

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

White Cane Day October 15th!

White Cane Safety Day is nationally recognized on October 15th every year. This date and the weeks surrounding it offer opportunities to educate the driving public to the challenges the blind and visually impaired community faces on a daily basis just by doing something as ordinary as crossing the street.

People who are blind or visually impaired can be identified by a cane or walking stick that is white in color or white trimmed with red that is held in an extended or raised position or who are using a service animal. There are over 200,000 individuals who are blind or visually impaired in Wisconsin.

Wisconsin's White Cane Law states:

An operator of a vehicle shall stop the vehicle before approaching closer than 10 feet to a pedestrian who is carrying a cane or walking stick which is white in color or white trimmed with red and which is held in an extended or raised position or who is using a service animal...and shall take such precautions as may be necessary to avoid accident or injury to the pedestrian. The fact that the pedestrian may be violating any of the laws applicable to pedestrians does not relieve the operator of a vehicle from the duties imposed by this subsection. The penalty for violating the law is between \$25 and \$500.

According to WisDOT, 61 pedestrians were hit and killed by drivers in 2023. Overall, 1,199 pedestrians were hit in Wisconsin in 2023. The only way to change the trend is to ensure that we are bringing awareness to the role we all play in making sure our streets are safe for all pedestrians, especially those who are blind or visually impaired.

Please help us help those who have vision loss to be able to travel safely in our communities by spreading awareness of White Cane Safety.



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RESPIRATORY VIRUS PREVENTION

Fall is here and that means it is time to enjoy the apple orchards, watching football, and maybe even some pumpkin carving! Fall is also a great time of year to get your immunizations to prevent respiratory viruses such as the flu, COVID-19, and RSV. In the fall/winter, these viruses become quite prevalent due to environmental conditions like dry air, immune susceptibility as prior infections and vaccinations wane over the year, and spending more time indoors with less ventilation. New variants of the COVID-19 virus continue to emerge, making it important to consider the latest COVID-19 vaccine and to monitor CDC vaccine recommendations. While vaccines are one of the most effective ways to prevent getting sick this year, there are other precautions you can take and they include:



- Avoiding close contact with people who are sick
- Covering your nose and mouth when coughing and/or sneezing
- Avoiding touching your face (eyes, nose and mouth)
- Washing hands for at least 20 seconds

Those with weakened immune systems may be at an increased risk for serious illness due to respiratory viruses. In some cases, it may be difficult to discern a cold from the flu. In general, it is uncommon for a cold to cause a fever, headache, and/or extreme exhaustion. Some common symptoms of respiratory viruses include:

- Sore throat
- Runny nose
- Cough
- Fever
- Headache
- Fatigue
- Body aches



It is important to talk to your provider about which vaccines will be right for you this season. The Richland County Health Department will be providing flu shots billable to your insurance on Thursday, October 24th from 12pm-4pm. Take the right steps to keep you and your family healthy this fall!

RICHLAND COUNTY MEAL SITES



Richland County has three Senior Dining meal sites throughout the county. The Woodman Senior Center meal site serves meals Monday through Friday at 11:30 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 is located at St. Anthony's School (32497 County Highway V, Cazenovia) and is open Wednesdays serving at 11:00. To reserve a meal, please call 608-983-2798. The Rockbridge Bethlehem Community Center 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



Pumpkin Sausage Soup

Prep Time: 30 minutes **Cook Time:** 30 minutes **Yield:** 8 servings



Ingredients:

- 1 pound bulk Italian sausage
- 2 cups sliced fresh mushrooms
- 1 medium onion, finely chopped
- 4 garlic cloves, minced
- 1 carton (32 ounces) unsalted chicken stock
- 1 can (15 ounces) pumpkin
- 1 tablespoon sugar or sugar substitute equivalent
- 1/2 teaspoon ground cinnamon
- 2 teaspoons Italian seasoning
- 1 teaspoon ground turmeric
- 1/2 teaspoon ground ginger
- 1/4 to 1/2 teaspoon ground nutmeg
- 1/2 cup heavy whipping cream
- 1/3 cup cold water
- 1/3 cup cornstarch
- 2 cups shredded smoked cheddar cheese

longer pink and vegetables are tender, 8-10 minutes, breaking up sausage into crumbles; drain. Add garlic; cook 1 minute longer. Add stock, pumpkin, sugar and seasonings. Bring to a boil; reduce heat. Cover and simmer 10 minutes.



2. Stir in cream. In a small bowl, mix water and cornstarch until smooth. Stir into pan. Bring to a boil; cook and stir until thickened, 1-2 minutes. Add cheese; cook and stir until melted.

Directions

1. In a Dutch oven, cook sausage, mushrooms and onion over medium-high heat until sausage is no

(Article courtesy of Taste of Home)

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SPOTLIGHT ON: MEDICARE FRAUD



Fraud has become all too common and is a growing issue in the modern world. Last year the Medicare industry lost approximately \$60 billion, yes billion with a B, to fraud schemes. These schemes change from year to year but helping to detect fraud is easy to do.

The Senior Medicare Patrol is an organization dedicated to helping inform, detect fraud, errors and abuse of Medicare. They offer these tips you can take to protect yourself from becoming a victim of Medicare Fraud:

Treat your Medicare card like a credit card. Your Medicare number can be valuable to thieves who want to steal your medical identity or bill Medicare without even seeing you.

- If you receive an unexpected call and they are asking for your Medicare number this is a sign of fraud. Be on alert, ask questions and do not give out your number.

Read your Medicare Summary Notice or Explanation of Benefits. Look for services or equipment you didn't receive, double charges, or things your doctor didn't order.

- Local reports from Medicare members have seen an entire year's worth of catheters appear on their Medicare Statement! Watching your Medicare Explanation of Benefits helps catch these schemes and spread the news of what new fraud tactics are being used.

Ask questions and report problems. Call the doctor or company and ask them about mistakes. Call the insurance company if you still have questions. Get help from your local Senior Medicare Patrol.

Don't take advice or offers of medical services from people you don't know who call, come to your house, or approach you in public.

- Some of the most recent scams involve offers for medical screening services free of charge all they will ask for in return is for your Medicare number. Do not give out your number or take "free" services you have not requested through your doctor.

(article courtesy of Rose Welsh, EBS)

The Richland County Transportation Program is offering a fall trip to the Gays Mills apple orchards with a stop for lunch

Enjoy the Beauty of autumn in Richland and Crawford Counties

October 16th
at 9:00 am
Call the ADRC
608-647-4616
to RSVP

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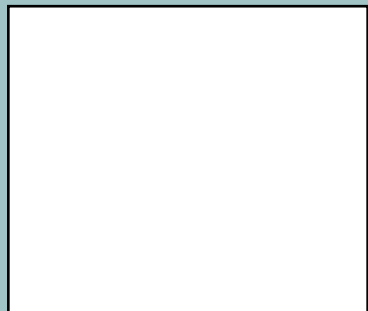
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October

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Richland Center: 608-647-2323 Germantown: 608-983-2798 Rockbridge: 608-649-3269	1 Ham Acorn Squash Peas Wheat Bread Fruited Dessert	2 Roast Beef Mashed Potatoes w/ Gravy Green Beans Wheat Bread Cookie	3 Pork Ribs w/Kraut Parsley Buttered Potatoes Baked Beans Mandarin Oranges Wheat Bread	4 Rigatoni Italian Bake Broccoli Buds Coleslaw Lemon Bar
7 Pork Tenderloin Medallions Mashed Potatoes w/Gravy Capri Blend Vegetables Cookie	8 Grilled Brat on a Bun w/Sauer Kraut Baked Beans Potato Salad Watermelon	9 Baked Chicken Dressing w/Gravy Carrots Strawberry Rhubarb Pie	10 Ham, Broccoli Rice Casserole Creamed Corn Tropical Fruit Wheat Bread	11 Catch of the Day Baked Sweet Potatoes Pea's Wheat Bread
14 Meatloaf Augratin Potatoes Green Beans BB Brownie Wheat Bread	15 Spaghetti w/Meatballs Tossed Salad Warm Cinnamon Pears Garlic Bread	16 Chicken Ala King w/ Vegetables Biscuit Apple Pie	17 Hamburger Stroganoff Casse- role Peas & Carrots Fruited Chef's Choice Dessert	18 Hearty Chicken & Bean Soup Peaches Wheat Dinner Roll
21 Cube Steak w/Diced Tomatoes Fried Potatoes Green Beans Wheat Bread Scotch-A-Roo	22 Turkey Tetrazzini w/Broccoli Acorn Squash Fruited Dessert	23 Salisbury Steak Mashed Potatoes w/Gravy Vegetables Wheat Bread P. B. Chocolate Blondie	24 Liver-N-Onions Cheesy Hash Browns Italian Blend Vegetables Tropical Fruit Wheat Bread	25 Tuna Casserole Baby Carrots Yogurt Parfait
28 Ground Round Steak Mashed Potatoes w/Mushroom Gravy Vegetables Pudding Cup Wheat Bread	29 Breakfast Casserole Sausage Links Mandarin Oranges Scone	30 Beef Stew Fruit Salad Biscuit Frosted Birthday Cake	31 Ghoulish Goulash w/Beans Tossed Salad Creamed Corn Creepy Cookie	RESERVATIONS REQUIRED AT ALL LOCATIONS by 12:30pm the business day prior NOTE: Meals are subject to change on occasion. All Meals include milk.

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
OCTOBER 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9:30- <u>Sheepshead</u> 1:00- <u> Euchre</u> <u>Tournament</u>	2 9:30- <u>Haase</u> 9:45- <u>Gentle Chair</u> <u>Yoga</u> 12:30- <u>Pinochle</u>	3 8:00-1:00- <u>Community Coffee</u> <u>Club</u> 9:30- <u>Movie</u> 12:30- <u>Bingocize</u> 12:30- <u>Rummikub</u>	4 12:30- <u>Haase</u>	5 1:00- <u> Euchre</u> <u>Tournament</u>
6 CLOSED	7 9:30-11:30- <u>Play</u> <u>Bingo for Prizes</u> 12:30- <u>Bingocize</u> 1230- <u>Any Game</u>	8 9:30- <u>Sheepshead</u> 1:00- <u> Euchre</u> <u>Tournament</u>	9 9:30- <u>Haase</u> 9:45- <u>Gentle Chair</u> <u>Yoga</u> 12:30- <u>Pinochle</u>	10 9:30- <u>Bus Leaves for</u> <u>Diamond Jo Casino</u>	11 12:30- <u>Haase</u> 12:30-1:30- <u>Bingocize</u>	12 CLOSED
13 CLOSED	14 9:30-11:30- <u>Play</u> <u>Bingo for Prizes</u> 12:30- <u>Bingocize</u> 12:30- <u>Phase "10"</u>	15 9:30- <u>Sheepshead</u> 1:00- <u> Euchre</u> <u>Tournament</u>	16 9:30- <u>Haase</u> 9:45- <u>Gentle Chair</u> <u>Yoga</u> 12:30- <u>Pinochle</u>	17 10:00- <u>Richland</u> <u>Area Senior Center</u> <u>Potluck</u> 1:30-12:30- <u>Bingocize</u> 1:30- <u>Any Game</u>	18 12:30- <u>Haase</u>	19 CLOSED
20 CLOSED	21 9:30-11:30- <u>Play</u> <u>Bingo for Prizes</u> 12:30- <u>Bingocize</u> 12:30- <u>Any Game</u>	22 9:30- <u>Sheepshead</u> 1:00- <u> Euchre</u> <u>Tournament</u>	23 9:30- <u>Haase</u> 9:45- <u>Gentle Chair</u> <u>Yoga</u> 12:30- <u>Pinochle</u>	24 8:00- <u>Breakfast by</u> <u>Our House</u> 9:30- <u>Movie on the</u> <u>Big Screen</u> 12:30- <u>Bingocize</u> 12:30- <u>Rummikub</u>	25 12:30- <u>Haase</u>	26 CLOSED
27 CLOSED	28 9:30-11:30- <u>Play</u> <u>Bingo for Prizes</u> 12:30- <u>Bingocize</u> 12:30- <u>Rummikub</u>	29 9:30- <u>Sheepshead</u> 1:00- <u> Euchre</u> <u>Tournament</u>	30 9:30- <u>Haase</u> 9:45- <u>Gentle Chair</u> <u>Yoga</u> 12:30- <u>Pinochle</u>	31 9:30- <u>Deer in the</u> <u>Headlights</u> 12:30- <u>Bingocize</u> 12:30- <u>Any Game</u>		

DOES HEAT MELT YOUR MEDICATIONS?

Although most people may not realize it, the recommended temperature range for most prescription drugs is pretty narrow – between 68 and 77 degrees. Medications should be stored outside that temperature range only for a short time. That can be a problem during hot weather, especially when it comes to mail-order drugs where you have no control over the temperature during delivery.

Make sure to check your medications for any signs of heat damage, like melted capsules, leaking containers, or low pressure in aerosol medications. But sometimes the signs of heat damage aren't obvious. Pay attention to any changes in your response to your medications, including side effects. If your drug plan requires you to use a mail order pharmacy, think about asking your plan to cover medications picked up at a local pharmacy.

Of course, the same problem can happen in winter when shipping temperatures might fall below the recommended temperature range. Don't be shy about pushing your mail order drug company to explain what steps they are taking to protect your medications. Never store medications for a long time in a car or any place else where you can't control the temperature. Once your medications are in your hands, store them in a cool, dry place and keep them out of sunlight. If you notice any changes in the way your medications are working, talk to your doctor.

(courtesy of the GWAAR Legal Services Team)

TIME TO RENEW YOUR MEDICARE PLAN

Prepare Early This Year!

Do you have a Medicare Prescription Drug (Part D) plan? Every year Medicare Part D plans can change the list of prescription medications they will cover. That means even if you are taking the same medications, the amount you pay for your medications may change in 2025! The plans premiums, deductibles, and co-pays can also change each year.

What can people do about this? All Medicare beneficiaries should check their Part D coverage each year during Medicare's annual open enrollment period which runs **October 15 through December 7th**. This is the time of year to find out if your current plan will cost you more, or less than other Part D plans in 2024. If it is no longer the best plan for your medications, this is the time to make a switch to a Part D plan that will suit you better. Make sure you will have appropriate prescription drug coverage in the new year. You can compare plans on the official Medicare website at [Medicare.gov](https://www.medicare.gov). Medicare beneficiaries in Richland county can also receive free, unbiased assistance with plan comparisons from the Elder Benefit Specialist at the ADRC of Eagle Country-Richland County office located at 221 West Seminary Street, Richland Center. Those requesting the ADRC to complete their plan finder should have their request turned in no later than: Friday, November 22nd.

Start preparing early this year. The ADRC has a form with instructions to help you get organized. Don't let this opportunity pass you by! Go to [Medicare.gov](https://www.medicare.gov) to compare plans online or for local assistance call the ADRC at 608-647-4616 Assistance is also available through the following resources:

- 1-800-MEDICARE or www.medicare.gov
- Medigap helpline 1-800-242-1060
- Disability Rights Wisconsin Medicare Part D Helpline 1-800-926-4862 (under age 60)
- Wisconsin Medigap Prescription Drug Helpline 1-855-677-2783



MONTHLY WORD SEARCH

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

HALLOWEEN WORD SEARCH



- | | | | |
|----------|-----------|----------|----------|
| BATWINGS | GHOUL | | |
| BLACK | GOBLINS | | |
| BONES | HALLOWEEN | | |
| BROOM | HAUNTED | | |
| CAT | HOOT | PUMPKIN | |
| CAULDRON | MONSTER | SCARY | |
| COSTUMES | MOON | SCREECH | WEBS |
| CREEPY | MUMMY | SKELETON | WEREWOLF |
| DRACULA | NIGHT | SPIDER | WITCH |
| FRIGHTEN | OWL | SPOOKY | ZOMBIE |
| GHOSTS | POTIONS | VAMPIRE | |



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CAREGIVER BOOT CAMP

🕒 **FRIDAY, NOVEMBER 1ST 9:30AM-3:00PM**

📍 **VIOLA UNITED METHODIST CHURCH
225 N WASHINGTON ST**



Caregiver Boot Camp is a FREE educational "survival" program for families coping with Alzheimer's disease and other dementias. Presented by a local Dementia Care Specialist and an ADRC Specialist.

Topics covered include: Dementia 101, Dementia Live, Tough Conversations, Question and Answer, Community Resources and Caring for the Caregiver.



Deadline to Register is Wednesday, October 23rd



**CALL PAM 608-548-3954
OR TERESA 608-637-5331**



OUR VOLUNTEERS MAKE A DIFFERENCE

- 96% say volunteering makes them feel happier
- 68% say volunteering makes them feel healthier
- 73% say volunteering makes them feel less stress
- 58% say volunteering makes them sleep better
- Passengers have sincere gratitude for the service they receive
- Drivers receive mileage reimbursement

For more information on becoming a volunteer driver contact the ADRC at 608-647-4616. You can also stop into the ADRC located at 221 West Seminary St., Richland Center.

**VOLUNTEER
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VOLUNTEER SPOTLIGHT



RICHLAND COUNTY



THANK YOU!!!

Your dedication to the Richland County Nutrition Program and help providing meals to seniors is greatly appreciated. This program would not be possible without the help of wonderful volunteers like you.

Gail Valstad and Betty Banker are long time volunteers at the Rockbridge meal site. These two help ensure the meal site runs efficiently and everyone who comes has a good time. The Rockbridge meal site is completely run by volunteers therefore without our volunteers we would not be able to provide the services provided.

Both Gail and Betty sincerely enjoy the camaraderie of the meal site and being of service to others. They have a deep sense of community and are proud to be a part of the Rockbridge meal site.

The ADRC would like to sincerely thank Gail and Betty for all of their dedication to the meal site and to the community. If you would like to volunteer for the Richland County Nutrition Program contact Tanya Webster at 608-6474616.

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Richland County Health and Human Services
221 W. Seminary Street
Richland Center, WI 53581
Produced in conjunction with the Aging and
Disability Resource Center of Eagle Country
Richland Center Office



FREE
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ISSUE: OCTOBER 2024

Upcoming Area Events:

Mondays in October

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 October

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.

Friday, October 4th

Wheels of Time will be held Friday through Sunday, October 4-6, from 8:00 to 6:00 daily at the Richland County Fairgrounds. It will feature antique tractors, trucks, and semis. A truck ride will be held Friday. On Saturday there will be a tractor/ATV ride, and a sanctioned peddle pull event. On Sunday Cowboy Church will be held. Food and refreshments will be available for purchase. The event is free and open to everyone

Monday, October 7th

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.

Thursday, October 10th

The American Legion Auxiliary Unit 13 is hosting a “Potato Bar/Soup Supper from 4:30-7:30 pm or until gone at the Legion by the flag park. The cost will be a free will offering.

Tuesday, October 22nd

The ADRC 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 the 4th Tuesday of the month at the Woodman Senior Center, 1050 Orange Street, Richland Center 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.

Saturday, October 26th

A “Veterans Hosting Trick or Treat” event will be held on Saturday, October 26th from 1:00 pm-3:00pm at the American Legion Building by the Flag Park in Richland Center. Also attending will be the mini donkeys, Miss Purdy & Nestor, weather permitting.

