

Family

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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 County Office

UV SAFETY MONTH

July is UV Safety Month and summer is now in full swing making it an important time to take steps to protect yourself from harmful ultraviolet (UV) radiation! Ultraviolet radiation comes from the sun and can cause damage to our skin, premature aging, damage to our eyes, melanoma and other forms of skin cancer. Having a sunburn is a short-term overexposure to UVA and UVB rays. Some medications and medicines can make the skin more sensitive to UV rays such as antibiotics and/or products containing benzoyl peroxide.



While the UV radiation can be harmful, there are a few ways you can protect yourself and they include:

Wearing protective clothing: Cover your skin with breathable long-sleeved shirts and pants, hats with brims that provide shade for your face and sunglasses that provide UV protection.

Applying sunscreen: Using sunscreen that has a sun protective factor (SPF) of at least 30 on all exposed areas of skin on your body including your ears, face and neck will provide protection. Don't forget to reapply every couple of hours.

Find shade: If outdoors, seek shade in the peak hours of UV exposure which are approximately 10 a.m. to 4 p.m.

Have regular skin exams: Having your skin checked regularly by a medical provider can help identify any new or unusual growths. It is important to contact your medical provider if you notice anything unusual.

By following these tips, you are taking action to protect your skin from harmful UV rays which can greatly reduce your risk of skin cancer and other health issues caused by UV rays. This information does not replace advice given by your doctor so if you have questions or concerns related to your skin health and UV radiation, contact your medical provider.



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EMERGENCY PREPAREDNESS FOR PETS

(Article courtesy of the GWAAR Legal Services Team)

Your pets depend on you to take care of them. Read on for tips to keep them safe in the event of an emergency or if you become unable to care for them.

- Have your pet microchipped by your veterinarian. Microchipping your pet gives them the best chance of being identified and returned to you if they get lost. Make sure that your address and phone number is up-to-date and include contact information for an emergency contact.
- Keep a list of friends, relatives, boarding facilities or veterinarians who can care for your pets in an emergency. Make sure that the list includes their addresses and phone numbers. Consider giving a key to a trusted neighbor who can care for your pets or let a caregiver for your pets into your home if you are stranded due to an unexpected hospitalization or weather emergency.
- Make sure your pets are up-to-date on their vaccines, and have copies of those records handy. Some boarding facilities, veterinary clinics and other places that might care for pets during emergencies will require vaccination records.
- Consider placing a pet alert sticker like this (<https://secure.aspca.org/take-action/pet-safety-pack>) near your front door to let first responders know that pets are inside your home. Make sure the sticker lists the types and number of pets living in your home. If you evacuate with your pets, and if time allows, remove the sticker or write "EVACUATED" across the sticker.
- Put together an emergency kit for your pets. Consider having two kits – one for sheltering in place and a smaller kit to bring with you if you must evacuate. Include food, water, medicine, a first aid kit, collar with ID tag and a harness or leash, sturdy carrier for each pet, grooming supplies and supplies for sanitation like a litter box, litter, newspapers, paper towels, and plastic bags. You may also want to include some favorite toys or treats to help reduce stress for your pets.
- Identify a safe area of your home where your family and pets can all stay together. Close off any unsafe areas where pets may try to hide and block any openings your pets may use to try to escape. Keep emergency supplies in that area, including pet supplies.
- Make an evacuation plan for your pet. If it is not safe for you to remain in your home, it is not safe for your pets to stay there. Make sure your pets are used to entering and traveling in their carriers. Be aware that many emergency shelters and hotels do not allow pets. Keep a list of pet-friendly hotels handy.

Above all, stay informed. Pay attention to emergency alerts issued by state and local public safety officials. Always bring your pets inside at the first sign of a storm or disaster.



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: 25 min Cook Time: 25 minutes Yield: 4 servings
One Pan Enchilada Zucchini Turkey Meatballs and Rice



Ingredients

For the meatballs:

- 1 lb. lean ground turkey (or ground chicken)
- 1 c. shredded zucchini, squeeze out excess moisture with a paper towel
- 1 egg
- ½ c. panko breadcrumbs
- ¼ c. finely chopped onion
- ¼ c. finely diced cilantro
- 1 jalapeño, seeded and finely diced
- 3 cloves garlic, minced
- ½ tsp. cumin
- ½ tsp. salt
- Freshly ground black pepper
- 1 tbsps. olive oil



For the veggies, rice and sauce:

- 1 small poblano pepper, seeded and diced
- 1 medium red bell pepper, chopped
- ¾ c. frozen sweet corn
- 3 c. red enchilada sauce (mild or medium)
- 1 c. white rice (do not use brown rice it takes too long)

For the topping:

- ½ c. shredded cheddar cheese

To garnish:

- Diced green onion
- Fresh cilantro
- Sliced avocado

Instructions

- In large bowl, add ground turkey, shredded zucchini, egg, breadcrumbs, onion, cilantro, diced jalapeno, garlic, cumin and salt and pepper. Mix and form into 16 golf ball sized meatballs.
- Place a large deep 10 inch skillet over medium heat and add in olive oil. Add the meatballs and brown on all sides, using tongs or a fork to flip. Cook for 5-6 minutes total. You may need to do this in batches, depending how many meatballs can fit in the skillet without overcrowding them. When meatballs are done browning, transfer to a plate and set aside.
- Reduce heat to medium-low, add in peppers and frozen sweet corn. Sauté for a minute, add in enchilada sauce. Bring enchilada sauce to a simmer, fold in rice. Add meatballs on top. Cover the pan, reduce heat to low and simmer for 20-25 minutes. Add cheese.

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FAMILY CAREGIVING TIPS FOR SUMMER

Summer is here, and it's a wonderful time for family caregivers to create special memories with their loved ones. However, it also comes with unique challenges that require careful planning and attention. While pools and beaches may be off limits for some, there are plenty of opportunities for families to get together outdoors. In this blog post, we will detail key caregiving tips for summer so that you can make the most out of this memorable time of year. Let's dive in!

Staying Hydrated

Summer is synonymous with heat, and it's crucial to maintain health and hygiene during this time. Staying hydrated is essential, especially for older adults who are more prone to dehydration. There are many creative ways to encourage frequent water intake. Make sure to purchase a refillable water bottle (perhaps in a fun, bright color!), and feel free to infuse the water with fruit or an electrolyte powder. To switch things up, you can occasionally offer Gatorade or coconut water (but only if a loved one can tolerate sugar). Hydration breaks should be scheduled, which can be done with a phone timer or app. Finally, caregivers must be on the lookout for signs of dehydration, including dark-colored urine, fatigue, dizziness and confusion.



Sun Protection

Protect a loved one from the sun's harmful rays by using suitable sunscreen products, as most skin cancer is found in individuals over age 65, according to the Centers for Disease Control (CDC). It's also always a good idea to wear a hat for extra protection; consider one that also protects the neck and ears. If you want to take more steps toward sun protection, try purchasing clothing with UV protection and sunglasses to protect your eyes.

Staying Cool

Dressing comfortably in light-colored, lightweight and breathable clothing can help prevent discomfort on a hot summer day. Stay away from dark colors that absorb sunlight and heat, and make people hotter. Fabrics like linen and cotton are breathable, but beware that cotton absorbs moisture and stays wet from sweat. Moisture-wicking clothing made from materials such as polyester, however, is recommended as it enables the sweat to evaporate from the outer layer of the clothing, keeping clothing dry in the heat. In addition to clothing, personal fans or neck fans can provide a cool breeze when needed.

Safety in the Sun

When venturing outdoors, take precautions to ensure safety. Falls are a major concern for older adults, especially when they are not familiar with an environment. Ensure that well-fitting footwear with good traction is worn, and consider using walking aids if necessary. When planning an excursion, do some research to make sure there are flat walking paths and plenty of benches or seating areas. Visiting parks, gardens, or having a picnic can be great experiences, but stay prepared for accidents by keeping a first aid kit handy, knowing basic first aid techniques and knowing nearby hospitals or urgent care centers.

(Article courtesy of [Family Caregiving Tips for Summer - Trualta](#))



HOMELESS POINT-IN-TIME COUNT

Southwest CAP (SWCAP) and the local Homelessness Prevention Coalition will be completing its semi-annual homeless point in time count on July 24, 2024. All communities across the nation utilizing HUD funds for homelessness and housing programs are required to conduct a count of unsheltered and sheltered individuals and families experiencing homelessness during a designated 24 hour period in their area.

Volunteers will be out in the community looking for individuals and/or families who are experiencing homelessness, providing outreach and obtaining information necessary for the count. The collected data will assist in the understanding of the scope and size of local homelessness, help with engagement in program and service development and will provide data that helps support applications for state and federal funding.

Southwest CAP and the local Homelessness Prevention Coalition are committed to eliminating homelessness and improving housing options in Grant, Green, Iowa, Lafayette and Richland Counties.

If you know someone who is experiencing homelessness or you are homeless yourself please contact SWCAP at 608-935-2623. If you are interested in helping with the local count reach out to Roxanne Klubertanz-Gerber at the Aging and Disability Resource Center for more information at: 608-647-4616.



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BULLS

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 Germantown: 608-983-2798
 Rockbridge: 608-649-3269

Home Delivered Meals &
 Dining Site Menu:
 Germantown, Richland
 Center, Rockbridge


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1	Honey Glazed Ham Sweet Potatoes Cream Corn Mixed Fruit WW Bread	2	Spaghetti w/Meat Sauce California Blend Garlic Toast Cookie	3	Beef Stew Hot Sliced Beets Biscuit Blonde Brownie	4	 <p>Meals Sites Closed No Home Delivered Independence Day</p>	5	Salmon Loaf Baked Potato Broccoli Coleslaw WW Bread
8	Pork Chop Scalloped Potatoes Creamed Peas Fruit Cocktail WW Bread	9	Sloppy Joes on a Bun Potato Wedges Baked Beans Watermelon	10	Roast Beef Mashed Potatoes w/Gravy Green Beans Pumpkin Bar	11		Chicken Mushroom Bake Rice Pilaf California Blend WW Bread	12
15	Egg Salad on a Croissant Carrot & Celery Sticks BLT Pasta Salad Mixed Fruit	16	Sausage, Egg & Cheese Scrambler Oven Browned Hash- browns Mandarin Oranges Scone	17	BBQ Chicken Legs Pea's & Carrots Augratin Potatoes Banana Cake	18	Polish Sausage Roasted Root Vegetables Calico Beans WW Bread	19	Catch of the Day Baked Potato Green Beans Apple Slaw
22	Scalloped Potatoes & Ham Crinkle Cut Carrots Peaches WW Roll	23	Chicken Lasagna Brussel Sprouts Pistachio Salad Bread Stick	24	Meatloaf Mashed Potatoes w/Gravy Beets Apple Crisp	25	Ring Bologna Homemade Mac-N-Cheese 3-Bean Salad	26	Chicken Casserole Cut Green Beans Cottage Cheese & Peaches WW Roll
29	Swiss Steak Mashed Potatoes w/Grvy Broccoli Florets Fruit Cup WW Bread	30	Goulash Green and Wax Beans Orange Slices WW Bread	31	Grilled Hamburger on a Bun w/Toppings Potato Salad Baked Beans Ice Cream Cup	<p>RESERVATIONS REQUIRED AT ALL LOCATIONS by 12:30pm the business day before</p>		<p>NOTE: Meals are subject to change on occasion. All Meals include milk.</p>	



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



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:30-11:30-Play <u>Bingo for Prizes</u> 12:30-Your Choice <u>Any Game</u>	2 9:30-Sheepshead 9:30-Your Choice 1:00-Euchre <u>Tournament</u>	3 9:30-Haase 9:30-Cribbage 9:45-Gentle Chair <u>Yoga</u> 12:30-Pinochle	4 CLOSED INDEPENDENCE DAY	5 12:30-Haase	6 CLOSED
7	8 9:30-11:30-Play <u>Bingo for Prizes</u> 12:30-Phase "10" or <u>5 Crowns</u>	9 9:30-Sheepshead 9:30-Cribbage 1:00-Euchre <u>Tournament</u>	10 9:30-Haase 9:30-Cribbage 9:45-Gentle Chair <u>Yoga</u> 12:30-Pinochle	11 8:00-10:00- <u>Community Coffee</u> <u>Club</u> 10:00-Any Game 12:30-Rummikub	12 12:30-Haase	13 CLOSED
14	15 9:30-11:30-Play <u>Bingo for Prizes</u> 12:30-Your Choice <u>Game</u>	16 9:30-Sheepshead 9:30-Movie on the <u>Big Screen</u> 1:00-Euchre <u>Tournament</u>	17 9:30-Haase 9:30-Cribbage 9:45-Gentle Chair <u>Yoga</u> 12:30-Pinochle	18 10:00-Richland <u>Area Senior Citizens</u> <u>Potluck</u> 2:00-Rummikub or <u>Any Game</u>	19 12:30-Haase	20 CLOSED
21	22 9:30-11:30-Play <u>Bingo for Prizes</u> 12:30-Phase "10" or <u>5 Crowns</u>	23 9:30-Sheepshead 1:00-Euchre <u>Tournament</u>	24 9:00-Haase 9:30-Cribbage 9:45-Gentle Chair <u>Yoga</u> 12:30-Pinochle	25 8:00-Breakfast by <u>Our House</u> 12:30-Your Choice <u>Game</u>	26 12:30-Haase	27 CLOSED
28	29 9:30-11:30-Play <u>Bingo for Prizes</u> 12:30-Your Choice <u>Game</u>	30 9:30-Sheepshead 1:00-Euchre <u>Tournament</u>	31 9:30-Haase 9:30-Cribbage 9:45-Gentle Chair <u>Yoga</u> 12:30-Pinochle			

Bringing Hope & Light to the Dementia Journey

A full day conference hosted by Dementia Care Specialists (DCS) and partners across Wisconsin. Designed to empower the community, those living with dementia and their family/caregivers with the tools and supports to provide meaning and purpose. Multiple sessions are designed, led by and for people living with mild cognitive impairment (MCI) or dementia.

Free Admission. Donations are welcome.

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Dr. Natall Edmonds
Sheri Fairman

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People Living with MCI and Dementia

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Or Scan:



Tuesday, August 6, 2024

8:00am - 4:00pm

UW-Stevens Point



Disclaimer: The ADRC is unbiased and does not endorse any organization, product or service.

SOCIAL SECURITY DISABILITY



The United States has some of the most rigorous eligibility requirements in the world for disability benefits, according to a 2010 report by the Organization for Economic Co-operation and Development (OECD). The *Sickness, Disability and Work: Breaking the Barriers—A Synthesis*

of Findings Across OECD Countries finds that the United States has the most rigid definition for disability and the shortest benefit payment duration.

The Social Security Act sets out a very strict definition of disability. To receive a disability benefit, a person must have an impairment expected to last at least one year or result in death. The impairment must be so severe the person is unable to perform any substantial work. Temporary or partial disability benefits are not available. Because the eligibility requirements are so strict, Social Security disability beneficiaries are among the most severely impaired people in the country and tend to have high death rates.

In addition, a periodic review of every beneficiary ensures each remains eligible. Social Security also aggressively works to prevent, detect and prosecute fraud. The Social Security Administration looks into suspicious disability claims before making a decision to award benefits—proactively stopping fraud before it happens. These steps ensure only eligible individuals have access to these benefits.

Americans place a high premium on self-sufficiency, but it is reassuring to know that Social Security disability insurance is there for those who need it the most. You can learn more about the personal stories of people who get disability benefits at www.socialsecurity.gov/disabilityfacts.

If you have questions regarding applying for disability, or need assistance with the process, contact the ADRC at 608-647-4616.

(Article courtesy of ssa.gov)




My Choice Wisconsin is a managed care organization that serves government-funded programs to seniors and adults with disabilities in over 50 Wisconsin counties.

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

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PREVENTING HEAT EXHAUSTION AND HEAT STROKE AND RECOGNIZING THE WARNING SIGNS

As the temperature rises, so does the risk of heat-related illnesses like heat exhaustion and heat stroke. Recognizing the warning signs and understanding the differences between these conditions can help keep you safe and healthy all summer long.

Heat Exhaustion

Heat exhaustion occurs when the body overheats, often due to strenuous activity in hot, humid weather. Symptoms include:

- Heavy sweating
- Cold, pale, and clammy skin
- Muscle cramps
- Fast, weak pulse
- Fatigue, weakness, or dizziness
- Headache
- Nausea or vomiting
- Dark urine or decreased urination

If left untreated, heat exhaustion can escalate to heat stroke, so it is essential to seek shade, rest, loosen your clothing and hydrate immediately, when you first experience symptoms. Get medical help right away if you are throwing up, your symptoms worsen, or your symptoms last longer than one hour.

Heat Stroke

Heat stroke is more severe and occurs when the body's temperature rises to 103°F or higher. It can cause damage to the brain, kidneys, and muscles. Warning signs include:

- High body temperature
- Headache
- Dizziness
- Nausea
- Hot, dry, damp, or red skin
- Rapid heartbeat
- Confusion, agitation, or unconsciousness
- Seizures

Heat stroke is a medical emergency and requires immediate medical attention, so call 911 if you suspect you or someone else is suffering from this life-

threatening condition! In addition, move the person to a cool place, and help lower their body temperature by putting cool cloths or ice on them. Do NOT give the person anything to drink unless they are fully awake and alert and sitting completely upright. Otherwise, doing so could cause them to choke and aspirate.

Prevention Is Key

To avoid heat-related illnesses, on hot, humid days, be sure to stay hydrated, wear light-colored and breathable clothing, and take breaks in cool, shaded areas. Additionally, never leave children or pets in hot cars. Be sure to also check on neighbors at high risk, such as the elderly or those with chronic health conditions. If you or someone you know is at high risk and is living in a home without air conditioning, be sure they at least have a fan. In addition, on very hot days, suggest they go to a local shelter that has air conditioning. Most communities offer shelters with air conditioning where members of the public can go to stay cool on particularly hot days.

Conclusion

Knowing the signs of heat exhaustion and heat stroke and taking steps to prevent them can make all the difference when it comes to enjoying a safe and healthy summer. Remember to stay cool, stay hydrated, and stay informed.



(Article courtesy of the GWAAR Legal Service Team)

JULY WORD SEARCH

Happy 4th of July



W	F	P	S	J	S	F	W	L	C	G	A	L	F	A
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Produced in conjunction with the Aging and
Disability Resource Center of Eagle Country
Richland Center Office



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Upcoming Area Events:

Mondays in July

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 in July

People First Bowling, bowling for people with disabilities is held each Tuesday from 3:00 pm-5:00 pm at the Phoenix Center in Richland Center. Cost to participate is \$2 per game. For more information call Shiann Toney at 608-604-0633.

July 11th

Get the Tech help you need at the Lone Rock Community Library. Assistance is available on the 2nd Thursday of each month from 2:00 pm - 4:00 pm.

Friday, July 19

The Greater Richland Area Chamber of Commerce will host a monthly Night Market each third Friday evening from 4:30 to 8:30 from July to September at the Richland Center Depot. Enjoy local vendors, live music, food and refreshments.

The Cazenovia Celebration will be held Friday through Sunday, July 19 – 21. Enjoy live music and the Cazenovia Reds Friday night. Saturday is full of activities including a pancake breakfast, 5K, craft & vendor fair, 3-on-3 basketball, corn hole, raft race, Cazenovia Legion baseball, and Fireworks Saturday night along with Cougar Wagon live from 8 to midnight. Sunday’s parade is at 11 followed by the Cazenovia German Band, kids pedal pull and more.

Tuesday, July 23rd

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.

Monday, August 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. 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.