

Family

FREE

and

Friends



A monthly newsletter brought to you by Richland County Health & Human Services and the Aging and Disability Resource Center of Eagle Country-Richland County Office

May is ADRC Month Advocacy in Action

The Aging and Disability Resource Center’s Operations Manual states that “Advocacy, which is public support for or recommendation of a particular cause, is a required function of an ADRC. ADRC’s have a responsibility to advocate on behalf of their customers as well as a responsibility to advocate more broadly on issues related to aging or living with a disability. Educating the public about specific causes, policies, or issues related to aging or living with a disability is a common way ADRC’s engage in advocacy.” This directive is something that the ADRC of Eagle Country, as a region, takes very seriously.



The ADRC works to empower individuals to advocate for policy changes that improve and maintain their lives. As part of this, the ADRC encourages people to join in advocacy efforts including reaching out to their legislators, writing letters, participating in advocacy days such as Disability Advocacy Day, Aging Advocacy Day and Alzheimer’s Advocacy Day. Empowering people to find their voice and share their lived experiences can help to promote change in policy and also help to retain or expand programs.

For individuals who are not sure where to start, or how to reach out, the ADRC has information relating to advocacy. If you need information on this or how to reach out to your legislator, contact the ADRC at 608-647-4616 or stop in to pick up information.

With all of the potential changes coming it is important for people to become familiar with their legislators and make your voices heard.



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SPOTLIGHT ON: OLDER AMERICANS MONTH: FLIP THE SCRIPT ON AGING

This year is the 60th anniversary of the Older American Act. Passed in 1965 it is meant to support older adults to be able to live independently with dignity. Through this act there are allocations for funding of services and programs including nutrition, transportation, caregiver support and more. Every May, the nation observes Older Americans Month (OAM), a time to recognize the contributions of older adults, highlight aging trends, and reaffirm commitments to serving them.



The Older Americans Act created a wide range of services for aging individuals over 60. The creation of the act was due to concerns about a lack of services for older people. Along with services, funding is tied with the act. Federal funds along with state and local tax levy are used to support programs included in the act.

These programs include:

- Nutrition services including congregate and home-delivered meals
- Caregiver Supports include the National Family Caregiver Support program
- Supportive services
- Long-term care ombudsman program
- Elder abuse prevention
- Evidence-Based Health Promotion programs

This year's theme for Older Americans Month is "Flip the Script on Aging" The goal is to change the narrative about aging. Instead of thinking about aging as a limitation we should think of how the possibilities of what we can do is limitless. Remembering that as we age we can remain connected and engaged with others. For some people this could be by staying active through being involved in the community in a way that fits our interests. For others it may be about concentrating on how to maximize health and well-being.

Remember, we are all aging and are just in different stages of the process. This year let's try to use more positive language when talking about people and aging. For example use more neutral phrases like, older adults, older populations. Avoid certain types of phrasing such as elderly, senior, senior citizen or boomer. As we think about the language we use we want to be thoughtful how we talk.

For more information on Older Americans Act programs contact the ADRC of Eagle Country-Richland County office at 608-647-4616, or stop into the office located at 221 West Seminary Street, Richland Center.



DAVID BOWIE

Aging is an extraordinary process where you become the person you always should have been.

seniorplanet.org

FAMILY & FRIENDS RECIPE TO TRY



Prep Time: 20 minutes **Cook Time:** 15 minutes **Yield:** 4 servings
All Recipes Pantry Chicken Casserole



Ingredients:

- cooking spray
- 1 (16 ounce) package penne pasta
- 4 tablespoons unsalted butter
- 1 large onion, chopped
- 1 green bell pepper seeded, and finely chopped
- 1 (8 ounce) package sliced fresh mushrooms
- 3 cloves garlic, minced
- 2 (8 ounce) packages processed cheese food (such as Velveeta), cubed
- 1 (14.5 ounce) can diced tomatoes, undrained
- 1 (10 ounce) can diced tomatoes and green chilies (such as Rotel), undrained
- 1 (4 ounce) can mild chopped green chili peppers
- 4 cups cooked chicken, cut into bite-sized pieces

Directions:

1. Preheat the oven to 350 degrees F (175 degrees C). Coat a 9x13-inch casserole dish with cooking spray.

2. Fill a large pot of lightly salted water and bring to a roiling boil. Stir in penne and return to a boil. Cook pasta uncovered, stirring occasionally, until tender yet firm to the bite, about 11 minutes; drain.
3. While pasta is cooking, melt butter in a large skillet over medium heat. Add onion and bell pepper; cook, stirring occasionally, until tender, about 5 minutes. Add mushrooms; cook until their liquid is released, about 5 minutes. Add garlic and cook, stirring occasionally, until fragrant, about 1 minute.
4. Stir in cheese, diced tomatoes with juice, diced tomatoes and green chilies with juice, and chili peppers; cook and stir until cheese melted, 5 to 10 minutes. Remove from heat; stir in cooked pasta and chicken then pour into the prepared baking dish.
5. Bake in the preheated oven until heated through, about 20 minutes. Serve warm.



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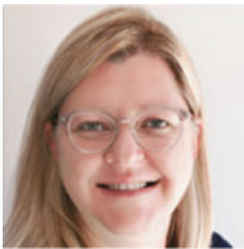


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DCS CORNER



Greetings!

While I am not new, I would like to introduce myself. I am Pam Kul-Berg, one of the Dementia Care Specialist for the ADRC of Eagle Country. I serve Crawford and Richland Counties. But what does that mean?

Who do I work with?

- People who want to learn more about their brain and how to take care of it, such as how to “boost their brain and memory,”
- Folks who are struggling with one of the many diseases that cause cognitive decline
- Caregivers or those who help individuals with cognitive decline take care of themselves,
- Businesses and organizations that are interested in making their services more accessible to customers and community members experiencing cognitive decline.

Our brain affects so much of what we do and how we do it, for example:

- How we communicate,
- How we relate to the people in our world,
- How we make sense of (perceive) what we see, hear and feel.

Our brains affect the choices we make at any given moment, and how we respond to events and experiences unfolding around us. I ask the people that I talk with to consider how we might make all that easier for those we love as well as ourselves. The goal of this question is to consider how to make the job of a caregiver less stressful or less emotionally taxing.

I can offer:

- Resources, such as respite, or ideas for devices that help;
- Vetted websites with trusted information;
- Classes in how to communicate or how to use your brain better;
- One-on-one consultation on how you might understand taking care of someone with Dementia;
- Support groups which allow caregivers (or people living with a form of memory impairment) to connect with others and realize that they are not alone;
- Training to businesses or any other group that might value learning how to interact with the growing number of people that have a medical condition that we call “dementia”, or a different condition called “mild cognitive impairment” (MCI).

If you would like to meet with me, or join one of my classes, or request a presentation to a group, you can start by calling the ADRC (at 877-794-2372) to get a hold of me or get on the waitlist for one of my classes. And continue to read this new article in your local ADRC Newsletter, it’s good for your brain!

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.

TORNADO AND SEVERE WEATHER PREPAREDNESS

The snow has melted and the trees are turning green, which means it's time to review safety plans to be ready when severe weather hits. Wisconsin averages 23 tornadoes per year, with most occurring between May and August. Last year, there were 45 confirmed tornadoes in Wisconsin, the third highest in state history!

Other hazards of spring and summer weather are powerful, straight-line thunderstorm winds that can exceed 60 mph and large hail. Wisconsin gets a few storms that generate hurricane-force winds of at least 75 mph. The National Weather Service issues Severe Thunderstorm Warnings for wind events and for storms with hail of at least 1 inch in diameter.

Wisconsin Emergency Management recommends having a plan for what to do in case of severe weather. When a thunderstorm or tornado watch has been issued, pick a reliable source of information and keep in touch with it until the threat of severe weather has passed. One of the best tools is a [weather radio](#).

When you hear there is a tornado warning, find shelter immediately. If you are at home, or in a building, move to a space you have chosen, such as a basement, and get under a sturdy table or the stairs. If you do not have a basement, move to a small interior room or hallway on the lowest floor and get under a sturdy table or desk or cover yourself with blankets or pillows. Stay away from windows and put as many walls as possible between you and the storm. If in a mobile home or caught outdoors, seek shelter in a sturdy building. If you cannot walk to a shelter, get into a vehicle, buckle your seatbelt, and drive to the closest sturdy shelter. If debris starts flying while you are driving, pull over and park. Either stay in the vehicle with your seatbelt on and place your head below the windows, or, if you can safely get to a point that's noticeably lower than the roadway, get out of the vehicle and lie in that area, covering your head with your hands. Do not seek shelter under an overpass. You can read more about severe weather safety and emergency preparedness at the following links:

▷ [Climate and Health: Severe Storm Safety](#) ▷ [ReadyWisconsin](#) ▷ [Ready.gov](#) r

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MAY

Meals on Wheels & Dining Site Menu:
 Germantown, Richland Center, Rockbridge

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

RESERVATIONS REQUIRED AT ALL LOCATIONS by 12:00pm the business day prior.

Richland Center: 608-647-2323

Germantown: 608-983-2798

Rockbridge: 608-649-3900

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

5	Hamburger Steak Mashed Potatoes Mushroom Gravy Broccoli Florets Whole Wheat Bread	6	Grilled Brat with Bun Baked Beans Potato Salad Fresh Fruit Cup	7	Chicken Salad Sandwich Cold Pasta Salad Pears	8	Pork Cutlet Sweet Potatoes California Blend Mixed Fruit Whole Wheat Bread	9	Tuna Casserole Baby Carrots Peaches
12	Goulash with Beans Tossed Salad w/Dressing Creamed Corn	13	Grilled Chicken Breast Rice Pilaf Peas & Carrots Lemon Bar	14	Cube Steak with Diced Tomatoes Oven Roasted Potatoes Green Beans Frosted Carrot Cake Whole Wheat Bread	15	Liver & Onions Cheesy Hash browns Italian Blend Vegetables Tropical Fruit Whole Wheat Bread	16	Catch of the Day Baked Potato w/Sour Crm. Creamed Peas Coleslaw Whole Wheat Bread
19	Turkey Tetrazzini Broccoli and Carrots Fruit Salad	20	Lasagna French Cut Green Beans Garlic Toast	21	Roast Beef Mashed Potatoes & Gravy California Blend Vegetables Frosted BB Brownie Whole Wheat Bread	22	Kielbasa Sauerkraut Creamed Baby Potatoes Beets Whole Wheat Bread	23	Chicken Casserole Pinto Beans Warm Cinn. Apple Slices
26	Dining Sites Closed No Meals on Wheels Memorial Day	27	Baked Chicken Dressing Gravy Baby Carrots Cranberries	28	Pork Loin Scalloped Potatoes California Blend Vegetables Apple Crisp w/Whipped Topping Whole Wheat Bread	29	Hamburger Stroganoff Peas and Carrots Fruit Cocktail	30	Catch of the Day Roasted Potatoes Three Bean Salad Whole Wheat Bread

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
4	5 9:30-11:30- <u>Play Bingo for Prizes</u> 12:30- <u>Phase "10", 5 Crowns, or Canasta</u>	6 9:30- <u>Sheepshead</u> 1:00- <u>Euchre Tournament</u>	7 9:30- <u>Haase</u> 9:45- <u>Gentle Chair Yoga</u> 12:30- <u>Pinochle</u>	8 9:30- <u>Deer in the Headlights, or Rummikub</u> 12:30- <u>Your Choice Game</u>	9 12:30- <u>Haase</u>	10 CLOSED
11	12 9:30-11:30- <u>Play Bingo for Prizes</u> 12:30- <u>Sheepshead, 5 Crowns,</u>	13 9:30- <u>Sheepshead</u> 1:00- <u>Euchre Tournament</u>	14 9:30- <u>Haase</u> 9:45- <u>Gentle Chair Yoga</u> 12:30- <u>Pinochle</u>	15 10:00- <u>Richland Area Senior Citizen Potluck</u> 2:00- <u>Your Choice Game</u>	16 12:30- <u>Haase</u>	17 CLOSED
18	19 9:30-11:30- <u>Play Bingo for Prizes</u> 12:30- <u>Canasta, Phase "10", Sheepshead</u>	20 9:30- <u>Sheepshead</u> 1:00- <u>Euchre Tournament</u>	21 9:30- <u>Haase</u> 9:45- <u>Gentle Chair Yoga</u> 12:30- <u>Pinochle</u>	22 9:15- <u>Movie on the Big Screen</u> 12:30- <u>Bingo with Senior Solutions</u>	23 12:30- <u>Haase</u>	24 CLOSED
25	26 CLOSED FOR MEMORIAL DAY	27 9:30- <u>Sheepshead</u> 1:00- <u>Euchre Tournament</u>	28 9:30- <u>Haase</u> 9:45- <u>Gentle Chair Yoga</u> 12:30- <u>Pinochle</u>	29 9:30- <u>Rummikub</u> 12:30- <u>Any Game</u>	30 12:30- <u>Haase</u>	31 CLOSED

MAY IS NATIONAL FOSTER CARE APPRECIATION MONTH

May is National Foster Care Appreciation month! The need for foster and respite homes is growing in our rural community.

Why Foster Care?

Foster and respite homes are essential for children and their families when a child welfare professional determines a home is unsafe for the child to remain living in. The primary goal of foster care is to provide a temporary home in the child's community while the parents work to eliminate safety threats in order for the children to return home. In some circumstances, reunification can be unsuccessful and guardianship or adoption will be explored as permanent placement options for the child. Children in foster care can live with relatives, like-kin, and non-relative foster homes, but everyone has the opportunity to be a foster home!

What is Respite?

Respite care is providing "a break" for families. Respite care is essential for families (biological or foster) to develop a healthy relationship with each other. Respite can also be used to provide families supports in order for the children to remain in home or during transitions. If you are unavailable to be a full-time foster parent, it is equally as rewarding to provide respite for families. Providing respite is based on your personal schedule and allows for flexibility.

What Supports are Offered to Foster Parents?

As a foster parent, you have many supports available to you. Foster parents work with the child's social worker and receive reimbursement for some costs associated to the child and/or placement. Foster parents can talk to the child's social worker about respite care as well.

What are the Responsibilities as a Foster Parents?

The main goal as a foster parent is to be a caring and influential home for the child. Foster parents must work with the child's social worker to keep the child connected with their biological family. Foster parents receive education regarding parenting methods for children who have experienced trauma and other tools to help children cope with the world around them. Ultimately, foster parents must ensure the child remains safe and advocate for the child. You may be expected to work with the child's school, day care, social worker, service professionals, parents, siblings, and extended family members to meet the child's needs.

How Can I Become a Foster Parent?

If you are interested in becoming a foster care or respite care provider, visit <https://dcf.wisconsin.gov/map/fostercare> to find the Foster Care Coordinator in your county. If you reside in Richland County, contact Jessica Tisdale via email, Jessica.tisdale@co.richland.wi.us, or phone, 608-604-5708. The Foster Care Coordinator will have information regarding licensure and resources for becoming a provider. Questions are always welcome!



Bring the Whole Family!

Celebrate the Older Americans Acts
60th Anniversary by
"Flipping the Script on Aging"



60th

Thursday, May 22nd

Join us for a fun intergenerational event
Individuals over 60 and under 11 are free

Sign-in and same day
registration 4:30 pm

*First 50 people over 60 or under 11 receive
a free shirt if Pre-Registered by May 2nd

Starting and ending at
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\$10 Register by May 2nd
\$15 Register after May 2nd

Shirts only guaranteed if
pre-registered by May 2nd



REGISTER now by contacting
Symons Recreation Complex
608-647-8522

What To Expect?

- 3K Walk
- 5K Run
- Free day of use of Symons Recreation Complex
- Refreshments and Food (Food at your own expense)



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TICK FREE—RC

Did you know that May is Lyme Disease Awareness Month? In Wisconsin, there are three types of tick that can spread disease and they include the deer tick, wood tick, and the lone star tick. Nearly all illnesses spread by ticks in WI are from the deer tick. Ticks feed on blood of humans or animals, and their saliva can contain germs which can transmit disease. The longer that a tick is attached, the more chance of spreading disease, making tick removal an important prevention measure.

Tick Bite Prevention

The following tick bite prevention measures can be utilized this Spring/Summer, especially if you spend time outdoors:

- **Wear the right clothing:** Wear a long-sleeve shirt, pants, and tall socks while outdoors. Tucking your pant legs into your socks can provide extra protection, making it more difficult for ticks to climb onto your skin. Wearing light-colored clothing can make it easier to see ticks crawling on you.
- **Use bug spray:** Use insect repellent with 20% or more DEET on exposed skin and clothing.
- **Perform daily tick checks:** Check your entire body for ticks after being outdoors, even if you were only in your yard.
- **Take a shower:** Take a shower or bath within two hours after coming indoors. This can help you find and wash off any ticks on your body.
- **Prevent ticks on your animals:** Check your pets for ticks daily if they spend time outdoors and talk to a veterinarian about the correct tick preventative for your pet.

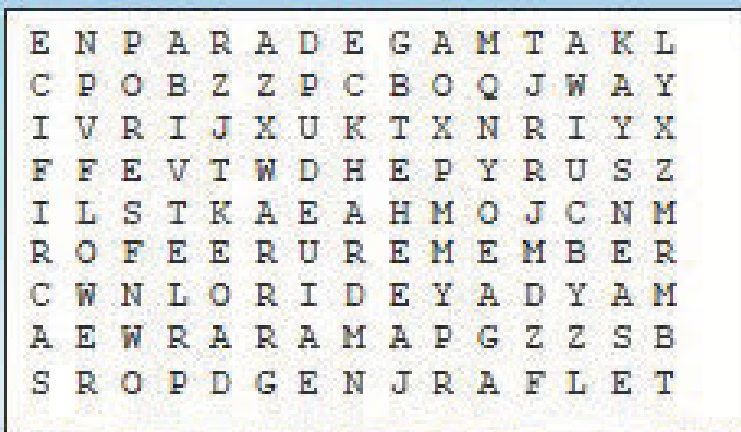
Tick Bite Removal

Ticks are very small, and depending on their life stage, could be as small as a poppy seed, making them difficult to spot. If you do find a tick that is imbedded in your skin, it is important to:

- Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible
- Pull upward with steady, even pressure, avoid twisting or jerking
- Clean the bite area and your hands with rubbing alcohol, iodine scrub, or soap and water
- Call your doctor if you get a fever or rash following a tick bite

If mouthparts remain in the skin after removing most of the tick, leave them alone, as attempting to remove them may result in infection. The mouth parts will likely fall out in a few days. Some common removal methods to avoid include using heat to remove the tick, petroleum jelly, and/or nail polish. It is best to remove the tick as soon as possible.

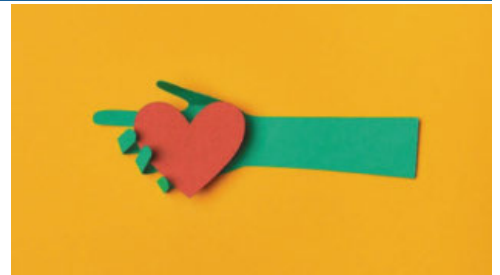
For more information on fighting the bite this year, visit <https://www.dhs.wisconsin.gov/fight-bite/index.htm>



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VETERANS

CAN KINDNESS IMPROVE OUR HEALTH?

Many studies have shown that acts of kindness, such as helping out a neighbor or volunteering for a community organization, can improve our sense of happiness and well-being. Lately, we are beginning to recognize that acts of kindness can improve our physical health as well.



One recent experiment found that adults age 60 and over who spent 15 hours a week mentoring underprivileged elementary school children actually saw improvements in their brain health. It may be that volunteering helps lower stress levels. Stress can play a role in controlling blood pressure, cholesterol levels, and risks of cardiovascular disease.

Volunteering has also been associated with lower levels of physical pain and better balance and physical stamina overall. Making the effort to help others also helps keep you physically active and may help you and others overcome feelings of social isolation. And what better way to get exercise than to get out and lend a hand in your community?

As we celebrate Older Americans Act Month and work to “Flip the Script on Aging” performing acts of kindness is the perfect way to start. It can shift how we view older adults and improve society’s perception of aging.

(Courtesy of the GWAAR Legal Services Team)

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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 May

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 May

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 May

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

Monday, May 12th

Welcome to Medicare: The Aging and Disability Resource Center of Eagle Country, Richland office, is offering a free seminar to Richland County residents interested in learning more about Medicare. Rose Welsh, Richland County Elder Benefit Specialist, will help you learn about choices you may want to consider and decisions you need to make when you use Medicare. Make reservations by calling the ADRC at 608-647-4616 at least five days in advance of the seminar. If the seminar is full, you can sign up for a future date.

Thursday, May 22nd

The 3rd Annual Wellness Stride celebrating ADRC Month and Older Americans Month will start at 4:30 pm. Event will start and end at Symons Recreation Complex. Event is free for those under 11 and over 60. Cost is \$10 if pre-registered by May 2nd and \$15 if registered after May 2nd. For more information and to register contact Symons Recreation Complex at 608-647-8522.

Tuesday, May 27th

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.



spring things.