

# 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*

## New Year's Resolutions

New Year's resolutions may seem silly for some. Many people say “you make them just to break them.” While for some this is true, resolutions can actually serve as a way to positively impact your life and health.



New Year's gives us a renewed sense of starting over. We can create goals with the purpose of improving our lives. “Rush University has completed studies that indicate people who view life with a sense of purpose are two to four times less likely to develop Alzheimer's.”

Putting a pen to paper and writing out our resolutions can improve our attitude and we are more likely to achieve those goals if we write them down. Another great way to ensure success is to share resolutions with others as a way to stay accountable. Remember that resolutions don't have to be major changes. They could be as simple as:

- Creating a safer home environment by ensuring that you have a flashlight at your bedside
- Removing rugs to eliminate trip hazards
- Setting up your doctor appointments at the beginning of the year to ensure that you are attending to your healthcare needs
- Eating a healthy diet
- Exercising more
- Getting involved in your community

A small change can go a long way in improving your health and helping you have a more positive outlook on life.

(<https://health.usnews.com/health-care/for-better/articles/>)



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# FALL PREVENTION

As we get older, physical changes, health conditions, and/or certain medications make falls more likely to occur. In fact, falls are a leading cause of injury among older adults. However, many falls can be prevented simply by being more aware of the risk of falling and by taking some steps to prevent falls. Some tips for preventing falls are below.

1. Talk to your doctor about side effects of any medications you are taking, any health conditions you have that can make you more prone to falling, and any strategies to prevent falls, especially if you have fallen before or had any “close calls.” Also, have your eyes and hearing tested. Even small changes in sight and hearing may cause you to fall. When you get new eyeglasses or contact lenses, take time to get used to them. Always wear your glasses or contacts when you need them. If you have a hearing aid, be sure it fits well and wear it.
2. Stay physically active, if approved by your doctor, of course. Consider activities such as walking, water workouts or tai chi — a gentle exercise that involves slow and graceful dance-like movements. Such activities reduce the risk of falls by improving strength, balance, coordination, and flexibility. Your doctor may even recommend seeing a physical therapist for a custom exercise program aimed at improving balance, flexibility, muscle strength, and gait.
3. Wear sensible shoes, even indoors. High heels, floppy slippers and shoes with slick soles can make you slip, stumble, and can lead to falls. Wearing stockings or socks indoors may also lead to falling, especially on hard floors or stairs. Instead, wear properly fitting, sturdy shoes with nonskid soles. If you don't like wearing your outside shoes inside your home, consider getting a pair of sensible shoes that you wear only indoors.
4. Remove home hazards, and make sure your living area is well-lit. Remove boxes, newspapers, electrical cords, and phone cords from walkways. Move coffee tables, magazine racks, and plant stands from high-

traffic areas. Secure loose rugs with double-faced tape, tacks, or a slip-resistant backing — or remove loose rugs from your home. Repair loose, wooden floorboards and carpeting right away. Store clothing, dishes, food, and other necessities within easy reach. Use nonslip mats in your bathtub or shower. Install grab bars for the shower or tub and use a bath seat, which allows you to sit while showering. Consider installing handrails on both sides of stairways and place nonslip treads on any bare wood steps. To help keep your home well-lit you can place night lights in your bedroom, bathroom, and hallways. Place a lamp within reach of your bed for middle-of-the-night needs. Make clear paths to light switches that aren't near room entrances. Consider trading traditional switches for glow-in-the-dark or illuminated switches. Turn on the lights before going up or down stairs. Store flashlights in easy-to-find places in case of power outages.



5. To prevent falls during winter, make sure all walking areas near your home are free from ice and snow by using salt or sand. Consider hiring a service, a neighbor, or ask a friend or family member to help keep walkways clear and salted in winter. If you must walk on an icy surface, walk like a penguin. To do this, bend slightly and walk flat footed. Keep your center of gravity over your feet as much as possible. Point your feet out slightly and shuffle your feet and take short steps. And, of course, wear shoes with good tread when venturing out in the winter elements.

6. Use assistive devices such as a cane or walker if needed. Appropriate use of canes and walkers can prevent falls. If your doctor tells you to use a cane or walker, make sure it is the right size for you and the wheels roll smoothly. This is important when you're walking in areas you don't know well or where the walkways are uneven. A physical or occupational therapist can help you decide which devices might be helpful and teach you how to use them safely.

*By the GWAAR Legal Services Team (for reprint)*

# JANUARY FAMILY & FRIENDS RECIPE TO TRY



## Arthritis Friendly Cowboy Caviar Pasta Salad

**Prep Time:** 1:30 min **Cook Time:** 60 min

**Yield:** 10 servings



### Ingredients:

1 can black beans  
1 can garbanzo beans  
1 cup corn kernels  
1 of each: yellow bell pepper, orange bell pepper, large avocado, green onion  
1-pint cherry tomatoes  
6 oz (1/2 box) whole wheat rotini noodles  
¼ cup chopped cilantro  
½ red onion  
6 tbsp crushed pineapple (canned)  
3 large limes  
1 tbsp red wine vinegar  
3 tbsp olive oil  
2 tbsp minced garlic  
1 tsp each: chili powder, coriander, cumin, garlic salt, onion powder, sea salt, black pepper  
2 chicken breasts (grilled or rotisserie)



### Directions:

1. Boil pasta 8 to 10 minutes. Drain, rinse, refrigerate.
2. Rinse and drain beans. Add to large bowl. Slice tomatoes in half and add to beans.
3. Chop peppers, onion, avocado into ¼" pieces. Add to bean mixture.
4. Add in corn kernels and cilantro.
5. Slice limes in half and juice them into a small bowl. Include zest of 1 lime into juice.
6. Add red wine vinegar, olive oil, and chopped pineapple to lime juice.
7. Add minced garlic and all dried spices to lime juice mixtures. Mix well.
8. Shred chicken breasts and add to vegetables and beans. Then add in pasta noodles.
9. Pour lime juice dressing over everything and mix well. Refrigerate for one hour. Mix well before serving.

*(courtesy of: <http://blog.arthritis.org/living-with-arthritis/paige-goehner-cowboy-caviar/#more-1436>)*



# NUTRITION FOR ARTHRITIS



No diet can cure arthritis, but certain eating patterns and lifestyle choices can relieve some symptoms of arthritis and reduce inflammation. Following a Mediterranean-style diet is ideal for low inflammation and overall healthy living.

## FRUITS AND VEGETABLES

- Focus on fruits and vegetables at every meal and snack (aim for 8-9 servings daily or 2-3 servings each meal)
- Eat a variety of colors and textures to ensure proper vitamins, minerals, antioxidants, fiber, and other anti-inflammatory agents



## WHOLE GRAINS

- Whole grains are high in fiber and low in processed sugars
- Replace white breads, tortillas, and buns with whole grain options, as well as incorporating brown rice, oats, oatmeal, and quinoa

## BEANS & LEGUMES

- Beans and legumes are high in fiber, antioxidants, and have strong anti-inflammatory and overall health benefits when regularly incorporated into a diet
- Beans & Legumes are an excellent and affordable source of protein
- Aim for 1 cup, twice or more per week



## NUTS & SEEDS

- Nuts and seeds are high in healthy fats, especially Omega-3s, which are helpful for reducing inflammation

## HEALTHY FATS

- Choose more unsaturated fats such as extra virgin olive oil, grapeseed oil, walnut oil, canola oil, and avocado oil to aid in relieving inflammation
- Limit to 2-3 TBSP per day

## PROTEIN

- Choose lean protein sources like chicken, turkey, lean ground beef, and fish to avoid too much saturated fat that can increase inflammation
- Choose fatty cold-water fish such as salmon, tuna, sardines, mackerel, and trout for healthy fats and lean protein (at least 3-4oz twice a week)

## MODERATION

- All foods fit in a healthy diet, but some foods should be eaten in moderation
- Eat in moderation foods high in saturated fat such as full-fat dairy products and red meats
- Foods high in sodium and sugar should be eaten in moderation
- Alcohol should be consumed in moderation (maximum 2 drinks/day)



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# RICHLAND COUNTY'S BIRTH TO THREE PROGRAM



Children do different things at different ages. Some babies sit without support at six months while others need help until they're nine months old. Some toddlers start talking when they're a year old.

Others might take longer to say their first words. If you're worried about the way your baby or toddler is developing, DON'T WAIT! The years from birth to three are so important.

The Richland County Birth to Three Program is committed to children under the age of three with developmental delays and disabilities and their families. We value the family's primary relationship with their child. We work in partnership with the family to enhance their child's development and we support the family's knowledge, skills, and abilities as they interact with and raise their child. The goals of early intervention are to enhance the capacity of the families to meet the special needs of their child, maximize the potential for independent living and reduce costs to our society.

Wisconsin mandated counties to provide Birth to Three services to eligible children in 1992. Because the services are mandated, the program does not have waiting lists.

The program can provide service coordination, development of an individualized family service plan, and therapeutic intervention. Prior to the child's third birthday, transition options will be presented such as Early Head start, Head Start, and preschool.

The following core services are available at no cost to families that have a child who is eligible or may be eligible for the Birth to Three Program:

- Identification and Referral
- Screening
- Evaluation
- Assessment for an Eligible Child
- Development of the individual Family service Plan (IFSP) for an Eligible Child and Family
- Service Coordination for the eligible Child and Family

For more information contact the Richland County Health and Human Services Birth to Three Program by calling 608-647-8821.





**Richland County Nutrition Program**  
*January 2022*



Occasionally, it is necessary to make changes in the menus. All meals are served with milk. Please call the meal site for reservations by 1pm at least one day in advance.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Pork Roast w/Gravy Mashed Potatoes Broccoli & Carrots Fruit Cobbler w/Topping Dinner Roll	<b>4</b> Hearty Potato Soup Ham Salad Sandwich Glowing Salad Peanut Butter Cookie	<b>5</b> Chicken Cordon Bleu Seasoned Wild Rice Brussel Sprouts Side Salad w/Dressing Fruited Jell-O w/Topping Chocolate Chip Bar	<b>6</b> Cream of Mushroom Pork Mashed Potatoes w/Gravy Buttered Broccoli Fresh Fruit Frosted Chocolate Cake	<b>7</b> Chili w/Beans & Stewed Tomatoes Saltime Crackers Cornbread w/Honey Baked Apple Slices
<b>10</b> Meat Loaf Mashed Potatoes w/Gravy Green Beans Tomato Spoon Salad Blonde Brownie WW Dinner Roll	<b>11</b> Chicken Alfredo California Blend Vegetables Side Salad Apricots Chocolate Chip Bar	<b>12</b> BBQ Pork Sweet Potato Wedges Mixed Vegetables Pears WW Dinner Roll Peanut Butter Cookie	<b>13</b> Oven Baked Fish Dill Potatoes Harvard Beets Tropical Fruit Lemon Bar & Dinner Roll	<b>14</b> Kielbasa w/Sauerkraut Baked Potato w/Sour Crm Broccoli Baked Beans Peach Crisp
<b>17</b> Roast Turkey Rosemary Red Potatoes Steamed Broccoli Side Salad w/Dressing Yellow Cake & Dinner Roll	<b>18</b> Hamburger Gravy Over Mashed Potatoes Mixed Vegetables Fruited Jell-O w/Topping	<b>19</b> Swedish Meatballs Over Buttered Noodles Carrots Mixed Fruit Cookie	<b>20</b> Lasagna Buttered Green Beans Glowing Salad Garlic Bread BB Brownie	<b>21</b> Baked Ham Squash Brussel Sprouts Buttery Beets Bread Pudding w/Sauce
<b>24</b> <b>Martin Luther King Day</b> Chicken Cacciatore Over Rice Normandy Vegetables Applesauce Chef's Choice Dessert	<b>25</b> Hearty Potato Soup Ham Salad Sandwich Tossed Salad w/Dressing Chef's Choice Fruit Dessert	<b>26</b> Salisbury Steak Mashed Potatoes w/Gravy Seasoned Beets Diced Peaches Frosted Birthday Cake	<b>27</b> Swiss Chicken Breast Mashed Sweet Potatoes Seasoned Broccoli Cranberry Sauce Fruit Crisp w/Topping	<b>28</b> Spaghetti & Meat Sauce Mixed Vegetables Peaches Parmesan Bread Stick Oatmeal Raisin Cookie
<b>31</b> Cheeseburger on WW Bun w/ Lettuce, Onion Pickle Spear Cole Slaw Calico Beans Frosted Pumpkin Bars	<b>RESERVATIONS REQUIRED AT ALL LOCATIONS by 1pm the day before:</b> <b>Grab N' Go available for carry out at Richland Center Meal Site Location only</b> from 11am-12pm, Mon.- Fri.; must be specified at time of reservation. <b>Richland Center Meal Site</b> Mon.- Fri. (Congregate) M-W-F (Home Delivered) Call Tina/Sandi (608) 647-2323; <b>Germanatown Meal Site</b> - Monday, Wednesday and Thursday(Home Delivered) Congregate (Wednesday Only) - Rita Connors(608)983-2798; <b>Rockbridge Dining Center</b> - M-W-F -Norma Pyfferoen (608) 647-3900 or the meal site (608) 649-3269			

## Richland County Nutrition Program

### We promise to...

- Provide a positive, fun atmosphere that promotes socialization.
- Greet you with respect, a smile, and offer hospitality.
- Serve tasty, safely prepared, healthy and good quality meals.
- Listen and respond to your concerns and suggestions.
- Provide you with volunteer and educational opportunities.
- Keep your donations and personal information private.
- Provide you with timely updates if meal sites are canceled.

### What we need from you...

- Treat staff, volunteers, and guests with respect.
- Minimize wasted food by reserving and canceling meals according to meal site policies.
- Provide information required by our funding sources when requested.
- Contribute to the cost of the meal by donating what you can afford.
- Follow appropriate grievance procedures if you have a concern.
- Be a part of a positive atmosphere.
- If you take part of your meal home, be responsible for handling it safely. Refrigerate and reheat it appropriately.

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*For more information, contact the Richland County Nutrition Program at  
608-647-8821*

*A service of Richland County Health and Human Services*

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# INCLEMENT WEATHER

## Richland County Nutrition Program



### Inclement Weather Policy

For individuals receiving home delivered meals, if the meal site is open, you will receive your meal as previously arranged. There are times we are able to prepare for the possibility of inclement weather and will send a frozen meal when possible.

- For the safety of those who deliver a meal to your home please keep steps, sidewalks and driveways clear.

**Occasionally it is necessary to close the Meal Sites due to weather. During times of stormy weather listen to WRCO AM 1450 or FM 100.9/Richland Center.**

You may also call one of the following:

- Health and Human Services Office 608-647-8821 after 8:00
- Richland Center Meal Site 608-647-2323 after 9:00
- Germantown/Cazenovia Meal Site 608-983-2786 after 8:30
- Rockbridge Meal Site 608-647-9187 after 9:00



### Richland County Transportation Program Winter Weather Policy

The Richland County Transportation Program's primary focus is to provide safe transportation to and from medical appointments. In case of inclement weather the program may have to cancel appointments. In these cases the Transportation Secretary will contact you to let you know that we are unable to provide the trip. If you are concerned about traveling please cancel and reschedule your appointment.

For more information call

the ADRC at 608-647-4616.





# MEDICARE GENERAL ENROLLMENT



Medicare's General Enrollment Period (GEP) takes place from January 1 through March 31 of each year. Typically, an individual signs up

for Medicare during his Initial Enrollment Period (IEP), which is a 7-month window beginning 3 months before and ending 3 months after his 65 birthday. However, if you did not sign up for Medicare during your IEP, you can sign up during the GEP. If you sign up during the GEP, your coverage will start July 1.

If you are eligible for premium-free Part A, you can sign up for Part A any time during or after your IEP. However, if you have to pay a Part A premium, then you can only sign up during the enrollment period. If you pay a premium for Medicare Part A and you did not sign up during your IEP, then you will be subject to a late enrollment penalty. The penalty will increase your Part A premium by 10%, and you will be required to pay the higher premium for twice the number of years that you could have had Part A but did not. For example, if you were eligible for Part A for 3 years but

did not enroll, you would have to pay a higher premium for 6 years.

If you pay a premium for Medicare Part B and you did not sign up during your IEP, then you will be subject to a late enrollment penalty. The penalty will increase your monthly premium by 10% for each full year that you were eligible for Part B but did not enroll. The Part B penalty applies for the duration of your Part B enrollment. If you are under age 65 and are Medicare-eligible, you will have a new IEP when you turn 65. If you are assessed a penalty and are low income, talk with your local EBS to be screened for benefits. For more information on the GEP or premium penalties, visit [www.medicare.gov](http://www.medicare.gov).

Contact the ADRC with questions at 608-647-4616.

(Article courtesy of the GWAAR Legal team)



# SKIP THE RESOLUTIONS AND SET NEW YEAR'S GOALS

Most New Year's resolutions are discarded pretty quickly. Studies have shown that less than 25% of people remain committed after 30 days. Yet there is value in setting goals to make things work more smoothly and to be sure you are living in a way that is true to yourself rather than always fulfilling the needs and expectations of others.

Before setting New Year's goals this year, I encourage caregivers (myself included) to begin by taking some time to think about this quote from author K. L. Toth, *"One of the greatest tragedies in life is to lose your own sense of self and accept the version of you that is expected by everyone else."* Caregiving is a role often defined by the expectations of other people – the person you're caring for; other family members and friends; and medical, legal, and human services professionals. Take a little time to focus on your needs and what you might like to bring into your life as you look ahead to a new year. Think about how you can practice self-kindness, open yourself to new solutions as the caregiving landscape changes for you, and reach out for help when you need it.

## **A list of goals might include:**

### **Committing to something enjoyable**

This could be anything from scheduling a daily walk or setting aside time to read a good book to taking on a fun project like learning to knit, recreating a dish from your favorite cooking show, playing an instrument, or learning to paint. You could even take this a step

further by finding an online book club or class for cooking, painting, yoga or other activity. Commit to one thing and schedule it. Carving out time that feels good and reflects your authentic self is critical to your health and well-being.

### **Delegating and asking for help**

Delegating and asking for help ensures that you can keep your commitment to doing something for yourself. Can someone call and visit with your care partner while you attend your class, group, or practice? Is there a family member, friend, or neighbor who wouldn't mind regularly taking over a chore that would free up some time for you? If there isn't anyone who comes to mind, brainstorm with professionals at local resources to see what's available. Contact the ADRC of Eagle Country at 608-647-4616 for programs and referrals.

### **Planning for your Care Partner's future**

There may come a day when you are no longer able to provide care due to your own limitations or because your care partner's needs are too advanced to handle. Research available options knowing that doing so can save time and stress in the future and can bring peace of mind now. And, difficult as it may be, determine who would provide care if anything interfered with your ability to do so. Designate that person as the alternate to care for your loved one in your will. Contact the ADRC of Eagle Country at 608-647-4616 for assistance and referrals.

—Jane De Broux, Dane County Caregiver Program Coordinator

## “WEIRD JANUARY DATES”

January is generous with plenty of fascinating festivities to keep you entertained. For starters, January is crowned as national soup month. Think of it as a win-win holiday. Observing it with a steaming bowl of body-and-soul warming soup will help you survive those cold, cold days (did I mention the cold?), and will probably be what your body needs after a string of stomach-bursting meals galore during Christmas.

Continue celebrating all things wholesome and natural with Houseplant Appreciation Day on January 10th. Winter is probably as harsh on your poor coconut palm or your tired ficus as it is on you, so don't forget them. Show them some love, play them some classical music (maybe even talk to them a bit if no one is around). Or what about dedicating January 4th to the most obscure facts you've gathered throughout the years on National Trivia Day? Challenge yourself to how many

irrelevant curiosities you can sneak into casual conversations for extra fun.

If none of those holidays really float your boat and you wish to unleash your inner grump fear not, for there is a holiday for you too: National Nothing Day on January 19th. This is not an official public holiday and was proposed as an un-event only in the US, but nothing stops you from spreading its uneventful glory wherever you are and whatever you do (or not do). Celebrate it the right way – with nothing, whatsoever. Finally a holiday with zero pressure!

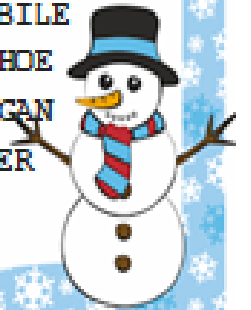
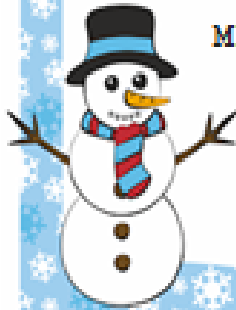
January is a bridge between time and space, sprinkled with wolves, mummies and treasures, and plenty of curious dates to keep the New Year's ball rolling all through the coldest month in half the globe. And before you know it, it will be summer again.

# WINTER WORD SEARCH

BOOTS  
COAT  
FLAKES  
FLURRIES  
FREEZING  
GLOVES  
HAT  
HOCKEY  
ICEFISHING  
ICESKATING  
MITTENS  
PLOW  
SALT  
SAND

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

SCARF  
SHOVEL  
SKIING  
SLEDDING  
SNOW  
SNOWBALLFIGHT  
SNOWBOARDING  
SNOWFLAKE  
SNOWMAN  
SNOWMOBILE  
SNOWSHOE  
TOBOGGAN  
WINTER



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## **EVENTS:**

### **January 10**

A Caregiver education series is being offered at the Woodman Senior Center by the Alzheimer's and Dementia Alliance of Wisconsin. The first event will be held on Monday January 10th from 1:00-2:30 pm. This session will help people understand how dementia affects communication, how to carefully observe, listen and interact effectively. For more information contact Heather at 608-723-4288.

**Welcome to Medicare: January 10, 2022 at 1:00 pm.** 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. If the seminar is full, you can sign up for a future date!

### **January 19, 26, and February 2**

A Richland County team is planning a book-read of "What Happened to You" by Oprah and Dr. Perry. The RCCFAC (Richland County Children and Family Advocacy Council) purchased several copies of the book and book-on-CD which are now available for check-out at the Brewer Public Library. Discussion dates for the book will be Wednesdays January 19, January 26, and February 2nd from 6pm-7pm at the RC Community Center (in-person) OR 11am-noon on zoom on Fridays (1/21, 1/28, & 2/4). If you or others are interested in this read, please check out the book and plan to join the discussions! Fill out the interest form, and we'll keep in touch: <https://forms.gle/jwN7ZfrWNTGuMQ9p7>

### **January 27th**

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 Thursday of the month at the Woodman Senior Center, 1050 Orange Street, Richland Center from 1:30 pm –3:00 pm. To RSVP or for more information, you may call the ADRC at 608-647-4616 or Pam, the ADRC of Eagle Country's Dementia Care Specialist, at 608-548-3954.

