

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

June 15th is Elder Abuse Awareness Day

Each year, World Elder Abuse Awareness Day is recognized on June 15th. Creating awareness regarding Elder Abuse helps provide communities the opportunity to learn more about what Elder Abuse is and how to stop it.

Last year (2024) in Richland County there were a total of 222 referrals made to the Adult Protective Services worker. This is nearly double what it was in 2023. Types of abuse reported included:

- Financial Exploitation: the misuse, mishandling or exploitation of property, possessions or assets of adults at risk.
- Neglect: the failure of a caregiver to try to secure or maintain adequate care, services or supervision for an individual at risk
- Self-Neglect: behavior that threatens ones own health or safety which is manifested by failure to provide oneself with adequate food, water, clothing, shelter, personal hygiene, medication, medical treatment and safety precautions
- Physical and Emotional Abuse: physically abusive acts include hitting, kicking, shaking, and more. Emotional abuse has been defined as "the infliction of anguish, pain, or distress through verbal or nonverbal acts." Harassment, making threats, and intimidation are examples of emotional abuse.



Inside this Issue

Spotlight: Senior Farmer's Market	Pg 2
Advocacy Update	Pg 4
Meal site menu	Pg 6
Senior Center Calendar	Pg 7
Healthy Living	Pg 8
Summer Heat and Sun Safety	Pg 10



SPOTLIGHT ON: SENIOR FARMER'S MARKET VOUCHERS

What is the Senior Farmers' Market Nutrition Program (SFMNP)?

The SFMNP offers eligible low-income seniors the opportunity to purchase fresh, locally grown fruits, vegetables and herbs from certified farmers. The goals of the SFMNP are:

- To provide fresh, nutritious, unprepared fruits, vegetables and herbs from farmers' markets and roadside stands to low-income seniors, and
- To increase the consumption of agricultural commodities by expanding the use of farmers' markets and roadside stands.

Who is Eligible? An eligible person is a Richland County resident, age 60 or older (or a Native American age 55 years or older), and meets the income requirements – individual \$2,413/month; couple \$3,261/month. *Applicants may be required to provide proof of age and household income.*

How Does the Program Work? Enrolled seniors will receive vouchers worth \$25 per qualifying individual. These vouchers may be used to purchase locally grown fresh fruits, vegetables and herbs at approved farmers' markets or roadside stands. These vouchers are good until October 31, 2025.

How Do I Get These Vouchers? Vouchers will be distributed on set dates, times and locations during the month of June. On distribution dates, please be prepared to wait, there is a limited number of vouchers for each distribution date. Vouchers will be distributed on a first come, first served basis. After the last date listed in June, any remaining vouchers can be given as a walk-in to the ADRC.

PLEASE NOTE: Vouchers cannot be given out until AFTER June 1, 2025.

How Do I Get Vouchers If I Can't Come to pick them up? If you are homebound, or unable to get to a distribution site, you may assign an Authorized Representative (or Proxy) on your behalf. Contact ADRC of Richland County at 608-647-4616 and ask to speak with Tanya for more information.

Need Transportation? For information on riding the bus into Richland Center call 608-647-4616.

Questions: Contact Tanya at the ADRC of Richland County at 608-647-4616 or by email tanya.webster@co.richland.wi.us with Senior Farmer's Market in the subject line.

Senior Farmers' Market Voucher Distribution Schedule 2025

Richland Center	Monday, June 2	10:00 a.m. to 11:00 a.m.	Community Services Building Conference Room A/B 221 W. Seminary St., Richland Center
Richland Center	Thursday, June 5	10:00 a.m. to 11:00 a.m.	Ridgeview Commons Apartments Basement/Lower-Level Commons Area 975 W. Seminary St., Richland Center
Richland Center	Monday, June 9	10:00 a.m. to 11:00 a.m.	Richland Hills Apartments 701 W. Seminary St., Richland Center
Richland Center	Wednesday, June 18	12:30 p.m. to 1:30 p.m.	Farmers Market Large grassy area on the corner of Orange and Court Streets, across from Center Pharmacy
Richland Center	Thursday, June 19	10:00 a.m. to 11:00 a.m.	Tom Woodman Villa 1701 Woodland Circle, Richland Center
Richland Center	Thursday, June 19	11:45 a.m. to 12:45 p.m.	Woodman Senior Ctr./Richland Ctr. Meal Site 1050 N. Orange St., Richland Center
Cazenovia	Wednesday, June 25	10:15 a.m. to 11:15 a.m.	Lloyd/Willow Community Center 31401 Community St., Cazenovia

FAMILY & FRIENDS RECIPE TO TRY



Prep Time: 20 minutes **Cook Time:** 30 minutes **Yield:** 16 servings
Taste of Home Chicken Ranch Burgers

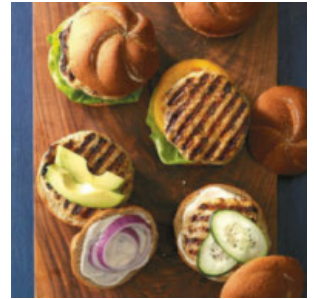


Ingredients:

- 3/4 cup ranch dressing
- 3/4 cup panko bread crumbs
- 3/4 cup grated parmesan cheese
- 3 tbsp Worcestershire sauce
- 3 clove garlic, minced
- 3 tsps pepper
- 4 lbs ground chicken
- 3 tsps olive oil
- 16 hamburger buns, split
- Toppings: tomato slices, lettuce, sliced red onion, sliced cucumber, slice avocado

Directions:

1. In a large bowl, mix the first 6 ingredients. Add chicken; mix lightly but thoroughly. Shape into sixteen 1/2 inch thick patties. Brush both sides with oil, refrigerate, covered for 15 minutes to allow patties to firm up.
2. Grill burgers, covered, over medium heat for 5-6 minutes on each side until a thermometer reads 165 degrees. Serve on buns with desired toppings.



(recipe courtesy of www.tasteofhome.com)

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ADVOCACY IN ACTION

On May 13th ADRC's, other service organizations and community members attended Aging Advocacy Day at the Capitol. It was a day of education and meeting with the legislators that serve our county to educate them regarding the needs of individuals who are aging in Richland County.

Over 250 people from across the state met with their individual legislators and/or their staff to discuss numerous topics. These topics included:

- Increased funding for the Home Delivered Meal program. This program has been significantly underfunded for many years. Attendees were able to discuss how the current funding limits the level of service we are able to provide to people who need the program. In Richland County due to funding limitations we are unable to provide hot, home delivered meals throughout the county. Increased funding could help the program in providing more services throughout the county. This would help individuals remain in their homes longer.
- Invest in funding for ADRC's. ADRC's have only seen one increase in funding since their inception in 1998. In Richland County over 30% of the population is over 60 and 10% have disabilities. Investing in the ADRC network will help all ADRC's offer reliable information and support to positively affect the quality of life for community members through helping them age in place.
- In-home direct care workforce support. This funding would help support the training, recruitment and retention of direct care professionals. It would increase the Medicaid rate for in home services, create a state certification process for in-home caregiver training and create an earned income disregard program to address fiscal cliffs for direct care workers when applying for benefits.
- Increased funding for Health Promotion/Falls Prevention programs. Wisconsin ranks highest in the nation for our rate of deadly falls. In 2021-2023 5,287 deaths in Wisconsin were related to falls. Funding will help to raise awareness, identify people at high risk, support local falls prevention programs and more.



As legislators work on the next budget it is important for them to hear from their constituents. The ADRC has information regarding how to contact your legislators. For more information call the ADRC at 608-647-4616 or stop into the office located at 221 West Seminary Street, Richland Center, WI 53581.

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.

THE DONKEYS ARE OUT AND ABOUT

Volunteering comes in many shapes and forms. One thing to remember is to volunteer doing something you are truly passionate about. One local resident, Sandra Kramer does just that. Sandra is the proud owner, or better yet “donkey mom,” to Miss Purdy and Nestor. These two miniature donkeys spread cheer every place they go. They have made appearances in local parades, at local long term care facilities, and more.

They are excited to get back out there this year and will be at the following places over the next few months:

- May 26th Memorial Day Parade
- May 30th Harvest Guest Home
- June 6th Sauk County Health Care Center-Reedsburg
- June 13th Schmitt Woodland Hills
- June 20th Pine Valley Community Village
- June 27th Our House Senior Living

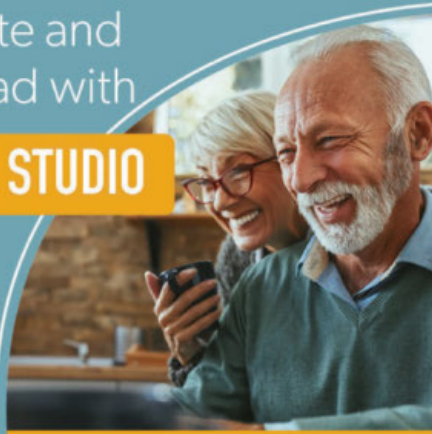


All visits begin at 10:00 am pending weather and military funerals. Come out and visit with the residents, staff and of course Miss Purdy and Nestor! You won't be disappointed.

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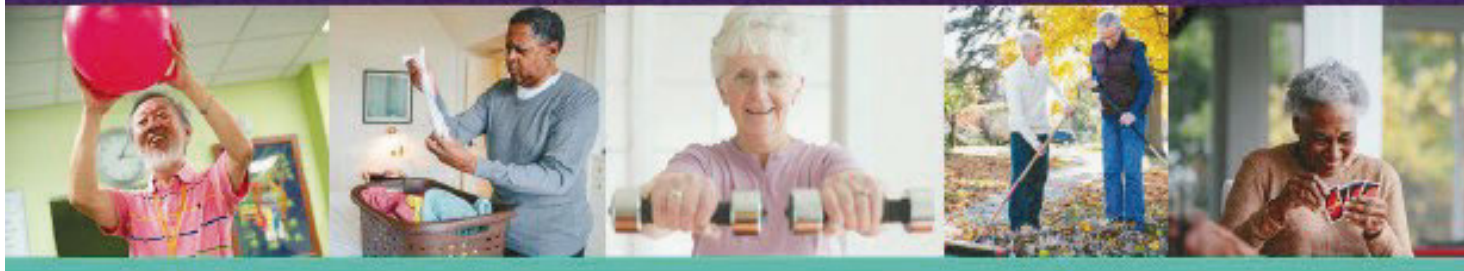


WOODMAN SENIOR CENTER
1050 N. ORANGE ST., RICHLAND CENTER, WI 647-8108 EXT. 3
HOURS: MONDAY THRU FRIDAY 8:00-4:30
June 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 CLOSED	<u>2 9:30-11:30-Play Bingo for Prizes</u> <u>12:30-Phase "10" or Sheepshead</u>	<u>3 9:30-Sheepshead</u> <u>1:00-Euchre Tournament</u>	<u>4 9:30-Haase</u> <u>9:45-Gentle Chair Yoga</u> <u>12:30-Pinochle</u>	<u>5 8:00-10:00- Community Coffee Club</u> <u>9:30-Anv Game</u> <u>12:30-Canasta, or Your Choice</u>	<u>6 12:30-Haase</u>	<u>7</u> CLOSED
8 CLOSED	<u>9 9:30-11:30-Play Bingo for Prizes</u> <u>12:30-5 Crowns or Phase "10"</u>	<u>10 9:30-Sheepshead</u> <u>1:00-Euchre Tournament</u>	<u>11 9:30-Haase</u> <u>9:45-Gentle Chair Yoga</u> <u>12:30-Pinochle</u>	<u>12 9:00-Bus Leaves For Diamond Jo Casino</u>	<u>13 12:30-Haase</u>	<u>14</u> CLOSED
15 CLOSED	<u>16 9:30-11:30-Play Bingo for Prizes</u> <u>12:30-Sheepshead or Phase "10"</u>	<u>17 9:30-Sheepshead</u> <u>1:00-Euchre Tournament</u>	<u>18 9:30-Haase</u> <u>9:45-Gentle Chair Yoga</u> <u>12:30-Pinochle</u>	<u>19 10:00-Richland Area Senior Citizen Potluck</u> <u>1:30-Your Choice Game</u>	<u>20 12:30-Haase</u>	<u>21</u> CLOSED
22 CLOSED	<u>23 9:30-11:30-Play Bingo for Prizes</u> <u>12:30-Phase "10" or 5 Crowns</u>	<u>24 9:30-Sheepshead</u> <u>1:00-Euchre Tournament</u>	<u>25 9:30-Haase</u> <u>9:45-Gentle Chair Yoga</u> <u>12:30-Pinochle</u> <u>5:30-6:30- Compassionate Friends with Senior Solutions</u>	<u>26 8:00-Breakfast by Our House</u> <u>9:30-Mexican Train</u> <u>10:00-Caregivers Support Group</u> <u>12:30-Rumikub or Your Choice</u>	<u>27 12:30-Haase</u>	<u>28</u> <u>1:00-Euchre Tournament to Raise Money for Kids Scholarships for Summer Programs</u>
29 CLOSED	<u>30 9:30-11:30-Play Bingo for Prizes</u> <u>12:30-5 Crowns or Phase "10"</u>					

Join Us

Healthy Living for Your Brain and Body



"Is there anything I can do to reduce my risk of developing dementia? How much do lifestyle choices matter?"

For centuries, we've known that the health of the brain and the body are connected. Join us to:

- Identify how certain behaviors affect our brains and bodies
- List strategies for healthy decision-making regarding:
 - Sleep
 - Smoking
 - Mental health
 - Cognitive activity.
 - Physical health and exercise.
 - Diet and nutrition.
 - Social engagement.

Join us for this free program in partnership with the Aging and Disability Resource Center



Location: RC Taco

Date: June 18th, 2025

Time: 4-6 p.m.

Reserve your free seat and free dinner by calling Virginia Zerpa at 414.431.8811

Designed for a general audience (those living with dementia, caregivers, community members, neighbors or friends) or groups interested in healthy aging.

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STAYING UP-TO-DATE WITH BENEFIT NEWS

People have recently experienced unexpected challenges coordinating Social Security benefits. This is due to changes to their fraud protection protocols, bank account protocols, identity verification and communication preferences. These changes could affect how you receive your benefits and how you work with the Social Security Administration (SSA).

Anytime there is a change to the benefits you rely on, it could cause anxiety and frustration. Being informed about changes to your benefits is essential, but ensuring you get the correct and most up-to-date information is just as important. With access to social media and multiple sources of information it's critical to assess the validity of the information you receive. Getting information from the source may be the best way to ensure you get correct information and ease the frustration of sorting through incorrect information.

The best source for information is on SSA's website. Visiting [SSA's Communication Corner](#) will allow you to read the official press releases and current news affecting SSA and your benefits. While SSA has been a hot topic lately, staying up to date with your benefits is essential. When you know about current changes to your benefits, you can be better prepared and avoid interruptions to your benefits.

You can find up-to-date information about Medicare and

Medicaid using a few resources. The Centers for Medicare and Medicaid Services (CMS) provides up-to-date information about news and changes to the programs they support. The Wisconsin Department of Health Services (DHS) offers news for Members of Wisconsin Medicaid. The DHS is also an excellent source for general information about the benefits you may be eligible for or are already enrolled in.

Other programs, like FoodShare and the U.S. Department of Housing and Urban Development (HUD), also offer up-to-date news to help you stay informed.

As things are quickly changing, it's hard not to become anxious about changes to the programs you depend on. To help ease this uncertainty, finding the most up-to-date information from a reliable source is essential. The best practice is to go straight to the source and visit the newsrooms of the programs you seek information about. Many of these resources also have email lists that you can sign up for. This will send the news directly to your inbox, making staying current on updates and news easy and convenient. If internet access is limited, visit a local library and ask for help accessing the above sources.

You can also call the ADRC for more information at 608-647-4616. (courtesy of GWAAR)



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

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SUMMER HEAT AND SUN SAFETY

As we start to spend more time outside, it is crucial to be summer ready! Wisconsin Department of Health Services (DHS) defines “Heat-Related Illness” as a group of physical symptoms caused by the body's inability to compensate for high temperatures and humidity, leading to an inability to properly cool, which are dangerous especially to the senior community and to children. Below are recommendations from Wisconsin DHS to spot different heat-related conditions and how to respond:



Sunburn

Sunburns can be seen as painful, red, and warm skin with blistering in effected areas. If you or someone you know experience a sunburn, try to stay out of the sun until your sunburn heals and put cool cloths on sunburned areas or take a cool bath. Do not break any blisters that develop from your sunburn and seek medical attention for severe burns, symptoms of infection, or if the sunburn does not improve.



Heat Rash

Heat rashes consist of red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases). If you notice signs of a heat rash, stay in a cool and dry place, keep the rash dry, and seek medical attention if the rash does not improve.

Heat Cramps

Heat cramps happen after heavy sweating during intense exercise and physical activity in the heat, with muscle pain or spasms occurring. If you start to notice these signs in yourself or others, stop physical activity and move to a cool place, drink water or a sports drink, and wait for cramps to go away before continuing physical activity. Get medical help right away if cramps last for more than one hour, you're on a low-sodium diet, or if you have heart problems.



Heat Exhaustion

Heat exhaustion can also be seen with heavy sweating, cold and pale clammy skin, a fast and weak pulse, nausea or vomiting, muscle cramps, tiredness or weakness, dizziness, headache, and/or fainting from the heat. If you see these signs in yourself or others, move to a cool place, loosen your clothes, put cool and wet cloths on your body or take a cool bath, and sip water. Get medical help right away if you are throwing up, your symptoms get worse, and/or if your symptoms last longer than one hour.



Heat Stroke

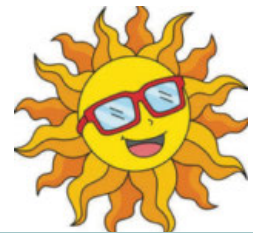
Heat stroke occurs when high body temperature (103 degrees F or higher), hot, red, dry, or damp skin, a fast and strong pulse, headache, dizziness, nausea, confusion, and even losing consciousness are experienced because of the heat. Call 911 right away (heat stroke is a medical emergency), move person or yourself to a cooler place, lower body temperature with cool cloths or a cool bath, and DO NOT ingest liquids or give the person anything to drink if signs of a heat stroke are observed.



Summer Word Search

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

BEES
 CAMP
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Produced in conjunction with the Aging and
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Richland Center Office



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ISSUE: JUNE 2025

Upcoming Area Events:

Mondays in June

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 June

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 Farmer’s Market will be held each Wednesday at from 1:30-5:30 at the corner of Court and Orange Streets.

Wednesday, June 4th

The Richland County Care Coalition is offering a free Power of Attorney for Healthcare creation clinic on Wednesday, June 4th at the Richland Center Community Center from 4:00 pm– 6:00 pm. Volunteers will be on hand to assist individuals with creating or updating their Power of Attorney for Healthcare forms. For a reservation, or for more information, contact the ADRC at 608-647-4616.

Monday, June 9th

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, June 24th

The ADRC of Eagle Country, Richland County office offers the monthly Richland Center Caregiver Support Group. This group offers caregivers 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.

