

Family

and

Friends

FREE



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

August is National Immunization Awareness Month

Every year thousands of adults in the U.S. still suffer serious illness, are hospitalized, and even die due to disease for which vaccines are available. Even if you were fully vaccinated as a child, the protection from some vaccines you received can wear off. You may also be at risk for other diseases due to your job, lifestyle, travel, or health conditions.

The past year has been a trying time for our communities due to the COVID-19 pandemic. It highlights the need for all types of vaccinations. Getting routine vaccines can help to prevent getting other types of disease and help stop the spread.



Vaccines reduce your chance of spreading disease.

- Some people in your family or community may not be able to get certain vaccines due to their age or health condition so they rely on you to help prevent the spread of disease.
- Infants, older adults, and people with weakened immune systems (like those undergoing cancer treatment) are especially vulnerable to infectious disease. For example, newborns are too young to be vaccinated against whooping cough but it can be very dangerous or even deadly for them. That is why anyone in contact with young babies, especially expectant mothers, get the Tdap vaccine to help protect them.



Inside this Issue

Caregiving Rollercoaster	Pg 2
Spotlight On	Pg 4
Menu	Pg 6
Senior Center calendar	Pg 7
10-Digit Calling	Pg 8
Alive and Kicking	Pg 10



THE CAREGIVING ROLLERCOASTER

Caring for an older adult can sometimes feel like a rollercoaster ride. Much of the time you are happy and fulfilled as you spend time with your loved one. Then there are times when you feel overwhelmed and stressed by the challenges of caregiving. Frustration and guilt often follow. Then your loved one thanks you for all the work you do and you feel love and joy once more. These emotional ups and downs often occur over the course of one day. When you are caregiving, life becomes a rollercoaster ride that doesn't stop to let you off!

It is normal to experience a large array of emotions when providing care for a loved one and it can be easy to let the negative feelings get control. Caregivers who report higher levels of satisfaction have learned the skill of managing their negative emotions. They are also able to focus on all the benefits of caregiving:

- Being able to spend more time with someone you love
- Feeling enhanced self-worth and a sense of achievement for helping someone
- An opportunity to “give back” to someone important
- Having an increased sense of purpose in life



But no matter how positive a person is, negative feelings will still come around. The first step toward managing these feelings is to recognize them before they become problematic.

Some common emotions that creep up on caregivers are frustration, anger, fear, and guilt. Some early warning signs of these feelings may be tension, headaches, and increased impatience. As soon as you recognize negative feelings heading your way, step back and calm yourself before they take over. The following techniques can help keep negative emotions at bay.

- Take some slow, deep breaths.
- Look at the event in a different way. Try to understand the other persons' perspective.
- Leave the room for a while.
- Focus on the good things.
- Participate in physical activity.
- Concentrate on the benefits and rewards of caregiving.

When you are calm again, think about what triggered the negative emotion and how it could have been avoided. You can use negative feelings as a catalyst for change. You may find you need more respite care, a change in routine, an outlet for emotional needs such as a support group, or to distribute tasks to family members or friends.

Negative emotions may not be pleasant, but they don't have to control you. Learn to recognize the warning signs, calm yourself and initiate change to keep the negative emotions at bay.

Life as a caregiver is like a rollercoaster ride, so buckle up and prepare for a thrilling ride!

Jane Mahoney
Older Americans Act Consultant
Greater Wisconsin Agency on Aging Resources

AUGUST FAMILY & FRIENDS RECIPE TO TRY



Taste of Home Zucchini Boats

Prep Time: 30 min **Cook Time:** 30 min **Yield:** 10 servings



Ingredients:

- 2 medium zucchini (about 8 inches)
 - 3/4 pound ground beef
 - 1 small onion, chopped
 - 1/2 cup chopped fresh mushrooms
 - 1/2 cup chopped sweet red pepper
 - 1/2 cup chopped green pepper
 - 1 cup shredded cheddar cheese, divided
 - 2 tablespoons ketchup
- Salt and pepper to taste

Directions:

1. Trim the ends off zucchini. Cut in half lengthwise, scoop out pulp with a teaspoon, leaving 1/2 inch shells, Finely chop pulp.
2. In a skillet, cook beef, zucchini pulp, onion, mushrooms and peppers over medium heat until meat is no longer pink; drain. Remove from heat, add 1/2 cup cheese, ketchup, salt and pepper; mix well.

Spoon into the zucchini shells. Place in a greased 13x9 inch baking dish. Sprinkle with remaining cheese.

3. Bake, uncovered, at 350 until zucchini is tender, 25-30 minutes



(recipe and picture courtesy of taste of home)

SPOTLIGHT ON... YOUTH IN TRANSITION

Why is it important to plan for the transition to adult life?

Transitioning from high school to the adult world is new and different for all students. It can be particularly challenging for students with disabilities and their families as they leave high school and enter the world of adult services. Young people, nearing adulthood, have many decisions to make:

- What kind of job do I want?
- Where will I live, and with whom?
- What do I want to do for fun?

In addition, young people with disabilities, who receive services and supports as children, will also want to consider how to find services and supports as adults. If you are a teen or young adult receiving services as a child, or if you are the parent of a young adult, it is important to start planning for the transition to adulthood as early as possible.

The sooner the planning begins for life after high school, the smoother the transition. Family members, teachers, and the people you know and trust can help during this planning process. Planning ahead for transition gives you time to learn about and understand the changing roles, responsibilities, and opportunities as an adult. Planning ensures that you make informed decisions about your life. The Aging and Disability Resource Center (ADRC) can help you along the way.

Here are some ways the ADRC can help:

- Talking with you about life after high school.
- Encouraging you to explore your interests and talents.
- Finding opportunities for you to gain independence and increase self-determination skills.
- Setting goals and creating a vision for your life.
- Guiding you to learn about legal changes, including new rights and responsibilities when you reach certain ages (14 and 18 years).
- Applying for adult long-term support programs and getting a place on an adult long-term care waiting list (if necessary).
- Supporting you to meet educational and training goals.
- Making referrals to help you find a job.
- Sharing information on how you can keep your Medicaid benefits, even if you are working.



"I am more than
my disability!"

For more information regarding the process contact the ADRC of Eagle Country's Richland Center office by calling 608-647-4616 or stopping in at 221 West Seminary Street, Richland Center, WI 53581.



FEELINGS THERMOMETER

How do you feel?



ANGRY, FURIOUS, EXPLOSIVE

▶ Yelling, Stomping, Meltdown



FRUSTRATED, ANNOYED, IRRITABLE

▶ Arguing, Refusing, Shutting down



ANXIOUS, WORRIED, UNSETTLED

▶ Pacing, Avoiding, Clingy



SAD, NEGATIVE, LONELY

▶ Crying, Withdrawn, Slowed/Disengaged



HAPPY, CALM, CONTENT

▶ Smiling, Laughing, Engaged

What can you do about it?

- Vigorous physical exercise
- Breathe deep breaths
- Take a warm shower or bath

- Meditate/pray
- Listen to favorite music
- Take a fast-paced walk

- Talk to a family member/friend
- Pay attention to each of your 5 senses
- Focus on what you *can* control

- Set a positive goal for the day
- Call a friend or relative
- Journal about your feelings

- Help someone else
- Notice and enjoy your positive mood
- Engage in an enjoyable activity

FamilyCaregiversRock.org



August 2021



Occasionally, it is necessary to make changes in the menus. All meals are served with milk. Please call the meal site for reservations at least one day in advance.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Swiss Chicken Breast Seasoned Rice Steamed Carrots Mixed Greens Salad w/Dressing Melon Salad, Frosted Cake	3 Hearty Potato Soup Ham Salad Sandwich Glowing Salad Peanut Butter Cookie	4 Roast Beef Mashed Potatoes w/Gravy Cauliflower Fruited Jell-O Strawberry Chip Cake	5 Goulash Baby Carrots Colorful Tossed Salad Fresh Fruit Cook's Choice Dessert	6 Pulled Pork w/BBQ Steak Fries Brussel Sprouts Fruit Crisp Hamburger Bun
9 Meat Loaf Mashed Potatoes w/Gravy Green Beans Tomato Spoon Salad Brownie WW Dinner Roll	10 Lumberjack Veg. Stew Shaved Ham Sandwich on Wheat Bread Cottage Cheese Peaches Brownie	11 Pork Cutlet Mashed Sweet Potatoes California Blend Veggies Mixed Fruit Gelatin Poke Cake Dinner Roll	12 Chili w/Beans & Stewed Tomatoes Cheese Slice Corn Bread w/Honey Peaches PB Frosted Chocolate Cake	13 Chicken Parm. w/Pasta Mixed Spinach and Greens Salad w/Dressing Sweet Corn Mandarin Oranges Cook's Choice Dessert
16 Sliced Turkey Sweet Potatoes Mixed Vegetables Fresh Fruit, Pumpkin Bar & Dinner Roll	17 Chili w/Beans & Stewed Tomatoes Saltine Crackers Cornbread w/Honey Baked Apple Slices	18 Cheeseburger on Bun w/ Lettuce, Onion Vegetable Mac. Salad Baked Beans, Pickle Rocky Road Pudding	19 Sloppy Joes on a Bun Cucumber Salad Baked Beans Pickle Spear Fruit Whip, PB Cookie	20 Chicken Cordon Bleu Seasoned Wild Rice Blend Mixed Greens Salad Broccoli Fruited Dessert
23 Spaghetti & Meat Sauce Green & Gold Beans Fresh Fruit Salad Bread Pudding w/Van Sauce Bread Stick	24 Ham & Bean Soup Turkey & Cheese Sandwich Sunshine Salad Poppy Seed Cake	25 Chicken Alfredo Fettuccini Garlic Buttered Peas/Corn Coleslaw, Mixed Fruit Frosted Birthday Cake	26 Hamburger Gravy Over Mashed Potatoes Strawberry Spinach Salad w/Dressing BB Brownie	27 Baked Fish Steamed Broccoli Seasoned Beets Tropical Fruit Lemon Bar
30 Swiss Steak Mashed Potatoes w/Gravy California Blend Veggies Peach Cobbler, Dinner Roll	31 Vegetable Beef Soup Chicken Salad Sandwich Cottage Cheese Pineapple Blueberry Streusel Coffee Cake	<p>RESERVATIONS REQUIRED AT ALL LOCATIONS by 1pm the day before: Grab N' Go available for carry out at Richland Center Location only from 11am-12pm, M and W only and must be specified at time of reservation. Richland Center Meal Site (Reopened 6/2/2021) Mon.- Thurs. Call Tina/Sandi 647-2323; Germantown Meal Site (Reopened 6/30/2021) – Monday, Wednesday and Thursday(Home Delivered) Congregate (Wednesday Only) – Rita Connors (608) 983-2798; Rockbridge Dining Center (Reopened 7/7/21) M-W-F – Norma Pyfferoen 647-3900</p>		

WOODMAN SENIOR CENTER
1050 N. ORANGE ST., RICHLAND CENTER, WI 53581 PH. 647-8108 EXT. 3
HOURS: MONDAY THRU FRIDAY 8:00-5:00
AUGUST 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 CLOSED	2 9:30-11:00— <u>Play Bingo for Prizes</u> 1:00- <u>Play “500”</u>	3 9:30- <u>Sheepshead</u> 10:00- <u>Rummikub</u> 1:00- <u>Euchre</u>	4 10:00- <u>Rummikub</u> or <u>Mexican Train</u> 1:00- <u>Pinochle</u>	5 8:00-10:00- <u>Community Coffee Club</u> 1:00- <u>Knitting Group</u> 1:00- <u>Yr. Ch. Cards</u>	6 1:00- <u>Haase</u>	7 CLOSED
8 CLOSED	9 9:30-11:00- <u>Play Bingo for Prizes</u> 1:00- <u>Play “500”</u> or <u>Rummikub</u>	10 9:30- <u>Sheepshead</u> 10:00- <u>Rummikub</u> 1:00- <u>Euchre</u>	11 10:00- <u>Deer in the Headlights</u> 1:00- <u>Pinochle</u>	12 9:30- <u>Any Game Your Choice Check out the Game Closet</u> 1:00- <u>Knitting Group</u> 1:00- <u>Rummikub</u>	13 1:00- <u>Haase</u>	14 CLOSED
15 CLOSED	16 9:30-11:00- <u>Play Bingo for Prizes</u> 1:00- <u>Play “500”</u> or <u>Card Game Your Choice</u>	17 9:30- <u>Sheepshead</u> 10:00- <u>Rummikub</u> 1:00- <u>Euchre</u>	18 10:00- <u>Rummikub</u> or <u>Deer in the Head- lights</u> 1:00- <u>Pinochle</u>	19 10:00- <u>RC Area Citizen Potluck</u> 1:00- <u>Knitting Group</u> 2:00- <u>Rummikub</u>	20 1:00- <u>Haase</u>	21 CLOSED
22 CLOSED	23 9:30-11:00- <u>Play Bingo for Prizes</u> 1:00- <u>Play “500”</u>	24 9:30- <u>Sheepshead</u> 10:00- <u>Rummikub</u> 1:00- <u>Euchre</u>	25 10:00- <u>Your Choice Any Game</u> 1:00- <u>Pinochle</u>	26 9:30- <u>Memory Cafe</u> 10:00- <u>Rummikub</u> 12:30- <u>Abz. Sup Gr.</u> 1:00- <u>Knitting Group</u>	27 1:00- <u>Haase</u>	28 CLOSED
29 CLOSED	30 9:30-11:00- <u>Play Bingo For Prizes</u> 1:00- <u>Play “500”</u>	31 9:30- <u>Sheepshead</u> 10:00- <u>Rummikub</u> 1:00- <u>Euchre</u>	We have a puzzle out at all times stop in and help us put some pieces in.	Stop in and have a cup of coffee, read the paper, play a game of pool.	Any Game can be played at anytime, just let us know what you would like	More Activities Coming in the Future

NEW 10 DIGIT CALLING REQUIREMENT

Coming up - Mandatory 10-Digit Local Calling - will be required in some Wisconsin Area Codes

As you may know, the [Federal Communications Commission](#) (FCC) has adopted “988” as a new three-digit number to be used nationwide to reach the *National Suicide Prevention and Mental Health Crisis Lifeline*, starting **July 16, 2022**. Callers must continue to dial 1-800-273-TALK to reach the Lifeline until July 16, 2022.

In order for **988** to work in some of Wisconsin's area codes, 10-digit local dialing must first be implemented. 212, 414, 608 and 920 are area codes in Wisconsin that need to change the way a local call is dialed. When this was posted in April, the FTC recommended people begin dialing 10 digits (area code + telephone number) when placing local calls to help prepare for this change. During this time if a caller dials just 7 digits, the call **will** still be com-

pleted. This takes effect nation-wide, so if traveling in any affected area you will need to dial all 10 digits for placing calls. Note this change does not affect all Wisconsin area codes nor does it affect all states. (<https://www.fcc.gov/document/fact-sheet-988-suicide-prevention-lifeline-10-digit-dialing>).

Beginning Sunday, October 24, 2021, those in affected areas will have to dial 10-digits (area code + telephone number) for all local calls. On and after this date, local calls dialed with only 7-digits may **not** be completed, and a recording will inform those calling from affected areas the call cannot be completed as dialed. The caller will be instructed to hang up and dial again using the area code and the 7-digit number.

Starting Saturday, July 16, 2022, dialing “988” will route the call to the National Suicide Prevention and Mental Health Crisis Lifeline.

Richland Center Caregiver Support Group

Connect with local experts, family members, and care partners who may be experiencing similar circumstances. We share stories, struggles and successes.

Join us at the Woodman Senior Center
1050 Orange Street
Richland Center
The 4th Thursday of the month from
1:30 pm-3:00 pm

To RSVP or for more information - (608) 548-3954



“You do not have to walk the caregiving journey alone”

THREE RETIREMENT PLANNING TIPS FOR WOMEN

One day in 1939, Ida May Fuller stopped by the local Social Security office in her hometown of Rutland, Vermont to inquire about Social Security benefits. She knew she had been paying into Social Security, and wanted to learn more. The following year, she received the very first Social Security benefit payment — \$22.54 — arriving as check number 00-000-001. Ida's story still holds lessons for women today.

Today, signing up for a personal [my Social Security](#) account at www.ssa.gov/myaccount can help you get information tailored for you to plan for your retirement. It's never too late to start planning. Ida was 65 years old when she started receiving benefit payments, but she lived well beyond her life expectancy of 65 years, 4 months. In fact, Ida lived to be 100 years old, and received Social Security benefit payments for 35 years.

It's important to create your personal [my Social Security](#) account as soon as possible. With your account, you can view estimates of future benefits, verify your earnings, and view the estimated Social Security and Medicare taxes you've paid. Verifying earnings is important because your future benefit is based on your earnings history.

Your Social Security benefit payments will provide only a portion of your pre-retirement income. You may have to save more to have adequate income for your desired lifestyle in retirement.

Savings need to be an active part of your plan to take care of yourself and your family's financial future. Ida never married. She supported herself. However, you may find yourself widowed or divorced — and having to provide for yourself for several more years. Unlike in Ida's day, you can go online to see if you're eligible at www.ssa.gov/retirement to receive a current, deceased, or former spouse's benefits. It might make financial sense to claim those benefits instead of your own — since the payments could be higher based on the individual's own earnings history.

We encourage you to follow Ida's example and plan for your financial future. Please share this information with your friends and family — and help us spread the word on social media.

(Source: Social Security)

2PM PERFORMANCE
 RICHLAND CENTER COMMUNITY CENTER
 1050 N ORANGE ST



Free SUMMER EVENT

Live music by the St. Paul Minnesota theatrical singing group "Alive and Kicking."

A powerful performance by the Remember Project that will change your way of thinking about aging and brain health!

Thurs	August	1
DAY	26	PM

1PM Meal/2PM Performance

Register by calling:
 608-647-4616



Thank you to our Sponsors

Aug 24 - 5 PM - Prairie Du Chien
 Aug 25 - 11 AM - Westby
 Aug 25 - 5 PM - Mauston
 Aug 26 - 1 PM - Richland Center

Gold Level

The Lodge at Mauston
 Waterfront Hotel
 Crossing Rivers Health
 Mile Bluff Medical Center
 Foundation
 Richland County Food Service

Silver Level

Mayo Foundation for Medical
 Education and Research
 Leisure Time Sports Bar & Bowl
 Richland Center Community
 Center

Bronze Level

Gunderson Lutheran
 Inclusa
 TMG
 Hatch Public Library
 Community Health Services
 The Insurance Center
 Cafe Hope





Summertime Fun



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

BARBECUE

BATHINGSUIT

BEACH

BOAT

FAMILY

FIREFLIES

FRIENDS

FUN

GAMES

ICECREAM

LEMONADE

PARTY

POOL

SUNGLASSES

SWIM

TOWEL

VACATION

VOLLEYBALL



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: AUGUST

Upcoming Events

Tuesday's in August

Dementia and Caregiving Virtual Book Club will meet from 12:00-1:00 pm to read and discuss the book, *Creating Moments of Joy*. For more information and to sign up contact Pam at 608-548-3954.

Wednesday's in August

The Richland Area Farmer's Market is held every Wednesday from 1:30-5:30 pm at the Phoenix Center in Richland Center.

August 16th Welcome to Medicare

The Aging and Disability Resource Center of Eagle Country, Richland Center office, is offering a free seminar to Richland County residents interested in learning more about Medicare. Joanne 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. Seating is limited due to the COVID pandemic. Reservations can be made by calling the ADRC at 608-647-4616 at least 5 days in advance of the seminar.

August 26th Due to the Alive and Kicking Event the Caregiver Support group **will not** be held in August but will resume in September at the Woodman Senior Center from 1:30 pm-3:00 pm. Contact Pam Kul-Berg or Jennifer Hammje at the Aging and Disability Resource Center for information at 608-647-4616.

Don't miss the Alive and Kickin' event!!!

August 26th

The ADRC is sponsoring it's first in person event since before the pandemic. The **free ADRC Alive & Kickin' Tour** will be an interactive musical performance and play, featuring The Remember Project and the St. Paul Minnesota theatrical singing group, "Alive and Kicking". A light meal will be provided at 1:00 and the performance will be at 2:00. Reservations are needed and can be made by calling the ADRC at 608-647-4616. Seating will be limited.

