

NOVEMBER  
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](http://www.co.monroe.wi.us/services/aging-and-disability-resource-center-copy)

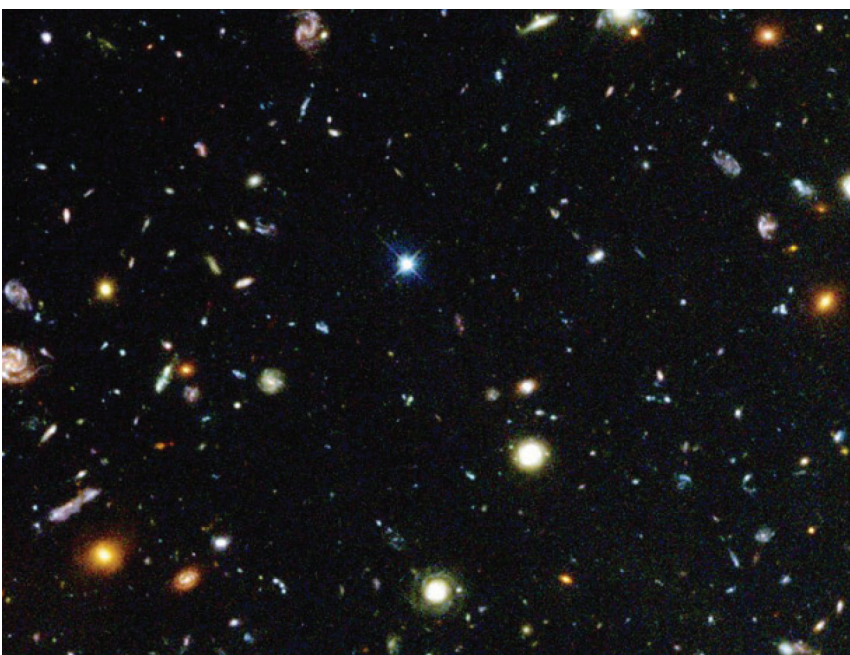
## *Vintage Vagabond's* November Trip has us "Looking to the Sky" ...

(And the Mississippi!)

Join us on **November 18** to view the annual migration of thousands of tundra swans making their way South and East for the winter. Our trip takes us to the Brownsville, MN Overlook with a presentation by a Wildlife Naturalist along with viewing the birds through scopes and viewing interpretive items on display. Bring your binoculars and dress warmly to enjoy this spectacular sight!



Lunch will be at the Swing Bridge Pub in La Crescent, MN.  
Choice between Fish sandwich or Turkey Club sandwich served with fries, cookie and coffee



After lunch we will explore the sky at the UW-La Crosse Planetarium. First half of this 75 minute program explores the current night sky followed by a special presentation entitled "Journey to the Stars". The UW-L Planetarium has been recognized in Physics Today, The Alumnus and La Crosse Magazine.

**Cost for trip: \$50**

**Includes transportation, lunch and programs.**

Payment must be made by November 4th to reserve your spot. We will pick you up at 9:00 am at the Tomah Walmart and 9:30 am at the Sparta Walmart.

# 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 November 10 from 12:30 to 3:00 both departments will be at the Tomah Dining Site & Kuper Ratsch Senior Center, 1002 Superior

Ave Tomah. County residents 60 and older are invited to have dinner at the dining site. Reservations are required and must be made by Monday, Nov. 7. Reservations can be made by calling the Tomah Dining Site at 608-372-7291.

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: Aging and Disability Resource Center | Monroe County, WI or Health Department | Monroe County, WI.

AGING AND DISABILITY RESOURCE CENTER OF MONROE COUNTY  
315 W Oak St., Suite A  
Sparta

## DEMENTIA CAREGIVER SUPPORT GROUP

Friday, November 18th, 2022  
1:00 P.M. - 2:00 P.M.  
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

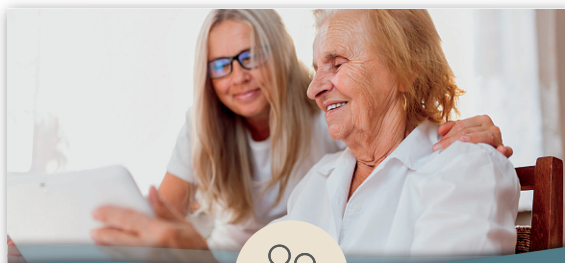



Morrow Home Community  
ADULT LIVING SERVICES



### 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, 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.

# Now is the Time to Check Medicare Drug Coverage

Now through December 7 is the annual open enrollment to make sure the medications that you take will be covered next year. Each year drug companies may change which prescriptions they will cover or what drug stores are the preferred pharmacy. It takes just a few minutes to check to make sure you are still receiving the medications you need at the best possible price.

If you have to take one or more brand name drugs, the out of pocket costs can climb quickly. There are additional programs that may be able to help with some of the costs. There is assistance through the state if your income is below 150% of the federal poverty level (\$1,698 for a single person and \$2288 for a family of two) and you meet asset requirements. The state also has a drug program called Senior Care. Senior Care is open to all residents of Wisconsin who are at least 65 years old. The premium is \$30 for the year. The cost of the medications depends on your annual gross income.

There are many ways to explore the different plans:

- ✓ You can make an appointment with Alice Ackerman, Elder Benefit Specialist with the ADRC of Monroe County 608-269-8693
- ✓ You can call the Wisconsin SHIP Medigap Part D and Prescription Drug Helpline 1-855-677-2783 (1-855-67-Part D)
- ✓ You can find an insurance agent that works with Part D plans.
- ✓ You can go online to [www.medicare.gov](http://www.medicare.gov) where all plans are listed and you can compare them easily.

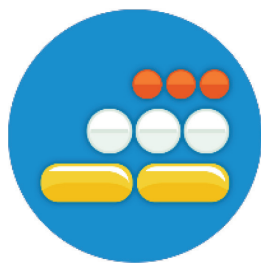


**Alice Ackerman**  
Elder Benefit Specialist

Please contact Alice of the ADRC at 1-888-339-7854 if you have any questions or would like more information.

# Changing Part D Plans

Medicare Part D, the prescription drug benefit, is the part of Medicare that covers most outpatient prescription drugs. Part D is offered through private companies either as a stand-alone prescription drug plan (PDP) for those enrolled in Original Medicare or as a set of benefits included with the plan for those enrolled in Medicare Advantage.



You should make sure to find Part D coverage that meets your specific health care needs. Before you start looking at plans, make sure you know the prescriptions you take, including their dosages and usual costs and the pharmacies you regularly use.

## When can I make changes to my Part D coverage?



**Fall Open Enrollment** runs from October 15 through December 7, with changes taking effect January 1. You can join a new Medicare Advantage Plan or stand-alone Part D plan (if you have Original Medicare) or switch between Medicare Advantage and Original Medicare (with or without a Part D plan).



The **Medicare Advantage Open Enrollment Period (MA OEP)** occurs every year from January 1 through March 31, and changes become effective the first of the following month. You can only use this enrollment period if you have a Medicare Advantage Plan. You can use the MA OEP to switch to another Medicare Advantage Plan or to Original Medicare, with or without a stand-alone prescription drug plan.



If you have **Extra Help**, the federal program that helps pay your out-of-pocket costs for Medicare prescription drug coverage, you can make changes more often. You have Special Enrollment Periods (SEPs) that allow you to enroll in or switch Part D plans once per quarter in the first three quarters of the year.



You may qualify for another **Special Enrollment Period**. SEPs allow you to change your health and/or drug coverage outside normal enrollment periods. For example, if you move out of your plan's service area, you would receive an SEP to switch to another plan. There are several SEPs you may be eligible for, so reaching out to your local Wisconsin Medigap Part D & Prescription Drug Hotline at 1-855-677-2783 is advised.

# Fall is in the air



**Patti Abbot**  
Nutrition Program  
Coordinator

As we start to look forward to family gatherings and holidays. This year why not add going to your local senior meal site and get together with neighbors and meet some new friends. We serve Monday thru Friday over the lunch hour. Check out our menu located in the newsletter. We are now receiving our meals from the Compass Group located at the University of WI – La Crosse. If you haven't looked at our menu lately, I am sure you may see some new selections. It is still a suggested donation of \$4.00 per meal and we do still need a 2 day ahead reservation. Grab a friend or two or maybe your coffee group from the morning and come have lunch at the senior center. The number to call is located at the bottom of the menu for your respective meal site. Bring along a deck of cards or a set of dominos and play a hand before or after you eat as they do in Cashton!



## WARNING!

The Senior Medicare Patrol is warning people about a new scam involving nutritional shakes. People are offering seniors “free” nutritional drinks at senior living facilities, public fairs, and even grocery stores in exchange for their Medicare number. When they get their Medicare information, these scammers are signing the seniors up for hospice services. This is incredibly dangerous because once signed up for hospice services, any curative services (surgeries, medications, treatments) will be denied. Please share this with every older adult you know. Never accept “free” services or products from someone saying they just need your Medicare information. If you have been approached about “free” nutritional shakes, please report this to the Wisconsin Senior Medicare Patrol right away at 1-888-818-2611

**NUTRITIONAL DRINK SCAM WARNING**

Don't accept "free" nutritional drinks from anyone, for any reason.

Giving out your Medicare number for these drinks, which Medicare generally doesn't cover, puts you at risk for being enrolled in hospice or other services you don't need and could be harmful to you.

877.808.2468  
SMPRESOURCE.ORG  
SUPPORTED BY GRANT # 90MPRC002 FROM ACL

## DID YOU KNOW?

Monroe County has a Dementia Care Specialist who is dedicated to helping people living with dementia in their communities and their care partners. Did you also know that you have the opportunity to meet with them at the Kupper-Ratsch Senior Center?



**Emily Reitz**  
DCS

On the second Wednesday of each month, Emily Reitz, the Dementia Care Specialist from the Aging and Disability Resource Center, holds open hours from 9:00 am – 11:00 am for people who have questions about memory

impairments in themselves or their loved ones. Whether you have a simple question regarding the difference between normal aging and dementia or you are interested in a memory screen, Emily is happy to meet with you to answer your questions and hear your concerns!

You can also contact the Aging and Disability Resource Center of Monroe County to schedule an appointment Monday – Friday from 8:00 am – 4:30 pm by calling (608) 269-8690.

All interactions are confidential and your rights are protected under HIPAA.



**Emily Reitz**  
DCS

# Lunch Bunch MEMORY CAFE

## THE FIRST FRIDAY OF EACH MONTH

When: Friday, November 4th, 2022  
 Time: 11:00 AM - 12:30 PM  
 Location: Tomah Perkins  
 1015 E McCoy Blvd., Tomah, WI  
 (608) 387-9250 by Tuesday, November 1st  
 Topic: Come and play cards 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.

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.

## 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.

### NOVEMBER 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.

	1	2	3	4
	1ea Crispy Chicken/Cheese Slice 1/2c Southern Style Potatoes 1/2c Broccoli 1ea Whole Grain Bun 1 Gelatin w/Fruit 1 Mayo Packet 8oz 1% Milk	1/2c Tuna Salad 2 Whole Grain Bread 1/2c Garden Peas 1oz Tortilla Chips 1/2c Salsa 1/2c Fresh Fruit Mix 8oz 1% Milk	3oz Glazed Pork 1/2c Wild Rice Blend 1/2c Carrots 1/2c Applesauce 1 WG Dinner Roll/Butter 1 Cherry Pie Slice 8oz 1% Milk	1 Cheeseburger 1 Whole Grain Bun 1/2c Green Beans 1/2c Baked Beans 1/2c Pears 1 Ketchup Packet 8oz 1% Milk
7	8	9	10	11
1c Spaghetti Bake w/Meat 1/2c Butternut Squash 1/2c Fruit Cocktail 1ea WG Bread/Butter 1 Pumpkin Bar 8oz 1% Milk	1/2c/1 Scr Eggs/Sausage Patty 1/2c Parmesan Hashbrown 3 Tomato Wedges 1/2c Mixed Fruit 1ea Zucchini Muffin 1 Ketchup 8oz 1% Milk	1 Herbed Chicken Breast 1/2c Cheese Tortellini 1/2c California Medley 1c Spring Mix Salad/Dressing 1ea WG Bread/Butter 1/2c Peaches 8oz 1% Milk	1c Beef & Broccoli 1/2c Fruit Rice 1 Vegetable Egg Roll 1/2c Fresh Fruit Mix 1 Banana Cho. Chip Muffin 1 Sweet & Sour Packet 8oz 1% Milk	3oz/1 Fried Fish/Tartar Sauce 1/2c Potato Wedges/Ketchup Pkt 1/2c Black Bean Salad 1/2c Coleslaw 1/2c Apricots 1 Chocolate Cake 8oz 1% Milk
14	15	16	17	18
1c Southern Style Chicken Hotdish w/Wild Rice 1c Mixed Greens Salad 1 Dressing Pkt 1ea WG Bread/Butter 1 Banana 1/2c Butterscotch Pudding 8oz 1% Milk	1 Beef & Bean Burrito 1/2c Spanish Rice 1/2c Potato Rounds 1 Fresh Orange 1 Taco Packet 1 Ketchup 8oz 1% Milk	1serv Jumbo Ravioli w/Meat Sce 1/2c Broccoli/Cauliflower Blend 1/2c Tropical Fruit 1/2c Carrots w/Ranch Dip 1ea WG Bread/Butter 1 Angel Food Cake w/Strawb 8oz 1% Milk	3oz Pork Patty 1ea Cheese Slice/Mayo Pkt 1 WG Bun 1/2c Tator Tots 1/2c Mixed Vegetable 1ea WG Bread/Butter 1/2c Pineapple 1 Lemon Bar 8oz 1% Milk	3oz Chicken Cordon Bleu 1/2c Mashed Potatoes 1/2c Roasted Root Vegetables 1ea WG Bread/Butter 1/2c Fruit Cocktail 1/2c Baked Apple Betty 8oz 1% Milk
21	22	23	24	25
3oz Honey Ham 1/2c Oven Rst Baby Red Pot 1/2c Oven Rst Brussels Sprouts 1ea WG Bread/Butter 1/2c Pineapple Fruit Fluff 8oz 1% Milk	3oz Baked Chicken Breast 1/2c Cheesy Potato Casserole 1/2c Garden Peas 1ea WG Bread/Butter 1 Peach Turnover 8oz 1% Milk	3oz Turkey 1/2c Stuffing 1/2c Mashed Potatoes 2oz Gravy 2TB Cranberry Relish 1ea WG Bread/Butter 1sl Pumpkin Pie 8oz 1% Milk	 <b>Happy                  THANKSGIVING                  NO MEALS</b>	
28	29	30		
1 Meatball Sub w/Marinara 1 Provolone Cheese Slice 1/2c Winter Vegetable Blend 1 Date Bar 8oz 1% Milk	1ea Homestyle Brat/WG Bun 1/4c Sauerkraut 1ea Ketchup/Mustard 1/2c Cowboy Beans 1/2c Fresh Fruit Mix 1 Mint Brownie 8oz 1% Milk	1 Chicken Marsala 1/2c Herbed Noodles 1/2c Normandy Blended Veg 1c Caesar Salad/Dressing Pkt 1 Carrot Cake Bar 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

# Join the adventure!



## You Will Learn About:

- Navigating Longer Lives
- Exercise and You
- Sleep
- Healthy Eating and Hydration
- Financial Fitness
- Medication Management
- Advance Planning
- Healthy Relationships
- Falls Prevention
- Community Engagement

## Scenic Rivers AHEC & the Community Connections Center

will be running the Aging Mastery Program® soon!

**B**uild your own personal playbook for aging well. This fun, innovative program empowers you to take key steps to improve your well-being, add stability to your life, and strengthen ties to your community. Meet new friends and provide encouragement to one another as you take the Aging Mastery journey together!

The 5-week Aging Mastery Program will be held at Kupper-Ratsch Senior Center located at 1002 Superior Ave, Tomah, WI

Wednesday afternoons  
Nov 2 - Dec 7, 1:00-3:00pm  
No class the week of 11/21

Light refreshments provided



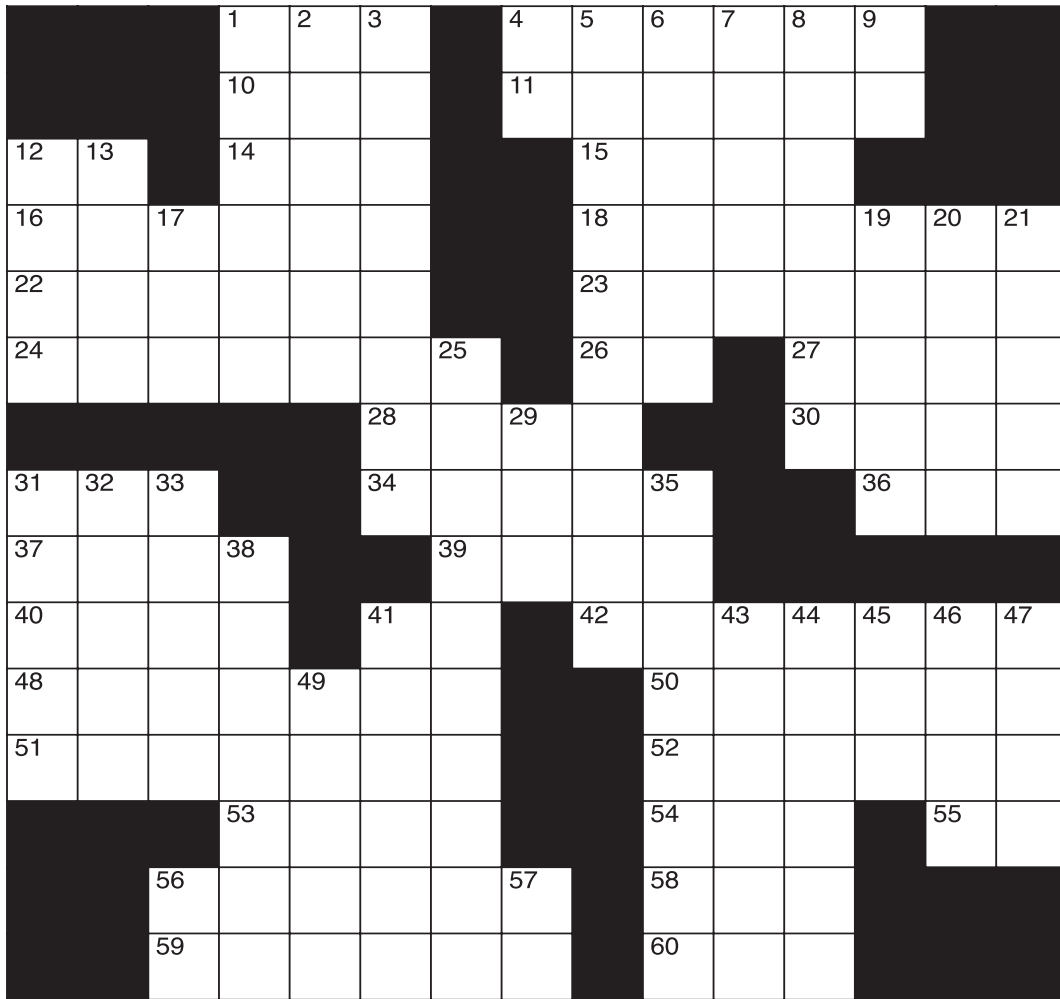
## Limited spots available: Sign up now!

The program will launch on Wednesday, November 2, 2022,  
but participants have to be signed up by October 26, 2022  
Please RSVP to: Brittany Thompson  
by calling 608-305-4743

Funding generously provided by Gundersen Health System's Community Grants Fund

# 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 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 and improve a number of skills.



**CLUES ACROSS**

- 1. The central bank of the US
- 4. Direct one's ambitions
- 10. Only
- 11. "Nothing ventured, nothing \_\_\_\_\_"
- 12. Lead
- 14. Returned material authorization (abbr.)
- 15. Indicates the pitch of notes
- 16. Set up to blame
- 18. States of rest
- 22. Complete
- 23. Be around longer than
- 24. Instructs
- 26. Childless (abbr.)
- 27. Coffee machines do it
- 28. Bowfin
- 30. A group separate from established Church
- 31. Soviet Socialist Republic
- 34. Mends with a needle
- 36. When you hope to get there
- 37. Popular 80's pop duo
- 39. Beloved Mexican dish
- 40. Extremely small amount

41. Special therapy

- 42. Cause to move slowly
- 48. A person's natural height
- 50. Elicited
- 51. Legislator
- 52. Baking ingredient
- 53. Sandwich store
- 54. Peyton's little brother
- 55. Southeast
- 56. Popular Mexican beer
- 58. Baglike structure in a plant or animal
- 59. Car body manufacturer
- 60. Midway between south and southeast

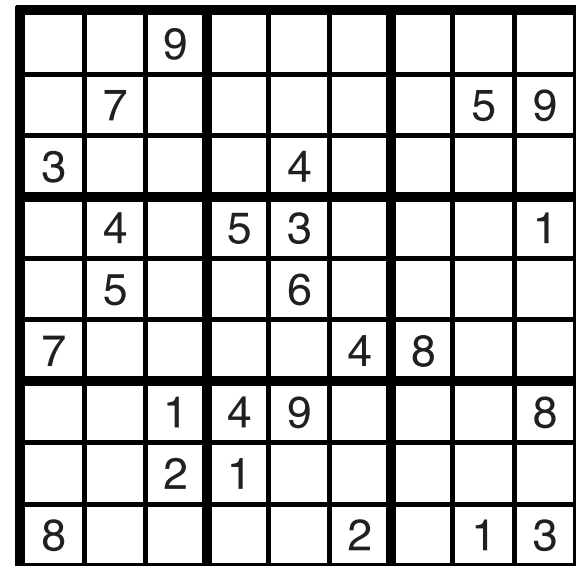
**CLUES DOWN**

- 1. Colorless volatile acid
- 2. A way to tangle
- 3. Jam rock band devotee
- 4. The nation's highest lawyer (abbr.)
- 5. Inviolable
- 6. Collision
- 7. Clumsy
- 8. Bends again
- 9. "Pollock" actor Harris

12. Flew off!

- 13. Soft creamy white cheese
- 17. Comedienne Gasteyer
- 19. Exclamation used for emphasis
- 20. Expel from one's property
- 21. Philly transit body
- 25. Small amount of something
- 29. Retirement account
- 31. Holey type of cheese
- 32. Young pig
- 33. Climbing palm
- 35. Discomfort
- 38. Bullfighter
- 41. High-level computer language
- 43. Fleshy extensions above the throat
- 44. Request
- 45. Equal to 10 meters (abbr.)
- 46. Bruce and Spike are two
- 47. Precipice
- 49. Wombs
- 56. A radio band
- 57. Emphasizes an amount

## SUDOKU



Level: Advanced

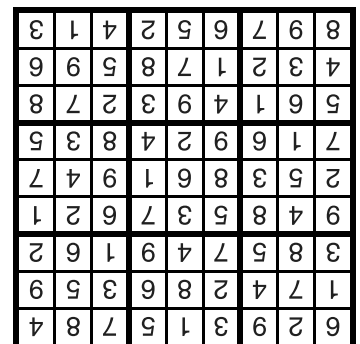
**FUN BY THE NUMBERS**

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!

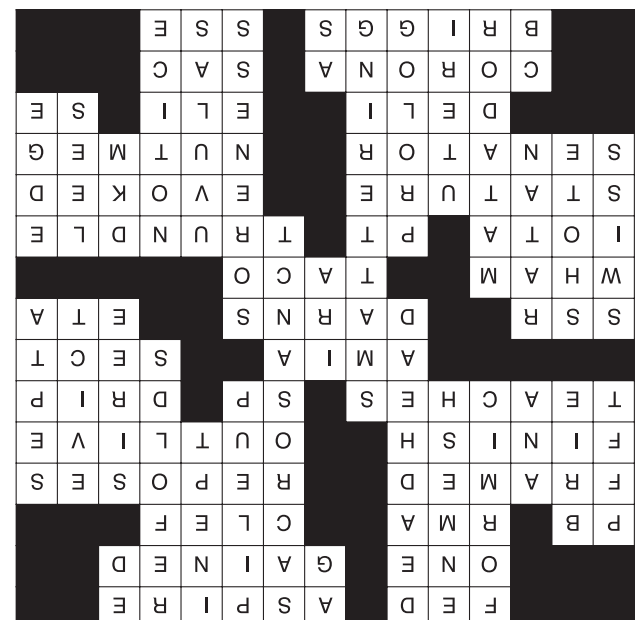
**HERE'S HOW IT WORKS:**

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



## CROSSWORD SOLUTION



# Wisconsin Senior Medical Patrol Fraud Alert



Senior Medicare Patrols empower and assist Medicare beneficiaries, their families and caregivers to prevent, detect and report health care fraud, errors and abuse through outreach, counseling and education.

## There Are No New Medicare Cards!

The scams related to Medicare cards persist! Beneficiaries from around the state continue to receive calls asking them about their Medicare card. The caller often identifies them self as being from Medicare, and that they are “just following up on the status of your Medicare card”.

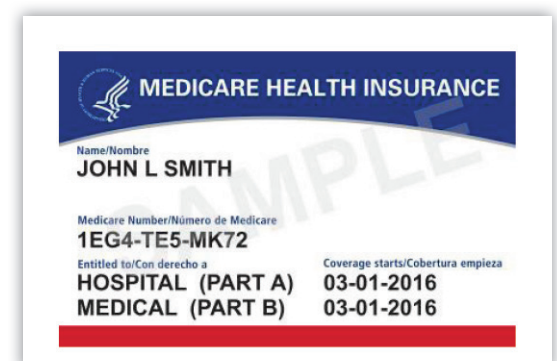
The scam has a few variations, such as:

- Asking the Medicare beneficiary if they have received the new Medicare card.
- Questioning if they knew that their red, white, and blue Medicare card is going to expire. (There is no expiration date on the Medicare card.)

• Inquiring if their doctor’s name is on their Medicare card. If not, the card needs to be updated to avoid interruption of services. (Health care provider information is NOT included on a Medicare card for any reason.)

When the beneficiary says that they have not received a new card, the caller is more than happy to help them get the “new or updated card”. The person on the phone then just asks them to “verify” their Medicare number.

If you receive this type of call, simply hang up, as the caller is trying to get your information to scam you and Medicare.



### Learn More on How to Protect Yourself

- The Senior Medicare Patrol website: [www.smpwi.org](http://www.smpwi.org)
- Contact your local Aging and Disability Resource Center, ADRC. To find the office in your area, visit: <https://www.dhs.wisconsin.gov/adrc>
- Federal Trade Commission - Protecting America’s Consumers ([ftc.gov](http://ftc.gov))
- National Do Not Call Registry [www.donotcall.gov](http://www.donotcall.gov)

There is NOT a new Medicare card. Not a plastic card, a card with a chip, a different colored card, a laminated option, or a different card because of COVID-19. There are NO NEW Medicare cards, for any reason. Your paper red, white, and blue card is the only card issued by Medicare.

### Protect Yourself with These Tips

- Be aware that no one from Medicare, Social Security, or the IRS will call you
- No one from Medicare, Social Security, or the IRS will visit you at home or at a community event
- Be cautioned that scammers’ technology can make the phone number on your screen appear that the call is from Medicare, Social Security, or the IRS
- Medicare, Social Security, or the IRS will not threaten that your coverage or payments will be cut off if you do not comply
- If the caller is pressuring you to act now and giving you a sense of urgency, it is a scam

### Keep in Mind

- Do not give out your Medicare number except to your doctor or other Medicare provider
- Treat your Medicare card like your credit card
- Do not share any personal information or bank information
- If it sounds too good to be true, it usually is
- Be cautious of offers for “free” medical services
- Watch out for identity theft



Close to Home

 Tomah Health  
HOSPICE TOUCH &  
LIFE CHOICES PALLIATIVE CARE  
[TomahHealth.org](http://TomahHealth.org)



# SAFETY TIPS FOR YOUR CAR FOR WINTER



You wouldn't head out into cold weather without bundling up. Your vehicle faces similar challenges as temperatures drop. The bottom line: it needs a little extra care as the mercury plummets. A little preparation before winter sets in may help prevent major headaches later.

## What You Can Do



**Julie Leis**  
ADRC Transportation  
Coordinator

- Make sure you have a heavy-duty ice scraper and snow brush in your vehicle.
- Cold weather reduces tire pressure, so check tire pressure often. See your Owner's Manual for directions and details.
- In severe winter temperatures, you may have to change the grade of your engine oil. Check your vehicle's Owner's Manual for the viscosity grade recommended for your vehicle's engine.
- Check your wiper blades. Cold temperatures can make blades brittle, and ice on the windshield can cause nicks in the blades, decreasing performance.
- If you're planning a trip, take a blanket, extra-warm clothing, a collapsible shovel, a bag of road salt and an extra bottle of windshield washer fluid.
- Put on snow tires if you live in major snow belt areas. Check your vehicle's Owner's Manual for details and recommended practices.

# Winter Weather And The ADRC Transportation Program

As you know, winter weather will be upon us again soon. Regarding the ADRC Transportation Program, every effort will be made to transport residents to their appointments.

If the transportation program is cancelled the Transportation Program Coordinator will contact area residents scheduled for a ride that day. All attempts will be made to contact each rider two hours prior to the scheduled pick up time. However, riders should also be consulting the radio and news stations listed below:

**News Stations: WKBT Channel 8; WXOW Channel 19**

**Radio Stations: WCOW 97.1; WBOG-WUSK-WTMB; WWIS 99.7**

The information should be posted to the news and radio stations and the website no later than 6:30 a.m.



**Julie Leis**  
ADRC Transportation  
Coordinator

In addition, I would like to take this opportunity to ask you to please make every effort to have your driveway/walk way clear of snow and ice prior to our driver's arrival. I appreciate your understanding as it is our goal to provide a safe and enjoyable ride for our passengers. If you have any questions regarding this, please call Julie Leis –ADRC Transportation Coordinator at 608-269-8689.

\* \* **HOLIDAY CLOSINGS** \* \*

- **Thursday, November 24th - Thanksgiving**
- **Friday, November 25th**
- **Friday, December 23rd**
- **Monday, December 26th**

*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)



#CAREGIVINGHAPPENS

## NOVEMBER IS NATIONAL FAMILY CAREGIVER MONTH

### INFORMATION FROM THE CAREGIVER ACTION NETWORK

National Family Caregivers Month-celebrated each November-is a time to recognize and honor family caregivers across the country. In honor of this recognition we are providing 10 tips for Family Caregivers

1. Seek Support from other caregivers. You are not alone! The ADRC of Monroe County hosts a monthly caregiver support group on the third Friday of each month from 1-2 pm. Please call Emily Reitz at 608-269-8968 for more information.
2. Take care of your own health so that you can be strong enough to take care of your loved one.
3. Accept offers of help and suggest specific things people can do to help you.
4. Learn how to communicate effectively with doctors. The ADRC of Monroe County has a Community Health Worker on staff who can help you with this. For more information please call Stephanie Haas at 608-269-8636
5. Caregiving is hard work so take respite breaks often. If you need help finding someone to provide you respite please call the ADRC of Monroe County at 608-269-8690 or toll free at 888-339-7854 so that we can assist you.
6. Watch out of signs of depression and don't delay getting professional help when you need it.
7. Be open to new technologies that can help you care for your loved one. Find more information here <https://www.caregiveraction.org/tech>
8. Organize medical information so it is up to date and easy to find. Again, our Community Health Worker can assist with this. Call Stephanie at 608-269-8636
9. Make sure legal documents are in order. Find more information here <https://www.caregiveraction.org/legal-documents-checklist>
10. Give yourself credit for doing the best you can in one of the toughest jobs there is!



## NOVEMBER IS NATIVE AMERICAN HERITAGE MONTH

### ARTICLE IS FROM THE NATIVEAMERICANHERITAGEMONTH.GOV WEBSITE

What started at the turn of the century as an effort to gain a day of recognition for the significant contributions the first Americans made to the establishment and growth of the U.S., has resulted in a whole month being designated for that purpose.

One of the very proponents of an American Indian Day was Dr. Arthur C. Parker, a Seneca Indian, who was the director of the Museum of Arts and Science in Rochester, N.Y. He persuaded the Boy Scouts of America to set aside a day for the "First Americans" and for three years they adopted such a day. In 1915, the annual Congress of the American Indian Association meeting in Lawrence, Kans., formally approved a plan concerning American Indian Day. It directed its president, Rev. Sherman Coolidge, an Arapahoe, to call upon the country to observe such a day. Coolidge issued a proclamation on Sept. 28, 1915, which declared the second Saturday of each May as an American Indian Day and contained the first formal appeal for recognition of Indians as citizens.

The year before this proclamation was issued, Red Fox James, a Blackfoot Indian, rode horseback from state to state seeking approval for a day to honor Indians. On December 14, 1915, he presented the endorsements of 24 state governments at the White House. There is no record, however, of such a national day being proclaimed.

The first American Indian Day in a state was declared on the second Saturday in May 1916 by the governor of New York. Several states celebrate the fourth Friday in September. In Illinois, for example, legislators enacted such a day in 1919. Presently, several states have designated Columbus Day as Native American Day, but it continues to be a day we observe without any recognition as a national legal holiday.

In 1990 President George H. W. Bush approved a joint resolution designating November 1990 "National American Indian Heritage Month." Similar proclamations, under variants on the name (including "Native American Heritage Month" and "National American Indian and Alaska Native Heritage Month") have been issued each year since 1994.



# NATIVE AMERICAN HERITAGE MONTH

## WAYS YOU CAN CELEBRATE



### MUSIC YOU CAN LISTEN TO:

- R. Carlos Nakai flute music
- Bear Creek Pow Wow Drum
- Edge of American by Annie Humphrey

### ITEMS YOU CAN LISTEN TO:

- All my Relations Podcast
- Native Opinion Podcast
- The Red Nation Podcast
- Telling Our Twisted Histories Podcast

### MOVIES TO WATCH:

- Smoke Signals
- Trudell
- Winter in the Blood
- Wind River
- Basketball or Nothing
- Shimasani
- Sweetheart Dancers
- Dawnland
- Indian Horse
- Enduring Ways of the Lac du Flambeau people

### ITEMS TO READ:

- Carry by Toni Jensen
- Firekeeper's Daughter by Angeline Boulley
- Code Talker by Joseph Bruchac
- There There by Tommy Orange
- The True, Indigenous History of Thanksgiving by Alexis Burten
- Everything you Want to Know about Indians but were Afraid to Ask by Anton Treuer
- The Walleye War Larry Nesper
- Making a Difference by Ada Deer
- The Mishomis Book by Edward Benton-Banai

### SUPPORT INDIGENOUS ARTISTS

### RESEARCH AND LEARN ABOUT THE TRIBES THAT ARE IN WISCONSIN

- <https://native-land.ca/>
- <https://wisconsinfirstnations.org/>
- <https://glifwc.org/>
- <https://www.glitc.org/>

\*This is not a complete list

\*\* This list does not have any affiliation to any of the agencies listed

## PBS SHORT VIDEOS

<https://www.pbs.org/specials/native-american-heritage-month/>

<https://pbswisconsin.org/watch/tribal-histories/> (**videos about each WI Tribal Community**)

<https://pbswisconsin.org/article/learn-more-about-native-american-heritage-with-pbs-wisconsin/>

<http://glifwc.org/publications/>

# NEED HELP WITH HEATING AND ELECTRIC BILLS?

The Wisconsin Home Energy Assistance Program offers a one-time payment during the heating season to help qualified applicants make their energy bills more affordable. The funding pays a portion of energy costs, but the payment is not intended to cover the entire energy cost of the residence.

Please call our office to schedule a phone appointment, for a mailed application, or to arrange special accommodations. Paper applications available in a box outside our office.

**On-Line Application available at <https://energybenefit.wi.gov>.**

**Applicants for Energy Assistance submit with your application:**

- Proof of the entire household's gross income for the one month prior to the month of application
- Seasonal employees and self-employed persons will require the prior year's taxes
- Social Security numbers and dates of birth
- Current heating and electric account information

2022-2023 INCOME GUIDELINES:		
Household Size	1 Month Gross Income	Annual Gross Income
1	\$2,675.25	\$32,103
2	\$3,498.42	\$41,981
3	\$4,321.58	\$51,859
4	\$5,144.83	\$61,738

We accept Energy Assistance applications for the current heating season until May 15th, 2023.

## DID YOU KNOW?

Eligible Energy Assistance applicants may also qualify for:

- Crisis Assistance (please call our office)
- Help setting up payment plans
- Referral to the Weatherization Program
- Emergency furnace repair/replacement for home owners (and some rental situations)



**homeenergy+**

**Flocks Guardians, Inc.**  
606 Cap Street  
Sparta, WI 54656  
608-487-9356

Administered by the State of Wisconsin Home Energy Plus (HE+) Program



## NEW SOCIAL WORKER SAMANTHA FUIT TO THE MONROE COUNTY ADRC



The ADRC of Monroe County is excited to announce we have hired a new Social Worker in training to fill the vacancy left by Beth Brendel. Our new Social Worker in training is Samantha Fuit and she started with the ADRC on October 10th. Samantha shared a little information about herself:

**I am Samantha Fuit a Social Worker in training and Options Counselor with the ADRC of Monroe County. Prior to this position, I served as an Options Counselor for the ADRC of Jackson County for almost two years. I am grateful for the knowledge and skills I developed in my work with families, community members, and agencies there. I have a Bachelors in Psychology, and am working on getting my social work license. I look forward to helping community members and their families find the resources they need and different options available for them. I have enjoyed getting to know my coworkers and finding out what they each contribute to the ADRC. When I am not working I enjoy spending time with my family and friends; we enjoy many grill-outs throughout the warmer months and game nights during the colder months.**

As a Social Worker, with the ADRC, Samantha will provide information and assistance to both the Elderly and Disabled populations, including benefits and program eligibility and resources and services available for private pay options. In addition, she will work as our Client Tracking lead and Resource Lead, she will make sure the resource guide, chore list, immediate needs resource guide, home health provider, and housing guide are updated and have the information you may need.

The ADRC of Monroe County is excited to welcome Samantha to our team!

