

Family

FREE

and

Friends



A monthly newsletter brought to you by Richland County Health & Human Services and

American Heart Month 2021 *Five Ways to Improve Your Heart Health*



If you worry that you or someone you love will get heart disease or even have a heart attack, it's understandable.

Heart disease is the leading cause of death for men and women in the United States, according to the National Heart, Lung, and Blood Institute (NHLBI).

Research shows you can lower your risk, particularly if you team up with family, friends or co-workers. This kind of social support may be the key to your success.

To mark American Heart Month, NHLBI, one of the National Institutes of Health, is inviting people across the country to team up and join #OurHearts, a national heart health initiative that encourages people to improve heart health together.

“Studies show that having positive, close relationships and feeling connected to others benefits overall health, blood pressure, weight and more,” said NHLBI’s Dr. David Goff, director of cardiovascular sciences.

Consider these five tips that can help lower your risk of heart disease:

Risk: Inactivity

Solution: Move more throughout your day. Aim for at least 150 minutes each week of physical activity. Build up to activity that gets your heart beating faster and leaves you a little breathless. If you’re busy, try breaking your daily activity into 10-minute chunks.

Stay motivated: Make walking dates. Join a pickup soccer or basketball game. Join a fitness class with your neighbor. Grab a loved one and dance in your kitchen.

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Spot an income scam

Everyone can be targeted by income scams.

A business offer may say:

Make money selling in your community. Be your own boss!

Learn from the experts how to generate guaranteed income.

You got the job! Deposit this check and send money or buy gift cards.

Work from home and make money with little time and effort!

Just recruit more people to make big money!

Before you accept a business offer:



Take your time.



Be skeptical about success stories and testimonials.



Don't bank on a "cleared" check.



Do your research.

► Learn more at ftc.gov/IncomeScams



Report income scams at ReportFraud.ftc.gov

FEBRUARY FAMILY & FRIENDS RECIPE TO TRY



Crustless Quiche

Prep Time: 20 min Cook Time: 30 minutes

Yield: 6 servings



Ingredients

2 teaspoons olive oil
½ cup chopped onions
5 large eggs
½ cup low-fat milk, rice milk or soy milk
½ teaspoon salt
1½ cups chopped cauliflower
½ cup shredded low-fat cheddar cheese
1 teaspoon paprika

Directions

Before you begin: Wash your hands.

1. Preheat oven to 375°F. Lightly oil an 8-by-8-inch casserole dish or 9-inch pie pan with olive oil or butter. Spread onions evenly in the dish and place in the oven while you prepare the other ingredients.
2. In a small bowl, beat eggs, salt and milk with a whisk.
3. Remove dish from oven with mitts and spread cauliflower and cheese evenly. Pour egg mixture over cauliflower, onions and cheese. Sprinkle with paprika.
4. Bake for 30 minutes, until cauliflower is cooked and golden brown



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**Call Ellen Alvin at 647-8931
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SPOTLIGHT ON... ADRC NEWS

INFORMATION & ASSISTANCE CORNER

Here we are in February 2021, almost one year since we first heard the word Covid. Who would have thought this word would become so much a part of our daily vocabulary and daily work. For your safety and ours and because more people have been affected by Covid, Richland County Health and Human Services made the decision to close its doors to the public. That has meant Information and Assistance Specialists here in the ADRC have had to alter how we communicate and connect with you. Even though we cannot see you in person or visit you at your home, we want you to know we are still here and can assist you.

If you have questions about aging or disability issues or programs, do not hesitate to contact us by phone at 647-4616 or email us at resctr@co.richland.wi.us. We also have the ability to meet with you using Zoom. For those of you not familiar with Zoom, it is an application that allows us to have a virtual meeting. We would be able to see each other on the screen of a device like a smart phone or computer. Let us know if you wish to give it a try. Also, please note that due to the ongoing pandemic we are unsure how long we will have to continue to meet with you in these alternative ways. Please know that our ultimate goal is to be able to continue to provide a high level of customer service.



After talking with you we may make referrals to our Benefit Specialists, Transportation Coordinator, Nutrition Coordinator, or other service providers that could also assist you and your situation. At the ADRC we are also familiar with other area resources and programs that we can connect you to which will work to help you get your needs met. Current Information and Assistance Specialists include Karn Schauf and Cassandra Sanders. We welcome Cassandra who joined us in January as a new member of the ADRC team.



We look forward to meeting and assisting you!



AMERICAN HEART MONTH

(cont' from front page)

Risk: An unhealthy diet

Solution: Consider an option like NHLBI's Dietary Approaches to Stop Hypertension (DASH) eating plan, which is free and scientifically proven to lower high blood pressure and improve cholesterol levels.

Stay motivated: Invite friends to cook up heart healthy recipes together. Start a lunch club at work and trade recipe ideas.

Risk: Smoking, even occasionally

Solution: Quitting can be beneficial to your health, even if you've smoked for years. Set a quit date and let those close to you know. If you've tried quitting in the past, consider what helped and what made it harder.

Stay motivated: Ask your family and friends for support or join a support group. Find resources and connect with a trained counselor at 1-800-QUIT-NOW or smokefree.gov.

Risk: Inadequate or poor-quality sleep

Solution: Sleeping 7-8 hours each night helps improve heart health. Try going to bed and waking up at the same time each day. Getting a 30-minute daily dose of sunlight may also improve sleep.

Stay motivated: Resist that late afternoon nap. Turn off all screens at a set time nightly. Relax by listening to music, reading or taking a bath.

Risk: Uncontrolled stress

Solution: To help manage stress, try relaxation therapy and increase physical activity. Talk to a qualified mental health provider or someone you trust. De-stressing may also help improve sleep.

Stay motivated: Join a friend/family member in a relaxing activity like walking, yoga or meditation daily.

Learn about heart health and heart healthy activities in your community at nhlbi.nih.gov/ourhearts.

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

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DETECT suspected fraud, abuse, or errors

REPORT suspicious claims or activities



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



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February 2021

Occasionally, it is necessary to make changes in the menus. All meals are served with milk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Pot Pie Stew Over a Biscuit Tossed Salad w/ Dressing Pineapple & Mandarin Orange Salad Fluff Frosted Chocolate Cake	2 Hearty Potato Soup WG Turkey Sandwich Pickled Beets Fruit Crisp w/Topping	3 Meatloaf Sweet Potatoes Brussel Sprouts Mandarin Oranges Gelatin Poke Cake	4 Swedish Meatballs over WG Noodles Steamed Carrots Mixed Fruit Oatmeal Raisin Cookie	5 Roast Turkey Rosemary Red Potatoes 5-Way Blend Veggies Coleslaw Brownie
8 Goulash w/Stewed Tomatoes & Beans Buttered Baby Carrots Garlic Bread Fruited Cook's Choice Dessert	9 Cream & Broccoli Soup WG Ham Salad Sandwich Coleslaw Fruit Crisp w/Topping	10 Swiss Chicken Breast/Over Rice Broccoli & Cauliflower Cranberry Fluff Frosted Pumpkin Bar Dinner Roll	11 Beef Stew w/Biscuit Mixed Greens Salad Peaches Strawberry Chip Cake	12 <i>Valentine's Day</i> Chicken Cordon Bleu Seasoned Wild Rice Side Salad w/Dressing Seasoned Beets Fruited Jell-O w/Topping Valentine's Day Cookie
15 Swiss Steak/Gravy Over Brown Rice, Beets, Garlic Peas & Corn Fresh Fruit, WG Dinner Roll, & Blonde Brownie	16 Cheeseburger Soup Pickle Spear WG Grilled cheese Fruited Jell-O w/Topping	17 <i>Ash Wednesday</i> Tuna Casserole California Veggies Tropical Fruit Medley WG Dinner Roll Lemon Bar	18 BBQ Chicken Baked Potato w/Sour Crm. Baked Beans Coleslaw Pineapple Peanut Butter Cookie	19 Breaded Fish w/Tartar Sauce Dill Mashed Potatoes Green Beans Fresh Fruit Tapioca Pudding w/Topping
22 Salisbury Steak Mashed Potatoes w/Gravy Mixed Vegetables Beets Bread Pudding w/Vanilla Sauce	23 Beef & Barley Soup WG Meat & Cheese Sandwich Fruited Jell-O Chocolate Chip Bar	24 BBQ Pulled Pork WW Bun Tomato Spoon Salad Baked Beans Coleslaw Pineapple Frosted Birthday Cake	25 Beef Rigatoni w/Parmesan Cheese Colorful Side Salad Italian Vegetables Garlic Bread Snicker Doodle	26 Baked Fish Au gratin Dill Potatoes Normandy Blend Veggies Tropical Fruit Lemon Bar



Rockbridge Temporarily Closed

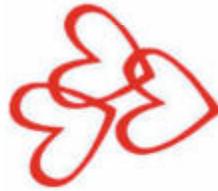
Germantown Home Delivered Monday, Wednesday,

& Thursday – Call Rita Connors (608) 983-2798

Richland Center (Grab N' Go and Home Delivered) Monday,

Wednesday, & Friday – Call Tanya Webster (608) 649-5937

Richland
County
Nutrition
Program



What is a Heart-Healthy Diet?

A heart-healthy diet is a well-balanced diet that focuses on heart-healthy fats, fruits, vegetables, whole grains, nuts, seeds, and low-fat dairy.

Omega-3 fats are important to a heart-healthy diet. They are made of polyunsaturated fats which can improve heart health. Consuming omega-3 unsaturated fats in place of saturated or trans fats improves heart health. For example, healthy fats reduce blood triglycerides (fats). This can minimize plaque buildup in the blood vessels.

Omega-3 fats are found in oily fish such as salmon, tuna, trout, and sardines. Other sources include canola, flaxseed, and soy oils, as well as flaxseed, chia seeds, soybeans, and tofu.

This salmon recipe is a great heart-healthy weeknight dinner.

Honey Garlic Salmon: Serves 2



Photo Courtesy of Pixabay.com, by Cattalin

Ingredients:

- 8oz fresh salmon filet
- ½ tbsp honey
- 2 cloves garlic, minced
- Salt, to taste
- Black pepper, to taste
- Serve with sliced lemon, if desired

To make a balanced meal, serve this salmon with roasted vegetables or a salad.

Directions

1. Heat oven to 400°F. Line a baking sheet with parchment.
2. Place salmon, skin side down, on the lined baking sheet. Spread evenly with honey, sprinkle with garlic, and season with a small pinch of salt and pepper.
3. Bake salmon 7-10 minutes (longer for a thicker filet).
4. Turn on broiler. Place salmon under broiler 5-7 minutes or until salmon reaches desired doneness.
5. Slide a spatula between skin and flesh to separate salmon from skin.
6. Add sliced lemon if desired.
7. Divide into 2 portions and serve.

Suggestion: Serve with roasted vegetables or a salad for a balanced meal.

FEBRUARY WORD SEARCH

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

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EXERCISE AND AGING

Exercise is an important part of maintaining health, well being, and living a long life. For people who are aging, exercising daily can help to decrease stress, improve immune function, decrease pain, and improve mobility.

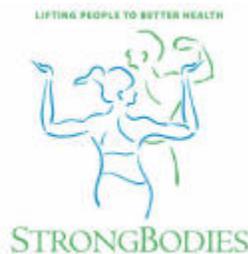
When considering exercise you should first consult your physician to decide what is safe for you. Once you have done that, there are a variety of exercises and activities that you can do.

1. **Balance Exercises** are important for fall prevention. They help you improve your ability to control your body and improve lower body strength. It is important when doing balance exercises that you have a sturdy chair or object near you so you have something to hold onto if you become unsteady. Balance exercise can include standing on one foot, walking heel to toe, and knee marching.
2. **Endurance Exercises** increase your breathing and heart rate which help you maintain and improve strength, mobility, stability, and balance. They can also help burn fat and improve energy levels. Some examples of ways to endurance train include using an elliptical machine or treadmill at home or in the gym. You can also take a brisk walk or bike outside.

3. **Flexibility Exercises** help to maintain and improve flexibility which can reduce muscle aches and pains. Stretching increases range of motion and can help with relieving arthritis, back, and joint pain.

If you are not sure where to start Richland County offers options. The ADRC partners with Symons Recreation to offer an array of Health Promotion programs including: Stepping On-an 8 week falls prevention class Strong Bodies- a 6 week strengthening class And Tai Chi a 10 week falls prevention class.

For more information regarding signing up for one of these classes contact Symons Recreation at 608-647-8522 or you can contact the Aging and Disability Resource Center at 608-647-4616.



tai chi 8 - Week Tai Chi
FOR BALANCE Fundamentals
Are you interested in better
balance and stability?

Be Active: Benefits of Physical Activity

The National Institute of Health says the best medicine for you is physical activity! Being active has many benefits, including the following:

- **Build & maintain strength** - stay independent for longer
- **Improve energy** - do the things you enjoy
- **Improve balance** - lower your risk for falls
- **Manage & prevent diseases** - reduce symptoms and likelihood of getting some diseases including arthritis, heart disease, stroke, type 2 diabetes, osteoporosis, and some cancers.
- **Sleep better** - get the zzz's
- **Reduce stress and feelings of depression** - enjoy life
- **Weight management** - reach or maintain a healthy weight
- **Blood pressure** - lower your blood pressure
- **Brain health** - keep you on top of your game!



Find more tips or learn more about the Physical Activity for Lifelong Success (PALS) program at wihealthyaging.org/PALS
●●● PALS: Physical Activity for Lifelong Success | WIHA



EYE HEALTH

DO ✓

Invest in a quality pair of sunglasses to protect your eyes from harmful UV rays, pollution and wind.



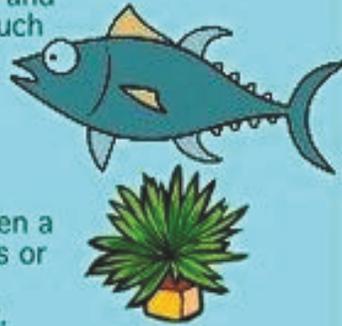
DO ✓

Maintain a healthy, balanced diet and include omega-3 and vitamin-a rich foods as much as possible.



DO ✓

Have small plants in your home or on your desk. Even a small pot of african violets or a spider plant can add moisture back into the air.



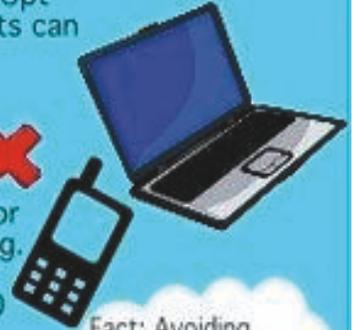
DON'T ✗

Wear contact lenses when dealing with symptoms. Opt for your glasses; contacts can aggravate dry eyes.



DON'T ✗

Stare at your computer or phone screen for too long. Give your eyes a break every 20 minutes, for 20 seconds.



DON'T ✗

Take your dry, irritated eyes lightly. Always see an eye doctor for proper diagnosis and treatment.

Fact: Avoiding being diagnosed can lead to infection or even permanent corneal scarring..

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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
FEBRUARY 2021 ISSUE:

February 2021 Events

Due to the Pandemic the AARP Tax Aide program will not be available this year. Individuals who used this service in the past should contact another tax service for assistance, which will have a cost. Otherwise, individuals can utilize Turbo tax or the IRS.gov website which are free.

Monday's in February

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 Pam Kul-Berg, Dementia Care Specialist for the ADRC of Eagle Country at 608-548-3954.

Thursday evenings in February

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" from 7:30-8:30 pm every Thursday. Contact Pam Kul-Berg, DCS, at 608-548-3954 to sign up or get more information.

February 12th

A virtual Memory Café will be held on February 12th from 10:00-12:00 featuring "Love Stories." To register contact Teena at the Alzheimer's and Dementia Alliance at 608-843-3544 to sign up.

Mondays, February 15th & 22nd

Attorney John Haslam will provide a free, informational seminar about basic estate planning, advanced directives, guardianship, funeral pre-planning, ways to pay for care, and Medicaid and Family Care. To sign up for one of these virtual sessions please contact Heather Moore, Dementia Outreach Specialist for the Alzheimer's and Dementia Alliance at 608-723-4288

February 26th

The Wisconsin Veterans Museum invites the public to participate in some intriguing and informative programming this winter through virtual platforms. There will be a free event on February 26th from 7:00 pm—8:00 pm called "A Soldier's Story." For more information contact the Wisconsin Veterans Museum at veterans.museum@dva.wisconsin.gov

March 30th

Tai Chi for Balance classes 8 week session:

Tai Chi for Balance is considered an evidence-based, fall-prevention course for older adults. Tai Chi is a non-impact exercise; it is easy on the joints and is a gentle workout for your legs. Research has shown that Tai Chi has numerous health benefits including: strength, flexibility, cardiovascular, and respiratory. This class is for those 60 or older; you may be wheelchair-bound or require help standing. If you have a walker or wish to practice seated, a chair is provided. Classes will be on Tuesdays and Thursdays from 9:45-10:45 at the Kratochwill Building in Muscoda starting March 30th. For more information or to sign up contact Symons Recreation at 608-647-8522

Strong Bodies classes: are an 8 week strength training class for people 60 or over aimed at increasing strength, muscle mass, bone density, and ability to do activities of daily living. This class will be held on Tuesdays and Thursdays from 8:30-9:30 am at the Kratochwill building in Muscoda starting March 30th. To sign up or for more information contact Symons Recreation at 608-647-8522.