

Family

and

Friends

FREE

March 2021

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

NATIONAL SLEEP AWARENESS WEEK IS MARCH 8TH - 14TH

National Sleep Awareness Week is all about raising the issues concerned with sleep and asking you to make sure you're getting enough of it!

Do you know how much sleep you should be getting? Nine hours is usually enough for adults but depending on the age and person, more or less time might be needed. The older you get, the less sleep you tend to need and vice versa.

Unfortunately, things like snoring problems, insomnia, and other issues can disrupt our sleep. A disrupted sleep often leads to feeling un-alert the next day, and stops us from carrying out our important daily tasks. A more dangerous example would be drivers that have fallen asleep at the wheel. Not the best time for a nap!

So what can you do in March during National Sleep Awareness Week? Well, first of all and most importantly, make sure you're getting a good enough sleep!

Here are a few simple tips to help you sleep easy:

- ◇ don't drink caffeine
- ◇ no exercise at least three hours before bed, and;
- ◇ winding down with a nice bath will all lead the way to a good night's sleep!



However, if you're worried that you're not getting a good nights sleep, it might be worthwhile to see your doctor. And if this is what you're planning to do try keeping a sleep diary before the appointment. Then, hopefully the doctor can give you some tips that will sort things out, or perhaps refer you on to a sleep specialist if needs be.

Courtesy of: National-Awareness-days.com



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CAREGIVING BASICS

When you first learn that a loved one needs help it is hard to know where to begin. Sometimes there is a sudden change of health that prompts you to get involved. Other times it is a gradual realization that the person is no longer capable of meeting all their needs. In either situation, knowing what steps to take can be difficult. The following are some basic steps to get you started.

Learn about the person's illness, disease, or condition. Understanding the nature of the disease, its symptoms and what to expect, is helpful in caring for the person. Talk to a health care provider, research the internet, or read books or pamphlets to help you understand what the person is dealing with and specific ways you can help.

Determine areas of need. Write down your specific needs such as housecleaning, grocery shopping, meal preparation, help with bathing, and transportation to medical appointments. Then discuss possible ways to meet these needs with friends, family members, local agencies, and the person's health care provider.

Research community resources. Contact the ADRC of Eagle Country at 608-647-4616 for local resources and services. Explore options like home delivered or grab-and-go meals, in-home supportive care services, Lifeline, transportation services and adult day care. Contact organizations specific to the disease such as the Alzheimer's Association or the Stroke Foundation. Not all agencies are fully open, but staff will be available to answer the phone and assist you in meeting your needs.

Plan for immediate care. Find out what the person's wishes are for immediate and long-term care. Adapt the environment by doing a home safety check as well as purchasing items for any special needs such as a walker, commode, wheelchair, or other adaptive equipment. Find a way to log the person's health such as eating patterns, symptoms, and medications. This information is helpful at medical appointments.

Enlist the help of others. Determine what you can realistically do, then make a list of other people who can help. Don't try to do it all on your own. Write down tasks that others can help with such as running

errands or providing a meal. Many tasks can be completed while following social distancing guidelines.

Organize important information. Write down pertinent medical information including doctors' names and phone numbers, insurance information and medication/pharmacy information. Collect and list financial and other important information such as household bills, loans, bank accounts and insurance policies. Also include copies of social security, driver's license and insurance cards of the person being cared for. Be sure to keep this information in a safe location that other family members know about.

Plan for the future. Get information about the long-term prognosis in order to make appropriate plans. Assess the financial situation and contact a financial advisor who is familiar with caregiving issues if necessary. Talk to a lawyer about a durable power of attorney for health care and finances. Include the person as much as possible in the planning.

Take care of yourself, too. Find support through a friend, counselor, or support group. Many are meeting virtually during the pandemic, talk about your struggles and how it feels to be a caregiver. Take regular breaks from caregiving and keep doing some activities or hobbies that bring you pleasure. Make sure you are eating well, getting enough sleep and exercise and are staying connected with family or friends, at least by phone calls, to keep yourself healthy. Ask for help. No one can do it all!

Call the ADRC of Eagle Country for information on caregiver support groups, local caregiving resources, a home safety checklist or to talk to someone about specific caregiving issues.

Jane Mahoney
Older Americans Act Consultant
Greater Wisconsin Agency on Aging Resources



MARCH FAMILY & FRIENDS RECIPE TO TRY



Easy Chicken and Asparagus for Two

Prep Time: 3 min Cook Time: 15 min

Yield: 2-4 servings



Ingredients:

- 1 Tbsp. soy sauce
- 1 Tbsp. honey
- 2 boneless, skinless chicken breasts, cut into bite-sized pieces (about 1-inch)
- 1 Tbsp. olive oil
- 1 bunch asparagus, cut into bite-sized pieces
- 4 cloves garlic, thinly sliced
- 2 scallions, chopped
- 2 tsp. toasted sesame oil
(optional) 1 tsp. toasted sesame seeds

Directions:

- In a small bowl combine soy sauce and honey. Add chicken and stir to coat. Set in refrigerator until ready.
- Heat oil in a large skillet over medium-high heat. Add asparagus and sauté until cooked, about 5 minutes. Remove asparagus and set aside.

- Remove chicken from marinade and add to skillet. Sauté until nearly cooked through, about 5 minutes. Then add garlic, scallions, and the reserved marinade to the pan. Sauté for an additional 2 minutes until chicken is cooked and garlic is fragrant.

Remove from heat, stir in asparagus and sesame oil until combined. Serve with rice. Add toasted sesame seeds as desired.



Recipe Courtesy of: <https://www.gimmesomeoven.com/chicken-and-asparagus-stir-fry/>

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Call Ellen Alvin at 647-8931 for more information.
1400 W Seminary St
Richland Center, WI 53581

www-187108



For ad info. call 1-800-950-9952 • www.lpiseniors.com

Richland County Health & Human Services, Richland Center, WI A 4C 01-1412

SPOTLIGHT ON...

ELDER BENEFIT SPECIALIST PROGRAM



As people age, they often need help with government benefit programs. Accessing these benefits can sometimes be difficult and confusing. Our Elder Benefit Specialist, Joanne Welsh, works with people who are 60 years of age or older to help “cut the red tape” for people who are needing assistance with applying

for, or are having problems accessing benefits. Benefits Joanne can assist with include:

- ◇ Social Security
- ◇ Senior Care
- ◇ Medicare Parts A,B,C,D
- ◇ Medicaid
- ◇ Denied Benefits/Overpayments
- ◇ Food Share
- ◇ Housing
- ◇ Landlord/tenant issues

Joanne has been with the Aging & Disability Resource Center as an Elder Benefit Specialist since 2000 and Richland County Health and Human Services since 1984. She is a certified SHIP (State Health Insurance Program) counselor specially trained in one-on-one counseling to people with Medicare and their families and caretakers.

Elder Benefit Specialists receive in-depth, ongoing training and assistance in the areas of benefit and entitlement programs as well as other legal issues affecting older adults.

Joanne works with people who are over 60. For more information please contact the Aging & Disability Resource Center of Eagle Country, Richland Center Office, at 608-647-4616.



BADGERCARE PLUS AND MEDICAID MEMBERS MUST REPORT LIFE CHANGES TO INCOME MAINTENANCE OR TRIBAL AGENCY

By the GWAAR Legal Services Team (for reprint)

Members of BadgerCare Plus or Medicaid need to report changes in their lives to the State or they might miss out on new benefits or receiving other important information.

Life changes that need to be reported include:

- Change of address
- Someone moves into, or out of, the member’s home
- Change in marital status
- The member or someone in the member’s home has a new or ended pregnancy
- Someone in the member’s home no longer has a tax-related deduction
- The member gets different health insurance coverage

Members can update their information by:

- Calling their income maintenance office
- Logging into their account on the [ACCESS website](#) and selecting “Report My Changes” on the side menu; or
- Completing and faxing or mailing the appropriate paper form below:

[BadgerCare Plus and Family Planning Only Services Change Report form, F-10183](#)
[Medicaid or Caretaker Supplement Change Report form, F-10137.](#)

** As a special note it is important to know that during the COVID-19 public health emergency, Medicaid coverage will continue for individuals who are already enrolled, even if they experience a life-changing event that would usually make them ineligible. You are still required to report any changes. Remember that if you are turning 65, you must apply for Medicare during your initial enrollment period, even if you have Medicaid. If you do not sign up for Medicare at this time, you may have to wait to apply, and you will likely have to pay a late enrollment penalty. In addition, Medicaid may no longer cover some services in full because they should be covered by Medicare.

Be Active: Consequences of Inactivity



We all know that being active is good for you, but did you know that being INACTIVE has its own set of consequences? That means that for someone who doesn't do physical activity, not only do they not get the benefits of being active, but they ALSO get the consequences of being inactive. Those consequences include increased risk of:

- all-cause mortality
- heart disease
- chronic diseases
- certain types of cancers
- muscle and bone loss
- disability
- depression
- dementia and Alzheimer's disease

So go out and Be Active! Even just a few minutes every day helps!



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



<p>Concerned about Medicare fraud? Give us a call...</p> <p>PROTECT your personal information DETECT suspected fraud, abuse, or errors REPORT suspicious claims or activities</p> <p>Toll-free Helpline: 888-818-2611 Email: smp-wi@gwaar.org gwaar.org/senior-medicare-patrol WisconsinSeniorMedicarePatrol</p>  <p>Wisconsin SMP Empowering Seniors To Prevent Healthcare Fraud</p> <p><small>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.</small></p>	 <p>Richland Hills</p> <p>Affordable housing for seniors, disabled and low income individuals</p> <p>701 W. Seminary St. Richland Center, WI 53581 Ph/Fax 608-647-4877</p>	
 <p>Marlys Hennessy Personal Banking Officer 1200 Sextonville Road Richland Center Phone: 647-4029 www.cfbank.com</p> 	 <p>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</p> <p>When you have the right financial advisor, life can be brilliant.</p> <p>Ameriprise Financial</p>	<p>PRATT</p> <p>FUNERAL & CREMATION SERVICE</p> <p>608.647.4808</p> <p>Funeral Directors Serving Southwest WI</p> <p>Mark Jelinek Nick Hodge</p> <p>prattfuneralservice.com</p>

All menu items are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact and thus cannot offer a substitution item.

Senior Nutrition Menu *Mardi* 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Goulash w/Stewed Tomatoes & Beans Baby Carrots Mixed Greens Salad w/Homemade Dressing Peach Crisp w/Topping	2 Vegetable Soup Chicken Salad Sandwich Relishes Pears Rice Pudding w/Raisins	3 Hamburger Gravy over Mashed Potatoes Corn O'Brien Fresh Fruit Gelatin Poke Cake	4 Cheeseburger w/All the Fixings on a Bun Baked Beans Vegetable Macaroni Salad Country Apple Dessert	5 Salmon Loaf Seasoned Rice Blend Creamed Peas Pickled Beets Mixed Fruit Frosted Chocolate Cake
8 Country Steak/Gravy Mashed Potatoes Carrots & Peas Apricots Chocolate Chip Bar Dinner Roll	9 Chicken Tortilla Soup Heart Smart Chicken Taco Salad Frosted Carrot Cake Sunshine Salad	10 Pulled Pork on a Bun Sweet Potato Wedges Baked Beans Coleslaw Mixed Fruit Chef's Choice Dessert	11 Salisbury Steak over Rice Calif. Blend Vegetables Peaches Frosted Yellow Cake	12 Breaded Fish w/Tartar Sauce Dill Potatoes Normandy Blend Fresh Fruit Tapioca Pudding
15 Swedish Meatballs Over Buttered Noodles Candied Carrots, Tomato Spoon Salad, Mixed Fruit, & Reese's PB Cup Bars	16 Vegetable Beef Barley Soup Cheddar Cheese Sandwich Fruit Crisp w/Topping	17 <i>St. Patrick's Day</i> Corned Beef & Cabbage Dinner Jell-O'd Pears Rye Bread Shamrock Cookie	18 Pork Cutlet Mashed Sweet Potatoes Steamed Broccoli Fruited Jell-O w/Topping Brownie	19 Baked Fish AuGratin Baby Red Potatoes Normandy Blend Veggies Tropical Fruit Lemon Bar
22 Spaghetti & Meat Sauce Mixed Vegetables, Tossed Salad, Fresh Fruit, Garlic Bread, & Oatmeal Cookie	23 Hearty Potato Soup Ham Salad Sandwich Glowing Salad Peanut Butter Cookie	24 Reuben Casserole Green Beans Pears Rye Bread Fruit Cobbler	25 BBQ Chicken Baked Potato w/Sour Crm. Calif. Blend Vegetables Fruit Crisp w/ Topping Dinner Roll	26 Tuna Casserole Brussel Sprouts Pineapple & Oranges Lemon Bar
29 Mexican Chicken over Pasta Side Salad w/Drsg. Capri Vegetables Cinnamon Pineapple Mexican Wedding Cakes	30 Lumberjack Veg. Stew Shaved Ham Sandwich on Wheat Bread Cottage Cheese Peaches Brownie	31 Pulled Pork Mashed Potatoes w/Grvy Steamed Broccoli Frosted Birthday Cake	<p><u>Rockbridge Temporarily Closed</u> <u>Germanatown Home Delivered Monday, Wednesday, & Thursday – Call Rita Connors (608) 983-2798</u> <u>Richland Center (Grab N' Go and Home Delivered) Monday, Wednesday, & Friday – Call Tanya Webster (608) 649-5937</u></p>	



Academy of Nutrition
and Dietetics

Each year during March, we celebrate National Nutrition Month®, which is an annual nutrition education and information campaign sponsored by the Academy of Nutrition and Dietetics. This campaign focuses on the importance of making informed food choices and developing sound eating and physical activity habits.

This year's theme for National Nutrition Month® is *Personalize Your Plate*, which supports the philosophy that there is no one-size-fits-all approach to nutrition and health. We are all unique with different bodies, goals, backgrounds and tastes!

A Registered Dietitian Nutritionist can tailor a healthful eating plan that is as special as you are.

This year's objectives:

1. Educate on the benefits of a healthy eating routine.
2. Describe how to personalize your plate at each meal.
3. Find creative ways to make healthier food and beverage choices.

National Nutrition Month® is a great time to focus on healthier eating habits.

This year's theme, "Personalize Your Plate" encourages us to think about the foods we choose to eat. Fruits, vegetables, grains, protein foods, and dairy come in all sizes, shapes, and colors. The combination of foods and amounts will depend on you.

Many foods can fit into a healthy eating routine.

Personalize your plate to find the ones that work best for you!

If you have special nutrition needs, consult a registered dietitian nutritionist. An RDN can create a customized eating plan that is unique to you.

You can find Registered Dietitians at the Richland Hospital Clinic

(608) 647-6321 ext. 2480

Located at:

333 East Second Street

Richland Center, WI 53581

- Marcia Carlson, RD CD CDE
- Ty Mulholland, RD CD CDE
- Grace Huebner, MS RD CD



Richland
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Retrieved From: <https://www.eatright.org/food/resources/national-nutrition-month>

SOCIAL SECURITY ONLINE

Are you looking for new ways to save time? Check out the online services available through your secure *my Social Security* account. There is a lot to offer you online whether you receive benefits from Social Security or not.

If you do not currently receive benefits, you can:

- Request a replacement Social Security card.
- Review your earnings history and see an estimate of your future Social Security benefits.
- Compare benefit amounts depending on what age you start receiving benefits.
- Apply for retirement benefits when you are ready.
- Check the status of your Social Security application.

If you already receive benefits, you can:

- Get a benefit verification or proof of income letter.
- Request a replacement Social Security or Medicare card.
- Set up or change direct deposit.
- Change your address.
- Get a replacement Social Security 1099 form (SSA-1099).

- Opt-out of certain mailed notices.

Your personal *my Social Security* account includes a secure Message Center where you can receive sensitive communications. For example, you can view your annual cost-of-living adjustments before you would normally receive them in the mail. You will receive both mailed and online notices unless you opt-out of receiving notices by mail that are available online. These online features were designed to save you time. Create your personal *my Social Security* account today at www.ssa.gov/myaccount.

For many other online resources go to

www.ssa.gov/onlineservices. Please let friends and family know they can access them from the comfort of their home or office, and on the go from their mobile phones.



March Word Search

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

CLOVER SHAMROCK
GREEN SHILLELAGH
IRELAND SPRING
IRISH STPATRICK
LEPRECHAUN
LUCK
LUCKY
MARCH
POTOFGOLD
RAINBOW

THE ADRC OF EAGLE COUNTRY WELCOMES A NEW DEMENTIA CARE SPECIALIST TO THE REGION



The Aging and Disability Resource Center of Eagle Country (ADRC) welcomes it's new Regional Dementia Care Specialist, Pam Kul-Berg. Pam will serve the entire region including Richland, Crawford, Juneau and Sauk Counties. She is replacing Gina Laack, who has transitioned to being the Director of the ADRC of Eagle Country, Mauston office.

Pam comes to this position with a wide variety of experience which includes: being the Regional Dementia Care Specialist for the ADRC of the Southwest (serving Grant, Green, Iowa and Lafayette counties) for the past 3 years. In the more distant past, Pam has worked with a variety of people with disabilities in a variety of settings, such as rehab centers, nursing homes, inpatient hospitals and community support programs. For the past 10 years before working as a DCS, she worked in a local long-term care facility in Muscoda, assisting with the quality of life care of individuals with dementia. Prior to that Pam led numerous therapeutic support groups at an inpatient psychiatric hospital and was a Community Support Program case manager in Milwaukee. She is enthusiastic about meeting and assisting families in our community who are struggling with the complications associated with dementia.

For more information regarding Dementia Care Specialist Services in Richland County, or to be referred to the Dementia Care Specialist, please contact the ADRC at 608-647-4616 and speak with one of our Information and Assistance Specialists.



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.

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HEALTH AND HUMAN SERVICES RECOGNIZES SOCIAL WORK MONTH



Richland County Health and Human Services (RCHHS) employs Social Workers who specialize in a variety of areas. Social Workers at RCHHS are required to meet licensing requirements through the State of Wisconsin. They are an integral part of the agency and help those in our community access public resources, assist with child protection, provide services for children with disabilities, and provide a wide array of behavioral health services to those in need.

At the heart of social work education is the premise that many careers share, a common set of core competencies. These include knowledge of human behavior within its social context, professionalism and ethics, knowledge of social service delivery systems, and the ability to make sense of social research.

Richland County Health and Human Services would like to thank its Social Workers for their dedicated service to our community! Below is information regarding each unit in which Social Workers are employed.

Aging and Disability Resource Center

The Aging and Disability Resource Center (ADRC) is the place to start, whether you or a loved one is facing the challenges that come with changes in health, disability and age or to prevent changes from becoming challenges. Staff actively listen to uncover both your strengths and challenges, then search for the community services that will best meet your needs and desires. Through options counseling staff enable you to choose what's best for you and your family by guiding you in accessing the available options, and if needed, advocating for you to ensure you receive the services you need.

Behavioral Health Services

Behavioral Health Services staff provide a continuum of behavioral health services to Richland County residents including helping individuals and families who are experiencing acute emotional crises, supporting recovery from addiction or short-term mental health issues, and providing long-term assistance to those coping with persistent mental illnesses and substance use disorders.

The Richland County Birth to Three Program works with children under the age of three that have developmental delays and disabilities, and their families. The family's primary relationship with their child is highly valued and the unit works in partnership with them to enhance their child's development. Social Workers support the family's knowledge, skills, and abilities as they interact with and raise their child. The goals of early intervention are to enhance the capacity of the family to meet the special needs of their child, maximize the potential for independent living and reduce costs to our society.

Child and Youth Services

The Child and Youth Services unit of Richland County Health and Human Services is a public child welfare unit which includes family preservation services, child protection and youth justice services in Richland County. At its core Child and Youth Services believes children have a right to be free from harm and to have families and communities that will provide care, protection, and promote healthy growth and development.

Child and Youth Services staff are committed to preserving families whenever possible by respecting the rights of the family and supporting their efforts to provide safe and permanent homes for their children. Staff are also committed to providing services that will support and encourage juveniles to make responsible choices that will keep our community safe.



“Social Worker’s Are Essential”

STRETCHING YOUR DOLLAR

During these hard times stretching every dollar is important! We think about saving money by spending less on groceries or keeping the thermostat lower or driving less to save gas. Saving money by spending less makes good sense. Another way to stretch our money is to be sure we are receiving all of the financial benefits we deserve! The best way to do this is by having a benefits check-up at the Aging & Disability Resource Center (ADRC) located at 221 West Seminary Street, Richland Center, 647-4616, or go online to www.benefitscheckup.org.

When you meet with a Benefit Specialist or Options Counselor at the ADRC, you will find out about all of the savings programs available to you. You will be screened for a variety of programs based on your financial information. Two programs for people receiving Medicare are called Extra Help (for prescription drugs) and Medicare Savings Programs.



Extra Help is a program that pays part or all of your Part D premium and deductible and lowers your co-pays for prescription drugs. To qualify for

this you must meet income and asset guidelines, but remember that your home and car are not counted as assets. For couples, income must be less than \$2,178/month and assets less than \$25,860. If you are single, your income needs to be under \$1,610.50/month with assets less than \$14,390.

Medicare
SAVINGS PROGRAM

Another program is called the Medicare Savings Program, also known as QMB and SLMB. When accepted in this program your Medicare part B premium is paid for you. That is a savings of over \$125 per month! Some people will also have their co-pays and deductibles paid as well. If you are eligible for QMB or SLMB you will also automatically qualify to receive Extra Help. Enrollment in a Medicare Savings Program is also based on your income and assets. Couples' monthly income needs to be less than \$1,959 with assets under \$11,960 and single individuals must have income less than \$1,449 and assets less than \$7,9700. For more information call the ADRC at 608-647-4616.

NEVER MISS A NEWSLETTER !

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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
ISSUE: MARCH 2021

March 2021 Events

Monday's in March

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 March

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.

Tuesday, March 2

Court and Community free legal clinic Tuesday, March 2 will run from 3:00 to 5:00. Those with legal questions can call 608-475-2437 and an intake person will take down your legal question and have an attorney contact you within the week.

The Spring Green Lions Club Drive Through Spaghetti Dinner Tuesday, March 2 will run from 4:30 to 7:30 outside of The Shed. Advance tickets are available at The Office Market, Pamela's Fine Jewelry, and from Spring Green Lions Club members. Advance tickets are \$7 for adults, and \$5 for children in grades K through 8. Tickets at the event are \$8 for adults and \$6 for children in grades K through 8. Carry outs will be available.

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.

Take the Survey: The ADRC is gathering information for the 2022-2024 Aging Plan. Please contact us at 608-647-4616 to have a survey mailed to you or you can use the QR code to go directly to the survey online. You can also go to the ADRC webpage at <https://co.richland.wi.us/departments/hhs/adrc/survey.shtml>

