

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

Winter Safety

The holidays are now behind us and we will quickly settle into the ho-hum of winter. Did you know that Wisconsin ranks highest in the nation for fall-related deaths for individuals over 60? Falls are also the biggest reason for emergency room visits. To help curb falls the ADRC works with Symons Recreation to provide quality Falls Prevention classes ranging from Tai Chi to Strong Bodies classes. These classes are available to individuals over 60 and only ask for a donation to participate. Can't afford a donation? That's ok! To sign up for a class or to learn more about Evidenced Based classes contact Symons Recreation at 608-647-8522.

Along with Fall Prevention classes there are many ways to prevent falls on your own. Here are some tips from the Mayo Clinic:

- Take extra care in risky locations– check an area to see if it is slippery before getting out of your vehicle
- Be cautious and allow for extra time, rushing is a risk factor of falls
- Change your walking style for better balance. Instead of “walking like an Egyptian, walk like a penguin!”
- Dress appropriately for the weather
- Have your cellphone with you
- Clear your walkways
- Use kitty litter, sand and salt

If you fall, you should not get up right away. Take your time to ensure you are ok. Once you know you are ok, get up carefully or ask for help up. If you are not sure if you are ok, call 9-1-1.

(source: Mayo Clinic.org)

Slip, Trip and Fall Prevention

- Walk flat footed and take short steps**
- Wear footwear that provides traction**
- Step down, not out from curbs**
- Use your arms for balance**
- Carry only what you can**

ADRC
Aging & Disability Resource Center
of **Eagle Country**
Serving Crawford, Juneau, Richland and Sauk Counties

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SPOTLIGHT ON:

Information and Assistance



Hello, we would like to introduce ourselves; we are Cassie, Karn and Nichole the three Information & Assistance Specialists at the ADRC of Eagle Country -Richland County office. We can assist you when you call or stop in with questions about services, programs, or resources regarding a wide range of needs.

Here's what you can expect when you come to the ADRC. Our receptionist will greet you in our cozy sitting area where you can relax and look over brochures, other information and our lending library, while you wait. You do not need to make an appointment ahead of time to see us, you can just stop in when it is convenient for you. We will be glad to listen to your questions privately and confidentially in our intake room where we can assist you in identifying needs and then assist you to get connected with services or information needed to make informed decisions. We also assist individuals who need help with applications and forms, or to understand letters that you receive regarding public benefits and other programs.

After talking with you we may make referrals to our Benefit Specialists, Transportation Coordinator, Nutrition Coordinator or other service providers that could also assist you and your situation. If needed, we are available to help you make that first contact or call resulting in a seamless transition to their services.

We look forward to meeting and assisting you!

TRANSPORTATION

RICHLAND COUNTY PUBLIC TRANSPORTATION BUS ROUTES

Richland County Public Transportation is available to anyone and everyone for any purpose along one of the routes.

- Public Transportation is available to **anyone within five miles of routes**, contact the Transportation Program if you live beyond five miles of a route for options
- Pick-up at your home
- \$3 one-way; \$5 round-trip
- Six routes throughout Richland County (Contact us for route information)
- Ride to and from Richland Center on any of the routes.
- Have difficulty with stairs or use a walker? Anyone can access the bus using the lift.

Reservations are required the day prior.
Call 608-647-4616 for reservations

*Please note that routes DO NOT run without reservations and do not run on weekends or holidays.



FAMILY & FRIENDS RECIPE TO TRY



Taste of Home Turkey Biscuit Stew

Prep Time: 15 min **Cook Time:** 20 minutes **Yield:** 8 servings



Ingredients:

- 1/3 cup chopped onion
- 1/4 cup butter, cubed
- 1/3 cup all-purpose flour
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1 can (10-1/2 ounces) condensed chicken broth, undiluted
- 3/4 cup 2% milk
- 2 cups cubed cooked turkey
- 1 cup cooked peas
- 1 cup cooked whole baby carrots
- 1 tube (16.3 ounces) large refrigerated buttermilk biscuits

Directions:

1. Preheat oven to 375°. In a 10-in. cast-iron or other ovenproof skillet, sauté onion in butter until tender.

Stir in the flour, salt and pepper until blended. Gradually add broth and milk. Bring to a boil. Cook and stir until thickened and bubbly, about 2 minutes. Add the turkey, peas and carrots; heat through. Separate biscuits and arrange over the stew.



2. Bake until biscuits are golden brown, 20-25 minutes.

Courtesy of: [Turkey Biscuit Stew Recipe: How to Make It \(tasteofhome.com\)](http://tasteofhome.com)

BECOME A VOLUNTEER OMBUDSMAN



STATE OF WISCONSIN
BOARD ON AGING AND LONG TERM CARE
1402 Pankratz Street, Suite 111
Madison, WI 53704-4001

Ombudsman Program (800) 815-0015
Medigap Helpline (800) 242-1060
Part D Helpline (855) 677-2783
Fax (608) 246-7001
<http://longtermcare.wi.gov>

MEMBERS of the BOARD
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and
STATE OMBUDSMAN
Jessica L. Trudell


Volunteer Ombudsmen are needed and wanted to advocate for people living in local nursing homes.

The State of Wisconsin Board on Aging and Long Term Care Volunteer Ombudsman Program has openings in the Volunteer Ombudsman Program for Western Wisconsin.

Please consider applying for this volunteer opportunity to become a trained advocate for nursing home residents in your community.

For more information contact:
Vicki Meyer, Volunteer Coordinator:
1-800-815-0015, e-mail BOALTC@wisconsin.gov

RICHLAND COUNTY MEALSITES



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.

MEDICARE'S YEARLY "WELLNESS" VISIT

Time to schedule your Yearly Wellness Visit. This visit is one of the preventive services and screenings covered by Medicare Part B. Your provider will ask you to fill out a questionnaire, called a "health risk assessment", as part of this visit. Answering these questions can help you and your provider develop or update a prevention plan based on your current health and risk factors.

Your yearly wellness visit can also include:

- Review of your medical and family history
- Developing or updating a list of current medical providers and prescriptions
- Recording height, weight and blood pressure
- Creating a list of risk factors and treatment options
- Detection of any cognitive impairment
- Establishing a schedule of screenings for appropriate preventive services
- Personalized health advice
- Advance care planning



It is important to note that the Yearly Wellness Visit

is not the same as a physical. Medicare does not cover a routine physical.

You pay nothing for the Yearly Wellness Visit if the doctor or other qualified provider accepts assignment. If additional tests or services are performed during the same visit, they may not be covered under this preventive benefit and you may have to pay the coinsurance and the Part B deductible may apply. Also, be sure to ask for the Yearly Wellness Visit by name when you call to schedule your appointment. And if you are not sure if the test/screening your doctor has recommended will be covered by Medicare, you should ask your provider. Remember, taking advantage of the Yearly Wellness Visit and other preventive services and screenings are an important step in promoting good health.

More information about the preventive tests/screenings covered by Medicare can be found in the Medicare and You 2023 handbook or on the Medicare website (www.medicare.gov). You can also call the ADRC of Eagle Country – Richland County office at 608-647-4616 for more information.

Richland County Nutrition Program January 2023

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	 Meal Site Closed	3	Hearty Potato Soup Ham Salad Sandwich Peaches Chef's Choice Dessert	4	Chicken Cordon Bleu Seasoned Wild Rice Seasoned Carrots Tossed Salad w/Dressing Fruited Jell-O w/Topping Chocolate Chip Bar	5	Cream of Mushroom Pork Mashed Potatoes w/Gravy Buttered Broccoli Fresh Fruit Frosted Chocolate Cake	6	Chili w/Beans & Stewed Tomatoes Coleslaw Saltine Crackers Cornbread w/Honey Baked Apple Slices
9	Meat Loaf Mashed Potatoes w/Gravy Green Beans Fresh Fruit Cherry Brownie WW Dinner Roll	10	Chicken Alfredo California Blend Vegetables Tossed Salad w/Dressing Apricots Chocolate Chip Bar	11	BBQ Pork Sweet Potato Wedges Mixed Vegetables Pears WW Dinner Roll Peanut Butter Cookie	12	Oven Baked Fish Dill Potatoes Harvard Beets Tropical Fruit Lemon Bar WW Dinner Roll	13	Kielbasa w/Sauerkraut Baked Potato w/Sour Crm Broccoli Baked Beans Peach Crisp w/Topping
16	 Meal Site Closed	17	Hamburger Gravy Over Mashed Potatoes Normandy Blend Vegetables Mixed Greens w/Dressing Chef's Choice Dessert	18	Swedish Meatballs Over Buttered Noodles Carrots Mixed Fruit Cookie	19	Lasagna Buttered Green Beans Glowing Salad Garlic Bread BB Brownie	20	Baked Ham Squash Brussel Sprouts Buttery Beets Bread Pudding w/Sauce
23	Chicken Cacciatore Over Rice Normandy Vegetables Applesauce Chef's Choice Dessert	24	Spaghetti & Meat Sauce Mixed Vegetables Peaches Parmesan Bread Stick Oatmeal Raisin Cookie	25	Salisbury Steak Mashed Potatoes w/Gravy Seasoned Beets Diced Pears Frosted Birthday Cake	26	Swiss Chicken Breast Mashed Sweet Potatoes Seasoned Broccoli Cranberry Fluff, Dinner Roll, Fruit Crisp w/Topping	27	Cheesy Broccoli Soup Ham Salad Sandwich Tossed Salad w/Dressing Chef's Choice Fruited Dessert
30	Cheeseburger on WW Bun w/Lettuce and Onion Pickle Spear Cole Slaw Calico Beans Frosted Pumpkin Bars	31	Baked Cod w/Tartar Sauce Cowboy Potatoes Peas & Carrots Pineapple Chunks Frosted Carrot Cake	<p>Grab N' Go available for carry out at Richland Center. Meal Site Location only from 11:30am-12:30pm, Mon.- Fri; must be specified at time of reservation. <u>Richland Center Meal Site</u> Serves at 11:45am Mon.- Fri. (Congregate) M-W-F (Home Delivered) Call Tina/Sandi (608) 647-2323; <u>Germanatown Meal Site</u> – Monday, Wednesday & Thursday (Home Delivered) Congregate (11:15am Wednesday Only) – Rita Connors(608)983-2798; <u>Rockbridge Dining Center</u> – Serves at 11:30am M-W-F –Norma Pyfferoen (608) 647-3900 or (608) 649-3269</p>					

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.

WOODMAN SENIOR CENTER
1050 N. ORANGE ST., RICHLAND CENTER, WI 647-8108 EXT. 3
HOURS: MONDAY THRU FRIDAY 8:00-5:00
JANUARY 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 CLOSED	2 CLOSED HAPPY NEW YEAR	3 9:30-Sheepshead 10:00-Rummikub 1:00-Euchre	4 9:30-Haase 9:45-Chair Yoga 12:30-Quiddler 12:30-Pinochle	5 8:00-10:00- Community Coffee Club 9:45-Movie 1:00-"500"	6 1:00-Haase	7 CLOSED
8 CLOSED	9 9:30-11:30-Play Bingo for Prizes 12:30-Quiddler 1:00-Phase 10"	10 9:30-Sheepshead 10:00-Rummikub 1:00-Euchre	11 9:30-Haase 9:45-Chair Yoga 12:30-Quiddler 12:30-Pinochle	12 9:30-"500" 1:00-Your Choice Games	13 1:00-Haase	14 CLOSED
15 CLOSED	16 CLOSED MARTIN LUTHER KING HOLIDAY	17 9:30-Sheepshead 10:00-Rummikub 1:00-Euchre	18 9:30-Haase 9:45-Gentle Chair Yoga 12:30-Quiddler 12:30-Pinochle	19 10:00-Richland Area Senior Citizen Potluck 2:00-Rummikub	20 1:00-Haase	21 CLOSED
22 CLOSED	23 9:30-11:30-Play Bingo for Prizes 12:30-Quiddler 1:00-Phase 10"	24 9:30-Sheepshead 10:00-Rummikub 1:00-Euchre	25 9:30-Haase 9:45-Gentle Chair Yoga 12:30-Quiddler 12:30-Pinochle	26 10:00-Rummikub 12:30-Any Game	27 1:00-Haase	28 CLOSED
29 CLOSED	30 9:30-11:30-Play Bingo for Prizes 12:30-Quiddler 1:00-Phase 10"	31 9:30-Sheepshead 10:00-Rummikub 1:00-Euchre				

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:

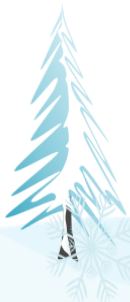
- Health and Human Services Office 608-647-8821 after 8:00
- Richland Center Meal Site 608-647-2323 after 9:00
- Germantown/Cazenovia Meal Site 608-983-2786 after 8:30
- Rockbridge Meal Site 608-647-9187 after 9:00

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 OPEN 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 Elder Benefit Specialist to be screened for benefits. For more information on the GEP or premium penalties, visit www.medicare.gov.



(Article courtesy of the GWAAR Legal team)

MEDICARE COSTS OF INSULIN: NEW RULE IN 2023

By the GWAAR Legal Services Team (for reprint)

One of the biggest changes to come out of the Inflation Reduction Act (IRA) that passed in 2022 applies to Medicare coverage of insulin. **In 2023, out-of-pocket costs for all insulin drugs is now capped at \$35 per 30-day prescription under all Medicare drug plans.**¹

The change in the law occurred too late to be reflected on Medicare's Planfinder tool for comparing drug plans for 2023. (Enrollment ends December 7, 2022 for plan changes effective January 1, 2023). Therefore, if a person takes insulin and wants to compare plans, they will need to factor this reduction into the calculations.

If individuals using insulin choose the wrong plan during the Open Enrollment Period, they will be granted a Special Enrollment Period (SEP) to switch plans in 2023. They can do this by calling 1-800-Medicare. If a person is on what is called the Low-Income Subsidy (LIS or "Extra Help"), they will continue to pay the lower LIS co-pays.

It is important to note that Medicare plans do not necessarily cover all brands and types of insulin, and coverage of insulin drugs can change from year to year. For this reason, it's important for individuals who depend on insulin to check each year during Open Enrollment (October 15-December 7). It is also important to note that this new rule does not apply to drugs that *act* like

insulin but are not actually insulin, like Trulicity (Dulaglutide). In addition, there are differences between Medicare Part D and Medicare Part B cov-



erage of insulin and insulin products. The \$35 limit applies to Medicare Part D only.

Another consequence of the rule's sudden implementation is that individuals may need to initially pay a higher amount for insulin, and then ask for reimbursement from their plan. This will vary by plan, so individuals should contact their plan at the beginning of 2023 and ask about the process.

The following steps are recommended for all individuals who rely on insulin:

- Check the plan's formulary to make sure the brand and type of insulin is covered
- Confirm the type of insulin and supplies is covered under Part D and not Part B
- Calculate yearly costs by factoring in the \$35 monthly limit
- Check with the plan regarding reimbursements
- Use the one-time SEP to change plans in 2023 if the plan does not fit with the person's needs

For more information, visit https://www.medicare.gov/coverage/insulin_eType=EmailBlastContent&eId=34438942-60d6-4c53-a82b-5dac6e32a592

SENIORCARE PRESCRIPTION DRUG ASSISTANCE

SeniorCare is a prescription drug assistance program for Wisconsin residents who are 65 years of age or older who meet enrollment criteria. SeniorCare is administered by the Wisconsin DHS (Department of Health Services). Within DHS, the DMS (Division of Medicaid Services) is directly responsible for managing SeniorCare.

Individuals enrolled in SeniorCare are called members. When a member receives a prescription or a vaccine, the pharmacist will know that a member is eligible for SeniorCare by a SeniorCare card that the member should show each time a prescription is filled or a vaccine is administered. The member may have an out-of-pocket expense for prescriptions depending on their level of participation. Vaccines administered by pharmacy providers do not have out-of-pocket expenses.

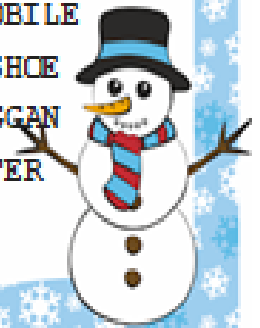
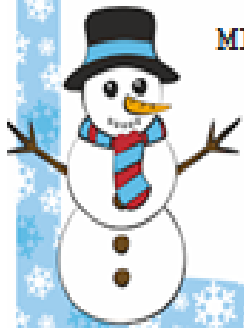
The [SeniorCare Prescription Drug Assistance Program](#) is considered "creditable coverage." This means it's as good as the standard Medicare Part D plan, and you will not have a penalty if you choose SeniorCare instead of Medicare Part D. For more information regarding SeniorCare call the ADRC at 608-647-4616 or SeniorCare at 800-657-2038.

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



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: JANUARY 2023

Upcoming Area Events:

Mondays in January

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.



Tuesday, January 3rd and 17th

Court and Community free legal clinic on Tuesday, January 3rd and January 17th will run from 3:00 PM to 5:00 PM. Those with legal questions can call 608-604-9856 and an intake person will take down your legal question and have an attorney contact you within the week.

Monday, January 9th

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. If the seminar is full, you can sign up for a future date!

Saturday, January 21st

The Knight of Columbus is hosting bingo on Saturday, January 21st. It will be held at the Richland Center Community Center at 6:30 pm.

Tuesday, January 24th

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

A special THANK YOU goes out to the
Richland School District for creating
Blizzard Bags which will be available to
Home Delivered Meal Recipients!

Bags include shelf stable meals for snow days
when there will be no meal delivery

For information on how to receive a
Home Delivered Meal contact
Tanya Webster at 608-647-8821
Richland County Nutrition Program Coordinator