

# 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

## National Handwashing Week December 1-7

According to the CDC the most effective way to prevent sickness and remove germs is good handwashing. You should practice good handwashing at home, work, in the community, and when you are traveling. Good old soap and water will do the trick.

Washing your hands will help keep you healthy and will stop the spread of infection, including COVID-19. During these extreme times it is more important than ever to practice good handwashing. People should wash their hands at the following times:

- Before, during and after food preparation
- Before and after eating
- Before and after providing care to someone
- Before and after doing any wound care
- After using the bathroom
- After blowing your nose, coughing, or sneezing
- After changing diapers
- After touching an animal, animals food or waste
- After touching garbage
- Anytime your hands may be or appear dirty



Good handwashing practices include:

- Wet your hands with clean water and apply soap
- Lather your hands and rub them together with soap. Scrub all parts of your hands for at least 20 seconds
- Rinse your hands well under clean water
- Dry your hands using a clean towel or air dry them

Do your part in decreasing the spread of infection... wash your hands!



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# FLU VACCINE WEEK



## Your work is essential!

Protect yourself & others from flu and COVID-19 this fall and winter:



### MASK UP

Wear a face mask that covers your nose and mouth. And keep your distance (at least 6 feet) from others when you can.



### LATHER UP

Wash your hands often with soap and water. If soap and water aren't available, use an alcohol-based hand sanitizer.



### SLEEVE UP

Getting a flu vaccine is more important than ever. Everyone 6 months and older should get a flu vaccine every season.

A flu vaccine can protect you, your loved ones, and your co-workers from flu.

You can also protect those around you by staying home if you are sick.



Learn more at [cdc.gov/flu](https://cdc.gov/flu)

#FIGHT FLU

CS310480



# DECEMBER FAMILY & FRIENDS RECIPE TO TRY



## Christmas Banana Bread

Recipe from: Indian Home Cooking Makes 1 loaf



### Ingredients:

½ cup (1 stick) unsalted butter, softened  
1 cup sugar  
2 large eggs, well beaten  
3 ripe bananas, broken into pieces  
1 ¼ cup all-purpose flour  
¼ teaspoon ground cinnamon  
⅛ teaspoon ground mace  
⅛ teaspoon ground ginger  
½ teaspoon salt  
1 teaspoon baking soda

### Directions:

1. Preheat oven to 350°F.
2. Butter and flour one 8 ½ x 4 ½ inch loaf pan.
3. Cream the butter with the sugar until light and fluffy. Add the eggs and beat until com-

bined. Beat in the bananas.

4. Combine the flour, spices, salt, and baking soda in another bowl, then fold the dry ingredients into the creamed mixture just until combined; do not overmix.
5. Pour into the pan and bake until a tester stuck in the middle of the banana bread comes out clean, 50 to 60 minutes. Let cool on a rack before removing from the pan.

Optional: Serve warm with vanilla ice cream and candied walnuts.



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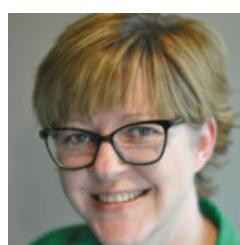


We provide activities and care based on the needs of your loved one. Whether you need an hour here or there, one day a week or even a more structured regular program, it doesn't matter, we are here for your support.



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Richland County Health & Human Services, Richland Center, WI

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# SPOTLIGHT ON... DISABILITY BENEFIT SPECIALIST

A Disability Benefit Specialist (DBS) can provide you with accurate and current information about private and government benefits and programs that you may be entitled to. They help to sort through the maze of benefits, the varying eligibility requirements and application processes. Benefits specialists can also help when people run into problems with Medicare, Social Security, and other benefits.

The Disability Benefit Specialist (DBS) provides services to people ages 18 to 59 with physical disabilities, intellectual disabilities, mental illness and substance abuse disorders. The DBS provides information about public and private benefit programs including assistance with application and appeal procedures. The DBS can also:

- Provide assistance in determining which benefits and programs you may be entitled to;
- Help you to fill out applications for benefits, programs and services;

- Talk with you about your choices and the programs or services that might best meet your needs;
- Provide referrals, assistance and support on other matters including disability rights and the impact of earnings on financial eligibility for public benefits;
- In some cases, you may also receive representation in formal appeals related to denials of eligibility, termination of benefits or overpayment of public and private benefits.

The Aging and Disability Resource Center of Eagle Country-Richland Center office is excited to introduce its new Disability Benefit Specialist, Kayla Williams, CSW. Kayla has worked at Richland County Health and Human Services as a Social Worker for the last four years. To learn more about DBS services, please contact the ADRC at 608-647-4616.



## NEED HELP WITH MEDICARE COSTS?

If you have Medicare and you're facing challenges with paying for health care, you may be eligible for programs that can help you save money on medical and drug costs. People with limited income and resources may qualify for Medicaid—a joint federal and state program that helps with medical costs.

Even if you don't qualify for Medicaid, Medicare Savings Programs may be able to help you pay your Medicare premiums and other costs. If your income is \$1,449 or less for an individual, or \$1,959 for a couple, and your resources are under \$7,970 for an individual or \$11,960 for a couple, you may already be eligible for one of these programs.

If you qualify for Medicaid or one of the Medicare Savings Programs, you'll automatically get Extra Help paying for your prescription drugs. Extra Help is a Medicare program that helps people with limited income and resources pay Medicare prescription drug costs, like premiums, deductibles and coinsurance.

If you don't automatically qualify for Extra Help, you may still be eligible if your income is \$1,610 or less for an individual, or \$2,177 for a couple, and your resources are under \$13,290 for an individual and

\$26,520 for a couple. You can apply online for Extra Help with Social Security Administration at [www.ssa.gov](http://www.ssa.gov) or by calling: **1-800-772-1213**.

Another program that can help with your prescription drug costs is SeniorCare, Wisconsin's prescription drug assistance program. This program is available to Wisconsin residents who are 65 years of age or older and are a U.S. citizen or have qualifying immigrant status. Your annual income determines your level of coverage in this program. For more information or to access an application online, go to: [www.dhs.Wisconsin.gov/seniorcare](http://www.dhs.Wisconsin.gov/seniorcare) or call: **1-800-657-2038**.

It's important to call or fill out an application if you think you could qualify for savings, even if your income or resources are higher than the amounts listed above. Amounts change yearly, and you may be eligible for another savings program.

To find out if you're eligible for savings through one of these programs or any other benefits, contact the ADRC at 608-647-4616.

(Source: gwaar.org)

# MEDICARE ADVANTAGE PLANS

## Important Time for Medicare Advantage Members

If you have a Medicare Advantage plan, this is an important time for you! As you start the new year, if you are not completely happy with your current Medicare Advantage plan you may be able to make a change. The Medicare Advantage Open Enrollment Period (MA OEP) begins January 1 and ends March 31<sup>st</sup> each year and is only available to people who are currently enrolled in a Medicare Advantage plan.

Are you unhappy with your plan's network doctors or pharmacies? Are you concerned that you may be stuck in a plan that isn't suitable to you for another whole year? If you already have a Medicare Advantage plan, this may be the perfect time to take another look at your 2022 options.

- From now until March 31<sup>st</sup>, Current Medicare Advantage plan members can switch to a different Medicare Advantage plan
- Or you can drop your Medicare Advantage plan and return to Original Medicare, and sign up for a stand-alone Medicare Part D (prescription drug) plan.

You may only make one change during this period and if you do so, it will automatically disenroll you from your previous Medicare Advantage plan. A change made during this period will be effective the first of the following month.

Again, it is important to know this enrollment period is **only** for people who already have a Medicare Advantage plan. If you have Original Medicare, (Part A and Part B), this enrollment period does not apply to you.

For more information or assistance with Medicare Advantage plan comparisons, contact the ADRC of Eagle Country-Richland Center office at 608-647-4616.

### 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](mailto:smp-wi@gwaar.org)  
[gwaar.org/senior-medicare-patrol](http://gwaar.org/senior-medicare-patrol)  
[WisconsinSeniorMedicarePatrol](https://www.facebook.com/WisconsinSeniorMedicarePatrol)



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**Richland County Nutrition Program**  
**December 2021**

Occasionally, it is necessary to make changes in the menus.  
Please call the meal site for reservations by 1pm at least one day in advance.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Richland Center Meal Site</b> Mon.- Fri. Call Tina/Sandi 647-2323; <b>Grab N Go at Richland Center Meal Site</b> available M-W-F Only, <b>GermanTown Meal Site</b> – Monday, Wednesday and Thursday(Home Delivered) Congregate (Wednesday Only) – Rita Connors (608) 983-2798; - M-W-F – Norma Pyfferoen 647-3900 or the meal site 649-3269				
<b>6</b> Country Steak w/Gravy Mashed Potatoes Green Beans, Pears & Dinner Roll Brownie	<b>7</b> Chef's Surprise Soup Turkey/Pepperoni Sandwich Mixed Greens Salad Apricots Cream De Mint Square	<b>8</b> Pork Cube Steak Roasted Rosemary Reds Steamed Carrots Side Salad w/Dressing Fruit Crisp	<b>9</b> Reuben Casserole Creamed Carrots & Peas Seasoned Beets Mixed Fruit Snicker Doodle	<b>10</b> Cheeseburger w/All the Fixings On a Bun Vegetable Macaroni Salad Pickle Spear Fruit Fluff
<b>13</b> BBQ Chicken Mashed Potatoes w/Gravy Cowboy Beans Copper Penny Salad Pumpkin Chip Bar	<b>14</b> Chili w/Beans & Stewed Tomatoes Cheese Slice Corn Bread w/Honey Peaches, PB Frosted Cake	<b>15</b> <u>Christmas Dinner</u> Roast Turkey Mashed Potatoes w/Gravy Sage Bread Stuffing Green Bean Almondine Cranberry Sauce, Dinner Roll, & Pumpkin Pie Squares/Topping	<b>16</b> Goulash w/Stewed Tomatoes & Beans Brussel Sprouts Corn Bread w/Honey Chef's Choice Dessert	<b>17</b> Oven Baked Fish Dill Potatoes, Creamed Peas, Harvard Beets, Tropical Fruit Lemon Bar
<b>20</b> Lasagna Buttered Green Beans Salad w/Dressing, Glowing Salad, Garlic Bread, Carrot Cake w/Crm. Chs. Frosting	<b>21</b> Ham & Bean Soup Chicken Salad Sandwich Sunshine Salad Poppy Seed Cake	<b>22</b> Beef Stroganoff Over Buttered Noodles Capri Vegetables Peaches & Pears Cookie	<b>23</b> Baked Ham Yams Buttery Broccoli Pineapple Bread Pudding w/ Sauce	<b>24</b>  Meal Site Closed
<b>27</b>  Meal Site Closed	<b>28</b> Vegetable Soup 2 Hawaiian Sliders Pineapple Frosted German Chocolate Cake	<b>29</b> <u>New Years Eve Meal</u> Chicken Cordon Bleu Seasoned Wild Rice Side Salad w/Dressing Fruited Jell-O w/Topping Frosted Birthday Cake	<b>30</b> Sloppy Joes on Bun Cowboy Beans Mixed Carrots/Peas/Corn Peaches Blonde Brownie	<b>31</b>  Meal Site Closed

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.

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DECEMBER 2021**

# 2022 SOCIAL SECURITY INCREASE



Approximately 70 million Americans will see a 5.9% increase in their Social Security benefits and Supplemental Security Income (SSI) payments in 2022. Federal benefit rates increase when the cost-of-living rises, as measured by the Department of Labor's Consumer Price Index (CPI-W).

The CPI-W rises when inflation increases, leading to a higher cost-of-living. This change means prices for goods and services, on average, are a little more expensive, so the cost-of-living adjustment (COLA) helps to offset these costs.

We will mail COLA notices throughout the month of December to retirement, survivors, and disability beneficiaries, SSI recipients, and representative payees. But, if you want to know your new benefit amount sooner, you can securely obtain your Social Security COLA notice online using the Message Center in your [my Social Security account](#). You can access this information in early December prior to the mailed notice.

If you prefer to access your COLA notice online and not receive the mailed notice, you can log in to your personal [my Social Security account](#) to opt out of a mailed COLA notice and any other notices that are available online by updating your Preferences in the Message Center. Did you know you can receive a text or email alert when there is a new message waiting for you? That way, you always know when we have something important for you – like your COLA notice. If you don't have an account yet, you must create one by November 17, 2021, to receive the 2022 COLA notice online.

January 2022 marks other changes that will happen based on the increase in the national average wage index. For example, the maximum amount of earnings subject to Social Security payroll tax in 2022 will be higher. The retirement earnings test exempt amount [will also change in 2022](#).

Be among the first to know! Sign up for or log in to your personal [my Social Security account](#) today. Choose email or text under "Message Center Preferences" to receive courtesy notifications.

By [Darlynda Bogle, Acting Deputy Commissioner for Com-](#)

**RIDE THE BUS  
AND SEE THE  
ROTARY LIGHTS!**

**TUESDAY, DECEMBER 19<sup>TH</sup>**  
with pick up at 6:45 pm

The Richland County Transportation Program is coordinating bus rides to see the Richland Center Rotary Lights display!

To make a reservation, or for more information, please contact the Aging and Disability Resource Center at 608-647-4616 to sign up. Reservations are needed by December 18<sup>th</sup>.

**MASKS ARE REQUIRED**  
Cost is FREE with a donation to the Richland Food Pantry



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## DECEMBER WORD SEARCH

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 COOKIES  
 DECORATIONS  
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 EVERGREEN  
 FAMILY  
 FIREPLACE  
 FRIENDS  
 GINGERBREAD  
 HOLIDAYS  
 HOLLY  
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# REDUCING HOLIDAY STRESS

It's time for the holidays once again; decorating, shopping, parties, family gatherings, presents, greeting cards...and the list goes on and on. While many people look forward to the hustle and bustle of the season, others see the holidays as a time of stress, chaos and sadness.

People who have experienced changes due to Alzheimer's, stroke or other medical conditions may feel a great deal of loss during the holidays. Those who are caring for these

loved ones may feel overwhelmed by trying to keep up holiday traditions while continuing to provide care. They may also be uncertain about gathering with friends and family for fear the changes in physical health, behavior and personality may make others uncomfortable.



If you are experiencing anxiety over the upcoming holiday season it is important to realize that these feelings are normal and you are not alone. There are ways to reduce stress during the holiday season. Please take a moment to contemplate what you can do to better manage your life during this busy season.

**Adjust your expectations.** You don't have to do everything you've done in the past. Talk with your loved ones and choose a few traditions to carry out.

**Ask for help.** Involve other family members or friends in your holiday preparations. Not only does this reduce your stress, but it provides you and your loved one with socialization. Write down what needs to be done so you can ask for something specific when people offer to help.

**Prepare family and friends before getting together.** Update family and friends on how your loved one has changed and what they can expect during their visit. Offer suggestions on how best to communicate.

**Suggest gift ideas.** Give friends and family ideas of useful gifts they can give such as cd's, photo albums, comfortable clothing, videos or audio books. Don't forget your own wish list, too! Gift certificates for dining, laundry or cleaning services are great ideas for busy caregivers.

**Keep the needs of your loved one in mind.** For those with memory loss, remember that distant memory stays intact the longest and plan activities accordingly, avoiding new games or activities. Many stroke survivors have lost the ability to feed themselves and may find it uncomfortable to eat in front of guests. An afternoon of looking at old slides or photos and reminiscing might be more appropriate than sharing a meal. Schedule gatherings during the day rather than in the evening since symptoms often are worse in the evening.

**Be good to yourself.** Make it a priority to care for yourself. Getting away with friends for lunch, a movie or a concert might be just what you need. Or perhaps some time by yourself to read, write in a journal or enjoy a bubble bath is how you recharge. Determine what rejuvenates you and take the time to do it.

Don't let the hustle and bustle of the holidays add anxiety to your life! Find ways to simplify and enjoy a stress-free holiday season filled with love, joy and good memories! For more information about caregiving and resource that can help, contact the ADRC of Eagle Country's Richland Center office at 608-647-4616.

Happy Holidays!

Jane Mahoney  
Older Americans Act Consultant  
GWAAR

# VITAMIN D FACTS

(COURTESY OF GWAAR)



## What is Vitamin D?

Vitamin D is a substance that acts like a hormone in your body.

Vitamin D dissolves in fats like oil.

Your gut absorbs Vitamin D from the foods you eat.

## What Makes Vitamin D So Great?

Vitamin D allows the body to absorb calcium and phosphorus which keep bones and teeth healthy.

It helps maintain a good immune system.

Vitamin D keeps your veins and arteries working correctly.

It works to keep your heart muscle healthy.

Vitamin D can reduce inflammation.

It also helps reduce insulin resistance.

## There Are Two Types of Vitamin D

1. Vitamin D: found in plants and must be activated by the body.

2. Vitamin D3: found in animal products and is already active

### It's A Fact!

Unlike other vitamins, Vitamin D cannot be destroyed by cooking.

## Where Does Vitamin D Come From?

Sunshine: you need 5-10 minutes 2-3 times per week

Fish: fatty fish like salmon and cod

Fortified foods: cereal, milk, and juices often have Vitamin D added.

Liver: this piece of meat has many vitamins and minerals

Mushrooms: one of the few plants with vitamin D

## How Much Vitamin D Do I Need?

For men and women 51-70 years old: 600 IU per day is recommended

For men and women 71 years or older: 800 IU per day is recommended

Amounts may vary based on your doctor's recommendations.

# NEVER MISS A NEWSLETTER!

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**Richland County Health and Human Services**  
**221 W. Seminary Street**  
**Richland Center, WI 53581**  
**Produced in conjunction with the Aging and**  
**Disability Resource Center of Eagle Country**  
**Richland Center Office**

**FREE  
PLEASE TAKE  
ISSUE: DECEMBER**

## **Upcoming Area Events:**

**Rotary Lights open nightly in December from 6:00 –9:00 p.m.**

### **December 4th**

The 36th Annual River Valley Craft Bazaar will take place on Saturday, December 4 at River Valley High School. Up to 65 vendors will be on hand and a concession stand will be onsite. The event begins at 9:00 AM and continues until 3:00 PM. Anyone wishing to be a vendor should contact Brian Krey at the River Valley School District.



### **December 13th**

**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. If the seminar is full, you can sign up for a future date!

### **December 19th**

The ADRC will be offering rides through the Rotary Lights. Pick up will start at 6:45 pm. Passengers will be required to wear a mask. For more information call the ADRC at 608-647-4616.

### **December 30th**

The Aging and Disability Resource Center of Eagle Country, Richland Center office, is offering the **Richland Center Caregiver Support Group**. This group offers a chance to connect with local experts, family members, and care partners who may be experiencing similar circumstances. The support group is held on the 4th Thursday of the month at the Woodman Senior Center, 1050 Orange Street, Richland Center from 1:30 pm –3:00 pm. To RSVP, or for more information, you may call the ADRC at 608-647-4616 or Pam, the ADRC of Eagle Country's Dementia Care Specialist, at 608-548-3954.



**EXTRA TIME ON YOUR HANDS?  
WANT TO MAKE A DIFFERENCE?  
LIKE TO DRIVE AND WANT TO  
GIVE BACK?**

The ADRC of Eagle Country—Richland Center office is now recruiting volunteer drivers.

- Drivers use their own vehicle, are screened, and receive mileage reimbursement
- You decide how often and how far you would like to drive!



**Call Linda at the ADRC for more information**

**608-647-4616**