



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.



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>

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

**JANUARY/
FEBRUARY 2022**
Volume 5, Issue 1

I have always found winter to be a mixed bag of experiences. I love the serenity of new fallen snow, but I despise winter driving. I love the time to hunker down a bit, but dislike the melancholy that can come after a long winter of hunkering down too much. I saw a picture recently, though, that I found so powerful; a picture of a tree with its roots into the ground and the fox and the bear hibernating and a person doing the same. It is ok to take this season to rest, to reflect, and to reconnect. The article with the picture discussed winter bringing back kindness, love, peace and unburdening instead of dread, fear, depression and avoidance. How powerful is that! I find hope in that explanation, as well as inspiration to find ways to connect with those experiences.

This has been another tough year but taking time to unburden ourselves in preparation of what spring brings is a challenge I plan to hold myself to, and that I challenge you to do along with me. My goal is to find ways to show kindness every day. To think and act in love first. To forgive myself for whatever is holding me down. My goal is also to find ways to take care of myself during these months of less light and more darkness; February is also Heart Disease Awareness and Senior Independence month so what a better time to make sure we are feeding our bodies well and finding ways to move our bodies even when the weather interferes with safe outdoor activities! This is also a time to make a list of ways you can nurture yourselves (finding a few minutes each day to practice self-care: reading or listening to even a few pages of a book, writing down something good about each day, cooking, a short hand massage during the otherwise mundane task of washing our hands, listening to a 5 minute relaxation exercise on YouTube, etc.)

February is also Black History month and LGBT History month. What a wonderful time to learn something new about our neighbors and the rich tapestry that holds us together.

These first months of the new year are also a time where the ADRC works on what we hope to accomplish in the year ahead by planning out our Health Promotion programs, reviewing data on who we are not yet serving in our programs and working to better reach those folks so we can be as inclusive as possible, and working in collaboration with our community partners to offer the things you have asked for during our 3-year aging plan survey (access to more affordable home services, more intergenerational opportunities, and more ways to make connections and be active in our community).

I look forward to doing this work alongside you, our new ADRC Assistant Director Brianne Williams, and all of our talented staff. I will check back in with you in March about how well I'm meeting my personal goals as well as those of the ADRC!



HAPPY NEW YEAR! I hope this issue of the Grapevine finds you all safe, warm and well! Time sure does seem to pass us all by so quickly. As we are making New Year resolutions and wishes, I would like to share mine. I hope that I am able to find all of the joys in life and celebrate them together with you. The last two years have been very hard during the pandemic for everyone. It is sometimes disheartening and hard to see even small joys. I'm going to try to be mindful of at least one good thing per day. I hope that you will be able to do the same.

I should introduce myself to you, I am excited to announce that I am the new Assistant Director of the Aging and Disability Resource Center. Some of you may know me from the role of Elder Benefit Specialist or Information & Assistance Specialist. If you don't, my name is Brianne Williams. I have lived in Portage all of my life. I have been working for the ADRC of Columbia

County just over four and a half years. I am passionate about our community; especially the disabled and elder populations. I believe in the Importance of trust, communication, and kindness. I hope to build and connect with all of you through the Grapevine Newsletter and in person. (Hopefully sometime in the future we will all be able to do that again.)

I feel extremely grateful for the opportunity to serve all of Columbia County in my new role. I'd like to say thank you in advance for welcoming me.

Brianne Williams

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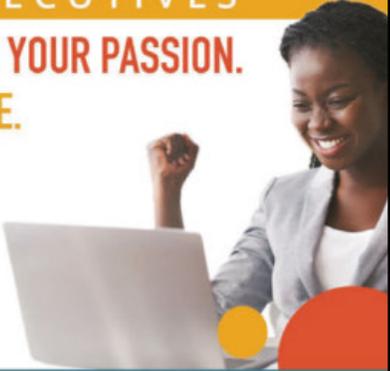
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Social Security Benefits to Increase 5.9% for 2022—Largest Increase in 40 Years

The Social Security Administration (SSA) recently announced that the cost-of-living adjustment (COLA) for 2022 would be 5.9%, the largest increase since 1982. The average recipient will see a \$92 monthly increase from 2021. However, 2022 Medicare premiums are also expected to increase, reducing the impact of this COLA increase. Medicare premiums amounts for 2022 are expected to be released in November.

With the COLA for 2022, the average monthly Social Security benefit will increase from \$1,565 to \$1,657, and for individuals collecting Social Security Disability Insurance (SSDI), the average monthly benefit will increase from \$1,282 to \$1,358.

Additional Social Security Changes for 2022

- Maximum earnings subject to the Social Security tax will increase from \$142,800 to \$147,000.
- Maximum Social Security earnings before someone will see an early retirement work penalty will increase to \$19,560 per year or \$1,630 per month, unless the beneficiary reaches full retirement age (FRA) in that year, then the limit will increase to \$51,960 per year or \$4,330 per month.
- In 2022 it will take \$1,510 to earn a Social Security quarter, up \$40 from 2021.

Things That Won't Change

- Social Security tax rates remain the same for 2022: 6.2% on employees and 12.4% on the self-employed.
- Individuals with earned income of more than \$200,000 (\$250,000 for married couples filing jointly) will continue to pay an additional 0.9% in Medicare taxes.

For more information see:

SSA Press Release: <https://www.ssa.gov/news/press/releases/2021/#10-2021-2>

2022 COLA Fact Sheet: <https://www.ssa.gov/news/press/factsheets/colafacts2022.pdf>

**Understanding the Nutrition Facts Panel:
Vitamins Continued**

Provided By: Caitlin Richardson, FoodWise
Coordinator Columbia, Dodge & Sauk Counties

Our next part on the Understanding the Nutrition Facts Panel series is going over the vitamins & minerals in more detail. The FDA has a great chart that lays out what vitamins do, where they are found and how much we need each day. Please do note, if your medical doctor tells you to follow specific guidance on vitamins/minerals please follow their care plan. The daily values are for reference. Below are seven more of the fourteen vitamins.

Vitamin	What it does	Where it's found
Niacin 16 milligrams Daily value	<ul style="list-style-type: none"> Cholesterol production Conversion of food to energy Digestion Nervous system function 	<ul style="list-style-type: none"> Beans Beef Enriched Grain Nuts Pork Poultry Seafood Whole grains
Pantothenic Acid 5 milligrams Daily value	<ul style="list-style-type: none"> Conversion of food to energy Fat metabolism Hormone production Nervous system function Red blood cell formation 	<ul style="list-style-type: none"> Avocados Beans & Peas Broccoli Eggs Milk Mushrooms Poultry Seafood Sweet Potatoes Whole Grains Yogurt
Riboflavin 1.3 micrograms Daily value	<ul style="list-style-type: none"> Conversion of food to energy Growth and development Red blood cell development 	<ul style="list-style-type: none"> Eggs Enriched Grain Meat Milk Mushrooms Oysters Poultry Spinach
Thiamin 1.2 milligrams Daily value	<ul style="list-style-type: none"> Conversion of food to energy Nervous system function 	<ul style="list-style-type: none"> Beans & Peas Enriched Grain Nuts Pork Sunflower seeds Whole grains

Vitamin	What it does	Where it's found
Vitamin A 900 micrograms Daily value	<ul style="list-style-type: none"> Growth and development Immune function Red blood cell formation Reproduction Skin and bone formation Vision 	<ul style="list-style-type: none"> Cantaloupe Carrots Dairy products Eggs Fortified cereals Green leafy vegetables Pumpkin Red peppers Sweet potatoes
Vitamin B6 1.7 milligrams Daily value	<ul style="list-style-type: none"> Immune function Nervous system function Protein, carbohydrate and fat metabolism Red blood cell formation 	<ul style="list-style-type: none"> Chickpeas Fruits (other than citrus) Potatoes Salmon Tuna
Vitamin B12 2.4 micrograms Daily value	<ul style="list-style-type: none"> Conversion of food to energy Nervous system function Red blood cell formation 	<ul style="list-style-type: none"> Dairy products Eggs Fortified cereals Meat Poultry Seafood (clams, trout, salmon, haddock, tuna)

Each vitamin 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 every-day 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.



Scrambled Egg Muffins

- ½ pound bulk pork sausage (or bacon, ham)
- 12 eggs
- ½ cup chopped onion
- ½ cup chopped green bell pepper
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- ¼ teaspoon garlic powder
- ½ cup shredded cheddar cheese

Preheat oven to 350 degrees. Lightly grease 12 muffin cups, or line with paper muffin liners. Heat a large skillet over medium-high heat and stir in sausage; cook and stir until sausage is evenly browned, and no longer pink, drain.

Beat eggs in a large bowl. Stir in onion, green pepper, salt, pepper, and garlic powder. Mix in sausage and cheddar cheese. Spoon by 1/3 cupfuls into muffin cups.

Bake in oven until a knife inserted near the center comes out clean, 20-25 minutes.

***Substitute meat, veggies, and cheese to your liking. Egg muffins can be frozen.



Easy Chocolate Fudge

- 3 cups (18 oz) semi-sweet chocolate chips
 - 1 (14 oz) can sweetened condensed milk
 - Dash of salt
 - 1 ½ teaspoon vanilla extract
- Line an 8" or 9" pan with wax paper. Melt chocolate chips with sweetened condensed milk and salt in heavy saucepan. Remove from heat; stir in vanilla. Spread evenly in prepared pan. Chill 2 hours or until firm. Remove from pan by lifting edges of wax paper; peel off paper. Cut into squares.

White Chicken Chili

- 1 pound lean ground chicken
- 1 medium onion, chopped
- 2 cans (15 ounces each) cannellini beans, rinsed and drained
- 1 can (4 ounces) chopped green chilies
- 1 teaspoon ground cumin
- ½ teaspoon dried oregano
- ¼ teaspoon pepper
- 1 can (14 ½ ounces) reduced-sodium chicken broth

Optional toppings: reduced-fat sour cream, shredded cheddar cheese, and chopped fresh cilantro

In a large saucepan, cook chicken and onion of medium-high heat until chicken is no longer pink, 6-8 minutes, breaking up chicken into crumbles. Pour 1 can of beans in a small bowl; mash slightly. Stir mashed beans, remaining can of beans, chilies, seasonings and broth into chicken mixture; bring to a boil. Reduce heat; simmer, covered until flavors blended, 12-15 minutes. Serve with toppings as desired.

Cuban Sliders

- 1 package (12 ounces) Hawaiian sweet rolls
- ¾ pound thinly sliced deli ham
- 5 slices Swiss cheese
- 12 dill pickle slices

- Topping:
- ¼ cup butter, cubed
 - 1 tablespoon finely chopped onion
 - 1 tablespoon Dijon mustard

Preheat oven to 350. Without separating rolls, cut each package of rolls in half horizontally; arrange bottom halves in a greased 8X8 baking pan. Layer with ham, cheese and pickles; replace top halves of rolls.

In microwave, melt butter, stir in onion and mustard. Drizzle over rolls. Bake, covered, 10 minutes. Uncover; bake until golden brown and heated through, 5-10 minutes longer. Leftovers can be served as a cold snack.

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.

REST ASSURED...

Heritage House of Portage Assisted Living earned an A+, deficiency-free survey from the Wisconsin Department of Health Services for quality care.



Heritage House of PORTAGE
ASSISTED LIVING

Call to learn more about our A+ services and schedule a TOUR and luncheon!

2685 Airport Road, Portage, WI 53901 | (608) 448-6181
heritagehouseofportage.com



MENU

JANUARY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>CLOSED</p>	<p>4</p> <p>Swiss Steak Mashed Potatoes Corn Chocolate Pudding Pear Slices Dinner Roll</p>	<p>5</p> <p>Ham Roll Baked Beans Health Slaw Cinnamon Roll Pineapple Tidbits Sliced Bread</p>	<p>6</p> <p>Chicken Breast Mashed Potatoes Mixed Vegetables Birthday Cake Apple Slices Dinner Roll</p>	<p>7</p> <p>Beef Stroganoff Casserole Tossed Salad Chocolate Chip Cookie Petite Banana Sliced Bread</p>
<p>10</p> <p>Meatballs in Honey Mustard Sauce Brown Rice Broccoli Cuts Ice Cream Cup Peach Slices Sliced Bread</p>	<p>11</p> <p>Liver & Onions Garlic Mashed Potatoes Carrots Coconut Cream Pie Applesauce Dinner Roll</p>	<p>12</p> <p>Chili Casserole Green Beans Sugar Cookie Cantaloupe Slice Cornbread</p>	<p>13</p> <p>Pork Steak Mashed Potatoes Red Cabbage Applesauce Cake Apricot Halves Dinner Roll</p>	<p>14</p> <p>Chicken, Broccoli & Rice Casserole Spinach Salad with Raspberry Vinaigrette Butterscotch Pudding Fruited Gelatin Sliced Bread</p>
<p>17</p> <p>Pepper Steak Baked Potato Peas and Carrots Cinnamon Roll Pear Slices Sliced Bread</p>	<p>18</p> <p>Lasagna Casserole Mixed Italian Salad Alexander Torte Apple Slices French Bread</p>	<p>19</p> <p>Baked Chicken Twice Baked Potato Picked Beet Salad Peanut butter Cookie Tropical Fruit Salad Sliced Bread</p>	<p>20</p> <p>BBQ Meatballs Calico Bean Casserole Cole Slaw Fudge Brownie Petite Banana Dinner Roll</p>	<p>21</p> <p>Chicken Marsala Baby Red Potatoes California Blend Veggies Spice Cake Pineapple Tidbits Sliced Bread</p>
<p>24</p> <p>Roast Pork Loin Mashed Potatoes Baby Carrots Oatmeal Raisin Cookie Applesauce Sliced Bread</p>	<p>25</p> <p>Meatloaf Baked Potato Wax Beans Vanilla Pudding Fruited Gelatin Dinner Roll</p>	<p>26</p> <p>Chicken & Biscuit Casserole Tossed Salad Raspberry Sherbet Apricot Halves</p>	<p>27</p> <p>Bratwurst on a Bun German Potato Salad Corn Chocolate Banana Torte Cantaloupe Slice</p>	<p>28</p> <p>Mushroom Pork Cutlet Mashed Potatoes Three Bean Salad Snickerdoodle Petite Banana Sliced Bread</p>
<p>31</p> <p>Baked Chicken Garlic Mashed Potatoes Copper Penny Salad Molasses Cookie Pineapple Tidbits Sliced Bread</p>				

Dining Centers are currently CLOSED due to COVID-19.

*All meals include milk.

*Menu subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Hawaiian Meatballs Baked Potato Green Beans Chocolate Pudding Pear Slices Dinner Roll	2 Glazed Ham Squash Cole Slaw Cinnamon Roll Apple Slices Sliced Bread	3 Chicken & Biscuit Casserole Broccoli Cuts Birthday Cake Petite Banana	4 Pepper steak Baked Beans California Blend Veggies Sugar Cookie Pineapple Tidbits Sliced Bread
7 Pork Steak Mashed Potatoes Red Cabbage Coconut Cream Pie Applesauce Sliced Bread	8 Scalloped Potatoes & Ham Casserole Tossed Salad Ice Cream Cup Peach Slices Dinner Roll	9 Baked Chicken Garlic Mashed Potatoes Three Bean Salad Applesauce Cake Pear Slices Sliced Bread	10 Baked Spaghetti Winter Blend Veggies Creamsicle Torte Fruited Gelatin French Bread	11 Orange Chicken Brown Rice Mixed Veggies Vanilla Pudding Cantaloupe Slice Sliced Bread
14 Swiss Steak Mashed Potatoes Corn Valentine's Cake Apple Slices Sliced Bread	15 Chicken Tetrazzini Casserole Broccoli Cuts Peanut Butter Cookie Pineapple Tidbits Dinner Roll	16 Swedish Meatballs Mashed Potatoes Baby Carrots Cinnamon Roll Tropical Fruit Salad Sliced Bread	17 Chicken Marsala Calico Bean Casserole Spinach Salad w/ Rasp. Vinaigrette Cantaloupe Slice Fudge Brownie Dinner Roll	18 Mushroom Pork Cutlet Mashed Potatoes Peas & Carrots Chocolate Cloud Torte Petite Banana Sliced Bread
21 Roast Turkey Mashed Potatoes Pickled Beet Salad Pumpkin Torte Fruited Gelatin Sliced Bread	22 Chili Casserole Calif. Blend Veggies Orange Sherbet Peach Slices Cornbread	23 Chopped Steak in Burg/Mush. Sauce Mashed Potatoes Carrots Alexander Torte Pear Slices Sliced Bread	24 Cranberry & Kraut Meatballs Baby Red Potatoes Brussels Sprouts Spice Cake Fruited Gelatin Dinner Roll	25 BBQ Pork Cutlet Red Beans & Rice Health Slaw Molasses Cookie Applesauce Sliced Bread
28 Baked Chicken Twice Baked Potato Copper Penny Salad Butterfinger Torte Pineapple Tidbits Sliced Bread				

If you do not qualify for the home delivered meal program, you have the option for the carry out program. Please give us a call at (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.



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.

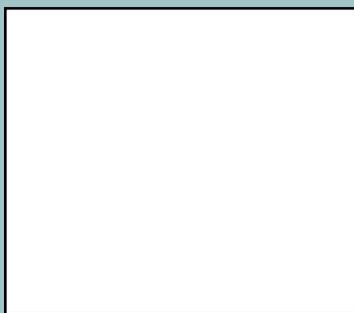
We have seen an increase in demand and are asking for assistance from the community to help serve those in need. If you have an hour or two that you could spare in the early morning/afternoon, please give us a call. We can be reached at (608)742-9233 and ask for Dana.

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

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

PROTECT your personal information

DETECT suspected fraud, abuse, or errors

REPORT suspicious claims or activities

Toll-free Helpline: 888-818-2611
Email: smp-wi@gwaar.org
gwaar.org/senior-medicare-patrol
f [WisconsinSeniorMedicarePatrol](https://www.facebook.com/WisconsinSeniorMedicarePatrol)

Wisconsin SMP
Empowering Seniors To Prevent Healthcare Fraud

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.



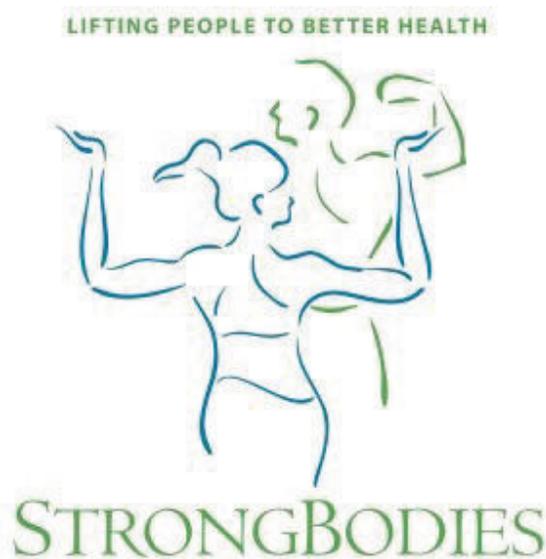
NEW: Strong Bodies Community Strength Training Program!

The Columbia County ADRC is collaborating with Columbia County Extension Food-Wise to offer the Strong Bodies program. This is an 8-week exercise program for middle-aged and older adults. The series will be led by the Columbia County Extension Food-Wise Coordinator, Caitlin Richardson. Sessions will include strength training along with nutrition education while building support networks and social circles.

The Strong Bodies program is based upon years of research on how strength training and proper nutrition improve the health of adults of all ages. Strength is a critical factor in living healthier, more active lives. Strength training not only improves bone density but reduces falls, improves arthritis symptoms, and increases flexibility and strength. The program is appropriate for both sedentary and active adults.

****Exact dates and times to be determined****

For more information on the Strong Bodies program being held in Portage, please call Shari the ADRC at 608-742-9233.



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/>

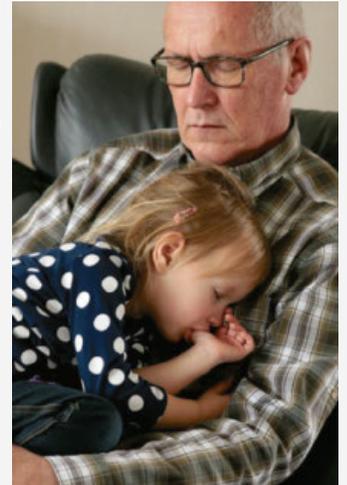
Grandparents and Relative Caregiver Support Group

The Division of Children & Families 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) 742-9227 for further details.

Group meets the last Wednesday of the month from 5 p.m. to 6:30 p.m. 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.

Job Accommodation Network in January!

Job Accommodation Network or JAN provides free consulting services for all employers, regardless of the size of an employer's workforce. Services include one-on-one consultation about all aspects of job accommodations, including the accommodation process, accommodation ideas, product vendors, referral to other resources, and ADA compliance assistance.

How do I decide when to disclose a disability in the workplace?

Disclosing a disability may be a consideration when starting a new job; transitioning from school, another job, or unemployment; or retaining a job after acquiring a disability. For individuals who may still be struggling with accepting their medical condition, making the decision to disclose can be overwhelming. Because some impairments are not visible, individuals may face such challenges as understanding their impairments and determining what types of accommodations are available. As with any new experience, preparation is vital. The following provides an overview of the dos and don'ts of disclosure. Note that disclosing is a very personal decision, but some of the following tips may be helpful in making that decision.

Knowing who to disclose to:

This can be tricky. Many employers have their own in-house procedures that detail how they handle accommodation requests. Check your employee handbook or your company's intranet for this information. Also, if you have an EEO office or a human resources department, they can assist you. The other option is to talk to your manager or supervisor directly.

Knowing how to disclose:

According to the Equal Employment Opportunity Commission (EEOC), you only have to let your employer know that you need an adjustment or change at work for a reason related to a medical condition. You can use "plain language" to make your request and you do not have to mention the ADA or use the phrase "reasonable accommodation". Once you disclose, then the interactive process should begin. At this point, your employer can ask for limited information about your disability and your need for accommodations.

Don't disclose to everyone:

Remember that you have a right to keep information about your disability private. It is not necessary to inform coworkers and colleagues about your disability or your need for accommodations. While they may be aware of the accommodations, especially if you are allowed to take extra breaks or you have a flexible starting time, they are not entitled to know why. Your employer is required by the ADA to keep your disability and medical information confidential and give it to managers and supervisors only on a need-to-know basis.

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

Words from the Sheriff

Columbia County Sheriff Office reminds everyone that with winter weather also comes hazardous and slippery roadways. We ask that you give yourself some extra time and slow down on roadways this time of the year. Most of these accidents are preventable with a little extra planning and preparation.

We currently have 4 K9 Units that patrol throughout Columbia County. These dogs are great at tracking and finding people that have wandered off or have gotten lost. If you see the K9 Units out on patrol, please ask the deputy if it's OK for a picture with the dog or to take some time and pet the dog, as they love attention.

We will be taking 25 kids from our communities shopping again this year and buying household, clothing, and necessities for them and their families.



From our K9's to our deputies, we wish everyone a safe and Merry Christmas.

Sheriff Roger L. Brandner

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ADRC of Columbia Cty, Portage, WI

D 4C 01-2000

TRANSPORTATION REMINDERS

- * Rides are first come, first served. We encourage you to call as soon as your appointment is scheduled with your provider. Appointments must be scheduled no later than 48 hours in advance. It’s never too soon to schedule your ride.
- * Rides are scheduled Monday through Friday 6 a.m. to 3 p.m.
- * Rates start at a minimum of \$6.00 and \$1.00 per mile.
- * 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.
- * 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.

HOW DO I SCHEDULE A RIDE

1. Call (608) 742-9213 to schedule transportation to your medical appointment.
2. Please provide the rider’s name, phone number, address and destination. We also ask that each rider provide an emergency contact.
3. Expect a call the business day prior to confirm each scheduled ride. If a call is not received before 1:30 pm, please contact the Transportation Coordinator for information. It is our policy to reach out and make contact for confirmation. If contact is not made, a driver will not be sent to the location.

THE DAY OF THE RIDE

1. Please expect the driver to arrive by the given pick up time. Each medical driver will arrive in an ADRC van and have ADRC identification.
2. Payment can be made to the driver at the time of pick up. Charges can be paid by check or exact cash amount directly to the ADRC driver. Tipping is not allowed, but donations are always accepted. Please note the rates are subject to change. This is a Federal & State grant funded program.
3. Following your appointment, please look for the driver to

be waiting in the parking lot. If your appointment is done early or happens to run late, please contact the Transportation Coordinator (608) 742-9213.

WINTER REDINESS

Please have your driveway, sidewalk and stairs clear of snow and ice to allow for safe travels. We are now in the season that brings the potential for weather delays and closings, we encourage you to listen to the radio or call our office at (608)742-9233 to inquire about cancelation of our services.

**Cancelations must be made by 12:00 p.m. the business day prior to the transport.*

**Cancelations after this will be charged the full amount of the scheduled transport.*



Severe Weather

An important reminder, if the weather is too dangerous to deliver or provide transportation we may cancel meals and transportation at times during the winter. If any schools are closed in Columbia county due to inclement weather, all meal sites will be closed. If you are on our home delivered meal program you can listen to the following radio stations:

Magnum Broadcasting

900 AM – WDLS, 1400 AM- WRDB, 1350 AM – WPDR, 104.9 FM- WNFm, 95.9 FM – WBKY, 102.9 FM- WBDC, 100.1 FM – WDDC, 106.9 FM – WNNO or on the Good Karma Broadcasting radio stations: 1430 AM – WBEV or www.wbevradio.com, 95.3 FM – WXRO or www.wxroradio.com.

or call the ADRC at 888-742-9233.

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

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 **the Kinship Coordinator 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.*

Portage Lions Club

The Portage Lions Club is instituting a new Wellness/Safety Check telephone program called **No One Alone.**

Each morning, Monday-Saturday between 9:00 am-10:00 am, and Sundays 12:00 pm-1:00 pm a Lion member will phone your home phone number for a quick check of your wellbeing and ask if any assistance is needed. If assistance is needed, the caregiver will be notified immediately.

This program is FREE as a Wellness/Safety effort to make sure people in our community are not left alone and someone is concerned about their wellbeing on a daily basis.

More details are available about this program by contacting Emil at **608-742-3588.**

Take Action Now to Prevent the Flu!

The flu season is upon us and now is the time to take action! Influenza, or the flu, is a contagious respiratory virus that can cause mild or severe illness, and in some cases can become life threatening. The best way to protect against contracting and spreading the seasonal flu is with the flu vaccine.

The Centers for Disease Control and Prevention (CDC) recommends that almost everyone 6 months of age and older get a seasonal flu vaccine each year, and for people 65 years and older it is especially important. Even healthy older adults are at higher risk of contracting the flu due to age-related weakening of the immune system, making it more difficult to fight off disease. And for those who may be managing a chronic condition, such as diabetes or heart disease, the flu can be even more dangerous as you may be more likely to develop complications or become hospitalized.

Flu season in the U.S. typically peaks between November and March, so it's a good idea to get your shot early to prevent contracting or spreading the flu to others.

Make an appointment with your physician or visit your local clinic or drug store to receive the shot. Medicare Part B covers the cost of the flu vaccine once per flu season when it's given by doctors or health care providers who accept Medicare. If you have a Medicare Advantage Plan, you may need to use an in-network doctor or pharmacy.

In addition to getting a flu shot, people 65 and older should take the same everyday precautions that the CDC recommends for everyone, including avoiding people who are sick, covering your cough and washing your hands often.

Don't wait! Taking precautions now can protect you and your loved ones, so schedule your flu shot today.

More information about the preventive benefits covered by Medicare can be found in the *Medicare and You 2021* handbook or on the Medicare website at www.medicare.gov.

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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An innovative program designed to bring actionable, skill-based training directly to the family caregiver. Available online & in-print, best-in-class learning helps caregivers manage difficult situations when caring for an aging loved one with Alzheimer's or a related dementia.

Contact the ADRC today to sign-up for this FREE caregiver educational opportunity! 608-742-9233



Register Now!

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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.

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

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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: 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!

COVID-19 Vaccines Scams

As distribution of COVID-19 vaccines approved by the U.S. Food and Drug Administration continues, bad actors are trying to capitalize through robocall and text scams. Vaccination plans vary across state and local governments. Check with your state or local health department to learn when and how to get the COVID-19 vaccine, including any potential boosters. You can also talk with your health care provider, pharmacist, or health insurance provider to learn more.

The Federal Trade Commission (FTC) posts alerts on its webpage – Coronavirus Advice for Consumers – about COVID-19 scams. A recent article warns about potential vaccination certification scams. There's currently no national standard for vaccination verification, so if you get a call, email, or text from someone saying they're from the federal government, and asking for personal information or money to get a national vaccine certificate or passport, that's a scam, the FTC said.

Another alert sheds light on a COVID-19 vaccines scam survey. People have reported getting emails and text messages asking them to complete a limited-time survey about the Pfizer, Moderna, or AstraZeneca vaccine in exchange for a "free reward," for which they're asked to pay shipping fees. Do NOT respond to any such message and don't click any links. This is a scam. There's no survey and no reward.

The FTC is sharing these tips to avoid vaccine related-scams:

- **Don't pay to sign up for the vaccine.** Anyone who asks for a payment to put you on a list, make an appointment for you, or reserve a spot in line is a scammer.
- **Ignore sales ads for the COVID-19 vaccine.** You can't buy it – anywhere, including online pharmacies. The vaccine is only available at federal- and state-approved locations, such as vaccination centers and pharmacies.
- **Watch for unexpected or unusual texts.** Don't click on links in text messages – especially messages you didn't expect. If your health care provider or pharmacist has used text messages to contact you in the past, you might get a text from them about the vaccine. If you get a text, call your health care provider or pharmacist directly to make sure they sent the text. Scammers are texting, too.
- **Don't open emails, attachments, or links** from people you don't know, or that come unexpectedly. You could download dangerous malware onto your computer or phone.
- **Don't share your personal, financial, or health information** with people you don't know. No one from a vaccine distribution site, health care provider's office, pharmacy, health insurance company or Medicare, will call, text, or email you asking for your Social Security, credit card, or bank account number to sign you up to get the vaccine.

In short, you can't pay to skip the line, reserve your spot, or join a critical trial. Be wary of any inbound calls or texts that ask for your Social Security number, financial details, or insurance information to reserve your spot.

Article from the Federal Communications Commission

Homestead Tax Credit

The homestead credit program is designed to soften the impact of property taxes and rent on persons with lower incomes. A homestead credit claim may be filed using Schedule H or Schedule H-EZ.

Do I qualify for homestead credit?

1. To qualify for homestead credit for 2021 you must meet the following requirements:

- You are a legal resident of Wisconsin for all of 2021, from January 1 through December 31.
- You are 18 years of age or older on December 31, 2021.
- You have less than \$24,680 in household income for 2021.
 - You meet **one** of the following conditions:
- You (or your spouse, if married, and reside in the same household) have positive earned income during the year.
- You (or your spouse, if married, and reside in the same household) are disabled.
- You (or your spouse, if married) are 62 years of age or older at the end of 2021.

You own or rent your Wisconsin homestead that is subject to Wisconsin property taxes during 2021. (Persons who reside in mobile or manufactured homes or nursing homes that are subject to property taxes may also qualify to file a claim.)

- You are not claimed as a dependent on someone else's 2021 federal income tax return. **Note:** This limitation does not apply if you were 62 years of age or over on December 31, 2021.
- You did not live for the entire 2021 year in housing that is exempt from property taxes. **Note:** Property owned by a municipal housing authority is not considered tax-exempt for homestead credit purposes if that authority makes payments in place of property taxes to the city or town in which it is located. If you live in public housing, you should check with your rental manager.
- At the time of filing a claim, you are not living in a nursing home and receiving Title XIX medical assistance.
- You are not claiming Wisconsin farmland preservation credit for 2021.

- You are not claiming the veterans and surviving spouses property tax credit on 2021 real estate taxes.
- Only one claim may be filed per household. A married couple residing together is one household.
- You are not filing a claim on behalf of a person after his or her death.
- You have not received Wisconsin Works (W2) payments of any amount or county relief payments of \$400 or more for each month of 2021.

For more information, call 608-266-2486.

Volunteer Income Tax Assistance (VITA)

The IRS's Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE) programs offer free basic tax return preparation to qualified individuals.

The VITA program has operated for over 50 years. VITA sites offer free tax help to people who need assistance in preparing their own tax returns, including:

- People who generally make \$57,000 or less
 - Persons with disabilities; and
 - Limited English-speaking taxpayers
- In addition to VITA, the TCE program offers free tax help, particularly for those who are 60 years of age and older, specializing in questions about pensions and retirement-related issues unique to seniors.

For more information, call 1-800-906-9887.

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



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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Reducing Holiday Stress

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

People who have experienced changes due to Alzheimer's, stroke or other medical conditions may feel a great deal of loss during the holidays. Those who are caring for these loved ones may feel overwhelmed by trying to keep up holiday traditions while continuing to provide care. They may also be uncertain about gathering with friends and family for fear the changes in physical health, behavior and personality may make others uncomfortable.

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

- ◆ **Adjust your expectations.** You don't have to do everything you've done in the past. Talk with your loved ones and choose a few traditions to carry out.
- ◆ **Ask for help.** Involve other family members or friends in your holiday preparations. Not only does this reduce your stress, but it provides you and your loved one with socialization. Write down what needs to be done so you can ask for something specific when people offer to help.
- ◆ **Prepare family and friends before getting together.** Update family and friends on how your loved one has changed and what they can expect during their visit. Offer suggestions on how best to communicate.
- ◆ **Suggest gift ideas.** Give friends and family ideas of useful gifts they can give such as cd's, photo albums, comfortable clothing, videos or audio books. Don't forget your own wish list, too! Gift certificates for dining, laundry or cleaning services are great ideas for busy caregivers.

- ◆ **Keep the needs of your loved one in mind.** For those with memory loss, remember that distant memory stays intact the longest and plan activities accordingly, avoiding new games or activities. Many stroke survivors have lost the ability to feed themselves and may find it uncomfortable to eat in front of guests. An afternoon of looking at old slides or photos and reminiscing might be more appropriate than sharing a meal. Schedule gatherings during the day rather than in the evening since symptoms often are worse in the evening.
- ◆ **Be good to yourself.** Make it a priority to care for yourself. Getting away with friends for lunch, a movie or a concert might be just what you need. Or perhaps some time by yourself to read, write in a journal or enjoy a bubble bath is how you recharge. Determine what rejuvenates you and take the time to do it.

Don't let the hustle and bustle of the holidays add anxiety to your life! Find ways to simplify and enjoy a stress-free holiday season filled with love, joy and good memories! For more information about caregiving and resource that can help, contact the Columbia County Aging and Disability Resource Center.

Happy Holidays!



Help with Heat this Winter

It's hard to believe that the winter season is already upon us! As the temperatures drop, it's important to keep in mind that there are several types of heating assistance options administered through the Wisconsin Home Energy Assistance Program (WHEAP), as well as legal protections against utility disconnections.

During the heating season (October 1-May 15), the following types of assistance are available:

Heating Assistance. This is a one-time payment for a portion of heating costs; it is not intended to cover the entire cost of heating a residence. The amount of the energy assistance benefit varies on the household's size, income, and energy costs. In most cases the energy assistance benefit is paid directly to the energy supplier.

Electric Assistance. Electric (non-heating) assistance pays a portion of a household's electrical (non-heating) costs, and, like heating assistance, the payment is not intended to cover the entire cost of the non-heating costs. The amount of the non-heating assistance also varies based on the household's size, income, and non-heating costs, and the non-heating assistance benefit is paid directly to the household energy supplier.

Crisis Assistance. A household may be eligible for crisis assistance in an energy emergency. Crisis assistance is available through local WHEAP agencies that provide a 24-hour crisis phone number to help with emergencies that occur after business hours. Crisis assistance is intended to provide emergency and/or preventative services to assist eligible households experiencing an energy emergency.

Furnace Assistance. WHEAP emergency heating system assistance can provide services to eligible homeowners if the furnace or boiler stops operating during the heating season. Heating system assistance includes payment for repairs, or in some situations your residence may qualify for a total replacement of a non-operating furnace or boiler. Call the local energy assistance office immediately if you are experiencing a no-heat situation.

Income Guidelines

Household Size	One-Month Income	Annual Income
1	\$ 2,591.92	\$31,103
2	\$ 3,389.42	\$40,673
3	\$ 4,186.92	\$50,243
4	\$ 4,984.42	\$59,813
5	\$ 5,781.92	\$69,383
6	\$ 6,579.42	\$78,953
7	\$ 6,729.00	\$80,748
8	\$ 6,878.50	\$82,542

How to Apply

Households must complete a Home Energy Plus application through the local WHEAP agency or apply online via: <https://energybenefit.wi.gov/>.

You can call **1-866-HEATWIS (432-8947)**, or visit the "Where to Apply" tab on www.homeenergyplus.wi.gov to find your local energy assistance agency.

Weatherization Assistance Program

In addition to the energy assistance programs mentioned above, there is also the weatherization assistance program, which is available year-round (not just during the heating season).

The Division of Energy Housing and Community Resources contracts with local agencies to provide basic weatherization services to reduce home heating bills, save energy, and make your home warmer in the winter and cooler in the summer.

If you are eligible for weatherization services based on your WHEAP application, your application information will be referred to the local weatherization agency. Households selected for potential weatherization services will be contacted by the weatherization agency. The agency will then make arrangements to have an energy auditor look at your home to see what can be done to make it more energy efficient. Weatherization services differ with each home depending on how it was built and its condition. Some common weatherization services include:

- Insulating attics, walls and floors
- Insulating or replacing water heaters
- Installing energy efficient lighting
- Reducing air leakage
- Repairing or replacing furnaces
- Testing and/or replacing refrigerators
- Performing a general health and safety inspection
- Providing information about maintenance and energy conservation

Illegal Utility Disconnections

Finally, it is against the law in Wisconsin for a utility provider to disconnect utilities for non-payment between November 1 and April 15 if that utility (water, gas, electricity) is necessary for heating the dwelling. Keep in mind, however, that this rule only applies to residential buildings and does not apply to utility cooperatives. Also, if you have fallen behind on utility payments, the utility provider does not have to turn on your utilities on November 1. They are only prohibited from turning the utilities off after November 1. In this case, it is best to contact your utility provider and work out a payment plan to get your utilities up and running again.

Aging & Disability Resource Center of Columbia County Employees

Director – Sue Lynch

Assistant Director – Brianne Williams

Information & Assistance Specialists –

Julie Duerst, David Davies, Serena Robson, Vacant

Disability Benefit Specialist – Vacant

Elder Benefit Specialist – Trina Gaunt

Adult Protective Services – Sue Weaver,

Jenny Johnson

Health Promotions Coordinator – Shari Genrick

Dietician Technician Registered – Melissa Smith

ADRC Receptionist – Sandy Kinder

Transportation Coordinator – Vanessa Chapman

Part-Time Transportation Coordinator – Mary Dresen

Marketing & Outreach Coordinator – Dana Luedeman

Meal Site Managers – Joelle Arentson, Robin Babcock,

Diane Curtis, Beth Heiniger, Sharon Lombardi,

Penney Melvin

Drivers - Todd Anderson, Steve Banks, Tom Brennan,

David Davis, Rick Ferguson, Michael Horkan, Tom

Lynch, Bob Miller, Val Nehls, Phillip Rygielwicz, Jerry

Thompson, Bill Tierney, Jerry Traut, Lenny Vander Werff,

Ed Zydowsky, Sue Wilz.

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, Rosemary Minnema

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, Diana

O'Neill, VACANT POSITION

Nutrition Advisory Council

ADRC Members – Sue Lynch

Shari Genrick, Melissa Smith

Citizen Members – Lois Williams, Jerry Thompson,

Shelby Carter, Caitlin Richardson, *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 _____

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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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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