

Family

FREE

and

Friends



February
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

Aging in Place: Grow Older in Your Home

As we get older, we each want to stay in our own homes and in our communities. We want to remain independent as long as possible. One key component to Aging in Place is to prepare for the future. As you start thinking about how to do this first think about the kind of assistance you need now and what you may need in the future. Learn about the resources available in your community before you need them.

Some supports you may need include:

- Personal care services: these may be help with daily activities such as bathing, dressing, grooming toileting, eating and more.
- In home chore services: including housekeeping, yard work, grocery shopping, laundry and more.
- Food: shopping and preparing meals. Attending a congregate meal site or getting home delivered meals.
- Transportation: help with getting to the doctor or taking care of personal business.
- Safety/Emergency Preparedness: making sure things are set up to in case of a fall or other types of emergencies. To be prepared have a File For Life with all of your emergency contacts listed and placed on your refrigerator. Also, make sure that your surroundings are accessible and meet your needs. Do a safety check of your home and fix any loose railings, ensure proper lighting and fix any structural issues with steps inside and out.

As you prepare to age in place reach out to the ADRC . The ADRC is familiar with resources available in our community that may be able to help you be prepared. This includes access to potential programs to help with in home services. These programs include:

- Private pay in home resources
- Long Term Support programs including Family Care and IRIS
- National Family Caregiver Support Program
- Alzheimer's Family Caregiver Support Program
- Dementia Care Specialist Program

The ADRC is dedicated to assisting those who are disabled or over 60 with remaining as independent as possible and living in their own homes. Reach out for more information by calling 608-647-4616.



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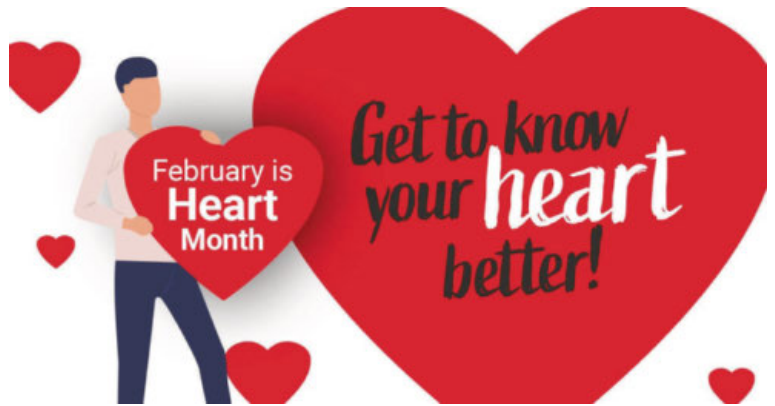
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SPOTLIGHT ON AMERICAN HEART MONTH

February is American Heart Month, a time when all people are encouraged to inspire those around them to focus in on their cardiovascular health. Based on the United States Centers for Disease Control and Prevention (CDC), heart disease is VERY common and is the leading cause of death for men, women and people of most racial and ethnic groups. It has been reported that in 2022, 1 in every 5 deaths in the United States was caused by heart disease.



High blood pressure is a leading cause of heart disease, as the CDC reports that close to half of adults in the US have high blood pressure and only 1 in every 4 of these individuals with high blood pressure have it under control. High blood pressure is only one noted risk factor for heart disease. According to the U.S. Department of Health Services (USDHS), genetics can play a role in your risk of developing high blood pressure, unhealthy blood cholesterol, diabetes and obesity are also key heart disease risk factors.

Additionally, lifestyle choices like the ones listed below can put people at a higher risk for heart disease:

- Eating a diet high in saturated fats, trans fats and cholesterol
- Tobacco use and nicotine products
- Lack of physical activity
- Drinking too much alcohol

What can be done?

When it comes to lowering your risk for heart disease, the following are ways to prevent it and to live a healthier and more active lifestyle (USDHS).

Exercise regularly. Get at least 30 minutes of physical activity 5 days a week. Remember to consult with your doctor prior to starting an exercise program for approval and recommendations if you have health issues, a disability or mobility challenges.

Eat healthy foods. Choose items low in sodium, added sugar and trans fats. Eat a high-fiber diet that emphasizes fresh fruits, vegetables, whole grains, nuts and beans.

Quit smoking and using tobacco products. Talk to your healthcare provider about resources and strategies to help you stop using tobacco.

Limit alcohol consumption. Drink alcohol in moderation. Drinking too much can lead to high blood pressure, heart failure or stroke.

Talk about your family health history. Knowing and acting on your family health history is an important way to protect your heart health. Your doctor can use it to develop a more complete picture of your health and your risk factors for heart disease.

If you have any questions or concerns consult with your physician or a healthcare professional before starting any exercise or diet plan to ensure you have the right plan for you.

FAMILY & FRIENDS RECIPE TO TRY



Prep Time: 10 minutes **Cook Time:** 20 minutes **Yield:** 8 servings
Food Network: Mom's Turkey Meatloaf



Ingredients:

- 3/4 cup quick oats
- 1/2 cup skim milk
- 1 medium onion, peeled and thinly sliced
- 2 pounds ground turkey
- 1/2 cup chopped red bell pepper
- 2 beaten eggs
- 2 tsps. Worcestershire sauce
- 1/4 cup ketchup
- 1/2 tsp salt
- Fresh ground black pepper
- 8 ounce can tomato sauce

Directions:

1. Preheat oven to 350 degrees.
2. In a small bowl, stir together the oats and milk. Thinly slice 1/4 of the onion and set aside. Finely

chop the remaining onion. In a large bowl, combine the turkey, oat mixture, chopped onion, bell pepper, eggs, Worcestershire sauce, ketchup, salt and a few grinds of pepper. Mix just until well combined.



3. Transfer the mixture to a 9 by 13-inch baking dish and shape into a loaf about 5 inches wide and 2 1/2 inches high. Pour the tomato sauce over the meatloaf and sprinkle with the sliced onions. Bake for about 1 hour or until an instant-read thermometer registers 160 degrees.

4. Remove from oven and let rest for 10 to 15 minutes before slicing.

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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
 608.647.2114, TTY 711
 teresa@goplininsurance.com
 www.MyUHCagent.com/teresa.goplin

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ONLINE Workshop

(Internet required)

February 28th - April 4, 2025

Runs for six consecutive Fridays 10:00am - 11:30am

REGISTRATION IS REQUIRED

Call Pam: 608-548-3954 or
the ADRC 608-647-4616



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.

MEDICARE CARDIOVASCULAR SCREENING

It's American Heart Month! Keep Your Heart Healthy

Get Free Cardiovascular Screening with Medicare

It's important to take care of your heart to help prevent a stroke or heart attack. High blood pressure, high LDL cholesterol and smoking are key risk factors for heart disease, according to the Center for Disease Control and Prevention (CDC). The CDC also estimates about half of Americans have at least one of these risk factors. The good news is that taking steps such as aspirin therapy, quitting smoking and regularly checking your blood pressure and cholesterol levels can reduce your risk for heart related conditions.



Medicare beneficiaries can have free cardiovascular screening every five years. The screening includes a total cholesterol test, a cholesterol test for high density lipoproteins and a triglycerides test. Your healthcare provider will also talk with you about other things you can do to lower your risk for heart disease. Take advantage of free preventive screenings to keep you healthier and also to reduce future health care costs for yourself and the public. More information about Medicare's Preventive Services can be found at www.medicare.gov. You can also stop at the ADRC of Eagle Country's Richland Center office regarding questions with Medicare coverage at 221 West Seminary Street, Richland Center, or call 608-647-4616.

(Article Courtesy of the GWAAR Legal Services Team)

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FEBRUARY

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Cancel or reserve a meal by 12:30pm the business day prior:

Germantown: 983-2798

Richland Center: 647-2323

Rockbridge: 649-3269 or 647-3900

NOTE: Meals are subject to change on occasion. All Meals include milk.



3 Ring Bologna Macaroni & Cheese Baked Beans Fresh Fruit Cup	4 Italian Meatloaf Loaded Mashed Potat. Broccoli Florets Brownie WW Bread	5 Roasted Chicken Roasted Potatoes Squash Cranberry Salad WW Bread	6 Roast Beef Mashed Potat. w/Grvy. Carrots Fruit Cocktail	7 Chicken Fettuccini Alfredo Peas WW Dinner Roll Peach Crisp
10 BBQ Pork on a Bun Sweet Potatoes Hot Buttery Beets Cookie	11 Shepherds Pie Copper Penny Salad Whole Fruit WW Dinner Roll	12 Chili w/Beans and Stewed Tomatoes Turkey Slider Cinnamon Apple Slices Cottage Cheese Crackers	13 Hamburger Steak Mashed Potat. w/Grvy. Broccoli Florets Ice Cream WW Bread	14 Chicken Cordon Bleu Baked Potato w/Sour Crm Creamed Peas Strawberry Delight WW Dinner Roll
17 Ham, Broccoli Rice Casserole Squash Fruited Jell-O Salad	18 French Toast Bake Sausage Links Cinnamon Baked Apples Whole Fruit	19 Roasted Turkey Dressing, Gravy Seasoned Butter Beans Pumpkin Bar	20 Kielbasa & Sauerkraut Red Potatoes Carrots 5 Cup Fruit Salad WW Dinner Roll	21 Chicken Chow Mein with Chow Mein Noodles Fruited Lemon Jell-O w/ Pineapples Fortune Cookie
24 Chicken Salad Sandwich Vegetable & Pasta Salad Pears Sheet Cake	25 Tater Tot Hot Dish Corn Fruit WW Dinner Roll	26 Hearty Potato Soup Ham Salad Sandwich Glowing Salad Peanut Butter Cookie	27 Grilled Chicken Breast Rice Pilaf, Peas, WW Dinner Roll Frosted Cake	28 Italian Rigatoni Tossed Salad w/Drsg. Blonde Brownie Garlic Toast

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Trips for 2025 New Orleans April 26-May 4	New Hampshire & White Mountains Sept. 6-14	Brewers Game in July			1 CLOSED
2 CLOSED	3 9:30-11:30-Play <u>Bingo for Prizes</u> 12:30-Phase "10" or <u>Your Choice Game</u>	4 9:30-Sheepshead 1:00-Euchre <u>Tournament</u>	5 9:30-Haase 9:30-Chess 9:45-Gentle Chair <u>Yoga</u> 12:30-Pinochle	6 8:00-10:00- <u>Community Coffee</u> <u>Club</u> 9:15-Movie on the <u>Big Screen</u> 12:30-Any Game	7 12:30-Haase	8 CLOSED
9 CLOSED	10 9:30-11:30-Play <u>Bingo for Prizes</u> 12:30-5 Crowns, <u>Sheepshead, or</u> <u>Phase "10"</u>	11 9:30-Sheepshead 1:00-Euchre <u>Tournament</u>	12 9:30-Haase 9:30-Chess (We need <u>Chess Players)</u> 9:45-Gentle Chair <u>Yoga</u> 12:30-Pinochle	13 8:00-Breakfast by <u>Our House</u> 9:30-Your Choice <u>Game</u> 12:30-Sheepshead or <u>5 Crowns</u>	14 12:30-Haase	15 CLOSED
16 CLOSED	17 9:30-11:30-Play <u>Bingo for Prizes</u> 12:30-Phase "10" or <u>5 Crowns or</u> <u>Sheepshead</u>	18 9:30-Sheepshead 1:00-Euchre <u>Tournament</u>	19 9:30-Haase 9:30-Chess 9:45-Gentle Chair <u>Yoga</u> 12:30-Pinochle	20 10:00-Richland <u>Area Senior Citizen</u> <u>Potluck</u> 2:00-Your Choice <u>Game</u>	21 12:30-Haase	22 CLOSED
23 CLOSED	24 9:30-11:30-Play <u>Bingo for Prizes</u> 12:30-5 Crowns or <u>Phase "10"</u>	25 9:30-Sheepshead 1:00-Euchre <u>Tournament</u>	26 9:30-Haase 9:30-Chess 9:45-Gentle Chair <u>Yoga</u> 12:30-Pinochle	27 9:15-Movie on the <u>Big Screen</u> 12:30-Your Choice <u>Games</u>	28 12:30 Haase	

IT'S TIME FOR FACILITY CARE

One of the most difficult experiences a caregiver may face is considering an out-of-home placement for their loved one. This can be particularly difficult when the person suffers from dementia and is not able to assist in the decision-making process. Although we usually think that keeping someone in their own home is the ultimate goal, sometimes there is a point where staying at home may no longer be the best option.

There are two main things to evaluate when making this decision: the needs of the person receiving care and the demands on the caregiver. Each person being cared for is different. Some are more difficult to manage while others may be easier to take care of. Additional medical problems may also complicate the situation.

Caregivers also have different circumstances. Some cope easily with large amounts of stress while others struggle with even small disruptions. Some have children and job responsibilities while others are able to devote more time to their loved one. It is important to look at your particular situation and not to compare yourself to someone else.

If you are wondering if it might be time to move your loved one to a continuing-care facility, you may find these questions helpful in deciding.

- ✦ Are the person's needs being met?
- ✦ Is constant care required beyond my physical capability?
- ✦ Is it safe at all times in the home?
- ✦ Is the person's ability to harm himself or others a concern?
- ✦ Does the person need specialized care not available or affordable at home?
- ✦ Would an out-of-home setting provide opportunities for therapy and socialization that are not possible at home?
- ✦ Will placement allow me to devote needed time to my family/job/self?
- ✦ Am I healthy and physically strong enough to take care of the person?
- ✦ Is there a care facility in the area that I trust?

The most important thing to remember is that placing your loved one in a care facility is NOT a sign of failure in your role as a caregiver. A caregiver's main job is to ensure that their loved one is getting the best care possible, and sometimes that means a move to a care center.

Consider this. Your caregiving role will not end when your loved one moves, it will just change. When caring for someone at home, a caregiver may spend endless hours doing personal cares, cooking, cleaning and keeping your loved one safe at all times. This may often include being up several times during the night. The caregivers' own health often becomes at risk.

When the person lives at a care facility, it frees up time to spend caring for the person on a different level. The person still needs you. His physical needs are being met by the staff, leaving you with the role of caring for his social, emotional and spiritual needs. Now you can spend time doing things like looking at photo albums, reading, watching old movies or just sitting and enjoying each other. Your energy will no longer be used up doing all of those physical cares and you can focus on your relationship again. Your caregiving role continues, but your tasks and focus change. And your own health and well-being will probably improve as well.

The Aging & Disability Resource Center has resources available to help you if you are considering long-term care placement. Call the ADRC of Eagle Country, Richland County Office, at 608-647-4616 for more information.



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 I E Y W X A T R K W O U M F N
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For more information on your long-term care options, contact your local ADRC.

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SUBSIDIZED HOUSING EVICTION NOTICES

During the coronavirus pandemic, the federal government passed the Coronavirus Aid, Relief and Economic Security Act (the “CARES” act). Among other things, the CARES act made it more difficult for landlords to evict their tenants. When the national Public Health Emergency ended in May 2023, most of the elements of the CARES act also ended, but one important piece of the law remains in effect. That piece can be very important for people who live in housing that is subsidized by any form of federal funding, such as Section 8 or Section 42 housing units.

Under Wisconsin state law that applies to most rental housing, landlords are required to give at least 5, 14, or 28 days notice, depending on the nature of the lease and the reason for termination, before cancelling a lease agreement and having the right to evict a tenant. The CARES act imposed a moratorium on evictions for non-payment of rent, which has now ended, but it also imposed a 30-day notice requirement for residents of publicly subsidized housing before a landlord could begin eviction proceedings. That 30-day notice requirement was written into the law with no end date, so it still applies today.

Although there hasn't yet been a case about the 30-day notice requirement that has gone through Wisconsin's appellate courts, other states including Washington, Colorado, Ohio, and Indiana, have dismissed eviction cases where landlords failed to provide 30 days' notice. Not only can the notice requirements of the CARES act help residents of subsidized housing avoid getting evicted, there are also penalties for landlords who fail to follow the notice requirements. Being aware of the notice requirements can make a big difference for lower income renters who may be getting threatened with eviction by landlords hoping to re-rent a property at a higher rental rate.

RICHLAND COUNTY TRANSPORTATION PROGRAM BUS ROUTES

The Richland County Public Transportation is available to anyone and everyone for any purpose along one of the routes. Bus routes were created with the vision of “Connecting Our Communities” to serve Richland County and its rural border communities. Routes have continued to be changed or expanded each year to connect residents of Richland, Sauk, Vernon, Iowa and Grant counties to a variety of services including medical care, shopping, personal business and for socialization opportunities. Passengers are picked up at their home if it's within a 5-mile radius of a route. For many passengers this is their only connection to ensure food security and access to medical care.



Bus routes are coordinated through the Aging and Disability Resource Center (ADRC) with a mission to help people age-in-place. Over the years people have voiced that access to transportation is one of the three top needs to ensure they are able to remain in their own home and can continue to be a part of their community. Bus routes have proven to be an important mechanism in “Connecting our Communities” to services which allow residents to continue to age at home. Currently there are limited accessible and affordable services in Richland County that provide non-medical transportation into rural communities and none offer services beyond Richland Center. Without the program, individuals living outside of the city would have limited or no access to get their most basic needs met.



Our accessible vehicles ensure that people who are ambulatory or have mobility limitations can ride the bus on any of the routes. Currently the cost to ride the bus is \$3 one way or \$5 round trip. Reservations are required by 12:00 pm the business day before the route. If you are interested in more information contact Linda Batten, Transportation Coordinator, at 608-647-4616.



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.

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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



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Upcoming Area Events:

Mondays in February

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 February

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 February

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

Saturday, February 1st

A Breakfast and Bake Shop will be held Saturday, February 1st from 8:00-10:00 at First Lutheran Church in Lone Rock. A raffle drawing will be held at 9:30 am.

Monday, February 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.

Tuesday, February 25th

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.

Tuesday, March 4th 9am-3pm

Wisconsin Alzheimer’s Advocacy Day. Join Alzheimer’s advocates from across Wisconsin as we make sure that Alzheimer’s and all related dementias remain a legislative priority in 2025 and beyond! During our opening program at the Best Western Premier Park Hotel in Madison, you will hear from key state policymakers and take away tools to empower your advocacy efforts on behalf of all who are impacted by Alzheimer’s and dementia. Then, we will head across the street to the Wisconsin State Capitol in the afternoon, where you will meet with your state lawmakers and ask them to support our policies! For more information call: 608-318-4057 or visit the following link: <http://bit.ly/WIAdvocacy2025>