



Grapevine Newsletter

AGING & DISABILITY RESOURCE CENTER OF COLUMBIA COUNTY

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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

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

Please mail change of
address to:
ADRC
P.O. Box 136
Portage, WI 53901

**SEPTEMBER/
OCTOBER 2021**
Volume 4, Issue 5

I cannot believe that I am writing our Fall newsletter already. Time seems to go by so fast. I have to often remind myself to slow down, breathe and take in all the blessings that exist around me every day. These small moments of awareness, the purposeful slow breathing and being thoughtful about finding things to be grateful for every day help me manage the whirlwind that is constant. This whirlwind, which could be our family life, it could be the news and it definitely is the constant state of change with the pandemic, causes stress and worry. Being intentional about gratitude, slow breathing and spending time focusing only on what is front of us (the sound of the wind, the food we are eating, the smell of fresh cut grass) are wonderful ways to help cope with the world around us.

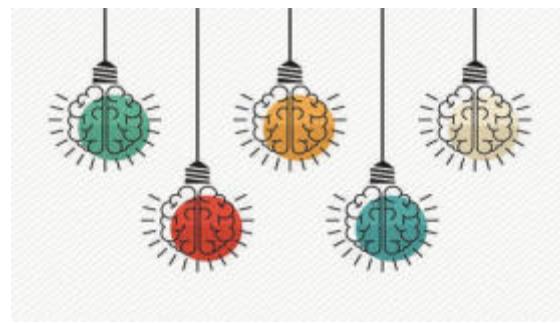
Fall brings with it some important dates. This is in no way inclusive but I'd like to take a moment to recognize Falls Prevention Month in September. The ADRC offers classes promoting health including our falls prevention program, Stepping On. We'd love to train some community volunteers to help lead more Stepping On Classes. Please give us a call for more information!

September also recognizes Grandparent's Day as well as Domestic Violence awareness. Domestic Violence crosses all incomes, races and ages. If you are an older adult who may be experiencing social, emotional or physical violence, please reach out to us for resources; everyone deserves to feel safe and respected. October is Malnutrition Month. Though we may experience some appetite changes as we age, there are signs to watch for and speak to

your medical provider about including: sudden loss or decrease in appetite, eating less than 75% of a normal meal for more than week, having nausea, vomiting or diarrhea for more than 3 days, unexpected weight loss of more than 10 pounds and a decrease in activity level.

The ADRC is currently offering grab and go meals and home delivered meals to those who qualify. Meals are a \$4.50 per meal donation but we do ask that people donate as generously as they can and no one is turned away due to their inability to pay. Donations are critical to the ongoing success of this service. We are always looking for additional volunteers to help package and deliver these meals, as well. Please contact us to find out more. We think you will find it a gratifying experience!

Stay well!
Sue



"You can't go back and change the beginning,
but you can start where you are and change
the ending."

~C.S. Lewis

FoodShare Updates

By the GWAAR Legal Services Team

All FoodShare members will continue to receive the maximum amount for their household size for July, 2021. In addition, all FoodShare members continue to receive at least \$95 in additional benefits; some households receive more to bring their total to the maximum monthly benefit amount for their household size.

On top of this, FoodShare members will continue to receive 15% more of their typical amount for their household size through September, 2021. This increase is a result of a federal law passed in 2020 extending additional benefits in 2021.

The bottom line: Unless a household is paying money owed due to a previous overpayment, all FoodShare households will get the following benefits for July, 2021: fifteen percent of their

typical amount based on household size; and the maximum benefit for their household size (a minimum of \$95). All members will receive notices explaining the additional benefits.

You can always check the balance of a QUEST card through the ebtEDGE website, the ebtEDGE mobile app, or by calling QUEST Card Service at 877-415-5164.

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

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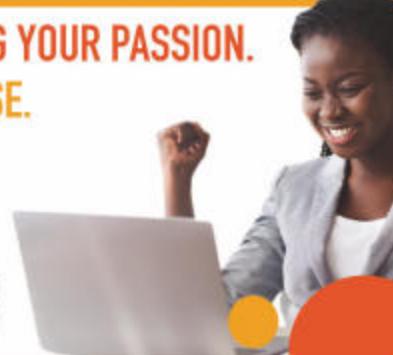
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for about 2 years now and previously I was the Transportation Coordinator.

Hello, my name is Trina Gaunt and I am the new Elder Benefit Specialist. I live just outside of Portage with my husband, two kids, Tinkerbell (dog), Junimo (cat), Link (hamster) and Bubbles (fish). I have worked in the healthcare field since 2003 as a CNA, and I have always enjoyed learning new things and meeting new people. I have worked at the ADRC

October is open enrollment for Part D and Part C. Please feel free to reach out and make an appointment if you would like to discuss the process and options that best work for you.

Need Help with Medicare Costs?

If you have Medicare and you're facing challenges with paying for health care, you may be eligible for programs that can help you save money on medical and drug costs.

People with limited income and resources may qualify for Medicaid—a joint federal and state program that helps with medical costs.

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

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

If you don't automatically qualify for Extra Help, you may still be eligible if your income is \$1,610 or less for an individual, or \$2,177 for a couple, and your resources are under \$13,290 for an individual and \$26,520 for a couple. You can apply online for Extra Help with Social Security Administration at www.ssa.gov or by calling: 1-800-772-1213 (TTY 1-800-325-0778).

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

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

To find out if you're eligible for savings through one of these programs or any other benefits, contact the Aging & Disability Resource Center of Columbia County at (608) 742-9233.

Understanding the Nutrition Facts Panel: Protein, Vitamins & Minerals

Provided By: Caitlin Richardson
Columbia/ Dodge County Extension FoodWIse Program

Up next in the “Understanding the Nutrition Facts Panel” series is protein and an introduction to Vitamins/Minerals. Let’s start with protein. Most commonly, protein is known for helping build strong muscles. Protein also has many other jobs in our bodies. The jobs include providing energy, helping with growth and development, making up part of cell membranes, building and repairing tissues/cells, maintaining skin, hair, nails, bones and internal organs, helping with blood clotting, immune response, vision, fluid regulation and production of hormones, antibodies and enzymes.

Proteins are made up of different amino acids. The way that the amino acids are strung together will determine how the protein helps our bodies. There are 20 different types of amino acids, some of which our bodies make and others that we need to get from food.

Essential amino acids: these 9 are not made by the body. They are called “essential” because they must be acquired through the food that we eat.

Nonessential amino acids: there are 11 of these amino acids. They are called “nonessential” because the body can make them.

Vitamins are nutrients that plants and animals make. We get them from consuming the food/drink products. Nutrients help our bodies in many different ways. There are 14 different vitamins that are commonly listed on nutrition facts labels two of which our bodies can make (Vitamin D and K). The other 12 we MUST get from food or drinks. The 14 different vitamins are: Biotin, Choline, Folate, Niacin, Pantothenic Acid, Riboflavin and Vitamins A, B6, B12, C, D, E, K.

Minerals, on the other hand, are also nutrients but we get them from the soil and water that plants are grown in/with. The plant absorbs the minerals from the water and soil and when we or other animals eat the plant the minerals are absorbed. We can get minerals from plants and from animals that eat plants. There are 14 minerals that are commonly listed on nutrition facts labels and they are: Calcium, Chloride, Chromium, Copper, Iodine, Iron, Magnesium Manganese, Molybdenum, Phosphorus, Potassium, Selenium, Sodium and Zinc.

Each vitamin and mineral helps our bodies in different ways and since our bodies can’t make most of them, it’s important to eat a variety of different foods everyday to ensure we get all of our daily recommended amounts of each.

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_Protein_March2020.pdf
https://www.accessdata.fda.gov/scripts/interactivenutritionfactslabel/assets/InteractiveNFL_Vitamins&Minerals_March2020.pdf



RECIPES

Candied Acorn Squash Slices

2 medium acorn squash
2/3 cup packed brown sugar
1/2 cup butter, softened

Preheat oven to 350°. Cut squash in half lengthwise; remove and discard seeds. Cut each half crosswise into 1/2-in. slices; discard ends. Arrange squash in a shallow baking pan; cover with foil. Bake until just tender, 25-30 minutes. Combine sugar and butter; spread over squash. Bake, uncovered, 15-20 minutes longer, basting occasionally.



Gran's Apple Cake

1-2/3 cups sugar
2 large eggs, room temperature
1/2 cup unsweetened applesauce
2 tablespoons canola oil
2 teaspoons vanilla extract
2 cups all-purpose flour
2 teaspoons baking soda
2 teaspoons ground cinnamon
3/4 teaspoon salt
6 cups chopped peeled tart apples
1/2 cup chopped pecans



FROSTING:

4 ounces reduced-fat cream cheese
2 tablespoons butter, softened
1 teaspoon vanilla extract
1 cup confectioners' sugar

Preheat oven to 350°. Coat a 13x9-in. baking pan with cooking spray. In a large bowl, beat sugar, eggs, applesauce, oil and vanilla until well blended. In another bowl, whisk flour, baking soda, cinnamon and salt; gradually beat into sugar mixture. Fold in apples and pecans. Transfer to prepared pan. Bake 35-40 minutes or until top is golden brown and a toothpick inserted in center comes out clean. Cool completely in pan on a wire rack. In a small bowl, beat cream cheese, butter and vanilla until smooth. Gradually beat in confectioners' sugar (mixture will be soft). Spread over cake. Refrigerate leftovers.

Sausage & Spinach Tortellini Soup

1/2 pound bulk Italian sausage
1 small onion, thinly sliced
1 garlic clove, minced
1 can (14-1/2 ounces) reduced-sodium chicken broth
1/2 cup water
1-1/2 cups torn fresh spinach
3/4 cup refrigerated cheese tortellini
2 tablespoons shredded Parmesan cheese
Crushed red pepper flakes, optional

In a small saucepan, cook sausage over medium heat until no longer pink; drain. Add onion; cook and stir until tender. Add garlic; cook 1 minute longer. Stir in broth and water; bring to a boil. Reduce heat; simmer, uncovered, for 10 minutes. Return to a boil. Reduce heat, add spinach and tortellini; cook until tortellini is tender, 7-9 minutes. Sprinkle with cheese and crushed red pepper flakes if desired.

Fish Taco Bowl

1 cup coleslaw mix
1/4 cup chopped fresh cilantro
1 green onion, sliced
1 teaspoon chopped seeded jalapeno pepper
4 teaspoons canola oil, divided
2 teaspoons lime juice
1/2 teaspoon ground cumin
1/2 teaspoon salt, divided
1/4 teaspoon pepper, divided
2 tilapia fillets (6 ounces each)
1/2 medium ripe avocado, peeled and sliced

Place the first 4 ingredients in a bowl; toss with 2 teaspoons oil, lime juice, cumin, 1/4 teaspoon salt and 1/8 teaspoon pepper. Refrigerate until serving.

Pat fillets dry with paper towels; sprinkle with the remaining salt and pepper. In a large nonstick skillet, heat remaining oil over medium-high heat; cook tilapia until fish just begins to flake easily with a fork, 3-4 minutes per side. Top with slaw and avocado.



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

SEPTEMBER 2021

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Pork Steak Mashed Potatoes Red Cabbage Butterfinger Torte Tropical Fruit Salad Sliced Bread	2 Chili Casserole Tossed Salad Mandarin Orange Gel Birthday Cake Cornbread	3 Hamburger on a Whole Wheat Bun Baked Beans Cole Slaw Fudge Brownie Apple Slices
6 Closed Labor Day	7 Orange Chicken Baby Red Potatoes Broccoli Cuts Molasses Cookie Pineapple Tidbits Dinner Roll	8 Country Fried Steak Mashed Potatoes Baby Carrots Applesauce Cake Apricot Halves Sliced Bread	9 Sweet & Sour Pork over Brown Rice Brussels Sprouts Raspberry Sherbet Pear Slices Dinner Roll	10 Crispy Fish Fillet Cheesy Potato Bake Tossed Salad Honeydew Melon Cookie Onion Rye Bread
13 Baked Chicken Twice Baked Potato Three Bean Salad Vanilla Pudding Apple Slices Sliced Bread	14 Baked Spaghetti Italian Blend Veggies Red Velvet Cake Cantaloupe Slice French Bread	15 Swiss Steak Mashed Potatoes Swiss Spinach Choc. Chip Cookie Applesauce Sliced Bread	16 Smoked Sausage Baked Potato Mixed Vegetables Fruited Gelatin Cinnamon Roll Dinner Roll	17 Liver and Onions Garlic Mash. Potatoes Corn Petite Banana Ice Cream Cup Sliced Bread
20 Roast Pork Loin Mashed Potatoes Carrots Pineapple Tidbits Fudge Brownie Sliced Bread	21 Pepper Steak Baby Red Potatoes Tossed Salad Coconut Cream Pie Honeydew Melon Dinner Roll	22 Swedish Meatballs Mashed Potatoes Peas/Pearl Onions Chocolate Pudding Tropical Fruit Salad Sliced Bread	23 Chicken Teriyaki Brown Rice Health Slaw Apple Slices Cookie Dinner Roll	24 Beef Frank on a Whole Wheat Bun Calico Bean Casserole Broccoli Cuts Frosted Cake Fruited Gelatin
27 Chicken Tetrazzini Casserole Spinach Salad with Raspberry Vinaigrette Cantaloupe Slice Cinnamon Roll Sliced Bread	28 Pot Roast Baby Red Potatoes Baby Carrots Pumpkin Cake Peach Slices Dinner Roll	29 Baked Chicken Garlic Mashed Potatoes Copper Penny Salad Tapioca Pudding Applesauce Sliced Bread	30 BBQ Pork Cutlet White Bean Salad Calif. Blend Veggies Orange Sherbet Petite Banana Dinner Roll	

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.

OCTOBER 2021

MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Chicken Breast Mashed Potatoes Green Beans Sundae Cup Pineapple Tidbits Sliced Bread
4 Salisbury Steak Mashed Potatoes Mixed Vegetables Chocolate Cloud Torte Pear Slices Sliced Bread	5 Scalloped Potatoes and Ham Casserole Tossed Salad Apple Slices Peanut Butter Cookie Dinner Roll	6 Pork Jaegerschnitzel Mashed Potatoes Pickled Beet Salad Butterscotch Pudding Peach Slices Sliced Bread	7 Chicken Marsala Baked Potato Copper Penny Salad Birthday Cake Honeydew Melon Dinner Roll	8 Hawaiian Meatballs Calico Bean Casserole Broccoli Cuts Petite Banana Cookie Sliced Bread
11 Roast Pork Loin Mashed Potatoes Baby Carrots Applesauce Spice Cake Sliced Bread	12 Baked Chicken Garlic Mashed Potatoes Three Bean Salad Ambrosia Dessert Apricot Halves Vanilla Pudding Dinner Roll	13 Glazed Ham Sweet Potato Bake Cole Slaw Tropical Fruit Salad Cinnamon Roll Sliced Bread	14 Crispy Fish Fillet German Potato Salad Winter Blend Veggies Orange Sherbet Apple Slices Rye Dinner Roll	15 Beef Stroganoff Spinach Salad with Raspberry Vinaigrette Cantaloupe Slice Creamsicle Torte Sliced Bread
18 Roast Turkey Mashed Potatoes Squash Cranberry Gelatin Vanilla Pudding Sliced Bread	19 Lasagna Casserole Mixed Italian Salad Key Lime Pie Pear Slices French Bread	20 Meatloaf Baked Potato Corn Chocolate Chip Cookie Fruit Cocktail Sliced Bread	21 Orange Chicken Baby Red Potatoes Broccoli Cuts Petite Banana Tapioca Pudding Dinner Roll	22 Hamburger on a Whole Wheat Bun Baked Beans Green Beans Honeydew Melon Fudge Brownie
25 Honey Mustard Meatballs Brown Rice Calif. Blend Veggies Sugar Cookie Fruited Gelatin Sliced Bread	26 Baked Chicken Twice Bk. Style Potato Peas/Cheese Salad Applesauce Cake Peach Slices Dinner Roll	27 Pork Steak White Bean Salad Swiss Spinach Cantaloupe Slice Chocolate Pudding Sliced Bread	28 Beef Stew Tossed Salad Ice Cream Cup Tropical Fruit Salad Cheddar Biscuit	29 Chopped Steak in Burg/Mushroom Sauce Mashed Potatoes Peas and Carrots Pumpkin Cake Apple Slices Sliced Bread

*All meals include milk.

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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 and meal site managers 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



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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.



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ADRC of Columbia Cty, Portage, WI

C 4C 01-2000



REGARDING MEDICARE OPEN ENROLLMENT 2021 (October 15th – December 7th)

Medicare's Open Enrollment (October 15th through December 7th) is approaching fast and it's the time of year where consumers like to visit the ADRC of Columbia County for assistance with evaluating their current Medicare Part D and/or Medicare Advantage plan options.

We will be resuming in person appts this year, but we are still offering over the phone and mail appts. We try to serve as many consumers as possible so please call your local ADRC to make an appt with the Elder Benefit Specialist.

Yearly Review

Medicare Part D Plans and Advantage Plans are contracted with Medicare on a yearly basis from January 1st through December 31st. Each year these plans can make changes to their coverage such as: monthly premiums, yearly deductibles, covered medications, copays, coinsurance amounts, pharmacy networks, and coverage areas. **Each Medicare Part D and Advantage plans are required to send an "Annual Notice of Change" to each of their members outlining the changes for the upcoming contract year in late September to early October. Please watch your mail carefully for this information and review it.**

- If you are satisfied with your current plan, and the changes that they will be making for the upcoming year, you do not need to do anything – your coverage will automatically rollover to the new coverage on January 1, 2022.
- If you are not satisfied with your current plan and/or the changes that they will be making for the upcoming year and want to look at other options that are available to you, you can:
 - Access Medicare.gov (<https://www.medicare.gov/>) and click on the "Find Plans" tab and it will walk you through the process step-by-step to compare the plans.
 - Contact the Benefit Specialists at the ADRC of Columbia County by calling (608)742-9233
 - Ages 60+: you can also contact the Board on Aging & Long-Term Care Part D Helpline at 1-855-677-2783
 - Ages 18-59: you can also contact the Disability Rights of Wisconsin Part D Helpline at 1-800-926-4862
 - Contact Medicare at 1-800-633-4227
 - Contact the Board on Aging & Long-Term Care Medigap Helpline at 1-800-242-1060

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/>

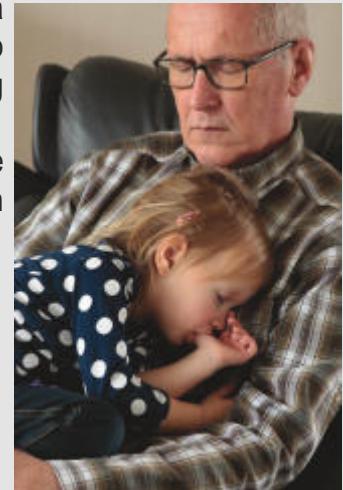
ADRC Grandparents and Relative Caregiver Support Group

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) 742-9233 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.



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.

Disability Information

Ticket to Work Program

The Ticket to Work program (ticket) may also help you if you'd like to work. You can receive:

-Free vocational rehabilitation.

-Training.

-Job referrals.

-Other employment support.

You won't undergo medical reviews while you're using the free "ticket" and making timely progress pursuing your plan for returning to work.

When you're ready to explore your work options, you can visit the Ticket to Work website at choosework.ssa.gov for more information.

Trial Work Period — The trial work period allows you to test your ability to work for at least nine months. During your trial work period, you'll receive your full Social Security benefits, regardless of how much you're earning — as long as you report your work, and you continue to have a disability. In 2021, a trial work month is any month your total earnings are over \$940. If you're self-employed, you have a trial work month when you earn more than \$940 (after business expenses) or work more than 80 hours in your own business. The trial work period continues until you have used nine cumulative trial work months within a 60-month period.

Expedited Reinstatement

Benefits stop because of substantial earnings, you have five years to ask us to restart your benefits if you're unable to keep working because of your condition.

You won't have to file a new application or wait for your benefits to restart while we review your medical condition.

Continuation of Medicare — If your Social Security disability benefits stop because of your earnings, but you're still disabled, your free Medicare Part A coverage will continue for at least 93 months after the nine-month trial work period. After that, you can buy Medicare Part A coverage by paying a monthly premium. If you have Medicare Part B coverage, you must continue to pay the premium. If you want to end your Part B coverage, you must request it in writing.

Work expenses related to your disability — If you work and have a disability, you may need certain items or services to assist you. For example, because of your medical condition, you may need to take a taxicab, paratransit, special bus, or other type of transportation to work instead of public transportation; or you may need to pay for counseling services. We may be able to deduct these expenses from your monthly earnings before we decide if you're still eligible for benefits.

What to report if you work and receive Social Security disability

If you receive Social Security because of a disability, you or your representative must tell us right away if any of the following occur:

- You start or stop work.
- You reported your work, but your duties, hours, or pay change.
- You start paying expenses for work because of your disability.

FOOT CLINIC

A registered nurse will; soak, clean and clip toenails, file calluses, and apply lotion to your feet.

Rates:

\$42.00 for initial appointment,

\$32.00 for follow-up appointments, and

\$37.00 for individuals with special health care conditions such as diabetes, vascular disease or those taking blood thinners.

Appointments are required at (888) 742-9233.

Clinic hours: 9:00 A.M.-3:00 P.M. 1st and 3rd Thursday of each month.

Columbia County ADRC, 111 East Mullett St., Portage, WI 53901

Community Resources

ForwardHealth Members Will Continue to Keep Benefits During the COVID-19 Public Health Emergency

By the GWAAR Legal Services Team

In response to the COVID-19 public health emergency and federal rules, the Wisconsin Department of Health Services (DHS) temporarily changed program rules to help protect the health and safety of members.

Members will continue to keep their benefits if they were eligible for them on or after March 18, 2020. Their benefits will stay the same until at least the end of the month in which the federal public health emergency for COVID-19 ends. Based on what the federal government has said, DHS expects that the federal public health emergency will last at least until the end of 2021.

This affects members in the following programs:

- BadgerCare Plus
- Emergency Services Medicaid

- Family Planning Only Services
- Foster Care Medicaid
- Institutional Medicaid
- Katie Beckett Medicaid
- Medicaid Purchase Plan
- SeniorCare
- Supplemental Security Income Medicaid
- Supplemental Security Income-Related Medicaid
- Tuberculosis-Related Medicaid
- Waiver Medicaid
- Wisconsin Well Woman Medicaid

Any member who would normally have lost benefits on or after March 18, 2020 will continue to keep their benefits. This is true even if a member has had changes that would normally have resulted in a loss of benefits. During the federal public health emergency, a member will only lose their benefits if they move out of Wisconsin or ask to end their benefits. DHS still expects members to report changes, such as income or address.

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ADRC of Columbia Cty, Portage, WI

D 4C 01-2000

TRANSPORTATION 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 7:00 a.m., no later than 2:00 p.m. Local appointments can start as early as 6:00 a.m. no later than 3:00 p.m.
- 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 two 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. Name and date of birth is needed for riders.

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

Transportation

At this time, we are only providing transportation for medical appointments. 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 asked to wear masks while being transported. All ADRC Drivers will be wearing masks while transporting people and delivering meals. 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 per ride and \$1.00 per mile. Charges can be paid by check made payable to Columbia County or exact cash directly to the ADRC driver. Drivers do not carry change. Tipping is not allowed, but donations are always accepted.

Thank you to our wonderful drivers for all of their hard work and dedication. We wouldn't be able to provide the community with meals and rides to medical appointments without them!

New to the Team...

Hello, I'm Vanessa, the new Transportation Coordinator. I am excited to learn and grow within the ADRC. Serving the community is my goal. Thank you for welcoming me to the team and for allowing me to assist Columbia County residents with transportation needs.

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.*

BRAIN HEALTHY FOODS

The term brain health is a broad one used as a reference to basic functions, such as memory and learning, or degenerative diseases like Alzheimer's. Here are a few types of foods to incorporate in your nutrition planning in order to stay mentally sharp:

Healthy fats – Omega-3 fatty acids aid in numerous functions that include maintaining proper blood flow, limiting inflammation and are a beneficial addition to any healthful diet. Options include salmon, tuna, mackerel, sardines, walnuts, chia seeds, canola oil, and soybean oil.

Eat your veggies – A diet filled with various vegetables, especially leafy green veggies (spinach, kale, broccoli), is a good way to stock up on many brain healthy nutrients such as vitamin K, lutein, folate, beta carotene, and various antioxidants.

Berries – Adding berries to food is an excellent way to add flavor and these fruits have shown signs of delaying memory decline. This is thanks to flavonoids which gives each fruit their bright color.

Information

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- ◆ Strawberry
- ◆ Chocolate



Cost is \$30 per case. 24 cartons per case.

Call for availability at (888) 742-9233.

Delivery is available to home delivered meal participants.

DNA/Genetic Testing Schemes

Watch out for the latest Medicare scam—DNA/genetic testing schemes! Each year, the Medicare program loses \$60 billion to fraud. The best way to reduce this figure is beneficiary education to prevent and reduce known pathways to fraudulent activities and unethical billing practices. The Wisconsin Senior Medicare Patrol staff have been hearing about DNA and genetic testing schemes in other parts of the country, and we recently learned that they are starting here in Wisconsin.

WHAT IS THE SCAM? Older adults at senior centers, housing complexes, and other community locations are targeted by companies promoting “free” genetic testing, cancer screening, or DNA testing. These screenings are frequently done under the guise of an ice cream social event. During the event, older adults are asked to swab their cheek to collect a DNA sample which will be sent to the lab for analysis. They are then told that the test will be covered completely by Medicare, and all that is needed to process it is their Medicare number.

ARE THERE OTHER VARIATIONS OF THIS SCAM? Yes. Sometimes Medicare beneficiaries are being contacted at home by phone and told that they will be sent a DNA testing kit in the mail. In this case, the person is asked to perform the cheek swab at home and then return the kit in the mail for DNA analysis. The caller then asks for the person’s Medicare number and reiterates that there will be no charge to the beneficiary.

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.....





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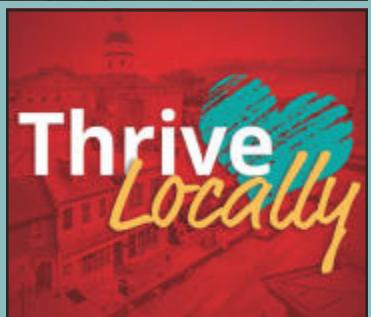
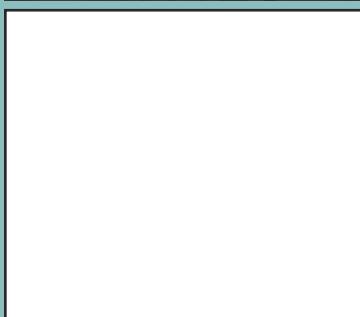


My Choice Wisconsin is a managed care organization that serves government-funded programs to seniors and adults with disabilities in over 50 Wisconsin counties.

Visit us today:
mychoicewi.org/LPI
1-800-963-0035

For more information on your long-term care options, contact your local ADRC.

DHS Approved 4/22/2021



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LOCAL SUPPORT GROUPS

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: Health and Human Services (608) 742-9227





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!

Wisconsin Elder Abuse Hotline

The Wisconsin Elder Abuse Hotline Program is a toll-free hotline available for community members and victims to contact for assistance in obtaining needed resources and making referrals to local authorities.

Wisconsin Elder Abuse Hotline:
1-833-586-0107

The program also includes outreach to victims and an online reporting tool on the www.ReportElderAbuseWI.org website.

Individuals who suspect they are a victim of elder abuse or know someone who may be experiencing abuse are encouraged to learn more about the signs at www.ReportElderAbuseWI.org and make a report through Wisconsin Elder Abuse Hotline at 1-833-586-0107.

Are there important topics that you wish to speak with your legislators about?

Find your legislator here:
<https://legis.wisconsin.gov>

Contact Governor Tony Evers here:
<https://evers.wi.gov/Pages/Connect.aspx>

Find additional contact information for federal, state, local or tribal governments here:
www.usa.gov/agencies

Medicare marketing violations

As Fall Open Enrollment begins, you will likely start receiving mail from different insurance companies about the plans they offer. You can use this marketing information to compare your options. You should know, though, that companies must follow certain rules when marketing their plans.

Some examples of marketing violations include:

- A plan cannot use language that suggests their plan is preferred by Medicare
- A plan cannot call or email you if you did not ask them to do so or if you have no prior relationship with them
- A plan cannot leave information like flyers or door hangers on your car or at your home if they came from a company that did not have an appointment with you

If you believe a company has violated Medicare marketing rules or is using manipulative sales tactics, you should call your Senior Medicare Patrol (SMP) 1-888-818-2611 to report the incident.

Potential Impact to Certain Individuals Who Received Services From Wisconsin Medicaid Long-Term Care Programs

Press Release from the Wisconsin Department of Health Services (DHS)

The Wisconsin Department of Health Services (DHS) announced in June that an unauthorized individual gained access to an email account on February 19, 2021. This unauthorized access was disabled quickly following discovery that day. DHS conducted an investigation of the unauthorized access, and determined that it may have exposed names, member identification numbers, dates of birth, some Social Security numbers, address, and health information such as medical conditions and treatment information. **No known exposure has occurred.**

DHS identified individuals whose information may have been accessed through its investigation of this incident. On June 4, 2021, notifications were mailed to 2,868 individuals who received services from Wisconsin's Family Care, IRIS, or Children's Long-Term Support programs, and whose information may have been accessed. Out of an abundance of caution, these individuals have been offered free credit monitoring for one year as well as given access to a dedicated call center to answer questions they might have.

Since discovering the unauthorized access on February 19, 2021, the Wisconsin Department of Health Services has taken actions to improve its security posture. DHS has also requested that the Department of Administration and the State's Chief Information Security Officer conduct a review of Department of Health Services' security protocols protecting personal health information including the adequacy of our information system protections against malicious phishing attacks.

Individuals in the above programs who received a notification letter or have questions about this incident, can call 1-833-664-2022 from 8:00 a.m. to 8:00 p.m. CT Monday through Friday.

Claiming 2020 Stimulus Checks

By the GWAAR Legal Services Team

If you still haven't received one or more Economic Impact Payments (EIPs) or "stimulus checks," and did not file taxes for 2020, then you may be able to use the Non-Filer Tool set up by the Internal Revenue Service (IRS). This tool is being advertised for individuals claiming the Child Tax Credit, but it can also be used to access stimulus checks if you haven't received them.

If you did not receive the first or second Economic Impact Payment or the full amount you were entitled to receive, you may use this online form to claim the 2020 Recovery Rebate Credit. This free online form also allows you to provide banking information that the IRS will use to direct deposit any payment you are entitled to receive. When you use this online form, the IRS will also determine if you are eligible for the third Economic Impact Payment. If you're eligible, there's nothing else you need to do to get your payment.

The tool should **NOT** be used by the following individuals:

- You have already filed a 2020 federal income tax return;
- Your 2020 gross income exceeded \$12,400 (\$24,800 for a married couple);
- You were married at the end of 2020 but will not include your spouse's information when using this tool;
- You or your spouse can be claimed as dependents;
- Your main home is not in the United States; or
- You're requesting advance Child Tax Credit for a child born in 2021.

To access the tool, visit <https://www.freefillableforms.com/#/fd/childtaxcredit>

Local Resources

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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ADRC of Columbia Cty, Portage, WI

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Caregiving

How Family Dynamics Impacts Dementia Caregiving

Family dynamics can have a significant impact on the dementia journey and a number of factors can affect quality of care. It is important to find ways to improve family communication, recognize and accept each person's strengths and weaknesses, and stay focused on providing the best care possible for your loved one with dementia.

It would be ideal if communication within the family was always open and positive. However, we know that this is not the case in many circumstances. A person's position in the family can have a significant impact on caregiver roles. Add to that the variations in today's family make-up: blended families, second spouses, unmarried partners or same-sex partners- plus individual beliefs, personalities and family history and you have a recipe for a communication disaster if you're not all on the same page.

Attend "Family Dynamics in the Dementia Journey" on October 5 from 1:00-2:30 PM on our zoom platform to learn more about ways dementia impacts families and how to recognize each person's strengths and weaknesses. Contact Alzheimer's & Dementia Alliance of Wisconsin's Outreach Specialist Janet Wiegel, 608.697-2838, to learn more.

This program supported by funds raised through ADAW's annual Alzheimer's Walk. Step Forward and Give Hope to individuals and families impacted by dementia in your community by joining the Columbia/Marquette County Alzheimer's Walk Sunday, September 12 at Pauquette Park in Portage. Visit www.alzwisc.org for details.



Home Repair Financing Available USDA Rural Development

The last quarter of Rural Development's funding cycle is upon us and \$455,000 remains in loan funds and \$444,000 in grant funds that has been allocated to Wisconsin residents. Based on maximum loan and grant amounts per one individual, we could assist at least with another 23 loans and 60 grants by September 30th. That's possibly some 83 homeowners that could be helped with home repairs!

The Home Repair Loan and Grant Program can provide up to \$7,500 in grant assistance for elderly households and \$20,000 in loan assistance to very low income households.

Other highlights include:

- 20 year loan term (the payment on a \$20,000 loan is \$92/month)
- 1% fixed interest rate
- A lien is not taken against the property and equity is not required for loans under \$7,500.

Maintenance items to prepare for the winter season which can be financed with the Home Repair Loan and Grant Program include, but are not limited to:

- Furnace – average lifespan 15-30 years
- Sump Pump – average lifespan 10 years
- Roof
- Gutters
- Insulation and caulking
- Windows and doors
- Hot water heater – average lifespan 8-12 years
- Steps/handrail

The delivery of the Single-Family Housing Direct Loan and Grant Programs in Wisconsin has been centralized. Please direct all inquiries and applications to sfhapplication@usda.gov or call 715-345-7611.

Fall Prevention

Debunking the Myths of Older Adult Falls

Many people think falls are a normal part of aging. The truth is, they're not. Most falls can be prevented—and you have the power to reduce your risk. Exercising, managing your medications, having your vision checked, and making your living environment safer are all steps you can take to prevent a fall. To promote greater awareness and understanding here are 10 common myths—and the reality—about older adult falls.

Myth 1: Falling happens to other people, not to me.

Reality: Many people think, "It won't happen to me." But the truth is that 1 in 4 older adults fall every year in the U.S.

Myth 2: Falling is something normal that happens as you get older.

Reality: Falling is not a normal part of aging. Strength and balance exercises, managing your medications, having your vision checked and making your living environment safer are all steps you can take to prevent a fall.

Myth 3: If I limit my activity, I won't fall.

Reality: Some people believe that the best way to prevent falls is to stay at home and limit activity. Not true. Performing physical activities will actually help you stay independent, as your strength and range of motion benefit from remaining active. Social activities are also good for your overall health.

Myth 4: As long as I stay at home, I can avoid falling.

Reality: Over half of all falls take place at home. Inspect your home for fall risks. Fix simple but serious hazards such as clutter, throw rugs, and poor lighting. Make simple home modifications, such as adding grab bars in the bathroom, a second handrail on stairs, and non-slip paint on outdoor steps.

Myth 5: Muscle strength and flexibility can't be regained.

Reality: While we do lose muscle as we age, exercise can partially restore strength and flexibility. It's never too late to start an exercise program. Even if you've been a "couch potato" your whole life, becoming active now will benefit you in many ways—including protection from falls.

Myth 6: Taking medication doesn't increase my risk of falling.

Reality: Taking any medication may increase your risk of falling. Medications affect people in many different ways and can sometimes make you dizzy or sleepy. Be careful when starting a new medication. Talk to your health care provider about potential side effects or interactions of your medications.

Myth 7: I don't need to get my vision checked every year.
Reality: Vision is another key risk factor for falls. Aging is associated with some forms of vision loss that increase risk of falling and injury. People with vision problems are more than twice as likely to fall as those without visual impairment. Have your eyes checked at least once a year and update your eyeglasses. For those with low vision there are programs and assistive devices that can help. Ask your optometrist for a referral.

Myth 8: Using a walker or cane will make me more dependent.

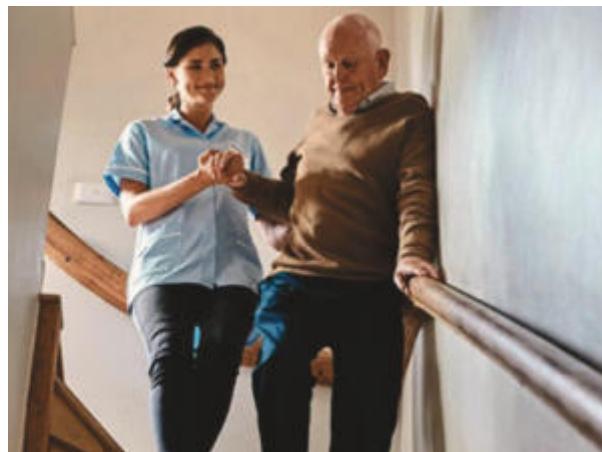
Reality: Walking aids are very important in helping many older adults maintain or improve their mobility. However, make sure you use these devices safely. Have a physical therapist fit the walker or cane to you and instruct you in its safe use.

Myth 9: I don't need to talk to family members or my health care provider if I'm concerned about my risk of falling. I don't want to alarm them, and I want to keep my independence.

Reality: Fall prevention is a team effort. Bring it up with your doctor, family, and anyone else who is in a position to help. They want to help you maintain your mobility and reduce your risk of falling.

Myth 10: I don't need to talk to my parent, spouse, or other older adult if I'm concerned about their risk of falling. It will hurt their feelings, and it's none of my business.

Reality: Let them know about your concerns and offer support to help them maintain the highest degree of independence possible. There are many things you can do, including removing hazards in the home, finding a fall prevention program in the community, or setting up a vision exam.



Who We Are...

Aging & Disability Resource Center of Columbia

County Employees

Director – Sue Lynch

Assistant Director – Vacant

Information & Assistance Specialists –

Julie Duerst, David Davies, Brianne Williams, Serena Robson

Disability Benefit Specialist – Eliza White-Pentony

Elder Benefit Specialist – Trina Gaunt

Adult Protective Services – Sue Weaver, Vacant

Health Promotions Coordinator – Shari Genrick

Dietician Technician Registered – Melissa Smith

ADRC Receptionist – Sandy Kinder

Transportation Coordinator – Vanessa Chapman

Part-Time Transportation Coordinator – Vacant

Marketing & Outreach Coordinator – Vacant

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

Penney Melvin

Drivers - Todd Anderson, Steve Banks, Tom Brennan, David Davis, Mary Dresen, Rick Ferguson, Sue Holznagel, Michael Horkan, Tom Lynch, Bob Miller, Val Nehls, Phillip Rygiewicz, 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 – Sarah Lochner

ADRC Members – Sue Lynch

Citizen Members – Sarah Lochner,

Darlene Anderson Prest, Shelby Carter, Jolene Wheeler,

Allan Baumgartner, Danny Beard, Adaora Bilse,

Kayla Wolff, VACANT

The Ride Improvement Project Council (TRIP) Members

Chair – County Board Supervisor Denise Brusveen

ADRC Members – Sue Lynch, Vanessa Chapman

Citizen Members – Donna Hill, Ben Hinkel, Sarah Lochner, Phil Brooks, Jerry Thompson, VACANT POSITION x2

Nutrition Advisory Council

ADRC Members – Sue Lynch

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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Grapevine

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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 YOU'S

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



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