

# Family

# FREE

and

# Friends

March 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*

## NATIONAL SLEEP AWARENESS WEEK MARCH 9-15

National Sleep Awareness Week is all about raising the issues concerned with sleep and asking you to make sure you're getting enough of it!

Do you know how much sleep you should be getting? Nine hours is usually enough for adults but depending on the age and person, more or less time might be needed. The older you get, the less sleep you tend to need and vice versa.



Unfortunately, things like snoring problems, insomnia, and other issues can disrupt our sleep. A disrupted sleep often leads to feeling un-alert the next day, and stops us from carrying out our important daily tasks. A more dangerous example would be drivers that have fallen asleep at the wheel. Not the best time for a nap!

So what can you do in March during National Sleep Awareness Week? Well, first of all and most importantly, make sure you're getting a good nights sleep!

Here are a few simple tips to help you sleep easy:

- ◇ don't drink caffeine
- ◇ no exercise at least three hours before bed, and;
- ◇ winding down with a nice bath will all lead the way to a good night's sleep!

However, if you're worried that you're not getting get a good nights sleep, it might be worthwhile to see your doctor. And if this is what you're planning to do try keeping a sleep diary before the appointment. Then, hopefully the doctor can give you some tips that will sort things out, or perhaps refer you on to a sleep specialist if need be.

*Courtesy of: National-Awareness-days.com*



**Inside this Issue**

Spotlight On: Nutrition	Pg 2
Save Your Vision Month	Pg 4
Meal site menu	Pg 6
Senior Center Calendar	Pg 7
Power of Attorney Clinic	Pg 8
Social Work Month	Pg 10



# SPOTLIGHT ON: EATING RIGHT FOR OLDER ADULTS



Healthy eating is recommended throughout life, but as we age certain factors can affect our nutrient needs. Choosing a variety of foods from all of the food groups will help you build a healthy eating routine.

## **Make half your plate fruits and vegetables.**

Eat a variety of different colored vegetables, including ones that are dark-green, red, and orange. Beans, peas, and lentils are also good choices. Fresh, frozen, and canned vegetables can all be healthful options. Look for “reduced sodium” or “no-salt-added” on the labels. Add fruit to meals, snacks or as dessert. Choose fruits that are dried, frozen, or canned in water or 100% juice, as well as fresh fruits.

## **Make at least half your grains whole.**

Choose breads, cereals, crackers, and noodles made with 100% whole grains. Whole grain corn tortillas, brown rice, bulgur, millet, amaranth and oats all count as whole grains, too. Also, look for fiber-rich cereals to help stay regular and cereals that are fortified with vitamin B12, which is a nutrient that decreases in absorption as we age or due to some medications.

## **Switch to fat-free or low-fat milk, yogurt and cheese.**

Older adults need more calcium and vitamin D to help keep bones healthy. Include three servings of fat-free or low-fat milk, yogurt or cheese each day. If you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.

## **Vary your protein choices.**

Eat a variety of foods from the protein food group each week. In addition to lean meat, poultry and eggs, choose seafood, nuts, beans, peas, and lentils when planning your meals. Spread your protein intake throughout the day by including a source with meals and snacks. Protein foods derived from animal sources also provide vitamin B12, and certain plant-based foods may be fortified. If you’re at risk for low levels of vitamin B12, your doctor may also recommend a supplement.

## **Limit sodium, saturated fat and added sugars.**

Look out for salt, or sodium, in foods you eat. Compare sodium in the foods you buy and choose those with lower amounts. Add spices or herbs to season food without adding salt. Switch from solid fats to oils when preparing foods. Make major sources of saturated fats occasional choices, not everyday foods. Examples of these include desserts, fried foods, pizza, and processed meats like sausages and hot dogs. Select fruit for dessert more often in place of treats with added sugars.

## **Stay well-hydrated**

Drink plenty of water throughout the day to help prevent dehydration and promote good digestion. Other beverages that can help meet fluid needs include unsweetened beverages, like low-fat and fat-free milk, fortified soy beverages, and 100-percent fruit juices. Choose these more often in place of sugary drinks.

## **Enjoy your food but be mindful of portion sizes.**

Most older adults need fewer calories than in younger years. Avoid oversized portions. Try using smaller plates, bowls and glasses.

## **Cook more often at home, where you are in control of what’s in your food.**

When ordering out, look for dishes that include vegetables, fruits and whole grains, along with a lean protein food. When portions are large, share a meal or save half for later.

**Consult a registered dietitian nutritionist** if you have special dietary needs. A registered dietitian nutritionist can create a customized eating plan for you.



(Article courtesy of eatright.org)

# FAMILY & FRIENDS RECIPE TO TRY



**Prep Time:** 20 minutes **Cook Time:** 15 minutes **Yield:** 6 servings  
**Chicken Pot Pie Bundles**



## Ingredients:

- 1½ tbsp canola oil, divided
- 1 large carrot, peeled and cut into ¼-inch dice (about 1 cup)
- ½ small onion, cut into ¼-inch dice (about ½ cup)
- 2 cloves garlic, minced
- 1 lb. boneless, skinless chicken breast halves, cut into ½-inch dice
- 2 tsp chopped fresh tarragon or ½ tsp dried tarragon
- ½ tsp kosher salt
- Pinch of black pepper
- 1 cup all-natural chicken broth
- 4 tsp cornstarch
- ¾ cup frozen petite peas, thawed
- ¾ cup frozen corn kernels, thawed
- 12 egg roll wraps
- 2 tbsps grated Parmesan cheese



2. Stir in the chicken, tarragon, salt and pepper. Cook until the chicken is no longer pink, about 5 minutes.
3. Place the broth and cornstarch in a bowl and whisk until well combined. Add to the skillet along with the peas and corn, and bring the liquid to a simmer, stirring constantly. Continue to simmer and stir gently until the sauce thickens, about 2 minutes.
4. To prepare the bundles, use a muffin pan with 12 medium-size cups (do not coat with nonstick cooking spray). Gently place 1 egg roll wrap into each cup, letting it extend over the sides.
5. Place a generous ¼ cup of the chicken mixture into each wrap, and sprinkle Parmesan cheese on top. Fold the corners up and over the top of the filling, and press to seal the edges (it doesn't have to be perfect!). Brush the remaining oil on top of each bundle. Bake until golden and crisp, 12 to 15 minutes.

## Directions

1. Preheat the oven to 350°F. Heat 1 tbsp of the oil in a large nonstick skillet over medium-high heat. Add carrots, onion and cook, stirring frequently until softened (about 5 minutes). Add garlic, cook 1 minute more.

*(Recipe Courtesy of eatright.org)*

*There Is Always Family Here*

**Harvest**  
*A Guest Home*  
Assisted Living

27 Year of Laughter and  
Tears Established 1995

(608) 647-8205 • [www.harvestguesthome.com](http://www.harvestguesthome.com)



**ADVERTISE HERE**  
to reach your community



Call 800-950-9952

## Have Medicare questions? I have answers.



**Teresa Goplin**  
Licensed Sales Agent  
**608.647.2114, TTY 711**



Y0066\_SPRJ55188\_C

## DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

Engaging,  
ad-supported  
print and digital  
newsletters to reach  
your community.

Visit [lpicommunities.com](http://lpicommunities.com)

**OUR COMMUNITY  
NEWSLETTER**  
OUTREACH EDITION



Scan to  
contact us!



For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://www.lpicommunities.com) Richland County Health & Human Services, Richland Center, WI A 4C 01-1412



# MARCH IS SAVE YOUR VISION MONTH

March is Save Your Vision Month! This public health observance was created to serve as a reminder to prioritize and promote vision health. Save Your Vision Month was created in 1927 by members of the American Optometric Association. The observance is also meant to highlight the essential health care that primary eye health and vision care providers deliver.

The health of our eyes has a large impact on our quality of life, making it important to utilize the following tips to ensure healthy eyes in 2025:

- **Have your eyes examined:** Having an eye exam may be an important step in detecting common eye diseases in early stages.
- **Wear protective eyewear:** Wearing protective eyewear can prevent eye injuries when competing in sports or other higher risk activities like using power tools. It is also important to wear sunglasses when outdoors to protect your eyes from the sun's ultraviolet rays.
- **Let your eyes rest:** If your day is spent looking at a screen, it is recommended to follow the 20-20-20 rule which is to look away from your screen about 20 feet in front of you every 20 minutes, for ~20 seconds.
- **Eat right to protect your vision:** Eating lots of fruits and vegetables can be beneficial for your eye health, especially carrots and dark leafy greens such as spinach, kale, or collard greens. Consuming fish that are high in omega-3 fatty acids may also provide eye health benefits.
- **Know your family eye health history:** Some eye diseases or conditions can be passed down from other family members, making it important to talk with your family members about their eye health history.
- **Quit smoking or don't start:** Smoking can be detrimental for your eye health, as research has linked smoking to age-related macular degeneration, cataracts, and optic nerve damage.

Keep an eye on your vision this year and if you have questions or concerns related to your eye health, reach out to an ophthalmologist or optometrist. These tips provided are not intended to be medical advice and if you have any medical concerns, consult with an appropriately licensed physician.

(Article courtesy of Evan Ewing, Richland County Public Health)



## 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.**

# MEET OUR ELDER BENEFIT SPECIALIST: ROSE WELSH

As people age, they often need help with government benefit programs. Accessing these benefits can sometimes be difficult and confusing. The Aging and Disability Resource Centers Elder Benefit Specialist, Rose Welsh, works with people who are 60 years of age or older to help “cut the red tape” for people who are needing assistance with applying for, or are having problems accessing benefits. Rose can assist with the following benefit programs:

- ◇ Social Security
- ◇ Senior Care
- ◇ Medicare Parts A,B,C,D
- ◇ Medicaid
- ◇ Denied benefits/overpayments
- ◇ Food Share
- ◇ Housing
- ◇ Landlord/tenant issues

Rose has been with the Aging & Disability Resource Center (ADRC) as an Elder Benefit Specialist since

2024 and with Richland County Health and Human Services since 2022. She is a certified SHIP (State Health Insurance Program) counselor specially trained in one-on-one counseling to people with Medicare and their families and caretakers.

Elder Benefit Specialists receive in-depth, ongoing training and assistance in the areas of benefit and entitlement programs as well as other legal issues affecting older adults.

For more information please contact the ADRC of Eagle Country, Richland County office, at 608-647-4616.



**Place Your Ad Here and Support our Community!**

Instantly create and purchase an ad with

**AD CREATOR STUDIO**

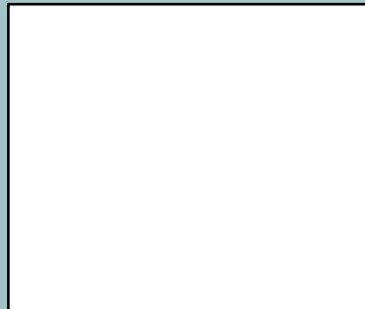


[lpicommunities.com/adcreator](http://lpicommunities.com/adcreator)

**LET'S GROW YOUR BUSINESS**  
Advertise in our Newsletter!

**CONTACT ME**  
**Jeremiah Braggs**

**Jbraggs@4LPi.com**  
**(800) 950-9952 x2126**



**FREE**  
AD DESIGN  
with purchase  
of this space

**CALL 800-950-9952**



Catering Services | Wild Game Processing

- FRESH MEAT & CHEESE • SEAFOOD
- SMOKED SAUSAGE • DISCOUNTED MEAT BUNDLES
- MICRO BREWS • WINE • BEER • MOBILE SLAUGHTERING

premeats.com • premeats@gmail.com  
Highway 14, Spring Green • 588-2164



# MARCH

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3 Goulash  
Mixed Greens Salad w/  
Drsg.  
Cornbread  
Pineapple Orange Cake

4 Roast Pork Loin  
Mashed Potatoes &  
Gravy  
Carrots  
Chunky Apple Sauce  
WW Dinner Roll

5 **ASH WEDNESDAY**  
Tuna Casserole  
Capri Blend Vegetables  
Coleslaw  
Chocolate Chip Bar

6 Beef Stew  
Biscuit  
Brussel Sprouts  
Apple Crisp

7 Catch of the Day  
Baked Potato  
Green Beans  
WW Dinner Roll  
Strawberry Delight

10 Swedish Meatballs  
Over Whole Grain Noodles  
Carrots  
Warm Cinnamon Apple  
Slices

11 Baked Chicken  
Cheesy Hash browns  
Baked Beans  
Peach Crisp  
WW Dinner Roll

12 Spaghetti w/ Meat Sauce  
7-Layer Salad  
Garlic Bread Stick  
Cookie

13 Scalloped Potatoes  
And Ham  
Green Beans  
Mandarin Oranges  
WW Dinner Roll

14 Catch of the Day  
Sweet Potato  
Broccoli  
Coleslaw  
WW Bread

17 **St. Patrick's Day Meal**  
Corned Beef & Cabbage  
Dinner  
Jell-O'd Pears  
Rye Bread  
Shamrock Cookie

18 Meatloaf  
Au Gratin Potatoes  
Cowboy Beans  
WW Dinner Roll  
Fruit

19 **St. Patrick's Day**  
Meal Germantown  
Polish Sausage  
w/Sauerkraut  
Parslied Red Potatoes  
WW Bread  
Fruited Dessert

20 Chicken Parmesan  
Rice  
Broccoli  
Pudding Cup

21 Salmon Loaf  
Seasoned Rice Blend  
Creamed Peas  
Pickled Beets

24 Honey Glazed Ham  
Sweet Potato Casserole  
Capri Vegetables  
WW Dinner Roll

25 Beef Stroganoff over  
Noodles  
Broccoli  
WW Dinner Roll  
Fruit

26 Italian Rigatoni  
Green Beans  
Garlic Toast  
BB Brownies

27 Chicken Casserole  
Baby Carrots  
Warm Cinnamon Apple  
Slices

28 Catch of the Day  
Baked Potato w/Sour Crm.  
California Blend Vegetable  
Coleslaw  
Whole Wheat Bread

31 Hearty Potato and White  
Bean Stew  
Turkey Sandwich  
Fruit Cup



**RESERVATIONS REQUIRED AT ALL LOCATIONS  
by 12:00pm the business day before:**  
Richland Center: 608-647-2323  
Germantown: 608-983-2798  
Rockbridge: 608-649-3269

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

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

<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>
Diamond Jo Casino April 10th	Trips for 2025 New Orleans April 26-May 4	Brewers Game July 12th	New Hampshire & White Mountains Sept. 6-14			1
2  CLOSED	3 9:30-11:30-Play <u>Bingo for Prizes</u> 12:30-Phase "10" or <u>Your Choice</u>	4 9:30-Sheepshead  1:00-Euchre <u>Tournament</u>	5 9:30-Haase  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-Phase "10" 1:00-Cribbage <u>Lessons</u>	11 9:30-Sheepshead  1:00-Euchre <u>Tournament</u>	12 9:30-Haase 9:45-Gentle Chair <u>Yoga</u> 12:30-Pinochle	13 8:00-Breakfast By <u>Our House</u> 9:30-Rummikub 12:30-Your Choice <u>Game</u>	14  12:30-Haase	15  CLOSED
16  CLOSED	17 9:30-11:30-Play <u>Bingo for Prizes</u> 12:30-5 Crown <u>Phase "10"</u>	18 9:30-Sheepshead  1:00-Euchre <u>Tournament</u>	19 9:30-Haase  9:45-Gentle Chair <u>Yoga</u> 12:30-Pinochle	20 10:00-Richland <u>Area Senior Citizen</u> <u>Potluck</u> 2:00-Rummikub or <u>Your Choice</u>	21  12:30-Haase	22  CLOSED
23  CLOSED	24 9:30-11:30-Play <u>Bingo for Prizes</u> 12:30-5 Crowns 1:00-Cribbage <u>Lessons</u>	25 9:30-Sheepshead  1:00-Euchre <u>Tournament</u>	26 9:30-Haase  9:45-Gentle Chair <u>Yoga</u> 12:30-Pinochle	27 9:15-Movie on the <u>Big Screen</u> 12:30-Deer in the <u>Headlights</u>	28  12:30-Haase	29  CLOSED
30  CLOSED	31 9:30-11:30-Play <u>Bingo for Prizes</u> 12:30-Sheepshead or <u>Phase "10"</u>					

# HELP SETTING UP POWER OF ATTORNEY FOR HEALTH CARE

## POWER OF ATTORNEY FOR HEALTH CARE CLINIC



Have you completed your Power of Attorney for Health Care document?

If not, get free assistance on March 5, 2025 from 4:00 pm-6:00 pm at the Richland Center Community Center, 1050 N. Orange Street, Richland Center.

Call the ADRC at 608-647-4616 to sign up.



THE RICHLAND HOSPITAL  
*and Clinics*





# March Word Search

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

CLOVER SHAMROCK  
 GREEN SHILLELAGH  
 IRELAND SPRING  
 IRISH STPATRICK  
 LEPRECHAUN  
 LUCK  
 LUCKY  
 MARCH  
 POTOFGOLD  
 RAINBOW



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

**Visit us today:**  
[mychoicewi.org/LPI](http://mychoicewi.org/LPI)  
**1-800-963-0035**

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

DHS Approved 4/22/2021

## ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide



SafeStreets

833-287-3502

### Ridgeview Commons Richland Center 1-Bedroom

Rent based on 30% of Income  
62+/Disabled Housing  
Pet Friendly!

Call/Text 608-220-0252



www.accmanagementgroup.com

**ADVERTISE HERE**  
 to reach your community



Call 800-950-9952

## KRAUSE MONUMENT

*Lasting craftsmanship and compassionate service since 1895.*

Viroqua 608-637-7726 | Reedsburg 608-524-5355

Richland Center 608-647-8314

**WHY WAIT? PRE-PLAN YOUR MONUMENT!**



**"It's my life and they respect that."**

Local long-term care supports and services delivered with a focus on Life. Defined by you.



inclusa.org | 877-376-6113



# MARCH IS SOCIAL WORK MONTH

Every year, March is Social Work month and is a time to celebrate, learn and reflect on the great work they do. Social workers receive many years of education and ongoing training so they develop the skills to be able to help individuals, families and communities. This year's theme is Compassion + Action, meaning not only do social workers help individuals, they are also in the forefront of society advocating to address a variety of challenges on a systems level and beyond.

Richland County Health and Human Services (RCHHS) is proud to recognize the dedication of its social workers. RCHHS employs social workers in the Children's Services unit, Behavioral Health Services unit, and the Aging and Disability Resource Center unit. These social workers pride themselves on providing needed services to members of our community.

As a profession, social work is guided by numerous ethical principles. Below are just a few examples of those principles.

- **Social Workers challenge social injustice.** They elevate service to others above their own self-interest. They draw on their knowledge, values, and skills to assist people in need and to address social problems.
- **Social Workers respect the inherent dignity and worth of the person.** The National Association of Social Workers (NASW) states that "Social workers pursue social change, particularly on behalf of vulnerable and oppressed individuals and groups of people. Social Workers social change efforts are focused on issues of poverty, unemployment, discrimination, and other forms of social injustice. They work hard to ensure access to needed information, services, and resources creating an equality of opportunity and meaningful participation in decision making for all people."
- **Social Workers recognize the importance of human relationships.** Our social workers treat each person in a caring and respectful manner, mindful of individual differences and cultural diversity. They promote client self-determination and seek to enhance their capacity and opportunity to change and to address their own needs. Social workers are cognizant of their responsibility to both clients and society.
- **Social Workers behave in a trustworthy manner.** Our social workers understand that relationships among people are an important vehicle for change. They engage people as partners in the helping process. They further seek to strengthen relationships among people in an effort to promote, restore, maintain, and enhance the well-being of individuals, families, social groups, organizations and communities.
- **Social workers practice within their areas of competence and develop and enhance their professional expertise.** Richland County's social workers are continually aware of the profession's mission, values, ethical principles, ethical standards and practice in a manner consistent with them. They act honestly and responsibly with the goal to promote ethical practices on the part of the Health and Human Services.

As an agency, we want to thank each one of our social workers. The dedication they have to the people they serve, the community and the agency is greatly appreciated.

(Source NASW)



# MEDICAL DEBT AND CREDIT REPORTS

*By the GWAAR Legal Services Team (for reprint)*

Earlier this month, the Consumer Financial Protection Bureau (CFPB) finalized a rule to remove medical bill debt from credit reports. The CFPB reports that this will affect approximately 15 million Americans. Lenders can no longer use medical bills on credit reports, and lenders cannot use medical information to determine lending decisions. This helps improve consumer privacy protections and stop unfair medical debt collection practices that pressure consumers into paying medical bills they may not even owe to protect their credit reports.

Research from the CFPB indicates that medical debt offers little in predicting a borrower's ability to repay other types of debt. Furthermore, many consumers report experiencing issues such as receiving incorrect medical bills or being asked to pay bills that insurance should have covered. As a result, including medical debt on credit reports often leads to unnecessary financial strain and denies people access to credit they can afford, for things such as mortgages.

The new rule aligns with broader privacy protections established by Congress, which restrict lenders from accessing or using medical information. However, a previous exception allowed lenders to consider medical debts when making decisions, and the CFPB has now closed this carveout. The rule also maintains certain exceptions, such as the ability to verify medical expenses for loans, assessing income for underwriting, and making other legitimate uses of medical information.

This new rule will soon take effect, allowing many individuals to access previously inaccessible lending opportunities. It will also enable individuals to review medical bills and resolve invalid ones without fearing that their credit scores will drop. The average American can worry less about their medical bills affecting their ability to find lending. Medical care is expensive, and this rule helps people get the care they need without missing out on lending opportunities.

## NEVER MISS OUR NEWSLETTER!

**SUBSCRIBE**

Have our newsletter  
emailed to you.



VISIT [WWW.MYCOMMUNITYONLINE.COM](http://WWW.MYCOMMUNITYONLINE.COM)





**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**  
**PLEASE TAKE**  
**ISSUE: MARCH 2025**

## Upcoming Area Events:

### **Mondays in March**

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 March**

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 March**

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

### **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>

### **Wednesday, March 5th**

The Richland County Care Coalition will be offering assistance with creating your Power of Attorney for Health Care document on Wednesday, March 5 from 4:00 to 6:00 at the Richland Center Community Center. Reservations are required and are limited. Please contact the ADRC at 608-647-4616 to sign-up. This will be offered again on June 4th, September 3rd and December 3rd.

### **Monday, March 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, March 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.