Carrots/Peas/Corn Tropical Fruit Mix Chocolate Pudding

In Partnership with the UW-Richland Campus Kitchen, the Richland County Senior Nutrition Program is offering **"Grab N' Go Senior Meals"**
When:
 Pick up is Monday-Wednesday-Friday Between 11:00am-12:00pm
Reservations Are Required by 1pm the day before. Call: 649-5937
What is it:
 An opportunity for those 60 and older to pick-up hot meals while congregate sites are closed by reservation only. The suggested donation is \$3.50 for those 60 and older. Under 60 is a fee of \$8.50/meal. Please call **Tanya**: (608) 649-5937, for more details.
Where to get them: Drive to the UW-Richland Campus fire circle and pick-up your meal. Staff will place your meal on the seat through the window. All staff will be wearing proper Personal Protective Equipment and practicing social distancing.
Donations can be made to:
 Richland County Nutrition
(Please place donations in a sealed envelope)



TIPS TO HELP WITH SEASONAL AFFECTIVE DISORDER

If you start feeling down during this time of year, you are not alone. Also known as the “winter blues,” Seasonal Affective Disorder or SAD affects millions of people during the winter months in the northern hemisphere. This year may be especially difficult for people with SAD when added to the isolation of COVID-19.

According to the National Institute of Mental Health (NIMH), Seasonal Affective Disorder (SAD) is not considered as a separate disorder but is a type of depression that has a recurring seasonal pattern. Seasonal Affective Disorder includes all the symptoms of major depression such as:

- Feeling depressed for prolonged periods
- Feeling hopeless or worthless
- Having low energy
- Losing interest in activities you once enjoyed
- Having problems with sleep
- Experiencing changes in your appetite or weight
- Feeling sluggish or agitated
- Having difficulty concentrating
- Having frequent thoughts of death or suicide

Additionally, symptoms of SAD that recurs in winter-time includes:

- Having low energy
- Hypersomnia
- Overeating
- Weight gain
- Craving for carbohydrates
- Social withdrawal (feel like “hibernating”)

So, if you’re feeling this way around this time every year and if it’s especially difficult this year, what can you do feel better? First, talk to your doctor. According to NIMH, there are four major types of treatment for SAD that may be used alone or in combination with each other that your doctor may recommend: medication, light therapy, psychotherapy, and vitamin D.

Medication

Selective Serotonin Reuptake Inhibitors (SSRIs) are used to treat SAD. The FDA has also approved the use of bupropion, another type of antidepressant, for treating SAD. As with other medications, there are side effects to SSRIs. These medications can only be prescribed by a doctor so you will want to discuss risks and benefits of different medications with your doctor.

Light Therapy

Your doctor may also recommend light therapy. Light therapy has been a mainstay of treatment for SAD since the 1980s. The idea behind it is to replace the diminished sunshine of the fall and winter months using daily exposure to bright, artificial light. Symptoms of SAD may be relieved by sitting in front of a light box first thing in the morning, on a daily basis, from early fall until spring. Most typically, light boxes filter out the ultraviolet rays and require 20-60 minutes of exposure to 10,000 lux of cool-white fluorescent light, an amount that is about 20 times greater than ordinary indoor lighting. These therapy lights, sometimes called “happy lamps” can be purchased at many retailers.

Psychotherapy

Your doctor may also recommend psychotherapy to help with SAD. According to NIMH, cognitive behavioral therapy is a type of psychotherapy that is effective for SAD. Traditional cognitive behavioral therapy has been adapted for use with SAD relies on basic techniques of CBT such as identifying negative thoughts and replacing them with more positive thoughts along with a technique called behavioral activation. Behavioral activation seeks to help the person identify activities that are engaging and pleasurable, whether indoors or outdoors, to improve coping with winter.

Vitamin D

Finally, your doctor may recommend taking a vitamin D supplement. According to NIMH, vitamin D supplementation by itself is not regarded as an effective SAD treatment. The reason behind its use is that low blood levels of vitamin D were found in people with SAD. The low levels are usually due to insufficient dietary intake or insufficient exposure to sunshine. However, the evidence for its use has been mixed. While some studies suggest vitamin D supplementation may be as effective as light therapy, others found vitamin D had no effect.

(Courtesy of GWAAR)

SOCIAL SECURITY BENEFIT VERIFICATION LETTERS

If you receive a Benefit Verification letter, sometimes called a "budget letter," a "benefits letter," a "proof of income letter," or a "proof of award letter," we have good news for you! A new standardized Benefit Verification letter is now available when you need proof of Social Security benefits, Supplemental Security Income, or Medicare.

In addition to name, date of birth, and the benefits received, the new Benefit Verification letter includes other identifiers to prevent misuse and fraud. This is an added benefit to you as proof of income for loans, housing assistance, mortgage, and other verification purposes.

The same standardized letter is also available if you need proof that you do not receive benefits, or proof that benefits are pending. If you are an individual repre-

sentative payee, you can use the **my Social Security Representative Payee** portal to access the same standardized Benefit Verification letter online for your beneficiaries.

This new standardized Benefit Verification letter is another example of our commitment to improve our service to you.

No matter how you request your letter, whether calling our National 800 Number, your local office, the Interactive Voice Response system, or online with your personal **my Social Security** account at www.ssa.gov/myaccount, the Benefit Verification letter now contains a seamless look.



SOCIAL SECURITY 2021 INCREASE

Nearly 70 million Americans will see a 1.3 percent increase in their Social Security benefits and SSI payments in 2021. Federal benefit rates increase when the cost-of-living rises, as measured by the Department of Labor's Consumer Price Index (CPI-W).

The CPI-W rises when inflation increases, leading to a higher cost-of-living. This change means prices for goods and services, on average, are a little more expensive, so the COLA helps to offset these costs.

January 2021 marks other changes that will happen based on the increase in the national average wage index. For example, the maximum amount of earnings subject to Social Security payroll tax in 2021 will be

higher. The retirement earnings test exempt amount will also change in 2021. We will mail COLA notices throughout the month of December to retirement, survivors, and disability beneficiaries, SSI recipients, and representative payees. Want to know your new benefit amount sooner? You can securely view and save the Social Security COLA notice online via the Message Center inside **my Social Security** in early December without waiting for the mailed notice.

If you don't have an account you will have to create one by November 18, 2020 to receive the COLA notice online this year. **my Social Security** account holders can opt out of receiving a mailed COLA notice and other paper notices that are available online.

TIPS FOR MAINTAINING A HEALTHY BRAIN

(Continued from page 1)



Read books, magazines, newspapers
 Learn something new – a new language or new skill (e.g. cooking, knitting, playing an instrument, etc.)
 Try doing something in a different way (e.g. take a different route to work or try writing with your non-dominant hand)

People who regularly engage in social activities may be less vulnerable to depression, and some research has shown that social interaction may also help keep the brain vital and healthy. Find ways to maintain friendships and stay connected to others by:

- Staying active in your faith community
- Volunteering for a local charity, school, or other cause
- Joining a social club or a traveling group
- Taking a class

For more information on keeping your brain healthy, visit alzwise.org. Need the facts about memory loss and dementia or need direction on where to proceed or find helpful resources? Contact the Alzheimer's & Dementia Alliance of Wisconsin, at 608.723.4288 or the ADRC of Eagle Country Richland Center office at 608-647-4616.




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

► Reach the Senior Market

ADVERTISE HERE

CONTACT

Jeff Parkinson to place an ad today!
jparkinson@4LPi.com or (800) 950-9952 x5887

WONDERFUL SENIOR LIVING!

Ridgeview Commons

Senior Apartments 62+ & Disabled

975 W Seminary St
 Richland Center, WI 53581
www.cardinalcapital.us

Rent is 30% of Adjusted Income!
CALL TODAY 608.647.2525

ASH CREEK
 PLUMBING, HEATING & ELECTRIC

\$10 OFF

Call us! 608.647.5500
 We sell the best and service the rest!
 \$10 off any service work done by one of our experienced and professional technicians.
 This offer will never expire!

KRAUSE MONUMENT

Making Monuments for Wisconsin Families for Over 100 Years

Call or Visit a Showroom in Wisconsin

Viroqua Showroom 608-637-7726 | Richland Center Showroom 608-647-8314
 Reedsburg Showroom 608-524-5355

UPRIGHT MONUMENTS | RAISED HEADSTONES | FLAT MARKERS
 ETCHINGS | VETERANS MEMORIALS | PUBLIC WORK & SIGNS | ON SITE ENGRAVING



"Inclusa's purpose is to make individuals feel that they're not alone, that they have some choice in their care."

Local long-term care supports and services delivered with a focus on your life, your choice.


 inclusa.org | 877-376-6113

SKIP THE RESOLUTIONS AND SET NEW YEAR'S GOALS

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

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

A list of goals might include:

Committing to something enjoyable

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

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

Delegating and asking for help

Delegating and asking for help ensures that you can keep your commitment to doing something for yourself. Can someone call and visit with your care partner while you attend your class, group, or practice? Is there a family member, friend, or neighbor who wouldn't mind regularly taking over a chore that would free up some time for you? If there isn't anyone who comes to mind, brainstorm with professionals at local resources to see what's available. Contact the ADRC of Eagle Country at 608-647-4616 for programs and referrals.

Planning for your Care Partner's future

There may come a day when you are no longer able to provide care due to your own limitations or because your care partner's needs are too advanced to handle. Research available options knowing that doing so can save time and stress in the future and can bring peace of mind now. And, difficult as it may be, determine who would provide care if anything interfered with your ability to do so. Designate that person as the alternate to care for your loved one in your will. Contact the ADRC of Eagle country at 608-647-4616 for assistance and referrals.

—Jane De Broux, Dane County Caregiver Program Coordinator

“WEIRD JANUARY DATES”

January is generous with plenty of fascinating festivities to keep you entertained. For starters, January is crowned as national soup month. Think of it as a win-win holiday. Observing it with a steaming bowl of body-and-soul warming soup will help you survive those cold, cold days (did I mention the cold?), *and* will probably be what your body needs after a string of stomach-bursting meals galore during Christmas.

Continue celebrating all things wholesome and natural with Houseplant Appreciation Day on January 10th. Winter is probably as harsh on your poor coconut palm or your tired ficus as it is on you, so don't forget them. Show them some love, play them some classical music (maybe even talk to them a bit if no one is around). Or what about dedicating January 4th to the most obscure facts you've gathered throughout the years on National Trivia Day? Challenge yourself to how many

irrelevant curiosities you can sneak into casual conversations for extra fun.

If none of those holidays really float your boat and you wish to unleash your inner grump fear not, for there is a holiday for you too: National Nothing Day on January 19th. This is not an official public holiday and was proposed as an un-event only in the US, but nothing stops you from spreading its un-eventful glory wherever you are and whatever you do (or not do). Celebrate it the right way – with nothing, whatsoever. Finally a holiday with zero pressure!

January is a bridge between time and space, sprinkled with wolves, mummies and treasures, and plenty of curious dates to keep the New Year's ball rolling all through the coldest month in half the globe. And before you know it, it will be summer again.

WINTER WORD SEARCH

BOOTS
 COAT
 FLAKES
 FLURRIES
 FREEZING
 GLOVES
 HAT
 HOCKEY
 ICEFISHING
 ICESKATING
 MITTENS
 PLOW
 SALT
 SAND

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

SCARF
 SHOVEL
 SKIING
 SLEDDING
 SNOW
 SNOWBALLFIGHT
 SNOWBOARDING
 SNOWFLAKE
 SNOWMAN
 SNOWMOBILE
 SNOWSHOE
 TOBOGGAN
 WINTER



NEVER MISS A NEWSLETTER !

Sign up to have our newsletter emailed
 to you at www.ourseniorcenter.com



Richland County Health and Human Services
221 W. Seminary Street
Richland Center, WI 53581
Produced in conjunction with the Aging and
Disability Resource Center of Eagle Country
Richland Center Office

FREE
PLEASE TAKE
ISSUE: JANUARY 2021

Tuesday's December 1st-January 19th

Let's Get Away, Together

The Family Caregiving Alliance is sponsoring *Let's Get Away, Together*, a weekly series of interactive travel and culture activity sessions for family caregivers and the person they are caring for. Each week focuses on a new part of the country or cultural activity while incorporating storytelling, music, poetry writing, and/or a simple craft. Each session will include a follow-up message filled with tips, activities, and recipes for families to continue to enjoy after the virtual trip. The focus of each group is to explore a new world, experience a variety of engaging opportunities, and enjoy a sense of camaraderie and community. Sessions are Tuesdays at 1:00 p.m. (Central Time), December 1 - January 19. For more information and to register for one or more sessions, visit <https://www.caregiver.org/let%E2%80%99s-get-away-together-winter-series>

Monday's in January

Monday Coffee Connect: Virtual Support to **"Fill Your Caregiving Cup"** every Monday morning from 10 to 11 am. Connect with local dementia specialists virtually from the comfort of your home! Join to ask questions, gain support and brainstorm strategies to get through this time together. Come with a cup of coffee or tea to interact via Zoom Video. Register by calling Gina Laack, Dementia Care Specialist for the ADRC of Eagle Country at 608-548-3954.

Thursday evenings

Are you currently taking care of someone you love who is living with dementia? Do you feel overwhelmed and lost during these times of uncertainty? Connect with local experts, family members and care partners who may be experiencing similar circumstances. Join us for "Evening Conversations with Pam and Gina" from 7:30-8:30 pm every Thursday. Contact Gina Laack, DCS, at 608-548-3954 to sign up or get more information.

Other Dementia Related Resources

Alzheimer and Dementia Alliance of Wisconsin: 1 (608) 232-3407

Alzheimer's Association: 1-800-272-3900 Helpline for around the clock care and support.

Caregiver Teleconnection: <https://www.wellmedcharitablefoundation.org/caregiver-support/caregiver-teleconnection/>

Alzheimer's Foundation of America: Call 1-866-232-8484 The [AFA Helpline](https://www.alzfdn.org) is open seven days a week to assist you with any caregiving questions! Connect by calling 866-232-8484 or by visiting www.alzfdn.org and clicking on the white and blue chat icon in the lower right hand corner of the page.

