

# 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*

## February is American Heart Month

According to the American Heart Association heart disease is the leading cause of death for men and women in the United States. Each year, 1 in 4 deaths are caused by heart disease. Most times heart disease can be prevented when people make healthy choices and manage their health conditions. Communities, health professionals, and families can work together to create opportunities for people to make healthier choices.

The American Heart Association recommends 7 ways to help control the risk for heart disease.

1. **Get Active** - daily physical activity increases the length and quality of life.
2. **Control Cholesterol** - by controlling your cholesterol you are providing your arteries the best chance to remain clear of blockages.
3. **Eat better** - Eat a healthy diet to help fuel our bodies to make new cells and create the energy we need to thrive and fight disease. Get your fill of vegetables, fruit, low-fat dairy, whole grains, and lean meats.
4. **Manage blood pressure** - High blood pressure is a major risk factor for heart disease and stroke. Keeping your blood pressure within normal ranges lowers the strain on your heart, arteries, and other vital organs.
5. **Lose weight** - If you are overweight, especially at your waist, you have an increased risk for high blood pressure, high cholesterol, and diabetes. Losing weight can significantly reduce your risk.
6. **Reduce blood sugar** - People who have diabetes can increase the risk of heart disease and stroke. It is important to decrease intake of simple sugars found in soda, candy, and sugary desserts. Getting enough exercise will also help.
7. **Stop smoking** - People who smoke have an increased risk of heart disease. Smoking not only increases the risk of heart disease but also other conditions such as hardening of the arteries, aneurysm, blood clots and more.

In many instances heart disease is preventable, and treatable. It is important to live a healthy lifestyle and be seen by your doctor regularly.

*(courtesy of the American Heart Association)*



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# SPOTLIGHT ON: BURIAL TRUST OPTIONS

(Courtesy of GWAAR)

Maintaining Medicaid benefits while saving money for funeral and burial expenses is not easy. If you have too many assets, you could lose your Medicaid eligibility. Fortunately, there are ways to plan for these expenses while meeting the Medicaid eligibility asset requirements. General information regarding your options is listed below. You may want to consult an experienced Medicaid planning attorney before making funeral burial arrangements.

## **Option 1: Create a Life Insurance-Funded Burial Contract**

As its name indicates, a LIFBC is a burial contract funded by your life insurance proceeds. This option allows you to contract for funeral and burial expenses guaranteeing payment with your life insurance policy. An irrevocable LIFBC will not affect your Medicaid eligibility. To obtain a LIFBC, visit the funeral home of your choice and speak to a Medicaid planning advisor

## **Option 2: Create an Irrevocable Burial Trust**

This trust allows a Medicaid beneficiary to deposit up to \$3,000 into a trust account to pay for his or her funeral and burial expenses. If married, you may set aside an additional \$3,000 in a separate irrevocable burial trust for your spouse. You, your friends, or family members may contribute an additional \$1,500 to a beneficiary's burial trust without affecting Medicaid eligibility. Accordingly, you may have up to \$4,500 in an irrevocable burial trust. To obtain an irrevocable burial trust, meet with a Medicaid planning advisor at the funeral home of your choice.

## **Option 3: Purchase burial spaces**

This option allows a Medicaid beneficiary to purchase a burial space without affecting his Medicaid eligibility. A burial space is an exempt asset, regardless of its value. To purchase a burial space, contact the funeral provider or cemetery of your choice. Burial spaces can be purchased upfront with cash or through a LIFBC. The following are exempt for Medicaid asset eligibility determinations: burial spaces, burial plots, crypts, urns, niches, and other traditional repositories for human remains; necessary and reasonable burial space improvements including headstones, plaques, and markers; and arrangements for opening and closing the gravesite.

This exemption applies to a contract to purchase a burial space when the contract creates a present right to the space. However, if the space is paid for in installments, the space is not an exempt asset until the balance is paid in full. Consequently, if you have only made half of your installment payments, the space is considered an available asset. You may have more than one type of space when reasonable. Importantly, you may also purchase burial spaces for your spouse and immediate family members. Eligible immediate family members include minor or adult children, siblings, and parents. You can also purchase burial spaces for the spouses of immediate family members. If you choose to purchase burial spaces for immediate family members, the spaces must remain in your name.

## **Option 4: Create a burial fund**

This fund is deliberately set aside and clearly designated for an individual's burial expenses. You can have up to \$1,500 in a burial fund and the fund will not count as an available asset. The funds can be used for you and your spouse's burial, cre-

mation, and other burial-related expenses. Medicaid members and their spouses may each have one burial fund.

To obtain a burial fund, visit the financial institution of your choice. You can open a new account and request that the account be designated for and labeled for burial expenses. However, you are not required to open a new account. As long as funds are clearly delineated from your other household accounts and labeled as burial funds, Medicaid will not count them as available assets. If the money in a burial fund is used for any other purpose, the fund will lose its exempt status and will be counted as an available asset. Please note that burial funds must be

kept in a financial instrument, like a bank account or trust. If you keep cash in your home for burial expenses, you will not receive the benefit of the burial fund exemption. The amount of burial funds that can be exempt is reduced — dollar-for-dollar — by amounts held in LIFBC's, irrevocable burial trusts, and the face value of whole life insurance policies. Any person wishing to exclude burial funds must be willing provide the fund's location, account type, amount of funds, and account number.

## **Option 5: Purchase life insurance**

This type of insurance pays out proceeds upon the death of the insured or after a set period of time. Whole life policies or policies with a total face value of \$1,500 or less are excluded assets regardless of their cash surrender value. To obtain a life insurance policy, contact the insurance agent of your choice to discuss policy options. If the total face value of your life insurance policies exceeds \$1,500, your entire cash surrender value is counted as an available asset. Term life insurance policies are typically not counted as available assets because they have no cash surrender value.

## **Option 6: Purchase burial insurance**

This type of insurance is based upon a contract that requires policy proceeds be used for the insured's burial expenses. Burial insurance is not sold in Wisconsin. However, burial insurance policies may be brought into Wisconsin if you move to Wisconsin from another state. If you have an irrevocable burial insurance policy from another state, it will be considered an exempt asset if the policy states that all proceeds must be used for burial expenses.



# HEART HEALTHY FAMILY & FRIENDS RECIPE TO TRY



## Maple-Roasted Chicken Thighs with Sweet Potato and Brussel Sprouts

**Prep Time:** 20 min **Cook Time:** 50 minutes **Yield:** 4 servings



### Ingredients:

2 tablespoons maple syrup  
4 teaspoons olive oil  
1 tablespoon snipped fresh thyme  
1/2 teaspoon salt  
1/2 teaspoon black pepper  
1 pound sweet potatoes, peeled and cut into 1" wedges  
1 pound Brussel sprouts, trimmed and halved  
Nonstick cooking spray  
4 bone in chicken thighs, skinned  
3 tablespoons dried cranberries  
3 tablespoons chopped pecans, toasted

### Directions:

- Preheat oven to 425 degrees. In a small bowl combine maple syrup, 1 tsp. of the oil, the thyme, 1/4 tsp salt, and 1/4 tsp pepper. In a large bowl combine sweet potatoes and Brussel sprouts. Drizzle with remaining 1 tbs oil and sprinkle with remaining salt and pepper; toss to coat.

- Line a 15x10-inch baking pan with foil. Heat the prepared pan in oven 5 minutes. Remove pan from oven and coat with cooking spray. Arrange chicken, meaty sides down, in center of pan. Arrange vegetables around chicken. Roast 15 minutes.
- Turn chicken and vegetables; brush with maple syrup mixture. Roast 15 minutes more or until chicken is done (at least 175 degrees F) and potatoes are tender. Serve topped with pecans and cranberries.



(Courtesy of Eating Well)

# HEALTHY EATING AS WE AGE

Good nutrition across the lifespan helps prevent chronic disease and we know that it's never too late to make improvements to support healthy aging. Older adults are at greater risk of chronic diseases, such as heart disease and cancer — as well as health conditions related to changes in muscle and bone mass, such as osteoporosis. The good news is that this population can mitigate some risks by eating nutrient-dense foods and being active.

Older adults generally have lower calorie needs, but similar or even increased nutrient needs compared to younger adults. This is often due to less physical activity, changes in metabolism, or age-related loss of bone and muscle mass. Nutrient needs in this population are also affected by chronic health conditions, use of multiple medicines, and changes in body composition. Therefore, following a healthy dietary pattern and making every bite count is important to this age group.

## Special Considerations for Older Adults

The Healthy Eating Index (HEI) measures diet quality based on the Dietary Guidelines for Americans. Compared to other age ranges, older adults have the highest diet quality, with an HEI score of 63 out of 100. Although this is very encouraging, there's still a lot of room for improvement. Eating more fruits, vegetables, whole grains and dairy improves diet quality — as does cutting down on added sugars, saturated fat, and sodium. Support from health professionals, friends, and family can help older adults meet food group and nutrient recommendations.

Eating enough **protein** helps prevent the loss of lean muscle mass. But older adults often eat too little protein..



Since most older adults are meeting recommendations for meats, poultry and eggs, it's important to remind them that seafood, dairy and fortified soy alternatives, beans, peas, and lentils are great sources of protein. These foods provide additional nutrients, such as calcium, vitamin D, vitamin B12 and fiber.

The ability to absorb **vitamin B12** can decrease with age and with the use of certain medicines. Health professionals can help older individuals get enough vitamin B12 by ensuring that they're consuming enough through foods, such as breakfast cereals. Older adults should talk with their health care provider about the use of dietary supplements to increase vitamin B12 intake.

## Healthy Beverage Choices for Older Adults

Sometimes it's hard for older adults to **drink enough fluids** to stay hydrated as the sensation of thirst declines with age. Drinking enough water is a great way to prevent dehydration and help with digestion — and water doesn't add any calories! Unsweetened fruit juices and low-fat or fat-free milk or fortified soy beverages can also help meet fluid and nutrient needs.

If older adults choose to drink alcohol, they should drink in moderation, 2 drinks or less in a day for men and 1 drink or less in a day for women. As we age we may feel the effects of alcohol more quickly, which could increase the risk of falls and other accidents.

(Source: <https://health.gov/news/202107/nutrition-we-age-healthy-eating-dietary-guidelines>, By Dana DeSilva, PhD, RD, ORISE health policy fellow, Office of Disease Prevention and Health Promotion and LT Dennis Anderson-Villaluz, MBA, RD, LDN, FAND, nutrition advisor, Office of Disease Prevention and Health Promotion)

# RICHLAND COUNTY MEALSITES



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.**

# KNOW THE SIGNS OF ELDER FINANCIAL ABUSE

Financial Exploitation is a booming business these days. Individuals over 50 are said to hold over 70% of the country's wealth and are therefore common targets of scammers. Knowing signs of financial abuse is the best way to prevent it.

The following is a non-exhaustive list of signs that may point to financial abuse:

- Unpaid bills or termination of utilities
- Social isolation
- The elder has a “new friend” that will not allow them to go places without him/her and the new friend appears to have access to their finances
- Lack of personal comforts they previously enjoyed
- Change in financial behavior
- Change in legal documents such as revocation of a prior Power of Attorney and execution of a new POA
- Altered legal document (s) such as adding a successor agent to the Power of Attorney for finances document after it is executed
- Missing property
- Unusual account transfers
- Evidence of other types of abuse
- Change in behavior or personality.



If you suspect someone is being exploited, contact Adult Protective Services located within Health and Human Services at 608-647-8821.

*Article courtesy of GWAAR*



## Richland County Nutrition Menu February 2023

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>1</b> Swiss Steak/Gravy Over Brown Rice, Beets, Green Beans Fresh Fruit, WG Dinner Roll, & Valentine's Day Cookie	<b>2</b> BBQ Chicken Baked Potato w/Sour Crm. Baked Beans Coleslaw, Pineapple, Peanut Butter Cookie	<b>3</b> Pork Outlet Mashed Sweet Potatoes Steamed Broccoli Fruited Jell-O w/Topping Brownie
<b>6</b> Spaghetti w/Meat Sauce Mixed Greens Salad Italian Vegetables Peaches, Parmesan Bread, M & M BB Brownie	<b>7</b> Chicken Alfredo Brussel Sprouts Glowing Salad Peanut Butter Cookie	<b>8</b> Roast Turkey Rosemary Red Potatoes 5-Way Blend Veggies Coleslaw Fruited Dessert	<b>9</b> Baked Ham Scalloped Potatoes Calif. Blend Vegetables Pineapple Cook's Choice Dessert	<b>10</b> Beef & Barley Soup ½ WG Meat & Cheese Sandwich Fruited Jell-O Chocolate Chip Bar
<b>13</b> Mexican Chicken over Pasta Capri Vegetables Cinnamon Pineapple Mexican Wedding Cakes	<b>14 Valentine's Day</b> Pork Roast w/Gravy Baby Red Potatoes Broccoli Fruit Cobbler w/Topping Dinner Roll	<b>15</b> Sliced Hot Turkey Mashed Potato & Gravy Savory Carrots Mixed Fruit Cook's Choice Dessert	<b>16</b> Beef Rigatoni w/Parmesan Cheese Tossed Salad w/Dressing Italian Vegetables Garlic Bread, Cookie	<b>17</b> Country Steak w/Gravy Mashed Potatoes Carrots & Peas, Apricots, BB Brownie, Dinner Roll
<b>20</b> Beef Stew w/Biscuit Mixed Greens Salad Peaches Strawberry Chip Cake	<b>21</b> 2 Pc. Baked Chicken Mashed Sweet Potato Normandy Blend Veggies Cowboy Beans, WG Dinner Roll, Cookie	<b>22 Ash Wednesday</b> Tuna Casserole California Veggies Tropical Fruit Medley WG Dinner Roll Frosted Birthday Cake	<b>23</b> Chicken Pot Pie Stew Over a Biscuit, Tossed Salad w/ Dressing, Pineapple & Mandarin Orange Salad Fluff, Frosted Choc. Cake	<b>24</b> Breaded Fish w/Tartar Sauce Dill Mashed Potatoes Green Beans, Fresh Fruit, Lemon Bar
<b>27</b> Salisbury Steak Mashed Potatoes w/Gravy Mixed Vegetables Seasoned Beets Bread Pudding w/Vanilla Sauce	<b>28</b> Goulash w/Stewed Tomatoes & Beans Buttered Baby Carrots Garlic Bread Fruited Dessert	<p><b>Grab N' Go (carry out) available 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 &amp; Thursday (Home Delivered) Congregate (11:15am Wednesday Only) – Rita Connors(608)983-2798; <u>Rockbridge Meal Site</u> – Serves at 11:30am M-W-F –Norma Pyfferoen (608) 647-3900 or (608) 649-3269</b></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**  
**FEBRUARY 2023**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9:30- <u>Haase</u> 9:45- <u>Gentle Chair</u> <u>Yoga</u> 12:30- <u>Quiddler</u> 12:30- <u>Pinochle</u>	2 8:00-10:00- <u>Community Coffee</u> <u>Club</u> 9:30- <u>Movie</u> 1:00- <u>"500"</u>	3 1:00- <u>Haase</u>	4 CLOSED
5 CLOSED	6 9:30-11:30- <u>Play</u> <u>Bingo for Prizes</u> 12:30- <u>Quiddler</u> 12:30- <u>Phase 10</u> " or <u>"500"</u>	7 9:30- <u>Sheepshead</u> 10:00- <u>Your Choice</u> <u>Game</u> 1:00- <u>Euchre</u>	8 9:30- <u>Haase</u> 9:45- <u>Gentle Chair</u> <u>Yoga</u> 12:30- <u>Quiddler</u> 12:30- <u>Pinochle</u>	9 9:30- <u>Mexican</u> <u>Train or Wizard</u> 1:00- <u>Your Choice</u> <u>Game</u>	10 1:00- <u>Haase</u>	11 CLOSED
12 CLOSED	13 9:30-11:30- <u>Play</u> <u>Bingo for Prizes</u> 12:30- <u>Quiddler</u> 12:30- <u>Phase "10"</u>	14 9:30- <u>Sheepshead</u> 10:00- <u>Your Choice</u> <u>Game</u> 1:00- <u>Euchre</u>	15 9:30- <u>Haase</u> 9:45- <u>Gentle Chair</u> <u>Yoga</u> 12:30- <u>Quiddler</u> 12:30- <u>Pinochle</u>	16 10:00- <u>Richland</u> <u>Area Senior Citizen</u> <u>Potluck</u> 2:00- <u>Pinochle</u>	17 1:00- <u>Haase</u>	18 CLOSED
19 CLOSED	20 9:30-11:30- <u>Play</u> <u>Bingo for Prizes</u> 12:30- <u>Quiddler</u> 12:30- <u>Phase "10"</u>	21 9:30- <u>Sheepshead</u> 10:00- <u>Rummikub</u> 1:00- <u>Euchre</u>	22 9:30- <u>Haase</u> 9:45- <u>Gentle Chair</u> <u>Yoga</u> 12:30- <u>Quiddler</u> 12:30- <u>Pinochle</u>	23 10:00- <u>Wizard</u> 12:30- <u>Your Choice</u> <u>Game</u>	24 1:00- <u>Haase</u>	25 CLOSED
26 CLOSED	27 9:30-11:30- <u>Play</u> <u>Bingo for Prizes</u> 12:30- <u>Quiddler</u> 12:30- <u>Phase "10"</u>	28 9:30- <u>Sheepshead</u> 10:00- <u>Rummikub</u> 1:00- <u>Euchre</u>				

# NATIONAL CHANGE YOUR PASSWORD DAY

Each year National Change Your Password Day is celebrated on February 1st. Many of us utilize our phones and computers to make business transactions and stay in touch with others. Doing these activities means that we keep a lot of our personal information online and unfortunately due to this it makes us susceptible to being hacked.



On average it is reported that someone is hacked every 39 seconds and billions of records have been stolen. It is more and more prevalent as we rely on technology more each day.

With the increase in online transactions, hacking has seen a sharp increase and more and more individuals are falling victim.

Here are some tips to keep your information safe:

- Change your password regularly, at the minimum quarterly is best. If you think you have been hacked, change your password immediately. If available use Two-Factor Authentication
- Make sure that you have complex passwords, including letters, numbers and symbols
- Don't click on links or go to sites that you are not familiar with
- Ensure your internet connection is secure. Do not do any banking online on public internet

# PREVENT SENIOR HOSPITALIZATIONS

Most families would agree that keeping a senior out of the hospital is an important goal. That's because professionals who work with older adults know that some seniors who are hospitalized don't always go home the same. Or, they don't go home at all.

And yet, research reveals that many of these hospitalizations could be prevented, according to a survey of 400 North American nurses who specialize in senior care and conducted by Home Instead, Inc., franchisor of the Home Instead Senior Care® network. In fact, this new research showed that nearly half (48.5%) of these hospitalizations could be avoided if the proper preventative steps are taken.



In fact, these five preventative actions can help reduce the risk that an older adult will end up in the hospital:

1. Follow doctor's orders—get your annual Medicare wellness exam
2. Don't ignore symptoms
3. Reduce risks of falls and accidents
4. Stay active physically and mentally
5. Maintain a healthy diet

There's another vital factor in keeping seniors out of the hospital. It's family. Nearly 100% of the nurses surveyed agreed that a family's role in helping to keep seniors healthy and out of the hospital is as important as that of the medical community.

In spite of that, less than half (48.6%) of the seniors they see have family members who serve as active advocates for their care, according to the survey.



# SYMONS RECREATION EVENTS

## Yeti Fun Snowshoe & Hike

Join us on February 4th for the Yeti Snowshoe/Hike candlelight event, a candlelight route through the UWP-Richland Wellness Trail behind Symons Recreation Complex. Bring your own snowshoes or hiking boots! Bring your own flashlight!

Start at Symons Recreation Complex (SRC) Check-In Starts at 5:45 pm at Symons Recreation Complex. Event starts at 6:00pm on the Symons Recreation Complex Patio. For more info and a registration form – <https://symonsrec.com/yeti-fun-snowshoe-and-hike/>



## Symons Triathlon 2023

Challenge yourself to Swim/Water walking 2.4 miles OR Row 174 minutes, Bike 112 miles and Run/Walk 26.2 miles in the month of February 2023! For more info and a registration form – <https://symonsrec.com/symons-triathlon/>



# MEDICARE COVERAGE OF AMBULANCE SERVICES

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

If you ever find yourself experiencing a medical emergency, you may need to call an ambulance. You may also need medical transport via ambulance between two different medical providers. But how do you know that Original Medicare or your Medicare Advantage plan will cover the charges?

## Criteria for an Emergency Call

You can get emergency ambulance transportation when you've had a sudden medical emergency and your health is in serious danger because you can't be safely transported by other means, like by car or taxi. The ambulance must also transport you to the nearest appropriate facility, usually a hospital. If you call an ambulance but are not transported, Medicare will not cover the cost of the ambulance call. If you are not transported to the nearest appropriate facility, Medicare will not cover the extra mileage to that facility.

The nearest appropriate facility means that the institution is generally equipped to provide the needed hospital or skilled nursing care for the illness or injury involved. For example, someone with end-stage renal disease may need to be transported to a hospital that has dialysis capabilities.

## Criteria for Facility-to-Facility Transport

You may be able to get emergency or non-emergency ambulance transportation from one medical facility to another if you need it to treat or diagnose your health

condition and the use of any other transportation method could endanger your health. In some cases, Medicare may cover limited, medically necessary, non-emergency ambulance transportation if your doctor writes an order stating that ambulance transportation is necessary due to your medical condition. Even if a situation isn't an emergency, ambulance transportation may be medically necessary to get you to a hospital or other covered health facility. For example, someone needing a specialized kind of surgery may need to be transported to the nearest facility that has the required specialist on staff. Again, if you are transported to a facility farther away, Medicare will not pay for that extra mileage.

\*Note: If you have a Medicare Advantage plan, it must cover at least what Original Medicare covers, but it may provide additional coverage. For information about that coverage, see your plan's evidence of coverage or contact your plan directly.

**If you end up with ambulance services that have been denied, you have the option to appeal. For Original Medicare, you follow the appeal procedures outlined in your Medicare Summary Notice (MSN). For Medicare Advantage appeals, you will follow the appeal procedures outlined in your explanation of benefits (EOB). For assistance with these appeals, you may reach out to your local Elder Benefit Specialist (EBS) at the ADRC at 608-647-4616.**

# FREE COVID TESTS AVAILABLE BY MAIL

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

Every U.S. household is eligible to order an additional four free at-home COVID-19 tests from the federal government at [COVIDtests.gov](https://COVIDtests.gov) or by calling 1-800-232-0233. The tests will arrive by mail.

These tests are in addition to the free at-home tests available to Wisconsin residents through the Say Yes! COVID test program. All Wisconsin households are eligible to place an order every month for one free test kit that contains five at-home COVID-19 tests. To place an order, please go to <https://sayyescovidhometest.org/>.

In addition, you may be able to receive free at-home over-the-counter COVID-19 tests through your health

insurance plan. If you have health insurance through an employer, or if you have a plan through the Affordable Care Act's Marketplace,

each person on your plan can get eight tests per month. People who are on Medicare can also receive eight free over-the-counter COVID-19 tests each month. Members enrolled in BadgerCare Plus and full-benefit Wisconsin Medicaid programs are also eligible for OTC test kits from Medicaid-enrolled pharmacies using their ForwardHealth ID card with no copay. Please contact your insurance provider for more information.



# February Word Search

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

ARROW      SWEETHEART  
CANDY  
CHOCOLATE  
CUPID  
FLOWERS  
GROUNDHOG  
HEART  
LOVE  
ROSES  
SHADOW

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: FEBRUARY 2023**

## Upcoming Area Events:

### Mondays in February

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.



### Tuesdays February 3rd—March 31st

Boost Your Brain and Memory classes will be held from 2:00-3:30 at the Brewer Library on Tuesdays in February and March. This 8 week offering focuses on a variety of lifestyle factors that impact brain health and memory. This class will help you learn the tools to take care of your brain as you age. For more information and to sign up contact Pam Kul-Berg at 608-548-3954.

### Tuesday, February 7th and 21st

Court and Community free legal clinic on Tuesday, February 7th and February 21st 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, February 13th

**Welcome to Medicare:** The Aging and Disability Resource Center of Eagle Country, Richland 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.

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!

### Tuesday, February 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 10:30 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.



Of the Film "The Father" with Anthony Hopkins  
Released 2020

**Feb 18 @ 7 PM**  
**Feb 19 @ 1 PM**

**Center Cinema**  
Richland Center

Discussion about the film to follow  
Sunday showing.

**Call The ADRC of Eagle Country - Richland Office  
for details:**

**608-647-4616**