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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

March is National Nutrition Month Beyond the Table: Eating Right On a Budget

Getting the most nutrition for your food budget starts with a little extra planning before you shop. There are many ways to save money on the foods that you eat. Here are some budget friendly tips for eating right.

Cook more, eat out less: Eating out can be expensive. Many foods can be prepared for less money (and more healthfully) at home. Pre-packaged foods, like frozen dinners and packaged pasta or rice mixes can also add up when you calculate the cost per serving. Find a few simple, healthy recipes your family enjoys and save eating out for special occasions.



Plan what you're going to eat: Deciding on meals and snacks before you shop can save both time and money. Review recipes and make a grocery list of what ingredients are needed, then check to see what foods you already have and make a list for what you still need to buy. When shopping with a list you will be less likely to buy things that are not on it. To "Create a Grocery Game Plan", visit [MyPlate.gov](https://www.MyPlate.gov).

Decide how much to make or buy: Making a large batch by doubling a recipe will save time in the kitchen later on. Extra portions can be used for lunches or meals later in the week, or frozen as leftovers in individual containers for future use. Plus, purchasing ingredients in bulk is often cheaper.

Determine where to shop: Check the local newspaper and online or at the store for sales and coupons, especially when it comes to more expensive ingredients, such as meat and seafood. While at the store, compare prices of different brands and different sizes of the same brand to see which has a lower unit price. The unit price is usually located on the shelf directly below the product.

Shop for foods that are in season. Fresh fruits and vegetables that are in season are usually easier to get and may be less expensive. Frozen and canned produce are also good options and may be more affordable at certain times of the year. Look for fruit that is canned in 100% juice or water and canned vegetables that are labeled "low in sodium" or "no salt added."

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SPOTLIGHT ON: MARCH IS SOCIAL WORK MONTH

“EMPOWERING SOCIAL WORKERS, INSPIRING ACTION, LEADING CHANGE”

SOCIAL WORK BREAKS BARRIERS

Social workers are people who enter the profession because they truly want to help others.

And, they are uniquely

qualified to handle societal troubles. They go through years of education, training and supervision so they can do the delicate, but important work of meeting people where they are and helping them achieve their goals.

Social workers are trained to work in holistic ways, assisting not just individuals but their entire families, communities, and even society at large—especially if laws and regulations must be changed to benefit people. You will find social workers everywhere – in hospitals, schools, local, state and federal government, social service agencies, corporations, veterans centers and more.

Richland County Health and Human Services (RCHHS) employs social workers who specialize in a variety of areas. Social workers at RCHHS are required to meet licensing requirements through the State of Wisconsin. They are an integral part of the agency and help those in our community access public resources, assist with child protection, provide services for children with disabilities, provide counseling and clinical services to those in need.

At the heart of social work education is the premise that many careers share a common set of core competencies. These include knowledge of human behavior within its social context, professionalism and ethics, knowledge of social service delivery systems and more. Richland County Health and Human Services would like to thank its Social workers for their dedicated service to our community!

RCHHS social workers work in a variety of capacities within the department including:

Aging and Disability Resource Center

The Aging and Disability Resource Center (ADRC) is the place to start whether you or a loved one is facing the challenges that come with changes in health, disability and age or to prevent changes from becoming challenges. ADRC social workers listen to understand each unique situation, gather information about available options and connects people to services and resources that best fit their needs so they can maintain control of their lives.

Behavioral Health

The Behavioral Health Services unit social workers provide a continuum of behavioral health services to Richland County residents including helping individuals and families who are experiencing acute emotional crises, supporting recovery from addiction or short-term mental

health issues and providing long-term assistance to those coping with persistent mental illnesses and substance use disorders.

The Children’s Long-Term Support program helps children with disabilities, and their families, through supports and services that help children grow and live their best lives. It is a home and community based service program which uses Medicaid to fund additional non-medical services.

The Richland County Birth to Three Program works with children under the age of three that have developmental delays and disabilities, and their families. The family's primary relationship with their child is highly valued and social workers work in partnership with them to enhance their child's development. Social workers support the family's knowledge, skills and abilities as they interact with their child. The goals of early intervention are to enhance the capacity of families to meet the special needs of their child, maximize the potential for independent living and reduce costs to our society.

Adult Protective Services helps elder adults and adults at risk who have been abused, neglected or financially exploited. Social workers work with vulnerable adults with the goal to link persons at risk, or are currently experiencing abuse and neglect, with the least restrictive services to promote the best quality of life possible.

Child and Youth Services

The Child and Youth Services Unit of Richland County Health and Human Services believes children have a right to be free from harm and have families and communities that will provide care, protection and promote healthy growth and development.

Social workers are committed to preserving families whenever possible by respecting the rights of the family and supporting their efforts to provide safe and permanent homes for their children. The unit is also committed to providing services that will support and encourage juveniles to make responsible choices that will keep our community safe.

For more information regarding the different programs in Health and Human Services you can call 608-647-8821.



FAMILY & FRIENDS RECIPE TO TRY



Irish Beef Stew (www.delish.com)

Prep Time: 15 min **Cook Time:** 55 minutes **Yield:** 6 servings



Ingredients

- 3 tbsp extra-virgin olive oil, divided
- 2 lb beef chuck stew meat, cubed into 1" pieces
- Kosher salt
- Freshly ground black pepper
- 1 yellow onion, chopped
- 2 medium carrots, peeled and cut into rounds
- 2 stalks celery, chopped
- 3 cloves garlic, minced
- 3 medium potatoes, peeled and cut into large chunks
- 4 c. low-sodium beef broth
- 1 (16-oz.) bottle Guinness beer
- 2 tsp. fresh thyme
- Freshly chopped parsley, for serving

blespoons oil. Season beef with salt and pepper, then add to pot and cook on all sides until seared, for around 10 minutes, working in batches if necessary. Transfer beef to a plate.

2. In the same pot, add remaining 1 tablespoon oil and cook onion, carrots and celery until soft, for about 5 minutes. Season with salt and pepper. Add garlic and cook until fragrant, about 1 minute.
3. Add beef back to Dutch oven, then add potatoes, broth, beer, and thyme, then scrape the bottom of the pot to release the *fond* (browned bits at the bottom). Bring to a boil, then immediately reduce heat to a simmer. Season with salt and pepper. Cover and let simmer until beef and potatoes are tender, 30 minutes.
4. Garnish with parsley before serving



Directions:

1. In a large Dutch oven over medium heat, heat 2 ta-

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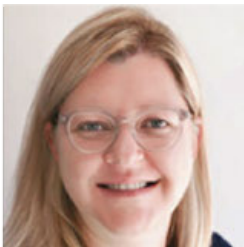


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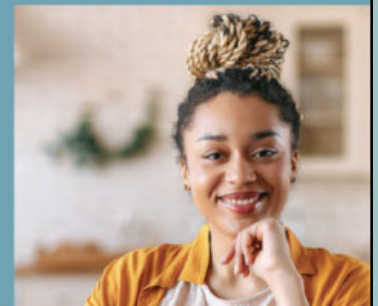
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AMERICAN DIABETES ALERT DAY

Did you know that March 26th is American Diabetes Alert Day? This day is designated to raise awareness for the severity of diabetes and to emphasize the importance in understanding your risk. Diabetes is a disease that occurs when an individual's blood sugar levels are too high. Insulin, a hormone your body creates, helps glucose enter your cells so they can be used for energy. When someone is diabetic, their body either doesn't use the insulin correctly or their body doesn't make enough insulin. According to the Centers for Disease Control and Prevention, there are nearly 37.4 million Americans who have diabetes, and about 1 in 5 Americans are unaware that they have diabetes.

Understanding Your Risk:

Understanding your risk for diabetes can help in preventing its onset as well as management. Some risk factors for type 2 diabetes include:

- Family history of diabetes
- Overweight or obesity
- Physically inactive
- Age 45 or older
- Being prediabetic

**TAKE THE
DIABETES
RISK TEST**

Know your risk for type 2 diabetes.

American Diabetes Association
ALERT! DAY



Preventing Type 2 Diabetes:

- There is good news, and that is there are steps/actions you can take to prevent the onset of type 2 diabetes. Some of these lifestyle changes include: losing weight and keeping it off, losing 5 to 7 percent of your starting weight may reduce your chances of developing type 2 diabetes. For example, if your starting weight was 200 lbs, your aim would be to lose 10-14 lbs.
- Be physically active: it is recommended to work up to being physically active for 30 minutes 5 days/week. Starting slow and gradually building up to your goal is recommended. It is also recommended to speak with your doctor about which activities are best, especially if you have not been physically active.
- Consume healthy foods: reducing the number of calories you consume by decreasing your portions can be a great way to get started with weight loss efforts. Choosing water as your beverage, and selecting foods with less fat, are additional strategies that may aid in caloric reduction.

If you feel that you may be at risk for diabetes, talk with your doctor to establish a plan of action. More information on Di-

NUTRITION PROGRAM COORDINATOR: TANYA WEBSTER



The Richland County Nutrition program, a program within the ADRC, serves on average over 25,000 meals per year to individuals over 60 in our community. The program focuses on nutrition on a daily basis with each meal providing at least 1/3 of an older adult's daily food requirement.

The program's coordinator, Tanya Webster has been in her role since 2014 and has a degree in Community Health Education with an emphasis in nutrition. With this and her vast experience she has excellent knowledge and understanding that our bodies are everchanging, therefore it's important to make a conscious effort to choose to eat healthy nutrient dense foods. Everything we eat and the exercise we get influences how we feel on a day-to-day basis.

Ensuring that the meals we provide meet required guidelines is a complex process. In order to meet required daily guidelines Tanya works with our vendor, Mazo Catering, to create menus that meet the regulations set forth by state and federal guidelines. The program strives to provide meals that not only meet nutritional guidelines but also taste good. The feedback we have been receiving since contracting with Mazo Catering has been very favorable. We consistently hear from participants that the food is of high quality, tastes good and is always enough.

The program would not be sustainable without our program coordinator, meal site staff, volunteers and support of the community. Providing meals is complex and our staff and volunteers make it happen seamlessly. If you are interested in learning more about the program, are interested in receiving meals or volunteering for the program, please contact Tanya Webster at 608-647-4616.

VOLUNTEER SPOTLIGHT:



DOING GOOD THROUGH FOOD.

Area businesses have a unique opportunity through “Adopt-A-Route” to support the community and have a direct impact on the life of an older adult. One of the businesses who has joined that endeavor is Schreiber Foods. Our participants love seeing the staff from Schreiber Foods delivering to them.

The 17 volunteers from Schreiber’s has been a great addition to our Meals on Wheels team. We appreciate the support of this local business including the time, compassion and dedication they are have given back to the lives of homebound older adults in our community.

“Schreiber Foods strives to do good through food every day. Based in North America, we’re a customer brand leader in cream cheese, natural cheese, process cheese, beverages, and yogurt – including plant-based options. Our more than 10,000 employees and presence on five continents enable us to be an essential ingredient in our customers’ success. With annual sales of more than \$7 billion, we partner with the best retailers, restaurants, distributors, and food manufacturers around the globe. We also recognize our responsibility to do good in the world and are driven to make a difference in everything we do.”



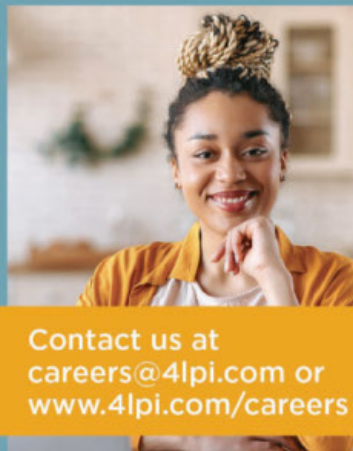
THANK YOU!!
Your dedication to the Meals on Wheels program and help delivering meals to seniors in need is greatly appreciated. This program couldn't do all it does without the help of wonderful volunteers like you.

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<div>  <h1>MARCH</h1>  </div> <div> Home Delivered Meals & Dining Site Menu: Germantown, Richland Center, Rockbridge </div>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
RESERVATIONS REQUIRED AT ALL LOCATIONS by 12:30pm the day before: Richland Center: 608-647-2323 Germantown: 608-983-2798 Rockbridge: 608-649-3269				
4 Goulash Wax Beans Cornbread Pineapple Orange Cake	5 Roast Pork Loin Mashed Potatoes & Gravy Corn Chunky Apple Sauce WW Dinner Roll	NOTE: Meals are subject to change on occasion. All Meals include milk. 6 Baked Chicken Thighs Stuffing w/ Gravy Mixed Vegetables Peaches	 7 Beef Stew Biscuit Brussel Sprouts Apple Crisp	1 Catch of the Day Sweet Potato Broccoli Coleslaw WW Bread
11 Swedish Meatballs Over Whole Grain Noodles Carrots Mixed Fruit	12 BBQ Chicken Legs Cheesy Hash browns Baked Beans WW Dinner Roll Peach Crisp	13 Spaghetti w/ Meat Sauce 7-Layer Salad Garlic Bread Stick Cookie	14 Scalloped Potatoes And Ham Green Beans WW Dinner Roll Mandarin Oranges	8 Catch of the Day Baked Potato Creamed Peas WW Dinner Roll Strawberry Delight
18 St. Patrick's Day Meal Corned Beef & Cabbage Dinner Jell-O'd Pears Rye Bread Shamrock Cookie	19 Meatloaf Au Gratin Potatoes Peas & Carrots WW Dinner Roll Fruit Cup	20 St. Patrick's Day Meal Germantown Polish Sausage w/Sauerkraut Parslied Red Potatoes WW Bread Fruited Dessert	21 Chicken Parmesan Rice California Blend Veggies Pudding Cup	15 Tuna Casserole Capri Blend Vegetables Coleslaw Chocolate Chip Bar
25 Honey Glazed Ham Sweet Potato Casserole Baby Carrots WW Dinner Roll	26 Beef Stroganoff over Noodles Corn WW Dinner Roll Fluffy Fruit Salad	27 Italian Rigatoni Green Beans Garlic Toast BB Brownies	28 Chicken Casserole Brussel Sprouts Warm Cinnamon Apple Slices	22 Salmon Loaf Seasoned Rice Blend Creamed Peas Pickled Beets
29 GOOD FRIDAY  ~ CLOSED ~				

WOODMAN SENIOR CENTER
1050 N. ORANGE ST., RICHLAND CENTER, WI 647-8108 EXT. 3
HOURS: MONDAY THRU FRIDAY 8:00-4:30
MARCH 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<u>1</u> 12:30- <u>Haase</u>	<u>2</u> CLOSED
<u>3</u> CLOSED	<u>4</u> 9:30-11:30- <u>Play</u> <u>Bingo for Prizes</u> 12:30-Phase "10", Or 5 Crowns	<u>5</u> 9:30- <u>Sheephead</u> 1:00- <u>Euchre</u> <u>Tournament</u>	<u>6</u> 9:30- <u>Haase</u> 9:30- <u>Cribbage</u> 9:45- <u>Gentle Chair</u> <u>Yoga</u> 12:30- <u>Pinochle</u>	<u>7</u> 8:00-10:00- <u>Community Coffee</u> <u>Club</u> 9:30- <u>Movie On The</u> <u>Big Screen</u> 12:30- <u>Canasta</u>	<u>8</u> 12:30- <u>Haase</u>	CLOSED
<u>10</u> CLOSED	<u>11</u> Your Choice <u>Game in Morning</u> 12:30-5 Crowns, Phase :10;	<u>12</u> 9:30- <u>Sheephead</u> 1:00- <u>Euchre</u> <u>Tournament</u>	<u>13</u> 9:30- <u>Haase</u> 9:30- <u>Cribbage</u> 9:45- <u>Gentle Chair</u> <u>Yoga</u> 12:30- <u>Pinochle</u>	<u>14</u> 9:30- <u>Rummikub</u> 12:30- <u>Bingo by</u> <u>Senior Solutions</u>	<u>15</u> 9:30-11:30- <u>Play</u> <u>Bingo for Prizes</u> 12:30- <u>Haase</u>	<u>16</u> CLOSED
<u>17</u> CLOSED	<u>18</u> 9:30-11:30- <u>Play</u> <u>Bingo for Prizes</u> 12:30-Phase "10" or 5 Crowns	<u>19</u> 9:30- <u>Sheephead</u> 1:00- <u>Euchre</u> <u>Tournament</u>	<u>20</u> 9:30- <u>Haase</u> 9:30- <u>Cribbage</u> 9:45- <u>Gentle Chair</u> <u>Yoga</u> 12:30- <u>Pinochle</u>	<u>21</u> 10:00- <u>Richland</u> <u>Area Senior Citizen</u> <u>Potluck</u> 2:00- <u>Rummikub</u>	<u>22</u> 12:30- <u>Haase</u>	<u>23</u> CLOSED
<u>24</u> CLOSED	<u>25</u> 9:30- <u>Play Bingo</u> <u>for Prizes</u> 12:30-5 Crowns or Phase 10	<u>26</u> 9:30- <u>Sheephead</u> 1:00- <u>Euchre</u> <u>Tournament</u>	<u>27</u> 9:30- <u>Haase</u> 9:30- <u>Cribbage</u> 9:45- <u>Gentle Chair</u> <u>Yoga</u> 12:30- <u>Pinochle</u>	<u>28</u> 9:30- <u>Movie on the</u> <u>Big Screen</u> 12:30- <u>Canasta,</u> <u>Rummikub</u>	<u>29</u> CLOSED GOOD FRIDAY	<u>30</u> CLOSED
<u>31</u> CLOSED HAPPY EASTER						

WELCOME TO MEDICARE

Welcome to Medicare Presentations

*The ADRC of Eagle Country-Richland County
offers Welcome to Medicare Seminars. Get detailed information
regarding Medicare and the process of enrolling into Medicare
and other programs from our local SHIP Counselors.
Contact the ADRC to sign up at 608-647-4616*

**Presentations are held at the Community Services Building
221 West Seminary Street, Richland Center**


**Monday, March 11th at 1:00 pm
Monday, April 8th at 1:00 pm
Monday, May 13th at 1:00 pm
Monday, June 10th at 1:00 pm**

**Monday, August 12th at 1:00 pm
Monday, September 9th at 1:00 pm
Monday October 14th at 1:00 pm
Monday, December 9th at 1:00 pm**

RICHLAND COUNTY MEAL SITES

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 \$4.00.



**Senior
Lunch**

NATIONAL NUTRITION MONTH : CONTINUED

Watch portion sizes: Eating too much of even lower cost foods and beverages can add up to extra dollars and calories. Use smaller plates, bowls and glasses to help keep portions under control. Fill half your plate with fruits and vegetables and the other half with grains and protein foods such as lean meat, poultry, seafood or beans. This is an easy way to eat a balanced meal while controlling portions and cost. To complete the meal, add a glass of fat-free or low-fat milk or a serving of fat-free yogurt for dessert.

Focus on nutritious, low-cost foods: Certain foods tend to be less expensive than others. Make the most of your food dollars by finding recipes that use the following ingredients: beans, peas, and lentils; sweet or white potatoes; eggs; peanut butter; canned salmon, tuna or crabmeat; grains such as oats, brown rice, barley or quinoa; and frozen or canned fruits and vegetables.

Make your own healthy snacks: Convenience costs money. Many snacks, even healthy ones, usually cost more when sold individually. Make your own snacks by purchasing large tubs of low-fat yogurt or cottage cheese and dividing them into smaller containers. For trail mix, combine unsalted nuts, dried fruit and whole grain pretzels or cereal; store small portions in airtight containers. Air-popped popcorn and whole fresh fruits in season also tend to cost less compared to pre-packaged items.

Start a garden or visit a Farmers Market: A garden can be a lot of fun, especially for kids. It's also an affordable way to eat more fruits and vegetables. Plants can be started from seed or purchased at a low price. Another way to increase your family's variety of produce is to visit a farmers market. Locally grown fruits and vegetables are often available for less money than at the grocery store. Check and see where the closest farmers market is in your area.

Quench your thirst with water: Water from the tap is a low cost way to stay hydrated. Substituting plain water in place of sweetened beverages not only saves you money but may also help you reduce extra calories from added sugars. (Article Courtesy of the Academy of Nutrition and Dietetics)



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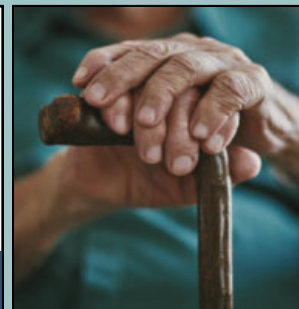
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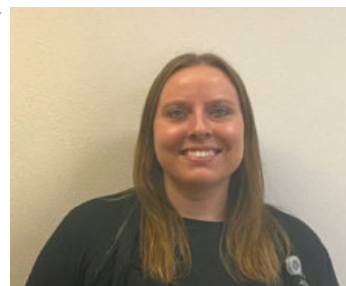
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ELDER BENEFIT SPECIALIST: WELCOME KAYLA WILLIAMS

The ADRC's long time Elder Benefit Specialist (EBS), Joanne Welsh, retired January 5th. We are excited to announce that we have hired Kayla Williams, CSW to the position. Kayla has been working in the ADRC as the Disability Benefit Specialist (DBS) and comes to the position with extensive experience working with Social Security Disability, Supplemental Security Income, Medicare, Medicaid and many other programs.



As people age, they often need help with government benefit programs. Accessing these benefits can sometimes be difficult and confusing. Kayla works with people who are 60 years of age or older to help “cut the red tape” for people who are needing assistance with applying for, or are having problems accessing benefits. Benefits the EBS can assist with include:

- ◇ Social Security
- ◇ Senior Care
- ◇ Medicare Parts A,B,C,D
- ◇ Medical Assistance
- ◇ Denied Benefits/Overpayments
- ◇ Food Share
- ◇ Housing
- ◇ Landlord/tenant issues

As an EBS, Kayla is a certified SHIP (State Health Insurance Plan) counselor specially trained in one-on-one counseling to people with Medicare and their families and caretakers. Elder Benefit Specialists receive in-depth, ongoing training and assistance in the areas of benefit and entitlement programs as well as other legal issues affecting older adults.

For more information, or if you need assistance from the EBS, please contact the Aging & Disability Resource Center of Eagle Country, Richland County Office, at 608-647-4616.

ADRC SPECIALIST: WELCOME GLENDA LOOMIS

The ADRC is excited to welcome Glenda Loomis to it's staff replacing Karn Schauf, who retired last fall. Glenda comes to the ADRC as a Social Worker who has worked the last few years with a Long Term Support program. She comes to this position with a great deal of experience working with individuals who are aging and/or disabled.



ADRC Specialists work with consumers to understand their unique situation, gather information about available options and connect people to services and resources that best fit their needs so they can maintain control of their lives.

ADRC Specialist staff actively listen to uncover an individual's strengths and challenges, then search for community services that will best meet their needs and desires. Through options counseling staff enable consumers to choose what's best for them and their family, by guiding them in accessing the available options, and if needed, advocating for individuals to ensure they receive the services or programs needed.

Individuals who are interested in more information can call the ADRC at 608-647-4616 or can walk into the office located within the Community Services building, 221 West Seminary Street, Richland Center.

March Word Search

E N K C I R T A P T S M O J X P P N
 F U S A W T J O Z Z R A I N B O W B
 U A H D L O G F O T O P G R E E N B
 S H A N V H G A L E L L I H S J K W
 P C M G N P M W R X E E O N O B M T
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Produced in conjunction with the Aging and
Disability Resource Center of Eagle Country
Richland County Office

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ISSUE: MARCH 2024

Upcoming Area Events:

Mondays in March

Monday Coffee Connect: Virtual Support to *“Fill Your Caregiving Cup”* every Monday morning from 10 to 11 am. Connect with local dementia care 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, March 3rd

The 40&8 Club all you can eat pancake and sausage breakfast will be held on Sunday, March 3rd from 7:00 am to 12:30 pm at the Legion in Richland Center. Cost is a free will offering with proceeds going to the Nurses Training Scholarship fund.

Tuesday, March 5th

Tech Help Tuesday will be held at the Brewer Library from 9:00 to Noon. Get help with apps and devices. Walk-ins are welcome and appointments can be scheduled by calling the Brewer Public Library at 608-647-6444.

Saturday, March 9th

A Community Read and author presentation will be hosted by the Brewer Public Library Saturday, March 9, at 10:00. It will feature “Tailspin,” the story of a WWII tail gunner from Soldiers Grove, who fell four miles in a severed plane tail – and lived. Copies of the book are available to pick up now at the Brewer Public Library. The event will feature author John Armbruster

Monday, March 11th

Welcome to Medicare: The ADRC of Eagle Country, Richland County office, is offering a free seminar to Richland County residents interested in learning more about Medicare. This seminar 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 future date.

Tuesday, March 26th

The Aging and Disability Resource Center offers a monthly **Caregiver Support Group**. This group offers a chance to connect with local experts, family members and care partners who may be experiencing similar circumstances. Join us at the Woodman Senior Center, 1050 Orange Street, Richland Center from 10:30 am –11:30 am. To RSVP or for more information call the ADRC at 608-647-4616.

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Jeremiah Braggs from LPI, our newsletter printer, will be securing new ads for our center in the coming weeks. As a valuable member of the business community, we invite you to expand your reach and grow your business with a print ad in our newsletter and/or a digital ad featured on MyCommunityOnline.com.

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