



# ADRC CONNECT

AGING & DISABILITY RESOURCE CENTER OF MONROE COUNTY

JULY 2022

315 West Oak Street, Suite A • Sparta, WI 54656 • 1-888-339-7854 • FAX (608) 269-8688

## *Vintage Vagabond is Back!*

Please join us for a matinee performance at the

### **PALACE THEATER IN WISCONSIN DELLS**

where we will enjoy a set of gifted singers and instrumentalists performing some of the greatest songs of one of America's most brilliant singer/songwriters, Johnny Cash!



**THURSDAY AUGUST 11TH**

**SHOW IS AT 1 P.M.**

Coach Transportation  
and meal included.

Tickets are \$70 per person.

For Starters: a spring greens salad, topped with tomatoes, cucumber, and homemade croutons served with warm fresh cornbread. Followed by: Chicken & Ribs with a baked potato and corn on the cob.  
For Dessert: Raspberry Shortcake



Please call the ADRC of Monroe County at 608-269-8690 to make your reservation.  
Payment must be made by July 1st.  
Pick up at Sparta and Tomah's Walmart's.  
Sparta at 9:30 a.m. Tomah at 10:00-10:15 a.m.

## **Volunteer for the ADRC of Monroe County!**



The ADRC of Monroe County has many options for people interested in volunteering to help out their community

Some options are:

- Providing medical transportation utilizing your own vehicle (with mileage reimbursement at the current IRS rate)
- Being a Trishaw Pilot
- Delivering meals to the homebound
- Coordinating our Vintage Vagabond trips (and attending the trip for free!)

If any of these appeal to you or if you have questions please reach out to Pam Weber, ADRC of Monroe County Manager at 608-269-8691 or complete the volunteer form at on our website <https://www.co.monroe.wi.us/services/aging-and-disability-resource-center-copy/-fsiteid-1#!/>

# What's the "Scoop"?

By Ingrid Kunding, SMP Project Manager

Let's talk about postcards that you may have already received or could receive at any time mentioning new Medicare plans and additional benefits. Several people have called our Helpline with concerns about this mailing, so maybe you have questions too.

The postcard indicates that it contains important information for Medicare recipients of a certain county in Wisconsin and includes a "please respond by" date. The other side of the postcard states that there are new Medicare plans available in your area with additional benefits that many fail to claim.

In addition to plans with more benefits, they offer to also check your eligibility for:

- Adding a certain dollar amount back into your Social Security check
- Cost reduction savings from the Social Security Administration's Extra Help program
- Possible eligibility for Medicare plans with additional benefits for routine dental work

You are then invited to call a toll-free number to check your eligibility.

I -get it, extra money in your pocket sounds great! And additional expenses covered by a Medicare plan also sounds enticing. But here's the scoop ...if it sounds too good to be true, it probably is!

In the case of these postcards, please be careful. These postcards are coming from an insurance company or broker, not directly from Medicare. The fine print at the bottom of the postcards indicates that the company sending the postcard is not connected or endorsed by any government entity. If you decide to call the toll-free number, just know that you will be talking to an insurance agent who may pressure you into making a decision about a new Medicare plan before you have all of the information needed to make that decision.

The good news here is that you MAY be eligible for programs that can help you save money on medical and drug costs. Our recommendation is for you to contact your local Aging and Disability Resource Center (ADRC) and ask to talk to someone about your Medicare questions. There are Elder Benefit Specialists in all 72 counties and the 11 federally recognized Tribes who can provide you with unbiased -information about your

options for Medicare plans. In Monroe County you can call Alice Ackerman at (608) 269-8690 or toll free at (888) 339-7854.

There are so many mailings and phone calls and television commercials about Medicare benefits that can be very confusing and misleading. Remember, you should never feel pressured to decide immediately, so if that is happening, hang up the phone. It is very important to also remember to keep your personal information, including Medicare number, Social Security number, bank account information, etc. private.

It is a best practice to never share that information over the phone with someone who calls you out of the blue. Similarly, we would not recommend sharing this information in response to a text or email message that you received. Delete those messages, without clicking on any links, to keep your information protected. If you have questions or would like to talk more about this with someone, please call our toll-free Helpline, (888) 818-2611.

Here's the Scoop on how you can reach us: Call: (888) 818-2611 E-mail: smp-wi@gwaar.org Website: www.smpwi.org Facebook: @WisconsinSeniorMedicarePatrol

## KUPPER RATSCH SENIOR CENTER SERVICES AVAILABLE



### GIVING CLOSET

The Kupper Ratsch Senior Center (depending on donations) has some incontinent products, miscellaneous person care items (diabetes care, gauze, etc.) and some clothing that have been donated and are free for people to have.

We accept donations for the Giving Closet

**The Senior Center has a Giving Closet that is free!**

*"An Act of Kindness may take only a moment of our time,  
But when captured in the heart the memory lives forever" ~Molly Friedenfeld*

### LOAN CLOSET

**The Senior Center has a loan closet that is free**

The Kupper Ratsch Senior Center (depending on donations) has canes, walkers, wheelchairs, shower chairs, commodes, etc. for anyone to come in, sign out and borrow at no cost. Take care of the items while you use them. Return the items when you are done so others may use them. We accept donations for medical equipment items so we have them for people to borrow.



**Address: 1002 Superior Avenue, Tomah, WI 54660 Phone: (608) 374-7476**



# Summer Safety:

## How to Keep Your Loved One with Memory Loss Safe in the Summer

Article adapted from online source:  
[www.wheretheyoulivematters.org](http://www.wheretheyoulivematters.org)

Summer is a wonderful time to enjoy outdoor activities and soak in the benefits of sunshine and fresh air. If you're a primary caregiver to an older adult, and especially to someone with dementia, this is a good time to review summer safety for seniors.

### Why is Senior Health at Risk in the Summer?

Older adults typically don't adjust as well to extreme temperature changes, and it can become more difficult to control their internal temperature to match what's happening outside. It's why you may see seniors dressing in layers even when the rest of us are craving air conditioning.

Aging also decreases the ability to sweat, which is the body's natural way of cooling off. This puts seniors at a higher risk for overheating (hyperthermia) which can lead to dangerous heat stroke.

Additionally, seniors are often taking an array of medications for health conditions. This can also affect their ability to regulate their own body temperature.

Caregivers must also recognize that seniors with dementia are often unaware of their own pain or discomfort and may not be able to voice what they are feeling, including whether they've had enough sun, feel dizzy from the heat, or need water to help them cool off. It's up to you to understand the signs and symptoms – and to act accordingly.

Here are four important ways you can help protect your loved one's health this summer.

### 4 Important Summer Safety Tips for Caregivers of Seniors

**1. Keep them hydrated.** You've probably heard the warning that if you're thirsty, you're already dehydrated. But a senior with dementia often can't recognize when they're thirsty or even be able to tell you. You can help by being prepared. If you take your loved one outside even for a short while, be sure to carry bottles of water and make sure your senior drinks often. Don't worry if it makes them "go" more often, hydration is too important to worry about that. Fruit juice is OK, too, but avoid any-



thing with caffeine (soda, iced coffee/tea, etc.), as these can leech water from your system.

**2. Keep them cool.** Shady spots are best for a senior, but if you plan to be out in the sun, please dress your loved one in breathable clothes, and add a hat and sunglasses.

### Safe and Calm Summer Activities to Consider

- Take a nature walk (bring a wheelchair, if necessary)
- Pack a picnic lunch and find a shady park bench to enjoy it
- Bring the art studio outside on a nice day
- Plan a backyard cookout with a small group of family and friends
- Watch the grandkids, or any school-age kids, play soccer (be sure to dress your loved one using the tips mentioned earlier)
- Tend to a raised garden on their porch or in a common area where your loved one lives

Pack a bag with baby wipes and an ice pack to offer cooling relief as needed. Apply a high SPF sunscreen on their exposed skin before you head out and be sure to take it with you to reapply every couple hours. If possible, avoid taking your charge outside during the hottest parts of the day (between 10 a.m. and 4 p.m.), and never leave them sitting in the car if you have to run into a store.

**3. Keep a sharp eye on them.** More time outside can lead to more opportunities for seniors with memory loss to wander. This doesn't mean you should never take them out, it just requires an extra amount of caution on your part. Farmers markets and outdoor art shows, for example, provide wonderful sensory stimulation, but think about taking seniors with dementia during non-peak hours. Be sure your loved one wears an ID bracelet with important information for authorities in case they wander. If you can outfit your loved one with a tracking device, even better. One additional piece of advice – take special care if you visit a pool, pond or lake. Never let your loved one out of your sight.

**4. Keep them calm and stress-free.** While you may find joy in attending large outdoor concerts, parades or other summer gatherings, for seniors with dementia, these are major stressors. Loud noises and crowds often cause sensory overload in seniors with dementia. If you decide to go, stay at a distance from the masses. Better yet, watch the fun with your loved one on TV.



Close to Home



# “Soup Supper”

(Est. 1999)  
 Every Tuesday from  
 5-6 pm at the  
**Sparta United Methodist  
 Church**  
 210 North Court Street  
 (use K Street Entrance).  
 All are welcome and there is  
 no charge.

*Please note meals vary, for  
 example, meatballs, chicken and  
 pasta dishes etc. are served.*



Americans come together on July 4 to celebrate the nation’s birthday and Independence Day. On this day, most Americans enjoy grills in their backyards, at beaches, or in parks. Some partake in parades or marches and enjoy the fireworks that are often launched at dusk. We kick off the festivities with details, trivia, and anything else you need to know about Independence Day. Happy Fourth!

## ADRC of Monroe County Meal Program/Senior Dining Sites Cashton, Kendall, Norwalk, Sparta, Tomah & Wilton

There is a suggested donation of \$4.00  
 for each congregate meal or each  
 home delivered meal.

**JULY 2022**

No additional salt added

The menu is subject to change. There may be a substitution due to shortage in supply or other reason beyond our control.

					1
ADRC Nutrition Program Main Number is (608) 269-8692					1 ¼ Baked BBQ Chicken 1/2 c. Scalloped Potatoes 1/2 c. Asparagus 1 ea. WW Bread Basket/Butter 1 ea. Apple Crisp w/Raisins 8 oz. 1% Milk
4	5	6	7	8	
	1 Chicken Stuffed w/Broccoli & Cheese 1/2 c. Buttered Peas 1 ea./1 Baked Sweet Potato/Butter 1 ea. WW Bread Basket/Butter 1 Frosted Chocolate Cake 8 oz. 1% Milk	3 oz. Pork Roast 1/2 c. Mashed Potatoes 2 oz. Gravy 1/2 c. Baby Carrots 1/2 c. Rosy Applesauce 1 ea. WW Bread Basket/Butter 8 oz. 1% Milk	1/2 c. Marinara Meat Sauce 3/4 c. Pasta 1c/1 Romaine Lettuce Salad/Dsg 1/2 c. Fresh Fruit Salad 1 Garlic Breadstick 1 Parmesan Cheese 8oz 1% Milk	3 oz./1 Baked Cod/Tartar Sauce 1 ea. Baked Potato/Butter/Sr Crm 1/2 c. Coleslaw 1/2 c. Fruited Gelatin 1 ea. WW Bread Basket/Butter 8 oz. 1% Milk	
11	12	13	14	15	
1/2 c. Beef Stroganoff 3/4 c. Buttered Noodles 1/2 c. Broccoli 1/2 c. Applesauce 4 oz. Orange Juice 1 ea. WW Bread Basket/Butter 8 oz. 1% Milk	3 oz. Ham 1/2 c. Au Gratin Potatoes 1/2 c. Mixed Vegetables 1 ea. WW Bread Basket/Butter 1 Pumpkin Bar 8 oz. 1% Milk	1 ea. Chef Salad/Dressing 1/2 c. Watermelon 1 Bran Muffin 1 Fruit Pie 8 oz. 1% Milk	3 oz. Meatballs 1/2 c. Mashed Potatoes 2 oz. Gravy 1/2 c. Squash 1 Fruited Gelatin 1 ea. WW Bread Basket/Butter 8 oz. 1% Milk	1 Stuffed Green Pepper 1/2 c. Garlic Mashed Potato 1 c. Spinach Salad 1 Dressing Packet 1/2 c. Chocolate Pudding 1 ea. WW Bread Basket/Butter 8 oz. 1% Milk	
18	19	20	21	22	
3oz./1oz. Turkey/Gravy 1/2c./1oz. Mashed Potatoes/Gravy 1/2 c. California Blend 1/2 c. Orange Wedges 1/2 c. Ice Cream Sundae 1 ea. WW Bread Basket/Butter 8 oz. 1% Milk	3 oz. Pulled Pork Sandwich on 1 Bun 1/2 c. Rosemary Potatoes 1/2 c. Peas & Carrots 1 Ketchup 1/2 c. Banana Pudding 8 oz. 1% Milk	1 c. Potato Soup 1 Turkey & Swiss Sandwich 1/2 c. Broccoli Raisin Salad 1 pkt. Crackers 1 Cream Pie 1 ea. Mayo and Mustard 8 oz. 1% Milk	3 oz. Brat 1 Bun 1/2 c. German Potato Salad 1/2 c. Baked Beans 1 ea. Ketchup, Mustard, Onion 1 Oatmeal Raisin Cookie 8 oz. 1% Milk	1 c. Broc/Chz/Chix/Rice Cass 1/2 c. Beets 1/2 c. Fresh Fruit Salad 1 WW Bread Basket/Butter 1 Black Bean Brownie 8 oz. 1% Milk	
25	26	27	28	29	
3 oz. Chicken Supreme 1/2 c. Baby Red Potatoes 1/2 c. Stewed Tomatoes 1 Pumpkin Bar 1 ea. WW Bread Basket/Butter 8 oz. 1% Milk	3 oz. Meatloaf 2 oz. Gravy 1/2 c. Mashed Potatoes 1/2 c. Corn 1/2 c. Sliced Pears 1 ea. WW Bread Basket/Butter 8 oz. 1% Milk	1 c. Ham & Scalloped Potatoes 1/2 c. Broccoli 1/2 c. Fruited Gelatin 1 ea. WW Bread Basket/Butter 8 oz. 1% Milk	1/2 c. Chicken Craisin Salad On Lettuce 1/2 c. Pineapple Mandarin 1/2 c. Orange Salad 1ea. Blueberry Muffin/Butter 4 oz. Ice Cream 8 oz. 1% Milk	1 c. Turkey Tetrazzini 1 c. Romaine Salad 1 Dressing Packet 1 Apple 1 Peanut Butter Cookie 1 WW Bread Basket/Butter 8 oz. 1% Milk	

Please call by NOON 2 days before to reserve your meal. Food allergies or intolerances are not able to be accommodated.  
 Cashton 377-3831 • Kendall 463-7622 • Norwalk 343-3158 • Sparta 269-6778 • Tomah 372-7291 • Wilton 487-6130

# Puzzle Page – Engage Your Brain!

Whether it's a crossword, jigsaw, or Sudoku, puzzles engage our brain in more ways than one. Scientists have discovered that when we work on a jigsaw puzzle, we utilize both sides of the brain, improving memory, cognitive function and problem solving skills in the process. By utilizing puzzles, people can stimulate the brain improve a number of skills.

1	2	3	4	5	6	7		8	9	10	11	12	
13								14					
15							16	17	18			19	
20						21					22		
23						24				25			
26			27	28	29				30				
			31						32				
			33						34				
35	36	37					38						
39						40					41	42	43
44					45						46		
47				48							49		
50			51						52	53	54		
55		56							57				
58									59				

**CLUES ACROSS**

- 1. Half-conscious states
- 8. Unnatural
- 13. Deep regret
- 14. Rogue
- 15. Took without permission
- 19. An alternative
- 20. After B
- 21. Partner to ÒflowedÓ
- 22. The best day of the week (abbr.)
- 23. Helps you hear
- 24. Egyptian river
- 25. Lake \_\_, one of the Great
- 26. Make free from bacteria
- 30. Indigenous peoples of central Canada
- 31. Sanctuaries in Greek temples
- 32. Most unclothed
- 33. NJ senator Booker
- 34. Tibetan lake
- 35. Desecrate something sacred
- 38. John \_\_, English educator 1467-1519
- 39. Obtains in return for labor
- 40. Views
- 44. Rugged cliff

45. Not quiet

- 46. Body part
- 47. Newt
- 48. German city
- 49. A way to save money
- 50. NBC's Roker
- 51. Dire Straits frontman
- 55. Actress Lathan
- 57. Most meager
- 58. Poems
- 59. Companions

**CLUES DOWN**

- 1. Draws over
- 2. Recur
- 3. Current unit
- 4. Neither
- 5. Certified Radio Operator (abbr.)
- 6. Power of perception
- 7. Peace
- 8. Supplemented with difficulty
- 9. The last section or part of anything
- 10. Dorm worker
- 11. Bones
- 12. Most unnatural
- 16. Spanish island
- 17. The skill to do something
- 18. Where golf games begin
- 22. Untethered
- 25. Print errors
- 27. The sport of engaging in contests of speed
- 28. Ones to look up to
- 29. Stringed instrument
- 30. Gives whippings
- 32. Type of tie
- 34. Make more concentrated
- 35. Die
- 36. Part of a winter hat
- 37. Young men's club
- 38. Bathrooms need it
- 40. U.S. president
- 41. American novelist
- 42. Take into custody
- 43. Hurts
- 45. Type of gibbon
- 48. American actor Lukas
- 51. Partner to cheese
- 52. Some are covert
- 53. Political action committee
- 54. To and \_\_
- 56. Atomic #28

## SUDOKU

	2			4			9	
			7		6			
3								4
		7	2	5				3
2					1			
		6			3			9
4					8	6	7	
						9	1	2
			1					

Level: Advanced

**FUN BY THE NUMBERS**

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

**HERE'S HOW IT WORKS:**

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

## SOLUTION

8	3	4	7	2	1	5	6	9
2	1	6	4	9	5	3	7	8
5	7	9	8	6	3	2	4	1
6	2	1	3	7	4	9	8	5
4	7	1	5	4	7	6	3	2
3	9	8	6	5	2	7	1	4
4	5	7	2	1	6	8	9	3
1	8	2	9	3	7	4	5	6
9	6	3	9	4	5	8	1	7

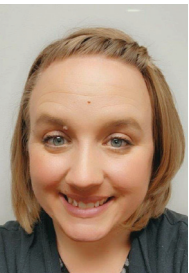
## CROSSWORD SOLUTION

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



# Care Transitions Intervention

Have you been recently discharged from the hospital or know someone who has? Do you need help understanding and managing your medications? Do you know your red flags for your Chronic Conditions? The Care Transition Intervention could help. The Care Transitions Intervention is a 30-day program that focuses on the client to help prevent readmission to the hospital and to be better prepared to manage your health long term. Over the 30-days there is a Home Visit and 3 Follow Up Phone Calls.



**Stephanie Haas**  
Community Health Worker (CHW)

We will go over the following:

- **Medications:** How and why you take them, compare medications with your discharge papers (if applicable), side effects etc.
- **Red Flags:** What do you know about the red flags for your chronic condition? Do you know what to do when your condition is worsening?
- **Personal Goal:** We will talk about a goal you want to work on over the 30-days. Walk more/farther, volunteer again, attend your coffee group etc.
- **Personal Health Record:** You will receive a personal health record that has space to write your goal in, list your medications, questions for your doctor, specialist, pharmacist etc. This can be taken to all of your doctors' appointments and can be updated at any time.

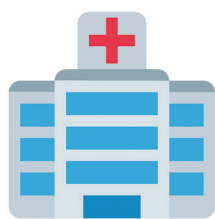
Although the program is geared toward someone just discharging home it is not a requirement. The Care Transitions Intervention is available at no charge to the client. If you would like more information please contact Stephanie Haas Community Health Worker at the ADRC 608-219-1710.



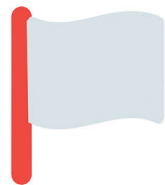
Care Transitions Intervention®



Have you or someone you know been discharged from the hospital within the last 60 days?



Prevent Readmission



Understand & Manage Medications

## Family Caregiving Kit Available

Through United Way's partnership with AARP, caregivers and caregiver coordinators can request AARP's Family Caregiving Kit. The Caregiving Kits can be mailed to staff or caregivers they work with. AARP's Family Caregiving Kit is loaded with valuable information, materials, and resources for those caring for a loved one. This kit includes Prepare to Care, Financial Workbook for Family Caregivers, information on using Ridesharing Apps, Fraud Watch Guides and more. **Get the kits here:** <https://survey.alchemer.com/s3/6865445/AARP-s-Family-Caregiving-Kit>

# Caregiver Support Program

211 Wisconsin / United Way of Wisconsin - in partnership with AARP Wisconsin - is focused on caregiver supports to walk alongside caregivers in their role of providing care.

This outreach program offers 1:1 phone calls with a dedicated and trained 211 Caregiving Specialist that provides:

- Supportive listening
- Referrals to resources based on your request and needs
- Follow up calls regarding referrals to discuss any issues or additional needs
- Calls arranged to meet your schedule

Please fill out the form here:

<https://211wisconsin.communityos.org/caregiverprogramreferralform>.

Once submitted, a 211 Outreach Specialist will reach out to the associated caregiver to complete an intake appointment. Please expect a call within 3 days of your submission. If you would like assistance please call 833-572-1599 to speak with an outreach specialist.

United Way of Wisconsin



AGING AND DISABILITY RESOURCE CENTER OF MONROE COUNTY

315 W Oak St., Suite A  
Sparta

## DEMENTIA CAREGIVER SUPPORT GROUP

Friday, July 15th at 1:00 p.m.  
ADRC Building  
Conference Room A

Have any questions?

Emily Reitz  
[emily.reitz@co.monroe.wi.us](mailto:emily.reitz@co.monroe.wi.us)  
608-387-9250



Emily Reitz  
DCS



# Sparta Special Recreation provides activities for people age 4 to 100 regardless of DISABILITY

**CRUISE DATES-**  
**Thurs July 14 3pm & Tues Aug. 9 10am**

**PONTOON BOAT RIDES ON LAKE TOMAH**  
 Courtesy Of Tomah Squirrels N.A.S.A

You board at the accessible dock/boat at Butts Park in Tomah. Upon boarding, a waiver must be signed.  
 Limit of 9 passengers including 4 wheelchairs per trip

**A special fishing only trip on Tues. June 28 at 8:00am, poles and bait provided, no license needed**

The boat rides are free. Special Rec coordinates these dates for our Sparta Special Rec friends to get together.

PARTICIPANT NAME AND AGE \_\_\_\_\_

**REGISTER ONE WEEK PRIOR TO ALL EVENTS**

**PARENT OR GUARDIAN AUTHORIZATION, WAIVER, & RELEASE OF LIABILITY**

I hereby give my permission for the above named individual to participate in programs offered by the Sparta Parks & Recreation Department. I also certify that the above named individual is in normal health capable of participating safely in the program he/she is registered in. I recognize and acknowledge that there are certain risks involved in these programs including but not limited to, property damage, personal injury, or death. I am voluntarily placing this individual in these activities with the knowledge of the danger involved and hereby agree to accept all risks of participation. I agree to indemnify and hold harmless the City of Sparta, its agents and employees, the Sparta School District, its agents and employees, and the sponsors of the program offered by the Sparta Parks & Recreation Department from and against all liability, damage or claims by any person (s) of whatever nature arising from participation in the programs for which he/she has registered. I further certify that I am of legal age and freely sign this agreement. I also certify that I have read this agreement and fully understand its terms. In the event of an emergency, I authorize the recreation staff to obtain treatment for my son or daughter.

**THE SIGNATURE OF A PARENT OR LEGAL GUARDIAN IS REQUIRED FOR YOUTH REGISTRANTS**

Signature \_\_\_\_\_ Date \_\_\_\_\_

REGISTER ONLINE, VIA PHONE 269-6322 OR BY BRINGING THIS FORM TO PARK & REC OFFICE IN PERSON OR LEAVING IN DROP BOX

Please email [sosparta@hotmail.com](mailto:sosparta@hotmail.com) with questions

**Sparta Parks and Recreation department offers programming just for individuals with disabilities.**  
**Throughout the year we have both social opportunities and sports activities.**  
**All sports are non-competitive.**

January-March	Basketball skills, arts and crafts, dance
April-June	Arts and crafts, outdoor recreation
June-August	Lake Tomah boat rides, free fishing weekend
September-December	Dance, baseball, bowling, arts and crafts

Sparta Special Recreation program activities are an exception to normal Park & Rec programs as resident/non-resident fees do not apply.  
 Programming is scheduled sporadically.

Checking the Sparta Special Rec Facebook page, [Spartaparks.com](http://Spartaparks.com) or emailing [sosparta@hotmail.com](mailto:sosparta@hotmail.com) are the best ways to stay up-to-date on current offerings.

**Sparta Special Recreation encourages you to check out**  
**[www.tomahsquirrels.org](http://www.tomahsquirrels.org) for our local N.A.S.A.**  
**They have amazing things to offer!**  
**Click on -Land, sea and air -Events-Activities**

*Celebrating Lives Well Lived*



**Torkelson**  
**FUNERAL HOME**

Pre-Planning in-person  
 or with our online form  
**(800) 338-0928**

Visit Us Online at [TorkelsonFuneralHome.com](http://TorkelsonFuneralHome.com)



# Join us for PALS Fall 2022

Maybe you used to be physically active, but an illness or injury made exercise a challenge, or maybe exercise has never been your thing. No matter. It's never too late to start and that's where PALS comes in.



**Kellee  
Tourdot**  
Social Worker

PALS - or Physical Activity for Lifelong Success - is a program specifically designed for older adults who either don't exercise or haven't exercised in a long while. Gathering with your peers and going at your own pace, PALS has been researched and proven to improve walking speed and distance in participants.

The Sparta PALS exercise class will be starting up again this fall at the Barney Center. The class meets three times a week for 10 weeks of coaching sessions and physical activity. If you are interested and would like to sign up, please contact Kellee Tourdot at 269-8655.



## WISCONSIN Help for Homeowners

Wisconsin Help for Homeowners (WHH) is a new statewide program that can help with overdue bills like mortgage payments, property taxes, utilities, and more. The program is open to individuals and families who live in Wisconsin with overdue housing-related bills, both with and without a mortgage, who meet income and other eligibility requirements, and have experienced a qualified economic hardship since January 21, 2020.

Up to \$40,000 per household may be available to help with overdue housing bills.

You may qualify if you meet all of the following:

1. If you are a Wisconsin homeowner living in a:
  - a. Single-family home
  - b. Duplex
  - c. Condo
  - d. Factory-built home
2. You have been financially impacted since January 21, 2020.
3. Your household income is at or below 100% of the county median.

### Income Limits for Monroe County:

FY 2021 HAF Income Limits Summary for Monroe County, WI								
	1- Person	2- Person	3- Person	4-Person	5-Person	6-Person	7-Person	8-Person
Greater of 100% AMI or 100% U.S. Median Income	\$79,900	\$79,900	\$79,900	\$79,900	\$79,900	\$84,950	\$90,800	\$96,650
Greater of 150% AMI or 100% of U.S. Median Income	\$79,900	\$87,850	\$98,850	\$109,800	\$118,600	\$127,400	\$136,200	\$144,950

### How to apply or get more information:

- Fill out and submit an online application via the Neighborly application portal. <https://portal.neighborlysoftware.com/HAF-WISCONSINDOA/participant>
- Call 1-855-2-HOME-WI to get additional information or find out how to apply in person.
- For additional information or assistance, or questions about your application, please reach out to your regional program contact, Couleecap at 844-260-7709. [www.couleecap.org](http://www.couleecap.org)

# ENJOY FREE ROOM & BOARD!

## MORROW HOME COMMUNITY - MARYCREST ASSISTED LIVING



Take advantage of free room and board for your first two months of residence at Marycrest Assisted Living - a discount of over **\$3,700!**

- |                           |                          |                    |                              |                               |
|---------------------------|--------------------------|--------------------|------------------------------|-------------------------------|
| ONE AND TWO BEDROOM UNITS | THREE MEALS SERVED DAILY | CARPORTS & GARAGES | ON-SITE BEAUTY & BARBER SHOP | COMPLIMENTARY INTERNET        |
| WEEKLY HOUSEKEEPING       | 24/7 CALL PENDANT        | GAZEBO             | WHIRLPOOL SPA                | SOCIAL & RELIGIOUS ACTIVITIES |

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