

# 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*

## Giving to the Next Generation

From self-expression to self-direction, there are countless ways for older adults to stay engaged and give back to others at the same time. Some of the most rewarding ways to express yourself and contribute to your community involve passing on experiences, wisdom and skills to the generations that follow.



Everyone has something to share and these ideas can help get you started.

- **Mentor.** Use professional or personal experiences to guide a child, young adult or even a peer. Example: Visit Senior Corps at [nationalservice.gov](https://nationalservice.gov) to learn about becoming a foster grandparent.
- **Volunteer.** Put skills to use while giving back to your community. Example: Sign up to collect food/clothing donations, serve meals at a local soup kitchen or help older friends with daily tasks at home such as paying bills.
- **Teach.** Impart expertise via formal or informal education and tutoring opportunities. Example: Check with local schools that may need reading, math or science tutors.
- **Speak.** Sign up for speaking engagements, paid or unpaid, as well as storytelling events. Example: Open-mic events, often at theaters and libraries, welcome speakers of all ages.
- **Engage.** Visit a senior center or organize a gathering focused on connecting with others. **Example:** Book clubs attract participants of all ages and encourage the exchange of ideas.
- **Write.** Pen an article, op-ed, or even a book to communicate wisdom and lessons learned. Example: Start with something you know the most about, such as a career, hobby or historical event, and submit a column to your local newspaper.
- **Create.** Pick a medium and use art to express yourself and share your perspective. Example: Paint, draw, sculpt, play music, dance, make crafts – whatever suits you.

*(Article courtesy of ACL)*



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## SPOTLIGHT ON: SENIOR FARMER'S MARKET



### What is the Senior Farmers' Market Nutrition Program (SFMNP)?

The SFMNP offers eligible low-income seniors the opportunity to purchase fresh, locally grown fruits, vegetables and herbs from certified farmers. The goals of the SFMNP are:

- To provide fresh, nutritious, unprepared fruits, vegetables and herbs from farmers' markets and roadside stands to low income seniors, and
- To increase the consumption of agricultural commodities by expanding or aiding in the expansion of farmers' markets and roadside stands

**Who is Eligible?** An eligible person is a Richland County resident, age 60 or older (or a Native American age 55 years or older), and meets the income requirements – individual \$2,322/month; couple \$3,152/month. *Applicants may be required to provide proof of age and household income.*

**How Does the Program Work?** Enrolled seniors will receive vouchers worth \$45 per qualifying individual. These vouchers may be used to purchase locally grown fresh fruits, vegetables and herbs at approved farmers' markets or roadside stands. These vouchers are good until October 31, 2024.

**How Do I Get These Vouchers?** Vouchers will be distributed on set dates, times and locations during the month of June. On distribution dates, please be prepared to wait, there is a limited number of vouchers for each distribution date. Vouchers will be distributed on a first come, first served basis. After the last date listed in June, any remaining vouchers can be given as a walk-in to the ADRC.

**PLEASE NOTE: Vouchers cannot be given out until AFTER June 1, 2024.**

**How Do I Get Vouchers If I Can't Come to pick them up?** If you are homebound, or unable to get to a distribution site, you may assign an Authorized Representative (or Proxy) on your behalf. Contact ADRC of Richland County at 608-647-4616 and ask to speak with Tanya for more information.

**Need Transportation?** For information on riding the bus into Richland Center call 608-647-4616.

**Questions:** Contact Tanya at the ADRC of Richland County at 608-647-4616 or by email: [tanya.webster@co.richland.wi.us](mailto:tanya.webster@co.richland.wi.us) with Senior Farmers Market in the subject line.

*This institution is an equal opportunity provider.*

***See distribution schedule on page 5***

## 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. All reservations must be made by 1:00 PM the day prior.



**The suggested donation for those age 60 and older is \$4.00.**

# HEART HEALTHY FAMILY & FRIENDS RECIPE TO TRY



**Prep Time:** 5 min **Cook Time:** 40 minutes **Yield:** 4 servings

Simply Recipes Grilled Skewer Meatballs

<https://www.simplyrecipes.com/grilled-greek-meatballs-recipe-7481593>



## Ingredients:

- 1/2 teaspoon baking soda
- 2 tablespoons lemon juice
- 1 pound ground chuck (80/20)
- 3/4 teaspoon kosher salt
- 1/2 teaspoon dried oregano
- 1/4 teaspoon dried dill
- 1/4 teaspoon freshly ground black pepper
- 1/8 teaspoon ground cinnamon
- 1 clove garlic, grated
- 1 large egg, beaten
- 1/3 cup panko breadcrumbs
- 1 teaspoon olive oil, for brushing meatballs
- 1 tablespoon chopped fresh Italian parsley, for garnish

## Directions:

1. Season the meat. In a medium bowl, combine baking soda and lemon juice. Add the meat to the bowl and mix with your hands. In a small bowl, combine salt, oregano, dill, pepper and cinnamon. Add the seasonings to the meat along with garlic, egg and panko. Mix

thoroughly with your hands.

2. Form the meatballs. Divide the meat mixture into 12 equal balls. Place on a sheet pan, cover with plastic and refrigerate for at least one hour.
3. Prepare the grill. Turn the grill to medium heat between 375-425 degrees.
4. Skewer the meatballs. Using flat grilling skewers insert the skewer through the center. Load each skewer with three meatballs, leaving space between. Lightly brush both sides of meatball skewers with olive oil.
5. Grill the meat balls over direct heat until the center reaches 155 degrees (about 8-10 minutes).
6. Remove meatballs from skewers and garnish with parsley. Serve with your favorite side dish.



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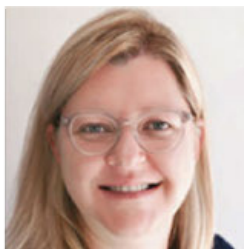


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Richland County Health & Human Services, Richland Center, WI A 4C 01-1412



# WORLD 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.

World Elder Abuse Awareness Day (WEAAD) was launched on June 15, 2006 by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations. The purpose of WEAAD is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic and demographic processes affecting elder abuse and neglect. In addition, WEAAD is in support of the United Nations International Plan of Action acknowledging the significance of elder abuse as a public health and human rights issue. WEAAD serves as a call-to-action for individuals, organizations and communities to raise awareness about elder abuse, neglect and exploitation.

To raise awareness in Richland County, Adult Protective Services in collaboration with the ADRC will have a pinwheel display in front of the courthouse June 15th. Each pinwheel will represent an elder at risk or elder protective placement which was completed in 2016. An elder is considered an adult who is age 60 or older.

## 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 Richland County Adult Protective Services at 608-647-8821.

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

**Elder Abuse Hotline 1-833-586-0107**

### References:

[https://aoa.acl.gov/AoA\\_Programs/Elder\\_Rights/EA\\_Prevention/weaad.aspx](https://aoa.acl.gov/AoA_Programs/Elder_Rights/EA_Prevention/weaad.aspx)

## ! Signs of Elder Abuse !



Isolation/  
Abandonment



Financial  
Abuse



Mental Health  
Trauma



Physical  
Trauma/Abuse



Sexual  
Trauma/Abuse

## Senior Farmers' Market Voucher Distribution Schedule 2024

Richland Center	Monday, June 3	10:00 a.m. to 11:00 p.m.	Community Services Building Conference Room A/B 221 W. Seminary St., Richland Center
Richland Center	Wednesday, June 5	10: 30 a.m. to 11:30 p.m.	Ridgeview Commons Apartments Basement/Lower Level Commons Area 975 W. Seminary St., Richland Center
Richland Center	Wednesday, June 12	1:00 p.m. to 2:00 p.m.	Richland Hills Apartments Dining/Commons Area 701 W. Seminary St., Richland Center
Richland Center	Thursday, June 13	2:30 p.m. to 3:30 p.m.	Tom Woodman Villa Community Room 1701 Woodland Circle, Richland Center
Richland Center	Tuesday, June 18	9:30 a.m. to 10:30 a.m.	Park Apartments 213 S. Central Ave., Richland Center
Richland Center	Thursday, June 20	10:30 a.m. to 11:30 p.m.	Woodman Senior Ctr./Richland Ctr. Meal Site Conference Room 1050 N. Orange St., Richland Center
Cazenovia	Wednesday, June 26	10:15 a.m. to 11:15 p.m.	Germantown Meal Site 32497 County Hwy V, Cazenovia
Richland Center	Wednesday, June 26	12:30 p.m. to 1:30 p.m.	Community Services Building Conference Room A/B 221 W. Seminary St., Richland Center

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HOURS: MONDAY THRU FRIDAY 8:00-4:30  
JUNE 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<i>1</i>  CLOSED
<i>2</i>  CLOSED	<i>3</i> 9:30-11:30- <u>Play Bingo for Prizes</u> 12:30- <u>Your Choice Game</u>	<i>4</i> 9:30- <u>Sheepshead</u> 12:30- <u>Bingocize</u> 1:00- <u>Euchre Tournament</u>	<i>5</i> 9:30- <u>Haase</u> 9:30- <u>Cribbage</u> 9:45- <u>Gentle Chair Yoga</u> 12:30- <u>Pinochle</u>	<i>6</i> 8:00-10:00- <u>Community Coffee Club</u> 10:00- <u>Any Game</u> 12:30- <u>Rummikub</u>	<i>7</i>  12:30- <u>Haase</u>	<i>8</i>  CLOSED
<i>9</i>  CLOSED	<i>10</i> 9:30-11:30- <u>Play Bingo for Prizes</u> 12:30- <u>5 Crowns or Phase "10"</u>	<i>11</i> 9:30- <u>Sheepshead</u> 12:30- <u>Bingocize</u> 1:00- <u>Euchre Tournament</u>	<i>12</i> 9:30- <u>Haase</u> 9:30- <u>Cribbage</u> 9:45- <u>Gentle Chair Yoga</u> 12:30- <u>Pinochle</u>	<i>13</i> 9:00- <u>Bus Leaves For Diamond Jo Casino</u>	<i>14</i>  12:30- <u>Haase</u>	<i>15</i>  CLOSED
<i>16</i>  CLOSED	<i>17</i> 9:30-11:30- <u>Play Bingo for Prizes</u> 12:30- <u>Phase "10" or 5 Crowns</u>	<i>18</i> 9:30- <u>Sheepshead</u> 1:00- <u>Euchre Tournament</u>	<i>19</i> 9:30- <u>Haase</u> 9:30- <u>Cribbage</u> 9:45- <u>Gentle Chair Yoga</u> 12:30- <u>Pinochle</u>	<i>20</i> 10:00- <u>Richland Area Senior Citizen Potluck</u> 1:30- <u>Rummikub</u>	<i>21</i>  12:30- <u>Haase</u>	<i>22</i>  CLOSED
<i>23</i>  CLOSED	<i>24</i> 9:30-11:30- <u>Play Bingo for Prizes</u> 12:30- <u>Your Choice Game</u>	<i>25</i> 9:30- <u>Sheepshead</u> 1:00- <u>Euchre Tournament</u>	<i>26</i> 9:30- <u>Haase</u> 9:30- <u>Cribbage</u> 9:45- <u>Gentle Chair Yoga</u> 12:30- <u>Pinochle</u>	<i>27</i> 9:30- <u>5 Crowns</u> 12:30- <u>Your Choice Game</u>	<i>28</i>  12:30- <u>Haase</u>	<i>29</i>  CLOSED
<i>30</i>  CLOSED	Stop in and work on the puzzle today	Get a book from our library	Enjoy a cup of coffee while you read the newspaper	Check out our trips for 2024		

# HEARING LOSS INCREASES FALL RISKS

By the GWAAR Legal Services Team (for reprint)

Injuries from falls are one of the top causes of death among people aged 65 and older, and research shows that even mild hearing loss more than doubles the risk of falls. It is not clear why hearing loss increases fall risks. It may be that hearing loss affects the balance centers in our ears, or it may simply be that sound is an important cue we rely on to navigate our environments. The good news is that research published in the Journal of the American Geriatrics Society shows that using hearing aids can dramatically reduce the risk of experiencing a fall.

According to the study, people who used hearing aids at all cut their fall risk nearly in half. Those who used hearing aids consistently – meaning at least four hours per day – cut their fall risk by nearly 65 percent.

Apart from reducing fall risks, hearing aids can help address other challenges associated with hearing loss, such as social isolation, reduced enjoyment of social activities, and mental health concerns. Although people often delay getting hearing aids or are reluctant to wear them due to the way they look or sound, evidence of the health benefits may help convince more seniors to consider taking steps to help address hearing loss.

*Summer is here*

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

  
**BALL**  
**BEACH**  
**BUGS**  
**CAMPING**  
**FAMILY**  
**FATHER**  
**GAMES**  
**GRILLING**  
**JUNE**  
**SAFETY**  
**SANDAL**  
**STAWBERRIES**  
**SUMMER**  
**SUNGLASSES**  
**VACATION**





# VOLUNTEER SPOTLIGHT

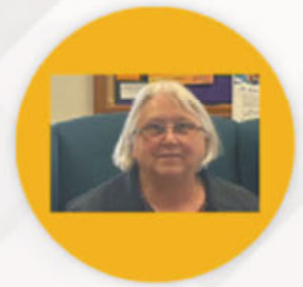
## Cindy Maly

The Richland County Transportation program would like to thank Cindy Maly for volunteering for the Driver Escort Program.

Cindy has been volunteering since May of 2023. She has volunteered in many other organizations as well, such as the Honey Bee Producers group.

Cindy is a retired nurse who enjoys spending time with her family. Cindy states that she really enjoys helping and meeting new people.

For information on how you can volunteer call the ADRC at 608-647-4616.



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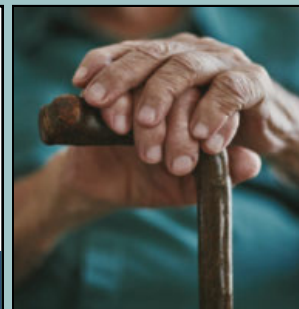


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# GUARDIANSHIP INFORMATION

When people do not have a Power of Attorney set-up and they become incapacitated guardianship proceedings are necessary to ensure the needs of the individual are met. It is important for people to have their Power of Attorney set-up to avoid having to go through the guardianship process. Along with this, there are other times that it is necessary to have guardian appointed. Below is some basic information regarding guardianship.

## **What happens to power of attorney documents when a guardian is appointed? Which takes priority?**

By law, the court is required to look at whether there is any existing, valid and sufficient advance planning in place when hearing a petition for guardianship. See Wis. Stat. § 54.10(3)(c)3 and § 54.46(1)(a)2. If there is advance planning that meets all three requirements and renders the guardianship unnecessary, the court is required to dismiss the petition for guardianship. If the advance planning exists and is valid but is not sufficient to meet the person's needs, then the guardianship may be necessary although it should be limited to the person's needs and the particular power that needs to be addressed. The POA agents will be appointed as guardian unless the court finds it is not in the person's best interest to do so. See Wis. Stats. §§ 54.15(2-3). A common example is a situation in which an individual has not granted their health care agent the authority to admit them to a nursing home or community-based residential facility for long-term care. If the individual then needs long-term residential care, the agent may pursue guardianship and protective placement orders to grant the authority to admit the individual to the facility. The agent has the authority to make healthcare decisions consistent with the HCPOA, the law, and the person's wishes; the guardian has authority to make all other personal well-being decisions (consistent with the terms of the order and letters as well as Wisconsin law). The court may revoke or limit existing POAs for good cause, which will be noted on both the Determination and Order and Letters of Guardianship. If the documents remain in effect, the POA takes priority – a guardian may not make health care or financial decisions covered by the POA, unless the guardian is the agent. See Wis. Stats. §§ 54.46(2)(b-c). Courts often will revoke a power of attorney if appointing someone other than the agent to be guardian, but there may be reasons to leave it in place even if the agent and guardian will be different people – for example, if a power of attorney for finances is limited to a specific type of property or transaction, the court may allow the agent to continue to handle that matter while giving the guardian of estate authority to handle all other matters. The court may also decide to revoke POAs even if the agent is appointed as guardian to try to avoid any confusion from having multiple decision-making documents. If the POA remains in effect, however, it is important to review both it and the Letters of Guardianship to determine the limits of each decision-maker's authority, especially if the agent is not also the guardian.

## **If I am guardian, does my ward need a power of attorney document? Can I create one for the ward?**

Guardians cannot create power of attorney documents for their wards. Only the individual can sign a power of attorney document, and they must be of sound mind to do so. An individual who has been found incompetent is presumed not to be of sound mind to create POAs. In addition, a guardian for an individual who did not create POAs prior to incompetency likely already has most, if not all, authority that could be granted under a POA.

## **Who can sign a Medicaid application for an incapacitated individual?**

The BadgerCare Plus and Medicaid Eligibility Handbooks outline who may sign applications and renewals. The list includes the following: a. The individual, if able to understand the application; b. A power of attorney for finances, provided they have been granted the authority to manage public benefits; c. A guardian of the estate or conservator; d. A guardian of the person who has been granted explicit authority to manage public benefits; e. An authorized representative, if the individual is willing to appoint someone and can understand the form sufficiently to sign it. The handbooks do allow a "person acting responsibly" to sign an application. This could include a power of attorney for health care, a guardian of the person who has not been granted benefits management authority, or a concerned family member; it could also include an employee of a facility currently providing care to the individual. However, their authority is typically limited to signing the application; they may not be able to make further decisions about the person's benefits. In particular, the "person acting responsibly" provision does not apply to Family Care or IRIS enrollments/disenrollments – those decisions can only be made by an individual in the list above.

For more information regarding setting up a Power of Attorney contact the ADRC at 608-647-4616.

# PREVENT RECREATIONAL WATER ILLNESSES



With summer weather coming, more people will be outdoors enjoying the sun and getting in the water to cool off. When

participating in recreational water activities like canoeing, swimming, tubing, etc., you are sharing the water with many germs. A person can get a recreational water illness by swallowing or coming into contact with contaminated water. Some common symptoms of recreational water illnesses include vomiting, stomach cramps, fever and diarrhea. Germs that cause recreational water illnesses can be found in a variety of environments including pools, splash pads, hot tubs, lakes, rivers, ponds, etc.

Water within pools, hot tubs, splash pads and water parks can be easily contaminated by someone experiencing diarrhea. Chlorinated and properly maintained pools can still harbor these germs, as the chlorine doesn't kill the germs instantly. Follow the tips below to stay healthy this summer when swimming in pools, hot tubs, splash pads and/or water parks:

- Don't swallow water when swimming
- Take a shower before and after swimming
- If you are changing children's diapers, wash your

hands and the child's hands after changing

- Do not use a facility that has foam or a scum line around the pool or hot tub
- Do not swim in pool water that is cloudy

The conditions of outdoor natural bodies of water can change rapidly. For example, after rain events, contaminants from the land such as animal feces and septic tank overflows can enter these bodies of water increasing the presence of germs. Follow these tips below if you are swimming in rivers, lakes and/or ponds this summer:

- Don't swallow water when swimming
- Do not swim in rivers, lakes and ponds after rainfall
- Don't swim at beaches where you can see discharge pipes
- Shower before and after swimming
- Do not feed animals around bodies of water such as ducks, geese, seagulls, etc.

If you notice that you are experiencing any of the common symptoms of recreational water illnesses, contact your medical provider immediately. Stay safe and healthy this summer!

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Produced in conjunction with the Aging and  
Disability Resource Center of Eagle Country  
Richland Center Office



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**ISSUE: JUNE 2024**

## Upcoming Area Events:

### Mondays in June

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, June 4th

Tech Help Tuesday will be held every Tuesday at the Brewer Public Library from 9:00 to Noon. Get basic help with all apps and devices. Walk-ins are welcome. Appointments can be scheduled by calling the Brewer Public Library at 608-647-6444. There is no charge for this service.

### Saturday, June 8th

The Re-Dedication of the Hillside Theater at Taliesin will be held Saturday, June 8, from 2:45 to 5:00. The Taliesin Preservation and the Frank Lloyd Wright Foundation will also be celebrating Frank Lloyd Wright's 157<sup>th</sup> birthday on “608 Day.” A program will begin at 3:15 with remarks followed by light refreshments and open access to the newly renovated theater with the ability to ask questions of the preservation team. Space is limited so RSVP today at [fareharbor.com/embeds/book/taliesinpreservation/items/539254/calendar/2024/06/?full-items=yes](https://fareharbor.com/embeds/book/taliesinpreservation/items/539254/calendar/2024/06/?full-items=yes). Admission is free.

### Monday, June 10th

**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. Rose 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. Make Reservations by calling the ADRC at 608-647-4616 at least five days in advance of the seminar. If the seminar is full, you can sign up for a future date.

### Saturday June 15th

Taste of the Hills will be held Saturday, June 15, from 4:00 to 9:00 at Krouskop Park in Richland Center. Admission to the event is free and includes live music by the Dan Lepien & Kelly Long Band and activities for everyone. Tickets will be available at the entrance for \$2 each redeemable at the local vendors to “purchase” food and drinks.

### Tuesday, June 25th

The Aging and Disability Resource Center of Eagle Country, Richland County 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.

*“June is the gateway to summer.” -Jean Nersey*