

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

June 15th is Elder Abuse Awareness Day

World Elder Abuse Awareness Day (WEAAD) was launched on June 15, 2006 by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations. The purpose of WEAAD is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic and demographic processes affecting elder abuse and neglect.

In addition, WEAAD is in support of the United Nations International Plan of Action acknowledging the significance of elder abuse as a public health and human rights issue. WEAAD serves as a call-to-action for individuals, organizations, and communities to raise awareness about elder abuse, neglect, and exploitation.

According to Wisconsin State Statutes, Elder Abuse is defined as “any person age 60 or older who has experienced or is experiencing, abuse, self-neglect, or financial exploitation. Abuse can include: physical, emotional, or sexual abuse, treatment without consent, unreasonable restraint, and financial exploitation.” If you have questions regarding or are concerned that someone you know may be a victim of abuse please contact Adult Protective Services at 608-647-8821.



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COSTS FOR RESIDENTIAL OPIOID USE TREATMENT

An estimated 1,100 Wisconsin Medicaid members with an opioid use disorder will have access to residential treatment this year, thanks to \$2.5 million in grants from the Department of Health Services (DHS) awarded to agencies serving 54 counties and four tribes. The funding from opioid settlement dollars will be used to cover room and board costs for this benefit. Federal law prohibits Medicaid from reimbursing residential substance use disorder treatment providers for a client's room and board expenses. Lack of funds to cover room and board costs is the primary reason Medicaid members do not enroll in this level of treatment.



Funding for room and board expenses was included in Governor Evers' 2021-23 biennial budget but was not approved by the legislature. These grants awarded today are funded by Wisconsin's share of a multistate settlement with McKinsey & Company, a global consulting firm that for years fueled the opioid epidemic nationwide through its work with the manufacturers of opioid drugs. DHS is receiving \$10.4 million over five years from this settlement. The funds must be invested in strategies to address Wisconsin's opioid epidemic.

"Room and board expenses for residential substance use disorder treatment can be cost prohibitive for Medicaid members, and that means many people cannot get the care they need," said DHS Secretary-designee Karen Timberlake. "Currently, some counties and tribes cover these costs, but not all are able to do so, which results in uneven and inequitable access to residential treatment services. The flexibilities offered by opioid settlement funds allow us to remove a significant barrier to this critical benefit designed to help Medicaid members move forward in their recovery journey."

Residential substance use disorder treatment may include assessment and treatment planning, case management, individual and group counseling, medication-assisted treatment, nursing services, peer support, and recovery coaching. The services provided are tailored to the client's needs.

View the list of county and tribal agencies awarded grants. The grant amounts are based on the estimated number of people to be served by each county or tribe now through the end of 2022, the room and board rate for the contracted residential substance use disorder treatment provider, and the average length of stay for a

client from the county or tribe.

All counties and tribes were invited to apply for funding. Requests exceeded available funding. The grant awards were equally prorated to ensure applicants received funding.

Medicaid members with an opioid use disorder who need financial assistance for room and board costs for residential treatment should contact their county or tribal health and human services agency.

The DHS plan for the McKinsey & Company settlement also includes:

- ⇒ Prevention programs for Black and Native American communities, which have been disproportionately impacted by the opioid epidemic. This project will address the root causes of harmful opioid use, including stress caused by systemic marginalization, oppression, exclusion, and trauma, through partnerships with groups that work directly with these populations. This funding will be awarded to community organizations through an application process that should open later this year.
- ⇒ Mobile harm reduction teams to reduce the negative consequences of harmful opioid use. This project will create teams of public health and social services staff that can be sent to areas of the state experiencing a spike in opioid overdoses. These harm reduction teams will focus on strategies to reduce deaths from opioid misuse. They will also work to reduce the spread and harm caused by diseases like Hepatitis C and HIV. The coordinator of this effort has been hired. The process to hire the staff for each team is underway.
- ⇒ Short-term and long-term housing for people in recovery. This project will add an option for people in substance use disorder recovery to use the existing housing voucher program managed by the Wisconsin Department of Administration in partnership with continuum of care agencies across the state to better support people's access to affordable, stable, and safe housing. It will also create a housing option that offers additional services such as classes to help people with the activities of daily living, employment education, and support from people who have been successful in sustaining recovery. This funding will be awarded to interested continuum of care agencies and recovery residences through an application process that should open by this fall.

JUNE FAMILY & FRIENDS RECIPE TO TRY



Zucchini Pizza Casserole

Prep Time: 20 min **Cook Time:** 40 min **Yield:** 8 servings



Ingredients:

- 4 cups shredded unpeeled zucchini
- 1/2 teaspoon salt
- 2 large eggs
- 1/2 cup grated parmesan cheese
- 2 cups shredded mozzarella cheese, divided
- 1 cup shredded cheddar cheese, divided
- 1 pound ground beef
- 1/2 cup ground beef
- 1/2 cup chopped onion
- 1 can Italian tomato sauce
- 1 medium green or sweet red pepper, chopped

Directions:

1. Preheat oven to 400 degrees. Place zucchini in colander; sprinkle with salt. Let stand 10 minutes, then squeeze out moisture.

2. Combine zucchini with eggs, Parmesan and half the mozzarella and cheddar cheeses. Press into a greased 13X9 inch or 3 qt baking dish. Bake 20 minutes.
3. In large saucepan cook beef and onion until no longer pink, breaking meat into crumbles; drain. Add tomato sauce; spoon over zucchini mixture. Sprinkle with remaining cheeses, add green pepper. Bake until heated through, about 20 minutes longer.

(Recipe Courtesy of Taste of home)



SPOTLIGHT ON... SENIOR FARMERS MARKET



It's Senior Farmers' Market Voucher Time!

An eligible person is a Richland County resident, age 60 or older (or a Native American age 55 years or older), and meets the income requirements – individual \$2,096/month; couple \$2,823/month. *Applicants may be required to provide proof of age and household income.*

How Do I Get More Information? Contact Tanya at Richland County Health & Human Services at 608-649-5937 or by attending one of the

registration sessions listed below.

Need Transportation? For information on riding the bus into Richland Center call 608-647-4616.

Can't Make It? If you are homebound, or unable to get to a distribution site, you may contact Richland County Health & Human Services at 608-647-8821 and ask to speak with Tanya about other options.

Senior Farmers' Market Voucher Distribution Schedule 2022			
Richland Center	Every 2 nd and 4 th Wednesday (Last day Aug. 24)	1:30 p.m. to 5:30 p.m.	Richland Area Farmers' Market Corner of Orange and Court St., Richland Center
Richland Center	Tuesday, June 7	11:00 a.m. to 12:30 p.m.	Community Services Building Conference Room A/B 221 W. Seminary St., Richland Center
Richland Center	Tuesday, June 14	2:30 p.m. to 3:30 p.m.	Tom Woodman Villa 1701 Woodland Circle, Richland Center
Richland Center	Wednesday, June 15	1 p.m. to 2:30 p.m.	Richland Hills Apartments Dining/Commons Area 701 W. Seminary St., Richland Center
Richland Center	Thursday, June 16	9:30 a.m. to 10:30 a.m.	Pine River Terrace 1480 Wedgewood Dr., Richland Center
Lone Rock	Tuesday, June 21	3:30 p.m. to 5:00 p.m.	Lone Rock Community Library 234 N. Broadway St., Lone Rock
Richland Center	Thursday, June 23	10:30 a.m. to 12:00 p.m.	Woodman Senior Ctr./Richland Ctr. Meal Site 1050 N. Orange St., Richland Center
Richland Center	Tuesday, June 28	10:30 a.m. to 12:00 p.m.	Ridgeview Commons Apartments Basement/Lower Level Commons Area 975 W. Seminary St., Richland Center
Cazenovia	Wednesday, June 29	10:00 a.m. to 12:00 p.m.	Germantown Meal Site 32497 County Hwy V, Cazenovia
Richland Center	Thursday, June 30	1:30 p.m. to 3:00 p.m.	Community Services Building Conference Room A/B 221 W. Seminary St., Richland Center

This institution is an equal opportunity provider.

MEDICARE COUNSELING FOR WISCONSIN RESIDENTS

Medicare Counseling for Wisconsin Residents



SHIP counselors provide one-on-one, confidential Medicare guidance based on your needs.



Wisconsin residents can get free and unbiased help with Medicare. Assistance is through the State Health Insurance Assistance Program (SHIP) which is funded through a grant from the federal Administration for Community Living.

SHIP counselors provide one-on-one confidential Medicare guidance based on your individual needs. These experts are screened, trained and certified.

There are numerous ways to connect with a SHIP Counselor

- ⇒ The Medigap Helpline (800-242-1060) is a helpline run by the Wisconsin Board on Aging Long-term Care.
- ⇒ The Wisconsin Medigap Part D and Prescription Drug Helpline for those who are 60 and over (855-677-2783).
- ⇒ Disability Rights Wisconsin Part D Helpline (800-926-4862) assists individuals who are under 60 and disabled that are eligible for Medicare
- ⇒ Local Aging and Disability Resource Center Benefit Specialists provide individualized counseling and advocacy. They can assist with Medicare and other public and private benefit issues.

For more information contact the ADRC by calling 608-647-4616 or stop into the ADRC located at 221 West Seminary Street, Richland Center.

(source: <https://www.dhs.wisconsin.gov/benefit-specialists/medicare-counseling.htm>)



Nutrition Program June Menu 2022



Grab N' Go available for carry out at Richland Center Meal Site Location only from 11am-12pm, Mon. - Fri.; must be specified at time of reservation. **Richland Center Meal Site** Serves at 12pm Mon. - Fri. (Congregate) M-W-F (Home Delivered) Call Tina/Sandi (608) 647-2323; **Germanatown Meal Site** – Monday, Wednesday & Thursday (Home Delivered) Congregate (11:15am Wednesday Only) – Rita Connors (608)983-2798; **Rockbridge Dining Center** – Serves at 11:30am M-W-F – Norma Pyfferoen (608) 647-3900 or (608) 649-3269

1	Herb Baked Chicken Wild Rice Blend (Gravy on the Side) Brussel Sprouts Baked Beans, Apricots, Cookie WG Dinner Roll	2	Baked Fish Au gratin Dill potatoes Candied Carrots Tropical Fruit Lemon Bar	3	Spaghetti w/Meat Sauce Green Beans Mandarin Spinach Salad Garlic Stick Strawberry Rhubarb Cake
8	Pulled Pork on a Bun Potato Wedges Tomato Spoon Salad Fruit Cocktail Cookie	9	Turkey Lasagna w/Spinach Broccoli/Cauliflower Fruit Crisp w/Topping Garlic Bread	10	Chicken Tortilla Soup Heart Smart Chicken Taco Salad Frosted Carrot Cake Sunshine Salad
15	Swiss Chicken Breast Mashed Sweet Potatoes Green Beans Fruit Cobbler w/Topping WG Dinner Roll	16	Tater Tot Casserole 7-Layer Salad Fruit Whip Cookie	17	Hot Turkey Sandwich Mashed Potato & Gravy Copper Penny Salad Peach Dessert
22	Hearty Potato Soup Ham Salad Sandwich Glowing Salad Oh Henry Bar	23	Chicken Chow Mein Baby Carrots Colorful Tossed Salad Fresh Fruit Brownie	24	Cheeseburger on Bun w/ Lettuce, Onion, Pickle Vegetable Macaroni Salad Baked Beans Cook's Choice Dessert
29	Sloppy Joes on WG Bun Cowboy Beans, Potato Salad, Broccoli, Fresh Fruit Frosted Birthday Cake	30	Brat w/ Sauer Kraut on a Bun Potato Salad, Pickle Spear, Peaches & Pears Rice Pudding w/Raisins	Richland County Nutrition Program	
6	Bacon Cheeseburger Pie Colorful Tossed Salad w/Dressing Pickle Spear Pears Reese's Peanut Butter Bar	7	Fish Strips w/Tartar Sauce Dill Potatoes Buttered Carrots Coleslaw Tapioca Pudding		
13	Hamburger Gravy Over Mashed Potatoes Strawberry Spinach Salad w/Dressing Carrot Cake Bar	14	Veg. Beef Barley Soup Cheddar Cheese Sandwich Fresh Cut-up Fruit Frosted Van. Confetti Cake		
20	Mexican Lasagna w/ A Side of Lettuce & Sour Cream Sweet Corn Fruit Cup Mexican Wedding Cake	21	BBQ Chicken Fried Potatoes & Onions Mixed Vegetables Cinnamon Apple Slices Peanut Butter Cookie		
27	Salisbury Steak Mashed Potatoes & Gravy Pickled Beets Apricots, Cake, WG Dinner Roll	28	Lumberjack Veg. Stew Shaved Ham Sandwich on Wheat Bread Cottage Cheese Peaches and Brownie		

All menu items are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact and thus cannot offer a substitution item.

June 2022
WOODMAN SENIOR CENTER
1050 N. ORANGE ST., RICHLAND CENTER, WI 647-8108 EXT. 3
HOURS: MONDAY THRU FRIDAY 8:00-5:00

Sun	Mon	Tue	Wed	Thu	Fri	Sat
5	6 9:30-11:30-Play <u>Bingo for Prizes</u> 1:00-Play "500"	7 9:30-Sheepshead 10:00-Rummikub 1:00-Euchre	1 9:30-Haase & <u>Cribbage</u> 9:45-Chair Yoga 10:00-Quiddler 1:00-Pinochle	2 8:00-10:00- <u>Community Coffee</u> Club 10:00-Rummikug 1:00-Yr. Ch. Game	3 Caregiver Class <u>Cancelled Today</u> 1:00-Haase & <u>Cribbage</u>	4 CLOSED
12	13 9:30-11:30-Play <u>Bingo for Prizes</u> 1:00-Play "500"	14 9:30-Sheepshead 10:00-Quiddler 1:00-Euchre	8 9:30-Haase & <u>Cribbage</u> 9:45-Chair Yoga 10:00-Any Game 1:00-Pinochle	9 Your Choice Activities All Day Long Work on the Puzzle Today.	10 Caregiver Class <u>Scheduled to a New</u> Date 1:00-Haase & <u>Cribbage</u>	11 CLOSED
19	20 9:30-11:30-Play <u>Bingo for Prizes</u> 1:00-Play "500" or <u>Phase 10</u>	21 9:30-Sheepshead 10:00-Rummikub 1:00-Euchre	15 9:30-Haase & <u>Cribbage</u> 9:45-Chair Yoga 10:00-Any Game 1:00-Pinochle	16 10:00-Richland Area Senior Citizen Potluck Join the Fun 1:00-Rummikub	17 Caregiver Class <u>Scheduled to a New</u> Date 1:00-Haase & <u>Cribbage</u>	18 CLOSED
26	27 9:30-11:30-Play <u>Bingo for Prizes</u> 1:00-Play "500"	28 9:30-Sheepshead 10:00-Quiddler 1:00-Euchre	22 9:30-Haase & <u>Cribbage</u> 9:45-Chair Yoga 10:00-Quiddler 1:00-Pinochle	23 10:00-Memory <u>Café</u> 1:00-Your Choice <u>Game</u>	24 Caregiver Ed Class <u>Scheduled to a</u> New Date 1:00-Haase & <u>Cribbage</u>	25 CLOSED

NATIONAL GARDENING EXERCISE DAY

June 6th is National Gardening Exercise Day. Gardening has a long, deep history. People garden all over the world, whether it is planting a garden for food, planting flowers and other plants or an herb garden, many of us take part in this activity.

Since the 1960's there has been an increase in gardening. Many people garden for personal sustainability and to protect the environment. Others dream and accomplish having yards filled with a variety of plants that they can enjoy looking at. and working with.

National Gardening Exercise Day provides many benefits:

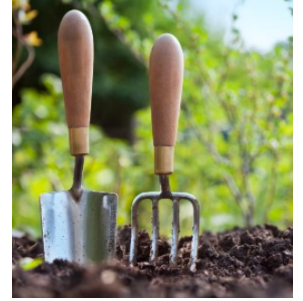
⇒ You get exercise. Think of all the bending, digging, cutting and squats that you do when planting and weeding.

⇒ Gardening burns calories. Spending 30-45 minutes gardening can burn up to 300 calories.

⇒ You get to be outside and enjoy the sunshine. The effects of vitamin D are good for physical and mental health!

⇒ If you are planting a vegetable garden there is nothing that tastes better than the food you grow for yourself.

So, get out there and start gardening. It has many physical and mental health benefits along with providing environmental benefits as well.



ELDER ABUSE - WHO AND WHAT

WHAT IS ELDER ABUSE?

In general, elder abuse refers to intentional or neglectful acts by a caregiver or "trusted" individual that lead to, or may lead to, harm of a vulnerable elder. *In many states, younger adults with disabilities may qualify for the same services and protections.* **Physical abuse; neglect; emotional or psychological abuse; financial abuse and exploitation; sexual abuse; and abandonment** are considered forms of elder abuse. In many states, **self-neglect** is also considered mistreatment.

WHO IS AT RISK?

Elder abuse can occur *anywhere* – in the home, in nursing homes, or other institutions. It affects seniors across all socio-economic groups, cultures, and races. Based on available information, women and "older" elders are more likely to be victimized. Dementia is a significant risk factor. Mental health and substance abuse issues – of both abusers and victims – are risk factors. Isolation can also contribute to risk.

WHAT SHOULD I DO IF I SUSPECT ABUSE?

Report your concerns.

Most cases of elder abuse go undetected. Don't assume that someone has already reported a suspicious situation. The agency receiving the report will ask what you observed, who was involved, and who they can contact to learn more.

You do not need to prove that abuse is occurring; it is up to the professionals to investigate the suspicions.

To report abuse contact Adult Protective Services (APS) by calling Richland County Health and Human Services and ask for the APS worker, 608-647-8821.

NATIONAL ORAL HEALTH MONTH

People have been watching their oral health for a long time. Did you know that the initial toothbrushes were made of tree twigs? People chewed on twigs to spread the fibers, which acted like bristles to clean their teeth. Relatively ancient Greeks used pumice, talc, alabaster, coral powder, or iron rust as toothpaste.

As the American Dental Association believes, several items that make present oral healthcare much easier were developed in the 17th century — such as the usage of white enamel for teeth and nitrous oxide as anesthesia — and the next years were instrumental in establishing dental hygiene as a practice across America. Another historic milestone was the HIV/AIDS epidemic in the 19th century, which is when personal protective equipment became mandated for all dental healthcare professionals.

Good oral hygiene, including brushing and flossing, along with our body's natural defenses are paramount

in keeping mouth bacteria under control. Without these interventions bacteria can cause tooth decay, gum disease, and more severe problems.

Web MD stresses that brushing, flossing and regular dentist appointments protect you from not only cavities but also support good health. Gum disease is directly linked to many different conditions including heart disease, diabetes, respiratory ailments and more.

So, moral of the story, go to the dentist and take good care of your teeth. Your health depends on it!

(Source: Web MD, dentistry.uic.edu)



Strength Training Class Strong Bodies

LIFTING PEOPLE TO BETTER HEALTH



STRONGBODIES

Benefits of Strength Training:

- ♦ **Reduced risk for chronic diseases:**
 - ♦ Diabetes
 - ♦ High Blood Pressure
 - ♦ Heart Disease
 - ♦ Osteoporosis
 - ♦ Arthritis
 - ♦ Some Cancers
- ♦ **Increased:**
 - ♦ Strength
 - ♦ Muscle mass
 - ♦ Bone density
 - ♦ Ability to do Activities of Daily Living

What: 8-Week Strength Training Class

When: Tuesdays & Thursdays at 7:00AM, Session starts **June 14th, 2022** (no Class 6/28, 6/30, 7/5, 7/7 OR **October 4th, 2022** (no Class 11/24)

Where: Viola Community Center, Viola WI

Cost: \$20.00 donation for those over age 60

Class Registration is a first come, first serve basis. Minimum of 10 participants.

Contact the Symons Recreation Complex to register.

608-647-8522 info@symonsrec.com

This class has been made possible with the support of ADRC of Eagle Country, ADRC of Vernon County & Crawford County.

The ADRC cannot endorse or recommend any organization, product, or service.



JUNE DAIRY MONTH WORD SEARCH

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

ICE CREAM FLAVORS

- COTTON CANDY
- MAPLE WALNUT
- PECAN
- BANANA
- TIGER TAIL
- MOOSE TRACKS
- COCONUT
- ROCKY ROAD
- GREEN TEA
- FUDGE
- REESES
- CHOCOLATE
- VANILLA



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: JUNE 2022

Upcoming Area Events:

June 2022 Events

Mondays in June

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.



June 12th

The 41st Annual Richland County Dairy Breakfast will be Sunday, June 12th from 7:00 am to 1:00 pm at Hatfield Dairy Farms located at 15802 Elk Hollow Drive, Viola. Cost is \$5 per person. Three will be free buses running from the Richland Center High School.

June 13th


A free **Legal & Financial Planning Workshop** for families that provides an overview of key legal planning issues will be held on Monday, June 13th from 5:00 pm - 6:30 pm at the University of Platteville-Richland Campus, Melvill Hall, Pippin Conference Center, Room 457. Registration is required. To register please contact Heather Moore at 608-723-4288. Light refreshments will be served.

June 20th

Welcome to Medicare: June 20th 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!

June 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 10:00 am – 11:30 am. 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.



Senior Lunch

Richland County Senior Dining Meal sites are open for in-person dining. The Woodman Senior Center meal site will serve meals Monday through Friday at noon each day. For reservations, call 608-647-2323 and leave a message with your name, date, and number of meals. The Germantown Senior Dining Meal Site, located at St. Anthony's School (32497 County Highway V, Cazenovia) is open Wednesdays serving at 11:00. To reserve a meal, please call 608-983-2798. Rockbridge Bethlehem Community Center Senior Dining Meal Site (25500 Rockbridge School Street, Richland Center) is open Monday, Wednesday and Friday serving at 11:30. To reserve a meal, call 608-647-3900 or 608-649-3269. All reservations must be made by 1:00 PM the day prior. **The suggested donation for those age 60 and older is \$3.50.**