

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 Center Office

Heat Awareness

Heat can kill. That’s why it is extremely important to be aware of the dangers associated with extreme heat and to promote community safety and health. Summer heat waves have been the biggest weather-related killers in Wisconsin for the past 50 years, far exceeding tornadoes, severe storms and floods combined. Heat is also a major weather-related killer in the United States. People at higher risk of a heat-related illness include:

- Older adults
- Infants and young children
- People with chronic heart or lung problems
- People with disabilities
- Overweight individuals
- Those who work outdoors or in hot settings
- Users of some medications, especially those taken for mental disorders, movement disorder, allergies, depression, and heart or circulatory problems.

Many victims of heat-related deaths are socially isolated maintaining little contact with family and friends. This is why it is vitally important to check in on family, friends, and neighbors during extreme heat, especially those who are particularly vulnerable, like families with very young children, the elderly, and people who are on medications that could make them more susceptible to injury from extreme heat.

Remember these heat related safety tips:

Hydrate Drink plenty of water to avoid dehydration, even if you don’t feel thirsty.

Educate Stay tuned with the forecasts and current readings. Know the signs of heat illness

Act quickly when heat illness is suspected. Seek medical attention immediately for cramping, rapid pulse, heavy sweating, hot red skin, confusion, nausea/vomiting and dizziness.

Take it easy Avoid overexertion during the hottest part of the day. Take hourly breaks in the shade or air conditioning.



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SAVVY CAREGIVER^(TM) WORKSHOP



WORKSHOP FOR FAMILY CAREGIVERS OF A PERSON WITH DEMENTIA

Savvy Caregiver helps family caregivers acquire and strengthen knowledge, skills and attitudes to empower them to be more intentional, strategic and responsive in their care role. Gain knowledge to manage daily care, skills to adjust your approach and confidence to set and achieve caregiving goals.

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2022 Savvy Class

(7 week online program)

**August 11th - September
22nd**

Thursdays

1:00pm - 3:00pm

Workshop presented by the ADRC of Eagle
Country and the ADRC of Vernon County

**For More Information or to
Register Contact**

Teresa at: 608-637-5331

Pam at: 608-548-3954

**Limited enrollment available -
Register Soon!**



JULY FAMILY & FRIENDS RECIPE TO TRY



Summer Fruit Salsa

Prep Time: 20 min **Cook Time:** 0 min

Yield: 20 servings



Ingredients:

2 cups Roma tomatoes, chopped
1 cup chopped mango
3/4 cup chopped red bell pepper
3/4 cup chopped green bell pepper
3/4 cup finely chopped red onion
3/4 cup chopped strawberries
1 kiwi, peeled and chopped
1 medium nectarine, pitted and chopped
1 tablespoon olive oil
1 tablespoon orange juice
Salt and ground pepper to taste
1/2 cup chopped fresh cilantro

Directions:


1. Combine all ingredients, cover and refrigerate for 1 hour
2. Serve with your favorite cracker or tortilla chips.



(Source: allrecipes.com)

SPOTLIGHT ON... SENIORCARE

SENIORCARE[®] SPENDDOWN AND DEDUCTIBLE

Prescription Drugs for Wisconsin Seniors 

What is a SeniorCare Spenddown?

The spenddown is the amount that a Level 3 member must pay for covered drugs under the SeniorCare Program during each 12-month benefit period. A SeniorCare spenddown is equal to the difference between the member's annual income and 240% of the Federal Poverty Level (FPL), which is \$32,616 for an individual, or \$43,944 for a married couple living together. After the spenddown has been met, the member still needs to meet a deductible.

What is a SeniorCare Deductible?

A SeniorCare deductible is the amount a Level 2a, 2b or 3 member pays annually for covered drugs before she or he can participate at the copay level. During the deductible period, the member will pay the SeniorCare rate on most covered drugs.

What is a Copay?

Once the spenddown and the deductible have been paid, the member will pay a copay for covered drugs for the remainder of the 12-month benefit period. The copay amounts are \$5 for each covered generic drug and \$15 for each covered brand name drug.

NOTE: Only SeniorCare covered drugs can be used to meet the spenddown or deductible.

How a Spenddown/Deductible Works:

Spenddown/deductible for a single SeniorCare member

If a SeniorCare member has a gross annual income above 240% of the FPL, the member must meet spenddown and deductible rules before s/he can purchase covered prescription drugs at the copay amounts.

Example: Jane Smith's annual income is \$33,616. This is \$1,000 more than 240% of the FPL (\$32,616) for a single SeniorCare member. Her spenddown amount for the 12-month SeniorCare benefit period is \$1,000 ($\$33,616 - \$32,616 = \$1,000$). SeniorCare will track Jane Smith's purchases of covered prescription drugs.

Jane Smith pays the retail price for her prescription drugs until the total of those payments equals the spenddown amount (\$1,000).

If Jane Smith meets the spenddown during her 12-month benefit period, she then has an \$850 deductible. Her next purchases of covered prescription drugs will count toward her deductible. She will pay the SeniorCare rate for covered prescriptions until her deductible is met.

After the \$850 deductible is met, Jane Smith can purchase covered prescription drugs at the SeniorCare copay amounts (\$5 for covered generic and \$15 for covered brand name drugs) for the remainder of her benefit period.

Spenddown/deductible for a married couple who are able to enroll for SeniorCare, who enroll at the same time.

When a married couple with a combined annual income greater than 240% FPL (\$43,944) are both enrolled in SeniorCare, they will have a joint spenddown requirement. After the spenddown is met, each person will have an individual deductible requirement. After the deductible is met for one person, that person may purchase covered prescription drugs at the copay amounts for the remainder of his/her benefit period.

COVID FUNERAL FUNDS STILL AVAILABLE

In early April of 2021, the Federal Emergency Management Agency (FEMA) began accepting applications for funeral assistance related to COVID-19 fatalities. As of this month, FEMA has distributed more than \$2 billion in funeral assistance, but funding continues to be available and the program remains widely underused by eligible beneficiaries.

The FEMA funeral assistance program will pay up to \$9,000 for qualifying funeral expenses with the average payment standing at around \$6,500. There is no income eligibility limit to qualify for reimbursement and there is currently no deadline to apply for reimbursement, but applicants can expect to have to provide documentation to support the amount requested.

First, applicants are required to provide a death certificate that attributes the death directly or indirectly to COVID-19. That can be an obstacle due to inconsistencies in how causes of death are reported on death certificates. As an alternative, FEMA will also accept a letter from a coroner or medical examiner that identifies COVID-19 as a contributing factor.

Second, applicants will need to provide documentation of actual funeral costs, such as receipts or funeral home contracts, showing that the applicant accepted financial responsibility for those costs and that the expenses were incurred on or after January 20, 2020. Applicants will also need to be prepared to identify any burial or funeral insurance policies and any other sources of burial assistance already received. Burial expenses that were pre-paid prior to January 20, 2020, are not eligible for reimbursement.

The only way to apply for FEMA funeral assistance is by telephone (844-684-6333) so applicants should prepare before calling to provide all necessary information including the Social Security Number, date of birth, and last address of the deceased person along with their own address and telephone number.

*By the GWAAR Legal
Services Team (for re-
print)*

COVID-19
Funeral Assistance



FEMA



Nutrition Program July Menu 2022



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.

RESERVATIONS REQUIRED AT ALL LOCATIONS:

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 11:45am 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

		Richland County Nutrition Program			
4	 ~MEAL SITES CLOSED~	5	Spaghetti & Meat Sauce Buttered Broccoli & Carrots Garlic Bread Cherry Brownie Pears	6	Swiss Steak w/Gravy Mashed Potatoes Beets Fruit Crisp w/Whipped Topping
11	Chicken Alfredo Broccoli Colorful Side Salad Apricots Chocolate Chip Bar	12	Hamburger Gravy Over Mashed Potatoes Mixed Vegetables Fruited Jell-O w/Topping Whole Grain Dinner Roll	13	Chicken Tortilla Soup Heart Smart Chicken Taco Salad Sunshine Salad Frosted Carrot Cake
18	Swiss Chicken Breast Rice Blend 3-Way Blend Veggies Mixed Greens Salad Fruit Whip	19	Cream of Broccoli Soup Ham Salad Sandwich Fresh Cut up Fruit Chocolate Cherry Brownie	20	Pork Cutlet Squash w/Brown Sugar Green Beans Cranberry Fluff Dinner Roll Brownie
25	Lasagna Green & Gold Beans Mixed Greens Salad w/Dressing Pumpkin Bar	26	Polish Sausage Macaroni & Cheese California Blend Veggies Fruit Cocktail Cookie	27	Sloppy Joes on a Bun Peas and Cheese Salad Baked Beans Melon Salad Frosted Birthday Cake
1	Pulled Pork on a Bun Sweet Potatoes Cowboy Beans Tomato Spoon Salad Cook's Choice Dessert	7	Salmon Loaf Dill Potatoes Creamed Peas Tropical Fruit Lemon Bar	8	Vegetable Soup Turkey & Cheese Sandwich w/Lettuce Fruit Torte
8	Vegetable Soup Turkey & Cheese Sandwich w/Lettuce Fruit Torte	14	Goulash w/Beans & Stewed Tomatoes Spinach Salad w/Hot Bacon Dressing Fruit Cobbler	15	Roast Turkey Sweet Potatoes Green Beans Fresh Fruit Salad Blonde Brownie
22	Meatloaf Baked Potato w/Sour Crm Cucumber Salad Pears Chef's Choice Dessert	21	Shepherd's Pie Baking Powder Biscuit Mandarin Oranges Oreo & Vanilla Pudding	22	Meatloaf Baked Potato w/Sour Crm Cucumber Salad Pears Chef's Choice Dessert
29	Salisbury Steak w/Gravy Mashed Potatoes Seasoned Beets Fruited Jell-O w/Topping Snicker Doodle	28	Cheeseburger Soup Pickle Spear WG Grilled cheese Fruited Jell-O w/Topping	29	Salisbury Steak w/Gravy Mashed Potatoes Seasoned Beets Fruited Jell-O w/Topping Snicker Doodle

July 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
	We have many games in the game closet you to play.	Any game can be played even when it isn't scheduled.			<u>1 10:00-Quiddler or Your Choice Game</u> <u>1:00-Haase & Cribbage</u>	2 CLOSED
3 CLOSED	4 CLOSED HAPPY 4TH OF JULY	5 <u>9:30-Sheepshead</u> <u>10:00-Rummikub</u> <u>1:00-Euchre</u>	6 <u>9:30-Haase & Cribbage</u> <u>9:45-Chair Yoga</u> <u>12:30-Pinochle</u>	7 <u>8:00-Community Coffee Club</u> <u>10:00-Quiddler</u> <u>1:00-Knitters</u>	8 <u>10:00-Phase 10 or Your Choice Game</u> <u>1:00-Haase & Cribbage</u>	9 CLOSED
10 CLOSED	11 <u>9:30-11:30-Play Bingo for Prizes</u> <u>1:00-Play Phase 10 or "500"</u>	12 <u>9:30-Sheepshead</u> <u>10:00-Rummikub</u> <u>1:00-Euchre</u>	13 <u>9:30-Haase & Cribbage</u> <u>9:45-Chair Yoga</u> <u>12:30-Pinochle</u>	14 <u>Your Choice Game All Day</u> <u>1:00-Knitters</u>	15 <u>10:00-Your Choice Game</u> <u>1:00-Haase & Cribbage</u>	16 CLOSED
17 CLOSED	18 <u>9:30-11:30-Play Bingo for Prizes</u> <u>1:00-Play Phase 10 or "500"</u>	19 <u>9:30-Sheepshead</u> <u>10:00-Rummikub</u> <u>1:00-Euchre</u>	20 <u>9:30-Haase & Cribbage</u> <u>9:45-Chair Yoga</u> <u>12:30-Pinochle</u>	21 <u>10:00-Richland Area Senior Citizen Potluck</u> <u>1:00-Knitters</u> <u>2:00-Rummikub</u>	22 <u>10:00-Any Game</u> <u>1:00-Haase & Cribbage</u>	23 CLOSED
24 CLOSED	25 <u>9:30-12:30-Play Bingo for Prizes</u> <u>1:00-Play Phase 10 or "500"</u>	26 <u>9:30-Sheepshead</u> <u>1:00-Rummikub</u> <u>1:00-Euchre</u>	27 <u>9:30-Haase & Cribbage</u> <u>9:45-Chair Yoga</u> <u>12:30-Pinochle</u>	28 <u>10:00-Memory Café</u> <u>1:00-Knitters</u>	29 <u>10:00-Any Game</u> <u>1:00-Haase & Cribbage</u>	30 CLOSED
31 CLOSED						

PETS AND HEALTHY AGING

By the GWAAR Legal Services Team (for reprint)

Many people of all ages enjoy having pets and treat them as members of the family. But did you know that having a pet may actually improve your health? Countless studies have shown that having a pet increases health and well-being, especially in older adults. Pets provide companionship that helps prevent loneliness and helps relieve stress, depression, and anxiety. Studies show that having a pet can even help lower blood pressure. Additionally, pets can help encourage their owners to stay active by requiring frequent walks and other cares, and this, in turn, has shown to help increase strength and reduce falls in older adults.



There are organizations that may help older adults with adoption fees and other care needs. The Pets for the Elderly Foundation helps pay the fees to participating animal shelters throughout the United States for senior citizens (age 60 and over) who adopt a companion dog or cat from a participating shelter – including pre-adoption veterinary exams and spay/neuter, if part of the adoption fee. The only participating shelter at this time in Wisconsin is Dane County Humane Society - 5132 Voges Road - Madison, WI 53718 - 608-838-0413. You can visit their website at <https://www.giveshelter.org/>. You can also check the Pets for the Elderly Foundation website for updates on participating shelters <https://petsfortheelderly.org/>.

HEAT AWARENESS FOR PETS

HEAT SAFETY

GIVE YOUR PET ACCESS TO FRESH WATER



EXERCISE

Limit the duration and strenuousness of outdoor activities.

HEAT STROKE

Symptoms include heavy panting, huffing, and mobility problems. If you notice these, cool your pet down immediately.

SHADE

If left outside, provide all-day shade for your pet.

ASPHALT

If asphalt is too hot for bare feet, it's too hot for your pet.

CARS

Never leave your pet in a car, even with the windows down.



ADRC COMFORT LIBRARY



Comfort Library Display

Comfort items and resources can go a long way when you're caring for someone with Dementia.

The ADRC of Eagle Country's Dementia Care Specialist Program offers comfort items and resources to help individuals care for someone who has Dementia.

Items included in the Comfort Library include:

- Alexa Show to help keep you connected to your loved one
- Joy for All Dogs and Cats
- Realistic baby dolls
- Many books for Caregivers
- Fidget Boards, pillow and more

For more information contact the ADRC's Dementia Care Specialist, Pam Kul-Berg at 608-548-3954.

MEDICARE INFORMATION



Medicare Coverage of Hospice Care

Where should I go for help with the Medicare hospice benefit?

Your health care provider: If you are interested in electing hospice care, contact your provider to discuss your eligibility. They can contact a Medicare-certified hospice agency.

State Health Insurance Assistance Program (SHIP): Contact your local SHIP to learn more about the hospice benefit, find a Medicare-certified hospice agency in your area, or to receive general Medicare counseling. Your SHIP contact information is at the bottom of this page.

Senior Medicare Patrol (SMP): Contact your SMP if you have concerns about potential Medicare fraud, errors, or abuse. Local SMP contact information is at the bottom of this page.

Medicare: Contact Medicare at 1-800-MEDICARE if you have hospice billing or coverage questions. 1-800-MEDICARE or Medicare.gov also have lists of Medicare-certified hospice agencies near you.

Your Medicare Advantage Plan or Part D plan: Contact your plan to learn more about how your coverage changes if you elect hospice, to address issues accessing care or medications unrelated to your terminal condition, or to find out if your plan participates in a demonstration program where your hospice benefit is provided by your plan instead of Original Medicare.

Local SHIP contact information

SHIP toll-free: 1-877-794-2372

SHIP email: resctr@co.richland.wi.us

SHIP website: www.Adrceagle.org

To find a SHIP in another state:

Call 877-839-2675 (and say "Medicare" when prompted) or visit www.shiphelp.org

SHIP National Technical Assistance Center: 877-839-2675 | www.shiphelp.org | info@shiphelp.org

SMP National Resource Center: 877-808-2468 | www.smpresource.org | info@smpresource.org

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JULY WORD SEARCH

Happy 4th of July



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



USA



AMERICA
BLUE
BRAVE

FIREWORKS
FLAG
FOURTH

FREEDOM
INDEPENDENCE
JULY

LIBERTY
RED
STARS

STRIPES
SUMMER
WHITE

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: JULY 2022

Upcoming Area Events:

July 2022 Events

Mondays in July

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.



July 26th

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.

August 3rd

ADRC
Summer Series
A Live Performance by
THE REMEMBER PROJECT
A Program of TRELIS™
Wednesday | August 3, 2022 |
5:00pm Meal
6:00PM Show
The Phoenix Center, Richland Center
Call to Register today: 608-647-4616