

Family

FREE

and

Friends



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

Public Health Week is April 5-11

Each year as a nation we celebrate Public Health Week in April. We also look at Public Health across the spectrum with the goal of improving health equity for all. Over the last year Public Health Departments have been tasked with assisting in the fight against COVID. The Richland County Public Health Department, a part of Richland County Health and Human Services, has been an integral part of the management of the pandemic locally.

Public Health has been working closely with our local hospital, the county’s Emergency Management department, the State of Wisconsin, and many other local partners to keep the community informed, provide COVID testing, complete contact tracing, assist with making policies in our county to deal with the pandemic, and now with providing the COVID vaccine. This effort has been a well coordinated, combined effort with local stakeholders, Public Health nurses and staff, along with many other staff from various units in Health and Human Services.

Along with dealing with the pandemic, Public Health has continued to provide other needed services in the community such as flu shot clinics, immunizations, tb skin tests, investigations, environmental services and response to other Public Health related issues.

Richland County Health and Human Services would like to say thank you to our local Public Health Unit for the valued services they provide to our community!



Public Health
Prevent. Promote. Protect.



Inside this Issue

Caregiver Support	Pg 2
Volunteer Appreciation	Pg 4
Menu	Pg 6
Medicare Information	Pg 7
Marketplace Information	Pg 8
Virtual Book Club	Pg 10



FIND SUPPORT IN YOUR CAREGIVING ROLE



Talk to someone who provides care for their aging loved one and they will tell you what a stressful job caregiving can be. The American Medical Association states that the role of caregiving places demands on the caregiver

which leaves them at risk for health problems including serious illness and depression. And according to the American Journal of Public Health, middle-aged and older women caring for their spouses are six times more likely to suffer from depression or anxiety disorders than their non-caregiving counterparts. The result of this decline in health by the caregiver not only affects the person giving the care, but it may also compromise the care they are providing their loved one.

Reading information like this can make caregiving sound very bleak and discouraging. But we also know that caregiving can be a very rewarding job. The key difference between a caregiver who is barely hanging on and one who is managing successfully is having proper support in their role as a caregiver. Healthy and content caregivers not only receive help with the ongoing responsibilities of providing care but they also have found an emotional support network.

The American Medical Association suggests to physicians that “a referral to a support group should be recommended for all caregivers.” Oftentimes, people hear the words “support group” and immediately tune out. They are uncomfortable with the idea of sharing their feelings. Or they think of a support group as a pity party or place to complain about their lives. But support groups are much more than that and the benefits they offer are valuable. Even amidst the pandemic, these groups continue to meet by phone or online.

The definition of a support group is a gathering (in person, by phone or video-conference) of people in similar situations who provide each other moral support, practical information, and coping tips. Here are some of the benefits of attending support group meetings.

- They provide valuable information that will increase your knowledge of caregiving. One of the best resources for caregivers is other caregivers!
- They teach coping skills. The information and

advice that the group provides can assist in problem solving the many different challenging situations you may be experiencing.

- They are a place to share common concerns and joys. Others in similar situations can then offer encouragement and support.
- They are a safe place to identify and express stressful feelings with people who will understand and offer emotional support. Having this support can improve your mood and decrease feelings of distress. They provide affirmation and advocacy. The group serves as a source of validation and can offer avenues to local resources.

The benefits of attending support group meetings can help you feel less alone, give you new strategies to cope with day-to-day stressors and help you feel affirmed in your work as a caregiver. The result will be a healthier, happier you which in turn means better care for your loved one. By taking time to care for your physical and emotional needs, you will discover you can feel more joy and contentment in your caregiving role.

Currently there are dozens of support groups meeting virtually - by phone or video conference. You can find a list of them by visiting <http://wisconsincaregiver.org/virtual-events-for-caregivers> or contact the ADRC of Eagle Country’s Richland Center office at 608-647-4616.

If you have never attended a support group, give it a try. You might find it to be just the thing you needed to help you through another day or week of caregiving. If you are in need of other caregiver support or resources, please contact the ADRC at 608-647-4616.

Jane Mahoney
Older American’s Act Consultant
Greater Wisconsin Agency on Aging Resources



APRIL FAMILY & FRIENDS RECIPE TO TRY



Strawberry Rhubarb Crisp Bars

Prep Time: 30 min Cook Time: 30-40 min Yield: 10 servings



Ingredients:

1 cup rolled oats
3/4 cup (plus 1-2 tablespoons extra all-purpose flour)
1/2 cup light brown sugar
Heaped 1/4 teaspoon table salt
6 tablespoons unsalted butter, melted
1 teaspoon cornstarch (optional, helps firm the filling)
1 tablespoon lemon juice
1 tablespoon granulated sugar, divided
1 cup small-diced rhubarb (about 1 1/2 medium stalks)
1 cup small-diced strawberries
Powdered sugar, for decoration, if desired

Directions:

Heat oven to 375 degrees F. For easy removal, line bottom and two sides of 8-by-8-inch square baking pan with parchment paper. No need to bother (and no greasing needed) if you plan to serve them right in the pan..

Place oats, 3/4 cup flour, brown sugar and salt in bottom of baking pan and mix. Pour melted butter over,

and stir until clumps form. If the clumps feel soft or look overly damp, add the remaining 2 tablespoons flour. Set aside 1/2 cup of the crumble mixture. Press the rest of the crumb mixture evenly in the bottom of the pan.

Spread half the fruit over the crust. Sprinkle it evenly with cornstarch, then lemon juice, and 1/2 tablespoon of granulated sugar. Spread remaining fruit over this, and top with second 1/2 tablespoon sugar. Scatter reserved crumbs over fruit and bake bars for 30 to 40 minutes (firmer fruits will take longer), until fruit is bubbly and crisp portion is golden and smells toasty.

Let cool in pan. Cut into squares and sprinkle with powdered sugar before serving. Store leftovers in fridge.

(Courtesy of: Smitten-kitchen.com)



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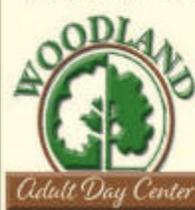
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Call Ellen Alvin at 647-8931
for more information.
1400 W Seminary St
Richland Center, WI 53581

adno-187108



SPOTLIGHT ON... VOLUNTEERS



April is National Volunteer Appreciation month. Volunteering is one of the most rewarding things you can do. Finding the right volunteer option is important. The Richland County Health and Human Services has opportunities in its Nutrition, ADRC Transportation, Public Health, and Elder Benefit Specialist Programs. For more information contact the ADRC, located within Health and Human Services at 608-647-4616.

Over the last year COVID has caused many changes in all of our lives. Through all of the changes Richland County Transportation volunteer drivers and bus drivers have continued to provide transportation services to our community. They have adapted how they provide these services by wearing masks, ensuring proper hand sanitizing, disinfecting their vehicles, and requiring passengers to wear masks as well. Without them many of our aging and disabled residents would not have been able to get to necessary medical appointments, get food, or complete necessary personal business.

Richland County Health and Human Services thanks each of them for their dedication to our community!

From our volunteers we often hear that giving their time not only provides help to others but also helps them. Between hearing from them and research regarding volunteering here are some reasons volunteering is beneficial:

- **Gain confidence.** Volunteering can help you gain confidence by giving you the chance to try something new and build a real sense of achievement.
- **Make a difference.** Volunteering can have a real and valuable positive affect on people, communities and society in general.
- **Meet people.** Volunteering can help you meet different kinds of people and make new friends.
- **Be part of a community.** Volunteering can help you feel part of something outside your friends and family.
- **Learn new skills.** Volunteering can help you learn new skills, gain experience and sometimes even qualifications.
- **Take on a challenge.** Through volunteering you can challenge yourself to try something different, achieve personal goals, practice using your skills and discover hidden talents.
- **Have fun!** Volunteers have a great time, regardless of why they do it.

If you are interested in volunteering for the Richland County Transportation Program, or are interested in learning about other volunteer opportunities at Richland County Health and Human Services please contact the ADRC at 608-647-4616.



HOW TO REACH SOCIAL SECURITY

IMPORTANT INFORMATION ABOUT REACHING SOCIAL SECURITY DURING THE COVID-19 PANDEMIC

During the coronavirus pandemic, SSA continues to provide help to you and other people in your communities. While offices are not providing service to walk-in visitors, they remain ready and able to help you by phone with most Social Security business. You can speak with a representative by calling your local Social Security office or the National 800 Number. You can find local office phone numbers online by using the Social Security Office Locator at www.ssa.gov/locator. The La Crosse office serves most of Richland County and can be reached at 1-866-770-2345. SSA offers many secure and convenient online services at www.ssa.gov/onlineservices, where you can:

- Apply for Retirement, Disability, and Medicare benefits;
- Check the status of an application or appeal;
- Request a replacement Social Security card (in most areas);
- Print a benefit verification letter and much more.

Although you can do most of your business with us online, we know that service channel isn't right for everyone. You can still count on us by phone. If you have a critical situation and we cannot help you with by phone or online, we may be able to schedule an appointment for you. If you need help, please don't wait until you can be seen in person. Call them now and get the help you need. SSA also understands that getting medical and other documentation can be difficult due to the pandemic, so they are continuing to extend certain deadlines wherever possible.

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
gwaar.org/senior-medicare-patrol
WisconsinSeniorMedicarePatrol



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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.

Nutrition Program April 2021 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>Rockbridge Temporarily Closed</u> <u>Germentown 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>				
5 Salisbury Steak Mashed Potatoes w/Gravy Brussel Sprouts Fresh Fruit, Cranberry Fluff, WG Dinner Roll	6 Hearty Potato Soup Ham & Cheese Sandwich Spinach Salad Fruit Spicy Compote BB Brownie	7 Hot Turkey Sandwich Mashed Potato & Gravy Savory Carrots Mixed Fruit Cook’s Choice Dessert	1 Chicken Cordon Bleu Seasoned Wild Rice Blend Broccoli Seasoned Beets Fruited Jell-O w/Topping Dinner Roll	2 GOOD FRIDAY  ~ CLOSED ~
12 BBQ Chicken Baked Potato w/Sour Crm Calico Beans Apricots Chocolate Chip Bar	13 Tomato Soup Crackers Cheese Sandwich Creamy Coleslaw Pineapple/Orange Cup Oatmeal Raisin Cookie	14 Spaghetti w/Meat Sauce Mixed Greens Salad Italian Vegetables Peaches Parmesan Bread M & M BB Brownie	8 Meatballs in Gravy Over Buttered WG Noodles California Blend Veggies Tropical Fruit Mix Cherry Lemon Cake	9 Baked Fish Augratin Mashed Sweet Potatoes Normandy Veggies Trop. Fruit, Dinner Roll Fruit Crisp w/Topping
19 Chicken Pot Pie Stew Over a Biscuit Side Salad w/Dressing Pineapple & Mandarin Orange Salad Fluff Cherry BB Brownie	20 Harvest Vegetable Soup Tuna Salad Sandwich Pears Lemon Bar	21 Pulled Pork on WG Bun Baked Beans Vegetable Mac. Salad Blueberries/Strawberries Tapioca Pudding	15 Pork Loin Mashed Sweet Potato Normandy Blend Veggies Cranberry Sauce WG Dinner Roll Sugar Cookie	16 Beef Stroganoff Over Buttered Noodles Buttered Beets Fruit Cocktail Rhubarb Dessert
26 Chicken Cacciatore over Rice Blend Broccoli & Cauliflower Coleslaw Fruit Crisp w/Topping	27 Cream of Broccoli Soup Egg Salad/Lettuce Sandwich Tomato Basil Salad Peach Pie Square	28 Sloppy Joes on WG Bun Cowboy Beans Steamed Carrots Apricots Frosted Birthday Cake	22 Country Steak w/Gravy Mashed Potatoes Sweet Corn Fresh Fruit Cookie	23 Lasagna w/Meat Sauce Green Beans Fruit Salad Garlic Bread Frosted Carrot Cake
26 Chicken Cacciatore over Rice Blend Broccoli & Cauliflower Coleslaw Fruit Crisp w/Topping	27 Cream of Broccoli Soup Egg Salad/Lettuce Sandwich Tomato Basil Salad Peach Pie Square	28 Sloppy Joes on WG Bun Cowboy Beans Steamed Carrots Apricots Frosted Birthday Cake	29 Baked Ham Scalloped Potatoes Calif. Blend Vegetables Pineapple Bread Pudding w/Sauce	30 Meat Loaf Baked Pot. w/Sour Crm Stewed Tomatoes Mandarin Oranges Maple Cookie



On Medicare? Need Help covering the costs?

MEDICARE HEALTH INSURANCE

Beneficiario
JOHN L SMITH

Medicare Number/Numero de Medicare
1EG4-TE5-MK72

Estado de/Casa Dirección a
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MEDICAL (PART B) 03-01-2016

Coverage starts/Comienza empresa

"I'm on Medicare and it's hard to pay all my bills. What cost-saving programs might be available to me?"

Medicare Savings Program

Helps people with limited incomes and assets by paying their Part B premium. May also cover some or all of Medicare deductibles and copays depending on level of income.

# Persons:	Income limit	Asset limit
Individual	\$1,449	\$7,970
Couple	\$1,959	\$11,960

Extra Help

Helps people with limited incomes & assets with their Medicare Part D premiums, deductibles, and copays.

# Persons:	Income limit	Asset limit
Individual	\$1,610	\$13,290
Couple	\$2,177	\$26,520

*Income Limits based on 2021 Federal Poverty Guidelines

SeniorCare

Wisconsin's prescription drug assistance program for people 65 and older. You level of coverage is based on your income—assets are not counted.

Persons: Level 1 Income limit

Individual	\$1,717
Couple	\$2,322

It doesn't cost anything to learn if you are eligible for one of these programs.

Isn't it time to find out?

To talk to someone who can help you, contact:

The ADRC of Eagle Country

Richland Center office

608-647-4616



LOCAL HELP FOR PEOPLE WITH MEDICARE

SPRING INTO BETTER HEALTH

By the GWAAR Medicare Outreach Team—for reprint

After a long winter, the signs of spring are sprouting up all around us. Now is a good time to focus on your health so you can enjoy all that this season has to offer. Taking advantage of Medicare preventive benefits is the perfect way to spring into better health!

Preventive services can help you prevent illnesses and detect health problems early, when treatment works best. People with Medicare have access to a wide range of preventive tests and screenings, most at no extra cost. If you're new to Medicare, a "Welcome to Medicare" preventive visit is covered during the first 12 months you are enrolled in Part B. The visit includes a review of your medical and social history as well as education and counseling about preventive services, including certain screenings, shots and referrals for other care, if needed. Once you've had Part B for longer than 12 months, you can get a yearly "Wellness" visit to develop or update a personalized prevention plan based on your current health and risk factors. Note: The **Wellness visit is not the same as an annual physical exam.**

You pay nothing for the "Welcome to Medicare" visit or yearly "Wellness" visit if your doctor or other health

care provider accepts Medicare assignment. If additional tests or services are performed during the same visit that aren't covered under the preventive benefit, you may have to pay coinsurance, and the Part B deductible may apply.

Medicare also covers screening tests for breast cancer, diabetes, heart disease, obesity management, and osteoporosis, just to name a few. You can find a complete list of Medicare-covered preventive services in your *Medicare and You 2021* handbook or on the Medicare website at www.medicare.gov. Talk to your doctor about what screenings and shots are right for you.

For local assistance with Medicare questions or other health insurance counseling, contact the ADRC of Eagle Country, Richland Center office at 608-647-4616.



SPECIAL ENROLLMENT FOR THE MARKETPLACE

By the GWAAR Legal Services Team (for reprint)

People have a new opportunity to enroll in health insurance for 2021 on HealthCare.gov, but only for a limited time. This new COVID-19 Special Enrollment Period (SEP) started on February 15, 2021 and ends on May 15, 2021.

With job losses continuing to mount amid the COVID-19 resurgence, and millions of people having lost their job-based health insurance since the start of this public health and economic crisis, the Biden Administration has opened up HealthCare.gov to give people who need health insurance a new opportunity to get covered, but they must act quickly.

Consumers enrolling in a plan on HealthCare.gov are guaranteed to receive comprehensive coverage, with no pre-existing condition exclusions or markups. All plans cover essential benefits, including doctor and hospital visits, prescription drugs, mental health treatment, and maternity care. In addition, consumers receive free preventive care services, such as immunizations and health

screenings. Testing and treatment of COVID-19 are considered essential health benefits and are covered by all HealthCare.gov plans.

Consumers should avoid insurance plans offered outside of HealthCare.gov that seem too good to be true. "Junk insurance" products pose huge financial risks to consumers. These products can refuse to pay for care for pre-existing conditions, charge consumers more based on their gender, and impose annual coverage limits.

Consumers should log on to HealthCare.gov by May 15, 2021 to get the comprehensive health insurance they need.

To learn more, please visit: <https://www.healthcare.gov/coronavirus/>.



SPRING VOCABULARY WORD SEARCH



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 O W Z E C T T O X T L A Z P A
 T E Y R L I K R O E V H M W Y
 G R Z F E P D J Z A T V O Y K
 A S D L A Q A Y S P P B A G T
 R I M Y N G N W E Y N L J V B
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 E P A Z N M E M A Y F A I W O
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APRIL IS CHILD ABUSE PREVENTION MONTH

National Child Abuse Prevention Month recognizes the importance of communities working together to help families thrive and prevent child maltreatment. During the month of April and throughout the year, communities are encouraged to increase awareness about child and family well-being, and work together to implement effective strategies that support families and prevent child abuse and neglect.

Below are tips on Child Abuse Prevention

1. **Be a nurturing parent.** Children need to know that they are special, loved and capable of following their dreams.
2. **Help a friend, neighbor or relative.** Being a parent isn't easy. Offer a helping hand, take care of the children, so the parent (s) can rest or spend time together.
3. **Help yourself.** When the big and little problems of your everyday life pile up to the point you feel overwhelmed and out of control – take time out. Don't take it out on your child.
4. **If your baby cries...** It can be frustrating to hear your baby cry. Learn what to do if your baby won't stop crying. Never shake a baby – shaking a child may result in severe injury or death.
5. **Get involved.** Ask your community leaders, clergy, library and schools to develop services to meet the needs of healthy children and families.
6. **Help to develop parenting resources at your local library.** Find out whether your local library has parenting resources, and if it does not, offer to help obtain some.
7. **Promote programs in school.** Teaching children, parents and teachers prevention strategies can help to keep children safe.
8. **Monitor your child's television, video, and internet viewing/usage.** Watching violent films, TV programs, and videos can harm young children. Many internet sites are not safe for children.
9. **Volunteer at a local child abuse prevention program.** For information about volunteer opportunities, call 1.800.CHILDREN.
10. **Report suspected abuse or neglect.** If you have reason to believe a child has been or may be harmed, call Richland County Health and Human Services (647-8821) or your local police department.

NEVER MISS A NEWSLETTER !

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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: APRIL 2021

Upcoming Area Events:

April 2021 Events

Monday's in April

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.

Tuesdays in April

Dementia and Caregiving virtual book club will be held on Tuesday April 6, 13, 20, 27. To sign up contact Pam Kul-Berg, ADRC of Eagle Country Dementia Care Specialist at 608-548-3954.

Thursday evenings in April

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, April 6

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.

April 7th

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 Wednesdays and Fridays from 11:30-12:30 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 Symons Recreation running for 8 weeks April 7th-May 28th. 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>

