

Family

FREE

and

Friends

July 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

July is Healthy Vision Month

For some, eye exams may just seem routine—but they’re actually an excellent way to help your eyes stay healthy. Like regular doctor visits, eye check-ups can detect early signs of disease and help find solutions. Since July is Healthy Vision Month now would be a fitting time to schedule one!



How to Keep Vision Healthy

Of course, a way to keep vision as healthy as possible is by seeing a professional during an eye exam. A dilated eye check-up will help clear up any foggy areas you may have concerning your vision. A licensed professional can use this test to ascertain the need for further correction, including contacts and glasses. Plus, this type of exam can reveal the development of many eye-related diseases.

During Healthy Vision Month, it makes sense to schedule an eye exam soon. But what are some other ways we can keep our vision in tip-top shape? Well, there’s quite a few. And there’s some good news too. Most vision issues can be prevented!

Things We Can Do

The old adage “you are what you eat” may ring truer than we think. There are foods that help boost our eye health. Carrots have been linked with continued eye health—as well as leafy vegetables and fish high in omega-3 fatty acids also contribute to protecting our eyesight.

Also being in good health helps support our eyes. That includes maintaining a healthy weight, not smoking, keeping physically active, and giving our eyes and bodies plenty of rest. In fact, there seems to be a relationship between poor health and vision. People who report vision problems experience more adverse conditions, like diabetes and even depression.

Taking care of ourselves, and our eyes, extends to other areas as well. Donning proper eyewear when out and about blocks harmful rays from entering our eyes. Doing this helps keep our eyes safer throughout the day, whether we’re at work or play.

(Source: <https://mymseyecare.com/keeping-your-eyes-in-check-july-is-healthy-vision-month/>)



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ARE YOU A CAREGIVER?

What do you think of when you hear the word caregiver? Do you picture someone who spends their day providing hands-on care for someone? If so, you are not alone. It's common for people to think of a caregiver as someone who lives with a loved one and assists them with daily activities such as dressing, grooming, walking, and meals. But caregiving includes much more than those hands-on tasks.

Caregiving also includes helping someone with a wide assortment of tasks that enable them to live more independently in the community. Look around and you will notice people assisting an older friend or relative by taking them grocery shopping, picking up medication, accompanying them to appointments, and helping with yard care. These helpers are also considered caregivers, even if they don't live with the person or provide support every day. The tasks they help with, no matter how big or small, are enabling people to continue to live in their homes.

There are thousands of people who are playing a vital role in maintaining the independence of an older person, but don't realize it or don't consider their work as very important. They certainly would not call themselves a caregiver. Are you one of them? Read on to find out.

Are you a son, daughter, neighbor, relative, or friend who:

- Arranges medical appointments and provides transportation, too?
- Prepares meals to ensure food is available?
- Helps pay bills and/or balance the checkbook?
- Helps with cleaning and/or laundry?
- Assists with weekly grocery shopping?
- Sets up medication?
- Receives frequent phone calls with requests for help?



- Feels the need to regularly “check-up” on your parent/loved one to be sure they are okay?

Are you a spouse who:

- Has taken on duties that used to be done by your spouse? (cooking, cleaning, laundry, car maintenance, bookkeeping, bill paying, etc.)

- Needs to accompany your spouse to places he/she used to go alone?

- Is assisting with daily living tasks like dressing, grooming, and bathing?
- Ensures medications are taken properly?
- Makes medical decisions for your spouse?
- Feels unable to leave your spouse home alone?

If you answered “yes” to any of these, then you are a caregiver! You may think that these tasks are just things that you do for the people you love. While that is true, don't downplay the importance of your assistance in these areas. Without your help, the older person may not be able to continue to live in their own home. The “little” things that you do are crucial to the independence of your loved one.

Identifying yourself as a caregiver is important because it opens the door to many supports and resources that can benefit the person you are caring for as well as yourself. We know that when caregivers are supported, they can provide care more effectively, more safely, and for a longer period which is a benefit to everyone. If you are a caregiver, please call the Aging and Disability Resource Center of Eagle Country's Richland Center office at 608-647-4616, or stop into the office at 221 West Seminary Street, Richland Center, to learn about supports and resources that can help you help the ones you love.

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

JULY FAMILY & FRIENDS RECIPE TO TRY



Marinated Cucumber, Onion, and Tomato Salad
Prep Time: 15 min **Additional Time:** 2 hours **Yield:** 6 servings



Ingredients:

- 1 cup water
- 1/2 cup distilled white vinegar
- 1/4 cup vegetable oil
- 1/4 cup sugar
- 2 teaspoons salt
- 1 tablespoon fresh, coarse black pepper
- 3 cucumbers, peeled and sliced 1/4 inch thick
- 3 tomatoes, cut into wedges
- 1 onion, sliced and separated into rings
- Feta cheese to taste

Nutrition facts:

Per serving: 156 calories; protein 18g; fat 9.5g; sodium 784 mg.



(recipe courtesy of: allrecipes.com)

Directions:

1. Whisk water, vinegar, oil, sugar, salt, and pepper together in a large bowl until smooth; add cucumbers, tomatoes, and onion and stir to coat.
2. Cover bowl with plastic wrap; refrigerate 2 hours

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

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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

ad90-187108

RICHLAND COUNTY VACCINATION INFORMATION

Richland County has come a long way over the last 15 months in the battle against COVID. Getting through the pandemic has been a county, state, national, world wide effort and will continue to be so.

Even though there has been great progress in the fight against COVID, community members need to continue to be vigilant, especially if they are not vaccinated. The best way to get through the pandemic is by getting vaccinated. Below is a vaccine update:

All individuals age 12 and older are now eligible to receive the COVID-19 vaccine. Richland County residents are encouraged to sign-up for NIXLE alerts by texting 53581 to 888777 or go to <https://www.nixle.com> to sign-up to receive emails. You will then receive up-to-date alerts regarding local COVID testing sites and vaccination clinics, severe weather, public safety, criminal activities, missing persons, traffic issues, and local events.

Where can I receive the vaccine?

The Richland Hospital and Clinics have appointments available via their hotline number 608-647-1820. They are also hosting walk-in appointments during business hours. Richland County Health and Human Services has an on-line scheduling tool that is opened for appointments each week: <https://rchsJune23rd.rsvpify.com/> **Walk-in appointments are also available.** For more information please call Richland County Health and Human Services at 608-647-8821.

Are there age restrictions for who can receive the COVID-19 vaccine?

Yes, the Pfizer vaccine is for ages 12 and older, and the Moderna vaccine is for ages 18 and older.

How do we know that the COVID-19 Vaccines are safe? What else should I know about the COVID-19 vaccine?

- Vaccine approval is driven by science. The FDA, CDC, and independent advisors review all vaccine safety and effectiveness data before any vaccine is approved or allowed for distribution.
- Each COVID-19 vaccine has been studied in tens of thousands of people.
- To date there are no serious, long-term side effects associated with receiving these vaccines, which will

be closely monitored as their use expands. The most common side effects include pain and redness at the injection site, chills, and fever. These side effects are a sign of your immune system kicking into gear. They do not signal that the vaccine is unsafe. The minor side effects you may experience from the vaccine are far better than the severity of actually contracting COVID-19.

- Vaccination may not be pleasant and may possibly make people feel feverish or achy as a side effect, but these vaccines CANNOT give someone COVID-19. If someone who receives a COVID-19 vaccine develops a mild fever or chills, they can take acetaminophen or ibuprofen.
 - mRNA vaccines have been studied for over 15 years. mRNA products were originally studied as a way to treat cancer. So far, studies have indicated these vaccines are very effective if people receive all of the required doses.
 - Preliminary reports indicate that mRNA vaccines may reduce the risk of COVID-19 disease by about 95%, starting a week or two after the second dose.
 - People may have to get the COVID-19 vaccine again in the future—evaluation is ongoing.
 - By getting the COVID-19 vaccine, people can take an important step towards helping everyone get back to normal daily life.
 - Masks and other social distancing strategies are still recommended by CDC after vaccination.
- Even after you are vaccinated, you'll still need to practice good pandemic behavior. The current vaccines need two doses for full protection and it takes a few weeks after the second dose for your body to build full immunity. It will take months to reach community immunity. We must continue to stay home as much as possible, wear a mask, physically distance, and practice good hand hygiene.

(Source: <https://covid.co.richland.wi.us/vaccine-information/>)



Public Health
Prevent. Promote. Protect.

BROADBAND BENEFIT



Helping Households Connect During the Pandemic

The Federal Communications Commission has launched a temporary program to help families and households struggling to afford Internet service during the COVID-19 pandemic. The Emergency Broadband Benefit provides a discount of up to \$50 per month toward broadband service for eligible households and up to \$75 per month for households on qualifying Tribal lands. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers.

Eligible households can enroll through a [participating broadband provider](#) or directly with the Universal Service Administrative Company (USAC) using an [online](#) or mail in application.

You can learn more about the benefit, including eligibility and enrollment information, by visiting www.fcc.gov/broadbandbenefit, or by calling 833-511-0311

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WisconsinSeniorMedicarePatrol



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July 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.

RESERVATIONS REQUIRED AT ALL LOCATIONS:

Richland Center Meal Site (Reopened 6/2/2021) & Grab and Go Senior Meals Continue (Highlighted in Light Blue) Both Offered Mon.- Wed.- Fri. Call Tina/Sandi 647-2323; Germantown Meal Site (Reopened 6/30/2021) – Monday, Wednesday and Thursday(Home Delivered) Congregate (Wednesday Only) – Rita Connors (608) 983-2798; Rockbridge Dining Center Reopening 7/7/21 M-W-F –Norma Pyfferoen 647-3900 or 647-9187

<p>5</p> <p></p> <p>~MEAL SITES CLOSED~</p> <p>12</p> <p>Chicken Alfredo Broccoli Colorful Side Salad Apricots Chocolate Chip Bar</p>	<p>6</p> <p>Vegetable Soup Turkey & Cheese Sandwich w/Lettuce Pears Cherry Brownie</p> <p>13</p> <p>Chicken Tortilla Soup Heart Smart Chicken Taco Salad Sunshine Salad Frosted Carrot Cake</p>	<p>19</p> <p>Swiss Chicken Breast Rice Blend 3-Way Blend Veggies Mixed Greens Salad Fruit Whip</p>	<p>26</p> <p>Lasagna Green & Gold Beans Mixed Greens Salad w/Dressing Pumpkin Bar</p>	<p>1</p> <p>Country Steak/Gravy Mashed Potatoes Carrots & Peas Peach Cobbler</p>	<p>7 (Rockbridge Reopening)</p> <p>Swiss Steak w/Gravy Mashed Potatoes Beets Fruit Crisp w/Whipped Topping</p> <p>14</p> <p>Roast Turkey Sweet Potatoes Green Beans Fresh Fruit Salad Blonde Brownie</p>	<p>20</p> <p>Cream of Broccoli Soup Ham Salad Sandwich Fresh Cut up Fruit Chocolate Cherry Brownie</p>	<p>27</p> <p>Cheeseburger Soup Pickle Spear WG Grilled cheese Fruited Jell-O w/Topping</p>	<p>2</p> <p>Pulled Pork on a Bun Sweet Potatoes Cowboy Beans Tomato Spoon Salad Cook's Choice Dessert</p>	<p>8</p> <p>Salmon Loaf Dill Potatoes Creamed Peas Tropical Fruit Lemon Bar</p> <p>15</p> <p>Goulash w/Beans & Stewed Tomatoes Spinach Salad w/Hot Bacon Dressing Fruit Cobbler</p>	<p>21</p> <p>Pork Cutlet Squash w/Brown Sugar Green Beans Cranberry Fluff Dinner Roll Brownie</p>	<p>28</p> <p>Sloppy Joes on a Bun Peas and Cheese Salad Baked Beans Melon Salad Frosted Birthday Cake</p>	<p>15</p> <p>Hamburger Gravy Over Mashed Potatoes Mixed Vegetables Fruited Jell-O w/Topping Whole Grain Dinner Roll</p>	<p>8</p> <p>Spaghetti & Meat Sauce Buttered Broccoli & Carrots Garlic Bread Fruit Torte</p>	<p>22</p> <p>Shepherd's Pie Baking Powder Biscuit Mandarin Oranges Oreo & Vanilla Pudding</p>	<p>29</p> <p>Polish Sausage Macaroni & Cheese California Blend Veggies Fruit Cocktail Cookie</p>	<p>9</p> <p>Spaghetti & Meat Sauce Buttered Broccoli & Carrots Garlic Bread Fruit Torte</p>	<p>16</p> <p>Hamburger Gravy Over Mashed Potatoes Mixed Vegetables Fruited Jell-O w/Topping Whole Grain Dinner Roll</p>	<p>23</p> <p>Meatloaf Baked Potato w/Sour Crm Cucumber Salad Pears Chef's Choice Dessert</p>	<p>30</p> <p>Salisbury Steak w/Gravy Mashed Potatoes Seasoned Beets Fruited Jell-O w/Topping Snickers Doodle</p>
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Aug 26 Richland Center

1PM Meal/2PM Performance
Richland Center Community Center
1050 N Orange St.
Richland Center, WI 53821

Register: 608-647-4616

Aug 24 - 5 PM - Prairie Du Chien

Aug 25 - 11 AM - Westby

Aug 25 - 5 PM - Mauston

Aug 26 - 1 PM - Richland Center

SUMMER EVENT



Live music by the St. Paul Minnesota theatrical singing group "Alive and Kicking."

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WISCONSIN HEAT AWARENESS

Heat can kill. That's why Wisconsin Emergency Management, the Wisconsin Department of Health Services and the National Weather Service are reminding people of the dangers associated with extreme heat and to promote community safety and health.

Summer heat waves have been the biggest weather-related killers in Wisconsin for the past 50 years, far exceeding tornadoes, severe storms and floods combined. Heat is also a major weather-related killer in the United States. People at higher risk of a heat-related illness include:

- Older adults
- Infants and young children
- People with chronic heart or lung problems
- People with disabilities
- Overweight persons
- Those who work outdoors or in hot settings



- Users of some medications, especially those taken for mental disorders, movement disorder, allergies, depression, and heart or circulatory problems. Many victims of heat-related deaths are socially isolated maintaining little contact with family and friends.

This is why it is vitally important to check in on family, friends, and neighbors during extreme heat, especially those who are particularly vulnerable, like families with very young children, the elderly, and people who are on medications that could make them more susceptible to injury from extreme heat.

Many cities and counties across Wisconsin open Cooling Centers during periods of extreme heat. These centers are a great place for people to come into an air conditioned facility and get some relief from the heat. ReadyWisconsin will post a list of open Cooling Centers on our website at readywisconsin.wi.gov.

SUN PROTECTION FOR OLDER ADULTS

By the GWAAR Legal Services Team (for reprint)

As summer approaches, it is time to start thinking about protecting ourselves when we have fun in the sun. According to the Skin Cancer Foundation, over half of skin cancer related deaths are people over the age of 65. Because the risk of developing skin cancer rises each year and sun damage can happen quickly, everyone needs to use sunscreen. According to the Centers for Disease Control (CDC), fewer than half of older adults adequately protect their skin from the sun.

Not any old sunscreen will do. Choose a sunscreen with an SPF 30 or higher and one that protects from UVA and UVB rays (broad-spectrum). A sunscreen's SPF (sun protection factor) determines how well it can absorb and reflect the sun's rays. A sunscreen that is labeled SPF 30

absorbs 97% of the sun's burning rays. It's also important to know that wearing sunscreen with a higher SPF does not mean you can

stay outdoors longer without applying more. You'll still need to reapply it to protect your skin, especially if you are swimming or sweating heavily. Broad-spectrum sunscreen is important because UVA rays penetrate the lower levels of the skin. They account for 95% of rays. UVB rays make up a smaller percentage of UV rays, but they cause most sunburns and sun damage.

Additionally, research shows there is very little difference in effectiveness between sunscreen sticks, sprays, gels, and creams. Buying several formats can make it easier to protect small or hard-to-reach body parts, such as the back of the ears. Sunscreen sticks are good for ears and noses and are also easy to take with you on bike rides and walks. Sprays and creams can cover larger surface areas more efficiently, such as the back, arms, and legs. Gels tend to adhere better on areas with hair, like the hairline and scalp.

For more information, visit: <https://www.skincancer.org/blog/photoaging-what-you-need-to-know/> and <https://www.cdc.gov/cancer/dcpc/research/articles/older-adults-protect-skin-sun.htm>.



July Word Search

R Y M N C F O W I E J L R V D
 K S Y L U Z Y H N B L U E L C
 Q Q K C S K U I N I U O X E B
 H G O R E D I T B G K V F E V
 T S W B O S G E D Y V F X I P
 R L U J C W R S N R E D W D A
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DON'T MISS YOUR IEP!

By the GWAAR Legal Services Team (for reprint)

Are you going to become eligible for Medicare soon? If so, do not miss your initial enrollment period (IEP)! Most people become eligible for Medicare the month they turn 65. Some people who are younger than 65 can qualify for Medicare, too, including people receiving Social Security Disability benefits and those with end-stage renal disease.

If you are receiving Social Security benefits, you will be automatically enrolled in Medicare Parts A and B when you are eligible. However, if you are turning 65 and not receiving Social Security benefits, you will have to sign up with the Social Security Administration (SSA) to get Parts A and B. You can apply online at <https://www.ssa.gov/benefits/medicare/> or call SSA at 1-800-772-1213. If you worked for a railroad, call the Railroad Retirement Board at 1-877-772-5772.

If you are becoming eligible for Medicare because you are turning 65, your seven-month IEP begins the three months before you turn 65, includes the month you turn 65, and ends three months after the month you turn 65. Please note that if your 65th birthday falls on the first of the month, you will actually be eligible for Medicare the month before you turn 65. This means that the IEP begins a month earlier for people with first-of-the-month birthdays.

If you sign up for Medicare Part A (Hospital Insurance) and/or Medicare Part B (Medical Insurance) during the first three months of your IEP, your coverage starts the first day of the month you turn 65. If you sign up during the last four months of your IEP, your coverage will begin as follows:

If you sign up for Part A (if you have to buy it) and/or Part B in this month:	Your coverage starts:
The month you turn 65	1 month after you sign up
1 month after you turn 65	2 months after you sign up
2 months after you turn 65	3 months after you sign up
3 months after you turn 65	3 months after you sign up

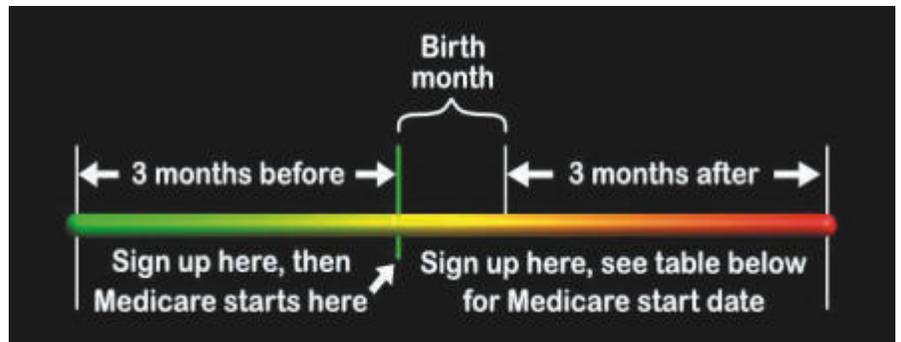
People who do not sign up for Medicare during their IEP have limited opportunities to sign up later. If you are eligible, you can sign up for premium-free Part A anytime after your IEP starts. However, unless you qualify for a Special Enrollment Period (SEP), once your IEP ends, you can only sign up for Part B and Part A with a premium during the General Enrollment Period (GEP). The GEP takes place each year from January 1 through March 31. If you enroll during the GEP, your coverage will start the following July 1. You may have to pay a late enrollment penalty.

If you are covered under a group health plan based on current employment, you may qualify for a SEP. You can sign up for Part A and/or Part B at any time as long as:

- You or your spouse is working, and
- You are covered by a group health plan through the employer or union based on that work.

You will also have an eight-month period to sign up for Part A and/or Part B that starts the month after the employment ends, or the month after group health insurance based on current employment ends, whichever comes first. In general, if you sign up during a SEP, you will not pay a late enrollment penalty. Please note that you will only qualify for a SEP if you are covered under employer group health insurance. You will not qualify for a SEP if you are covered by a different type of health insurance, like Medicaid or a Marketplace plan.

If you would like more information contact the Aging and Disability Resource Center of Eagle Country's Richland Center office at 608-647-4616. Or stop into the office located at 221 West Seminary Street, Richland Center, WI.



WISCONSIN STATEWIDE HOMELESS POINT-IN-TIME COUNT

Southwest CAP (SWCAP) and the local Homelessness Prevention Coalition will be holding its semi-annual homeless count on July 28, 2021. All communities across the nation utilizing HUD funds for homeless and housing programs are required to conduct a count of unsheltered and sheltered individuals and/or families experiencing homelessness during a designated 24 hour period in their area.

Volunteers will be out in the community looking for individuals and/or families who are experiencing homelessness, providing outreach, and obtaining information necessary for the count. The collected data will assist the community in understanding the scope and size of the local homelessness,



engage in program and service development, and apply for state and federal funding.

Southwest CAP and the local Homelessness Pre-

vention Coalition are committed to eliminating homelessness and improving housing options in Grant, Green, Iowa, Lafayette and Richland Counties.

The Point in Time Count is required in order for HUD funds to continue to be available for these counties. These funds are used to rapid re-house homeless individuals/families by providing security deposit and/or rental assistance. For more information about the count or how to volunteer contact SWCAP at 608-935-2623.

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: JULY

Mondays in July

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 July

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.

July 6th

The 40 & 8 will be holding a pancake and sausage supper at the Richland Center American Legion Hall on Tuesday evening July 6th. Serving will be from 4:00 pm to 8:00 pm. Cost is \$6.00 a person. Proceeds go towards nurses training scholarships.

Court and Community free legal clinic Tuesday, July 6th 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

July 7th

The Bethlehem Community Center (Rockbridge) Senior Dining Meal Site will re-open Wednesday, July 7th with serving at 11:30. To reserve a meal call 608-647-9187 by 1:00 PM on Tuesday, July 6.

Register now for one or more of the Taliesin Virtual Camp programs being offered this summer. Food For Thought: Designing Architecture With Food In Mind, for ages 12 to 16, will run Monday, July 26th through Friday, July 30th. The program will take place at 3:00 PM each day. For information on registration visit taliesinpreservation.org and click on the events tab.

July 22nd

A Caregiver Support group will be held at the Woodman Senior Center from 1:30 pm-3:00 pm. Contact Pam Kul-Berg or Jennifer Hammje at the Aging and Disability Resource Center for information at 608-647-4616.

August 16th Welcome to Medicare

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.

August 26th

The ADRC is sponsoring it's first in person event since before the pandemic. The **free ADRC Alive & Kickin Tour** will be an interactive music performance and play, featuring The Remember Project and the St. Paul Minnesota theatrical singing group, “Alive and Kicking”. A light meal will be provided at 1:00 and the performance will be at 2:00. Reservations are needed and can be made by calling the ADRC at 608-647-4616. Seating will be limited.