

JANUARY
2023



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

WINTER DANCE AND BINGO FUN PLANNED



Sparta Special Recreation and Autism Resource Center of Monroe County are teaming up to host a Winter Dance and Bingo Fun on Saturday January 28th from 6 to 8 PM at the Sparta Barney Center. Admission is free. Pizza and refreshments and a DJ will be provided.

Dance will be in the gym and bingo will be in the senior dining hall. Both events will be going on at the same time. Attendees can go to one or both.

PLEASE JOIN IN THE FUN

Sparta Special Recreation will be hosting basketball skills in the month of February on Sundays from 3 to 4 PM. The cost is \$20 per person and registration can be completed at Sparta Park and Recreation office. All ability levels are welcome.

Please email sosparta@hotmail.com with questions

**SATURDAY JANUARY 28TH
FROM 6 TO 8 PM AT THE
SPARTA BARNEY CENTER**

STAY ACTIVE THIS WINTER

Keep moving this winter!

Spring could find us weaker, stiffer and less healthy if we stay indoors and hibernate all winter.

Find ways to stay active all winter long to avoid the following dangers of inactivity:

EFFECTS IN INACTIVITY:

1. Heart rate increases: after 24 hours of lying or 8 days of Sitting
2. Adrenaline accumulates and is stored in the heart and Brain
3. Tendency to faint increases: after 2 days lying or 4-6 days Sitting
4. Loss of muscle mass: lose 10-15% in 1 week bed rest
5. Loss of joint mobility: normal joint loses full range in motion in 4 weeks of immobility
6. Demineralization of bones
7. Sore, painful feet upon standing after being bed or chair fast
8. Increased chance of developing kidney stones
9. Increased chance of developing kidney infections
10. Increased chance of developing blood clots
11. Impaired circulation leading to cardiovascular atrophy.



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.

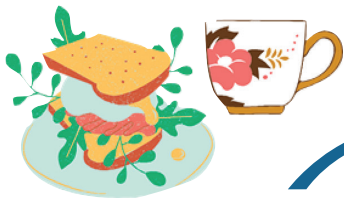
THE FIRST FRIDAY OF EACH MONTH



Emily Reitz
DCS

When: Friday, January 6, 2023
Time: 11:00 AM - 12:30 PM
Location: Tomah Perkins
1015 E McCoy Blvd., Tomah, WI
RSVP: (608) 387-9250 by Tuesday, January 3rd
Topic: Come socialize and share your favorite recipe 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.

Caregiver SUPPORT GROUP

Third Friday of each month
1 PM – 2 PM

315 W Oak St, Suite A, Sparta

Contact: Emily Reitz, DCS • Call: (608) 387-9250
• Email: emily.reitz@co.monroe.wi.us

2023 Dates

- January 20th
- February 17th
- March 17th
- April 21st
- May 19th
- June 16th
- July 21st
- August 18th
- September 15th
- October 20th
- November 17th
- December 15th



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.

Building on the Momentum of White Cane Safety Day to Promote Safer Streets for All Pedestrians

Article from the Fall 2022 Council Courier from the Wisconsin Council of the Blind and Visually Impaired

Since 1964, October 15 has been designated nationally as White Cane Safety Day. White Cane Safety Day is an opportunity to raise awareness of Wisconsin's White Cane Law, which requires drivers to stop at least 10 feet from a pedestrian using a white cane or service dog. Every year, the Council works with local leaders to officially recognize White Cane Safety Day through a formal proclamation. Last fall, leaders in 23 Wisconsin communities joined Governor Tony Evers in formally proclaiming October 15 White Cane Safety Day.

Building awareness of the White Cane Law is important in itself, but we understand that it will take much more than a once-a-year push to make our streets safer for pedestrians. Bringing about meaningful change requires a long-term, multi-faceted, strategic effort, and we believe White Cane Safety Day can be a springboard to a much

more ambitious campaign. So this year, we've raised the bar and are taking the opportunity to promote pedestrian safety on a broader scale.

This summer, the Council wrote to those 23 local elected officials thanking them for their commitment to pedestrian safety and offering ideas for building on the momentum of White Cane Safety Day. Our suggestions, in addition to issuing a proclamation, included:

- Creating a "Vision Zero" plan aimed at eliminating traffic fatalities through comprehensive, cross-disciplinary local planning and cooperation.
- Joining a community member on a "walk audit" to evaluate how accessible our streets are for pedestrians.
- Initiating plans to make a troublesome intersection safer by installing pedestrian safety features such as crossing signals.
- Checking out the Wisconsin Department of Transportation's Non-Driver ArcGIS Online Appli-

cation and encouraging city planners to use this valuable tool to gauge transit needs and allocate pedestrian resources.

Now we're working to expand the number of municipalities taking part in the movement. We've also reached out to our network of grassroots advocates, asking them to encourage leaders in their communities to make pedestrian safety a top priority. And in early September, we collaborated with Sierra Club-Wisconsin Chapter and 1,000 Friends of Wisconsin on a webinar, "Make Way for Pedestrians," that outlined strategies for improving pedestrian safety in your community.

If you're interested in joining the effort and helping promote pedestrian safety in your community, you can find a White Cane Safety Day Toolkit containing sample letters, social media posts and other resources on the Council website at WCBlind.org/white-cane-safety-day/.

Windows to More Than the Soul: The Importance of Routine Eye Exams

Article from the Fall 2022 Council Courier from the Wisconsin Council of the Blind and Visually Impaired

You've probably heard the old saying "The eyes are the windows to the soul." To a trained eye doctor, the eyes are also windows to the rest of the body and its overall health.

There are many reasons it's important to have routine eye exams. Some of them are obvious: Monitoring your eye health, protecting your vision, and detecting eye conditions at an early stage when they can be treated most effectively. But an eye exam can also reveal clues about health conditions that affect the rest of the human anatomy.

Dr. Kallie Harrier, an optometrist with Isthmus Eye Care in Madison with expertise in low vision, explains that a lot of problems centered in the eye don't have any symptoms. One common example is glaucoma, often referred to as "the sneak thief of sight." Many patients aren't aware anything is wrong until they've already started to lose vision. Routine eye exams where pressure inside the eye is tested are the only way to detect glaucoma before it starts to cause irreversible damage.

"In glaucoma, early detection is key because it's a disease that progresses slowly and we can do something about it," Dr. Harrier says. "The sooner we can start you on your eye drops or other treatment the better, because that's going to reduce the risk of future progression of the disease."

Even with other eye diseases that are less



treatable than glaucoma, such as retinitis pigmentosa or macular degeneration, early detection can lead to the best outcomes.

"There may not be a cure that we can offer but knowing about the condition helps people prepare for what's coming," Dr. Harrier says. "The sooner we can acknowledge what's happening with their vision, the better position they'll be in to adjust to the changes."

More surprising to many people is that the list of conditions an eye exam can uncover goes far

beyond the eyes. High blood pressure and diabetes are two health problems that are often first identified by an optometrist or ophthalmologist.

"A lot of people, especially if they don't have health insurance, skip their routine physical exams, but they'll come to us because they can't see well and they need new glasses," Dr. Harrier says. "And then we find a systemic condition like diabetes or high blood pressure. There have been multiple times where I'm the first person to see diabetes in a patient, and then we can refer them to their primary care provider to get the

CONTINUED ON PAGE 6



**COMPASSIONATE
HOSPICE &
PALLIATIVE CARE**

Close to Home

Tomah Health
HOSPICE TOUCH &
LIFE CHOICES PALLIATIVE CARE

TomahHealth.org

Reinforce Nutrition Services for Homebound Seniors

PROTECT THE ACCESSIBILITY OF OLDER AMERICANS ACT NUTRITION PROGRAMS

WAAN's (Wisconsin Aging Advocacy Network) Position: Senior hunger and isolation are growing critical social issues effectively combated by Older Americans Act Senior Nutrition Programs.

These programs need support and fiscal backing to maintain access to these crucial services for the growing aging population of Wisconsin.

BUDGET REQUEST

- Protect vulnerable older adults by increasing the state contribution to Home-Delivered Meal (HOM) Services from the current level of \$396,000 to \$5.95 million. This increase would enable HDM programs across the state to meet rising demand and needs and would provide state funding for HDM services equal to the state funding contributed to congregate nutrition services provided statewide. As shown by 50 years of positive impact, both programs are equally essential to the continued health and well-being of the growing senior population.

The Older Americans Act (OAA) HDM program has proven to be an effective way to address the growing crisis of hunger and isolation among seniors. The program's focus on nutritious food, social visits, safety checks and connection to other community services ensures that seniors receive the support they need to live more nourished and independent lives in their homes. The program saves taxpayer dollars by avoiding costly and preventable health-care expenditures paid for through Medicaid, Medicare and/or personal resources. The state average cost to deliver a meal to a homebound senior is \$11.93, comparatively the cost of one day in a nursing home is \$286.00 and the cost of one day in the

hospital is \$2,558.00.

When surveyed about their satisfaction with the senior nutrition program HDM recipients said:

- "Meals are delicious, more than enough, nice variety and very healthy. For all of us who can't cook, thank you."
- "Having someone check on me means a lot. The program helps me to stay in my apartment."
- "I feel safe because my driver alerted police when I fell and waited until help arrived. There are some days when I have trouble moving around and it is hard to cook."
- "The meals are healthy well balanced. The volunteers are always kind hearted and nice to talk to when they deliver."

The HOM survey data for 2021 for Wisconsin (n=6,259) also indicates that for participants:

- Program meals make up half or more of their total daily food intake-69 percent
- Meal delivery provides:
 - o Someone to talk to-47 percent
 - o A sense of safety and security-45 percent
 - o A link to get more support if needed-34 percent
 - o Something to look forward to-66 percent

The HOM services provided by the Elderly Nutrition Programs support a vulnerable population of older adults. Many HOM participants live alone (62 percent), are homebound and express that at least some of the time they lack companionship (51 percent) and feel left out (42 percent) and isolated (44 percent). Utilizing the UCLA 3 Item Loneliness Scale, in which each item ranges from "hardly ever or never" (1point) to "often" (3 points) and the total score is the sum of all items which ranges from 3 to 9 (with higher scores indicating a higher level of perceived loneliness), one-third of all participants

completing the scale had a loneliness scale score of 6-9. Nearly three-quarters of the participants who scored in the 6-9 range indicated they had three or fewer visits per week.

The ability to access these crucial services in a timely and consistent manner is key to the program's successful intervention to support the health and independence of older adults. The program's accessibility is currently under threat statewide due to stagnant funding (no increase in funding since program implementation in the mid 80's), a growing aging population accompanied by unprecedented levels of demand and increased expenses driven by inflation and a lack of resources. The COVID-19 pandemic exposed critical levels of unmet need across the senior population in Wisconsin. This is evidenced by the fact that collectively program allocations are being depleted at twice the rate of the annual budget revenues (some programs have spent the total year's allocation at the six-month mark) coupled with an increase of over 200,000 meals (6 percent increase) served annually when compared to pre-pandemic operations.

The temporary operations flexibilities allowed during the public health emergency and the corresponding supplemental funding are currently propping up the operations of HDM services. Statewide, program leadership is preparing for widespread budget insufficiencies when these flexibilities and supplemental funding expire. According to the Wisconsin Association of Nutrition Directors, 82 percent of programs surveyed statewide anticipate a need to prioritize meal services, reduce meal services and/or institute waiting lists if funding remains stagnant. We urge the state legislature to protect this critical service for older adults by increasing the state contribution to the home delivered meals program.

Veterans Celebrated at the County Senior Meal Sites

During the month of November the ADRC of Monroe County Senior Meal program offered a voucher to our county veterans for a free meal at any one of our six meal sites. Veterans could chose a day in

November to use the voucher. Our hope was to introduce new seniors to our meal sites and to thank them for their service to our country. We plan to offer this again next November as it was well received. If you attended the meal site for this meal please come back for another meal and join your friends and neighbors. Call the meal site one day ahead to reserve a meal. Again, thank you for your service. Pictured are Don Yahnke, Jim Thompson, Ron Bloor, Francis Trepes and Doug Rogalla at the Kendall Meal Site.



Patti Abbot
Nutrition Program
Coordinator



**NO
ADDICT
LEFT
BEHIND**

**RECOVERY IS BIGGER THAN JUST YOURSELF,
LET'S DO THIS TOGETHER.**

WHEN:
TUESDAY, THURSDAY
& SATURDAY
5PM

LOCATION:
TRINITY LUTHERAN CHURCH
612 NORTH WATER ST.
SPARTA, WI



**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.

JANUARY 2023

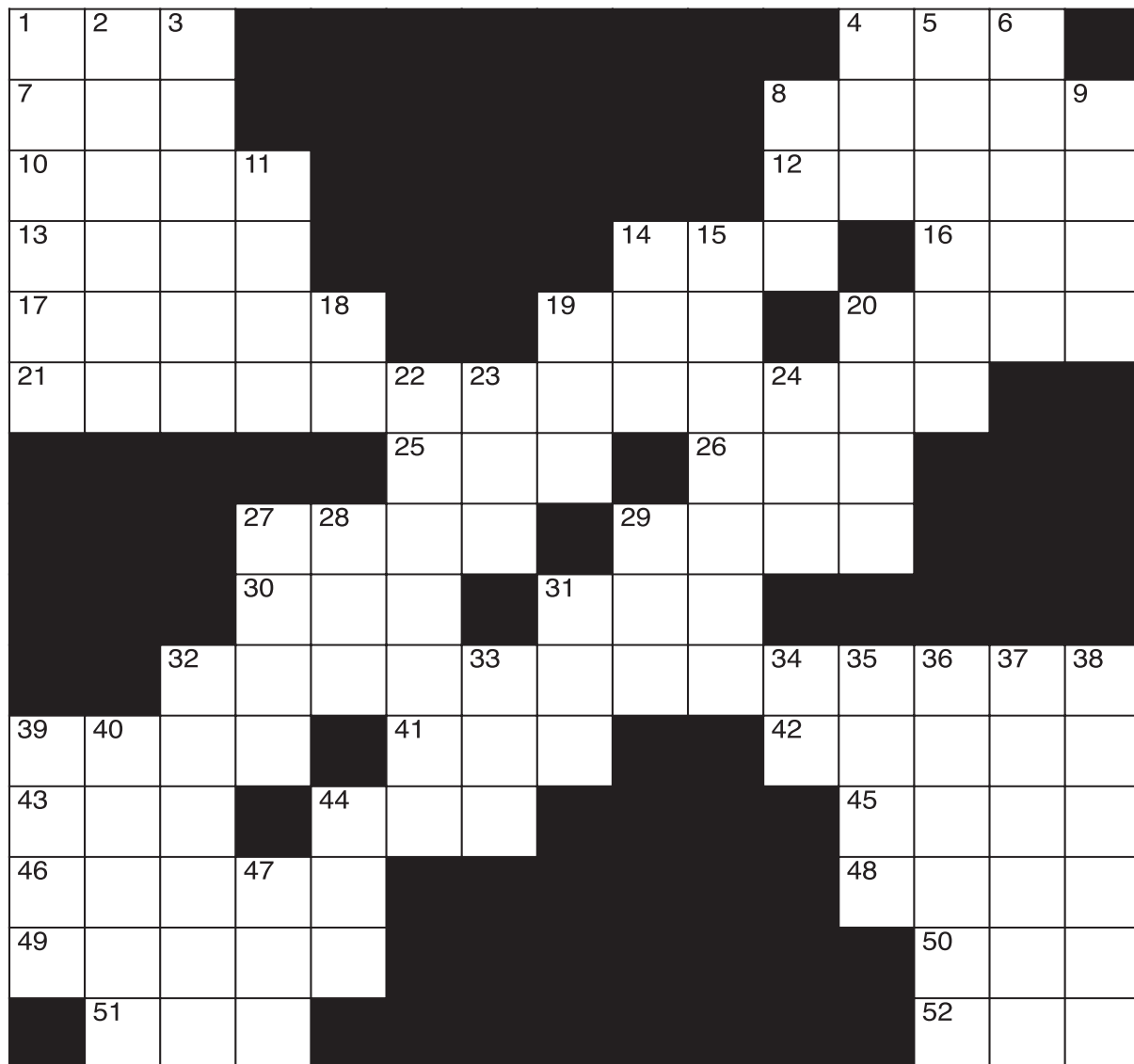
The menu is subject to change. There may be a substitution due to shortage in supply or other reason beyond our control. No additional salt added.

2	3	4	5	6
CLOSED - NO MEALS	3oz BBQ Chicken Breast 1 Whole Grain Bun 1/2c Potato Wedges 1/2c Winter Squash 1ea BBQ Packet 1 Apple Turnover 8oz 1% Milk	3oz Pork Loin 1/2c Lyonnaise Potatoes 1/2c Carrots 1ea Whole Grain Bread/Butter 1c Mixed Green Salad 1ea Dressing Packet 8oz 1% Milk	3oz Smoked Sausage w/Peppers & Onions 1ea WG Brat Bun/Ketchup/Mustard 1/2c Cheesy Hashbrowns 1/2c Three Bean Salad 1/2c Peaches 1ea Blueberry Muffin/Butter 8oz 1% Milk	3oz Pizza Burger w/Cheese Slice 1 Whole Grain Bun 1/2c French Fries 1/2c California Medley 1/2c Fresh Fruit Mix 1 Ketchup 8oz 1% Milk
9	10	11	12	13
3oz Grilled Ham 1/2c Scalloped Potatoes 1/2c Green Beans 1ea Whole Grain Bread/Butter 1/2c Apricots 1 Handheld Cherry Pie 8oz 1% Milk	1c Chicken ala King 1 Buttermilk Biscuit 1/2c Mixed Vegetables 1 Pumpkin Bread 1 Butter 1 Apple 8oz 1% Milk	3oz Turkey & Cheddar Sandwich 1 Whole Grain Bun 1/2c Potato Salad 1/2c Baked Beans 1 Mayo Packet 1/2c Peaches 8oz 1% Milk	3oz Beef Tips w/Mushrooms 2oz Gravy 1/2c Mashed Baby Reds 1/2c Carrots 1/2c Orange Juice 1ea Whole Grain Bread/Butter 1 Rice Krispie Treat 8oz 1% Milk	1c Tuna Noodle Casserole 1/2c Chateau Blend Vegetables 1ea Whole Grain Bread/Butter 1c Spinach Salad 1ea Raspberry Vinaigrette 1/2c Diced Pears 8oz 1% Milk
16	17	18	19	20
3oz Pulled Pork Sandwich 1 BBQ Packet 1 Whole Grain Bun 1/2c Winter Squash 1/2c Coleslaw 1/2c Applesauce 8oz 1% Milk	3 oz Chicken Parmesan 1/2c Cavatappi Noodles 1/2c Broccoli 1ea Breadstick/Butter 1 Fresh Fruit 1 Pumpkin Bar 8oz 1% Milk	3oz Meatloaf 1/2c Mashed Potatoes 2oz Gravy 1/2c Festive Bean Salad 1/2c Peas 1ea WG Bread/Butter 1/2c Fresh Fruit Mix 8oz 1% Milk	8oz Loaded Baked Potato Soup 1pkt Crackers 3oz Ham & Cheese on 1 Whole Grain Bun 1/2c Carrots w/Ranch Dip 1/2c Peaches 1ea Mayo & Mustard Packet 8oz 1% Milk	1c Beef & Broccoli 1/2c Fried Rice 1 Vegetable Egg Roll 1/2c Fresh Fruit Mix 1ea Cherry Bread/Butter 1ea Soy Sauce/Sweet & Sour Packet 8oz 1% Milk
23	24	25	26	27
3oz Salisbury Steak 1/2c Mashed Potatoes 2oz Gravy 1/2c Green Beans 4oz Tomato Juice 1ea Whole Grain Bread/Butter 1/2c Apricots 8oz 1% Milk	3oz Pork Carnitas 1/2c Lettuce 1ea Salsa Packet & Cheese 1 Whole Grain Tortilla 1/2c ea Spanish Rice & Black Beans 1/2 c Applesauce 1 Chocolate Chip Cookie 8oz 1% Milk	1c Pizza Casserole 1/2c Whole Grain Pasta 1 Garlic Breadstick 1c Mixed Green Salad 1 Dressing Packet 1/2c Pineapple 8oz 1% Milk	3oz Creamy Tuscan Chicken w/Cherry Tomatoes & Spinach 1/2c Wild Rice Blend 1c Beet Salad w/Arugula 1ea Balsamic Dressing 1 Orange 1 Handheld Apple Pie 8oz 1% Milk	3oz Fish Sandwich w/Cheese Slice 1 Whole Grain Bun 1/2c Seasoned Potatoes 1/2c Caprese Pasta Salad 1/2c Fresh Seasonal Fruit 1 Tartar Sauce 8oz 1% Milk
30				
3oz Chili Cheese Dog 1 Whole Grain Bun Diced Onion/Mustard 1/2c Baked Beans 1/2c Macaroni & Cheese 1 Apple 8oz 1% Milk				ADRC Nutrition Program Main Number is (608) 269-8692

**Please call by NOON 1 day 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**

Puzzles – Engage Your Brain!

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

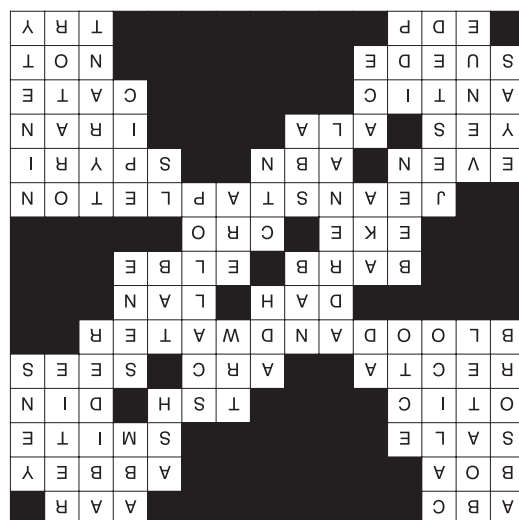
- 1. Basics
- 4. Swiss river
- 7. Constrictor snake
- 8. Building occupied by monks
- 10. Discount
- 12. Deal a blow to
- 13. Relating to the ear
- 14. Thyrotropin
- 16. Loud, unpleasant noise
- 17. Large intestines
- 19. Move with a curving trajectory
- 20. Witnesses
- 21. You need both to live
- 25. Dash
- 26. Network
- 27. Dig
- 29. C. European river
- 30. Supplement with difficulty
- 31. Corporate executive
- 32. Carroll O'Connor's on screen wife
- 39. No variation
- 41. Airborne (abbr.)
- 42. "Heidi" author
- 43. Affirmative

- 44. Pie ___ mode
- 45. W. Asian country
- 46. Grotesque or bizarre
- 48. Delicacy (archaic)
- 49. Textile
- 50. Denial
- 51. Electronic data processing
- 52. Attempt

CLUES DOWN

- 1. Engulf
- 2. Waterside hotel
- 3. Printed cotton fabric
- 4. Defensive nuclear weapon
- 5. One who follows the rules
- 6. Lace up once more
- 8. Fire byproduct
- 9. Hankerings
- 11. Outer
- 14. One-time aerospace firm
- 15. Seafood
- 18. Commercial
- 19. Epoxy hardener (abbr.)
- 20. Samoan monetary unit
- 22. Type of gland
- 23. Arrest
- 24. Check

CROSSWORD SOLUTION



FROM PAGE 3

treatment they need.”
 How are eye doctors able to discover these conditions? It turns out that the eyes really are like windows in a sense. They provide a unique view of the body’s inner workings.

“The cool thing about the eye is that it’s the only place in the human body where we can see blood flowing through your veins without having to cut you open,” Dr. Harrier explains. “We can tell a lot about a person’s overall health just by looking at that vasculature. With high blood pressure, instead of nice smooth blood vessels, we often see them get kinked or start to change course because of that increased pressure over time.

“Sometimes we’ll see blood in the back of the eye that shouldn’t be there, and that can be an indication of diabetes,” Dr. Harrier added.

Abnormal blood flow isn’t the only type of warning sign a doctor can observe through the eyes.

“Just a couple weeks ago, I had a patient come in for a routine exam just to get some new contact lenses,” Dr. Harrier said. “I found swollen optic nerves, so I sent her to the emergency room, and she had emergency surgery that day to remove a brain tumor. So there are a lot of things we see in the eye that reflect what’s happening throughout the body.”

Dr. Harrier emphasizes that it’s important to continue getting routine eye exams even if you’ve already been diagnosed with and are being treated for a particular eye condition.

“I tell my patients ‘You can have as many diseases as it pleases,’” she says. “That means just because you have glaucoma doesn’t mean you can’t also get macular degeneration, or just because you have diabetic retinopathy doesn’t mean you can’t get glaucoma.”

For people with a new diagnosis of a condition that threatens their eyesight, Dr. Harrier says it’s beneficial to see an optometrist who specializes in low vision to make sure you get the best lens prescription possible.

“A lot of times, people are just resigned to not seeing well, but even a little bit of glasses prescription can make a big difference,” she says. “If you have access to a low vision optometrist, they can help you get the best vision possible and help you find the tools you need. And if there’s a tool we can’t provide, we can refer to an organization like the Council that may be able to help.”

FURTHER READING:

American Academy of Ophthalmology, “20 Surprising Health Problems an Eye Exam Can Catch,” tinyurl.com/EyeExamCanCatch

Centers for Disease Control and Prevention, “Keep an Eye on Your Vision Health,” tinyurl.com/KeepEyeOnVisionHealth

AARP, “8 Health Problems That Can Be Detected Through an Eye Exam,” tinyurl.com/8ProblemsEyeExams

Senior Nutrition Program of Monroe County Nutrition Advisory Council



Patti Abbot
Nutrition Program
Coordinator

The Senior Nutrition Program of Monroe County has a Nutrition Advisory Council to assist in evaluating, promoting, planning and advocating for the nutrition program and its participants. This council will advise the nutrition director on all matters relating to nutrition and nutrition-supportive services within the program area.

- Make recommendations to the nutrition director and the aging unit about locations, days, hours, accessibility, of dining centers

- Give support and assistance to the ongoing development of the nutrition program.

The Council is intended to be a partner in improving the nutrition program. The meetings are held quarterly and a community member from each community served is represented on the council. The meetings are also attended by the Registered Dietician, ADRC director and meal provider if available.

Wilton: open

Norwalk: Joyce Schreier

Cashton: Patricia Hansen

We are currently seeking a representative from the Wilton area. Our meetings are held on the second Tuesday of the month in March, June, Sept and December. We take turns having the meetings at the meal sites and the ADRC office. Some of the members stay for a meal at the dining site following the meeting.

If you are interested in joining or have questions about the council, please reach out to Patti Abbott, Nutrition Program Coordinator at 608-269-8692 or Pam Weber, ADRC manager at 608-269-8691

Some of the duties of this council include:

- Represent and speak on behalf of the nutrition participants and program

- Assist in publicizing the nutrition program and outreach to potential new participants

Current Members of our Council:

Sparta: Pearl Lake and Judith Schure

Tomah: Barb Akers

Kendall: Joyce Thonesen



TRANSGENDER HEALTH INSURANCE GUIDE TO THE MARKETPLACE



Marketplace plans sold through HealthCare.gov CAN NO LONGER:

REFUSE TO INSURE transgender people

HAVE EXCLUSIONS that deny all transition-related care

DENY COVERAGE solely because you are transgender

LIMIT ACCESS to "sex-specific" services (like hysterectomies or prostate exams) based on sex assigned at birth, gender identity, or gender marker

YOU SHOULD ALWAYS GET PRIOR AUTHORIZATION FROM YOUR INSURANCE COMPANY

For any health care related to gender transition. (Prior authorization forms are available from your health care provider.)

CLEAR COVERAGE*	PARTIAL COVERAGE*	NO COVERAGE*	SILENT COVERAGE*	UNAVAILABLE*
<p>Aspirus Health Plan HealthPartners Medica Molina Security Health Plan</p> <p>Plans explicitly cover some or all medically necessary transition-related care if you meet plan-specific requirements. Check the plan documents for more information.</p>	<p>Anthem Blue Cross Blue Shield Common Ground Group Healthcare Chorus Health Plans</p> <p>Plans explicitly exclude transition-related care even if medically necessary. Check the plan documents for more information.</p>	<p>None</p> <p>Plans explicitly exclude all transition-related care and may result in denials even if care is medically necessary. Check the plan documents for more information.</p>	<p>Dean Health Plan MercyCare Health Plans</p> <p>Plans may cover Transition-related care but the plan documents are silent. Call the insurer or contact an assister for more information.</p>	<p>Network Health Quartz</p> <p>Plans may cover Transition-related care but the plan documents are unavailable. Contact an assister or call the insurer for more information.</p>

*This information applies to transition-related care and cosmetic exclusions only. Disclaimer: These ratings were compiled by Out2Enroll through a review of silver marketplace plans. You should carefully review each plan (including plans that offer affirmative coverage) to ensure it meets your needs. This Guide is provided solely for information purposes and should not be used as a substitute for a full review of each plan based on an individual's medical needs.

EXPECT MORE, DEMAND MORE FROM ALL PLANS

WANT MORE INFORMATION?

Coverage denied? **APPEAL, APPEAL, APPEAL.**

Learn more at <http://bit.ly/2hGFuWn>.

Exclusion in your plan? **FILE A COMPLAINT** at your state insurance department at oci.wi.gov or contact a legal organization at <http://bit.ly/2hHkLxi>.

Discrimination by insurer or health provider:

CONTACT a legal organization at <http://bit.ly/2hHkLxi>.

For additional plan-specific information, please visit: out2enroll.org/2023-cocs

To make a free appointment with a trans-friendly assister, please visit: out2enroll.org/enrollment-help

9 in 10 people get a discount to make health insurance more affordable. Learn more at HealthCare.gov

Winter Weather and the ADRC Transportation Program

As you know, winter weather is upon us! 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.

Celebrating Lives Well Lived



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

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



COLESLAW

Add sweetness with apples or raisins.



This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The University of Wisconsin-Madison Division of Extension is an EEO/AA institution committed to diversity among its employees and in its programs.



- Select** – Choose cabbage heads with compact leaves.
- Store** – Tightly wrap in plastic and refrigerate for up to 7 days.
- Prepare** – Carefully run a small knife around the core to remove it. Slice or chop the leaves.



Cabbage is the Harvest of the Month!

Add cabbage to your favorite family meals:

- Add cabbage to your favorite veggie soup, stew, or stir fry.
- Use cabbage leaves as a tortilla or wrap.
- Add raw cabbage to salad.

Make meals and memories together. It's a lesson kids will use for life.

Did you know?
Green and red cabbage are the most common, but other types of cabbage include Napa (Chinese cabbage) and Savoy.



Nutritious, Delicious, Wisconsin!
#WISharvestoftheMonth

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The University of Wisconsin-Madison Division of Extension is an EEO/AA institution committed to diversity among its employees and in its programs.

FROM THE CONSUMER FINANCIAL PROTECTION BUREAU (CFPB): BEWARE DEBT COLLECTION ACTIVITIES

There are approximately 48 million family members and friends caring for adults with health or functional needs in the United States, and nearly one in six adults is supporting the health and well-being of an older adult through illness or disability. Although the Nursing Home Reform Act (NHRA) prevents a nursing home “from requiring a person other than the resident to assume personal responsibility for any cost of the resident’s care,” some nursing homes and debt collectors do bill or sue residents’ family members and friends for the cost of care on the basis of their admission contracts. ...in Consumer Financial Protection Circular 2022-05, the practices of nursing homes and the debt collectors

they hire may violate federal laws administered by the CFPB and the Centers for Medicare & Medicaid Services (CMS). The CFPB and CMS have released a joint letter urging nursing homes and debt collectors to examine their practices for compliance with federal law. If you or a consumer you are working with has experienced this, you can share this information with your State Department of Health and your State Attorney General. You can also submit a complaint to the CFPB if you believe that a debt collector, such as a company or law firm acting on behalf of a nursing home, may be engaging in unlawful debt collection or credit reporting practices. To file a complaint go to <https://www.consumerfinance.gov/complaint/>