



Grapevine Newsletter

AGING & DISABILITY RESOURCE CENTER OF COLUMBIA COUNTY

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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.



Photo credit: Sandy Kinder

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

MAY/JUNE 2021
 Volume 4, Issue 3

I'd like to take this opportunity to introduce myself as the new Director for the ADRC of Columbia County, and share how excited and honored I am to be able to serve our community in this way. I am a lifelong resident of Columbia County, as are my parents and as were their parents! My husband is a local educator and together we have three wonderful kids and 2 active dogs! Not only have I lived here my entire life, but I have also spent my entire professional career serving here. It didn't take long for me to realize what I wanted most was to give back to this community and to work in a way that directly impacts and improves the lives of our older residents and those with different abilities.

With that said, this issue of the Grapevine brings the ADRC to our planning stages for the 2022-2024 Columbia County Aging Plan. This plan should be based on YOU, your ideas, suggestions, and feedback regarding the needs of older adults in our county. You'll find a survey on **page 25** for you to mail back; we hope you'll take a moment to give us your ideas. We encourage your input in whatever way is easiest for you—an email or phone call is always just as welcome!

I look forward to hearing from you, and as we continue to vaccinate more and more of our community and see our community's health improving, getting out and meeting more of you!

Sue Lynch, ADRC Director

Email: sue.lynch@co.columbia.wi.us;

Phone: 608-742-9706

Senior Farmer's Market Vouchers-Columbia Co.

The Senior Farmer's Market Nutrition Program (SFMNP) provides vouchers to use at area farmers' markets and participating roadside stands to purchase vegetables, fruits, and herbs.

Participants must be 60 years of age or older, (or a Native American 55 or older) and reside in Columbia County. Household income must be at or below 185% of federal poverty level.

Family Size	Monthly household income
1	\$1,986
2	\$2,686

Each household will receive \$25 in vouchers to use at farmers' markets to purchase locally-grown produce.

****Only residents living in Columbia County will be issued vouchers, if you do not live in Columbia County, contact your local ADRC to find out if SFMNP vouchers are available****

Vouchers will be distributed on a "first-come, first-served" basis. There will be vouchers reserved for each site listed below. If more people show up than we have allocated vouchers, we will create a waiting list in case there are more vouchers available later. If you are not able to attend one of the pick-ups, someone may pick-up the vouchers for you, that person will need your **complete address, phone number and date of birth accompanied by a signed note.**

Distribution dates are as follows:

June 7th, 1-2:30 p.m. Portage ADRC, 111 E. Mullett St.

Parking Lot

June 8th, 1-2:30 p.m. Columbus Senior Center, 125 Dickason Blvd.

June 14th 1-2:30 p.m. WI Dells/Kilbourn Library, Community Room, 620 Elm Street

June 15th, 1-2:30 p.m. Poynette City Hall Parking Lot, 106 South Main Street

No vouchers will be given out at ADRC office until after the pick-up days listed above. If you have questions or wish to be put on a waiting list in the event there are vouchers left over after all pick-up dates, please call **608-742-9233.**

The weather in Wisconsin has gotten BEAUTIFUL! I hope that you have been able to enjoy some of the sunshine and warmer temperatures that we have been having.

We are not hosting an Elder Abuse Awareness Day Event this year, but hope to have an in-person event in June of next year. If you are a victim of elder abuse or if you know someone who is a victim of elder abuse please call the ADRC at (608) 742-9233 to speak with someone.

We want to hear from you. Please call or write a response to any of the questions listed below so that we can better serve the residents of Columbia County. I can be reached at (608) 742-9246 or Sue Lynch, ADRC Director, can be reached at (608) 742-9706. If you would like to mail your response they can be sent to ADRC, P.O. Box 136, Portage, WI 53901 or email adrc@co.columbia.wi.us We would really appreciate hearing from you. Thank you for reading!

- Consider the impact on your life if you were to lose your ability to function day-to-day. For example, how would you interact with- family, friends, community? How would you get around? Who would you rely on for assistance, and would they always be available? How would your mental health change? Would your cognitive abilities diminish along with your physical ones?
- What keeps you from contacting the ADRC/Office on Aging?
- What areas would you like to learn more about? (use of technology, understanding government/policies, nutrition,

dementia capable communities, healthy aging...)

- What do you see as some of the biggest challenges to remaining in your home as you age?
- What do you think you will need in the next 3, 5, or even 10 years to help you remain as independent as possible?
- What does healthy aging mean to you?
- What would you like your ADRC to do to promote healthy aging in our communities?
- As a caregiver for a spouse, family member or friend, what resources are most important for the county to provide?
- What are some services or ideas you feel might make your community easier or more enjoyable for you to live in?
- What are the three most important issues facing older adults today?
- What are the top three concerns you have at this time?
- How would you answer these questions as it relates to your family, friends/neighbors or others you know?
- Tell us something you love about the community in which you live and/or what activities in the community are making a positive difference for adults?
- What do you think are the main problems, and challenges adults midlife and beyond in our community are facing?



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Spring has Sprung!

Spring brings beautiful blooms and Mental Health Awareness Month. Medicare and Medicaid cover treatment for mental health and addiction illnesses. If you have questions about where you can receive treatment call us at (608) 742-9210.

This will be my last Grapevine Article as the Elder Benefit Specialist. I will be transitioning to a new role at the ADRC as an Information and Assistance Specialist. I want to thank you all for the chance to serve you as the Elder Benefit Specialist. This program will always hold a special place in my heart, and I look forward to continuing to serve you all in my new role.

Sincerely,

Serena Robson

National Healthcare Decisions Day

April 2021 celebrated the 13th year of National Healthcare Decisions Day. All adults 18 and older are encouraged to reach out to their primary care provider to talk about advance care planning, that is, planning for your future healthcare needs. These are important conversations between you and your health provider. Most hospitals, and many clinics, have staff available to guide you through all parts of this process.

You can call your provider directly, or reach out locally to Prairie Ridge Hospital at 920-623-2200 or Aspirus Divine Savior at 608-742-4131 to request information or an appointment.



Is Falling a Concern? We Can Help.

Stepping On is a falls prevention program that meets 2 hours a week for 7 weeks. It is for seniors age 60+ that have fallen, have a fear of falling or want to avoid falling.

This program is the work of Dr. Lindy Clemson of Sydney, Australia, whose research has found that participants in this falls prevention program have a 31% reduce rate of falls.

It offers:

- A pharmacist, physical therapist, community safety and
- Vision expert
- Mutual support
- Simple strength and balance exercises
- Information about the many aspects of falls prevention
- Strategies you need to prevent falls

**Riverwood Eagle's Nest
115 Bowman Rd
Wisconsin Dells WI 53965**

Classes held every Tuesday, from 1:00 pm to 3:00 pm,
(except July 6, 2021)
Starting June 8 through July 27, 2021

For question or to check class openings, call Shari
at (608) 742-9219 the Aging & Disability Resource Center of
Columbia County

\$10.00 suggested donation (not required) includes all learning materials, scholarships are available.

Enrollment is limited. To register, if making a donation the checks must be made payable to Columbia County and mailed with registration form or bring to the first day of class.

Understanding the Nutrition Facts Panel: Sodium & Total Carbohydrates

Extension Columbia County FoodWise

Next up on the Understanding the Nutrition Facts Panel series are Sodium and Total Carbohydrates. **Sodium** is a nutrient that we want to try to consume less of. Diets high in sodium can increase blood pressure which, in turn, causes an increased risk of heart disease, blindness and kidney disease. A little bit of sodium is needed for some body functions to work correctly. If there are days where you have excess sweat, you may need to bump up your sodium intake slightly. Sodium is lost when sweating occurs, so replacing the lost sodium may be needed.

Most people, though, tend to get more sodium than their body needs. Foods that commonly have higher amounts of sodium are those that are pre-packaged and/ or already prepared. Some examples of these foods are:

Breads and rolls	Pizza	Cold cut meat
Chips	Cured meat	Burritos/tacos
Crackers	Pretzels	Cheese
Hotdogs	Microwave Popcorn	

Here are some ways to start lowering the sodium in your diet. If consuming canned vegetables that are not labeled as low sodium/ sodium free, rinse your veggies with water before eating to help get rid of the extra sodium. When eating out, ask for your salad dressing on the side. Also, flavor food with herbs and spices instead of salt.

Total carbohydrates includes carbohydrates, fiber and sugars. We will talk more about fiber and sugars in the upcoming months. Carbohydrates overall job is to provide us with energy. They are mainly found in plant foods like grains, vegetables and fruits. Carbohydrates are also found in dairy products.

When we think about carbohydrates, if choosing grain foods like bread, pasta or crackers for example, we want to try to make half of those grains whole grain foods. Whole grain foods contain all 3 parts of the grain: the germ, which helps our brains, the endosperm- where all the energy comes from and the bran which contains the fiber. Whole grains give us more bang for our buck, meaning they help our bodies in more ways than white, refined grains do. We can tell if products are whole grains by looking at the ingredients list (which is typically located near the nutrition facts label). Ideally, we want the first ingredient to be the whole grain- so look for words

such as “whole grain,” “whole wheat,” “whole oats” etc. Why the first ingredient? Ingredients are listed from the most to the least. So, if the whole grain is listed first, that will indicate that the most of the product is whole grains.

If you have any additional questions, please contact
Caitlin Richardson.

Email: Caitlin.Richardson@wisc.edu; phone 608-742-9693.

Sources:

https://www.accessdata.fda.gov/scripts/InteractiveNutritionFactsLabel/assets/InteractiveNFL_Sodium_March2020.pdf
<https://www.uofmhealth.org/health-library/hw6323>
https://www.accessdata.fda.gov/scripts/InteractiveNutritionFactsLabel/assets/InteractiveNFL_totalcarbohydrate_March2020.pdf

Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet, 2,000 calories a day is used for general nutrition advice.

Strawberry Pretzel Salad

- 1/3 cup crushed pretzels
- 2 tablespoons butter, softened
- 2 ounces cream cheese, softened
- 1/4 cup sugar
- 3/4 cup whipped topping
- 2 tablespoons plus 1-1/2 teaspoons strawberry gelatin
- 1/2 cup boiling water
- 1 cup sliced fresh strawberries
- Optional: Whipped topping and pretzel twists

Preheat oven to 375°. In a large bowl, combine pretzels and butter. Press onto the bottom of 2 greased 10-oz. custard cups. Bake until set, 6-8 minutes. Cool on a wire rack. In a small bowl, combine cream cheese and sugar until smooth. Fold in whipped topping. Spoon over crust. Refrigerate for 30 minutes. Meanwhile, in a small bowl, dissolve gelatin in boiling water. Cover and refrigerate for 20 minutes or until slightly thickened. Fold in strawberries. Carefully spoon over filling. Cover and refrigerate at least 3 hours. If desired, top with whipped topping and pretzel twist.

Tortellini with Asparagus & Lemon

- 2 packages (9 ounces each) refrigerated cheese tortellini
- 3 tablespoons butter
- 1 tablespoon olive oil
- 2 cups cut fresh asparagus (2-inch pieces)
- 3 garlic cloves, minced
- 1/8 teaspoon pepper
- 2 teaspoons chopped chives
- 1 teaspoon minced fresh parsley
- 1/2 teaspoon chopped fresh dill
- 1/2 teaspoon grated lemon zest
- 2 tablespoons lemon juice
- 2/3 cup crumbled feta cheese
- 1/3 cup grated Parmesan cheese



Cook tortellini according to package directions. Meanwhile, in a large skillet, heat butter and oil over medium-high heat. Add asparagus; cook and stir 3-4 minutes or until crisp-tender. Add garlic and pepper; cook 1 minute longer. Remove from heat; stir in herbs, lemon zest and lemon juice. Drain tortellini; transfer to a large bowl. Stir in cheeses and asparagus mixture.

Baked Hamburgers

- 1 small onion, chopped
- 1/4 cup dry bread crumbs
- 2 tablespoons milk
- 3/4 teaspoon salt, divided
- 1/4 teaspoon pepper
- 1/2 pound ground beef
- 1/3 cup water
- 2 tablespoons brown sugar
- 2 tablespoons ketchup
- 1/2 teaspoon ground mustard
- 1/2 teaspoon white vinegar
- 2 hamburger buns, optional
- Sliced red onion, optional



In a small bowl, combine the onion, bread crumbs, milk, 1/2 teaspoon salt and pepper. Crumble beef over mixture and mix well. Shape into two patties. Place in a greased 11x7-in. baking dish. Combine the water, brown sugar, ketchup, mustard, vinegar and remaining salt; pour over patties. Bake, uncovered, at 350° until a thermometer reads 160°, about 35-40 minutes. If desired, serve on buns with red onion.

Rhubarb Cheesecake Squares

- 1-1/4 cups all-purpose flour
- 1/2 cup old-fashioned oats
- 1/2 cup packed brown sugar
- 1/2 cup cold butter, cubed
- 1 package (8 ounces) cream cheese, softened
- 3/4 cup sugar
- 1/2 teaspoon salt
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- 1 large egg, room temperature, lightly beaten
- 1/2 teaspoon vanilla extract
- 1-1/2 cups diced fresh or frozen rhubarb, thawed

Preheat oven to 350°. In a small bowl, mix flour, oats and brown sugar; cut in butter until crumbly. Reserve 1 cup mixture for topping. Press remaining mixture onto bottom of a greased 9-in. square baking pan. For filling, beat cream cheese, sugar, salt and spices until smooth. Add egg and vanilla; beat on low speed just until combined. Fold in rhubarb. Spread over crust. Sprinkle with topping. Bake until golden brown and filling is set, about 40 minutes. Cool on a wire rack 1 hour. Refrigerate, covered, until cold, about 2 hours. Cut into squares.

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.



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ADRC of Columbia Cty, Portage, WI

B 4C 01-2000

MENU

MAY 2021

Monday	Tuesday	Wednesday	Thursday	Friday
3 Ham Rolls Sweet Potato Bake Cole Slaw Chocolate Sundae Cup Apple Slices Sliced Bread	4 Chili Casserole Tossed Salad Poppy Seed Torte Cantaloupe Slice Cornbread	5 Meatballs in Honey Mustard Sauce Brown Rice Winter Blend Veg. Vanilla Pudding Peach Slices Sliced Bread	6 Country Fried Steak Mashed Potatoes Mixed Vegetables Birthday Cake Pineapple Tidbits Dinner Roll	7 Chicken Marsala Baby Red Potatoes Green Beans Choc. Rasp. Torte Petite Banana Sliced Bread
10 Roast Beef Mashed Potatoes Corn Butterscotch Pudding Pear Slices Sliced Bread	11 Baked Spaghetti Mixed Italian Veg. Alexander Torte Fruited Gelatin French Bread	12 Baked Chicken American Potato Salad California Blend Veg. Oatmeal-Raisin Cookie Apple Slices Sliced Bread	13 Pork Steak Mashed Potatoes Brussels Sprouts Spice Cake Applesauce Dinner Roll	14 Crispy Fish Fillet German Potato Salad Coleslaw Cinnamon Roll Honeydew Melon Onion Rye Bread
17 Swiss Steak Mashed Potatoes Mixed Vegetables Raspberry Sherbet Fruited Gelatin Sliced Bread	18 Chicken and a Biscuit Casserole Broccoli Cuts Egg Custard Pie Peach Slices	19 Meatloaf Calico Bean Casserole Wax Beans Chocolate Pudding Cantaloupe Slice Sliced Bread	20 Sweet & Sour Pork Over Brown Rice Tossed Salad Sugar Cookie Pineapple Tidbits Dinner Roll	21 Hamburger on a Whole Wheat Bun Cheesy Potato Bake Chocolate Cake Petite Banana
24 Pork Jaegerschnitzel Baked Potato Peas and Carrots Creamsicle Torte Applesauce Sliced Bread	25 Baked Chicken Garlic Mashed Potatoes Three Bean Salad Oatmeal Butterscotch Cookie Pear Slices Dinner Roll	26 Hawaiian Meatballs Baby Red Potatoes Mixed Vegetables Vanilla Pudding Fruited Gelatin Sliced Bread	27 Chicken Tetrazzini Casserole Spinach Salad with Rasp. Vinaigrette Ice Cream Cup Honeydew Melon Dinner Roll	28 Bratwurst on a Whole Wheat Bun Baked Beans Broccoli Cuts Fudge Brownie Apple Slices
31 CLOSED MEMORIAL DAY				

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
	1 Pork Steak Mashed Potatoes Peas and Carrots Butterscotch Pudding Peach Slices Dinner Roll	2 Chicken Cacciatore Baby Red Potatoes Mixed Italian Salad Choc. Sundae Cup Fruited Gelatin Sliced Bread	3 Salisbury Steak Mashed Potatoes Corn Birthday Cake Fruit Cocktail Dinner Roll	4 Salmon Loaf Baked Potato Carrots Choc. Chip Cookie Pineapple Tidbits Sliced Bread
7 Burgundy/Mush. Chopped Steak Mashed Potatoes Swiss Spinach Cinnamon Roll Pear Slices Sliced Bread	8 Glazed Ham Baked Beans Health Slaw Vanilla Pudding Apple Slices Dinner Roll	9 Lasagna Casserole Broccoli Cuts Choc. Rasp. Torte Fruited Gelatin French Bread	10 Chicken Breast Mashed Potatoes Baby Carrots Fudge Cookie Honeydew Melon Dinner Roll	11 Cranberry/Kraut Meatballs Baked Potato Tossed Salad Chocolate Pudding Petite Banana Sliced Bread
14 Chicken, Broccoli & Rice Casserole Brussels Sprouts Sugar Cookie Pineapple Tidbits Sliced Bread	15 Roast Beef Mashed Potatoes Peas and Carrots Spice Cake Applesauce Dinner Roll	16 Smoked Sausage Calico Bean Cass. California Blend Veg. Choc. Sundae Cup Peach Slices	17 Beef Stroganoff Corn Tapioca Pudding Cantaloupe Slice Dinner Roll	18 Baked Chicken Garlic Mashed Pot. Spinach Salad with Rasp. Vinaigrette Molasses Cookie Apple Slices Sliced Bread
21 Mushroom Pork Cutlet Mashed Potatoes Red Cabbage Applesauce Cake Pear Slices Sliced Bread	22 Pepper Steak Baby Red Potatoes Mixed Vegetables Orange Sherbet Pineapple Tidbits Dinner Roll	23 Swedish Meatballs Mashed Potatoes Sliced Carrots Alexander Torte Honeydew Melon Sliced Bread	24 Orange Chicken Baked Potato Tossed Salad Fudge Brownie Petite Banana Dinner Roll	25 Meatloaf Red Beans and Rice Coleslaw Cinnamon Roll Applesauce Sliced Bread
28 Roast Turkey Mashed Potatoes Baby Carrots Pumpkin Cake Fruit Cocktail Sliced Bread	29 Beef Stew Broccoli Cuts Coconut Cream Pie Pear Slices Cheddar Biscuit	30 Baked Chicken Twice Bk Style Pot. Three Bean Salad Peanut Butter Cookie Apple Slices Sliced Bread		

*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. 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 3 | 11



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

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REPORT suspicious claims or activities

Toll-free Helpline:

888-818-2611

Email: smp-wi@gwaar.org

gwaar.org/senior-medicare-patrol

[WisconsinSeniorMedicarePatrol](https://www.facebook.com/WisconsinSeniorMedicarePatrol)



This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



For ad info. call 1-800-950-9952 • www.lpicommunities.com

ADRC of Columbia Cty, Portage, WI

C 4C 01-2000

SOCIAL SECURITY DISABILITY INSURANCE VS SUPPLEMENTAL SECURITY INCOME

Assistance is available for the application process and you have options:

The Social Security Administration website is easy to use – www.socialsecurity.gov/applyfordisability

Contact the Social Security Admin. directly, in person or by telephone – 2875 Village Rd Suite 100, Portage, WI 53901; (888) 875-1681 or (800) 772-1213

Private Attorney

Aging and Disability Resource Center – 111 East Mullett Street Portage, WI 53901; (608) 742-9233

While completing the online **SSDI** (Social Security Disability Insurance) application it will prompt you to answer a question whether a person intends to apply for **SSI**. If you are planning to apply for **SSI**, it is recommended that you contact the local Social Security Administration (SSA) right away for the **SSI** benefit application. If you indicate you would like to apply for **SSI** and do not receive notice of a scheduled phone interview or the actual **phone interview within 2 weeks, follow up** by contacting the Portage Social Security Administration Office at (888) 875-1681 or by calling the National Social Security number (800) 772-1213. Some people may be eligible for both – if you have any questions you can contact the Social Security Administration.

WHAT'S THE DIFFERENCE?

Social Security

- Benefits based on earnings
- Financed by employer and wage contributions
- No income limit
- No resource limit
- Must have enough work credits
- Medicare
- Benefit Types:
 - Retirement (age 62 & older)
 - Survivor
 - Disability (includes blindness)
- Provides benefits to eligible family members
- Benefit amount based on average lifetime earnings
- Other income does NOT affect benefits

(Except wages may affect benefits under full retirement age or disability benefits)

- Where you live or who lives with you does NOT affect benefits

SSI

- Benefits based on need
- Financed by General Revenues
- Limited income
- Limited resources
- No work credits are required
- Medicaid (Medi-Cal in California)
- Benefit Types:
 - Aged (age 65 and older)
 - Disability (any age, includes children)
 - Blindness (any age, includes children)
- No family benefits
- Benefit amount based on Federal and State laws
- Other income MAY affect benefits – report any income you receive
- Where you live or who lives with you MAY affect benefits – report all changes

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/>

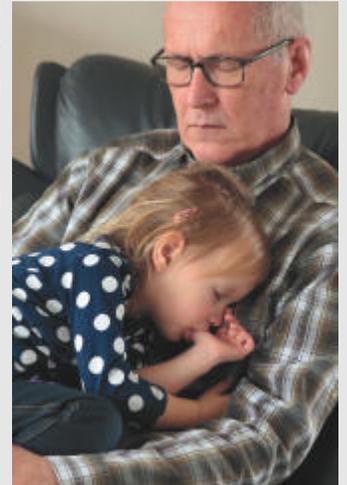
ADRC Grandparents and Relative Caregiver Support Group

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

Group meets the last Wednesday of the month from 5 p.m. to 6:30 p.m. at the Aging & Disability Resource Center. Please R.S.V.P. to accommodate for social distancing.

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.

How to Avoid Overmedication

By the GWAAR Legal Services Team

On average, people over age 65 take over 14 prescription medications per year, which does not include the many over-the-counter (OTC) drugs, vitamins or supplements an older person may take. The sheer number of medications alone puts older people at risk of negative drug side effects, not to mention that older bodies process medications differently. As a result, older individuals are at a higher risk of harmful drug reactions and hospitalizations. In fact, the CDC (Centers for Disease Control and Prevention) says people over age 65 are twice as likely to go to the emergency room due to a harmful drug reaction, and seven times more likely to be hospitalized. The good news is that many adverse drug reactions can be prevented.

Here are some tips for safely managing your medication intake:

Make a List. Always keep an updated list of all the medications you take, the doses, and when they're taken. Be sure to include any OTC drugs, vitamins, supplements, and herbal or other remedies. Keep a copy yourself and share the list and updates with all their doctors and caregivers. Take the list to all medical appointments and keep it on hand in case of emergencies.

Organize medications. Consider using a pill organizer, or ask the pharmacist for tips on keeping track of medications. If you have vision limitations, ask the pharmacist for large print labels on medication bottles.

Ask before taking over-the-counter medications. Always check with the doctor or pharmacist before taking any OTC drug, vitamin, or supplement because it could interact with prescription medications. OTC medications could also cause serious side effects in older adults or lead to accidental overdoses.

Review your medications. At least once or twice per year, ask your primary doctor to review the entire list of medications, supplements, and vitamins you take. Some may no longer be needed or the dose could be lowered, so ask if each one is still needed at the current dose. Often, if you've been hospitalized, there may be medications on the list for conditions that occurred in the hospital but are no longer present. The orders for drugs given in the hospital tend to carry over after discharge. You should ask whether these drugs are still needed

because there is a strong tendency to continue anything prescribed at any time regardless of necessity going forward.

Ask questions. Unfortunately, our current state of drug pricing usually means the only question asked about medications is "how much will this cost me?" While paying for your medications is important, you should also ask the following questions:

- Whenever a new medication is prescribed or the dosage is changed, ask why.
- Check new medications for potential drug interactions with existing medications, especially if you are taking more than five medications.
- Ask about the purpose of the medication and how you will know if it's working.
- Ask about what side effects to watch for.
- Ask when and how the medication should be taken.
- Ask about what to do if you miss a dose.
- Ask whether it can affect any other medical conditions you have.

Follow directions. Be sure to take medicines exactly as your doctor has prescribed. Make sure you understand how, when, and for how long the medication should be taken. Fill prescriptions at the same pharmacy so it has a record of all the medications that are being taken. Let the pharmacy know if there were any bad reactions so they can keep that on file.

Report problems. If you develop new health problems after starting a new medication, it may be a negative reaction. Tell the doctor immediately. If the reaction causes a serious issue, like difficulty breathing or swelling in the throat, call 911 and go to the emergency room right away.

For more information (including an overmedication tip sheet), see:

<https://www.healthinaging.org/sites/default/files/media/pdf/HIA-TipSheet%20AvoidingOvermedication%20Jan%202019.pdf>

<https://dailycaring.com/8-tips-to-avoid-harmful-drug-reactions-and-overmedication-in-seniors/>

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.*

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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 transportation for medical appointments 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 or waiting for their results. 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 made payable to Columbia County or exact cash directly to the ADRC driver. Tipping is not allowed, but donations are always accepted.

Portage has started the construction on the roads and sidewalks in town. There will be two phases during this. Phase 1 started in March and is expected to be completed in May. Phase 2 starts in May and is planned to go through November. There will be a complete closure of the 51/16 intersection between both phases due to revamping the whole intersection design. All of our drivers are aware of the construction routes and we will plan accordingly if any delays happen.

There are more locations that are doing the COVID-19 vaccine and because of this more rides are needed. Remember to reach out to us for a ride to your appointments because we fill up quickly.

Thank you to our wonderful drivers for all of their hard work and dedication during COVID-19 and all its uncertainties. We wouldn't have been able to provide the community with meals and rides to medical appointments without them!

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.*

Don't let a fall cramp your style!

Take a Stepping On workshop!

Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love to do.

2021 workshop schedule (7 weeks)

September 13, 2021 – October 25, 2021

Mondays 1-3:00pm

**Health & Human Services Bldg, ADRC
111 E. Mullett St, Portage**

Call Shari to register or get more information 608/742-9219

Space is limited

FoodShare Updates

By the GWAAR Legal Services Team

Additional Benefits

Wisconsin's public health emergency remained in effect for March, 2021. This means that households not receiving the maximum Foodshare benefit amount in March received additional benefits, bringing them up to the maximum amount. The additional funds should have been made available on QUEST cards on March 21, 2021.*

Households already receiving the maximum amount do not receive these additional benefits. In addition, the amount households receive may be lower than the maximum amount if they are repaying benefits due to an error.

The Department of Health Services (DHS) will be checking in May that all households eligible for the March benefits received them. As a result, some new applicants or households reestablishing eligibility for March may receive the additional March benefits on May 9, 2021.

Additional benefits for months after March will depend on the length of Wisconsin's public health emergency and approval from the U.S. Department of Agriculture's Food and Nutrition Service. There is also the additional Foodshare benefit from the federal law passed in 2020 giving beneficiaries up to 15% more in benefits from January-June, 2021.

Renewals

- **Renewals due in March, April, May and June 2021 are postponed for six months.** If your renewal was due in March, April, May or June, 2021, you will now need to complete the renewal process in September, October, November, or December 2021, respectively. You will get a letter in the mail about 45 days before your renewal is due.
- **Some FoodShare renewals are starting again in April 2021.** Based on federal law FoodShare renewals can only be postponed for a certain amount of time. As a result, members who had renewals postponed in 2020 will need to complete the renewal process in 2021. If you need to complete the renewal process, you will get a letter in the mail about 45 days before your renewal is due.
- **Renewals cannot be postponed starting in July 2021.** Starting in July 2021, any renewals originally due in July 2021 and months after that will need to be completed. Federal law prohibits postponing those renewals.

For more information, visit <https://www.dhs.wisconsin.gov/covid-19/forwardhealth-foodshare.htm>

COVID-19 Vaccine Information

Information can be found on the Columbia County website at:



www.co.columbia.wi.us/columbiacounty
Or by calling Columbia County Health and Human Services at 608-742-9227.

Workshop Leaders Needed!

Columbia County is looking for Health Promotion workshop leaders to co-facilitate with another trained leader. Columbia County currently has the following workshops:

Powerful Tools for Caregivers (6-week educational workshop for caregivers who are taking care of family or friends to better improve his or her well-being).

Living Well with Chronic Conditions (6-weeks evidence-based workshop to improve health and well-being for people with long-term (chronic) health conditions).

Healthy Living with Diabetes (6-weeks proven program to improve health and well-being for people with diabetes).

Stepping On (7-week fall prevention program that has been researched and proven to reduce falls by 31%).

Mind Over Matter: Healthy Bowels, Healthy Bladder (3 sessions every other week for a month for women led by a trained female facilitator. Has improved bladder symptoms for 71% participants and bowels by 55%).

If you are interested or need more information on becoming a leader for one or more these workshops, please contact Shari at 608/742-9219.

Join the fun.....





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

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

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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/Aspirus
Contact: 608-745-6289

Grief Support Group

Date/Time: Divine Savior/Aspirus-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

Relatives Raising Relatives Support Group

Date/Time: Last Wednesday of the month, 5-6:30 p.m.
Place: ADRC of Columbia County
111 E. Mullett St., Portage
Contact: Deidre Gavinski (608) 742-9207 or
Andrea Drew (608) 742-9730





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!

Top 10 Consumer Complaints of 2020

By the GWAAR Legal Services Team

Every spring, the Wisconsin Department of Agriculture, Trade, and Consumer Protection (DATCP) releases a list of the top 10 consumer complaints of the past year. Last year, DATCP received over 11,000 consumer complaints. Telemarketing remained at the top of the list for the 18th year in a row, followed by landlord/tenant issues and telecommunications complaints.

DATCP saw more than twice as many identity theft complaints in 2020 as compared to 2019. Many of these complaints were related to false filings for unemployment benefits and other COVID-19 pandemic-related scams. The pandemic may have been the reason for some new categories in the top ten list: issues related to entertainment, recreation, and travel and tourism. Many of these complaints were related to COVID cancellations.

Here are the top 10 consumer complaints from 2020:

Rank	Product / Service	Written Complaints
1	Telemarketing (Do Not Call)	2,904
2	Landlord/Tenant	1,154
3	Telecommunications	667
4	Identity Theft	529
5	Home Improvement	490
6	Medical Services	291
7	Entertainment and Recreation	281
8	Motor Vehicle Repair	191
8	Travel and Tourism	191
10	Auto Sales (New & Used)	159

For more information on consumer issues in Wisconsin, or to learn how to file a complaint, please see:
https://datcp.wi.gov/Pages/Programs_Services/ConsumerProtection.aspx

Just As Important: Pneumonia Vaccine

By the GWAAR Legal Services Team

Understandably, all eyes are on the COVID-19 vaccination process: who is eligible, its availability, the side effects, and its effectiveness. We're also all familiar with getting our annual flu shots each fall. Often overlooked, however, is the importance of getting a pneumococcal (pneumonia) vaccine.

Pneumococcal disease is a term used for a wide range of infections including:

- Ear infections;
- Sinus infections;
- Pneumonia (lung infection);
- Bacteremia (bloodstream infection);
- Meningitis (infection of the covering of the brain and spinal cord); and
- Sepsis (the body's extreme response to an infection).

Mild symptoms include cough, ear pain, fever, and sore throat. More severe symptoms include fever or chills, cough, rapid or difficult breathing, chest pain, headache, stiff neck, increased pain when looking at bright lights, and confusion or low alertness. Pneumococcal bacteria spread from person to person through coughing, sneezing, and close contact. People can carry the bacteria in their nose and throat without being sick and spread the bacteria to others.

Some adults are at increased risk for pneumococcal disease, including those who:

- Are 65 years or older;
- Use alcohol excessively;
- Smoke cigarettes; and
- Have certain medical conditions including chronic illnesses of the heart, liver, or kidney; chronic illnesses of the lung (including chronic obstructive lung disease, emphysema, and asthma); diabetes; conditions that weaken the immune system (HIV/AIDS, cancer, or damaged/absent spleen); cochlear implants (an electronic device that allows some people to hear); and cerebrospinal fluid leak (a health problem where fluid surrounding and protecting the brain and spinal cord leaks).

Medicare Coverage of Pneumonia Vaccine

Medicare Part B covers two separate pneumonia vaccines. Part B covers the first shot if you have never received Part B coverage for a pneumonia shot before. You are covered for a different, second vaccination one year after receiving the first shot.

If you qualify, Original Medicare covers pneumonia shots at 100% of the Medicare-approved amount when you receive the service from a participating provider. Medicare Advantage Plans are required to cover pneumonia shots without applying deductibles, copayments, or coinsurance when you see an in-network provider and meet Medicare's eligibility requirements for the service. As with any vaccine, it is best to talk with your doctor about your specific conditions and any potential risks of side effects. For more information, visit www.cdc.gov

Utility Disconnections Resumed April 15, 2021

By the GWAAR Legal Services Team

The first date for disconnection of service if a customer has not paid a bill in full and if the utility and customer have not reached an agreement on a deferred payment agreement was **April 15, 2021**. Utilities that wish to disconnect customers due to nonpayment must comply with the notice requirements (see below).

Keep in mind that customers may still be eligible for a delay in disconnection if there is a medical emergency in the home. In addition, a positive COVID-19 test of a customer or a member of a customer's household shall automatically be considered a medical emergency for the purposes of a 21-day medical extension of service (even if the customer has had an extension for another medical reason), and the 21-day extension must be extended if the customer, or a person in the household, is still under a COVID-19 quarantine at the end of the original 21-day period, as documented by a medical provider.

If you are struggling to pay your utility bills, there are some options.

- You can contact your utility to set up a payment plan. Wisconsin law requires utilities to offer customers a Deferred Payment Agreement (DPA) who cannot pay an outstanding bill in full. If customers cannot reach a payment agreement with their utility, you can contact the PSC by calling 1-800-225-7729, or by filing a complaint on the [PSC's website here](#).
- You can contact the Department of Administration's Wisconsin Home Energy Assistance Program (WHEAP) for assistance. This program provides financial assistance for rent, utility, home energy costs, and wraparound services for people who qualify. To apply online [go to their website here](#), or to apply by phone call 1-800-506-5596.

For more information visit: <https://psc.wi.gov/Pages/NewsEvents/UtilityCOVID19Resources.aspx>

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, 10 a.m. For more information on eligibility, call 1-877-366-3635.

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Call (800) 950-9952

Home Safety Tips for Caregivers

We work hard keeping our loved ones safe and healthy. We monitor diet and medications and activities as best we can. Something that is sometimes overlooked is basic home safety. Falls are the leading cause of injury deaths among people over 65. Over half of falls happen due to hazards in the home. Fortunately, performing a home safety check can help prevent accidents and falls. The following are some suggestions from the Centers for Disease Control and Prevention for keeping your home safe.

FLOORS: Be sure there is a clear walkway through each room. Move furniture around so the path is clear. Remove throw rugs and keep clutter (books, papers, blankets, etc.) off the floor. Be sure there are no cords or wires from lamps, phones, etc. across the walkway.

STAIRS AND STEPS: Always keep stairs clear of any objects such as shoes, books, etc. Fix broken or uneven steps. Be sure there is ample lighting above the stairs at the top and the bottom. Furthermore, install a light switch at the top and bottom of the stairs so you never have to walk stairs in the dark. If there is carpet on the stairs, make sure it is firmly attached. Lastly, install handrails on both sides of the stairs. Be sure that they are as long as the stairs and are very secure.

KITCHEN: Rearrange your cupboards so that the things you use the most are at waist level, where they are easy to reach. If you need to use a step stool, use one that is stable and has a bar to hold on to. Never use a chair as a step stool.

BATHROOMS: The floor of the shower or bathtub should have a non-slip rubber mat or self-stick strips to keep it from being slippery. Install grab bars inside the tub and next to the toilet.

BEDROOMS: Place lamps within reach on either side of the bed and make sure they are easy to turn on and off. Make sure there is a clear path from the bed to the bathroom. Consider using a nightlight in the bedroom and bathroom.

In addition to making your home safe, consider these other tips to help prevent falls:

- Regular exercise makes you stronger and improves coordination and balance.
- Have your pharmacist or doctor check all the medicines you take (including over the counter) as some may make you sleepy or dizzy.
- Check your vision yearly. Poor vision can increase your risk of falling.
- Get up slowly after you sit or lie down. Count to 10 before walking.
- Always wear shoes, outside and inside the house as well.
- Use bright bulbs in all rooms of your house. Having uniform lighting in each room is safest.
- Hang lightweight curtains or shades to reduce glare.
- Paint a contrasting color on the top of all steps so you can see the stairs better.

The Centers for Disease Control and Prevention have created a checklist that you can use to ensure your home is safe. Access the checklist online: https://www.cdc.gov/steady/pdf/check_for_safety_brochure-a.pdf Or you can call the Aging & Disability Resource Center of Columbia County for more information.

Jane Mahoney
Caregiver Support Specialist
Greater Wisconsin Agency on Aging Resources

Help Shape Our ADRC Aging Plan!

The Aging & Disability Resource Center of Columbia County is currently working on our 2022-2024 Aging Unit Plan. Every three years, we complete a strategic plan that serves as a platform to create, improve or expand programs and services for our local older adults. It is a requirement in order to receive federal funding through the Older Americans Act. It is also an opportunity to hear what local community members have to say. Please complete the survey below and mail it back to the ADRC of Columbia County at P.O. Box 136, Portage, WI 53901 or visit <https://www.surveymonkey.com/r/J5L6W6H> to complete the survey online. You can also call us at (608) 742-9233. We appreciate your input!

The Aging & Disability Resource Center is looking for your thoughts and ideas that will help us improve programs and services for the residents of Columbia County as they age. Your answers will help us develop a Three-Year Plan. Please provide your feedback by Friday, May 21st to the address above.

Are you a: Senior Caregiver Professional Other _____

1. What do you think are the **top three** things that need to improve to help adults in our community as they age?

Please check **three**:

- | | |
|--|--|
| <input type="checkbox"/> Alternative transportation options | <input type="checkbox"/> Help with home repairs and upkeep |
| <input type="checkbox"/> Food delivery options | <input type="checkbox"/> Affordable housing options |
| <input type="checkbox"/> Access to healthy food | <input type="checkbox"/> Support for family caregivers |
| <input type="checkbox"/> Home health options | <input type="checkbox"/> Dementia supports and services |
| <input type="checkbox"/> Help with social isolation and loneliness | <input type="checkbox"/> Access for people with disabilities |
| <input type="checkbox"/> Help understanding Medicare and drug plan choices | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Ways to keep fit and healthy | |

2. Are there services or events you have heard of in other communities that you think would be helpful or enjoyable to older people in our county?

3. What do you see as the biggest challenge for yourself or a loved one in remaining in your home as you age?

4. Do you have internet access: Yes No

5. Are you comfortable using the internet? Yes No

6. What do you use internet for? Facebook/Social Media Email Information
 Other _____

Check this box if you are interested in sharing more of your ideas and someone will contact you.

Name: _____

Phone Number: _____

Aging & Disability Resource Center of Columbia County Employees

Director – Sue Lynch

Assistant Director – Ashley Jahn

Information & Assistance Specialists –

Julie Duerst, David Davies, Brianne Williams, Serena Robson

Disability Benefit Specialist – Vacant

Elder Benefit Specialist – Vacant

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, Tom Lynch, Bob Miller, Phillip Rygiwicz,

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 – Sue Lynch, Ashley Jahn

Citizen Members – Sharon Peterson, Sarah Lochner,

Darlene Anderson Prest, Shelby Carter, Jolene Wheeler,

Allan Baumgartner, Danny Beard, Karen Schluter

The Ride Improvement Project Council (TRIP) Members

Chair – County Board Supervisor Denise Brusveen

ADRC Members – Sue Lynch, Trina Gaunt, Ashley Jahn

Citizen Members – Donna Hill, Patrick Barker,

Ben Hinkel, Sarah Lochner, Phil Brooks,

Jerry Thompson, *VACANT POSITION*

Nutrition Advisory Council

ADRC Members – Ashley Jahn

Shari Genrick, Melissa Smith

Citizen Members – Lois Williams, Cecelia Schimmel,

Shelby Carter, Caitlin Richardson, Sharon Peterson,

Marilyn George Burton, *VACANT POSITION*

Volunteers

We have over 125 dedicated Volunteers in the ADRC who allow us to continue to help others in the community!

Please visit the Columbia County website for more information on the various county boards at:

www.co.columbia.wi.us/columbiacounty



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

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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!



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