

Family

and

Friends

FREE



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

June is Alzheimer’s and Brain Awareness Month

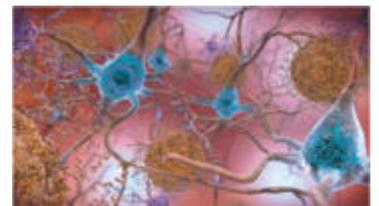
One out of 10 people age 65 and older in the U.S. lives with Alzheimer’s disease, a progressive, irreversible brain disorder that destroys memory and thinking skills. As the population ages, the number of affected seniors is expected to increase from 5.6 million to 7.1 million by 2025.

During **Alzheimer’s & Brain Awareness Month**, learn the signs of the disease, and ways to help a loved one who has it and people who are caring for someone with it.

What is Alzheimer’s Disease?

Alzheimer’s disease is the most common cause of dementia and is ranked the sixth leading cause of death in the nation. It is named after Dr. Alois Alzheimer, who in 1906 found abnormal clumps and tangled bundles of fibers in the brain of a woman who suffered memory loss, unpredictable behavior and problems using language before dying, according to the National Institute on Aging (NIH).

Those clumps he found are amyloid plaques and the tangled fibers tau tangles. They are two key features of the disease, along with lost connections between brain nerve cells. In people with Alzheimer’s disease, deposits of proteins form amyloid plaques and tau tangles throughout the brain. Neurons stop functioning and die.



What causes Alzheimer’s Disease?

That is not fully understood, but it’s believed that several factors are involved:

- Age is the best known risk factor for Alzheimer’s disease
- Genetics likely plays a role
- Evidence suggests risk factors for heart disease and stroke, such as high blood pressure and high cholesterol, may increase the risk for Alzheimer’s disease
- Serious head injuries are linked to future risk of Alzheimer’s



Inside this Issue

It’s Time	Pg 2
Red Flags of Abuse	Pg 4
Nutrition Menu	Pg 6
Call for Volunteers	Pg 7
Stimulus Payments	Pg 8
Boost Your Brain	Pg 10



IT'S TIME!!!

One of the most difficult experiences a caregiver may face is considering an out-of-home placement for their loved one. This can be particularly difficult when the person suffers from dementia and is not able to assist in the decision-making process. Although we usually think that keeping someone in their own home is the ultimate goal, sometimes there is a point when staying at home may no longer be the best option.

There are 2 main things to evaluate when making this decision: the needs of the person receiving care and the demands on the caregiver. Each person being cared for is different. Some are more difficult to manage while others may be easier to take care of. Additional medical problems may also complicate the situation.

Caregivers also have different circumstances. Some cope easily with large amounts of stress while others struggle with even small disruptions. Some have children and job responsibilities while others are able to devote more time to their loved one. It is important to look at your particular situation and not to compare yourself to someone else.

If you are wondering if it might be time to move your loved one to a continuing-care facility, you may find these questions helpful in deciding.

- Are the person's needs being met at home?
- Is constant care required beyond my physical capability?
- Is always it safe in the home?
- Is there a concern that the person may harm themselves or others?
- Does the person need specialized care not available or affordable at home?
- Would an out-of-home setting provide opportunities for therapy and socialization that are not possible at home?
- Would moving the person to a long-term-care facility allow me to devote needed time to my family/job/self?
- Am I healthy and physically strong enough to take care of the person?
- Is there a care facility in the area that I trust?

The most important thing to remember is that moving your loved one to a care facility is NOT a sign of failure

in your role as a caregiver. A caregiver's main job is to ensure that their loved one is getting the best care possible, while also prioritizing care for self, and sometimes that means a move to a care center. Consider this. Your caregiving role will not end when your loved one moves, it will just change. When caring for someone at home, a caregiver spends endless hours doing personal cares, cooking, cleaning, and keeping your loved one safe. This may often include being up several times during the night. The caregivers' own health often becomes at risk.

When the person lives at a care facility, the time and energy you spent providing physical cares can now be focused on your relationship again. Their basic needs will be met by staff, but they still need you to provide social, spiritual, and emotional care. You can spend time doing things like looking at photo albums, reading together, watching old movies, or just sitting and enjoying each other. Your caregiving role continues, but your tasks and focus change.

The ADRC of Eagle Country's Richland Center office has resources available to help you if you are considering long-term care placement. Call us at 608-647-4616 for more information.



*Jane Mahoney
Caregiver Support Specialist
Greater Wisconsin Agency on Aging Resources*



JUNE FAMILY & FRIENDS RECIPE TO TRY



Farm Flavors Blue Cheese Ribbon Meat Loaf
Prep Time: 10 min **Cook Time:** 1 hour30 min **Yield:** 8 servings



Ingredients:

Meat Loaf:

3 slices soft bread, torn into small pieces
1 cup milk
1 pound ground beef or veal
½ pound ground lean pork
1 egg yolk
¼ cup onion, minced
1 ¼ teaspoon salt
¼ teaspoon each of pepper, dry mustard, sage, and either celery salt or garlic salt
1 tablespoon Worcestershire sauce

Cheese filling:

1 egg white, slightly beaten
1 tablespoon water
2 slices soft bread, torn into pieces
4 ounces crumbled blue cheese or shredded cheddar cheese

Instructions

1. For cheese filling, combine egg white and water; toss lightly with breadcrumbs and cheese. Set aside.
2. Preheat oven to 350 degrees.
3. Stir together bread and milk; mix in remaining ingredients except filling.
4. Pat one half of meat mixture in greased loaf pan. Cover with cheese filling. Top with remaining meat.
5. Bake one hour and 30 minutes.

(Courtesy of: <https://www.farmflavor.com/recipes/blue-cheese-ribbon-meat-loaf/>)



PROTECTING SENIORS NATIONWIDE MEDICAL ALERT SYSTEM



\$29.95/MO

BILLED QUARTERLY

- No Long-Term Contract
- Price Guarantee
- Made and monitored in the USA

PLUS
SPECIAL
OFFER



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

There Is Always Family Here

Harvest

A Guest Home
Assisted Living

23 Year of Laughter and
Tears Established 1995

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



BE YOURSELF.

BRING YOUR PASSION.

WORK WITH PURPOSE.

LPI is Hiring

Ad Sales Executives

- Full-Time with Benefits
- Paid Training
- Expense Reimbursement
- Travel Required



Contact us at: careers@4lpi.com | www.4lpi.com/careers

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

**The Woodland Adult Day Center
is Here to Help**



We provide activities and care based on the needs of your loved one. Whether you need an hour here or there, one day a week or even a more structured regular program, it doesn't matter, we are here for your support.



**Call Ellen Alvin at 647-8931
for more information.**

1400 W Seminary St
Richland Center, WI 53581

adno-187108



For ad info. call 1-800-950-9952 • www.lpicommunities.com Richland County Health & Human Services, Richland Center, WI A 4C 01-1412



RED FLAGS OF ABUSE

Does someone you know—a senior or adult with a disability—display any warning signs of mistreatment?

Neglect

- ◆ Lack of basic hygiene, adequate food, or clean and appropriate clothing
- ◆ Lack of medical aids (glasses, walker, teeth, hearing aid, medications)
- ◆ Person with dementia left unsupervised
- ◆ Person confined to bed is left without care
- ◆ Home cluttered, filthy, in disrepair, or having fire and safety hazards
- ◆ Home without adequate facilities (stove, refrigerator, heat, cooling, working plumbing, and electricity)
- ◆ Untreated pressure “bed” sores (pressure ulcers)



Financial Abuse/Exploitation

- ◆ Lack of amenities victim could afford
- ◆ Vulnerable elder/adult “voluntarily” giving uncharacteristically excessive financial reimbursement/gifts for needed care and companionship
- ◆ Caregiver has control of elder’s money but is failing to provide for elder’s needs
- ◆ Vulnerable elder/adult has signed property transfers (Power of Attorney, new will, etc.) but is unable to comprehend the transaction or what it means



Psychological/Emotional Abuse

- ◆ Unexplained or uncharacteristic changes in behavior, such as withdrawal from normal activities, unexplained changes in alertness
- ◆ Caregiver isolates elder (doesn’t let anyone into the home or speak to the elder)
- ◆ Caregiver is verbally aggressive or demeaning, controlling, overly concerned about spending money, or uncaring

Physical/Sexual Abuse

- ◆ Poorly explained fractures, bruises, welts, cuts, sores or burns



If you or someone you know is in a life threatening situation or immediate danger, call 911 or the local police or sheriff.

SCAMS ARE ABUSE

Scams are another form of abuse that are underreported. They are a prominent type of abuse that have been on the rise during the COVID pandemic. Scams are especially frustrating as they are hard to prosecute and generally there is little success in recouping any financial losses.

Scams come in many different forms. They include romance scams, fraudulent checks, prizes, internet fraud, phishing, advance fee loans, investments, grandparent scams, and more. Also beware of Medicare, Medicaid, and other health insurance scams. As time goes on scam artists get more and more crafty in ways to deceive people. If you believe that you have been scammed or someone you know has been scammed you should:

1. Report the incident with the local police, Better Business Bureau, the Wisconsin Department of Consumer Protection, the Federal Trade Commission and the Wisconsin Elder Abuse Hotline.
2. **Secure** your bank accounts and protect your private information by contacting your banks, insurance companies, social security, pension providers, and credit card companies. Also contact the three large credit bureaus.
3. **File** for legal action. You can also contact an attorney to assist with legal action.

Resources:

Social Security-La Crosse office 1-866-770-2345

Wisconsin Elder Abuse Hotline: 1-833-586-0107

Consumer Protection: 1-800-422-7128

Federal Trade Commission: 1-877-438-4338

Equifax: 1-800-349-9960

TransUnion: 1-888-909-8872

Experian: 1-888-397-3742

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



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.



Affordable housing for seniors, disabled and low income individuals.
701 W. Seminary Street, Richland Center, WI 608-647-4877

Catering Services | Wild Game Processing

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

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

PRATT

FUNERAL & CREMATION SERVICE

608.647.4808

Funeral Directors

Serving Southwest WI

Mark Jelinek

Nick Hodge

prattfuneralservice.com

Life Changes.
Let Marlys Hennessy, Personal Banker, help you manage the financial challenges in your changing life.

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

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

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





Grab N' Go Senior Meals June 2021



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

<p>Richland County Nutrition Program</p>	<p>1 Vegetable Soup Chicken Salad Sandwich Relishes Pears Rice Pudding w/Raisins</p>	<p>2 Herb Baked Chicken Wild Rice Blend (Grvy on the Side) Brussel Sprouts Baked Beans, Apricots Dinner Roll</p>	<p>3 Baked Fish Augratin Dill potatoes Candied Carrots Tropical Fruit Lemon Bar</p>	<p>4 Spaghetti w/Meat Sauce Green Beans Mandarin Spinach Salad Garlic Stick Strawberry Rhubarb Cake</p>
<p>7 Bacon Cheeseburger Pie Tossed Salad w/Dressing Pears Reese's Peanut Butter Bar</p>	<p>8 Chicken Tortilla Soup Heart Smart Chicken Taco Salad Frosted Carrot Cake Sunshine Salad</p>	<p>9 Pulled Pork on a Bun Potato Wedges Tomato Spoon Salad Fruit Cocktail Cookie</p>	<p>10 Turkey Lasagna w/Spinach Broccoli/Cauliflower Fruit Crisp w/Topping</p>	<p>11 Fish Strips w/Tartar Sauce Dill Potatoes Buttered Carrots Coleslaw Tapioca Pudding</p>
<p>14 Hamburger Gravy Over Mashed Potatoes Strawberry Spinach Salad w/Dressing Carrot Cake</p>	<p>15 Veg. Beef Barley Soup Cheddar Cheese Sandwich Fruit Cup Frosted Van. Confetti Cake</p>	<p>16 Swiss Chicken Breast Mashed Sweet Potatoes Green Beans Fruit Cobbler w/Topping Dinner Roll</p>	<p>17 Tater Tot Casserole 7-Layer Salad Fruit Whip Cookie</p>	<p>18 Hot Turkey Sandwich Mashed Potato & Gravy Copper Penny Salad Mixed Fruit Cranberry Fluff</p>
<p>21 Mexican Lasagna w/ A Side of Lettuce & Sour Cream Sweet Corn Fruit Cup Mexican Wedding Cake</p>	<p>22 Hearty Potato Soup Ham Salad Sandwich Glowing Salad Peanut Butter Cookie</p>	<p>23 BBQ Chicken Fried Potatoes & Onions Mixed Vegetables Cinnamon Apple Slices Frosted Birthday Cake</p>	<p>24 Chicken Chow Mein Baby Carrots Colorful Tossed Salad Fresh Fruit Brownie</p>	<p>25 Cheeseburger on Bun w/ Lettuce, Onion, Pickle Vegetable Macaroni Salad Baked Beans Cook's Choice Dessert</p>
<p>28 Salisbury Steak Mashed Potatoes & Gravy Pickled Beets Apricots, Carrot Cake, Dinner Roll</p>	<p>29 Lumberjack Veg. Stew Shaved Ham Sandwich on Wheat Bread Cottage Cheese Peaches and a Brownie</p>	<p>30 Sloppy Joes on a Bun Cowboy Beans, Potato Salad, Broccoli, Fresh Fruit Oh Henry Bars</p>	<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.</p>	

Grab and Go Senior Meals (Highlighted in Gray) Mon.- Wed.- Fri. – Reservations Required Call Tanya at (608) 649-5937
Germantown Home Delivered Only at this time – Monday, Wednesday and Thursday – Rita Connors (608) 983-2798

Make a Difference in our community

Call for Volunteers

From the:

Aging and Disability Resource Center—Richland Center office
and the Richland County Nutrition Program

Richland County Health and Human Services
221 West Seminary Street
Richland Center, WI 53581



The ADRC is looking for volunteers to take people to medical appointments within 85 miles of Richland County. The program offers mileage at the federal IRS rate and meal reimbursements.



The Richland County Nutrition Program is looking for volunteer meal site workers and home delivered meal drivers to deliver hot meals to individuals at home who are over 60. Routes are within the city limits of Richland Center.

Your offering of time will make a difference in the lives of individuals who are aging and disabled in our community. You can volunteer based on your schedule.

For more information
contact the ADRC at
608-647-4616



WHAT TO DO IF YOU'RE MISSING ECONOMIC IMPACT PAYMENTS



The Internal Revenue Service (IRS) issued the third round of Economic Impact Payments (EIP) in April. Most Social Security beneficiaries and Supplemental Security Income (SSI) recipients should have received their EIPs by now. If you, your eligible spouse, or eligible dependent did not receive their EIP – or full amount of the EIP – for this round or any previous round of EIPs, please read this carefully. We have information to share from the IRS to help you get that money.

To get any missing first or second EIPs, you'll need to file a 2020 tax return with the IRS and claim the 2020 Recovery Rebate Credit (RRC) as soon as possible. You would need to file the 2020 tax re-

turn even if you have no income to report for 2020. When your tax return is processed, the IRS will pay the RRC as a tax refund. The IRS will send you any additional third EIP amount you are eligible for in 2021 separately.

If you already filed your 2020 tax return, you don't need to do anything else. You can visit our [Economic Impact Payments and Tax Credits](#) page to learn more. Please share this with your family and friends—and post it on social media to help us spread the word.

*(Source: <https://blog.ssa.gov/what-to-do-if-youre-missing-economic-impact-payments/>)
utm_medium=email&utm_source=govdelivery*

WANT THE COVID 19 VACCINE BUT NEED ASSISTANCE WITH GETTING IT??

"I got vaccinated because I can't risk getting sick."



DON'T WAIT. VACCINATE!



Learn More

If you or someone you know in Richland County is interested in getting the vaccine and has barriers to receiving it due to age, disability, or medical issues, please contact the Aging and Disability Resource Center of Eagle Country-Richland Center office for assistance at 608-647-4616.

We can assist with transportation or connect you with our Public Health Department to make arrangements to receive the vaccine.



JUNE DAIRY MONTH WORD SEARCH

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

ICE CREAM FLAVORS

- COTTON CANDY
- MAPLE WALNUT
- PECAN
- BANANA
- TIGER TAIL
- MOOSE TRACKS
- COCONUT
- ROCKY ROAD
- GREEN TEA
- FUDGE
- REESES
- CHOCOLATE
- VANILLA



My Choice Wisconsin is a managed care organization that serves government-funded programs to seniors and adults with disabilities in over 50 Wisconsin counties.

Visit us today:
mychoicewi.org/LPI
1-800-963-0035

For more information on your long-term care options, contact your local ADRC.

DHS Approved 4/22/2021

AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

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

WONDERFUL SENIOR LIVING!

Ridgeview Commons

Senior Apartments 62+ & Disabled

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

Rent is 30% of Adjusted Income!

CALL TODAY 608.647.2525



\$10 OFF

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



Making Monuments for Wisconsin Families for Over 100 Years

Call or Visit a Showroom in Wisconsin

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

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



"It's my life and they respect that."

Local long-term care supports and services delivered with a focus on Life. Defined by you.



inclusa.org | 877-376-6113





**Boost Your Brain
& Memory**
MONDAYS
MAY 23RD – AUGUST
11TH
10:00-11:30 AM

**SAVE THE
DATE**



8 week, multi-faceted, whole person program offering a unique approach to brain fitness. Instructor led, each of the sessions includes informational video segments, followed by group discussion and activities.

Register by calling 608- 548-3954

**This is a free class and open to
Crawford, Juneau, Richland and Sauk County Residents
Space is limited!
Video capability is required.**

URINARY TRACT INFECTIONS MAY CAUSE CHANGE IN BEHAVIORS

It is easy to dismiss forgetfulness, confusion, irritability, or withdrawal as just typical signs of aging or dementia. However, most people would be surprised to learn that urinary tract infections or (UTIs) can create these behaviors, as well. If an older person has a sudden and unexplained change in behavior such as increased confusion, agitation, or withdrawal, it may actually be because of a UTI.

A UTI is an infection in any part of the urinary system such as the kidneys, ureters, bladder, and urethra. Women are more commonly affected by UTIs than men. Most UTIs can be treated with antibiotics and do not create any further problems. Complications are uncommon, but they can be serious and include kidney damage and blood poisoning, which can be fatal.

Urinary tract infections don't always cause signs and symptoms, but when they do, they may include a strong, persistent urge to urinate; burning sensation when uri-

nating; passing frequent, small amounts of urine; urine that appears cloudy; urine that appears red, bright pink or brown (a sign of blood in the urine); strong-smelling urine; and pelvic pain in women.

Older adults, however, may experience different symptoms compared to young or middle-aged adults, and those symptoms can be much more severe. Further complicating matters is that older adults with cognitive impairments or dementia may not realize there is an issue or be able to communicate their UTI symptoms to caregivers. Even more, common symptoms like burning and urgency to urinate may not occur in older individuals at all. Sometimes, the only sign that an older adult has a UTI is the sudden and unusual behavior changes, confusion, or delirium.



URINARY INFECTIONS CONTINUED

(Continued from page 10)

For these reasons, it's important for older adults and caregivers to know the signs and symptoms of UTIs so they can be recognized and treated quickly. Diagnosing a UTI in an otherwise healthy older adult can be difficult to begin with, but this task is even more challenging when someone has dementia or other cognitive impairments. Hopefully, a family caregiver or other individual who regularly interacts with the older adult can monitor their cognitive function and behavior to determine what is "normal" and detect anomalies to the best of their ability. Otherwise, an older adult may be presumed to have permanent symptoms of dementia when, in fact, they are experiencing temporary cognitive issues due to a UTI. A key distinction in determining whether delirium, agitation or confusion is caused by a UTI is whether treatment with antibiotics results in any improvement in mental status.

Remember, older adults are often managing multiple health conditions and taking several different medications. The best UTI treatment and prevention strategy for each individual may vary, and should be discussed at length with one's medical providers.

Resources:

https://www.alz.org/blog/alz/october_2011/sudden_change_in_behavior_urinary_tract_infection

<https://www.alzheimers.org.uk/get-support/daily-living/urinary-tract-infections-utis-dementia#:~:text=UTIs%20can%20cause%20sudden%20confusion,be%20because%20of%20a%20UTI.>

<https://www.agingcare.com/articles/urinary-tract-infection-dementia-in-seniors-155344.htm> □

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at 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: JUNE 2021

Mondays in June

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 June

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, June 1

Court and Community free legal clinic Tuesday, June 1 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.

June 23-August 11

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.

June 24

A Caregiver Support group will be held at the Woodman Senior Center from 1:00 pm-2:30 pm. Contact Pam Kul-Berg or Jennifer Hammje at the Aging and Disability Resource Center for information at 608-647-4616.

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 offered throughout the year. To sign up or for more information contact Symons Recreation at 608-647-8522.

Tai Chi fundamentals is an evidence-based fall prevention course for older adults. It is a non-impact exercise that is easy on the joints and is a gentle work out for your legs. This program is offered numerous times each year, and in different locations around the county. To learn more, or sign up for a class, contact Symons Recreation at 608-647-8522.

June 14th

The Aging and Disability Resource Center of Eagle Country, Richland Center office, is offering a free seminar 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 to the survey online. You can go to the ADRC webpage at <https://co.richland.wi.us/departments/hhs/adrc/>

