

Family

FREE

and

Friends

MARCH

2026



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

March is National Nutrition Month! “Discover the Power of Nutrition”

National Nutrition month has been celebrated since 1973 and is used as a way to encourage people across America to focus their efforts on making informed, good food choices, creating good eating habits, and encouraging physical activity.

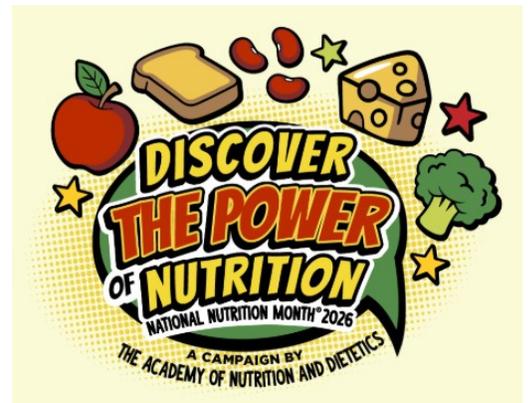
This year's theme is **"Discover the Power of Nutrition."** Nutrition has the power to help individuals and communities thrive. Discover how food and beverage choices can help power your day. Learn tips for accessing healthy foods in your area. And build healthy habits into your day to help you feel great now and in the future.

Part of building healthy habits can be obtained by preparing foods at home. For many of us we don't have time to plan meals so having a well stocked pantry can help in ensuring you are able to make a quick, healthy, economical meal. It is good to have the following items on hand to achieve this:

- Dried/canned beans, peas and lentils
- Canned sodium free vegetables like tomatoes, peas, green beans
- Whole grains
- Canned fish or chicken
- Olive oil
- Dried herbs and spices
- Whole wheat pasta
- Eggs, sour cream, milk
- Low sodium broths

Frozen Foods

- Vegetables and fruit
- Frozen poultry/seafood
- Whole wheat pizza dough



Having these items means you can make up a quick meal that is healthy and tastes good.

(Source: eatright.org)



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SPOTLIGHT ON: RICHLAND COUNTY HEALTH AND HUMAN SERVICES: SOCIAL WORKERS

UPLIFT. DEFEND. TRANSFORM.

This year's Social Work Month theme highlights the true mission of Social Work; to "enhance human well-being, meet basic human needs of all people, and empower people who are vulnerable, oppressed and living in poverty." Social workers are able to uplift, defend and help promote positive changes in the lives of the people they work with.



Social Workers are on the frontlines working with people in their communities and advocating for systemic change to improve the lives of the people they work with. They provide these services without bias, related to political affiliation, race, gender, sexual orientation, age or disability.

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. These social workers pride themselves on providing needed services to members of our community.

The Social Work profession is guided by numerous ethical principles which are the foundational values that help to guide social workers in their practice. Some of these include:

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. "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. Social workers treat each person in a caring and respectful manner, mindful of individual differences and cultural diversity. They promote clients self-determination and seek to enhance clients' capacity and opportunity to change and to address their own needs.

Social Workers behave in a trustworthy manner. Social workers understand that relationships among people are an important vehicle for change. They engage people as partners in the helping process. Social Workers seek to strengthen relationships among people in a purposeful 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. Social workers are continually aware of the profession's mission, values, ethical principles, ethical standards and practice in a manner consistent with them. Social workers act honestly and responsibly with the goal to promote ethical practices on the part of the organizations with which they are affiliated.

(Source: <https://www.socialworkers.org>)

FAMILY & FRIENDS RECIPE TO TRY



Prep Time: 5 minutes Cook Time: 15 ,minutes Yield: 4 servings
Veggie Fried Rice



Ingredients:

- 2 eggs, lightly beaten
- 1 tablespoon water
- 1 teaspoon plus 3 tablespoons peanut or canola oil
- 2½ tablespoons low-sodium soy sauce
- 1 teaspoon sugar
- ½ inch ginger root, peeled and minced
- 2 medium onions, finely diced
- 1 cup carrots, finely diced
- 1 cup canned sliced water chestnuts
- ¾ teaspoon salt
- 1 teaspoon peanut or canola oil
- 2 to 3 scallions, finely sliced, divided
- 1 (10 ounce) bag green peas
- 2 cups cooked **brown rice**
- 2 to 3 large, shredded cabbage leaves
- 1 cup bean sprouts
- 2 tablespoons chopped cilantro (optional)



Directions:

1. Whisk eggs, water, and salt together in a small bowl. Heat 2 teaspoons of oil in a skillet over medium-high heat. Pour eggs into the pan. Tip the pan side-to-side to quickly spread the eggs into a thin omelet. When eggs have just set, slide onto a plate. Roll, cut into ¼-inch strips, and then cut across into a dice. Set aside.
 2. In a small bowl, mix sugar and soy sauce and stir until the sugar has dissolved. Set aside.
 3. Heat the remaining 3 tablespoons of oil in a wok or wide skillet over medium-high heat. Add minced ginger. Let it sizzle for a few minutes, add the onion, carrots, and water chestnuts. Stir fry until they start to soften.
 4. While onions and vegetables are cooking, heat 1 teaspoon oil in a small saucepan. Add half of the scallions, let sizzle for a second, then add frozen peas plus 2 teaspoons of water. Cover and cook until peas are tender. Set aside.
 5. Add diced eggs and soy sauce mixture to vegetables. Cook, stirring until well coated. Add cooked rice and stir. Add peas and scallions, with any water from the pot. Cook until rice is heated through.
 6. Add remaining ingredients, toss together until well mixed. Once cabbage wilts, check for seasoning and serve immediately.
- (courtesy of: www.cookforyourlife)

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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
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MARCH IS NATIONAL NUTRITION MONTH



Take a NOURISH Step!



March into Wellness: Overview of Type 1 and Type 2 Diabetes

Did you Know?

Type 1 is a lifelong autoimmune disease that prevents your pancreas from making insulin.

Type 2 is largely linked to insulin resistance & lifestyle changes can be powerful.

What is the difference between Type 1 and Type 2 Diabetes?

Type 1 Diabetes

- **Diagnosis:** Usually diagnosed in childhood, but this condition can present at any age.
- **How Insulin Is Affected:** In type 1 diabetes, the beta cells of the pancreas do not produce insulin, which leads to unhealthy blood sugar levels.
- **Cause:** An autoimmune condition that often appears early in life.
- **Management:**
 - Balanced eating patterns help normalize blood sugar levels, blood pressure, cholesterol, and body weight.
 - Insulin dosing is often required to manage blood sugar levels.
 - Work with care providers such as your doctor, dietitian, and diabetes educator to manage dietary patterns and insulin.



Type 2 Diabetes

- **Diagnosis:** Type 2 diabetes develops gradually. It is diagnosed using the following blood tests.
 - A1C of 6.5% or higher
 - Fasting plasma glucose test of 126 mg/dL or higher on two tests
 - Random blood sugar test of 200 mg/dL or higher
- **How Insulin is Affected:** The body isn't able to use insulin well, and eventually can't make enough of it.
- **Cause:** Genetics play a role, and the risk increases with age, extra weight, and low physical activity.
- **Management:** Requires reducing carbohydrate intake, reducing sugar intake, and eating 3 meals a day with fruits, vegetables, protein, and fiber.

Importance of Hydration

Dehydration raises glucose concentration in the blood, so be sure to hydrate throughout the day.

***NOURISH stands for: Nutrient-Rich Foods, Omega-3s & Healthy Fats, Understand, Recipes, Increase Protein & Fiber, Sugar & Sodium Awareness, and Hydrate.**



For more information visit: gwaar.org/nourishstep

GWAAR Nutrition Team. UW Health Interns Trinity Manzke & Molly Ross 3/2026

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 12:00 PM the day prior.

The suggested donation for those age 60 and older is \$4.00-\$6.00.



"Boost Your Brain & Memory" Class!

**Have you ever wondered if there were ways
to take care of your brain as you age?**

The Aging & Disability Resource Center of Eagle Country – Richland County office offers a 7 series adult education class on ways to "Boost Your Brain & Memory"

- Class 1: Orient to Class & Introduction
- Class 2: Physical Activity
- Class 3: Emotional Health
- Class 4: Cognitive Activity
- Class 5: Nutrition
- Class 6: Spiritual Activity
- Class 7: Social Engagement/ Review & Summary

Mondays April 6th – May 18th
2:30 pm – 4:00 pm
Richland Center Community Center
1050 N Orange Street, Richland Center
To register, contact Pam at 608-548-3954



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All Meals include White or Low-Fat Chocolate Milk. Lactose Free available by Request.

March 2026

Richland County Senior Dining

Monday	Tuesday	Wednesday	Thursday	Friday
2 Hamburger Stroganoff Peas & Carrots 5 Cup Fruit Salad WW Roll	3 Cube Steak Stewed Tomatoes Roasted Potatoes Pears WW Roll	4 Goulash w/Beans Cream Corn French Bread Pineapple Tidbits	5 Roast Pork w/Gravy Mashed Potatoes Carrots Mandarin Oranges WW Roll	6 Fish Chowder Oyster Crackers Broccoli Cheese Sticks Apple Slices
9 Ground Round Steak w/Mushroom Gravy Mashed Potatoes Cut Green Beans Whole Fruit WW Roll	10 Ham, Broccoli, & Rice Casserole Baby Carrots Tropical Fruit WW Roll	11 BBQ Country Style Ribs Baked Sweet Potato Pinto Beans Mandarin Oranges	12 Tater Tot Casserole Lettuce Salad w/Dressing WW Roll Applesauce	13 Baked Cod w/Tarter Sauce Oven Roasted Potatoes Brussel Sprouts Mixed Fruit WW Roll
16 Chicken Cordon Bleu Rice Pilaf Cut Green Beans Fruit Cup WW Roll	17 Corn Beef Cabbage, Carrots Redskin Potatoes Rye Bread Pistachio Salad	18 Chicken Ala King w/Biscuit Mashed Potatoes Fruit Cocktail BB Brownie	19 Kielbasa w/Kraut Augratin Potatoes Baked Beans Peaches WW Roll	20 Tuna Casserole California Blend Veggies Apple Slaw Cookie
23 Spaghetti w/Meat Sauce Green & Wax Beans Mandarin Oranges Bread Stick	24 Grilled Chicken Breast w/Gravy Mashed Potatoes Broccoli Pears WW Roll	25 Baked Ham Scalloped Potatoes Baked Beans Pineapple Chunks WW Roll	26 Swiss Steak Mashed Potatoes w/Gravy Mixed Vegetables WW Roll Apple Crisp	27 Baked Cod w/Tarter Sauce Baked Sweet Potato Peas & Carrots Mixed Fruit WW Roll
30 Polish Sausage w/Kraut Lyonnaise Potatoes Calico Beans Plums WW Roll	31 Chicken Alfredo Pasta Broccoli Tropical Fruit Garlic Toast	<p><u>Richland County Meal Sites</u></p> <p>Germantown 608-983-2786/608-983-2798 Richland Center 608-647-2323 Rockbridge 608-649-3269/608-647-3900</p> <p>Reservation Required please call 1 business day prior.</p>		

All menu items are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact and thus cannot offer a substitution item.

***Menu subject to change without notice.
ADRC 608-647-4616.**



WOODMAN SENIOR CENTER
1050 N. ORANGE ST., RICHLAND CENTER, WI 647-8108 EXT. 3
HOURS: MONDAY THRU FRIDAY 8:00-4:30
March 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 CLOSED	2 9:30-11:30-Play <u>Bingo for Prizes</u> 12:30-5 Crowns or Phase "10"	3 9:30-Sheepshead 10:00-Remember Me AZ Support 1:00-Euchre Tournament	4 9:30-Haase 9:45-Gentle Chair Yoga 12:30-Pinochle	5 8:00-10:00- <u>Community Coffee</u> Club 9:15-Movie on the Big Screen 12:30-Any Game	6 12:30-Haase	7 CLOSED
8 CLOSED	9 9:30-11:30-Play <u>Bingo for Prizes</u> 12:30-Phase "10".5 Crowns.	10 9:30-Sheepshead 1:00-Euchre Tournament	11 9:30-Haase 9:45-Gentle Chair Yoga 12:30-Pinochle	12 8:00-Breakfast by <u>Our House</u> 9:15-Movie on the Big Screen 12:30-Your Choice Game	13 12:30-Haase	14 CLOSED
15 CLOSED	16 9:30-11:30-Play <u>Bingo for Prizes</u> 12:30-5 Crowns or Phase "10"	17 9:30-Sheepshead 1:00-Euchre Tournament	18 9:30-Haase 9:45-Gentle Chair Yoga 12:30-Pinochle	19 10:00-Richland Area Senior Citizen Potluck 2:00-Any Game	20 12:30-Haase	21 CLOSED
22 CLOSED	23 9:30-11:30-Play <u>Bingo for Prizes</u> 12:30-5 Crowns. or Phase "10" or Sheepshead	24 9:30-Sheepshead 10:00-Caregiver Sup- port 1:00-Euchre Tournament	25 9:30-Haase 9:45-Gentle Chair Yoga 12:30-Pinochle	26 9:00-Bus Leaves for the Diamond Jo Casino	27 12:30-Haase	28 CLOSED
29 CLOSED	30 9:30-11:30-Play <u>Bingo for Prizes</u> 12:30-Sheepshead. or Phase "10"	31 9:30-Sheepshead 1:00-Euchre Tournament				

MARCH IS NATIONAL SLEEP MONTH

Sleep Well, Live Better

Did you know 1 in 3 adults don't get enough sleep? According to the Centers for Disease Control and Prevention, about 35% of adults in the United States report getting less than 7 hours of sleep per night. The recommended amount of sleep for adults is between 7 and 9 hours. To emphasize the important connection between sleep and overall health, March 8th – 14th is Sleep Awareness Week! Sleep is essential for health and emotional wellbeing, and poor sleep can put your health at risk. Creating good sleep habits and following good sleep hygiene are the first steps to improving your sleep.



Poor Sleep and Potential Health Risks:

It is important to talk to your healthcare provider if you are having difficulty sleeping. Listed below are some risk factors caused by poor sleep.

Poor sleep may put you at risk for developing:

- Alzheimer's Disease
- Cardiovascular Disease
- High Blood Pressure
- Depression
- Diabetes

In addition, poor sleep can cause:

- Accidents
- Breathing Problems
- Memory and Cognitive Issues
- Stress
- Weight Gain

Improving Sleep Habits and Promoting Good Sleep Hygiene:

The good news is that there are many ways that you can take action to improve your sleep! The National Sleep Foundation highlights 6 small steps to improve your sleep:

1. **Light** - Spend time in bright light during the day.
2. **Exercise** - Aim for 30 minutes a day, 5 days a week.
3. **Mealtimes** - Eat at a consistent time day after day.
4. **Avoid** - Heavy meals, nicotine, caffeine, and alcohol before bed
5. **Wind down** - Use a consistent routine before bed.
6. **Environment** - Put devices away an hour before bed and sleep in a quiet, cool, dark environment.

Understanding the health risks caused by poor sleep, and what habits can help improve sleep duration and quality, can help you achieve the best night's sleep possible.

More information about sleep and National Sleep Awareness Week can be found on the National Sleep Foundation Website: <https://www.thensf.org/sleep-awareness-week/>

POWER OF ATTORNEY FOR HEALTH CARE CLINIC



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

If not, get free assistance on April 1, 2026 from 4:00 pm-6:00 pm at the Aging & Disability Resource Center, 221 West Seminary Street, Richland Center.

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



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

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1-800-963-0035

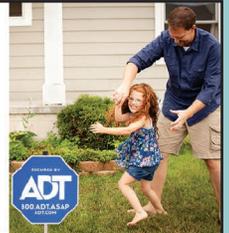
For more information on your long-term care options, contact your local ADRC.

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CAZENOVIA, WI 53924**

**THE 2ND WEDNESDAY
OF THE MONTH AT 11AM**

Introducing the Men's Shed, a program to improve the health, well-being, and social connections of men over 60 in Richland County

Join us each month for lunch, companionship, and a time to share your interests and skills

Call the ADRC at 608-647-4616 for more information and to register

***Free Transportation is available**

The Men's Shed is provided to you through a partnership between the ADRC of Eagle Country - Richland County office, the Willow Community Center, and the Richland County Land and Conservation Department.

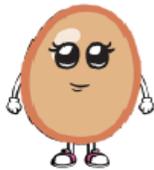
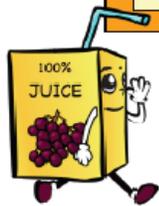




Healthy Breakfast 15 Word Search



F	G	B	O	A	T	M	E	A	L	C	M	D	H	T
K	T	F	S	R	S	O	Z	S	T	I	L	I	W	E
B	S	P	C	L	K	C	L	E	T	I	U	R	F	L
M	A	Y	K	E	E	E	N	I	V	W	L	X	P	E
U	O	Q	A	R	O	Y	G	G	N	C	D	R	E	M
S	T	V	E	Z	H	R	K	G	O	W	E	W	G	O
Z	V	A	Y	T	L	T	U	E	S	H	C	Q	N	S
D	L	N	L	L	L	T	K	V	M	S	I	Q	I	T
W	U	A	O	T	S	A	F	K	A	E	R	B	P	C
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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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ISSUE: MARCH 2026

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 Richland Center Winter Market is held each Wednesday from 12:00-4:00 at the Richland Center Community & Senior building.

Tuesday, March 10th

Forget Me Not, an ADRC Support Group, meets monthly from 10:30 –12:00. Forget Me Not is a support group of people curious about how to handle their memory issues while having a medical diagnosis with any form of early mild cognitive impairment. To register, or for more information, call Pam Kul-Berg at 608-548-3954.

Thursday, March 12th

Free tech help is available the 2nd Thursday of the month from 2:00-4:00 at the Lone Rock Community Library.

Monday, March 9th

Welcome to Medicare: The ADRC of Eagle Country, Richland office, offers a free seminar to residents interested in learning more about Medicare. Rose Welsh, Elder Benefit Specialist, will help you learn about choices you may want to consider and decisions you need to make when you use Medicare. RSVP 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 24th

The ADRC of Eagle Country-Richland County offers a monthly Caregiver Support Group which gives caregivers a chance to connect with local experts, family members and care partners who may be experiencing similar circumstances. The 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, at 608-548-3954.

Wednesday, April 1st

The Richland County Care Coalition is providing assistance to people to create or update their Power of Attorney for Health Care documents. Free assistance will be available on Wednesday, April 1st from 4pm-6pm at the Community Services Building (HHS), 221 West Seminary Street, Richland Center. Call the ADRC at 608-647-4616 to sign-up.

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