FEBRUARY 2021

LINKS

LINKING THOSE 60 & OVER
TO INFORMATION, RESOURCES, & EACH OTHER

A PUBLICATION OF THE ROCK COUNTY COUNCIL ON AGING

Powerful Tools for Caregivers

The Caregiver support program is a six-week class for caregivers designed to help them better cope with the challenges of caregiving. Proven to decrease negative emotions related to caregiving, increase confidence, increase awareness and use of community resources for family caregivers. Participants will receive support and resources that will help make their caregiving journey easier.

ONLINE workshop series:

February 16 - March 23, 2021; 10:00 am-12:00 pm

(Six consecutive Tuesdays)

Participants will need a tablet or computer with mic/audio and internet .

Leaders: Teena Monk-Gerber

and Nancy Thacker of Alzheimer's and Dementia Alliance of WI

Register by Feb 9, 2021.

$15 Suggested donation for caregivers ages 60+ and $25 for caregivers under age of 60.

If you have any questions or need assistance in enrolling, please call or email Lisa Messer, Health Promotion Coordinator,

(608) 757-5309 or Lisa.Messer@co.rock.wi.us

Powerful Tools FOR Caregivers

WHAT'S INSIDE

PAGE 2….. **WELCOME DRIVERS**
PAGE 4...**LIVING WELL WORKSHOP**
PAGE 5….**SAVVY CAREGIVER**
PAGE 8/9.....**FEBRUARY MENU**
PAGE 10….. **HEALTHY EYES**
PAGE 11…….**RECIPE**
PAGE 12 ...**WELLNESS WORKSHOPS**
PAGE 14 …..**WISE WISCONSIN**
PAGE 15……**ASK STEVE**
PAGE 16…....**WE ALL FORGET**

Home Delivered Meal Drivers Urgently Needed

When you give just two - three hours of your time once a week, you end up making a huge difference in the lives of many people. The Rock County Nutrition Program is growing rapidly. Volunteer drivers are needed to deliver meals Monday - Friday to homebound seniors in Rock County. Drivers volunteer their time and are reimbursed for mileage.

The rewards garnered far outweigh time spent. Seeing the smiles on faces of people who look forward to a warm meal as well as a warm greeting is priceless.

If you are interested in finding out more about this opportunity, and how just two hours a week can improve lives, contact Nutrition Program Supervisor Linda Hardie at linda.hardie@co.rock.wi.us or call her at 608-757-5474.

COA STAFF

OUR STAFF

Director
Paula Schutt
608-757-5416 | paula.schutt@co.rock.wi.us

Elder Benefit Specialist
Lachel Fowler
608-757-5414 | lachel.fowler@co.rock.wi.us

Caregiver Support Specialist
Julie Seeman
608-758-8455 | julie.seeman@co.rock.wi.us

Clerk Typist III
Joyce Jass
608-757-5472 | joyce.jass@co.rock.wi.us

Health Promotion Coordinator
Lisa Messer
608-757-5309 | lisa.messer@co.rock.wi.us

Mobility Manager
Jennifer McIlhone
608-757-5408 |
jennifer.mcIlhone@co.rock.wi.us

Nutrition Supervisor
Linda Hardie
608-757-5474| linda.hardie@co.rock.wi.us

Nutrition Clerk
Mary Barrett
608-757-5341| mary.barrett@co.rock.wi.us

Transportation Supervisor
Ryan Booth
608-757-5413 | ryan.booth@co.rock.wi.us

Transportation Dispatcher
Brian Hoppe
608-757-5054 | brian.hoppe@co.rock.wi.us

OUR MISSION

The mission of the Rock County Council on Aging shall be to advocate for the independence, self worth and dignity of residents of Rock County by assisting them to meet their varied health, nutrition, economic and social needs.

TRANSPORTATION NEWS

Welcome Transit Drivers

Rock County Council on Aging would like to extend a sincere "welcome" to all of our Transit Drivers. As of January 1, 2021 all of our drivers became official Rock County employees. They were previously employed by Manpower. We are happy to welcome them to "The Rock".

You will see all of these smiling faces out and about on county roads and streets throughout the week, making sure our County residents get to their respective appointments.

Dave

Mike

Tom

Bob

Jeff

Louie

Chip

Joe

Ed

Richard

Mike

Tina

Transit Hours of Operation

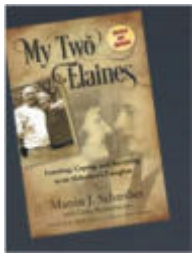
Rock County Transit operates within the following hours

Para Transit
6:00 a.m. - 6:15 M - F
Saturday 8:45 a.m. - 6:15 p.m.

Service for the General Public
Monday - Friday 8:00 a.m. - 4:00 p.m. (Janesville)
Monday - Friday 9:00 a.m. - 4:00 p.m. (Beloit)

For a complete schedule and charges go to:
https://www.co.rock.wi.us/aging-transportation

Rock County Virtual Programming Winter 2021



Dementia Care Book Club

Featuring *My Two Elaines* by Martin Schreiber

Tuesdays at 10:00 AM beginning March 2, 2021

Email cori.marsh@co.rock.wi.us to register or for more

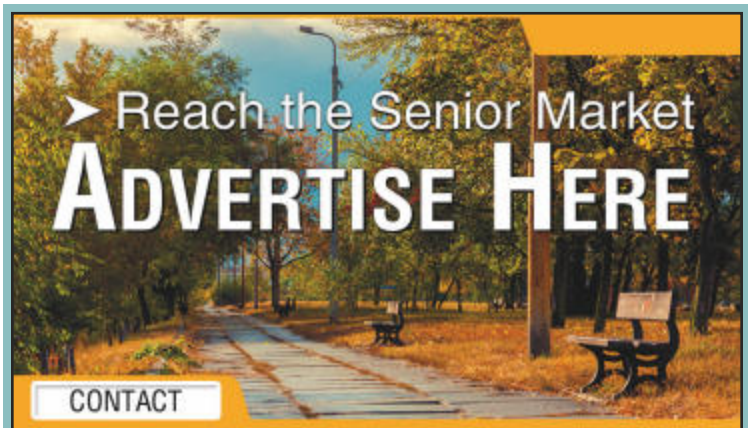
Caregiving and Technology

DATE: February 3, 2021 at 2:00 PM

Register by calling the ADRC at

608-741-3600

and the Zoom link will be provided



Alex Nicholas to place an ad today!
anicholas@lpiseniors.com
or (800) 950-9952 x2538

Mercyhealth™
mercyhealthsystem.org
(608) 756-6100

Agrace™
HospiceCare | PalliaHealth | Grief Support
2901 N. Wright Road | Janesville
agrace.org | (608) 755-1871

The Gazette 2019 READERS' CHOICE AWARDS GazetteXtra.com
2105

ALDEN MEADOW PARK
Short-Term Rehabilitation and Health Care

WHEN SHORT-TERM REHAB IS NEEDED AFTER A HOSPITAL STAY

Call Us Today at 608-676-2202 or visit www.AldenMeadowPark.com for more information

Alden Meadow Park | 709 Meadow Park Drive | Clinton, Wisconsin 53525

Help Yourself to Better Health

Living with a chronic condition such as arthritis, cancer, heart disease, or another on-going health problem can be physically, emotionally and financially draining.

Taking care of yourself is important. And you can! But you need the tools and knowledge to help you.

Living Well with Chronic Conditions can show you the way!

There's a Living Well with Chronic Conditions workshop starting soon near you!

When: March 9 - April 13, 2021
Six consecutive Tuesday afternoons from: 1:30-3:30 pm

This is an ONLINE workshop!

Participants will need a tablet or computer with mic/audio and have internet access.

Leaders: Megan Timm of SSM Health and Allison Brunette of Sheboygan ADRC

To register contact the Rock County Council on Aging at: 608-757-5309 or email: Lisa.Messer@co.rock.wi.us

Registration is required by March 2, 2021

Suggested donation $10.00 for ages 60+

What is Living Well with Chronic Conditions? And why should I take it?

Living Well is focused on teaching you the skills to better manage your health and well-being. The workshop meets once a week for six weeks and has been studied and shown to help family caregivers:

- Short-term goal setting
- Healthy eating and nutrition: food label reading and meal planning
- Relaxation techniques
- Planning for the future
- Partnering with health provider
- Fitness for exercise & fun!
- Feedback and problem-solving
- Stress and depression management
- Communicating effectively with friends, family, and your medical team

SSMHealth.

Rock County Council on Aging

wiha Wisconsin Institute for Healthy Aging

SAVVY CAREGIVER™

KNOWLEDGE. SKILLS. MASTERY.

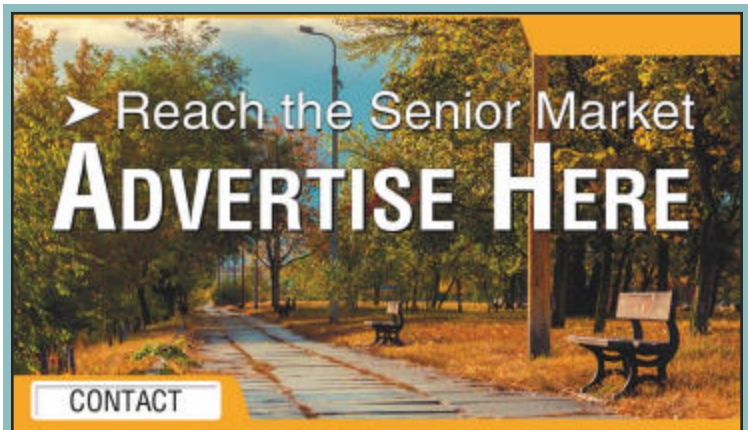
This program goes beyond introductory educational offerings. Based on research by experts in caregiving techniques, this six week course provides clinical level training for family caregivers. Participants will gain:

- Personal knowledge, skills and caregiving outlook
- Skills to assess abilities of your loved ones with dementia
- Confidence to set and alter caregiving goals
- Strategies to manage activities of daily living
- Perspective on the course of Alzheimer's and related disorders

Friday, February 12 - Friday, March 19
10:00 a.m.—11:30 a.m.

This will be a fast paced educational program offered virtually via Zoom at no charge. Anyone on the caregiving journey can attend. **Register by February 5, 2021** so materials can be mailed

Contact Cori Marsh at
cori.marsh@co.rock.wi.us or call 608-741-3615



Alex Nicholas to place an ad today!
anicholas@lpiseniors.com
or (800) 950-9952 x2538

Have Medicare Questions?
I Have Answers. Just Call!

Shannon Ferguson-Munns
Licensed Sales Representative
608-770-1973, TTY 711
shannonmunns@munnsagency.com

Serving Seniors in these Counties
Rock County / Dane County / Walworth County / Jefferson County

WE'RE HIRING
AD SALES EXECUTIVES

- Full Time Position with Benefits
- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
- Expense Reimbursement

CONTACT US AT: careers@4LPi.com
www.4LPi.com/careers

Fairhaven Senior Services

Offering a full range of senior living and health care services

LIFE PLAN COMMUNITY

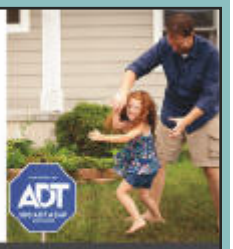
- Prairie Village Homes
- Supportive Living
- 24 Hour Nurse Staffing
- Certified Medicare Rehab & Skilled Nursing Care
- Independent Apartments
- Fully Assisted Living
- Secure Memory Care

435 W. Starin Road, Whitewater
262-473-2140 • www.fairhaven.org

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide



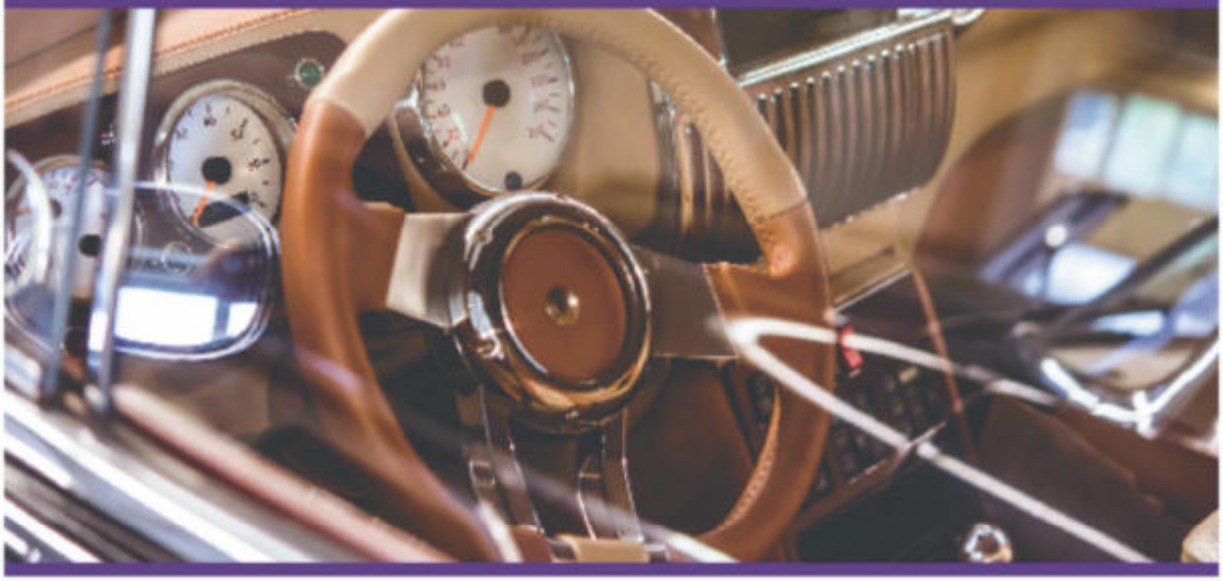
ADT Authorized Provider SafeStreets **1-855-225-4251**

Do Not Miss This Event

"Steering Into The Skid"

by Arnie Johnston & Deborah Ann Percy, The MemoryCare Plays Anthology

a one act play about memory loss



Through 12 short scenes, the play takes you on a one-year journey with Tim and Amanda in their car, bearing witness to the early progression of dementia. This event, presented by Wisconsin's Family Caregiver Support Programs, includes the performance and facilitated discussion to help you learn more and increase awareness, as well as provide valuable resources for you, your family or friends who are experiencing the effects of memory loss.

JOIN US! A FREE VIRTUAL EVENT!

February 25, 2021 • 6pm

reservations required, attendance is limited

Reserve tickets at:

https://skid-rockcounty-02252021.eventbrite.com

If you need assistance registering for this event, please contact Rock Council on Aging at 608-758-8455.

Thank You To Our Sponsors:

Rock County Council on Aging and ADRC of Rock County

THE REMEMBER PROJECT

www.RememberProject.org

The Remember Project is a program of Metropolitan Area Agency on Aging.

AGING

Wisconsin Family Caregiver Support Program

Virtual Aging Mastery Class

This fun, innovative five week class for adults 50 and over, will empower you to take key steps to improve your well being, add stability to your life, and strengthen ties to your community. Meet new friends and provide encouragement to each other.

This **FREE** class runs for five Thursdays, beginning **Thursday, February 18, through Thursday, March 18, from 10:00 a.m. – 2:00 p.m.**
Pre-registration is required and the class capacity is limited

Attend our **FREE ZOOM** info session on
Thursday, February 4, from 1 pm – 2 pm.

Send an email requesting the link to the info session to: paula.schutt@co.rock.wi.us Please put AMP in the subject line of the email. You will be sent an email confirming your interest and it will have the link for you to log in on **Thursday, February 4 at 1:00 p.m.** During this hour, you will find out all the details on the five week class and determine if it is something from which you would benefit.

The five week session is free and all you need to participate is a computer or tablet, internet ,and the ability to use ZOOM.

The class is made possible by a grant from the National Council on Aging and is sponsored by The Rock County Council on Aging. To register, or for more info call
The Council on Aging at **608-757-5416** or **email paula.schutt@co.rock.wi.us**

HASKINS SHORT & BRINDLEY LLC

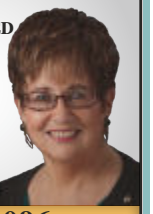
5113 Monona Drive, Monona, WI 53716
608-237-6673
www.HSBElderLaw.com

Areas of Law Practice
Estate Planning
Elder Law
Social Security
Medicaid/Medicare
Guardianship
Special Needs/Disability
WisPACT Trust
Probate
Real Estate
Family Law

Attorneys
Brenda R. Haskins
Julie A. Short
Anne M. H. Brindley
Anna M. Dontje
Amy Devine
Amanda Pirt Meyer

50+ years combined experience!

PENNY HANSEN
REALTOR
CENTURY 21 AFFILIATED
LICENSED IN IL & WI
SENIOR REAL ESTATE SPECIALIST (SRES)
www.pennyhansen.com
pennyhansenc21@gmail.com



608-751-1096

Do you have a disability?
We can help you with: •Advocacy •Assistive Technology •Benefits Counseling •Daily Living Skills •Home & Vehicle Modifications •Peer Support •Life After High School •Avoiding the Nursing Home

Are you caring for a family member or friend?
We can help you: •Find Resources •Find Out if You Can be Paid
You have questions. We have answers. *(800) 378-9128*

SOCIETY'S ASSETS
Ability...Not Disability
info@societysassets.org
www.societysassets.org

Concerned about Medicare fraud?
Give us a call...

Wisconsin SMP
Empowering Seniors To Prevent Healthcare Fraud

Toll-free Helpline:
888-818-2611
Email: smp-wi@gwaar.org
gwaar.org/senior-medicare-patrol
WisconsinSeniorMedicarePatrol

Senior Medicare Patrols (SMPs) empower and assist Medicare beneficiaries, their families, and caregivers to **prevent**, **detect**, and **report** health care fraud, errors, and abuse through outreach, counseling, and education.

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.

FEBRUARY 2021

MONDAY	TUESDAY	WEDNESDAY
While Dining Centers are Closed Due to COVID-19 Please arrive for curbside pickup meals at 11:00 a.m.		
FEBRUARY 1	**FEBRUARY 2**	**FEBRUARY 3**
BBQ Rib Patty Whole Wheat Bun Baked Beans San Francisco Blend Vegetables Pears	Baked Salmon Sweet Potatoes Broccoli Rye Bread Vanilla Pudding Strawberries	Creamy Chicken & Broccoli Mashed Potatoes Stewed Tomatoes Wheat Breadstick Fruited Applesauce
FEBRUARY 8	**FEBRUARY 9**	**FEBRUARY 10**
Broccoli & Cheese Egg Bake Breakfast Potatoes Asparagus Cottage Cheese Orange Juice Cinnamon Raisin Bread	Meatloaf Au Gratin Potatoes Brussels Sprouts Whole Wheat Bread Pears	Chicken & Wild Rice Broccoli Beets Whole Wheat Bread Mandarin Oranges Vanilla Yogurt Sugar Cookie
FEBRUARY 15	**FEBRUARY 16**	**FEBRUARY 17**
Burgundy Tips Egg Noodles Winter Squash Beets Whole Wheat Bread Mandarin Oranges	Chicken & Bean Chili Carrots Cornbread String Cheese Pears	Parmesan Baked Cod California Blend Wax Beans Whole Wheat Bread Mandarin Oranges Chocolate Pudding
FEBRUARY 22	**FEBRUARY 23**	**FEBRUARY 24**
Cabbage Casserole Carrots Cottage Cheese Breadstick Warm Peach Crisp	Sausage Breakfast Bake Breakfast Potatoes Warm Cinn Applesauce Tomato Juice Cinn. Raisin Bread	Sloppy Joe Whole Wheat Bun Baked Beans Broccoli Slaw Warm Spiced Pears

Eligibility: Any person age 60 or older, regardless of income and a spouse (any age).
Suggested donation: $4.00. All donations are appreciated.
Dining centers: Reservations required . Must be made no later than noon of the prior business day.
Home delivered: Must also be homebound. Suggested donation $4.00.

FEBRUARY 2021

THURSDAY	FRIDAY
While Dining Centers are Closed Due to COVID: ***Please arrive for curbside pick-up meals at 11:00***	
FEBRUARY 4	**FEBRUARY 5**
Chopped Steak Scalloped Potatoes Green Beans Asian Carrot Salad Whole Wheat Bread Cherry Orchard Bar	Swedish Meatballs Noodles Cauliflower Beets Dinner Roll Peaches
FEBRUARY 11	**FEBRUARY 12**
Baked Cod Red Potatoes Stewed Tomatoes Rye Bread Peaches Carrot Cake	Salisbury Steak Baked Bean Medley Carrots Whole Wheat Bread Pears in Jello
FEBRUARY 18	**FEBRUARY 19**
Roast Turkey Mashed Potatoes Corn Whole Wheat Bread Peaches Pumpkin Bar	(MEATLESS) Macaroni & Cheese Green Beans Winter Blend Vegetables Cottage Cheese Melon Mix
FEBRUARY 25	**FEBRUARY 26**
Chicken Breast /Gravy Mashed Potatoes Asparagus Whole Wheat Bread Apple Slices & Peanut Butter Chocolate Pudding	(MEATLESS) Hearty Veg. Lasagna Romaine salad with Italian dressing Green Beans Vanilla Yogurt

Reservations are required and must be made by noon of the prior business day.

Call the Rock County Nutrition office at (608) 757-5474

DINING CENTERS

Call 608-757-5474 for reservations, cancellations, and home delivered meal information.

Rock County Nutrition Program Dining Centers

Beloit

Grinnell Hall Senior Center
631 Bluff Street, Beloit
Serving Monday – Friday

Dining Center Manager
Cindy Ross

Clinton

Clinton Senior Center
508 Front Street, Clinton
Serving Monday - Friday

Dining Center Manager
Chris Tracy

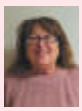
Evansville

Creekside Place
102 Maple Street, Evansville
Serving Tuesday & Thursday

Dining Center Manager
Amy Martinson

Janesville

Riverview Heights Apartments
930 N. Washington Street
Janesville
Serving Monday - Friday



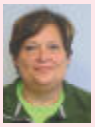
Dining Center Manager
Celane Poteat

Milton

The Gathering Place
715 Campus Lane, Milton
Serving Monday – Friday

Dining Center Managers

Patricia Didelot



Susan Grund

Foods for Healthy Eyes

Maintaining eye health is important in all stages of life. Unfortunately, many people wait to take action until their eyesight starts to deteriorate. As we age, vision problems become inevitable, therefore it is important to start protecting your eyes as early as possible.

So what can you do? Consuming a diet high in Omega-3 fatty acids, lutein, Vitamin A, C and E is the first step in sustaining eye health. Incorporating the right foods into your diet can help keep your eyes healthy and possibly delay visual diseases and disorders like macular degeneration, cataracts and glaucoma, and other eye diseases and disorders.

Other precautions to take which will help keep maintain your eye health include wearing sunglasses, wearing safety eyewear, looking away from the computer screen, and having regular eye exams.

Here is a list of eye-healthy foods and simple ways to increase them in your diet.

Article adapted from GWAAR 2021 Eat Well, Age Well Material

Nutrient	Food Source
Vitamin A	Sweet potatoes, carrots, tuna, leafy green vegetables, cantaloupe, bell peppers, broccoli
Vitamin C	Bell peppers, oranges, guava. Kiwi, kale, tomatoes, red bell peppers, strawberries, broccoli and Brussels sprouts.
Vitamin E	Nuts, seeds, avocado, dark green leafy vegetables, broccoli, kiwifruit, some oils
Omega 3 FA	walnuts, flax and chia seeds, salmon and tuna
Lutein	Eggs, dark leafy greens, peas, summer squash, pumpkin, Brussels sprouts, broccoli, asparagus, lettuce, carrots, and pistachios.

Weekly Challenges

Week 1 – Add spinach or kale into your favorite recipe, or toss a handful into scrambled eggs or soup.

Week 2 – Eat nuts as a snack two times this week

Week 3 – Add an orange, half cup of strawberries or kiwi to three meals this week.

Week 4 – Increase your Omega-3 fatty acid intake by having salmon, tuna, or another fatty fish one time this week.

Sweet Potato Hash with Kale and Egg

Ingredients

- 1 medium sweet potato, peeled and diced into bite-size pieces
- 1/4 cup yellow onion, finely diced
- 1 red bell pepper, finely diced
- 2 packed cups kale, chopped
- 1 tsp. chili powder
- 1 tsp. paprika (try smoked paprika)
- 2 eggs
- 1 Tbsp. extra virgin olive oil
- Salt & pepper, to taste

Heat ½ Tbsp. oil in a skillet over medium heat. When oil is hot, add sweet potatoes, onion, red pepper, chili powder, and paprika. Mix until seasonings and oil are evenly distributed.
Cook mixture until sweet potatoes are fork tender (15-20 minutes). During the last 5 minutes of cooking, add kale; stir and cover Set aside and cook eggs in separate skillet as desired. Serve eggs on top of sweet potato mixture.

Recipe adapted from https://sharedappetite.co

Alzheimer's & Dementia Alliance OF WISCONSIN

Your partner along the journey

- Care Consultations
- Online Education programs
- Support Groups
- Resources on alzwisc.org

Contact Dementia Outreach Specialist Teena Monk-Gerber, 608-843-3544 Teena.Monk-gerber@alzwisc.org

UPGRADE TO A VIBRANT ad
Contact us for details · 800-950-9952

LPi
WE'RE HIRING
AD SALES EXECUTIVES

- Full Time Position with Benefits
- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
- Expense Reimbursement

CONTACT US AT
careers@4LPi.com • www.4LPi.com/careers

Comfort Keepers.
Elevating the Human Spirit

She's always been the independent type. We aim to keep her that way.

In-home care services

- Personal care
- Dementia and Alzheimer's care
- Companionship and housekeeping
- Respite care
- Safety solutions

(815) 229-9100
ComfortKeepers.com/office-198
Serving Northern Illinois and Southern Wisconsin
© 2020 CK Franchising, Inc. Most offices independently owned and operated.

Senior Health & Wellness Workshops

Rock County Council on Aging offers evidence-based health and wellness classes for older adults and caregivers. These classes cover a number of topics and are low or no cost. Many of the classes are offered several times a year; choose the session that fits your schedule. Scholarships are available!! To enroll online go to:

https://www.co.rock.wi.us/aging (click on classes and workshops)

If you have any questions about the workshops listed below or need assistance in enrolling, please call Lisa Messer, Health Promotion Coordinator, at: (608) 757-5309 or email: **Lisa.Messer@co.rock.wi.us**

LIVING WELL WITH CHRONIC CONDITIONS is a six-week workshop that provides information and support to people with any kind of ongoing health condition: e.g., heart disease, Parkinson's, arthritis, depression, high blood pressure, chronic pain, anxiety, cancer, and any others. These highly participatory workshops build the participant's confidence in their ability to manage their health, communicate more effectively with family members and healthcare providers, de-stress and relax, and maintain active and fulfilling lives. Help yourself to better health! Register by March 2,

ONLINE Workshop Dates: March 9 – April 13, 2021; from 1:30-3:30 p.m. (Six consecutive Tuesday afternoons.) Participants will need a tablet/ computer with mic/audio and have internet.

Leaders: Megan Timm of SSM Health - Janesville, and Allison Brunette of Sheboygan County ADRC.

Open to residents of Rock & Sheboygan counties first. Suggested donation $10 for those ages 60+

NEW! MIND OVER MATTER: HEALTHY BOWELS, HEALTHY BLADDER. Taught by women for women. Three sessions over five weeks. Designed to give older women learning strategies for preventing or lessening symptoms - researched and proven to improve bladder symptoms for 71% of participants and bowel symptoms for 55%. Online/virtual workshops are being conducted throughout the state

https://wihealthyaging.org/workshops.

Stand Up & Move More! The University of Wisconsin-Madison, is extending an invitation to adults older than 55 years of age to participate in a "Stand Up and Move More" Program. This fun, interactive workshop will determine the health benefits of standing up and moving more throughout the day. Those eligible to participate are adults older than 55 years of age, who sit more than six hours a day, and are without major medical conditions. **The program consists of meetings held once/week for 4- 5 weeks, a refresher session at 8 weeks and an assessment at 12 weeks**. Those who finish the workshop and complete assessments will receive up to $60 in gift certificates.

ONLINE workshop series (tentative start date): **March 10 - April 7, 2021; Wednesday afternoons from 1-3 pm.** Please contact Lisa Messer Health Promotion Coordinator, at: (608) 757-5309 or email: **Lisa.Messer@co.rock.wi.us**

Healthy Living with Diabetes /Vivir Saludable con Diabetes

Self-management program for people with diabetes offered in English and Spanish - proven to increase knowledge and confidence in dealing with diabetes, improve self-care behaviour, and reduce emergency department visits and hospitalizations for diabetes.

Please call or email Lisa Messer to find out more. Register for a workshop or waitlist! Online/ virtual workshops may be available throughout the state, go to:

https://wihealthyaging.org/workshops.

COMMUNITY EDUCATION PROGRAMS

FREE | ONLINE | REGISTRATION REQUIRED

Understanding Alzheimer's & Dementia

Learn the difference between Alzheimer's and dementia, discover the causes of dementia, and receive practical strategies you can use for yourself or for a loved one.

Monday, March 1, 2021

1:00 pm - 2:30 pm

Register by: February 22, 2021

Teena Monk-Gerber is your Dementia Outreach Specialist for Rock and Green Counties. Make reservations for these free programs by calling or email. She's only a phone call or email away.

Teena Monk-Gerber, CSW, MSE

608-843-3544

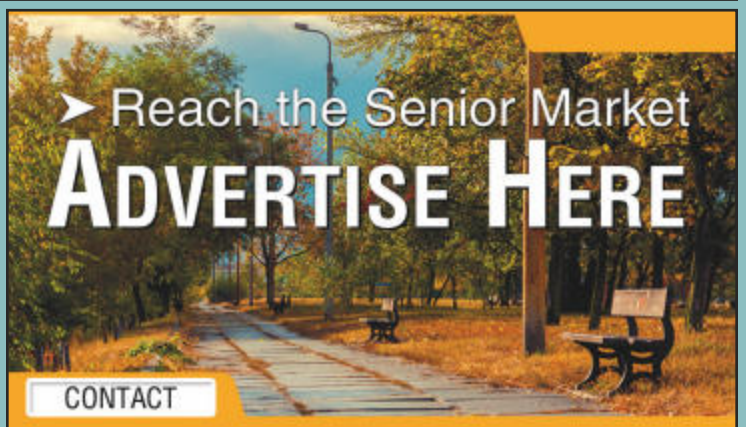
Teena.monk-gerber@alzwisc.org

Alzheimer's & Dementia Alliance OF WISCONSIN

SUPPORT THE ADVERTISERS THAT SUPPORT OUR COMMUNITY

NEVER MISS A NEWSLETTER !

Sign up to have our newsletter emailed to you at www.ourseniorcenter.com



Alex Nicholas to place an ad today!
anicholas@lpiseniors.com
or (800) 950-9952 x2538

Wise Wisconsin
WINTER SERIES

UW–Madison Division of Extension's Life Span program presents the Wise Wisconsin Winter Series. Connect with others from around the state as you learn how to increase joy and satisfaction in your life during these cold, snowy winter months. Grab a hot beverage and join us! For more in-depth description of the session, visit:
https://go.wisc.edu/b4z2s8

February 3rd through March 10th, 2021

Wednesdays at 9:00 a.m. on Zoom

Register for the sessions you wish to attend at:
https://go.wisc.edu/8s973c

Extension
UNIVERSITY OF WISCONSIN–MADISON

Cultivating Optimism
February 3, 2021

Optimism can help us meet challenges with a positive mindset even in challenging times!

Money by the Heart
February 24, 2021

Consider your values and emotions (and your partner's) in setting and reaching financial goals.

Social Connections
February 10, 2021

Learn about yourself, those you love, and how to really connect with "your people."

Retirement Refirement
March 3, 2021

Some people never retire. Think about this next phase of life as a refirement with new opportunities and purpose.

Finding your Joy
February 17, 2021

Rediscover the keys to happiness that will inspire you to find joy and build resiliency in your everyday living.

I'm Absolutely, Positively Aging!
March 10, 2021

Successful aging includes a healthy lifestyle, a positive attitude, valuing friendships, and so much more!

Contact Life Span Program Manager, Sara Richie at **sara.richie@wisc.edu** with questions or for special accommodations.

An EEO/AA employer, University of Wisconsin–Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.

ASK STEVE

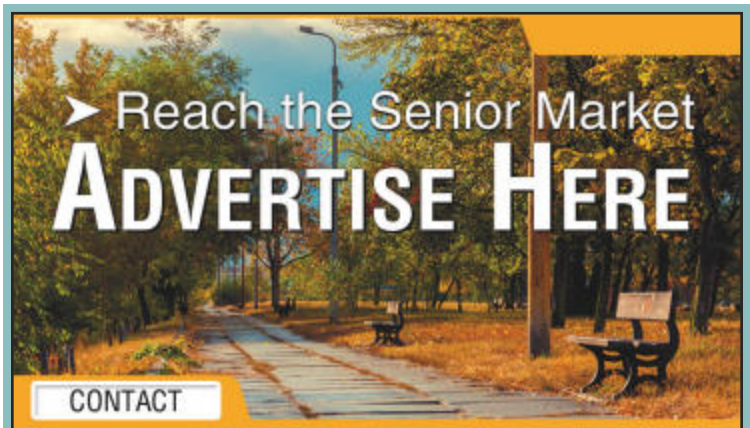
Welcome to our monthly column, "Ask Steve". Steve is the young but wise and compassionate pug mascot of the Council on Aging.

If you have a question, email Steve at paula.schutt@co.rock.wi.us or send your questions to:
Rock County Council on Aging, 51 South Main St. Janesville, WI 53545

Tammy from Milton writes: Dear Steve, recently my mother, 79, received a phone call from a very friendly lady, telling her she could get her a place in line for an immediate COVID vaccine. All she WOULD need to do to guarantee her reservation would be to authorize a $75.00 payment over the phone. Luckily my mother was suspicious and immediately hung up. Steve, what can you tell your readers about being cautious when it comes to scams such as this?

Dear Tammy, The media is bursting with news concerning the virus and the vaccine; people are scared. They are frightened of contracting COVID and want to do all they can to ensure they are protected. This is a perfect background for scammers to take advantage of them. In Rock County, health professionals are working diligently to ensure that those who are eligible (according to state guidelines) are informed and able to receive the vaccine.

A couple good guidelines to follow: You will never have to give money to ensure your place in line for a vaccine. If you receive any phone calls, (other than from your doctor's office) concerning the vaccine, you should be suspicious. When in doubt, speak with a family member or a trusted friend, or call your doctor's office. NEVER send a payment through the mail in response to a letter from anyone claiming to be able to ensure your place in line for the vaccine. Also, never give personal information, banking information or any other identifying information to anyone who calls you over the phone. Be cautious; always check with someone you trust before you agree to pay for anything. Stay safe and be well. *Steve*



Alex Nicholas to place an ad today!
anicholas@lpiseniors.com
or (800) 950-9952 x2538

SPREAD THE WORD
A Thriving, Vibrant Community Matters

SUPPORT OUR ADVERTISERS

PROTECTING SENIORS NATIONWIDE
MEDICAL ALERT SYSTEM
$29.95/MO
BILLED QUARTERLY
PLUS SPECIAL OFFER
CALL NOW! 1.877.801.5055
WWW.24-7MED.COM

ROCK COUNTY
WISCONSIN

ROCK COUNTY
COUNCIL ON AGING
OFFICE
3328 N US Hwy 51
Janesville, WI 53545
MAILING ADDRESS
51 South Main Street
Janesville, WI 53545
PHONE
608-757-5472
WWW.CO.ROCK.WI.US

WE ARE DEMENTIA FRIENDLY

AMP Aging Mastery Program
National Council on Aging

CYCLING WITHOUT AGE

COMMUNITY EDUCATION PROGRAMS

FREE | ONLINE | REGISTRATION REQUIRED

We All Forget:

What is Normal Aging & When Should I be Concerned?

Come learn what is normal for our brains as we age, how our memories work, and what we can do if we are concerned for ourselves or others.

Monday, February 15, 2021

1:00 pm - 2:30 pm

Register by: February 8, 2021

Teena Monk-Gerber, CSW, MSE

608-843-3544

Teena Monk-Gerber is your Dementia Outreach Specialist for Rock and Green Counties. Make reservations for these free programs by calling or email. She's only a phone call or email away to support those on the dementia journey

Alzheimer's & Dementia Alliance
OF WISCONSIN