

# Family

FREE

and

# Friends



January  
2025

*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*

## New Year's Resolution Week January 1-7

Each year many of us make our New Year's resolutions and quickly forget about them shortly thereafter. We all have the best of intentions to make some changes in our lives however, for most they are unattainable goals. This year maybe do something different, make small achievable goals. The key to setting a good goal is to make sure it is aspirational and achievable at the same time.



Look at goals that will boost your health such as:

- Ensuring you are getting enough sleep each night
- Make sleep a priority, it will improve your health
- Make time for family. Sometimes we have to put effort in to maintaining good relationships. Put in the work and the reward will follow
- Cook new foods. Instead of saying I am going to lose x amount of pounds be mindful of what you are eating. Try making a new healthy recipe each week. It will be fun and will help in that effort to lose weight
- Get more exercise. Look at ways to increase your activity level that you will enjoy. This could be taking mindful walks where you are in tune with your surroundings, listening to the sounds of nature, seeing the sights of nature
- Be social. Get out there, join a club, volunteer for a worthy cause

Whatever your New Year's Resolutions are, make them attainable. You will feel a sense of accomplishment as you achieve each one of them.



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# SPOTLIGHT ON: DON'T TAKE THE BAIT. PHISHING SCAMS ARE ON THE RISE

Phishing is one of the most common tactics scammers use to steal cash and bank information from their targets. While the methods vary, any attempt by scammers to convince an individual or company to reveal personal information is a phishing attack. These attacks target not only individuals but also businesses.

Phishing methods take advantage of the myriad of communication options available, including emails, texts, calls, and voicemail. At times, they are implanted within legitimate search engine results. To help consumers and businesses understand the ever-changing world of phishing scams, the Better Business Bureau's (BBB) International Investigations Initiative combed through thousands of reports to BBB Scam Tracker, talked with cybersecurity experts, and investigated the newest trends.

To compile the III's newest study – BBB Investigation: BBB tallies record number of reports as scammers use new technologies. The study synthesizes consumer stories and examines tactics used against businesses to show that phishing scams, one of the oldest internet frauds, remain dangerous to individuals and companies of all sizes. It also shows that text-based scams are growing in popularity, and fraudsters have begun to leverage artificial intelligence to craft outreach messages.

**This study is intended to give consumers, businesses, news media, researchers, and regulatory agencies an in-depth understanding of:**

- How these scams work
- How to avoid common scams
- What type of enforcement is helping curb fraud
- Red flags for consumers and businesses

Since the beginning of 2021, BBB received more than 23,000 reports related to phishing. Over 9,000 of those were reported last year, nearly double the record from the previous year. For example, a man from Ohio told BBB he thought he was visiting Microsoft's website. After doing so, his computer locked up. A phone number, supposedly for Microsoft, was provided on the screen. The person on the other line said he had been hacked. To help, the man on the phone said he needed remote computer access. Once it was given, the computer showed the man's bank account number, which was also supposedly compromised. The scammer pushed him to act quickly and complete a series of transfers from his account into Bitcoin. Over the next

few days, the man followed the scammer's instructions and unknowingly sent \$40,000.

These elaborate impersonations extend beyond trusted sources. In some cases, fraudsters impersonate an individual in the workplace. One woman in Massachusetts told BBB she received an email from who she thought was her boss with an invoice attached. He asked her to pay \$4,500 by wire transfer in the message. She did so and emailed him to say the task was complete. Her boss immediately called her, saying he never asked her to pay for anything. "I was confused because we had talked about paying it previously," the woman said. "I didn't notice the email address was a junk email address and not my boss."

**Phishing scam red flags - watch out for an email, text message, or call that:**

- Claims suspicious activity/fraudulent logins
- Describes unexpected problems with an account
- Tries to confirm financial information
- Requests to click a link to make a payment
- Sends unasked-for coupons
- Generic message paired with the logo of a well-known company
- Uses typo-filled and urgent language
- Offers government refunds

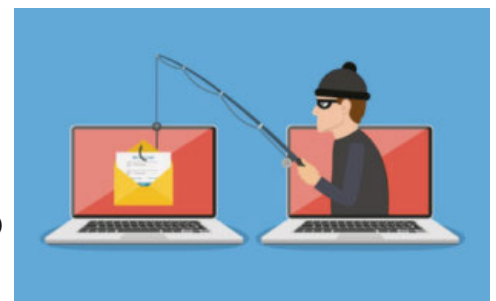
**How to report fraud**

If you suspect you are the subject of fraud, report your case to:

- To register a complaint or post a review with Better Business Bureau (BBB) - [BBB.org](https://www.bbb.org)
- To file a scam report with BBB - [BBB.org/ScamTracker](https://www.bbb.org/scamtracker)
- Federal Trade Commission (FTC) - [ReportFraud.ftc.gov](https://www.reportfraud.ftc.gov)
- Federal Bureau of Investigation (FBI) - <https://tips.fbi.gov/home>

- Reach out to your local law enforcement agency to report scams.

Courtesy of the BBB)



# FAMILY & FRIENDS RECIPE TO TRY



**Prep Time:** 10 minutes **Cook Time:** 20 minutes **Yield:** 8 servings  
**Taste of Home's Cauliflower Soup**



## Ingredients:

- 1 head cauliflower, broken into florets
- 1 medium carrot, shredded
- 1/4 cup chopped celery
- 2-1/2 cups water
- 2 teaspoons chicken bouillon or 1 vegetable bouillon cube
- 3 tablespoons butter
- 3 tablespoons all-purpose flour
- 3/4 teaspoon salt
- 1/8 teaspoon pepper
- 2 cups 2% milk
- 1 cup shredded cheddar cheese
- 1/2 to 1 teaspoon hot pepper sauce, optional

## Directions:

1. In a Dutch oven, combine the cauliflower, carrot, celery, water and bouillon. Bring to a boil. Reduce heat; cover and simmer for 12-15 minutes or until vegetables are tender (do not drain).



2. In a large saucepan, melt butter. Stir in the flour, salt and pepper until smooth. Gradually add milk. Bring to a boil over medium heat; cook and stir for 2 minutes or until thickened. Reduce heat. Stir in the cheese until melted, adding hot pepper sauce if desired. Stir into the cauliflower mixture.

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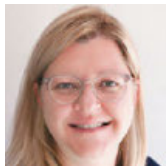


Call 800-950-9952

## Get local help with your Medicare questions.

I'm Teresa Goplin, a licensed sales agent in Richland Center, WI. When it comes to Medicare, it's important to consider all of your options. What works well for your neighbor may not be the best fit for you. I know the ins and outs of Medicare, and I'm ready to answer your questions and help you find a plan that fits your needs.

**It's time to take advantage.**



**Teresa Goplin**  
Licensed Sales Agent  
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# JANUARY IS NATIONAL RADON ACTION MONTH



Test Your Home. Protect Your Health.

## JANUARY IS NATIONAL RADON ACTION MONTH

January is National Radon Action Month! Radon is a dangerous gas that you can't smell or see and is naturally produced from rocks & soil in the ground. Radon can enter your environment from cracks or gaps under your home, leading to high levels within the home. Estimates from the Environmental Protection Agency

suggest that 21,000 lung cancer deaths each year are attributable to radon, with 1 in 15 homes in the United States containing high levels of radon. Cigarette smokers who are exposed to high levels of radon are 10 times more likely to develop lung cancer than nonsmokers who live in homes with high levels of radon. Exposure to high levels of radon for extended periods of time can increase the risk of danger however, the good news is that there are steps you can take to reduce your risk.

An important preventative step you can take to reduce your risk of dangerous radon exposure is to obtain a radon test kit and test the level of radon within your home. Radon test kits can be obtained at the Richland County Health & Human Services building. To get the most accurate test results, follow these general guidelines:

- Testing should be conducted in a regularly used room on the lowest level of the home for example, a living room, playroom, den, and/or bedroom
- Humidity and drafty conditions can impact the test results, so avoid testing in a kitchen, bathroom, or laundry room
- Do not disturb the test sampler during testing

It is recommended to conduct a follow-up test if you receive results of 4 picocuries per liter or higher on your initial test. Radon mitigation may be necessary if you receive two test results, each greater than or equal to 4 picocuries per liter.

If your radon test results indicate elevated radon levels, reaching out to a radon expert can be a great first step, as they may recommend simple, low-cost solutions. The number provided below will connect you with a radon expert in Wisconsin. Radon mitigation contractors may be necessary for larger issues related to your home's foundation.

Health issues caused by radon are preventable, so pick up your test kit now to get started!

For more information contact Radon Experts: 1-888-569-7236

## 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.**

# JANUARY IS: WINTER SAFETY MONTH

## WALK LIKE A PENGUIN

Winter Walking Safety Tips



- TAKE SHORTER, SHUFFLE LIKE STEPS TO MAINTAIN BALANCE.
- WALK WITH YOUR ARMS AT YOUR SIDES.
- KEEP YOUR CENTER OF GRAVITY OVER YOUR FRONT LEG.
- WEAR APPROPRIATE FOOTWEAR LIKE BOOTS OR OTHER SLIP-RESISTANT FOOTWEAR.

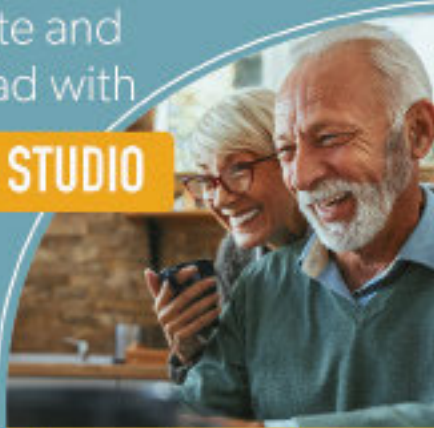


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# JANUARY

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

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**NOTE:** Meals are subject to change on occasion.  
Home Delivered Meals include milk.

**To cancel or reserve a meal:**  
Germantown: 983-2798  
Richland Center: 647-2323  
Rockbridge: 647-3900 OR 627-3269

**1**  
  
**Closed New Year's Day**

**2**  
Grilled Chicken Breast  
Rice Pilaf  
Peas  
Dinner Roll  
Brownie

**3**  
Catch of the Day  
Sweet Potato  
Broccoli  
Coleslaw  
Cookie

**6**  
Goulash  
Wax Beans  
Cornbread  
Pineapple Orange Cake

**7**  
Roast Pork Loin  
Mashed Potatoes & Gravy  
Corn  
Dinner Roll  
Chunky Applesauce

**8**  
Baked Chicken Thighs  
Stuffing with Gravy  
Mixed Vegetables  
Peaches

**9**  
Beef Stew  
Brussel Sprouts  
Biscuit  
Apple Crisp

**10**  
Catch of the Day  
Baked Potato  
Creamed Peas  
Dinner Roll  
Strawberry Delight

**13**  
Lasagna  
California Blend Veg.  
Garlic Toast  
Ice Cream

**14**  
BBQ Chicken Legs  
Cheesy Hash Browns  
Baked Beans  
Dinner Roll  
Chocolate Chip Bar

**15**  
Spaghetti with Meat Sauce  
7-Layer Salad  
Garlic Bread Stick  
Cookie

**16**  
Scalloped Potatoes & Ham  
Green Beans  
WW Dinner Roll  
Mandarin Oranges

**17**  
Tuna Casserole  
Capri Blend Vegetables  
Coleslaw  
Peach Crisp

**20**  
  
**Closed for Martin Luther King Jr. Day**

**21**  
Meatloaf  
Au Gratin Potatoes  
Carrots  
Whole Wheat Bread  
Pear Lime Jell-O

**22**  
Polish Sausage w/ Sauerkraut  
Parslied Red Potatoes  
Fresh Fruit  
WW Bread

**23**  
Chicken Parmesan  
Rice  
California Blend Veggies  
Dinner Roll  
Pudding Cup

**24**  
Sloppy Joe on Bun  
Roasted Potatoes  
Calico Baked Beans  
Angel Food w/  
Strawberries

**27**  
Honey Glazed Ham  
Sweet Potato Casserole  
Green Beans  
Dinner Roll  
Chocolate Cake

**28**  
Beef Stroganoff over Whole Grain Noodles  
Broccoli Florets  
Fluffy Fruit Salad

**29**  
Chicken Breast  
Baked Potato  
Mixed Vegetables  
Whole Wheat Roll  
Fruit Pie

**30**  
Boneless Pork Chop  
Scalloped Potato  
Seasoned Buttered Beets  
Dinner Roll  
Cookie

**31**  
Cheesy Broccoli Soup  
Ham Salad Sandwich  
Fruit Cup

**WOODMAN SENIOR CENTER**  
**1050 N. ORANGE ST., RICHLAND CENTER, WI 647-8108 EXT. 3**  
**HOURS: MONDAY THRU FRIDAY 8:00-4:30**  
**JANUARY 2025**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Check out our trips in 2025. New Orleans April 26-May 5 Brewers Game in July	New Hampshire & the White Mountains September 6-14	1 CLOSED HAPPY NEW YEAR	2 8:00-10:00-Community Coffee Club 9:15-Movie on the Big Screen 12:30-Any Game	3 12:30-Haase	4 CLOSED
5 CLOSED	6 9:30-11:30-Play Bingo for Prizes 12:30-Phase "10" or Sheephead	7 9:30-Sheepshead 1:00-Euchre Tournament	8 9:30-Haase 9:30-Chess 9:45-Gentle Chair Yoga 12:30-Pinochle	9 8:00-Breakfast by Our House 9:30-Rummikub 12:30-Your Choice Game	10 12:30-Haase	11 CLOSED
12 CLOSED	13 9:30-11:30-Play Bingo for Prizes 12:30-Sheepshead or Your Choice Game	14 9:30-Sheepshead 1:00-Euchre Tournament	15 9:30-Haase 9:30-Haase 9:45-Gentle Chair Yoga 12:30-Pinochle	16 10:00-Richland Area Senior Citizen Potluck 2:00-Rummikub or Your Choice	17 12:30-Haase	18 CLOSED
19 CLOSED	20 CLOSED MARTIN LUTHER KING DAY	21 9:30-Sheepshead 1:00-Euchre Tournament	22 9:30-Haase 9:30-Chess 9:45-Gentle Chair Yoga 12:30-Pinochle	23 9:15-Movie on the Big Screen 12:30-Rummikub or Any Game	24 12:30-Haase	25 CLOSED
26 CLOSED	27 9:30-Play Bingo for Prizes 12:30-5 Crowns or Phase "10"	28 9:30-Sheepshead 1:00-Euchre Tournament	29 9:30-Haase 9:30-Chess 9:45-Gentle Chair Yoga 12:30-Pinochle	30 9:30-Deer in the Headlights 12:30-Your Choice Game	31 12:30-Haase	

# MARCIE'S STRIKE OUT ALZHEIMER'S FIRST ANNUAL FUNDRAISER



Alzheimer's disease is a form of dementia and is a growing concern across Wisconsin and the nation. If you or your family are not affected by the disease personally, chances are you know someone who is. Creating awareness is a key way to ensure that people get an early diagnosis which will help them be able to receive treatments to help slow the disease or help with the effects of the disease. Currently there is no cure, but early detection provides people with opportunities for treatment, potential eligibility to be a part of clinical trials and give people a chance to prioritize their health and make plans for the future.

To raise awareness and donations, one local man decided to host a fundraiser for the Alzheimer's Association in memory of his mom, Marcia Dalberg Gilbank. Marcia lost her battle with Alzheimer's Disease in August of 2024. Going through this journey was difficult not only for Marcia but also her family and friends. This experience made her son, Chris Gerber, want to do something to make a difference.

Chris and Marcia shared a lifelong love of bowling therefore it seemed fitting for him to organize a four-man Baker bowling tournament. The event took place at the Phoenix Center on December 7th, and was a huge success. Not only did it raise awareness, the event raised over \$5,000 for the Alzheimer's Association. These funds will go towards research and community-based programming so no one has to face this disease alone.

The tournament would not have been possible without the support of Greg and Amy Schoepp from the Phoenix Center, the bowlers who participated, countless businesses and individuals from across our community and state who donated money, silent auction items and basket raffle items. The event was such a great success that next year's tournament is already being planned and will be held on November 8, 2025 at the Phoenix Center.

The check was presented to the Alzheimer's Association's Stephanie Ziemke by Chris Gerber and Amy and Greg Schoepp on December 12th at the Phoenix Center.

**Winter Is here**

Richland County's primary focus is to provide safe services to those we serve. In case of inclement weather the Nutrition and Transportation programs may have to cancel services. Please listen to WRCO AM 1450 or FM 100.9 for updates. You may also call the ADRC at 608-647-4616 for updates.

A graphic with a blue background featuring white snowflakes and green evergreen trees with white snow on their branches. The text is centered and reads: "Winter Is here", "Richland County's primary focus is to provide safe services to those we serve. In case of inclement weather the Nutrition and Transportation programs may have to cancel services. Please listen to WRCO AM 1450 or FM 100.9 for updates. You may also call the ADRC at 608-647-4616 for updates."

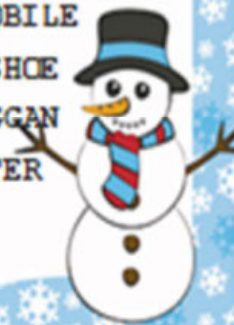


# WINTER WORD SEARCH

BOOTS  
 COAT  
 FLAKES  
 FLURRIES  
 FREEZING  
 GLOVES  
 HAT  
 HOCKEY  
 ICEFISHING  
 ICESKATING  
 MITTENS  
 PLOW  
 SALT  
 SAND

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

SCARF  
 SHOVEL  
 SKIING  
 SLEDDING  
 SNOW  
 SNOWBALLFIGHT  
 SNOWBOARDING  
 SNOWFLAKE  
 SNOWMAN  
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 TOBOGGAN  
 WINTER



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## TRY A SOUND WALK: JUST BE CAREFUL WHEN WALKING IN THE SNOW



The purpose of a sound walk is to actively listen while walking in a natural setting. Have you ever noticed how the sound of a river changes after a rainy day? What about the chorus of birds at sunrise? Why does the environment sound quieter after it snows? Soundscapes reflect the identity of landscapes.

Sound walks can take place anytime and anywhere — during the day or night, in a park, in a forest, or even in a street! Every environment has its own unique soundscape, be it a rich, biologically diverse soundscape in a forest or a busy, human-dominated soundscape in an urban area. Sound walks can be part of an everyday routine. They are spatial activities that combine visual and aural perception of landscapes, and they can help us to better appreciate our spaces. All of this while providing the benefits of walking that are so important to our health.

## SSA SERVICE CHANGES

*By the GWAAR Legal Services Team*

The Social Security Administration (SSA) recently announced that it will be transitioning to appointment-based services for in-person visits to local field offices. Beginning January 6, SSA will require customers to schedule an appointment for services, including requests for Social Security cards.

SSA emphasizes that it will not turn people away for walk-in service who are unable to make an appointment or do not want to make an appointment, such as “members of vulnerable populations, military personnel, people with terminal illnesses, and individuals with other situations requiring immediate or specialized attention.” Field offices with minimal wait times will also continue to provide walk-in assistance.

Nonetheless, SSA still encourages people to take advantage of online services or the automated services available by telephone at 1-800-772-1213.

# EMERGENCY PREPAREDNESS

It is important that we all think about emergency preparedness. Through evaluating your needs you can make an emergency plan which will ensure you are prepared of situations as they arise. Being prepared today will help you be ready for anything that may come up. Things to think about when planning include:

- Think about how a disaster could affect you
- Ensure you have enough shelf stable food and water to last you for a few days
- Purchase an emergency supply kit
- Make sure you have enough medications to last for a few days
- Make sure someone has a key to your home
- Write down your emergency plan
- Practice evacuating your home

Along with all of the things above being prepared for medical emergencies is important. One way to ensure that emergency medical staff have important information regarding your emergency contacts, diagnosis, medications, allergies, insurance information, religion information and more is to have a File of Life magnet on your refrigerator.

The file of life information helps rescue workers find important information about you when there is no time to spare. The ADRC has these available at no cost to you. Included in the File of Life is the information card and also a pet card to complete. It is important to have a plan in place regarding your pets, in case of an emergency. For your free File of Life magnet contact the ADRC at 608-647-4616.

**FILE OF LIFE**

KEEP INFORMATION UP TO DATE !!  
*Review At Least Every Six Months !*  
MEDICAL DATA REVIEWED AS OF \_\_\_ MO. \_\_\_ YR.

Name: \_\_\_\_\_ Sex: M F  
Address: \_\_\_\_\_  
Doctor: \_\_\_\_\_ Phone #: \_\_\_\_\_  
Doctor: \_\_\_\_\_ Phone #: \_\_\_\_\_

**EMERGENCY CONTACTS**

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_  
Address: \_\_\_\_\_  
Name: \_\_\_\_\_ Phone #: \_\_\_\_\_  
Address: \_\_\_\_\_

# NEVER MISS OUR NEWSLETTER!

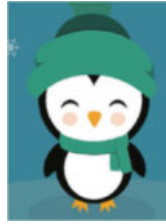
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## Upcoming Area Events:

### Mondays in December

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 January

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.

### Wednesdays in January

The Winter Market will be held each Wednesday at the Richland Center Community and Senior Center from Noon until 4:00 pm.

### Monday, January 13th

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.

### Tuesday, January 28th

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.

