

OCTOBER
2022



ADRC CONNECT

AGING & DISABILITY RESOURCE CENTER OF MONROE COUNTY

315 West Oak Street, Suite A • Sparta, WI 54656 • 1-888-339-7854 • FAX (608) 269-8688
www.co.monroe.wi.us/services/aging-and-disability-resource-center-copy

Vintage Vagabond's October trip is all about the BERRY...

Cranberry that is! Join us October 13 on a tour to the Warrens area, in the heart of cranberry country, to learn all about the nation's largest producer of these berries.

Tour includes:

- Lunch at Cranberry Cafe located in the Cranberry Discovery Center (Choice of Cranberry BBQ pulled pork sandwich or Cranberry chicken salad on cranberry-rice bread)
- Guided tour of the Cranberry Discovery Center Museum
- Browse thru the gift shop
- Guided tour of the Wetherby Cranberry Company marsh and processing facility with opportunity to buy locally produced cranberry products

Cost for trip: \$60 (Includes transportation, meal, and tours). Payment must be made by September 29th to reserve your spot.

Note: Watch the weather for that date, keeping in mind some of the marsh tour will be outdoors so dress accordingly. Join us for a "BERRY" good time!



**Pick up at Sparta Wal-Mart at 10 am & Tomah Wal-Mart at 10:30 am.
Tour will end around 3:30/4 pm**

THE ADRC OF MONROE COUNTY & THE MONROE COUNTY HEALTH DEPARTMENT

Open House

10AM TO 2 PM
SEPTEMBER 30TH

join us for music, food, information on the vaccine and so much more!

Transportation Provided, (if needed)

games & prizes

information & assistance

AND A WHOLE LOT OF FUN!

FOR MORE INFORMATION CALL 608-269-8690
EVENT WILL BE HELD AT 315 W. OAK STREET SPARTA, WI



LOOKING FOR 2 PEOPLE WHO WANT TO LEARN ABOUT TECHNOLOGY



We will be hosting a Sip and Swipe Café in October to help you learn about technology. Classes will be every Wednesday for four weeks from 10am to 11am. First class is October 5th and we will meet at the Kupper Ratsch Senior Center, 1002 Superior Ave., Tomah. Join us for some fun, snacks and learning!



Call Pam Weber at the ADRC of Monroe Co. to sign up 608-269-8691

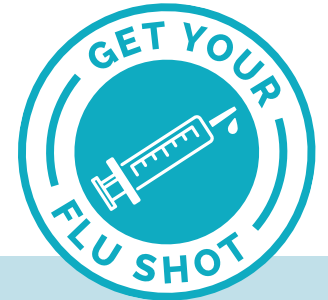


Halloween on October 31 is undoubtedly the creepiest, most ghostly holiday of them all. Children dress up as Batman, the Joker, Wonder Woman, or some other favorite character; go to parties or walk their neighborhoods with jack o' lanterns full of sweets as they go trick-or-treating. Spooky decorations fill windows and porches and screams can be heard in living rooms up and down the country as we collectively binge our favorite horror movies.

2022 FLU VACCINE CLINICS

Monroe County Health Department will be offering influenza vaccine clinics at the following sites throughout Monroe County this fall. Monroe County Health Department can bill Medicare, Medical Assistance, Senior Preferred, and third party insurance companies. The CDC recommends anyone 6 months of age and older receive a flu vaccine.

Flu Vaccine Cost: \$30 Regular Dose / \$65 High Dose



Date	Time	Location
10/01/22	9:00 am – 12:00 pm	Community Drive-thru – Sparta Memorial Park Pine Street Entrance *Follow Signs*
10/03/22	6:30 pm – 7:00 pm	Cashton Fire Department
10/06/22	9:00 am – 5:00 pm	Community Drive-thru - Tomah VA – 2nd Street
10/07/22	9:00 am – 5:00 pm	Community Drive-thru - Tomah VA – 2nd Street
10/08/22	8:00 am – 12:00 pm	Community Drive-thru – Organic Valley 509 Organic Drive, Cashton, WI
10/10/22	11:15 am – 12:00 pm	Cashton Community Hall
	5:00 pm – 6:00 pm	Warrens Fire Station
10/11/22	11:00 am – 11:45 am	Sparta Community Center / Barney Center
10/12/22	10:30 am – 11:15 am	Kupper-Ratsch Senior Center – Tomah, WI
10/14/22	9:00 am – 6:00 pm	Monroe County Health Dept. – 315 W. Oak St., Sparta, WI
10/15/22	7:30 am – 11:00 am	Oakdale Electric – Tomah, WI
10/17/22	12:00 pm – 2:00 pm	Community Drive-thru – Tomah Fairgrounds County Highway CM, Tomah, WI *Follow Signs*
10/18/22	10:30 am – 1:00 pm	Wilton Fire Station
10/21/22	9:00 am – 6:00 pm	Monroe County Health Dept. – 315 W. Oak St., Sparta, WI
10/28/22	9:00 am – 6:00 pm	Monroe County Health Dept. – 315 W. Oak St., Sparta, WI
11/10/22	12:30 pm – 3:00 pm	Kupper-Ratsch Senior Center – Tomah, WI

To pre-register or to schedule individual appointments, please contact Monroe County Health Department at 608-269-8666

**YOU CAN STOP
THE SPREAD!**

**Stay Home if You're Sick • Cover Your Cough
Wash Your Hands • Wear a Mask**

White Cane Awareness Day



The National Federation of the Blind celebrates White Cane Awareness Day every year on October 15.

For blind people, the white cane is an essential tool that gives us the ability to achieve a full and independent life. It allows us to move freely and safely from place to place—whether it's at work, at school, or around our neighborhoods.

White Cane Awareness Day is our way of emphasizing the critical role that this tool plays in living the lives we want and informing the public about its true significance.

— NFB President Mark A. Riccobono

THE HISTORY OF WHITE CANE AWARENESS DAY

While it was not uncommon throughout history for blind people to use a stick or cane to navigate, society largely didn't accept that blind people could travel by ourselves until recently. In the 1960s, the National Federation of the Blind became a leader in fighting for the rights of the blind and in pioneering innovative training programs using the white cane. At our urging, the United States Congress adopted a joint resolution in 1964 designating October 15 of each year as White Cane Safety Day and recognizing that white canes enable blind people to travel safely and independently.

While the white cane does keep blind people

safe (because drivers and other pedestrians can easily see it), it is also a tool that blind people use to explore and navigate our environment. For this reason, the emphasis of White Cane Safety Day has shifted over time away from safety, and toward independence and equality. We believe that it's important to celebrate this history and recognize the white cane as the tool that allows the blind to "come and go on [our] own" as President Lyndon Johnson said back in 1964.

To emphasize the shift in focus from safety to independence, and to continue to use the white cane as a symbol, we have chosen to refer to this day as White Cane Awareness Day.

If you have low vision or are blind and would like to join our Out of Sight Support Group please call Evelyn Allen at (608) 372-5880.

Food, Fun, Drugs & a Shot

Monroe County Aging and Disability Resource Center and the Health Department are teaming up this year to make it easier for county residents on Medicare to check their prescription drug coverage and get the latest flu protection at the same time.



Alice Ackerman
Elder Benefit Specialist

On October 18 from 10:30 – 1:00 both departments will be at the Wilton Dining Site, located in the Wilton Fire Station at 806 Railroad St. Wilton. County residents 60 and older are invited to have dinner

at the dining site. Reservations are required and must be made by Friday Oct. 14. No congregate meals will be served in Kendall or Norwalk that day. Reservations can be made by calling the Wilton Dining Site at 608-487-6130.

Benefit Specialists Kirsten Armour and Alice Ackerman will be there from the ADRC to help

people on Medicare check their options for drug coverage for 2023. Reservations are requested but not required for this free service. Residents wanting to check their Medicare plan will need to bring their Medicare card, current prescription drug card and a written list of medications with them. Please contact the ADRC at 608-269-8690 or 888-339-7854 to make a reservation.

Nurses from the health department will there to administer flu shots. The flu shots are open to all county residents regardless of their age. Please be sure to bring your current health insurance card with you. The health department also has a limited amount of tetanus shots available. Please contact the health department at 608-269-8666 by Oct. 11th if you would like a tetanus booster.

Information is also available on their websites: <https://www.co.monroe.wi.us/services/aging-and-disability-resource-center-copy> or <https://www.co.monroe.wi.us/departments/health-department>.

Take the Mystery out of Medicare



Alice Ackerman
Elder Benefit Specialist

Know someone who is turning 65 and has questions on Medicare? Have you been on Medicare for several years and have questions on coverage or insurance co-pays?

Alice Ackerman, Elder Benefit Specialist with the ADRC will be giving a presentation on Medicare benefits and the enrollment process on October 12 from 4:30 pm – 6:00 pm at the

Kupper-Ratsch Senior Center, 1002 Superior Ave. Tomah WI

Learn what services are covered under Medicare, different options for covering prescription medications and the differences between traditional supplement or “Medigap” (public Medicare) policies and Advantage (private Medicare) plans. Reservations are appreciated but not required. For more information, contact the ADRC office at 608-269-8690 or 888-339-7854 or on our website <https://www.co.monroe.wi.us/services/aging-and-disability-resource-center-copy>.

What’s New in Medicare Advantage Plans



Alice Ackerman
Elder Benefit Specialist

Alice Ackerman, Elder Benefit Specialist with the Aging and Disability Resource Center of Monroe County will be at the Kupper-Ratsch Senior Center, 1002 Superior Ave, Tomah on Monday, Oct. 17 starting at 3:30.

Hear about the plan changes that area Medicare Advantage plans have made for 2023. This will include which hospital systems are accepting which plans, what co-pays are for common office visits or if some services have no additional cost as well what

extra benefits are being offered.

Medicare Advantage Plans have significant flexibility in the supplemental benefits they are allowed to offer their members, including whether some benefits are offered to all members or just some members. This includes the ability to offer benefits to some members that are not directly considered medical care, like nutrition services. This means that there are many factors to consider when comparing Medicare Advantage Plan options.

For more information contact the ADRC at 608-269-8690 or the Kupper-Ratsch Senior Center at 608-374-7476. Reservations are requested but not required.

Tomah Health Hospice Touch Offers Grief Support Series

Grief can be a tough emotion to live with each day. For a person who has lost a family member or friend, Tomah Health Hospice Touch has scheduled a six-week group grief support series that will be held each Monday and Wednesday beginning the week of Oct. 3 from 1 p.m. – 2:30 p.m. at the Hospice / Palliative Care offices at 601 Straw St. in Tomah.

“The group offers companionship and understanding from others who have experienced a loss, and may be experiencing similar challenges that living with grief brings,” said Hospice Touch Bereavement Coordinator / Social Worker Samantha Warsaw, CSW.

Warsaw said participants can choose either Monday or Wednesday to attend the series, which is open to the community. She said there is no religious affiliation associated with sessions. “This supportive setting helps explore ways to move forward with grief,” Warsaw said.

Due to COVID policies, Warsaw said groups will be limited in size, social distancing will be practiced and people will be screened and required to wear a mask.

There is no charge for the program; however, registration is required by calling Hospice Touch at (608)374-0250 by Sept. 26.

Memory, Forgetfulness, and Aging: What's Normal and What's Not?

Article taken from: Memory, Forgetfulness, and Aging: What's Normal and What's Not? | National Institute on Aging (nih.gov)

Many older adults worry about their memory and other thinking abilities. For example, they might be concerned about taking longer than before to learn new things, or they may sometimes forget to pay a bill. These changes are usually signs of mild forgetfulness — often a normal part of aging — not serious memory problems.

WHAT'S NORMAL FORGETFULNESS AND WHAT'S NOT?



Emily Reitz
DCS

What's the difference between normal, age-related forgetfulness and a serious memory problem? It's normal to forget things once in a while as we age, but serious memory problems make it hard to do everyday things like driving, using the phone, and finding your way home.

Talk with your doctor to determine whether memory and other cognitive problems, such as the ability to clearly think and learn, are normal and what may be causing them.

SIGNS THAT IT MIGHT BE TIME TO TALK TO A DOCTOR INCLUDE:

- Asking the same questions over and over again
- Getting lost in places a person knows well
- Having trouble following recipes or directions
- Becoming more confused about time, people, and places
- Not taking care of oneself — eating poorly, not bathing, or behaving unsafely

TIPS FOR DEALING WITH FORGETFULNESS

People with some forgetfulness can use a variety of techniques that may help them stay healthy and deal with changes in their memory and mental skills. Here are some tips:

- Learn a new skill.
- Follow a daily routine.
- Plan tasks, make to-do lists, and use memory tools such as calendars and notes.
- Put your wallet or purse, keys, phone, and glasses in the same place each day.
- Stay involved in activities that can help both the mind and body.
- Volunteer in your community, at a school, or at your place of worship.*
- Spend time with friends and family.*
- Get enough sleep, generally seven to eight hours each night.
- Exercise and eat well.
- Prevent or control high blood pressure.
- Don't drink a lot of alcohol.
- Get help if you feel depressed for weeks at a time.

MILD COGNITIVE IMPAIRMENT

Some older adults have a condition called mild cognitive impairment, or MCI, meaning they have more memory or other thinking problems than other people their age. People with MCI can usually take care of themselves and do their normal activities. MCI may be an early sign of Alzheimer's disease, but not everyone with MCI will develop Alzheimer's.

Signs of MCI include:

- Losing things often
- Forgetting to go to important events or appointments
- Having more trouble coming up with desired words than other people of the same age

If you have MCI, visit your doctor every six to 12 months to track changes in memory and other thinking skills over time. There may be habits and behaviors you can change and activities you can do to help you maintain memory and thinking skills.

DEMENTIA AND AGING

Dementia is not a normal part of aging. It includes the loss of cognitive functioning — thinking, remembering, learning, and reasoning — and behavioral abilities to the extent that it interferes with a person's quality of life and activities. Memory loss, though common, is not the only sign of dementia. People with dementia may also have problems with language skills, visual perception, or paying attention. Some people have personality changes.

While there are different forms of dementia, Alzheimer's disease is the most common form in people over age 65. The chart below explains some differences between normal signs of aging and Alzheimer's.

DIFFERENCES BETWEEN NORMAL AGING AND ALZHEIMER'S DISEASE

NORMAL AGING

- Making a bad decision once in a while
- Missing a monthly payment
- Forgetting which day it is and remembering it later
- Sometimes forgetting which word to use
- Losing things from time to time

ALZHEIMER'S DISEASE

- Making poor judgments and decisions a lot of the time
- Problems taking care of monthly bills
- Losing track of the date or time of year
- Trouble having a conversation
- Misplacing things often and being unable to find them

WHEN TO VISIT THE DOCTOR FOR MEMORY LOSS

If you, a family member, or friend has problems remembering recent events or thinking clearly, talk with

a doctor. He or she may suggest a thorough checkup to see what might be causing the symptoms. You may also wish to talk with your doctor about opportunities to participate in research on cognitive health and aging.

At your doctor visit, he or she can perform tests and assessments, which may include a brain scan, to help determine the source of memory problems. Your doctor may also recommend you see a neurologist, a doctor who specializes in treating diseases of the brain and nervous system.

Memory and other thinking problems have many possible causes, including depression, an infection, or medication side effects. Sometimes, the problem can be treated, and cognition improves. Other times, the problem is a brain disorder, such as Alzheimer's disease, which cannot be reversed.

Finding the cause of the problems is important for determining the best course of action. Once you know the cause, you can make the right treatment plan.

People with memory problems should make a follow-up appointment to check their memory every six to 12 months. They can ask a family member, friend, or the doctor's office to remind them if they're worried they'll forget.

A NOTE ABOUT UNPROVEN TREATMENTS

Some people are tempted by untried or unproven "cures" that claim to make the brain sharper or prevent dementia. Be cautious of pills, supplements, brain training computer games, or other products that promise to improve memory or prevent brain disorders. These might be unsafe, a waste of money, or both. They might even interfere with other medical treatments. Currently there is no drug or treatment that prevents Alzheimer's or related dementias.

However, there are currently several drugs available by prescription to safely treat the symptoms of early and mid-stage Alzheimer's. If you have been diagnosed with dementia, your doctor may suggest that you take one of them.

HOW TO PROTECT YOURSELF AND OTHERS FROM UNPROVEN TREATMENTS:

- Beware if the product claim seems too promising and if it conflicts with what you've heard from your health care provider.
- Question any product that claims to be a "scientific breakthrough." Companies marketing these products often take advantage of people when they are most vulnerable and looking for a miracle cure.
 - Check with your doctor or health care professional before buying any product, including those labeled as dietary supplements, that promises to improve your memory or prevent dementia.
 - Report any products or supplements being advertised as a treatment for Alzheimer's or other diseases on the U.S. Food and Drug Administration's website.

Feeding Your Loved One: Tips for Caregivers

Approximately 85% of people with dementia and chronic illness are cared for exclusively in their own homes, and one major worry for caregivers can be ensuring



Patti Abbot
Nutrition Program
Coordinator

that their loved one is eating healthfully. Good nutrition is important for managing chronic conditions like diabetes and heart disease, preserving stamina and independence, and maintaining a strong immune system that can fend off illnesses.

However, special dietary needs, reduced ability to eat independently or recognize hunger, reduced appetite, difficult behaviors, and other issues all can make providing a healthy diet challenging, and malnutrition is a real risk.

Looking for strategies to improve nutrition and reduce stressful mealtimes? The What's on Your Plate? guide from the National Institute on Aging Resources can help with choosing foods and planning meals, and the following ideas may help meals go more smoothly:

FEEDING TIPS FOR CAREGIVERS

- Offer one food at a time. Too much food on a plate can be confusing and overwhelming.
- Eat with your loved one. Model eating behavior and have pleasant conversations during meals. Talk about the smell and enjoyment of each food.
- If chewing or swallowing are a problem, prepare soft, chopped or bite-size like cottage cheese, scrambled eggs, applesauce, etc. Watch for choking hazards like small hard objects (grapes, raw carrot pieces). Make sure dentures are in place and fit well.
- Keep table settings simple to avoid distractions. Don't worry about messy eating.
- Serve finger foods like sandwiches (in quarters), carrot or cheese sticks, fruit slices.
- Optimize appetite for meals by offering opportunities for physical activity and avoid constipation with plenty of fluids and fiber.
- Offer small, frequent meals rather than three large meals.

To find more ideas for feeding people with dementia or to prevent malnutrition in your older loved one, consult your healthcare provider, contact a dietitian, or visit the nutrition



resources created by the Alzheimer's Association, the U.S. Department of Agriculture or the Academy of Nutrition and Dietetics.

Need additional assistance? Through grants to states and community organizations, the Administration for Community Living funds several programs that provide support to family caregivers. Find out what's available in your community by contacting the Elder Care Locator online or at 800-677-1116, or by visiting the caregiver resources pages on ACL.gov.

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](https://www.torkelsonfuneralhome.com)

FDA Finalizes Rule Allowing Access to Over-the-Counter Hearing Aids

By the GWAAR Legal Services Team



Alice Ackerman
Elder Benefit
Specialist

Last month, the U.S. Food and Drug Administration (FDA) issued a final rule to improve access to hearing aids. This action establishes a new category of over-the-counter (OTC) hearing aids, enabling consumers with mild to moderate hearing impairment to purchase hearing aids directly from stores or online retailers without the need for a medical exam, prescription or a fitting adjustment by an audiologist.

The OTC category established in this final rule applies to certain air-conduction hearing aids intended for people 18 years of age or older who have perceived mild to moderate hearing impairment. Hearing aids that do not meet the requirements for the OTC category (for example, because they are intended for severe hearing impairment or users younger than age 18) still require a prescription.

Consumers could see OTC hearing aids available in traditional retail and drug stores as soon as mid-October when the rule takes effect.

For more information, contact Alice Ackerman, Elder Benefit Specialist with the ADRC at 608-269-8693 email her at Alice.Ackerman@co.monroe.wi.us or visit: <https://www.fda.gov/news-events/press-announcements/fda-finalizes-historic-rule-enabling-access-over-counter-hearing-aids-millions-americans>

**COMPASSIONATE
HOSPICE &
PALLIATIVE CARE**



Close to Home


Tomah Health
HOSPICE TOUCH &
LIFE CHOICES PALLIATIVE CARE
TomahHealth.org



Emily Reitz
DCS

Lunch Bunch MEMORY CAFE

The Memory Café is a place to meet with others living with Mild Cognitive Impairment (MCI), Alzheimer's or other related dementia and their Care Partner in a relaxed and friendly atmosphere. Once a month, this group offers a chance for everyone to have some fun and share a positive experience in a supportive environment. It's a place to talk with others and to learn, "You are not alone." Art, music, health and wellness topics will be featured at each café.

THE FIRST FRIDAY OF EACH MONTH

When: Friday, October 7th, 2022
 Time: 11:00 AM - 12:30 PM
 Location: Tomah Perkins
 1015 E McCoy Blvd., Tomah, WI
 RSVP: (608) 387-9250 by Tuesday, October 4th
 Topic: Come and play BINGO with us!

**Lunch & Beverage
 provided at a
 suggested donation of
 \$4.00 per person**



Resources: Community resource information will be available each month. Staff from the Aging & Disability Resource Center will be available to answer questions and visit with Care Partners during the café.

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.

OCTOBER 2022

The menu is subject to change. There may be a substitution due to shortage in supply or other reason beyond our control. No additional salt added.

3	4	5	6	7
1 Beef Hot Dog 1 Whole Grain Bun 2TB Chili & Cheese 1/2c Pasta Salad 1/2 c 3-Bean Salad Apple Turnover 8oz 1% Milk	1ea English Muffin/Egg Patty 1 Pork Sausage Patty 1/2c Hashbrowns 3 Sliced Tomatoes 1/2c Fresh Fruit Mix 1 Zucchini Spice Cake 8oz 1% Milk	1 Chicken Divan (Broccoli, Cheese Sauce/Brown Rice) 1ea Whole Grain Bread/Butter 1/2c Pears 1 Rhubarb Cake 8oz 1% Milk	1 Open Faced Turkey Sandwich 1sl (Whole Grain) 1/4c Homestyle Stuffing 1/2c Mashed Potatoes 2oz Gravy 1cp/1 Garden Salad/Dressing Pkt 8oz 1% Milk	1c Tuna Noodle Casserole 1/2c Winter Squash 1 Pumpernickel Bun 1 Butter 1/2c Peaches 1Carrot Cake 8oz 1% Milk
10	11	12	13	14
3oz Chicken Cordon Bleu 1/2c Herbed Rice 1/2c California Medley 1 WG Bread/Butter 1/4c Hummus/Celery 1 Lemon Bar 8oz 1% Milk	3oz Pulled Pork 1 Whole Grain Bun 1/2c Hashbrown Casserole 1/2c Coleslaw 1 Banana 1 BBQ Sauce 8oz 1% Milk	1 Salisbury Steak 1/2c Sweet Potatoes 1/2c Garden Peas 1 Whole Grain Bread 1 Butter 1/2c Peaches 8oz 1% Milk	3oz Lasagna Roll-Ups w/Mt Sce 1/2c Broccoli 1c Caesar Salad w/ Dressing 1 Garlic Bread 1 Cherry Pie 8oz 1% Milk	3oz Pot Roast 1/2c Parsley Potatoes 1/2c Carrots 1 Whole Grain Bread 1 Butter 1/2c Applesauce 8oz 1% Milk
17	18	19	20	21
1c Turkey Tetrazzini 1/2c Buttered Peas 1 Mixed Greens Salad 1 Dressing Pkt 1 Whole Grain Bread 1 Butter 1/2c Pears 8 oz 1% Milk	6oz/3oz Spaghetti/Sauce/Meatballs 1/2c Oven Roasted Brussels Sprouts w/Balsamic 1/2c Corn 1 Whole Grain Bread 1 Butter 1 Blueberry Cobbler 8oz 1% Milk	3oz Chicken Chardonnay 1/2c Baked Penne w/Alfredo & Roasted Peppers 1/2c Roasted Veg Medley 1 Rye Dinner Roll 1 Butter 4oz Apple Juice 8oz 1% Milk	3oz Pork Cutlet 2oz Country Gravy 1/2c Rice Pilaf 1/2c Oven Roasted Cauliflower 1ea Whole Grain Bread/Butter 1/2c Pineapple 1 Pumpkin Pie 8oz 1% Milk	3oz Breaded Fish 1/2c Lentil Salad 1/2c Carrots 1ea Whole Grain Bread/Butter 1 Tartar Packet 1/2c Fresh Fruit Mix 8oz 1% Milk
24	25	26	27	28
3oz Pork Fajitas w/Onions & Peppers 1ea Flour Tortilla 1/2c Seasoned Black Beans 1/4c Spanish Rice 1/2c Applesauce 1 Pineapple Upside Down 8oz 1% Milk	3oz Meatloaf 1/2c Mashed Potatoes 2oz Gravy 1/2c Broccoli Salad 1/2c Tropical Fruit 1WG Bread/Butter 8oz 1% Milk	3oz Sweet & Sour Chicken 1/2c Brown Rice 1/2c Stir Fry Vegetables 1/2c Gelatin w/Fruit 1 Oatmeal Raisin Cookie 8oz 1% Milk	1 Turkey Pot Pie over 1 Biscuit 1/2c Vegetable Medley 1/2c Fresh Fruit Mix 1 Peach Cobbler 8oz 1% Milk	3oz/1 Maid-Rite Burgers/WG Bun 3 Tomato Slices 1/2c Seasoned Potatoes 1 Orange Ea. Mustard, Diced Onions & Pickle Slices 1 Banana Choc. Chip Cake 8oz 1% Milk
31				
1c Chili Mac 1 Garlic Bread Stick 1c Mixed Green Salad 1 Dressing Pkt 1 Apple Crisp 8oz 1% Milk				ADRC Nutrition Program Main Number is (608) 269-8692

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
60					61					62		63		
64					65						66			
67					68						69			

CLUES ACROSS

- 1. Bay Area humorist
- 5. Hurt
- 10. Icelandic poems
- 14. A taro corm
- 15. Metaphorical use of a word
- 16. It fears the hammer
- 17. Excessively quaint (British)
- 18. Laid-back California county
- 19. Cook in a microwave oven
- 20. Not late
- 22. Go from one place to another
- 23. Peoples living in the Congo
- 24. Popular pasta
- 27. Available engine power (abbr.)
- 30. Popular musician Charles
- 31. Angry
- 32. Spelling is one type
- 35. One who makes a living
- 37. Indicates location
- 38. Imperial Chinese dynasty
- 39. Small water buffaloes
- 40. Hungarian city
- 41. Fabric
- 42. Ancient kingdom near Dead Sea
- 43. Precursor to the EU
- 44. Philly footballers
- 45. Female sibling
- 46. "When Harry Met Sally" actress
- 47. Magnetic tape of high quality

- 48. Insecticide
- 49. Apparatus to record and transmit
- 52. Some is considered "dog"
- 55. Israeli city __ Aviv
- 56. Fencing sword
- 60. Ottoman military title
- 61. Wise people
- 63. Cold wind
- 64. Popular type of shoe
- 65. Administrative district
- 66. A way to reveal
- 67. Cooked meat cut into small pieces
- 68. Actress Zellweger
- 69. Romanian city

CLUES DOWN

- 1. Small town in Portugal
- 2. Site of famed Ethiopian battle
- 3. German river
- 4. Christmas carols
- 5. Cash machine
- 6. Rough and uneven
- 7. Rumanian round dance
- 8. Widespread occurrence of disease
- 9. A place to relax
- 10. Feeling of listlessness
- 11. Coat or smear a substance
- 12. Wild mango
- 13. Brews
- 21. Belgian city
- 23. Confined condition (abbr.)
- 25. Swiss river
- 26. Small amount
- 27. Part of buildings
- 28. Vietnamese capital
- 29. Sailboats
- 32. Shelter
- 33. Terminated
- 34. Discharge
- 36. Snag
- 37. Partner to cheese
- 38. A container for coffee
- 40. Spend time dully
- 41. Satisfies
- 43. Snakelike fish
- 44. Consume
- 46. Type of student
- 47. Erase
- 49. Instruct
- 50. Girl's given name
- 51. Jewish spiritual leader
- 52. "To __ his own"
- 53. North-central Indian city
- 54. Greek alphabet characters
- 57. Weapon
- 58. Amounts of time
- 59. American Nobel physicist vital to MRIs
- 61. Soviet Socialist Republic
- 62. Witness

SUDOKU

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

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!

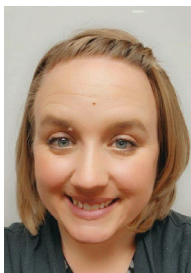
SOLUTION

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

CROSSWORD SOLUTION

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

Care Transitions Intervention



Stephanie Haas
Community Health Worker (CHW)

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.

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.

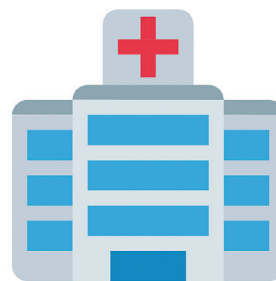
• **Personal Health Record:** You will receive a personal health record that has space to write your goal in, list your medications, questions for your doctor, specialist, pharmacist etc. This can be taken to all of your doctors' appointments and can be updated at any time.

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.

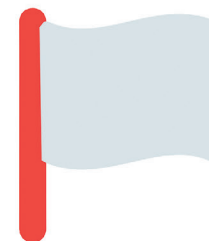


Care Transitions Intervention®

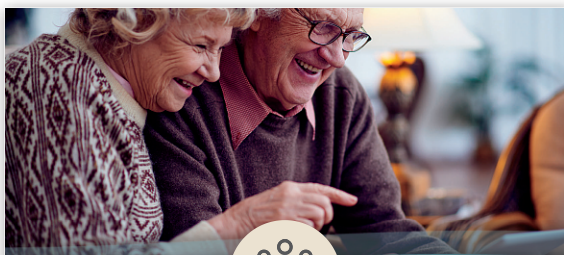
Have you or someone you know been discharged from the hospital within the last 60 days?



Prevent Readmission

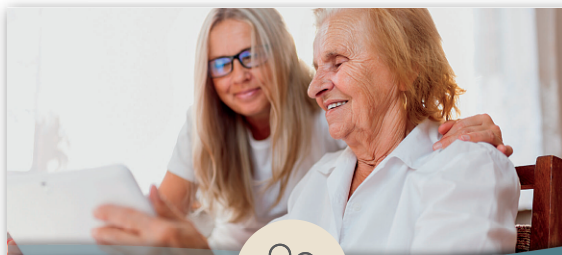


Morrow Home Community
ADULT LIVING SERVICES



Independent Living

Enjoy a daily noon meal, weekly housekeeping services, free on-site laundry, religious and recreational activities, and on-site gardening. Choose from one or two bedroom apartments.



Assisted Living

Enjoy three meals per day, housekeeping services, activities, activities, and assistance with the daily needs of your choosing. Choose from one or two bedroom apartments in a variety of layouts.



Memory Care

Enjoy a private room and bathroom in a secured facility, three meals per day, housekeeping, and activities. We adjust to the needs of each resident and create individualized care plans.