

# Family

# FREE

and

# Friends

may 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

## May is Older American’s Month “Communities of Strength”

In tough times, communities find strength in people—and people find strength in their communities. In the past year, we’ve seen this time and again in Richland County as friends, neighbors, and businesses have found new ways to support each other. In our community, older adults are a key source of this strength. Through their experiences, successes, and difficulties, they have built resilience that helps them to face new challenges. When communities tap into this, they become stronger too.

Each May, the Administration for Community Living leads the celebration of Older Americans Month (OAM). This year’s theme is *Communities of Strength*, recognizing the important role older adults play in fostering the connection and engagement that build strong, resilient communities.

Strength is built and shown not only by bold acts, but also small ones of day-to-day life—a conversation shared with a friend, working in the garden, trying a new recipe, or taking time for a cup of tea on a busy day. And when we share these activities with others—even virtually or by telling about the experience later—we help them build resilience too.

This year, Richland County celebrates OAM by encouraging community members to share their experiences. Together, we can find strength—and create a stronger future.



Some ways to share and connect include: looking for joy in the everyday by celebrating small moments and ordinary pleasures. Reach out to neighbors by phone or computer during these difficult times. Build new skills, learning something new allows us to practice overcoming challenges. Finally, share your story, storytelling is a time-honored activity. Hearing how others experience the world helps us grow. Talk to family, friends and neighbors to open up new conversations and strengthen your connections.

*(article courtesy of the Administration for Community Living)*



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# HOME SAFETY TIPS FOR CAREGIVERS

We work hard keeping our loved ones safe and healthy. We monitor diet, medications, and activities as best we can. Something that is sometimes overlooked is basic home safety. Falls are the leading cause of injury deaths among people over 65. Over half of falls happen due to hazards in the home. Fortunately, performing a home safety check can help prevent accidents and falls. The following are some suggestions from the Centers for Disease Control and Prevention for keeping your home safe.



**FLOORS:** Be sure there is a clear walkway through each room. Move furniture around so the path is clear. Remove throw rugs and keep clutter (books, papers, blankets, etc.) off the floor. Be sure there are no cords or wires from lamps, phones, etc. across the walkway.

**STAIRS AND STEPS:** Always keep stairs clear of any objects such as shoes, books, etc. Fix broken or uneven steps. Be sure there is ample lighting above the stairs at the top and the bottom. Furthermore, install a light switch at the top and bottom of the stairs so you never have to walk stairs in the dark. If there is carpet on the stairs, make sure it is firmly attached. Lastly, install handrails on both sides of the stairs. Be sure that they are as long as the stairs and are very secure.

**KITCHEN:** Rearrange your cupboards so that the things you use the most are at waist level, where they are easy to reach. If you need to use a step stool, use one that is stable and has a bar to hold on to. Never use a chair as a step stool.

**BATHROOMS:** The floor of the shower or bathtub should have a non-slip rubber mat or self-stick strips

to keep it from being slippery. Install grab bars inside the tub and next to the toilet.

**BEDROOMS:** Place lamps within reach on either side of the bed and make sure they are easy to turn on and off. Make sure there is a clear path from the bed to the bathroom. Consider using a nightlight in the bedroom and bathroom.

In addition to making your home safe, consider these other tips to help prevent falls:

- Regular exercise makes you stronger and improves coordination and balance.
- Have your pharmacist or doctor check all the medicines you take (including over the counter) as some may make you sleepy or dizzy.
- Check your vision yearly. Poor vision can increase your risk of falling.
- Get up slowly after you sit or lie down. Count to 10 before walking.
- Always wear shoes, outside and inside the house as well.
- Use bright bulbs in all rooms of your house. Having uniform lighting in each room is safest.
- Hang lightweight curtains or shades to reduce glare.
- Paint a contrasting color on the top of all steps so you can see the stairs better.

The Centers for Disease Control and Prevention have created a checklist that you can use to ensure your home is safe. Access the checklist online: [https://www.cdc.gov/steady/pdf/check\\_for\\_safety\\_brochure-a.pdf](https://www.cdc.gov/steady/pdf/check_for_safety_brochure-a.pdf) Or you can call the ADRC of Eagle Country's Richland Center office at 608-647-4616, for more information.

Jane Mahoney  
Caregiver Support Specialist

# MAY FAMILY & FRIENDS RECIPE TO TRY



## Crockpot Chicken Fajitas

Prep Time: 10 min Cook Time: 6 hours Yield: 8 servings



### INGREDIENTS

- 4 cups sliced bell peppers
- 2 cups sliced onions (mix of red, white and sweet)
- 2 lbs. boneless skinless chicken breast and/or thigh meat, sliced into 1/2" wide strips
- 3/4 Tablespoon chili powder
- 3/4 teaspoon fine sea salt
- 3/4 teaspoon cumin
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon red pepper flakes, or to taste
- 1/4 teaspoon sweet paprika
- Fresh lime wedges and chopped cilantro, (optional)

3. Toss gently to distribute the spice mixture.
4. Cover and cook on low heat for 5-6 hours until the juices from the chicken run clear.
5. Serve immediate over rice, cauli-rice, or grain free tortillas. Optionally, you can finish with a squeeze of fresh lime juice and some chopped cilantro.



### INSTRUCTIONS

1. In the crockpot/slow cooker, toss together the prepared peppers, onions and chicken.
2. In a small bowl, stir together the remaining ingredients to combine, then sprinkle the spice mixture evenly over the peppers, onions and chicken.

(courtesy of: <https://acleanbake.com/slow-cooker-chicken-fajitas/>)

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*Would your loved one benefit from enriched social or health-supportive experiences?*

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**for more information.**  
1400 W Seminary St  
Richland Center, WI 53581

ad90-187108

# SPOTLIGHT ON: MAY IS ADRC MONTH

## **The ADRC...the place to go for information and assistance!**

Aging and Disability Resource Centers (ADRCs) are the first place to go to get accurate, unbiased information on all aspects of life related to aging or living with a disability. ADRCs are friendly, welcoming places where anyone - individuals, concerned families or friends, or professionals working with issues related to aging or disabilities - can go for information tailored to their situation. The ADRC provides information on a broad range of programs and services, helps people understand the various long term care options available to them, helps people apply for programs and benefits, and serves as the access point for publicly-funded long term care. These services can be provided at the ADRC, via telephone, or through a home visit, whichever is more convenient to the individual seeking help.

## **SERVICES PROVIDED BY THE ADRC**

### **Information and Assistance:**

- Information about local services and resources
- Assistance in finding services to match your needs
- In-home care
- Housekeeping and chore services
- Home modifications, safety and maintenance
- Health (healthy lifestyles, management of chronic conditions, dementia, etc.)
- Respite
- Transportation
- Nutrition, home delivered meals
- Housing, including senior and low income housing
- Assisted Living, nursing homes and other long term care facilities.
- Financial assistance (e.g., Social Security, SSI, Medicare, Medicaid and other benefit programs)
- Legal issues (guardianship, power of attorney, client rights advocacy)
- Abuse, neglect and financial exploitation
- Mental health, alcohol and drug abuse, crisis intervention
- Employment, vocational services, volunteer work
- Adaptive equipment
- Other

### **Long Term Care Options Counseling:**

- Information about the choices you have when mak-

ing decisions about where to live, what kind of help you need, where to receive that care and help, and how to pay for it.

- One-on-one consultation to help you think through the pros and cons of the various options in light of your situation, values, resources and preferences.
- Information about Wisconsin's long term care programs and help connect you to resources in your area.
- The ADRC can determine if you will be eligible for public funding for your long term care.

### **Benefit Specialists:**

Benefit specialists can help answer questions and solve problems related to benefits such as Medicare, Medicaid, Social Security, FoodShare, and private health insurance.

### **Health and Wellness:**

ADRCs can connect you to wellness programs to help keep you healthy and independent.

### **Transportation Services**

The ADRC provides transportation via the Volunteer Driver Escort Program and the Richland County Bus program.

### **Dementia Care Specialist Programming**

**The Dementia Care Specialist (DCS)** is responsible for assisting individuals and families living with dementia to continue to be active in their community and remain in their homes for as long as they are able.

- They, along with the Information and Assistance Specialists, can assist with completing memory screens for those who question whether they are having memory issues and offer options of follow-up to consider.
- They also assist individuals and their families in planning for the future.
- They also provide education to local businesses, local service and civic groups and help them learn how they can support and assist their family, friends, neighbors, and consumers.

### **Caregiver Support Programs**

**Caregiver Support Programs (AFCSP and NFCSP)** are available to caregivers who are assisting someone who is either 60 and older or has dementia. There is also programming for Grandparents and older relatives caring minor children.

*Courtesy of <https://www.dhs.wisconsin.gov/adrc/index.htm>*



# MOVIE NIGHT AND DEMENTIA PANEL

JOIN US FOR A MOVIE AND Q&A PANEL ON MEMORY DISORDERS

May 26, 2021

6:00 PM - 8:00 PM

Park Street Christian Church  
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Richland Center

EVERYONE FORGETS THINGS AT TIMES. IT'S A FAIRLY COMMON PART OF AGING.

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For More Information Call: 608-548-3954

## 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](mailto:smp-wi@gwaar.org)  
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## Nutrition Program May 2021 Menu

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Cream of Mushroom Pork Mashed Potatoes w/Gravy Tomato Spoon Salad Caramelized Pear Half	4 Beef Stew Over a Biscuit 7-Layer Salad Mixed Fruit BB Brownie	5 Herb Baked Chicken Over WG Noodles Normandy Blend Vegetables Coleslaw Strawberry & Angel Food Cake w/Topping	6 Swiss Steak w/Gravy Skin On Mashed Potatoes Green Beans Fresh Fruit Salad Snickers doodle	7 Chicken Alfredo Over Fettuccini Noodles Steamed Baby Carrots Colorful Salad/w Dressing Fruit Crisp/w Topping
10 BBQ Pulled Pork on Bun Cowboy Beans Tossed Salad w/Dressing Pineapple/Mandarin Oranges Reese's Peanut Butter Bar	11 Cream of Broccoli Soup Ham Salad Sandwich Sunshine Salad Chocolate Cherry Brownie	12 Kielbasa w/Sauerkraut Sweet Potato Wedges Brussel Sprouts Mixed Fruit Chocolate Cake	13 Hot Beef Sandwich Mashed Potatoes w/Gravy Garlic Peas & Corn Cranberry Fluff Gelatin Poke Cake	14 Beef Stroganoff Over Buttered Noodles Buttered Beets Broccoli and Cauliflower Fruit Cocktail Rhubarb Dessert
17 Salisbury Steak Mashed Potatoes & Gravy Strawberry Spinach Salad w/Dressing Carrot Cake, Dinner Roll	18 Turkey Sandwich Vegetable Soup Coleslaw Fresh Melon Salad, & Cookie	19 Hamburger on a WG Bun w/Fixings Baked Beans, Pickle Spear, Vegetable Macaroni Salad Fruit Crisp	20 Baked Fish Augratin Dill potatoes Savory Carrots Fruited Jell-O Dinner Roll & Lemon Bar	21 Lasagna w/Meat Sauce Green Beans Glowing Salad Garlic Bread Frosted Carrot Cake
24 Spaghetti & Meat Sauce Mixed Vegetables Peaches Parmesan Bread Stick Cook's Choice Dessert	25 Beef & Barley Soup WG Meat & Cheese Sandwich Fruited Jell-O Chocolate Chip Bar	26 Swiss Chicken Breast Augratin Potatoes Green Beans Cranberry Fluff Dinner Roll Frosted Birthday Cake	27 Roast Turkey Rosemary Red Potatoes Steamed Broccoli Side Salad w/Dressing Yellow Cake	28 Meat Loaf Baked Potato w/Sour Crm Mixed Vegetables Coleslaw BB Cherry Brownie
31 Memorial Day 	 <b>Memorial Day</b> <small>REMEMBER AND HONOR</small>			<p><b>Richland Center (Grab N' Go and Home Delivered) Monday, Wednesday, &amp; Friday – Call Tanya Webster (608) 649-5937</b></p> <p><b>Rockbridge Temporarily Closed</b></p> <p><b>Germanatown (Home Delivered) Monday, Wednesday, &amp; Thursday – Call Rita Connors (608) 983-2798</b></p>
-Closed-				

# It's Farmers' Market Voucher Time!



**What is the Senior Farmers' Market Nutrition Program (SFMNP)?** The SFMNP offers eligible low-income seniors the opportunity to purchase fresh, locally grown fruits, vegetables and herbs from certified farmers. The goals of the SFMNP are:

- To provide fresh, nutritious, unprepared fruits, vegetables and herbs from farmers' markets and roadside stands to low income seniors, and
- To increase the consumption of agricultural commodities by expanding or aiding in the expansion of farmers' markets and roadside stands.

**Who is Eligible?** An eligible person is a Richland County resident, age 60 or older (or a Native American age 55 years or older), and meets the income requirements – individual \$1986/month; couple \$2686/month. *Applicants may be required to provide proof of age and household income.*

**How Does the Program Work?** Enrolled seniors will receive vouchers worth \$25 per household. These vouchers may be used to purchase locally grown fresh fruits, vegetables and herbs at approved farmers' markets or roadside stands. These vouchers are good until October 31, 2021.

**How Do I Get These Vouchers?** Due to COVID, vouchers can be distributed via phone and mail or face-to-face following COVID safety protocol and by appointment only. There is a limited number of vouchers for each County. Vouchers will be distributed on a first come, first served basis. **You can pre-register for vouchers by calling Tanya at (608) 649-5937.**

**How Do I Get Vouchers If I Can't Come to pick them up?** If you are homebound, or unable to get to a distribution site due to a disability, you may assign an Authorized Representative (or Proxy) on your behalf. Contact Richland County Health & Human Services at 608-647-8821 and ask to speak with Tanya.

**How Do I Get More Information?** Contact Tanya at Richland County Health & Human Services at 608-649-5937 or by email [tanya.webster@co.richland.wi.us](mailto:tanya.webster@co.richland.wi.us) with Senior Farmer's Market in the subject line.

*This institution is an equal opportunity provider.*

# IN PERSON WELCOME TO MEDICARE SEMINAR

## Welcome to Medicare Presentation

The Aging and Disability Resource Center of Eagle Country, Richland Center office, is offering free seminars to Richland County residents interested in learning more about Medicare. Joanne Welsh, Richland County Elder Benefit Specialist, will help you learn about choices you may want to consider and decisions you need to make when you use Medicare.

**Community Services Building  
221 W. Seminary Street, Richland Center  
Monday, May 24 at 1:00 pm  
Monday, June 14 at 1:00 pm**

### Who Should Attend

- Anyone who is considering retiring
- Anyone turning 65 within the next **6 months**
- Anyone wanting to learn how and when to sign up for Medicare
- Anyone wanting to learn more about their choices
- Anyone wishing to gain a better understanding of Medicare



### We Will Discuss

- What You Should Know Before You Turn 65
- Medicare and You 2021 (if you have this publication, please bring to session)
- Understanding Your Medicare Options
- Medicare Benefits
  - Part A – Hospital
  - Part B – Doctor & Outpatient Services
  - Part C – Medicare Advantage
  - Part D – Drug Coverage
- Wisconsin SeniorCare
- Who Can Help Me?
  - Aging & Disability Resource Center
  - Benefit Specialist
  - Medigap Helpline
  - State Health Insurance Assistance Program (SHIP) Counselors

**Space is limited - RESERVATIONS are required - call 608-647-4616.**  
**Please make reservations 5 working days prior to the presentation.**

# May Word Search

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

BRAVERY  
 COOKOUT  
 FLAGS  
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# PNEUMONIA VACCINES ARE IMPORTANT TOO

Understandably, all eyes are on the COVID-19 vaccination process: who is eligible, its availability, the side effects, and its effectiveness. We're also all familiar with getting our annual flu shots each fall. Often overlooked, however, is the importance of getting a pneumococcal (pneumonia) vaccine.

Pneumococcal disease is a term used for a wide range of infections including:

- Ear infections;
- Sinus infections;
- Pneumonia (lung infection);
- Bacteremia (bloodstream infection);
- Meningitis (infection of the covering of the brain and spinal cord); and
- Sepsis (the body's extreme response to an infection).

Mild symptoms include cough, ear pain, fever, and sore throat. More severe symptoms include fever or chills, cough, rapid or difficult breathing, chest pain, headache, stiff neck, increased pain when looking at bright lights, and confusion or low alertness. Pneumococcal bacteria spread from person to person through coughing, sneezing, and close contact. People can carry the bacteria in their nose and throat without being sick and spread the bacteria to others.

Some adults are at increased risk for pneumococcal disease, including those who:

- Are 65 years or older;
- Use alcohol excessively;

- Smoke cigarettes; and
- Have certain medical conditions including chronic illnesses of the heart, liver, or kidney; chronic illnesses of the lung (including chronic obstructive lung disease, emphysema, and asthma); diabetes; conditions that weaken the immune system (HIV/AIDS, cancer, or damaged/absent spleen); cochlear implants (an electronic device that allows some people to hear); and cerebrospinal fluid leak (a health problem where fluid surrounding and protecting the brain and spinal cord leaks).

## Medicare Coverage of Pneumonia Vaccine

Medicare Part B covers two separate pneumonia vaccines. Part B covers the first shot if you have never received Part B coverage for a pneumonia shot before. You are covered for a different, second vaccination one year after receiving the first shot.

If you qualify, Original Medicare covers pneumonia shots at 100% of the Medicare-approved amount when you receive the service from a participating provider. Medicare Advantage Plans are required to cover pneumonia shots without applying deductibles, copayments, or coinsurance when you see an in-network provider and meet Medicare's eligibility requirements for the service.

As with any vaccine, it is best to talk with your doctor about your specific conditions and any potential risks of side effects.

## MARKETPLACE

### ACA Marketplace Special Enrollment Period Extended to August 15, 2021

*By the GWAAR Legal Services Team (for reprint)*

The Affordable Care Act (ACA) health insurance marketplace special enrollment period (SEP), which had previously been extended to May 15, has now been extended to August 15, 2021. This means that consumers have until August 15 to sign up for a health insurance plan through the marketplace. Consumers who are eligible and enroll under the SEP will be able to select a plan with coverage that could start as soon as the first month after plan selection, and current enrollees will be able to change to any plan available to them in their area. Consumers may sign up by visiting [healthcare.gov](https://www.healthcare.gov) or by calling 1-800-318-2596 (TTY: 1-855-889-4325).

For more information visit: <https://www.hhs.gov/about/news/2021/03/23/2021-special-enrollment-period-access-extended-to-august-15-on-healthcare-gov-for-marketplace-coverage.html>

# NATIONAL NURSES WEEK MAY 6- MAY 12

The nurses of Richland County Health & Human Services Public Health and Clinical Services departments are highly valued employees and assets to the community. Most people don't realize how many roles they fill and it would take more than one article to adequately list them all and demonstrate their far reaching impact to Richland County residents. Over the last year we have heard how they are tirelessly supporting our community in the fight against COVID 19. They have been on the front lines testing for COVID, providing vaccines, doing contact tracing and educating the public about COVID. This effort has been a national effort and for our local department it has been a top priority.

Along with dealing with the pandemic the Public Health nurses coordinate and manage numerous projects during the year, including various aspects of communicable diseases which includes immunizations, investigation and follow-up for rabies, tuberculosis, sexually transmitted disease and outbreaks of illnesses or disease that occur.

In addition to Public Health, Richland County Health & Human Services also has nurses in the Clinical Services department whose primary function is pre-screening and assessment for patients to see the Clinical Services Medical Director and Psychiatrist. They also assist clients with medication management and perform casework for the Coordinated Community Services program.

Regardless of department, job title or programming, the nurses of Richland County Health & Human Services continually strive to do their best and help the residents of Richland County every day and for that we thank each and every one of them!



## NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at [www.mycommunityonline.com](http://www.mycommunityonline.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: MAY**

### **Mondays in May**

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 May**

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, May 4**

Court and Community free legal clinic Tuesday, May 4th 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.

### **Thursday, May 6**

The Park Street Christian Church program on Dementia, Alzheimer's and Short Term Memory Loss will be Thursday, May 6th at the church from 6:00 to 8:00. There will be a movie and a question and answer panel. The event is free and social distancing will be followed. For more information call 647-3702.

### **May 3-June 8**

**Boost Your Brain and Memory** is an 8 week, multi-faceted, whole person program offering a unique approach to brain fitness. Each session includes informational video segments and group discussions and activities. It will help you live a healthier life, remember things better, be more organized, and pay closer attention. To register contact the ADRC of Eagle Country’s Dementia Care Specialist at 608-548-3954.

**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.

### **May 24th and June 14th**

The Aging and Disability Resource Center of Eagle Country, Richland Center office, is offering free seminars to Richland County residents interested in learning more about Medicare. Joanne Welsh, Richland County Elder Benefit Specialist, will help you learn about choices you may want to consider and decisions you need to make when you use Medicare. Seating is limited due to the COVID pandemic. Reservations can be made by calling the ADRC at 608-647-4616 at least 5 days in advance of the seminar.

**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>**

