

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 County Office

June 15th is Elder Abuse Awareness Day

Each year, hundreds of thousands of older persons are abused, neglected and exploited. In addition, elders throughout the United States lose an estimated \$2.6 billion or more annually due to elder financial abuse and exploitation. These are funds that could have been used to pay for basic needs such as housing, food and medical care. Unfortunately, no one is immune to abuse, neglect and exploitation. It occurs in every demographic, and can happen to anyone—a family member, a neighbor, even you. Yet it is estimated that only about one in five of those crimes are ever discovered.

Warning Signs of Elder Abuse and Neglect

- ◇ Lack of basic hygiene, food, or clean/appropriate clothing
- ◇ Lack of medical aids
- ◇ Person with dementia left unsupervised
- ◇ Home cluttered, filthy, in disrepair, or having fire and safety hazards
- ◇ Home without adequate facilities
- ◇ Untreated bed sores/pressure ulcers
- ◇ Vulnerable adult giving excessive financial reimbursement/gifts
- ◇ Caregiver has control of elders money and fails to provide for their needs
- ◇ Caregiver isolates elder
- ◇ Caregiver is verbally aggressive or demeaning, controlling
- ◇ Inadequately explained fractures, bruises, welts, cuts, sores, burns
- ◇ Unexplained sexually transmitted diseases



If you suspect someone you know is a vulnerable adult/elder and may be suffering from abuse or neglect, contact Adult Protective Services at 608-647-8821 or Northwest Connections at 1-888-794-5556.

If someone is in immediate danger, call 9-1-1.



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SPOTLIGHT ON: VOLUNTEERS

The ADRC's Richland County Transportation Program and Richland County Nutrition Program held it's annual volunteer appreciation luncheon and training on April 25th at the Phoenix Center. This was a time to acknowledge the critical role volunteers make in our community and to show our sincere gratitude for their service.

In 2022 transportation volunteers gave a total of 4808 hours of their time and traveling over 120,000 miles. Without them many people in our community would not have access to medical care, food and socialization activities.



The Richland County Senior Nutrition program officially moved to the ADRC May 1st. We are excited to add this critical service to our unit.

Due to COVID the program saw a large decrease in volunteers since 2020. Over the last year we have been rebuilding our volunteer capacity. These volunteers provide meals to individuals in their homes and to our congregate sites. With their selfless dedication they ensure food security for many individuals over 60 in our community. For more information on volunteering call the ADRC at 608-647-4616.



Steve and GERALYN Kohlstedt: We have been volunteering for 15+ years. We do it because we enjoy meeting the people and giving back! In the 40 years we have made Richland Center our home we have been

involved with the Kiwanis and St. Mary's. Volunteering brings us joy and makes us feel good. It is a way to pay things forward and helping those in need.

A Little about Steve: I grew up in Southwestern Wisconsin and have always been very active in every community I lived in. Our family came here 40 years ago as an Extension Agent. This gave me the opportunity to rub shoulders with a lot of people!! I've been retired for 10 years and now I can give back to efforts I believe in and watch my grandkids and children GROW!!

A Little about GERALYN: I moved here 40 years ago from Viroqua with 3 small children. I worked for Richland School district 22 years in food service and presently work at Oakwood fruit farm during the season. I have 9 grandchildren that live close.

THANK YOU!!

Your dedication to the Meals on Wheels program and help delivering meals to seniors in need is greatly appreciated. This program couldn't do all it does without the help of wonderful volunteers like you.



HEART HEALTHY FAMILY & FRIENDS RECIPE TO TRY



Cool And Easy Strawberry Pie

Prep Time: 15 min **Cook Time:** 40 minutes **Yield:** 4 servings



Ingredients:

- 2 cups fresh strawberries, divided
- 2/3 cup boiling water
- 1 pkg. (3 oz.) Jell-O Strawberry flavored
- Ice cubes
- 1/2 cup water
- 1 8 oz. pkg. Cool Whip Lite Whipped Topping, thawed
- 1 ready to use reduced fat graham cracker crumb crust

Directions:

1. Slice 1 cup strawberries; refrigerate for later use. Chop remaining strawberries and set aside.
2. Add boiling water to gelatin mix; stir 2 minutes until completely dissolved. Add enough ice to cold water to measure 1 cup. Add gelatin; stir until slightly thickened. Remove any unmelted ice.
3. Whisk in Cool Whip. Stir in chopped strawberries. Refrigerate 20 to 30 minutes until mixture is very thick and will mound. Spoon into crust.
4. Refrigerate 6 hours or until firm. Top with sliced berries just before serving.



(Recipe Courtesy of My Food and Family)

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Richland County Health & Human Services, Richland Center, WI

A 4C 01-1412

SOCIAL SECURITY PROTECTIONS

Social Security works with the Office of the Inspector General (OIG) to protect you from scams that use Social Security as bait. **Section 1140 of the Social Security Act** allows OIG to impose severe penalties against anyone who engages in misleading Social Security-related advertising or imposter communications. You can review Section 1140 at www.ssa.gov/OP_Home/ssact/title11/1140.htm.

For example, the OIG may impose a penalty against anyone who:

- Mails misleading solicitations that appear to be from or authorized by Social Security.
- Operates an imposter internet website or social media account designed to look like it belongs to or is authorized by Social Security.
- Sends emails or text messages or makes telephone calls claiming to be from Social Security.
- Sells Social Security's free forms, applications, and publications without our written approval.
- Charges a fee for a service that Social Security provides free of charge without providing a clearly visible notice that Social Security provides the service for free.

If you receive a misleading or suspicious Social Security-related advertisement or imposter communication, please let us know immediately. Try to capture as much information about the communication as you can.

Here's what you can do:

- For suspicious websites or social media accounts, please take a screenshot of the page. Please note the website address or social media link - and how you came across it.
- For emails and text messages, please capture the entire message and any message links.
- For U.S. mail solicitations, please retain the



complete communication, including the outside envelope and all inserts.

- For telephone solicitations, please note the caller identification phone number and any company name or call back number that the caller or recorded message provides.

You can help us stop misleading advertising and communications. We encourage you to report potential scams to the OIG at oig.ssa.gov.

You can also call our fraud hotline at 1-800-269-0271 or send an email to OIG.1140@ssa.gov.

This information will help OIG locate the source of the suspicious solicitation or communication. You can also check out our publication,

Learn: What You Need to Know About Misleading Advertising at www.ssa.gov/pubs/EN-05-10005.pdf.

Please share this information with friends and family and help us spread the word on social media.

(Article Courtesy of SMP)

1 Don't trust your caller ID 	 2 Do not react to unsolicited text messages, phone calls, or email	3 Do not provide personal information	 5 Regularly check your credit reports
	4 Securely store your Social Security number		

SUN PROTECTION TIPS FOR OLDER ADULTS

As summer approaches, it is time to start thinking about protecting ourselves when we have fun in the sun. According to the Skin Cancer Foundation, over half of skin cancer related deaths are people over the age of 65. Because the risk of developing skin cancer rises each year and sun damage can happen quickly, everyone needs to use sunscreen. But according to the Centers for Disease Control and Prevention (CDC), fewer than half of older adults adequately protect their skin from the sun.



Not any old sunscreen will do. Choose a sunscreen with an SPF 30 or higher and one that protects from UVA and UVB rays (broad-spectrum). A sunscreen's SPF (sun protection factor) determines how well it can absorb and reflect the sun's rays. A sunscreen that is labeled SPF 30 absorbs 97% of the sun's burning rays. It's also important to know that wearing sunscreen with a higher SPF does not mean you can stay outdoors longer without applying more. You'll still need to reapply it to protect your skin, especially if you are swimming or sweating heavily. Broad-spectrum sunscreen is important because UVA rays penetrate the lower levels of the skin. They account for 95% of rays. UVB rays make up a smaller percentage of UV rays, but they cause most sunburns and sun damage.

Additionally, research shows there is very little difference in effectiveness between sunscreen sticks, sprays, gels, and creams. Buying several formats can make it easier to protect small or hard-to-reach body parts, such as the back of the ears. Sunscreen sticks are good for ears and noses and are also easy to take with you on bike rides and walks. Sprays and creams can cover larger surface areas more efficiently, such as the back, arms, and legs. Gels tend to adhere better on areas with hair, like the hairline and scalp.

For more information visit: <https://www.skincancer.org/blog/photoaging-what-you-need-to-know/> and <https://www.cdc.gov/cancer/dcpc/research/articles/older-adults-protect-skin-sun.htm> (article courtesy of GWAAR)

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Richland County Nutrition Menu June 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
<p><u>Richland Center Meal Site</u> Serves at 11:45am Mon. - Fri. (Congregate) M-W-F (Home Delivered) Call Tina/Sandi (608) 647-2323</p> <p><u>Germantown Meal Site</u> - Monday, Wednesday & Thursday (Home Delivered) Congregate (11:15am Wednesday Only) - Rita Connors (608)983-2798</p> <p><u>Rockbridge Meal Site</u> - Serves at 11:30am M-W-F -Norma Pyfferoen (608) 647-3900 or (608) 649-3269</p>				
5 Beef Stroganoff Over Buttered Noodles Buttered Beets Broccoli and Cauliflower Fruit Cocktail Rhubarb Dessert	6 Tater Tot Casserole 7-Layer Salad Fruit Whip Cookie	7 Lasagna w/Meat Sauce Broccoli & Cauliflower Mandarin Oranges Garlic Bread Frosted Carrot Cake	1 Baked Fish Au gratin Mashed Sweet Potatoes Normandy Veggies Trop. Fruit, Dinner Roll Lemon Bar	2 Cheeseburger on WW Bun w/Lettuce and Onion Pickle Spear Cole Slaw Calico Beans Frosted Pumpkin Bars
12 Kielbasa w/Sauerkraut Sweet Potato Wedges Brussel Sprouts Mixed Fruit Frosted Chocolate Cake	13 2 Pc. Herb Baked Chicken Wild Rice Blend Tossed Salad w/Dressing Baked Beans Apricots, Cookie	14 Meatloaf Baked Potato w/Sour Cream Normandy Blend Vegetables Coleslaw Cherry Brownie	8 Chicken Cacciatore over Rice Blend California Blend Vegetables Coleslaw Fruit Crisp w/Topping	9 Salmon Loaf Baked Potato w/Sour Crm. Creamed Peas Mixed Fruit Frosted Chocolate Cake
19 Swiss Chicken Breast Rice Capri Vegetables Cranberry Fluff, Frosted Pumpkin Bar, Dinner Roll	20 Hamburger Gravy Over Mashed Potatoes Corn O'Brien Fresh Fruit Gelatin Poke Cake	21 Reuben Casserole Normandy Blend Vegetables Seasoned Beets, Rye Bread, Strawberry & Angel Food Cake w/Whipped Topping	15 Lumberjack Veg. Stew ½ Shaved Ham Sandwich on Wheat Bread Cottage Cheese Peach Crisp w/Topping	16 Corned Beef & Cabbage Dinner Jell-O'd Pears Rye Bread Cookie
26 Brat w/Sauer Kraut on a bun Potato Salad Pickle Spear Peaches & Pears Rice Pudding w/Raisins	27 Chicken Cordon Bleu Seasoned Wild Rice Garden Trio Vegetable Blend Pickled Beets Fruited Jell-O w/Topping Cookie	28 BBQ Pulled Pork on WW Bun Baked Beans Coleslaw Pineapple Frosted Birthday Cake	22 Cream of Mushroom Pork Mashed Potatoes w/Gravy Green Leafy Salad w/Drsg. Tomato Spoon Salad Caramelized Pear Half	23 Breaded Fish w/Tartar Sauce Baby Red Potatoes Italian Vegetables, Tropical Fruit, Lemon Bar
		29 Chicken Chow Mein Baby Carrots Colorful Tossed Salad w/Drsg. Fresh Fruit Brownie	30 Vegetable Soup ½ Tuna Salad Sandwich Mixed Fruit Chocolate Pudding w/Topping	

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 8:00-4:30
JUNE 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
4 CLOSED	5 9:30-11:30- <u>Play</u> <u>Bingo for Prizes</u> 12:30-5 <u>Crowns</u> , <u>Phase 10, or "500"</u>	6 9:30- <u>Sheepshead</u> 10:00- <u>Yr Choice</u> <u>Game</u> 1:00- <u>Euchre</u>	7 9:30- <u>Haase</u> 9:45- <u>Gentle Chair</u> <u>Yoga</u> 12:30-5 <u>Crowns</u> 12:30- <u>Pinochle</u>	1 8:00-10:00- <u>Community Coffee</u> <u>Club</u> 9:45- <u>Movie</u> 12:30- <u>Wizard</u>	2 12:30- <u>Haase</u>	3 CLOSED
11 CLOSED	12 9:30-11:30- <u>Play</u> <u>Bingo for Prizes</u> 12:30- <u>Phase 10, or 5</u> <u>Crowns</u>	13 9:30- <u>Sheepshead</u> 10:00- <u>Your Choice</u> <u>Game</u> 1:00- <u>Euchre</u>	14 9:30- <u>Haase</u> 9:45- <u>Gentle Chair</u> <u>Yoga</u> 12:30- <u>Quiddler</u> 12:30- <u>Pinochle</u>	8 9:30- <u>Quiddler, or</u> <u>Mexican Train</u> 12:30- <u>Rummikub or</u> <u>5 Crowns</u>	9 12:30- <u>Haase</u>	10 CLOSED
18 CLOSED	19 9:30-11:30- <u>Play</u> <u>Bingo for Prizes</u> 12:30- <u>Wizard, Phase</u> <u>10, or 5 Crowns</u>	20 9:30- <u>Sheepshead</u> 10:00- <u>Any Game</u> 1:00- <u>Euchre</u>	21 9:30- <u>Haase</u> 9:45- <u>Gentle Chair</u> <u>Yoga</u> 12:30-5 <u>Crowns</u> 12:30- <u>Pinochle</u>	15 10:00- <u>Richland</u> <u>Area Senior Citizen</u> <u>Potluck</u> 2:00- <u>Rummikub or</u> <u>Quiddler</u>	16 12:30- <u>Haase</u>	17 CLOSED
25 CLOSED	26 9:30-11:30- <u>Play</u> <u>Bingo for Prizes</u> 1 2:30-"500", <u>Phase</u> <u>10, or 5 Crowns</u>	27 9:30- <u>Sheepshead</u> 10:00- <u>Any Game</u> 1:00- <u>Euchre</u>	28 9:30- <u>Haase</u> 9:45- <u>Gentle Chair</u> <u>Yoga</u> 12:30-5 <u>crowns</u> 12:30- <u>Pinochle</u>	22 9:30- <u>Movie</u> 9:30- <u>Wizard</u> 12:30-5 <u>Crowns, or</u> <u>Your Choice</u>	23 12:30- <u>Haase</u>	24 CLOSED
				29 9:30- <u>Mexican</u> <u>Train, Golf, or</u> <u>Garbage</u> 12:30- <u>Your Choice</u> <u>Game</u>	30 12:30- <u>Haase</u>	

Senior Farmers' Market Voucher Distribution Schedule 2023

Richland Center	Tuesday, June 6	11:00 a.m. to 12:30 p.m.	Community Services Building Conference Room A/B 221 W. Seminary St., Richland Center
Richland Center	1st Wednesday of June, July and August (June 7, July 5, Aug 2)	1:30 p.m. to 5:30 p.m.	Richland Area Farmers' Market Historic Train Depot Corner of Hwy 14/Orange St. & Seminary St., Richland Center
Richland Center	Friday, June 16	8:30 a.m. to 10:00 a.m.	Park Apartments 125 E Seminary St, Richland Center
Richland Center	Thursday, June 15	1:00 p.m. to 2:30 p.m.	Richland Hills Apartments Dining/Commons Area 701 W. Seminary St., Richland Center
Richland Center	Tuesday, June 20	10:30 a.m. to 12:00 p.m.	Ridgeview Commons Apartments Basement/Lower Level Commons Area 975 W. Seminary St., Richland Center
Cazenovia	Tuesday, June 27	11:30 a.m. to 1:00 p.m.	Village Hall & Public Safety Building Meeting Room 303 North Hwy 58, Cazenovia, WI 53924
Richland Center	Thursday, June 29	1:30 p.m. to 3:00 p.m.	Community Services Building Conference Room A/B 221 W. Seminary St., Richland Center
Richland Center	Thursday, July 6	9:30 a.m. to 10:30 a.m.	Pine River Terrace 1480 Wedgewood Dr., Richland Center
Richland Center	Tuesday, July 11	1:30 p.m. to 2:30 p.m.	Tom Woodman Villa Community Room 1701 Woodland Circle, Richland Center
Lone Rock	Tuesday, July 18	4:00 p.m. to 5:00 p.m.	Lone Rock Community Library 234 N. Broadway St., Lone Rock
Richland Center	Thursday, July 20	10:30 a.m. to 12:00 p.m.	Woodman Senior Ctr./Richland Ctr. Meal Site Conference Room 1050 N. Orange St., Richland Center
Cazenovia	Wednesday, Aug. 30	10:30 a.m. to 12:00 p.m.	Germantown Meal Site St. Anthony's School 32497 County Hwy V, Cazenovia, WI 53924

**For more information regarding the Senior Farmer's Market contact:
Tanya Webster at the ADRC at 608-647-4616**

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. Reservations must be made by 1:00 PM the day prior.

The suggested contribution for those age 60 and older is \$3.50.



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Did you know that making lifestyle changes can help you live longer and better? Try these tips to get started.



Manage stress — try yoga or keep a journal.



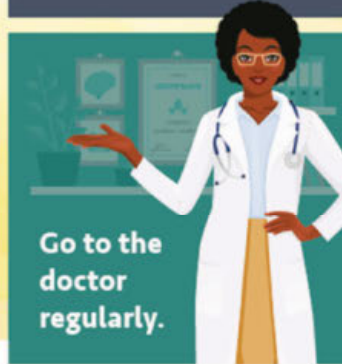
Learn something new — take a class or join a club.



Get moving — try gardening, biking, or walking.



Choose healthy foods rich in nutrients.



Go to the doctor regularly.



Connect with family and friends.

Learn more about steps you can take to promote healthy aging at www.nia.nih.gov/healthy-aging.



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For more information on your long-term care options, contact your local ADRC.

DHS Approved 4/22/2021

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CAREGIVER BOOT CAMP



CAREGIVER BOOT CAMP

 **THURSDAY, JUNE 22ND 9:30AM-3:00PM**



HILLSBORO PUBLIC LIBRARY
819 HIGH AVE

Caregiver Boot Camp is a FREE educational "survival" program for families coping with Alzheimer's disease and other dementias. Presented by local Dementia Care Specialists. Topics covered include: Dementia 101, Dementia Live, Tough Conversations, Question and Answer, Community Resources and Caring for the Caregiver.



- Free Lunch and Snacks
- "Survival kits" for all participants
- Door prizes

Registration is required by Friday, June 16th.

CALL

PAM 608-548-3954 OR TERESA 608-637-5201

SUMMER FUN WORD SEARCH

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Upcoming Area Events:

Mondays in June

Monday Coffee Connect: Virtual Support to ***“Fill Your Caregiving Cup”*** every other 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.



Sunday, June 11th

The Richland County Dairy Breakfast will be held on Sunday, June 11 from 7:00 AM to 1:00 PM at Red Brae Dairy owned by the Armbruster family located at 19974 State Hwy 60 near Muscoda. Cost for a meal is \$5 per person.

Monday, June 12th

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, June 27th

The Aging and Disability Resource Center of Eagle Country, Richland Center office is offering the **Richland Center Caregiver Support Group**. This group offers a chance to connect with local experts, family members and care partners who may be experiencing similar circumstances. The support group is held on the 4th 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.

SUMMER BUCKET LIST



- ☐ Spend a day at the waterpark
- ☐ Read a book
- ☐ Go to a baseball game
- ☐ Watch a drive-in movie
- ☐ Go on a road trip
- ☐ Go kayaking on the Pine River
- ☐ Grill out with friends
- ☐ Picnic in the park
- ☐ Watch fireworks
- ☐ Go strawberry picking