

# Family

FREE

and

# Friends



*A monthly newsletter brought to you by Richland County Health & Human Services and the Aging and Disability Resource Center of Eagle Country-Richland County Office*

## Celebrating Older Americans Month: Powered by Connection

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by a federal agency, the Administration for Community Living (ACL), OAM is a time to recognize older Americans' contributions, highlight aging trends and reaffirm commitments to serving the older adults in our communities. This year's theme, "Powered by Connection," focuses on the profound impact that meaningful connections have on the well-being and health of older adults — a relationship underscored by the [U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community](#).



“It's not just about having someone to chat with, it's about the transformative potential of community engagement in enhancing mental, physical and emotional well-being.” It is said that, by recognizing and nurturing the role that connectedness plays, we can mitigate issues like loneliness, ultimately promoting healthy aging for more Americans.

### What can individuals do to connect?

- Invite more connection into your life by finding a new passion, joining a social club, taking a class or trying new activities in your community. Richland county has numerous opportunities for older adults to engage. You could go to one of the many activities offered at the Woodman Senior Center, join one of the many health promotion classes through Symons Recreation Complex, attend the local meal site and much more.
- Stay engaged in your community by giving back through volunteering, working or mentoring. Invest time with people to build new relationships and discover deeper connections with your family, friends, colleagues or neighbors. There are volunteer opportunities all around. Local schools, libraries, local meal sites, Meals on Wheels and the Richland County Transportation Driver Escort program are great opportunities to get involved.

Spending time being of service to others is not only valuable to the individuals you are helping but has even greater advantages for you. It has been proven that volunteering provides people with a sense of purpose, a sense of community, improves self-esteem, increases social skills, teaches valuable skills, brings fun into your life and has been shown to have positive health effects.

(Article courtesy of ACL)



### Inside this Issue

Spotlight On	Pg 2
Dementia Live	Pg 4
Menu	Pg 6
Senior Center Calendar	Pg 7
Social Security Pioneers	Pg 8
3K Wellness Stride	Pg 10



# SPOTLIGHT ON: ADRC MONTH AND NURSES WEEK

Aging and Disability Resource Centers (ADRC) in Wisconsin are your “one stop shops” to get information regarding aging and living with a disability. The ADRC provides information on numerous programs and services.

The ADRC can connect you to many different resources. Our ADRC Specialists are very kind and knowledgeable professionals who are able to give information regarding many different topics including the ones below and more:

- Adaptive equipment and assistive technology
- Caregiver Support
- Dementia care services
- Health, nutrition and home-delivered meal programs
- Housekeeping and chore services
- Housing options
- Long-term care programs
- Medicaid, Medicare and Social Security
- Nutrition services
- Safety updates to your home
- Transportation
- Wellness programs

Along with the programs above, the ADRC employs Benefit Specialists. The Disability Benefit Specialist is available to help adults between 18-59 years of age who have a disability. Elder Benefit Specialists assist individuals who 60 year of age and older. These specialists can answer questions related to public benefits, including the topics below and more:

- FoodShare
- Medicaid
- Medicare
- Private health insurance
- Social Security
- Housing issues

The ADRC is also home to the Richland County Transportation Program, Richland County Senior Nutrition Program, caregiver support programs and health promotion opportunities.

To talk to one of our knowledgeable staff and learn about any of these services you can call the ADRC at 608-647-4616 or stop into the office at the Community Services building located at 221 West Seminary Street, Richland Center.



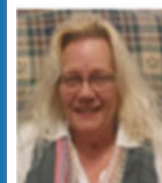
The nurses of Richland County Health & Human Services Public Health and Behavioral Health Services departments are highly valued employees and assets to the community. Most people don't realize how many roles they fill and it would take more than one article to adequately list them all and demonstrate their far reaching impacts to Richland County residents.

Richland County Health and Human Services currently has three nurses that provide a wide variety of services to the county. We thank each of them for their dedicated service to our community.



**Brandie Anderson, BSN** Brandie Anderson has been a nurse for 23 years. Her career in healthcare began in 1997 as a medic in the US Army. After moving to Wisconsin, she attended SWTC for her nursing education,

beginning with her LPN in 2001. She obtained her RN license in 2008, and then her BSN in 2013. Brandie joined RCHHS in 2016 as the Psychiatric Nurse, then transitioned to a role as a Public Health Nurse and is now the Health Officer for Richland County. Brandi worked with a dedicated group of PH staff through the COVID pandemic and really enjoys working in communicable disease. She states what she enjoys about public health is working with a diverse population and helping the underprivileged. Her previous nursing experiences include working in hospitals, home health and providing wound care in the long-term care setting. Along with spending time with her family, she enjoys baking, playing the piano and organ, swimming, gardening, and taking walks.



**Alice Retrum, RN**

Alice Retrum has been a nurse since 2005 and works within the Behavioral Health unit as a Psychiatric Nurse. Alice has been with the agency for four years and has worked in a variety of roles. Her expertise in nursing and mental health has helped people in many different situations.

Alice states what she enjoys most about her position is crisis prevention. She likes to help people deal with life situations so they remain healthy and a part of their community. Alice also enjoys camping, traveling and riding her Harley Davidson motorcycle.

(Continued on page 8)

# HEART HEALTHY FAMILY & FRIENDS RECIPE TO TRY



## Lemon Butter Chicken Thighs

**Prep Time:** 5 min **Cook Time:** 40 minutes **Yield:** 4 servings



### Ingredients:

- 4 Tbsp. butter, divided
- 4 cloves garlic
- 2 Tbsp. lemon juice
- 1/4 tsp onion powder
- 4 (8 oz.) skin on, bone in chicken thighs
- Salt and ground black pepper to taste
- 2 Tbsp. fresh chopped parsley

### Directions:

1. Preheat the oven to 375 degrees
2. Place 3 tablespoons butter in a bowl and heat in the microwave until melted. Smash garlic cloves with the side of a chef's knife and add garlic to the warm butter. Stir in lemon juice and onion powder, set aside.
3. Sprinkle both sides of chicken thighs with salt and pepper. Heat remaining butter in a medium oven safe skillet over medium high heat. Brown chicken, skin-side down, for 3 to 4 minutes. Flip chicken over and brush skin with lemon-butter mixture. Pour

remaining butter mixture into skillet and remove from heat.

4. Bake in preheated oven until chicken is no longer pink at the bone and the juices run clear, about 30 minutes.
5. Remove skillet from oven and place chicken on a serving platter. Drizzle chicken with pan juices and garnish with parsley.



(recipe courtesy of allrecipes.com)

*There Is Always Family Here*



Assisted Living  
27 Year of Laughter and  
Tears Established 1995



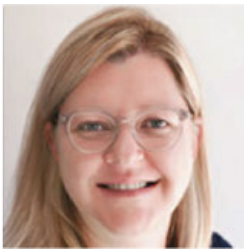
(608) 647-8205 • [www.harvestguesthome.com](http://www.harvestguesthome.com)

**ADVERTISE HERE**  
to reach your community



Call 800-950-9952

## One-on-one help with your Medicare questions.



**Teresa Goplin**  
Licensed Sales Agent  
**608.647.2114, TTY 711**



Y0066\_SPRJ55188\_C

## DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

Engaging,  
ad-supported  
print and digital  
newsletters to reach  
your community.

Visit [lpicommunities.com](http://lpicommunities.com)

OUR COMMUNITY  
NEWSLETTER  
OCTOBER EDITION



Scan to  
contact us!





Thursday

30

MAY



DEMENTIA  
CAPABLE  
COMMUNITIES



CELEBRATING 100 YEARS

THE RICHLAND HOSPITAL  
and Clinics

# DEMENTIA Live®

Proven. Powerful. Essential

Three, one-hour sessions will be held at the Richland Hospital in the Pippin Conference rooms.

9:00 - 10:00 am

10:15-11:15 am

1:30 - 2:30 pm

A unique opportunity to briefly, yet movingly, experience the challenges and struggles of a person living with dementia followed by discussion.

CALL THE ADRC AT  
608-647-4616 TO REGISTER

I G B R M R A E O L G F D R A  
 N P U A E C E Q I A O R S A L  
 Y J C B S G E S L I R E A L L  
 N V G N Y K N F B R L E L L E  
 A M S B H D E V O O S D U I R  
 A M E R I C A T U M H O T P B  
 F L O W E R S L Q E S M E R M  
 M O T H E R A U U M W M B E U  
 S F S E I L F R E T T U B T S  
 N E A J N K F P T R L R M A T  
 Q D P O G N I N E D R A G C G  
 L P E M I T G N I R P S E C V

AMERICA  
 BASKET  
 BOUQUET  
 BUTTERFLIES  
 CATERPILLAR  
 FLAG  
 FLOWERS  
 FREEDOM  
 GARDENING  
 LADYBUG  
 MEMORIAL  
 MOTHER  
 SALUTE  
 SPRINGTIME  
 UMBRELLA

## Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

**AD CREATOR STUDIO**



[lpicommunities.com/adcreator](http://lpicommunities.com/adcreator)

## LET'S GROW YOUR BUSINESS Advertise in our Newsletter!

**CONTACT ME  
 Jeremiah Braggs**

[Jbraggs@4LPi.com](mailto:Jbraggs@4LPi.com)  
 (800) 950-9952 x2126

**FREE  
 AD DESIGN**  
 with purchase  
 of this space

**CALL 800-950-9952**



Catering Services | Wild Game Processing

- FRESH MEAT & CHEESE • SEAFOOD
- SMOKED SAUSAGE • DISCOUNTED MEAT BUNDLES
- MICRO BREWS • WINE • BEER • MOBILE SLAUGHTERING

[premeats.com](http://premeats.com) • [premeats@gmail.com](mailto:premeats@gmail.com)  
 Highway 14, Spring Green • 588-2164



# MAY

Meals on Wheels &  
Dining Site Menu:

Germentown, Richland  
Center, Rockbridge

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>RESERVATIONS REQUIRED AT ALL LOCATIONS by 12:30pm the business day prior.</p> <p><b>Richland Center:</b> 608-647-2323 <b>Germentown:</b> 608-983-2798 <b>Rockbridge:</b> 608-649-3900</p>	<p><b>Note:</b> Meals are subject to change on occasion. All Meals include milk.</p>	<p>1 Salisbury Steak Mashed Potatoes w/gravy Carrots Peach Crisp Whole Wheat Bread</p>	<p>2 Ham, Broccoli and Rice Casserole Creamed Corn Tropical Fruit</p>	<p>3 Catch of the Day Baked Sweet Potato Coleslaw Chef's Choice Fruited Dessert Whole wheat Bread</p>
<p>6 Hamburger Steak Mashed Potatoes Mushroom Gravy Broccoli Florets Ice Cream Cup Whole Wheat Bread</p>	<p>7 Grilled Brat with Bun Baked Beans Potato Salad Pudding Cup</p>	<p>8 Meatloaf Au gratin Potatoes Green Beans Pineapple Orange Cake Whole Wheat Bread</p>	<p>9 Chicken Ala King with Vegetables Mashed Potatoes Biscuit</p>	<p>10 Tuna Casserole Baby Carrots Peaches Cookie</p>
<p>13 Goulash with Beans Tossed Salad Creamed Corn</p>	<p>14 Grilled Chicken Breast Rice Pilaf Peas &amp; Carrots Lemon Bar</p>	<p>15 Cube Steak with Diced Tomatoes Oven Roasted Potatoes Green Beans Frosted Carrot Cake Whole Wheat Bread</p>	<p>16 Liver &amp; Onions Cheesy Hash browns Italian Blend Vegetables Tropical Fruit Whole Wheat Bread</p>	<p>17 Catch of the Day Baked Potato w/Sour Crm. Creamed Peas Coleslaw Whole Wheat Bread</p>
<p>20 Turkey Tetrazzini Broccoli and Carrots Fruit Salad</p>	<p>21 Lasagna French Cut Green Beans Ice Cream Cup Garlic Toast</p>	<p>22 Roast Beef Mashed Potatoes &amp; Gravy California Blend Vegetables Frosted Brownie Whole Wheat Bread</p>	<p>23 Kielbasa Sauerkraut Creamed Baby Potatoes Beets Whole Wheat Bread</p>	<p>24 Chicken Casserole Pinto Beans Warm Cinn. Apple Slices</p>
<p>27 <b>Dining Sites Closed</b> <b>No Meals on Wheels</b> <b>Memorial Day</b></p>	<p>28 Baked Chicken Dressing Gravy Baby Carrots Cranberries</p>	<p>29 Pork Loin Scalloped Potatoes California Blend Vegetables Apple Crisp Whole Wheat Bread</p>	<p>30 Hamburger Stroganoff Peas and Carrots Fruit Cocktail</p>	<p>31 Catch of the Day Roasted Potatoes Three Bean Salad Whole Wheat Bread</p>



**WOODMAN SENIOR CENTER**  
**1050 N. ORANGE ST., RICHLAND CENTER, WI 647-8108 EXT. 3**  
**HOURS: MONDAY THRU FRIDAY 8:00-4:30**  
**May 2024**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<u>7 9:30-Sheepshead</u> 12:30-Bingocize 1:00-Euchre <u>Tournament</u>	<u>7 9:30-Haase</u> <u>9:30-Cribbage</u> <u>9:45-Gentle Chair</u> <u>Yoga</u> <u>12:30-Pinochle</u>	2 8:00-10:00- <u>Community Coffee</u> <u>Club</u> <u>9:30-Movie</u> <u>12:30-Bingocize</u> <u>1:30-Canasta</u>	4 CLOSED
5	<u>6 9:30-11:30-Play</u> <u>Bingo for Prizes</u> 12:30-Your Choice <u>Game</u>	<u>7 9:30-Sheepshead</u> 12:30-Bingocize 1:00-Euchre <u>Tournament</u>	<u>8 9:30-Haase</u> <u>9:30-Cribbage</u> <u>9:45-Gentle Chair</u> <u>Yoga</u> <u>12:30-Pinochle</u>	<u>9 9:30-Rummikub or</u> <u>Any Game</u> <u>12:30-Bingocize</u> <u>1:30-Canasta or Any</u> <u>Game</u>	10 12:30-Haase CLOSED	11 CLOSED
12	<u>13 9:30-11:30-Play</u> <u>Bingo for Prizes</u> <u>12:30-5 Crowns or</u> <u>Phase "10"</u>	<u>14 9:30-Sheepshead</u> 12:30-Bingocize 1:00-Euchre <u>Tournament</u>	<u>15 9:30-Haase</u> <u>9:30-Cribbage</u> <u>9:45-Gentle Chair</u> <u>Yoga</u> <u>12:30-Pinochle</u>	<u>16 10:00-Richland</u> <u>Area Senior Citizen</u> <u>Potluck</u> <u>2:00-Bingocize</u>	17 12:30-Haase CLOSED	18 CLOSED
19	<u>20 9:30-11:30-Play</u> <u>Bingo for Prizes</u> <u>12:30-5 Crowns, or</u> <u>Wizard</u>	<u>21 9:30-Sheepshead</u> 12:30-Bingocize 1:00-Euchre <u>Tournament</u>	<u>22 9:30-Haase</u> <u>9:30-Cribbage</u> <u>9:45-Gentle Chair</u> <u>Yoga</u> <u>12:30-Pinochle</u>	<u>23 9:30-Movie on the</u> <u>Big Screen</u> <u>12:30-Bingocize</u> <u>1:30-Canasta or Any</u> <u>Game</u>	24 12:30-Haase CLOSED	25 CLOSED
26	27 CLOSED MEMORIAL DAY	<u>28 9:30-Sheepshead</u> 12:30-Bingocize 1:00-Euchre <u>Tournament</u>	<u>29 9:30-Haase</u> <u>9:30-Cribbage</u> <u>9:45-Gentle Chair</u> <u>Yoga</u> <u>12:30-Pinochle</u>	<u>30 9:30-Your Choice</u> <u>Game All Day</u>	31 12:30-Haase	

# THANK AN OLDER AMERICAN AND SOCIAL SECURITY'S PIONEERS

During the month of May, thank an older American in your life for everything he or she does for you and the community. May is Older Americans Month. Since its origin in 1963, this has been a time to celebrate the contributions of parents, grandparents, trusted mentors and others—whose wisdom and experience we sometimes take for granted.

One of the most important programs protecting older Americans—Social Security disability insurance—works differently from other federal programs. Created by Congress over 60 years ago, this insurance program ensures that workers who have not yet reached their full retirement age have something to fall back on in the event of a catastrophic illness or injury that forces them to stop working. Workers and employers fund this program through taxes on workers' earnings.

You can find out more about how the Social Security disability insurance program works and hear inspiring stories from people living with disabilities, by visiting Social Security's [Faces and Facts of Disability](#) web page at [www.socialsecurity.gov/disabilityfacts](http://www.socialsecurity.gov/disabilityfacts).

As you meet the people there and listen to their stories, put yourself in their place for a moment. How would you keep your head above water if you had to quit working because your kidneys stopped functioning normally or because you could no longer see? How would you and your family survive? You'd be glad to be one of the estimated 165 million workers who pay into Social Security.

Although Social Security disability benefits average less than \$1,200 a month, they can help with basic needs. Because the Social Security statute requires a

very strict definition of disability, people who receive benefits are among the most severely disabled Americans. But, for many who satisfy our strict disability criteria, this modest assistance is the only thing keeping them out of poverty.

Sadly, one in four 20-year-olds will become disabled before reaching retirement age. For young and older Americans alike, Social Security disability insurance provides a critical safety net.

When the country began recognizing Older Americans Month in 1963, only 17 million Americans had reached their 65th birthday, about a third of older Americans lived in poverty, and few programs existed to meet their needs. Today, the country has over 40 million people age 65 or older, and the Census Bureau estimates that about 90 percent of them live above the poverty line. To learn more about the many programs available for today's older Americans, visit the [Administration for Community Living](#).

So, as you're thumbing that text message to your grandmother—thanking her for shuttling you to your swim meets all those years—think about the generation before her that had the wisdom and courage to establish vital social supports like the Older Americans Act and Social Security disability insurance.

Then head to [www.socialsecurity.gov/disabilityfacts](http://www.socialsecurity.gov/disabilityfacts) and see how Social Security is making a critical difference in the lives of people with disabilities.

(Article courtesy of [www.ssa.gov](http://www.ssa.gov))

## RICHLAND COUNTY NURSES CONTINUED FROM PAGE 2



### **Betty Nigh**

Betty Nigh has been a nurse for 37 years. Her career in healthcare began in 1981 as a CNA at Pine Valley Healthcare. She attended Viterbo University for her nursing education, obtaining her bachelor's degree in nursing in 1987. Betty worked in Public Health in Vernon County from 2006 to 2021. She has served as the Coroner of Vernon County since 2018 and as a deputy coroner for 9 years prior. Betty enjoys serving the community and is a strong advocate for the underserved. Her previous nursing experiences include Internal Medicine, Geriatrics, General Surgery, Home Health and Parish Nursing. Betty enjoys spending time with family and friends, sewing, baking and flower gardening.

Richland County Health and Human Services thanks each of its nurses for everything they do each day for our community.



# MAY IS LYME DISEASE AWARENESS MONTH

Warm weather will soon be here which means the ticks will become more active. Richland County has an increased number of confirmed cases of Lyme Disease each year. It is important to check for the presence of the black legged tick (or deer tick, ixodes scapularis) after being in grassy or wooded areas. The Ixodes tick is much smaller than the common wood tick.

Blacklegged Tick (*Ixodes scapularis*)



## Preventing Tick Bites on People

- Avoid wooded and bushy areas with high grass and leaf litter.
- Use repellents that contain 20 to 30% DEET on exposed skin and clothing for protection that lasts up to several hours.
- Shower as soon as possible after coming indoors to wash off and more easily find ticks that are crawling on you.
- Conduct a full-body tick check. Parents should check their children for ticks.
- Don't forget to check your pets! Carefully examine coats and day packs too.
- Tumble clothes in a dryer on high heat for an hour to kill remaining ticks.

## Signs and Symptoms

If you had a tick bite, live in an area known for Lyme disease or have recently traveled to an area where it occurs, and observe any of these symptoms, you should seek medical attention. Some people may experience the “bull's eye rash” and general symptoms of fatigue, chills, fever, headache, muscle and joint aches and swollen lymph nodes. In other people general symptoms may be the only evidence as not everyone gets the rash. A small bump or redness at the site of a tick bite that goes away in 1 to 2 days, is not a sign of Lyme Disease.

## Treatment

Patients treated with appropriate antibiotics in the early stages of Lyme disease usually recover rapidly and completely. Antibiotics commonly used for oral treatment include doxycycline, amoxicillin or cefuroxime axetil. Patients with certain neurological or cardiac forms of illness may require intravenous treatment with drugs such as ceftriaxone or penicillin.

(Source: CDC.gov)

 <p>My Choice Wisconsin is a managed care organization that serves government-funded programs to seniors and adults with disabilities in over 50 Wisconsin counties.</p> <p><b>Visit us today:</b>  <a href="http://mychoicewi.org/LPI">mychoicewi.org/LPI</a>  <b>1-800-963-0035</b></p> <p>For more information on your long-term care options, contact your local ADRC.</p> <p>DHS Approved 4/22/2021</p>	<p><b>ADT-Monitored Home Security</b></p> <p>Get 24-Hour Protection From a Name You Can Trust</p> <ul style="list-style-type: none"> <li>• Burglary</li> <li>• Flood Detection</li> <li>• Fire Safety</li> <li>• Carbon Monoxide</li> </ul> <p>Authorized Provider   SafeStreets   <b>833-287-3502</b></p>
<p><b>KRAUSE MONUMENT</b></p> <p><i>Lasting craftsmanship and compassionate service since 1895.</i></p> <p>Viroqua 608-637-7726   Reedsburg 608-524-5355          Richland Center 608-647-8314</p> <p><b>WHY WAIT? PRE-PLAN YOUR MONUMENT!</b></p>	<p><b>WONDERFUL SENIOR LIVING!</b></p> <p><i>Ridgeview Commons</i></p> <p>Senior Apartments 62+ &amp; Disabled          975 W Seminary St          Richland Center, WI 53581  <a href="http://www.cardinalcapital.us">www.cardinalcapital.us</a></p> <p>Rent is 30% of Adjusted Income!  <b>CALL TODAY 608.647.2525</b></p>
<p><b>ADVERTISE HERE</b> to reach your community</p>  <p><b>Call 800-950-9952</b></p> <p><i>"It's my life and they respect that."</i></p> <p>Local long-term care supports and services delivered with a focus on Life. Defined by you.</p>  <p>inclusa.org   877-376-6113</p>	

# 3K WALK/5K RUN WELLNESS STRIDE

**MAY 23, 2024 5:00 PM**



**STARTING AT SYMONS  
RECREATION**

Bring the Whole Family

Individuals over 60 and under 11 are free  
Shirts will be provided to those who pre-register  
by May 6th. Sign in and same day registration  
starts at 4:30 pm on May 23rd. Contact Symons  
Recreation for more information at 608-647-8522

**ENTRY \$10**

**PRE-REGISTER BY MAY 6TH**

# APRIL WAS VOLUNTEER APPRECIATION MONTH

The act of selflessly giving to others through volunteerism has impacts that reach further than anyone can imagine. Each day the ADRC provides countless meals to individuals in our community through the Senior Nutrition Program. The only way that we can provide this service to the community is with the help of volunteers. Last year the program served over 24,000 meals to people over the age of 60 through the congregate meal program and Meals on Wheels program.

The ADRC's Richland County Transportation Program also has volunteer drivers who take people to their medical appointments and for personal business trips. In 2023, transportation drivers provided 4049 one way trips, traveling 154,986 miles and donating 5488 hours of their time.

Volunteers provide more than just a meal or trip to the doctor, they provide safety checks, human connection and more.

They help individuals in our community stay active and able to live in their homes longer.

The ADRC is sincerely thankful for each and every one of its volunteers. We could not provide the high level of service that we do without them. We would also like to thank Linda Batten, Transportation Secretary and Tanya Webster, Nutrition Program Coordinator for all of their hard work keeping these programs running smoothly and ensuring that we provide quality services to our community.

On April 11th the ADRC hosted a volunteer luncheon and training at the Phoenix Center. Local businesses donated gifts in appreciation of our volunteers. The overwhelming support from local businesses is greatly appreciated as well.



## NEVER MISS OUR NEWSLETTER!

**SUBSCRIBE**

Have our newsletter  
emailed to you.



VISIT [WWW.MYCOMMUNITYONLINE.COM](http://WWW.MYCOMMUNITYONLINE.COM)



Richland County Health and Human Services  
221 W. Seminary Street  
Richland Center, WI 53581  
Produced in conjunction with the Aging and  
Disability Resource Center of Eagle Country  
Richland Center Office



**FREE**  
**PLEASE TAKE**  
**ISSUE: MAY 2024**

## Upcoming Area Events:

### **Mondays in May**

Monday Coffee Connect: Virtual Support to **“Fill Your Caregiving Cup”** every Monday morning from 10 to 11 am. Connect with local dementia specialists virtually from the comfort of your home! Join to ask questions, gain support and brainstorm strategies to get through this time together. Come with a cup of coffee or tea to interact via Zoom Video. Register by calling Pam Kul-Berg, Dementia Care Specialist for the ADRC of Eagle Country at 608-548-3954.



### **Thursday, May 23rd**

The ADRC and Symons Recreation are partnering to host a 3K/5K Wellness Stride (Walk/Run) on Thursday May 23rd at 5:00 pm. Sign in begins at 4:30 pm. Pre-registration is due by May 6th and should be done by contacting Symons Recreation. There will be no cost for individuals over the age of 60 and they will receive a free shirt. Cost for participants under the age of 60 will be \$10 and a shirt will be included. Day of registrations will be allowed, no shirt will be provided. For more information contact Symons Recreation at 608-647-8522.

### **Tuesday, May 28th**

The Aging and Disability Resource Center of Eagle Country, Richland Center office is offering the **Richland Center Caregiver Support Group**. This group offers a chance to connect with local experts, family members and care partners who may be experiencing similar circumstances. The support group is held on the 4th Tuesday of the month at the Woodman Senior Center, 1050 Orange Street, Richland Center from 10:30 am – 11:30 am. To RSVP or for information, you may call the ADRC at 608-647-4616 or Pam, the Dementia Care Specialist at 608-548-3954.

### **Thursday, May 30th**

The ADRC is partnering with the Richland Hospital to provide Dementia Live to the community. This simulation provides people with the opportunity to see what it is like to have dementia. There is a seven-minute virtual experience and then a short educational session to follow. If you are interested in signing up, contact the ADRC at 608-647-4616. Space is limited.

### **Monday, June 10th**

**Welcome to Medicare:** The Aging and Disability Resource Center of Eagle Country, Richland office, is offering a free seminar to Richland County residents interested in learning more about Medicare. Rose Welsh, Richland County Elder Benefit Specialist, will help you learn about choices you may want to consider and decisions you need to make when you use Medicare. Make Reservations by calling the ADRC at 608-647-4616 at least five days in advance of the seminar. If the seminar is full, you can sign up for a future date.

**Caregiver GPS Webinar Series: Learn how to navigate the caregiving journey.**

**Third Thursday of the month | Noon-1:00pm | 2 Ways to Join:**

Email [danedcs@countyofdane.com](mailto:danedcs@countyofdane.com) to get the webinar link **OR**

Watch the webinar with a group at the Soldiers Grove Library. Dementia Care Specialists will be on hand to answer additional questions.

**Webinar Topics:**

**Thursday 5/16 Communication Skills**

**Thursday 6/20 Traveling & Other Undesired Activities**

**Thursday 7/18 Legal & Financial Planning**

**Thursday 8/15 Home Safety & Assistive Devices**

*"May is the month of promise and the sweet beginnings of summer." - Author Unknown*