



# Grapevine Newsletter

## AGING & DISABILITY RESOURCE CENTER OF COLUMBIA COUNTY

### INSIDE THIS ISSUE:

From the Director .....	2
From the Assistant Director .....	3
Elder Benefit Specialist .....	4
Dietetic Technician .....	5
Recipes .....	6
Dining Centers .....	7
January Menu .....	8
February Menu .....	9
Caregiving.....	10
Volunteers.....	11
Social Security.....	12
Project Lifesaver.....	13
Social Security.....	14
Community Resources .....	15
Transportation .....	16
Prevention.....	17
Caregiving.....	18
Trualta.....	19
Local Support Groups .....	20
Adult Protective Services .....	21
Marketplace.....	22
Local Resources .....	23
Information.....	24
Caregiving.....	25
Who We Are.....	26

### CONTACT INFO

111 E. Mullett St.

Portage, WI 53901

888-742-9233

adrc@co.columbia.wi.us

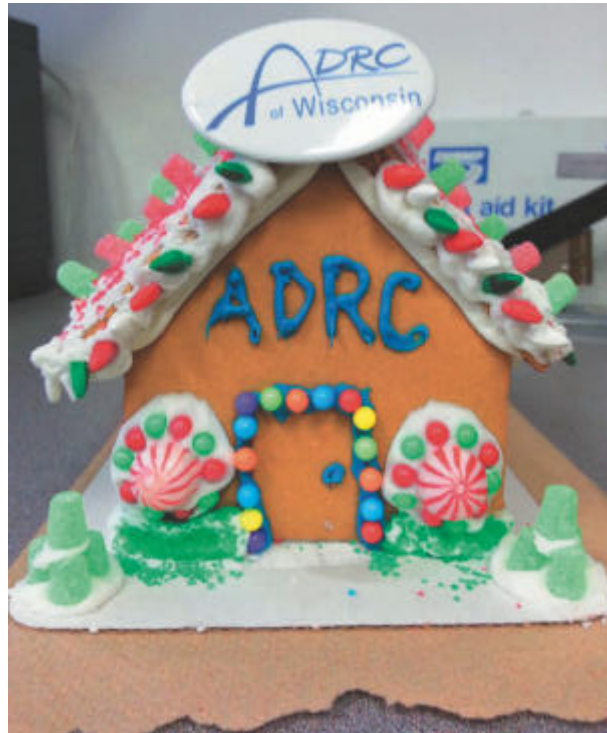


### HOURS OF OPERATION

M-F 8:00am-4:30 pm

or by appointment

The Grapevine Newsletter is provided to Columbia County residents, free of charge. It is published six times per year; January, March, May, July, September and November.



We hope that you had a wonderful holiday season, if there are services that you or your family and friends could benefit from, please don't hesitate to call us. We are here for you!

Did you know you can sign-up electronically to receive the Grapevine? Use this web address to sign-up!

<https://www.ourseniorcenter.com/find/adrc-of-columbia-county>

Please mail change of address to:

ADRC

P.O. Box 136

Portage, WI 53901

**JANUARY/  
FEBRUARY 2021**  
Volume 4, Issue 1

Welcome to 2021! I am enthusiastically looking forward to a new start in a new year. I miss seeing people and meeting people at the various outreach events that we typically participate in. However, I know that there are going to be many new opportunities and experiences in the new year. It is a fresh start, a chance to change things that you have been thinking about and move forward. If you are looking for a new experience where you can make a difference in someone's life, such as a part-time job as an ADRC Driver, assisting at the nutrition sites, delivering meals or volunteering in your free time, the ADRC has an opportunity for you! Call us toll free at 1-888-742-9233 to have a volunteer packet or an application mailed to you.

The ADRC is again offering an opportunity for you to have your voice heard. The ADRC receives funding from the Older Americans Act to provide many of our services such as our nutrition program, caregiver supports, evidence-based prevention programs, Elder Benefit Specialist services and respite care. We also receive funding from the Department of Transportation for our transportation program and from the State for our Aging & Disability Resource Center and Adult Protective Services. The Older Americans Act requires that we prepare an "Aging Plan" every three years to plan for services that Columbia County Residents over age 60 might need. This plan is due for review and we want to hear from you! Any comments that you give us will help the ADRC of Columbia County determine the best way to meet your needs for the current aging plan cycle 2019-2021 and plan for the future.

Our questions for you are:

- Are there services or events you have seen or heard of in other communities that you think would be helpful to seniors in Columbia County?
- In what ways can the Aging and Disability Resource Center promote healthy aging in Columbia County?
- What are some services or ideas you feel would make Columbia County easier or more enjoyable to live in?
- What do you see as some of the biggest challenges to remaining in your home as you age?

- What are the three most important issues facing adults 60 years of age and older?
- What would you like to learn or do you have any concerns regarding food or nutrition?
- Have you ever used the transportation services from the ADRC?

Can you help us answer these questions? You can send your answers via email at [Becky.Mulhern@co.columbia.wi.us](mailto:Becky.Mulhern@co.columbia.wi.us) or call me at (608) 742-9706 to discuss your answers and more. You could also invite me to speak at your next event if you belong to a community service organization, a church group, book club, etc. I can present information on the types of programs and services that the ADRC has to offer and discuss our aging plan. This is your chance to make a difference! Thank you for sharing your thoughts. I appreciate it!

I also want to thank everyone for their generous donations to our Home Delivered Meal Food Drive. This is an event that we do every year to get non-perishable food supplies to those individuals that aren't able to leave their home. People who receive our meals understand that when the weather is bad and schools are closed, our nutrition program is closed too, which unfortunately means that they may not get to eat. Due to generous food donations we were able to supply everyone with a back-up meal to have on hand for these winter weather closures. Thank you for your generosity!

In case you missed contributing to the food drive, please know that the ADRC helps people all year long. The generous donations that we receive make it possible for us to keep people living independently in their homes as long as possible by increasing, improving, and serving everyone who comes in the front door, or calls us for help. We are always able to accept cash donations or checks (made payable to Columbia County with the ADRC noted in the memo line) and we appreciate everyone who keeps us in mind and sends donations.

Stay warm!  
~Becky Mulhern



Happy New Year! I hope that everyone is healthy and happy this holiday season. If I have taken anything away from 2020, it would be that it has taught me to not stress over the things that I am not able to control and to be thankful for all the good things in my life.

If you are having trouble coping with the ongoing pandemic, please reach out to someone that you can trust and share your feelings. Call a family member, friend, or neighbor. Another resource that is available is through AARP. AARP volunteers are available for calls from individuals who are feeling isolated and lonely at 1-888-281-0145 or visit <https://aarpcommunityconnections.org/friendly-voices/>

A couple of suggestions for taking care of yourself during this stressful time include: getting sleep, exercising, reading a book, watching a favorite movie, and taking a few deep breaths. You can find more helpful tips on how to cope with stress on the cdc.gov website.

As a reminder, if the weather is too dangerous to deliver or provide transportation we may cancel meals and

transportation at times during the winter. If you are on our home delivered meal program you can listen to the following radio stations: Magnum Broadcasting 900 AM – WDLS, 1400 AM- WRDB, 1350 AM – WPDR, 104.9 FM- WNFM, 95.9 FM – WBKY, 102.9 FM- WBDC, 100.1 FM – WDDC, 106.9 FM – WNNO or on the Good Karma Broadcasting radio stations: 1430 AM – WBEV or [www.wbevradio.com](http://www.wbevradio.com), 95.3 FM – WXRO or [www.wxroradio.com](http://www.wxroradio.com). or call the ADRC at 888-742-9233.

If you use our transportation services and we are unable to transport because of the weather, you will receive a call from the Transportation Coordinator.

As another reminder, AARP will not be providing Tax-Aide services at our location. Please call the AARP phone locator service at 888-227-7669. The ADRC is unable to provide recommendations for tax services.

Take Care!  
-Ashley

VOLUME 4 ISSUE 1 | 3



**YOUR LOVED ONES  
DESERVE THE BEST**

A COMMUNITY YOU CAN CALL HOME

**ASSISTED LIVING &  
MEMORY CARE**

- 24 Hour Staffing
- 24 Hour On Call Nurse
- Wireless Emergency Call System
- 3 Homestyle Meals Daily
- Pets Welcome
- Inviting Homelike Atmosphere
- Studio, 1 & 2 Bedroom Apartments

We would love to meet you. Call Marilyn today to set up your private tour at  
**920.484.6171**

**101 Hometown Ave., Fall River**  
**[www.themeadowscare.com](http://www.themeadowscare.com)**

*The Meadows*  
OF FALL RIVER  
ASSISTED LIVING

**NEVER MISS A NEWSLETTER !**

Sign up to have our newsletter emailed to you at [www.ourseniorcenter.com](http://www.ourseniorcenter.com)



**Atkinson Real Estate Inc.**  
**608-742-2848**



**When Buying or Selling Your Home Call!**

**Jim Atkinson, Broker/Owner**

[jim@atkinsonrealtor.com](mailto:jim@atkinsonrealtor.com)  
[www.atkinsonrealtor.com](http://www.atkinsonrealtor.com)



**30 Assisted Living Apartments  
and 22 Memory Care Suites**




"The environment and facilities are amazing!"

**NOW OPEN**  
**Call for a tour: 608-684-0123!**

115 Bowman Rd., Wisconsin Dells, WI 53965  
[RiverwoodSeniorLiving.com](http://RiverwoodSeniorLiving.com)





Hello Everyone,

I want to thank everyone who utilized our services for Medicare Open Enrollment. I appreciate how friendly and welcoming everyone was during my first year assisting with reviewing plans.

Medicare's General Enrollment Period is starting for those who don't have Medicare, but are 65 or older. You can enroll in Medicare Part B between January 1<sup>st</sup> and March 31<sup>st</sup> with Medicare coverage starting July 1<sup>st</sup>. If you are over 65 and need to sign up for Medicare please call me before March 31<sup>st</sup>.

This is also the time of year to talk to your doctor about the free preventative services available through Medicare. The best way to stay healthy is to be proactive and prevent an illness before it starts.

Again, thank you for being so welcoming to me. It means a lot to serve such a wonderful group of people.

Stay safe and stay healthy,  
Serena

---

### **Reminder: Get Your Flu Shot**

*By the GWAAR Legal Services Team*

The flu season usually runs from approximately November through April every year. Medicare Part B covers one flu shot every flu season. So, depending on when you choose to get your flu shot, Medicare may cover a flu shot twice in one calendar year. For example, if you get a shot in January 2020 for the 2019/2020 flu season, you could get another shot in November 2020 for the 2020/2021 flu season.

Original Medicare covers flu shots at 100% of the Medicare-approved amount when you receive the service from a Medicare-participating provider. Similarly, Medicare Advantage Plans are required to cover flu shots without applying deductibles, copayments, or coinsurance when you see a provider within your plan's network.

For more information, visit: <https://www.medicare.gov/coverage/flu-shots>

### **Stop Unwanted Robocalls**

*By the GWAAR Legal Services Team*

Unwanted calls – including illegal and spoofed robocalls – are the Federal Communications Commission's (FCC) top consumer complaint. Not only can the sheer volume of unwanted calls be aggravating, they can also put your financial and personal information at risk.

#### **What You Can Do**

- Beware that Caller ID showing a "local" number does not necessarily mean it is a local caller.
- If you answer the phone and the caller (or a recording) asks you to press a button to stop getting the calls, hang up. Scammers use this trick to identify potential targets.
- Do not respond to any questions, especially those that can be answered with "Yes."
- Never give out personal information such as account numbers, Social Security numbers, mother's maiden names, passwords, or other identifying information in response to unexpected calls or if you are suspicious.
- If you get a call from someone who says they represent a company or a government agency, hang up and call the phone number on your account statement, in the phone book, or on the company's or government agency's website to verify the authenticity of the request. You will usually get a written statement in the mail before you get a phone call from a legitimate source, particularly if the caller is asking for a payment.
- Be suspicious if you are being pressured for information immediately.
- If you have a voicemail account with your phone service, set a password for it. Some voicemail services are pre-set to allow access if you call in from your own phone number. A hacker could spoof your home phone number and gain access to your voicemail without a password.
- Talk to your phone company about call-blocking tools they have and check into apps for your mobile device to block unwanted calls.
- If you use robocall-blocking technology, it often helps to let your provider know which numbers are producing unwanted calls so they can help block those calls for you.
- To block telemarketing calls, register your number on the Do Not Call List (<https://www.donotcall.gov/>). Legitimate telemarketers consult the list to avoid calling both landline and wireless phone numbers on the list. Note, however, that even after you register, other types of organizations may still call you, such as charities, political groups, debt collectors and surveys.

For more information, visit: <https://www.fcc.gov/consumers/guides/stop-unwanted-robocalls-and-texts>

## Understanding the Nutrition Facts Panel

By Caitlin Richardson

FoodWise Coordinator Columbia Dodge & Sauk Counties

With the ever-changing world of health it's hard to keep up on what's the "right" thing to be doing. Whether it's eat this, don't eat that or this type of exercise is now the best it seems as though the health world is constantly changing. One thing that seems to stay relatively stagnant is the Nutrition Facts Panel found on foods. Now, the visuals and some of the related information on the panel has gotten an update—which it's about time! It's time to get a deep dive into the label. What does this information really mean? Why are the nutrients on the label important and how do they help our bodies? The label will be slowly broken down, focusing on a different nutrient or section of the label starting from the very top working our way down. Let's get started!

**Servings per container:** The total number of servings in the entire package. Relates to the total amount of food in the unit.

**Serving size:** the amount of food that is customarily eaten at one sitting. This is what the nutrition information is based on throughout the label. It is NOT a recommendation of how much you should eat. Use the serving size to compare what you eat to what's listed on the label to make your estimated nutritional intake.

**Calories:** These are a way to measure energy provided by foods and drinks. Every body needs a certain amount of energy each day. We use it to move around/exercise and maintain normal everyday bodily functions- calories are essential. How many calories your body needs varies depending on your sex, height, weight, activity level and age. Calories are provided to the body from fat, carbohydrates, protein and alcohol. However, not all calories are created equal. People are encouraged to get their calories from "nutrient-dense" foods—foods that provide many nutrients along with their calories.

As a guide, less than 100 calories from a food is considered low calorie intake, 100 calories from an individual packaged food is moderate calorie intake and 400 or more per serving from an individual packaged food is considered high calorie intake. Lastly, keep in mind that the words "fat-free" and "no sugar added" do not mean "calorie-free." Make sure you check the nutrition facts label for accurate information.

If you have any additional questions, please contact Caitlin Richardson. Email: [Caitlin.Richardson@wisc.edu](mailto:Caitlin.Richardson@wisc.edu); phone 608-742-9693.

\*Source: <https://www.accessdata.fda.gov/scripts/InteractiveNutritionFactsLabel/factsheets.cfm>



## Ground Beef Taco Salad

- 1/2 pound ground beef
- 1/3 cup bean dip
- 1 teaspoon chili powder
- 1/4 teaspoon salt
- 1 cup canned diced tomatoes plus 2 tablespoons liquid
- 2 cups chopped lettuce
- 1/2 cup shredded cheddar cheese
- 2 green onions, sliced
- 2 tablespoons sliced ripe olives
- 1/2 cup corn chips

In a large skillet, cook beef over medium heat until no longer pink; drain. Stir in the bean dip, chili powder, salt and tomato liquid. Remove from the heat.

In a large bowl, combine the tomatoes, lettuce, cheese, onions and olives. Add beef mixture; toss to coat. Top with chips. Serve immediately.

## BLT Skillet

- 4 ounces uncooked whole wheat linguine
- 4 bacon strips, cut into 1-1/2-inch pieces
- 1 plum tomato, cut into 1-inch pieces
- 1 garlic clove, minced
- 1-1/2 teaspoons lemon juice
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons grated Parmesan cheese
- 1 tablespoon minced fresh parsley

Cook linguine according to package directions. Meanwhile, in a large skillet, cook bacon over medium heat until crisp. Remove to paper towels; drain, reserving 1 teaspoon drippings.

In the drippings, sauté tomato and garlic for 1-2 minutes or until heated through. Stir in the bacon, lemon juice, salt and pepper.

Drain linguine; add to the skillet. Sprinkle with cheese and parsley; toss to coat.



\*Courtesy of Taste of Home

## French Hot Chocolate

- 2/3 cup 2% milk
- 2 tablespoons heavy whipping cream
- 1 teaspoon brown sugar
- 1/2 teaspoon confectioners' sugar
- 1/8 teaspoon instant espresso powder, optional
- 2 ounces dark chocolate candy bar, chopped
- Whipped cream and chocolate shavings

In a small saucepan, heat milk, cream, brown sugar, confectioners' sugar and if desired, espresso powder over medium heat until bubbles form around sides of pan.

Remove from heat; whisk in dark chocolate until melted. Serve in mugs with whipped cream and chocolate shavings.



## Roasted Butternut Squash Panzanella

- 4 cups cubed sourdough bread
- 5 tablespoons olive oil, divided
- 1 medium butternut squash, peeled and cut into 1-inch cubes
- 1/2 tsp. each salt, ground ginger, ground cumin and pepper
- 1 cup salted shelled pumpkin seeds or pepitas
- 1 cup dried cranberries
- 4 shallots, finely chopped (about 1/2 cup)

### Dressing

- 1/3 cup red wine vinegar
- 1/4 cup maple syrup
- 2 tablespoons prepared horseradish
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 teaspoon dried rosemary, crushed
- 1/4 cup olive oil

Preheat oven to 425°. Place bread cubes in a 15x10x1-in. baking pan; toss with 2 tablespoons oil. Bake 10-15 minutes or until toasted, stirring twice.

Place squash in a greased 15x10x1-in. baking pan. Mix seasonings and remaining 3 tablespoons oil; drizzle over squash and toss to coat. Roast 35-45 minutes or until tender and lightly browned, stirring occasionally.

In a large bowl, combine bread cubes, squash, pumpkin seeds, cranberries and shallots. In a small saucepan, combine the first 6 dressing ingredients; heat through, stirring to blend. Remove from heat; gradually whisk in oil until blended. Drizzle 1/2 cup dressing over salad and toss to combine.





## DINING CENTERS

**\*\*Dining Centers are currently CLOSED due to COVID-19. If you wish to order a meal to be delivered, please call 608-742-9233.**

**POYNETTE DINING CENTER-  
VILLAGE HALL  
106 S. MAIN ST., POYNETTE  
608-635-2122, Option 2**

**\*\*\*LODI DINING CENTER-\*\*\*  
SETTLERS TRAIL  
600 Clark St., Lodi  
608-697-8842**

**PARDEEVILLE DINING CENTER-  
ANGIE W. COX PUBLIC LIBRARY  
119 N. MAIN ST., PARDEEVILLE  
608-617-1821**

**PORTAGE DINING CENTER-  
ADRC OF COLUMBIA COUNTY  
111 E. MULLETT ST., PORTAGE  
608-742-9211**

**COLUMBUS SENIOR CENTER  
125 N. DICKASON BLVD., COLUMBUS  
920-763-2124**

Greetings from the Columbus Dining Center. In addition to lunch, we invite you to participate in our programs.

\*Wisconsin Dells residents please call the Portage Meal Site to order a meal.



ASSISTED LIVING THAT FEELS LIKE HOME

WINTER MOVE-IN SPECIAL  
**1 MONTH FREE + 50" HDTV**

*Move in by February 1st • Some restrictions apply*

*Our trained and experienced staff is available 24-hours a day to provide extra care and to assure residents' emotional well being, health and safety during these challenging times.*

Full-time licensed nurse administrator  
3 daily meals approved by dietician  
Medication management  
Emergency response system in apartment  
Programs & special events  
Satellite TV and utilities included

Scheduled activities 7 days a week  
Weekly housekeeping & laundry  
Handicap accessible bus for shopping and trips  
Chapel, Beauty Salon, Theater Area and Activity Room  
Resident Computer & WIFI in lobby

CALL PAULA TODAY TO SCHEDULE YOUR TOUR → **608.448.6181**

2685 AIRPORT RD. PORTAGE, WI 53901

[WWW.HERITAGEHOUSEOFPORTAGE.COM](http://WWW.HERITAGEHOUSEOFPORTAGE.COM)



# MENU


## JANUARY 2021

Monday	Tuesday	Wednesday	Thursday	Friday
				1  Happy New Year  CLOSED
4 Chicken & Dumpling Soup Crackers Veggie Wrap Fruit	5 Spaghetti with Meat Sauce Green Salad Fruit Breadstick	6 Roast Pork Seasoned Potatoes Carrots Fruit Whole Wheat Bread Ice Cream	7 Chicken A La King California Vegetable Blend Fruit Biscuit	8 Meatloaf Mashed Potatoes Peas Fruit Whole Wheat Bread
11 Chicken Breast Peas & Carrots Brown Rice Fruit Whole Wheat Bread	12 Burger on Bun Cowboy Beans Coleslaw Ketchup/Mustard Fruit	13 Scalloped Potatoes with Ham Squash Fruit Whole Wheat Bread	14 Baked Ziti with Chicken Green Salad Fruit Breadstick	15 Salisbury Steak Mashed Potatoes Green Beans Fruit Whole Wheat Bread
18 BBQ Chicken Corn & Tomatoes Potato Salad Fruit Whole Wheat Bread	19 Ham & Bean Soup Crackers Green Salad Fruit Dinner Roll	20 Roast Turkey Mashed Potatoes Carrots Fruit Whole Wheat Bread	21 Baked Chop suey Vegetables Brown Rice Fruit Pudding	22 Breaded Fish Baked Potato Sour Cream Fruit Dinner Roll
25 Sloppy Joe on Whole Wheat Bun Baked Beans Fruit Chocolate Cake	26 Baked Chicken Mashed Sweet Potatoes Fruit Whole Wheat Bread	27 Swedish Meatballs in Gravy Mashed Potatoes Broccoli Fruit Dinner Roll	28 Ham & Egg Bake Hash Browns with peppers & onions Fruit Biscuit	29 Macaroni & Cheese Stewed Tomatoes Fruit Whole Wheat Bread

**Dining Centers are currently CLOSED due to COVID-19. If you wish to order a meal to be delivered, please call 608-742-9233.** Meals for those age 60 and over are paid for on a donation basis with \$4.50 being the suggested donation. You pay what you feel you can pay.

The rate for those under age 60 is \$16.73.



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Chili with Beans Mixed Vegetables Fruit Cornbread Pudding</p>	<p>2</p> <p>Baked Chicken Mashed Potatoes Green Beans Fruit Whole Wheat Bread</p>	<p>3</p> <p>Hawaiian Meatballs with Pineapple Brown Rice Broccoli Fruit</p>	<p>4</p> <p>Sliced Ham Diced Potatoes 3 Bean Salad Fruit Whole Wheat Bread</p>	<p>5</p> <p>Tuna Casserole with Peas &amp; Carrots Buttered Corn Fruit Dinner Roll</p>
<p>8</p> <p>Chopped Beef Steak Red Potatoes Stewed Tomatoes Fruit Whole Wheat Bread</p>	<p>9</p> <p>Roast Turkey Mashed Potatoes Carrots Fruit Dinner Roll</p>	<p>10</p> <p>Parmesan Chicken with Penne Pasta Green Salad Fruit Breadstick</p>	<p>11</p> <p>Ring Bologna with sauerkraut Mashed Potatoes Fruit Whole Wheat Bread</p>	<p>12</p> <p>Chicken Teriyaki &amp; Vegetables Brown Rice Fruit Cake</p>
<p>15</p> <p>Baked Chicken Mashed Potatoes Peas Fruit Whole Wheat Bread</p>	<p>16</p> <p>Glazed Ham Sweet Potatoes Green Salad Fruit Dinner Roll</p>	<p>17</p> <p>Meatloaf Carrots 3 Bean Salad Fruit Whole Wheat Bread</p>	<p>18</p> <p>Chicken Alfredo over Fettuccine Noodles Broccoli Fruit Ice Cream</p>	<p>19</p> <p>Seasoned Fish Baked Potato Sour Cream Fruit Whole Wheat Bread</p>
<p>22</p> <p>American Goulash California Blend vegetables Fruit Whole Wheat Bread</p>	<p>23</p> <p>Chicken, Broccoli and Rice Casserole Green Salad Fruit Dinner Roll</p>	<p>24</p> <p>Pulled Pork on Whole Wheat Bun Baked Beans Coleslaw Fruit</p>	<p>25</p> <p>Lasagna Casserole Green Beans Fruit Breadstick Cookie</p>	<p>26</p> <p>Sliced Turkey &amp; Cheese on Bun Vegetable Soup Crackers Fruit</p>
				

\*All meals include milk.



## Wisconsin Teleconference / Webinar Support Groups

For Persons Living with Mild Cognitive Impairment (MCI):

2nd Wednesday, 10:00-11:30 am

General Family Caregivers:

Every other Tuesday, 5:30-7:00 pm

Family Caregivers for a Loved One with Dementia Living at a Facility:

Fridays, 10:00-11:30 am

Male Family Caregivers:

3rd Wednesday, 5:30-6:30 pm

4th Thursday, 1:00-2:30 pm

Family Caregivers for a Loved One with Dementia in the Early Stages:

2nd Tuesday, 9:30-11:00 am

4th Tuesday, 10:00-11:30 am

Spanish Speaking Family Caregivers:

Grupo de Apoyo en Español:

2nd Tuesday, 10:00-11:30 am 2do Martes de cada mes,  
10:00-11:30 a.m., Llame a Virginia Zerpa 414-431-8811

Family Caregivers for a Loved One with Frontotemporal Degeneration (FTD):

3rd Wednesday, 6:00-7:30 pm

**To attend any of our Support Groups please verify your attendance by calling 800.272.3900**

**You will receive connection information after you register**

www.alz.org/wi 24/7 Helpline 800.272.3900  
Hablamos Español, 414.431.8811

## PORTAGE TRIAD GROUP

The Portage Triad group is for senior citizens throughout Columbia County. Our next meeting will not be until April 12th. The mission statement of the group is, "To reduce the criminal victimization of seniors through education, publication, and socialization." The group assists the police department with its annual fall open house, as well as the twice yearly drug take back collection at Walgreens. The group also holds two events during the year, one being a spring training/luncheon and the second is in the fall, for bingo and a light dinner. If you would like more information, please contact Officer Teresa Johnson (608)742-2174 or Teresa.johnson@portagewi.gov. There is also a Facebook page: Portage WI Area Triad. Please consider joining us!

## Donations:

Under the Older Americans Act, all persons who receive services are given an opportunity to contribute to the cost of each particular program, whether it is for Benefit Specialist Services, evidence based classes, Nutrition Program services, Transportation Program services or other aging programs, EVERY contribution helps these programs to continue serving older adults. Thank you for your continued support!

\*Please make checks payable to Columbia County with ADRC in the memo.



## Volunteers Needed!

The Aging and Disability Resource Center of Columbia County (ADRC) is seeking volunteer drivers for our Home-Delivered Meal Program.

The ADRC serves approximately 180 meals each day Monday through Friday. The ADRC has five meal sites located throughout the county in Portage, Pardeeville, Columbus, Lodi, and Poynette. Due to COVID-19, our congregate dining sites are closed at this time, making anyone aged 60 and older eligible for the Home-Delivered Meal Program.

The ADRC offers home-delivered meals to participants for a suggested donation of \$4.50 but does not deny a meal based on someone's inability to pay. Each meal follows the most current Dietary Guidelines for America. We have seen an increase in demand and are asking for assistance from the community to

help serve those in need. If you have an hour or two that you could spare in the early morning/afternoon, please give us a call. We can be reached at (608)742-9233 and ask for Sandy.

Please note we ask that our volunteers fill out a volunteer application and a background check to keep our participants safe. All volunteers receive mileage reimbursement. Thank you for your time and hope to see you soon!



VOLUME 4 ISSUE 1 | 11



**WISCONSIN DELLS**  
HEALTH SERVICES

Schedule a tour today.

- Skilled Nursing Care
- Memory Care
- Physical Therapy
- Occupational Therapy
- Speech Therapy

Call Tracey at 608-254-2574

300 Race St.

Wisconsin Dells, WI 53965

Your choice. Your facility.

[www.wisconsindehllshs.com](http://www.wisconsindehllshs.com)



**Care Wisconsin  
Medicare  
Dual Advantage**



\$0 premium | \$0 deductible

**Medicare Dual Advantage is a 5-Star Rated Medicare Plan.**  
Care Wisconsin offers a plan in your area.

Doctor Visits | Hospital Stays | Prescription Drugs  
+Extra Benefits like Personal Care Items Catalog and  
\$150 for Eyeglasses and Contacts

**Call 1(800)963-0035 or visit [carewisc.org](http://carewisc.org) (TTY WI Relay 711)**

Every year, Medicare evaluates plans based on a 5-star rating system. We comply with applicable federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, or sex. If you need help in another language, please let us know. Call 1(800)963-0035 (TTY WI Relay 711) for more information.

H5209-2019Ad-M Accepted 2/1/2019

The TPRTeam.com



**608-393-9471**

*Helping Buyers Buy  
Helping Sellers Sell  
It's What We Do.*

➤ Reach the Senior Market  
**ADVERTISE HERE**

CONTACT

**Alex Nicholas to place an ad today!**

**[anicholas@lpiseniors.com](mailto:anicholas@lpiseniors.com)**

**or (800) 950-9952 x2538**



For ad info. call 1-800-950-9952 • [www.lpiseniors.com](http://www.lpiseniors.com)

ADRC of Columbia Cty, Portage, WI

C 4C 01-2000

## 2021 Social Security Cost-of-Living Adjustment

*By the GWAAR Legal Services Team*

Social Security and Supplemental Security Income (SSI) benefits will increase 1.3% in 2021 due to the Cost-of-Living Adjustment (COLA). Payments to SSI beneficiaries will begin on December 31, 2020 and Social Security beneficiaries in January 2021. Some people receive both Social Security and SSI benefits.

Also taking effect in January 2021 is the adjustment to the maximum amount of earning subject to the Social Security tax (taxable maximum). Based on the increase in average wages, the taxable maximum will increase to \$142,800 from \$137,700.

Starting in early December, Social Security and SSI beneficiaries are normally notified by mail about their new benefit amount. Most people who receive Social Security payments will also be able to view their COLA notice online through their my Social Security account, which can be accessed or created at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount).

When 2021 Medicare changes are announced, that information will be available at [www.medicare.gov](http://www.medicare.gov). Social Security will not be able to compute the new benefit amount for Social Security beneficiaries receiving Medicare until after the Medicare premium amounts for 2021 are announced. Final benefit amounts for 2021 will be communicated to beneficiaries in December.

Other important Social Security information is as follows:

Tax Rate	2020	2021
Employee	7.65%	7.65%
Self-Employed	15.30%	15.30%

**NOTE:** The 7.65% tax rate is the combined rate for Social Security and Medicare. The Social Security portion (OASDI) is 6.20% on earnings up to the applicable taxable maximum amount (see below). The Medicare portion (HI) is 1.45% on all earnings. Also, as of January 2013, individuals with earned income of more than \$200,000 (\$250,000 for married couples filing jointly) pay an additional 0.9% in Medicare taxes. The tax rates shown above do not include the 0.9%.

\*Continued on page 14.



### PROJECT LIFESAVER PROGRAM

The Columbia County Sheriff's Office is proud to announce the implementation of a program called "Project Lifesaver." The Project Lifesaver Program is a Locator System where your at risk individual (Alzheimer's, Dementia, child with Autism or Down syndrome, etc.) would wear a special tracking bracelet in the event your loved one became missing. The missing person could then be located by a specially trained team with the tracking device system. Currently the cost of the program is being covered by donations that have been received.

#### Project Lifesaver Application Guidelines

Step #1: Fill out application

Step #2: Please make sure name and phone number of person/ caregiver filling out application can be contacted

Step #3: Return completed application to the Columbia County Sheriff's Office at P.O. Box 132, Portage, WI 53901 OR drop the application off at the Columbia County Sheriff's Office at 711 East Cook Street, Portage, WI. for review

Step #4: Columbia County Sheriff's Office Project Lifesaver Administrator / or his designee will be in contact with you for further instruction (within 1 week)

Step #5: If you have any questions regarding the application process, please call the Sheriff's Office at (608) 742-4166 Extension 1308 / Kathy Johnson

Applications can be found at:  
<http://www.co.columbia.wi.us/columbiacounty/sheriff/Programs/PROJECTLIFESAVER/>

### ADRC Grandparents and Relative Caregiver Support Group

The Aging and Disability Resource Center of Columbia County (ADRC) will be offering a **virtual support group on February 24th at 5:00 p.m.** for those who care for children (18 and under) in their extended family. If interested, please call (608) 742-9207 for further details.

Many older adults find themselves acting as the primary care provider for their grandchildren, younger siblings, nieces, nephews, etc. All are welcome to attend.

This group seeks to provide a supportive environment to share concerns, learn coping strategies and learn about resources available to those raising children other than their own.



### FOOT CLINIC

The ADRC Foot Clinic was developed to promote good foot care. You can expect a Licensed Registered Nurse to soak and examine your feet, clean and clip toenails, file calluses and apply lotion to your feet.

#### Rates:

\$42 for initial appointment

\$32 for follow up appointments

\$37 for individuals with special health care conditions such as diabetes, vascular disease or those taking blood thinners

Our ADRC Foot Clinic is held **9am to 3pm on the 1st and 3rd Thursday** of every month at the Aging & Disability Resource Center of Columbia County located at 111 E. Mullett St. in Portage. Appointments are required. Call toll free at (888) 742-9233 to schedule an appointment.

## Social Security (Continued)

	2020	2021
Social Security Disability Thresholds		
Substantial Gainful Activity (SGA)		
Non-Blind	\$1,260/mo.	\$1,310/mo.
Blind	\$2,110/mo.	\$2,190/mo.
Trial Work Period (TWP)	\$ 910/mo.	\$ 940/mo.
Maximum Social Security Benefit: Worker Retiring at Full Retirement Age		
	\$3,011/mo.	\$3,148/mo.
SSI Federal Payment Standard		
Individual	\$ 783/mo.	\$ 794/mo.
Couple	\$1,175/mo.	\$1,191/mo.
SSI Resource Limits		
Individual	\$2,000	\$2,000
Couple	\$3,000	\$3,000
SSI Student Exclusion		
Monthly limit	\$1,900	\$1,930
Annual limit	\$7,670	\$7,770
Estimated Average Monthly Social Security Benefits Payable in January 2021		
	Before 1.3% COLA	After 1.3% COLA
All Retired Workers	\$1,523	\$1,543
Aged Couple, Both Receiving Benefits	\$2,563	\$2,596
Widowed Mother and Two Children	\$2,962	\$3,001
Aged Widow(er) Alone	\$1,434	\$1,453
Disabled Worker, Spouse and One or More Children	\$2,195	\$2,224
All Disabled Workers	\$1,261	\$1,277
	2020	2021
Maximum Taxable Earnings		
Social Security (OASDI only)	\$137,700	\$142,800
Medicare (HI only)	No Limit	
Quarter of Coverage		
	\$1,410	\$1,470
Retirement Earnings Test Exempt Amounts		
Under full retirement age	\$18,240/yr. (\$1,520/mo.)	\$18,960/yr. (\$1,580/mo.)
NOTE: One dollar in benefits will be withheld for every \$2 in earnings above the limit.		
The year an individual reaches full retirement age	\$48,600/yr. (\$4,050/mo.)	\$50,520/yr. (\$4,210/mo.)
NOTE: Applies only to earnings for months prior to attaining full retirement age. One dollar in benefits will be withheld for every \$3 in earnings above the limit.		
Beginning the month an individual attains full retirement age	None	

The Social Security Act provides for how the COLA is calculated. To read more, please visit [www.socialsecurity.gov/cola](https://www.socialsecurity.gov/cola).

### ENSURE

(IMMUNE BALANCE FORMULA)

The Aging & Disability Resource Center has Ensure available. The cost is **\$30 per case of 24 cans**. We also offer a variety of flavors; **strawberry, vanilla, chocolate, and butter pecan**.

Please call ahead to order **Special Ensure for \$35**. Also, we now offer **Ensure Clear in apple and berry flavors for only \$35!** It can be picked up at the Aging and Disability Resource Center 111 E. Mullett St., Portage. Cash or check only please.

**Save on retail value by purchasing your Ensure here! All sales are final.**

### PORTAGE FREE CLINIC

The Portage Free Clinic is located in Wilz Drugstore 140 E. Cook Street, Portage. Hours are Wednesday from 9AM to Noon. Everyone is welcome to use the clinic. The clinic is completely free and offers a variety of services to patients.

Please call (608) 234-0159 for more information.

*\*Please contact them to verify that they are still open before arriving.*

VOLUME 4 ISSUE 1 | 15

SUPPORT THE **ADVERTISERS**  
THAT SUPPORT OUR COMMUNITY

 **Wisconsin River  
Title Consultants**  
Real Estate Title & Closing Services

**608-742-1500**

[www.wisconsinrivertitle.com](http://www.wisconsinrivertitle.com)

 **Welcome  
home**

Affordable & Comfortable 1 Bedroom Apartments Available  
For Adults 62+ For Adults 62+ or with a Disability

**POYNETTE • WISCONSIN DELLS • PORTAGE**  
**608-635-7000 608-524-4900 608-742-2131**



[www.meridiangroupinc.net](http://www.meridiangroupinc.net)



 **Grasse**  
Funeral Service  
A tree grows, a *memory* lives on...

Pardeeville  
**608-429-2020**

Rio

**920-992-3434**

[www.grassefs.com](http://www.grassefs.com)



**"Inclusa's purpose is to make individuals feel that they're not alone, that they have some choice in their care."**

Local long-term care supports and services delivered with a focus on your life, your choice.



[inclusa.org](http://inclusa.org) | 877-376-6113

**TRANSPORTATION REMINDERS**

Please remember the following reminders:

- Dress appropriately for the weather.
- Mobility devices (with the rider in it) are to be less than 30" wide.
- Be ready at your pick-up time.
- Remember to bring your personal items to & from your appointment.
- Madison appointments can start as early as 7 AM, no later than 2 PM. Local appointments can start as early as 6 AM no later than 3 PM.
- Procedures need to be scheduled in the morning.
- Schedule your ride as soon as you make your appointment. When scheduling, ask approximately how long your doctor appointment will last.
- You will receive a confirmation phone call the business day before your appointment.
- You will be charged for cancellations less than 2 hours prior to pick-up.

**HOW DO I SCHEDULE A RIDE?**

Call the ADRC of Columbia County (888) 742-9213, at least 24 hours prior to your appointment or sooner. If you call less than 24 hours before, you may have to reschedule your appointment or find a different ride. Office hours are Monday through Friday, 8:00 a.m. to 4:30 p.m.

When you call, please be ready to provide:

- ◆ Your name, address & phone number
- ◆ The name and address of the medical facility
- ◆ The date and appointment time
- ◆ Approximately how long your appointment will last
- ◆ Any special ride needs, including if you need someone to ride with to assist

**\*\*Please call for our current rates.**

**Transportation:**

We are only providing medical appointment transportation at this time. For your safety and ours: We will not provide transportation to people for COVID-19 testing if they are experiencing any symptoms of COVID-19. We will ask riders medical screening questions and will not provide transportation to riders experiencing any COVID-19 symptoms. We will not provide transportation to riders that are awaiting a COVID-19 test result from a test that was taken due to experiencing symptoms. We will provide transportation to people that are being tested for COVID-19 that are not experiencing symptoms, but required to have the COVID-19 test taken due to a scheduled procedure. Riders are required to wear masks while being transported. All ADRC Drivers will be wearing masks while transporting people. We will continue to take precautions with wiping down our vans, using proper hand washing and wearing PPE.

It is recommended that scheduling your ride be done no later than 24 hours prior to your appointment. It is a First Come-First Serve service. Rates start at a minimum of \$6.00 and \$1.00 per mile. Charges can be paid by check or exact cash amount directly to the ADRC driver. Tipping is not allowed, but donations are always accepted.

It's that time of year again when the weather is extremely cold. If you go outside, make sure areas most affected by frostbite: nose, ears, toes, cheeks, chin and fingers are covered in warm, dry clothing. As a reminder please make sure your drive way and sidewalks are clear so transportation can be safe. And we are closed on Jan 1<sup>st</sup> for New Years. Reminder if any schools are closed due to bad weather we will not be delivering meals in Columbia County.

If the weather would become too cold or dangerous there is always a chance we would have to cancel a ride if it wasn't considered a medical necessity.

I want to thank you all for your patience and understanding during this time.

I want to give a big Thank You to all the drivers that have been helping us serve everyone in the Columbia County during the changes with COVID-19.



## PREVENTION PROGRAMS

### Are you caring for a relative child? Know someone who is? Did you know you may be eligible for financial assistance through your county's Kinship Care program?

Kinship Care is a program designed to help financially support a child who resides outside of his or her own home with a relative, such as an adult brother or sister, a first cousin, a niece or nephew, an aunt or uncle, or a grandparent, among others. Kinship Care supports the concept of children residing with a relative to alleviate family stress or temporary familial problems, rather than being placed in a foster home or other type of out-of-home placement.

#### **The three basic eligibility requirements for Kinship Care are:**

- ✦ the basic needs of the child can be better met with the relative than with the parent;
- ✦ the placement is in the best interests of the child; and

the child currently or would potentially meet the requirements for court jurisdiction as being in need of protection or services if the child were to remain with his or her parent(s).

#### **Other Program Requirements:**

- ✦ a criminal background check on the relative caretaker;
- ✦ cooperation with the agency by the relative caretaker;
- ✦ the relative caretaker must apply for other public assistance or benefits for which the child might be eligible; and,
- ✦ the relative caretaker must cooperate with referral of the parents to child support, unless the relative caretaker requests and is granted a good cause exemption from cooperating with the referral to child support.

Kinship living arrangements must be reviewed no less frequently than every 12 months to determine if the eligibility requirements continue to be met.

### **Turn A Life Around. Become A Foster Parent.**

Columbia County Health and Human Services is actively seeking foster parents interested in providing a structured, stable, and loving home for children of all ages both long and short-term. Columbia County adolescents (ages 10-18 years) are in the greatest need of individuals/families to care for them.

Training is provided for families committed to becoming licensed as a foster home. Foster parents are compensated through a monthly payment that is based on the needs of each particular child. You CAN make a difference with in the life of a child!! Please contact **Andrea Drew at (608) 742-9730** for more information and to apply.

### **Medical Equipment Loan Closet**

The **Columbus Area Senior Center, 125 N Dickason Blvd., Columbus** provides durable medical equipment at no cost to older adults in the area who are recovering from illness, accident or otherwise. The equipment is loaned for short-term use. We have canes, crutches, 2 and 4 wheeled walkers, wheelchairs, bath benches, toilet seat extenders, and more. Please have items fitted by your therapist or doctor as we do not fit them for you. *Items are available for loan during normal business hours. Monday-Friday 9am-2pm.*

### **Fidget Blankets**



Fidget blankets can provide not only warmth but hours of stimulation. They can also calm and reduce anxiety. Thanks to a generous donation from the Holy Stitches group in Waupun, we offer these at no cost to caregivers and their care recipients. If you are interested, please call us! **(608) 742-9233.**

### Skip the Resolutions and Set New Year's Goals

Most New Year's resolutions are discarded pretty quickly. Studies have shown that less than 25% of people remain committed after 30 days. Yet there is value in setting goals to make things work more smoothly and to be sure you are living in a way that is true to yourself rather than always fulfilling the needs and expectations of others.

Before setting New Year's goals this year, I encourage caregivers (myself included) to begin by taking some time to think about this quote from author K. L. Toth, *"One of the greatest tragedies in life is to lose your own sense of self and accept the version of you that is expected by everyone else."* Caregiving is a role often defined by the expectations of other people – the person you're caring for; other family members and friends; and medical, legal, and human services professionals. Take a little time to focus on your needs and what you might like to bring into your life as you look ahead to a new year. Think about how you can practice self-kindness, open yourself to new solutions as the caregiving landscape changes for you, and reach out for help when you need it.

A list of goals might include:

#### Committing to something enjoyable

This could be anything from scheduling a daily walk or setting aside time to read a good book to taking on a fun project like learning to knit, recreating a dish from your favorite cooking show, playing an instrument, or learning to paint. You could even take this a step further by finding an online book club or class for cooking, painting, yoga or other activity. Commit to one thing and schedule it. Carving out time that feels good and reflects your authentic self is critical to your health and well-being.

#### Delegating and asking for help

Delegating and asking for help ensures that you can keep your commitment to doing something for yourself. Can someone call and visit with your care partner while you attend your class, group, or practice? Is there a family member, friend, or neighbor who wouldn't mind regularly taking over a chore that would free up some time for you? If there isn't anyone who comes to mind, brainstorm with professionals at local resources to see what's available. Contact the Aging & Disability Resource Center of Columbia County at 608-742-9233 for programs and referrals.

#### Planning for your Care Partner's future

There may come a day when you are no longer able to provide care due to your own limitations or because your care

partner's needs are too advanced to handle. Research available options knowing that doing so can save time and stress in the future and can bring peace of mind now. And, difficult as it may be, determine who would provide care if anything interfered with your ability to do so. Designate that person as the alternate to care for your loved one in your will. Contact the Aging & Disability Resource Center of Columbia County at 608-742-9233 for assistance and referrals.

—Jane De Broux, Caregiver Program Coordinator  
Area Agency on Aging of Dane County

---

### Understanding behavior changes and dementia

Dementia has an impact on many aspects of a person's daily living. One area where you may see signs is changes in their behavior. Behavior changes are a symptom of dementia and are caused because the person is not able to respond in the usual way due to cognitive changes in the brain. By understanding the common symptoms of Dementia diseases and what other factors influence problem behaviors, you can better understand why your loved one might be acting in an unusual or frustrating way.

People with dementia are doing the best they can and they often don't have the ability or insight to understand that a behavior is disruptive and needs to change. In fact, their reaction might make perfect sense to them in the way their brain is currently interpreting and understanding the world.

Family and caregivers can have a positive impact on the care of their loved one through education. Janet will share reasons why behavior changes occur and give problem-solving tips to help prevent and cope with them.

Join Outreach Specialist Janet Wiegel, Alzheimer's & Dementia Alliance of Wisconsin, on Tuesday, January 26th for *Understanding & responding to behavior changes* from 5:30 – 7:00 p.m. on Zoom. To Register, go to : <https://us02web.zoom.us/join/register/tZAocuyqrDlrH9ldOFkcZP8BFpmMJNarzi2O>

For more information or if you have specific questions, contact Janet at 608.742.9055 or [janet.wiegel@alzisc.org](mailto:janet.wiegel@alzisc.org). Additional family education programs and resources available at [www.alzisc.org](http://www.alzisc.org).



As your loved one's needs  
change, so will yours.

Let Trualta help you on your caregiving journey.

Contact the ADRC  
today to sign-up for  
this FREE caregiver  
educational  
opportunity!

608-742-9233



Register Now!

VOLUME 4 ISSUE 1 | 19



Care Wisconsin and My Choice Family Care are now My Choice Wisconsin.

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

**FAMILY CARE PARTNERSHIP**  
FAMILY CARE | MEDICAID SSI  
MEDICARE DUAL ADVANTAGE

**1-800-963-0035**  
**mychoicewi.org/LP**

➤ Reach the Senior Market  
**ADVERTISE HERE**

CONTACT

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

**FENSKE AND ASSOCIATES, L.L.C.**



www.fenske007.com

**Certified Public Accountants**

Full-Service Tax, Accounting & Consulting  
Payroll Preparation  
Computerized Bookkeeping  
Tax Preparation (All Entities)  
Tax Services & Planning

**2622 New Pinery Rd, Portage: 608.742.0980**  
**216 South Main St, Westfield: 608.296.2885**



**SETTLERS' TRAIL**

**600 Clark Street, Lodi, WI**

**A 55+ Independent Living Community**

*1 and 2 bedroom apartments Senior living at it's finest!*  
Please Call for information or to schedule a tour of our community!

**608-592-1361 | www.divinesettlerstrail.com**



### **Support Groups**

**\*Due to COVID-19, please call your support groups to see if they are still being offered virtually, etc.**

#### *Brain Injury & Stroke Support Group*

Date/Time: Every 3rd Tuesday of the month  
Place: La Vita Wellness Center , Suite 4  
Contact: Please call 745-6290 for more info.

#### *Cancer Support Group*

Date/Time: 3rd Monday of the month, 7:00 p.m.  
Place: United Methodist Church, Portage  
Contact: 742-2281

#### *Cancer Support Group*

Date/Time: 2nd Thursday of the month, 6pm-7pm  
Place: Columbus Public Library  
Contact: Cathy Bolan 920-623-6434

#### *Caregivers Support Group*

Date/Time: 1st Monday of the month, 1:00 p.m.  
Place: ADRC, 111 E. Mullett St., Portage  
Contact: Janet Wiegel at 608-742-9055

#### *Columbus Alzheimer's Support Group*

Date/Time: 2nd Thursday of the month, 10-11:30 AM  
Place: Prairie Ridge Health  
Contact: Janet Wiegel at 608-742-9055

#### *Columbus Diabetes Support Group*

Date/Time: Meets once/month for one hour  
Place: Prairie Ridge Health  
Contact: Renee Davis, RD, CDE at 920-623-1244

#### *Diabetes Support Group*

Date/Time: 3rd Wednesday of the month, 1:30 p.m.  
Place: Divine Savior Healthcare  
Contact: 608-745-6289

#### *Grief Support Group*

Date/Time: Divine Savior Healthcare-Chapel  
Contact: Spiritual Care at 608-745-5121 for days/  
times

#### *Living with Cancer Support Group*

Date/Time: 3rd Monday of the month, 7:00 p.m.  
Place: United Methodist Church, Portage  
Contact: 608-742-2281

#### *Hope House Support Group*

For past & present survivors of domestic violence and sexual assault.  
Contact: 608-745-4722 or 1-800-584-6790

#### *Memory Café*

Date/Time: 4th Wednesday of the month, 1-3 pm  
Place: Portage Public Library  
Contact: Janet Wiegel 608-742-9055

#### *Vietnam Vet Support Group*

Date/Time: 3rd Wed. of the month, 11:30-1 p.m.  
Place: Columbia County Courthouse, Portage  
Meeting Room 1 (Lunch provided)  
Contact: Jennifer Gruba (608) 264-5342

### **Local Events**

#### *Free Blood Pressure Screening*

Every Wednesday  
Time: 1:00-5:00 pm  
Place: Divine Savior Hospital, Suite 100  
No appointment necessary







## Adult Protective Services

Are you or a loved one a victim of physical, emotional, financial or sexual abuse?

A victim of neglect or self-neglect?

Please call the Aging and Disability Resource Center at

**(608) 742-9233 or 1-888-742-9233** for help!

### **FTC Announces New Fraud Reporting Platform for Consumers: ReportFraud.ftc.gov**

**New reporting system will provide streamlined experience and advice for consumers filing complaints with the FTC**

The Federal Trade Commission has launched a new website, ReportFraud.ftc.gov, where consumers can easily report fraud and all other consumer issues directly to the FTC.

At ReportFraud.ftc.gov, consumers will find a streamlined and user-friendly way to submit reports to the FTC about scams, frauds, and bad business practices. The FTC has long encouraged consumers to report these issues to the FTC when they encounter them—whether or not they lost money to the fraud.



"Every time you report scams or bad business practices to the FTC, you're helping to protect your community," said Andrew Smith, Director of the FTC's Bureau of Consumer Protection. "With ReportFraud.ftc.gov, it's quicker and easier than ever to share your story, and each report helps the FTC, and other federal, state, and local law enforcement agencies, fight fraud." One new feature of the site is that consumers who file a report will receive next steps from the FTC with advice on what to do based on their particular report. The FTC has more information available for consumers, including a new video explaining how the site works.

The site takes the place of the FTC Complaint Assistant, and consumers visiting that site will be redirected to ReportFraud.ftc.gov to share their information. The site is also in Spanish at ReporteFraude.ftc.gov.

The Federal Trade Commission works to promote competition, and [protect and educate consumers](#). You can [learn more about consumer topics](#) and file a [fraud report online](#) or by calling 1-877-FTC-HELP (382-4357). Like the FTC on [Facebook](#), follow us on [Twitter](#), read our [blogs](#), and [subscribe to press releases](#) for the latest FTC news and resources.

**Contact For Consumers:** [Consumer Response Center](#) 877-382-4357

## Medicare Preventative Services

### Are You Up-To-Date on Your Preventative Services?

Medicare covers a full range of preventative services to help keep you healthy and help find problems early, when treatment is most effective. Ask your doctor which of these services is right for you.

- ☐ One time "Welcome to Medicare" Preventative Visit-within the first 12 months you have Medicare Part B (Medical Insurance)
- ☐ Yearly "Wellness" Visit-get this visit 12 months after your "Welcome to Medicare" preventative visit or 12 months after your Part B effective date
- ☐ Abdominal Aortic Aneurysm Screening
- ☐ Alcohol Misuse Screening and Counseling
- ☐ Bone Mass Measurement (Bone Density Test)
- ☐ Cardiovascular Disease (Behavioral Therapy)
- ☐ Cardiovascular Screenings (cholesterol, lipids, triglycerides)
- ☐ Colorectal Cancer Screenings
- ☐ Depression Screening
- ☐ Diabetes Screening
- ☐ Diabetes Self-Management Training
- ☐ Flu Shot
- ☐ Glaucoma Test
- ☐ Hepatitis B Screening
- ☐ Hepatitis C Screening
- ☐ HIV Screening
- ☐ Lung Cancer Screening
- ☐ Mammogram (screening for breast cancer)
- ☐ Medical Nutrition Therapy Services
- ☐ Medicare Diabetes Prevention Program
- ☐ Obesity Screening and Counseling
- ☐ Pap Test and Pelvic Exam (includes a breast exam)
- ☐ Pneumococcal Shots
- ☐ Prostate Cancer Screening
- ☐ Sexually Transmitted Infection Screening and Counseling
- ☐ Counseling to Prevent Tobacco Use and Tobacco-Caused Disease

Your "Guide to Medicare Preventative Services" has more information about these and other preventative services, including costs and conditions that may apply. Visit [Medicare.gov/publications](https://www.medicare.gov/publications).



Photo courtesy of Wisconsin Dells Events

### Riverwood Eagles Nest has Opened Its Doors to Welcome Seniors

Providing residents supportive lifestyle options with the ability to continue to live as part of the greater Dells/Delton community, the long-awaited senior living campus, Riverwood Eagle's Nest, opened its doors on December 7th. The recently built state-of-the-art facility, with its lodge-inspired and resort-style structure, enables residents to live an active lifestyle.

Designed with leading-edge features like restaurant-like dining, a spa, age appropriate recreation and plenty of access to smart technology. As part of its promise of an independent living environment, Riverwood makes available a shared country kitchen and multiple dining spaces, interior atriums, an extensive exterior and safe Memory Care patio, garden and walking paths with many more amenities that keep their residents engaged.

The Pines Apartments, are set up for an assisted living lifestyle. Each of the 30 units available have a modern designed interior with convenient access to amenities, including full kitchens, 10 foot ceilings, a laundry, in-floor heating, patios, and many more features. The Porches, the other 22 units, are state-of-the-art Memory Care Suites that cater to the unique needs of residents with Alzheimer's and Dementia of any age. Residents receive 24-hour personal care; utilize emergency response systems, and health management oversight by a licensed nurse and program administrator. The staff works closely to create a happy and meaningful life for each individual.

Columbia County is excited to have worked with Riverwood during their construction and look forward to their promised collaboration of support to our local community. For more information visit Riverwood's website at: <https://www.riverwoodseniorliving.com/> or call (608) 684-0123.

### St. Vincent de Paul Loan Closet

A loan closet is available at St. Vincent de Paul, Portage with many useful items for the disabled and elderly. Including: Walkers, crutches, raised toilet seats, bath tub chairs and more.

Items are loaned out as long as needed. Donations are appreciated but are not required.

Please stop in and see us at 1311 W. Wisconsin St., Portage or call 608-742-5513.

\*All equipment, clothing items, etc. stay local to the area served.

### FOODSHARE

#### Did you know...

- Even the minimum benefit would give you \$192 per year!
- 2/3 of eligible seniors are NOT claiming their benefits!
- Eligibility is strictly based on income and certain expenses, so you can own a home and car.
- Most people only receiving Social Security and even a small pension are eligible!
- Claiming FoodShare helps your community. The USDA estimates that for every \$5 spent in FoodShare benefits, about \$9 circulates through local businesses and to our farmers
- Getting benefits does NOT take away from others. EVERYONE that is eligible and applies will get benefits.

#### Columbia County Mobile Food Pantry

Portage: Veterans Memorial Field (Fairgrounds), Intersection of Griffith St. and Superior St., 2nd Monday, 11 a.m. For more information on eligibility, call 1-877-366-3635.

VOLUME 4 ISSUE 1 | 23

## ADVERTISE YOUR BUSINESS HERE

*Your Community is Looking!*

Call LPi today for advertising info (800) 950-9952

### ADT-Monitored Home Security

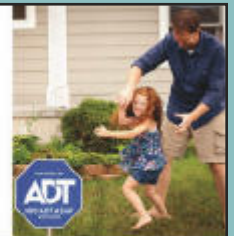
Get 24-Hour Protection  
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide

ADT Authorized  
Provider

SafeStreets

1-855-225-4251



### 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

**FREE  
AD DESIGN  
WITH PURCHASE  
OF THIS SPACE.**  
- 800-950-9952 -



### Tips to Help with Seasonal Affective Disorder (SAD)

*By the GWAAR Legal Services Team*

If you start feeling down during this time of year, you are not alone. Also known as the “winter blues,” Seasonal Affective Disorder or SAD affects millions of people during the winter months in the northern hemisphere. This year may be especially difficult for people with SAD when added to the social isolation of COVID-19.

According to the National Institute of Mental Health (NIMH), Seasonal Affective Disorder (SAD) is not considered as a separate disorder but is a type of depression that has a recurring seasonal pattern.

Seasonal Affective Disorder includes all the symptoms of major depression such as:

- Feeling depressed for prolonged periods
- Feeling hopeless or worthless
- Having low energy
- Losing interest in activities you once enjoyed
- Having problems with sleep
- Experiencing changes in your appetite or weight
- Feeling sluggish or agitated
- Having difficulty concentrating
- Having frequent thoughts of death or suicide

Additionally, symptoms of SAD that recurs in wintertime includes:

- Having low energy
- Hypersomnia
- Overeating
- Weight gain
- Craving for carbohydrates
- Social withdrawal (feel like “hibernating”)

So, if you’re feeling this way around this time every year and it’s especially difficult this year, what can you do feel better? First, talk to your doctor. According to NIMH, there are four major types of treatment for SAD that may be used alone or in combination with each other that your doctor may recommend: medication, light therapy, psychotherapy, and vitamin D.

#### Medication

Selective Serotonin Reuptake Inhibitors (SSRIs) are used to treat SAD. The FDA has also approved the use of bupropion, another type of antidepressant, for treating SAD. As with other medications, there are side effects to SSRIs. These

medications can only be prescribed by a doctor so you will want to discuss risks and benefits of different medications with your doctor.

#### Light Therapy

Your doctor may also recommend light therapy. Light therapy has been a mainstay of treatment for SAD since the 1980s. The idea behind light therapy is to replace the diminished sunshine of the fall and winter months using daily exposure to bright, artificial light. Symptoms of SAD may be relieved by sitting in front of a light box first thing in the morning, on a daily basis, from the early fall until spring. Most typically, light boxes filter out the ultraviolet rays and require 20-60 minutes of exposure to 10,000 lux of cool-white fluorescent light, an amount that is about 20 times greater than ordinary indoor lighting. These therapy lights, sometimes called “happy lights” or “happy lamps” can be purchased at many retailers. For more information and help selecting the light therapy box visit: [Seasonal affective disorder treatment: Choosing a light therapy box.](#)

#### Psychotherapy

Your doctor may also recommend psychotherapy to help with SAD. According to NIMH, cognitive behavioral therapy (CBT) is type of psychotherapy that is effective for SAD. Traditional cognitive behavioral therapy has been adapted for use with SAD (CBT-SAD). CBT-SAD relies on basic techniques of CBT such as identifying negative thoughts and replacing them with more positive thoughts along with a technique called behavioral activation. Behavioral activation seeks to help the person identify activities that are engaging and pleasurable, whether indoors or outdoors, to improve coping with winter.

#### Vitamin D

Finally, your doctor may recommend taking a vitamin D supplement. According to NIMH, at present, vitamin D supplementation by itself is not regarded as an effective SAD treatment. The reason behind its use is that low blood levels of vitamin D were found in people with SAD. The low levels are usually due to insufficient dietary intake or insufficient exposure to sunshine. However, the evidence for its use has been mixed. While some studies suggest vitamin D supplementation may be as effective as light therapy, others found vitamin D had no effect. For more information visit: <https://www.nimh.nih.gov/health/topics/seasonal-affective-disorder/index.shtml>



### **Resilience: A Helpful Tool for Caregivers**

When life takes a turn you weren't expecting and you find yourself in a place you'd rather not be, do you fall apart or face the situation with confidence and strength? There's nothing like a global pandemic to test your ability to cope. Add to that the regular challenges of being a caregiver and the stress that comes with the holidays and even the strongest person may falter. While your first reaction to these challenges might be fear and anxiety, adopting principals of resilience can help you respond more positively during hard times.

Resilience is the ability to cope when things go wrong. Some people are better at this than others, but all of us can learn to become more resilient by adopting these principles:

1.) Solve the right problems. Instead of mulling over things you are powerless to change, focus on what you can do. You can't make COVID-19 go away or somehow undo the fall your mother took. But you can find ways to add meaning to each day and add safety measures to prevent falls in the future.

2.) Find meaningful activities. As a caregiver, it is easy to lose your own individuality in the hubbub of what needs to get done, especially with the added challenges of the pandemic. However, it is vital to carve out time to do something you love; something that gives you energy and recharges your battery.

3.) Get connected. It is vital to stay connected to others and reach out for help when needed. Asking for help is not a sign of weakness but a sign of wisdom and strength. Even with COVID restrictions in place, a friend can drop off a meal or visit with you and your loved one by phone. Participating in a virtual support group or event can also connect you with others who are in a similar situation which can help you feel more positive about your situation.

4.) Remain hopeful. You can't change what has happened, but you can look positively toward the future. Set goals to focus on – both long term and everyday goals. Find a success in each day to keep you feeling optimistic and capable. Actively foster positive thoughts.

5.) Learn from experience. Reflect on how you faced hardships in the past and build on those strategies that were successful. When you do make a mistake – like losing your temper – don't dwell on it. Figure out what led to the blunder – like a lack of sleep – and fix it. Find practical and correctable reasons for mistakes rather than focus the blame inward to yourself as a "bad" person.

6.) Believe in your ability to cope. It is easy to get overwhelmed with the responsibility of caregiving added to the challenges facing the world right now. Feelings of fear and anxiety are normal and okay; validate them. Then move forward and be aware of the personal strengths and resources you have.

7.) Take pride in your accomplishments. When you find success, whether big or small, give yourself credit. Acknowledging that an achievement was the result of your hard work and effort rather than just good luck helps you feel capable to deal with the hardships and setbacks that come your way.

Caregiving can be full of challenges and difficulties, especially with all the added stressors right now. Becoming a resilient caregiver will help you adapt to these tough times and become a stronger and more confident person in all you do.

If you have questions about your caregiving experience, please call the Aging & Disability Resource Center of Columbia County at 608-742-9233.

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

---

### **Places to Notify After the Death of a Loved One**

Nothing has to be done immediately after a person's death. Take the time you need. Remember that everyone grieves differently and there is no right way to grieve. In the following weeks, you may want to notify a few places about your loved one's death. These may include:

- **The Social Security Administration.** If the deceased was receiving Social Security benefits, you need to stop the checks.
- **Life insurance companies.** You will need a death certificate and policy numbers to make claims on any policies.
- **Credit agencies.** To prevent identity theft, you will want to send copies of the death certificate to the three major firms: Equifax, Experian, and TransUnion.
- **Banks and financial institutions.** If your loved one left a list of accounts and passwords, it will be much easier to close or change accounts. You will need a copy of the death certificate if the person did not leave a list.

## Curious who is a part of the Aging & Disability Resource Center of Columbia County? Please see below!

### Aging & Disability Resource Center of Columbia County Employees

**Director** – Becky Mulhern

**Assistant Director** – Ashley Jahn

**Information & Assistance Specialists** –

Julie Duerst, David Davies, Jade Ripp, Brianne Williams

**Disability Benefit Specialist** – Brenda WelshMcLean

**Elder Benefit Specialist** – Serena Robson

**Adult Protective Services** – Sue Weaver,  
Marcie DeSomer

**Health Promotions Coordinator** – Shari Genrick

**Dietician Technician Registered** – Melissa Smith

**ADRC Receptionist** – Sandy Kinder

**Transportation Coordinator** – Trina Gaunt

**Part Time Transportation Coordinator** – Jill Weyh

**Marketing & Outreach Coordinator** – Deidre Gavinski

**Meal Site Managers** – Joelle Arentson, Robin Babcock,  
Diane Curtis, Beth Heiniger, Sharon Lombardi,  
Penney Melvin

**Drivers** - Todd Anderson, Rick Barreau,  
Richard Bonneville, David Davis, Mary Dresen,  
Sean Emberson, Rick Ferguson, Michael Horkan,  
Barbara Lang, Bill Lubing, Tom Lynch, Bob Miller,  
Phillip Rygielwicz, Sheila Skowronek, Jerry Thompson,  
Bill Tierney, Jerry Traut, Lenny Vander Werff,  
Ed Zydowsky

### Aging & Disability Resource Center of Columbia County Board Members

**Chair** – County Board Supervisor Tom Borgkvist

**Vice Chair** – County Board Supervisor Eric Shimpach

**Secretary** – Marilyn George Burton

**ADRC Members** – Becky Mulhern, Ashley Jahn

**Citizen Members** – Sharon Peterson, Sarah Lochner,  
Darlene Anderson Prest, Shelby Carter, Jolene Wheeler,  
Allan Baumgartner, Danny Beard, Karen Schluter

**\*\*Next Board Meeting is January 21<sup>st</sup> at 9:00 am in Meeting Rooms 2 & 3 of the ADRC\*\***

### The Ride Improvement Project Council (TRIP) Members

**Chair** – County Board Supervisor Denise Brusveen

**ADRC Members** – Becky Mulhern, Trina Gaunt

**Citizen Members** – Donna Hill, Patrick Barker,  
Ben Hinkel, Sarah Lochner, Phil Brooks, Rick Barreau,  
Jerry Thompson, **VACANT POSITION**

**\*\*Next Council Meeting is January 19<sup>th</sup> at 2:00 pm in Meeting Rooms 2 & 3 of the ADRC\*\***

### Nutrition Advisory Council

**ADRC Members** – Becky Mulhern, Ashley Jahn,  
Shari Genrick, Melissa Smith

**Citizen Members** – Lois Williams, Cecelia Schimmel,  
Shelby Carter, Caitlin Richardson, Sharon Peterson,  
Marilyn George Burton, **VACANT POSITION**

**\*\*Next Council Meeting is February 9<sup>th</sup> at 1:30 pm in Meeting Room 1 of the ADRC\*\***

### Volunteers

We have over 125 dedicated Volunteers in the ADRC who allow us to continue to help others in the community! Aren't we lucky we have too many to mention by name?



## Donation Designation Form

I would like to help the Aging & Disability Resource Center of Columbia County continue its effective community service to older adults and individuals with disabilities and their families.

Please designate this donation:

In Memory/Honor of \_\_\_\_\_

Please send receipt to: \_\_\_\_\_

Address \_\_\_\_\_

To the following program(s):

- ☐ Grapevine Newsletter
- ☐ Home-Delivered Meals
- ☐ Congregate Nutrition
- ☐ ADRC Transportation
- ☐ Elder Benefit Specialist
- ☐ Resource Directory
- ☐ Elder Abuse Awareness
- ☐ Volunteer Appreciation
- ☐ Other

If other please specify \_\_\_\_\_

It is ok to acknowledge my donation in the Newsletter

☐ Yes

☐ No

Please make checks payable to:

Columbia County, P.O. Box 136, Portage, WI 53901

*Your gift is deductible to the extent provided by the law.*  
Please cut out and mail this form with your donation.

Under the Older Americans Act, all persons who receive services are given an opportunity to contribute to the cost of each particular program, whether it is for Benefit Specialist services, evidence based classes, Nutrition Program services, Transportation Program services, or other aging programs, EVERY contribution helps these programs to continue serving older adults.

## **Please help us to update our Grapevine Newsletter mailing list!**

Check one of the following boxes:

- ☐ Yes, I would like to continue to receive the Grapevine.
- ☐ No, please **remove** me from the Grapevine mailing list.

My name and address is:

\_\_\_\_\_  
\_\_\_\_\_

### **Updating an existing address:**

Name: \_\_\_\_\_

Old Address (if you moved):

\_\_\_\_\_  
\_\_\_\_\_

New Address: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

If you enjoy the Grapevine Newsletter and would like to contribute, please consider making a \$5.00 per year donation.

Please return this questionnaire to the ADRC at:

ADRC of Columbia County  
Attn: Grapevine Newsletter  
P.O. Box 136, Portage, WI 53901

**COLUMBIA COUNTY**

Aging & Disability Resource Center

P.O. BOX 136

PORTAGE, WI 53901

NON-PROFIT  
ORGANIZATION

U.S. POSTAGE

PAID

PERMIT NO. 270

PORTAGE, WI

# Grapevine

## GOT MAIL?

When mailing  
items to the Aging  
& Disability Resource Center,  
please use the following address:



P.O. Box 136  
Portage, WI 53901

Physical Address:  
111 E. Mullett Street  
Portage, WI 53901

## VOLUNTEER THANK YOUS

We truly appreciate all of the volunteers who help make the Grapevine possible! We couldn't do it without you!



The Aging & Disability Resource Center of Columbia County, Wisconsin is not responsible for the accuracy or content of any advertisement and will not be liable for any related loss or damages. Purchasers should proceed with caution and use their own best judgement in deciding whether or not to purchase any product or service described in an advertisement.