

APRIL
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

OPEN GYM AND BINGO FOR INDIVIDUALS WITH DISABILITIES

FREE ADMISSION
SATURDAY APRIL 1st

OPEN GYM 5:00-6:00PM

FREE PIZZA AND POP
at 6:00PM until gone

BINGO FROM 6:30-8:00PM
in the senior dining hall
at SPARTA BARNEY CENTER



A variety of equipment will be available for use in the gym such as basketballs, volleyballs, footballs, or you can use the space to walk or run and get that winter energy out. 😊

Hosted By Sparta Special Recreation and The Arc Of Monroe County



JOIN US!
RFP*
***REQUEST FOR PROPOSAL**

Bulk Food DELIVERY DRIVER

The ADRC of Monroe County is seeking proposals from qualified contractors to assist with the provision of bulk meal delivery for Senior Dining & Home Delivered Meals in Monroe County. For more information visit the link <https://www.co.monroe.wi.us/services/aging-and-disability-resource-center-copy>

Due no later than
4 p.m. 3/31/23

May Vintage Vagabond Trip is Ready to Roll!

Vintage Vagabond May trip on **May 16** takes us to the **Soldiers Walk at Memorial Park** in Arcadia, WI. Stroll the one-third mile level walk to view monuments and statues commemorating all American wars/conflicts from the Revolutionary War to the 9-11 War on Terror. It is the largest Memorial Park in the United States, outside of Washington, D.C. Soldiers Walk- A Memorial Park dedicated to our Veterans: past, present and future- the perfect stop as we prepare for Memorial Day.

Our lunch stop will be at **Newcomb Valley Inn** near Arcadia. Lunch includes a choice of a cheeseburger or pulled pork sandwich, fries, cookie and coffee.

Then we are off to the **Elmaro Vineyard and Winery** near Trempealeau. Visit includes a tour of the



vineyard/winery and a wine tasting experience. Note: Must be able to do stairs for winery tour.

Your Napa, Close to Home...

Cost for May Trip: \$60 includes transportation on Lamers Deluxe Motorcoach, meal including gratuity, and tour. Pick up times: Tomah- 8:30 a.m. and Sparta- 9:00 a.m. at Southeast corner of Wal-mart parking lots. **Deadline for registering: April 11.**

We have a new process for registering for trips this year. Please complete the form below. Then either mail, or bring in person to the ADRC office, your form and money. Cash or check must accompany your reservation. Keep checking the ADRC website for additional details for upcoming trips. Click on the Vintage Vagabond link on the left side of the page. <https://www.co.monroe.wi.us/departments/aging-and-disability-resource-center/senior-vintage-vagabond-trips>

RESERVE YOUR SPOT TODAY! Deadline: April 11

Vintage Vagabond Trip: May 16 Soldiers Walk in Arcadia & Elmaro Vineyard & Winery

Number attending: _____ (Please print) Pick up location: Tomah ____ or Sparta ____

Name(s) 1. _____ X if age 60+ ____ 2. _____ X if age 60+ ____

Address: _____

Phone number: _____ Email _____

Meal Choice: Cheeseburger ____ or Pulled Pork Sandwich ____ Payment: Total Enclosed \$ _____ Cash ____ or Check ____

Mail or bring in person to: ADRC, 315 W. Oak St, Suite A Sparta, WI 54656

Medicare Coverage of Mental Health Services

Article Courtesy of Greater Wisconsin Agency on Aging Resources, Inc. (GWAAR)

Mental Health issues can have a significant impact on a person's ability to function in their daily lives. Declining health and managing medical conditions can put you at a risk of depression and anxiety.

If you struggle with ongoing feelings of sadness or hopelessness it's important to talk to a doctor. It is also important to be aware of a new helpline, 988, the new universal three-digit dialing code for suicide prevention and mental health crisis that went into effect nationwide in July. Calling this number will direct a person to representatives specifically trained in the management of suicide risk and other mental health crises. Share this life-saving information with friends and family!

When it comes to mental health issues, it's good to know that Medicare covers many mental health services to help diagnose and treat people with mental health disorders, like depression and anxiety.

The following preventive benefits are covered by Medicare:

- One depression screening per year. The screening must be done in a primary care doctor's office or primary care clinic that can provide follow-up treatment and referrals.

- A one-time "Welcome to Medicare". This visit includes a review of your possible risk factors for depression.
- A yearly "Wellness" visit. Talk to your doctor or other health care provider about changes in your mental health since your last visit.
- One alcohol misuse screening per year. Some people with mental health issues may struggle with alcohol misuse. Medicare beneficiaries who are not alcohol-dependent may qualify.

Medicare also covers the following outpatient mental health services:

- Diagnostic tests and psychiatric evaluation
- Individual therapy
- Group therapy
- Family counseling, if the main purpose is to help with your treatment
- Medication management
- Certain prescription drugs that aren't usually self-administered
- Partial hospitalization



Talk with your doctor about what services are right for you and your mental well-being. For more information about Medicare covered services, see your Medicare and You 2022 handbook or visit the Medicare website at www.medicare.gov. And remember, if you or someone you know is experiencing a mental health crisis, call 988. For an immediate medical crisis call 911.

For local assistance with Medicare questions or other health insurance counseling contact Monroe County Aging & Disability Resource Center at 608-269-8690.



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.

(608) 269-3168 | housing@morrowhome.org
www.morrowhome.org | 331 S Water St Sparta, WI 54656

7 Things to Know About Medicare Insulin Costs

By the Department of Health and Human Services, USA

1 As of January 1, 2023, your Medicare drug plan can't charge you more than \$35 for a one-month supply of each Part-D covered insulin product, and you don't have to pay a deductible for your insulin. You'll pay \$35 (or less) for a one-month supply of each Part-D covered insulin product, even if you get Extra Help to lower your prescription drug costs.

2 If you get a 2- or 3-month supply of Part D-covered insulin, your costs can't be more than \$35 for each month's supply. For example, if you get a 2-month supply of a Part D-covered insulin, you won't pay more than \$70 for that 2-month supply.

3 If you get a Part D-covered insulin product and pay more than \$35 for any month's supply between January 1, 2023 and March 31, 2023, your Part D plan must reimburse you within 30 calendar days for the amount you paid that's over \$35 per month's supply. (Part D plans have until March 31, 2023, to update their systems to make sure you're charged the correct amount.) If you haven't received reimbursement within 30 days, contact your plan.

4 If you use a covered insulin product and decide you'd like to be in a different Part D plan for 2023, you can add, drop, or change your Part D coverage one time between now and December 31, 2023. If you change plans mid-year, your True Out-of-Pocket

(TrOOP) costs will carry over from your old plan to your new one. Call 1-800-MEDICARE (1-800-633-4227) if you take insulin and want to change your plan. TTY users can call 1-877-486-2048

5 If you use a disposable insulin patch pump, you'll continue to get your insulin through your Part D plan, and the insulin for your pump won't cost more than \$35 for a month's supply of each covered insulin product. If your Part D plan covers disposable insulin patch pumps, the pump is considered an insulin supply. Because it isn't an insulin product, the pump isn't subject to the \$35 cap and might cost more than \$35.

6 If you use a traditional insulin pump that's covered under Medicare Part B's durable medical equipment benefit, the \$35 cap on your insulin costs starts July 1, 2023. Beginning July 1, 2023, your cost for a month's supply of Part B-covered insulin for your pump can't be more than \$35, and the Part B deductible won't apply. If you have Medicare Supplement Insurance (Medigap) that pays your Part B coinsurance, that plan should cover the \$35 (or less) cost for insulin.

7 Want to learn more about Medicare's coverage and your costs for insulin? • Visit Medicare.gov/coverage/insulin. • Visit Medicare.gov/about-us/inflation-reduction-act. • Call 1-800-MEDICARE (1-800-633-4227). TTY users can call 1-877-486-2048

Take the Mystery out of Medicare



Alice Ackerman
Elder Benefit Specialist

Turning 65 soon? Have questions about what the different parts of Medicare are and what each one provides? Already on Medicare and have questions about a specific coverage issue.

Alice Ackerman, Elder Benefit Specialist with the Aging and Disability Resource Center will be giving a presentation on the different

sections of Medicare – Parts A, B & D. It will include what each part covers as well as what deductibles and copays may apply.

Other topics discussed will include the difference between public and private Medicare options to cover the 20% that Medicare doesn't cover as well as any new features for 2023.

The meeting will be on Tuesday, April 18 from 9:00 – 10:30 am in the Monroe County Board Assembly Room, 112 S. Court St Room 1200. Please use the South Side/Oak Street entrance. For more information or to make a reservation please contact Alice at 608-269-8693 or email at Alice.Ackerman@co.monroe.wi.us.

Lunch Bunch MEMORY CAFE



Emily Reitz
DCS

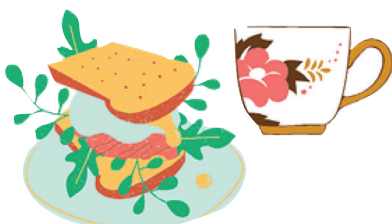
The Memory Café is a place to meet with others living with Mild Cognitive Impairment (MCI), Alzheimer's or other related dementia and their Care Partner in a relaxed and friendly atmosphere. Once a month, this group offers a chance for everyone to have some fun and share a positive experience in a supportive 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 MONDAY OF EACH MONTH

When: Monday, April 3, 2023
Time: 11:00 AM - 12:30 PM
Location: Tomah Perkins-1015 E McCoy Blvd., Tomah, WI
RSVP: (608) 387-9250 by Friday, March 31st
Topic: Come make spring and Easter inspired greeting 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.



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

An Excerpt from “A Loving-Kindness Meditation to Heal Your Inner Child” from www.LionsRoar.com

BY PEGGY ROWE WARD AND LARRY WARD
JANUARY 18, 2023

Send Love to Your Five-Year-Old Self

When we experience our own suffering, the first invitation is to name this experience. In Thich Nhat Hanh’s words, “We call it by its true name.”

Whatever arises, you can name it and send it the energy of loving-kindness. You can say, “I am experiencing the energy of shame and self-criticism. I put my arms of love around these feelings.” Although you are not trying to fix or change anything, the practice of holding your suffering in arms of love will help it to shrink and your self-love to grow.

Perhaps you have an experience of being held this way. A few days after Peggy’s first husband, Steve, passed away, a close friend came to the house. Peggy remembers: “I was sitting on the couch. He put his arm solidly and yet loosely around me and held me for at least half an hour. He didn’t fidget, speak, or move. He didn’t squeeze or pat. He just sat with me. He met me where I was. I cried for many minutes and then experienced a great peace. He didn’t want anything from me. He was just there to be with me in my suffering.”

This is the kind of love in which we hold the suffering child within us.

Sometimes, though, you may experience that the suffering child is afraid to appear. Sometimes it seems this child is in a lost place. Sometimes the child does not trust you. This is to be expected. You will have to move slowly. You have observed that with children and animals, you shouldn’t approach them too quickly. The best method is to let them come to you in their own time.

There are several practices from Thich Nhat Hanh’s tradition that have helped each of us build a loving and trusting relationship with the suffering child within us. One practice is to have a family altar. On this altar, Thich Nhat Hanh encouraged us to have photographs of ourselves as young children. This practice helps us build a relationship that honors our inner child.

A Meditation to Heal Your Inner Child

The following meditation has helped us heal from early childhood experiences. We regularly practice this meditation because it provides a kind space for the body, heart, and mind to gently remember. It offers a living space of inclusivity and compassion for childhood memories and all previous experience as we continue to deepen and grow in self-love.

1. Tap Your Resources of Love and Support

Thich Nhat Hanh once spoke about cooking up love. He reminded us of how we can use pieces of straw or paper to start a good fire. Our resources for love are the pieces of straw that help us generate the energy of loving-kindness.

Resources that help us develop self-love include people, places, pets, activities, and beautiful memories that soften our hearts and nourish our gratitude, love, and compassion. In your practice, take a few minutes to recall such a resource deeply. Make it come alive by activating your senses.

One resource we are both grateful for is the wise and compassionate therapists, body healers, and shamans who have supported our journey of transformation and healing. We often tell our friends that a somatic and trauma-informed therapist can be an essential support person for those on a spiritual path.

A resource that opens our hearts is our dog, Charlie. Peggy imagines the weight of his body in her lap and the feel of his fur under her hand. She pictures his jaunty, bouncy walk and smile. When she brings Charlie to mind, she feels her body relax and her face and eyes soften.

It is very important to take the time to savor your own resources of love so they are committed to long-term memory. Use all of your senses and anchor these sensations of goodness in your body and mind as you direct the energy of loving-kindness toward yourself.

2. Attend to Your Body

Once we are able to experience the positive sensations of being in touch with our resource, we attend to our body. The first foundation of mindfulness is the body. We love our self by being connected with our body and recognizing the miracle of our body. Find a place where you can slow down without distraction so that you can be aware of the body and the breath with some degree of comfort. Be thorough in your practice of establishing your posture so that your breath is easeful and you can truly be present.

Scan your body, feet to crown, bringing your mindful attention to your entire body with kindness. Invite your body to relax and soften, settling the body, sinking into your cushion or chair. Thich Nhat Hanh reminds us that this is how we keep our appointment with life. He said, “We stop, we calm, we rest, we heal, and we transform.” Sending this mindful energy of kindness to your body is an act of self-love.

3. Offer Love to Your Inner Child

Then the invitation is to silently offer these words of guided meditation to yourself:

*Breathing in, I know that I am breathing in.
Breathing out, I know that I am breathing out
I bring my kind attention to the in-breath
I bring my kind attention to the out-breath.*

*Breathing in, I am aware of my whole body, right here
Breathing out, I am aware of my whole body, right here*

Aware of body, here and now

Breathing in, I see myself as a five-year-old child, fragile and vulnerable.

Breathing out, I smile to myself as a five-year-old child.

Breathing in, I am aware that the five-year-old child is in me.

Breathing out, I hold this child tenderly.

Allow as much time as you would like to experience holding this child that is you. When we first practiced with the little one inside of ourselves, we found it took patience and persistence to connect to the child within. Larry would visualize the child or else he’d visualize a black panther to support his practice. As a kinesthetic learner, Peggy found it helpful to experience the sensation of holding a puppy or kitten. We had to build our relationship and trust by continuing to practice just welcoming this child. Find your own way that helps you to feel solid and at ease.

This meditation has helped us to see ourselves as children and experience the very real vulnerability of human beings. We find that we frequently underestimate our resilience and strength, as well as our fragility and vulnerability. They are not separate. There is great power and strength in our vulnerability and fragility. Being in touch with vulnerability, while it may not be easy at first, is a powerful opportunity to be in touch with life and our own goodness. In doing so, the hidden divine child within can be healed and strengthened.

Larry captures benefits from his practice of honoring the inner child with these lines from a poem he wrote: “I am here now, waking up in the changing room of my soul’s department store. I am becoming what my young self once knew, gazing at stars from the attic window following a yellow and green caterpillar on the sidewalks of Cleveland to new worlds.” Blessings on your practice of love.

Lunch Visit with The ADRC of Monroe County Staff

Join some of the ADRC staff on the following dates to eat lunch and visit. Bring your ideas, questions or concerns.

April 6, 2023 Kendall Senior Meal Site
Pam Weber, ADRC Manager and
Patti Abbott, Nutrition Program Coordinator

April 13, 2023 Cashton Senior Meal Site
Emily Reitz, Dementia Care Specialist

May 10, 2023 Kupper Ratsch Senior Center
Pam Weber, ADRC Manager and
Patti Abbott, Nutrition Program Coordinator

June 8, 2023 Cashton Senior Dining Site
Pam Weber, ADRC Manager and
Patti Abbott, Nutrition Program Coordinator

July 6, 2023 Wilton Senior Dining Site
Pam Weber, ADRC Manager and
Patti Abbott, Nutrition Program Coordinator

Remember to call for a reservation at least one day ahead. Look for more dates to come.



Celebrate the Senior Nutrition Program
2023 · COOKING UP COMMUNITY

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

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

APRIL 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.

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
1/2c Scrambled Eggs 1 Sausage Patty 1/2c Parmesan Hashbrowns 1/2c Tomato Juice 1 Morning Glory Muffin 1tsp Butter 1 Fresh Orange 8oz 1% Milk	3oz Parmesan Chicken 1/2c Cavatappi Noodles 1/2c Green Beans 1cup/1 Garden Salad/Dressing 1 Breadstick 1/2c Applesauce 1 Pumpkin Bar 8oz 1% Milk	1cup Loaded Baked Potato Soup 1pkg Crackers 3oz Cold Ham & Cheese on 1ea WG Bun/Mayo/Mustard 1/2c Lentil Salad 1/2c Peaches 8oz 1% Milk	1cup Beef & Broccoli 1/2c Fried Rice 1 Vegetable Eggroll 1 Apple 1 Cherry Bread 1tsp Butter 1ea Soy/Sweet & Sour Sauce 8oz 1% Milk	Closed for Good Friday
10	11	12	13	14
3oz BBQ Beef Sandwich on 1 Whole Grain Bun 1/2c Potato Wedges 1/2c Italian Pasta Salad 1 Banana 1 Peach Turnover 1 BBQ Packet 8oz 1% Milk	3oz Pork Loin 1/2c Lyonnaise Potatoes 1/2c Squash 1cup Mixed Greens Salad 1 Dressing 1ea WG Bread/Butter 8oz 1% Milk	1cup Turkey & Rice Casserole 1/2c Garden Peas 1/4c Hummus 1/2c Celery Sticks 1 Whole Grain Bread/Butter 1serv Angel Food Cake with Seasonal Berries 8oz 1% Milk	3oz Smoked Sausage with Peppers & Onions 1 Whole Grain Brat Bun 1/2c Cheesy Hashbrowns 1/2c Fiesta Black Bean Salad 1/2c Fresh Fruit Mix 1ea Ketchup & Mustard 8oz 1% Milk	3oz Swedish Meatballs 1/2c Egg Noodles 1/2c Glazed Carrots 1ea WG Bread/Butter 1/2c Pears 1/2c Apple Crisp 8oz 1% Milk
17	18	19	20	21
1cup Chicken ala King 1 Buttermilk Biscuit 1/2c Mixed Vegetables 1 Apple 1 Zucchini Cake 1 Butter 8oz 1% Milk	3oz Beef Roast 1/2c Oven Roasted Potatoes 2oz Gravy 1/2c Candied Yams 1ea WG Bread/Butter 1/2c Fresh Fruit Mix 1 Blueberry Coffee Cake 8oz 1% Milk	1/2c Chicken Salad with Craisins 1 WG Bun 1cup Garden Salad w/Cucumber & Tomatoes 1/2c Potato Wedges 1/2c Fresh Fruit Mix 1 Dressing Packet 8oz 1% Milk	1cup Spaghetti w/Meat Sauce 1cup Spinach Salad 1/2c Pineapple 1 Garlic Breadstick 1 Parmesan Packet 1 Dressing Packet 1 Black Bean Brownie 8oz 1% Milk	3oz Turkey 2oz Gravy 1/2c Mashed Potatoes 1/2c Broccoli 1/2c Peaches 1ea WG Bread/Butter 1 Applesauce Cake w/Frosting 8oz 1% Milk
24	25	26	27	28
3oz Chicken Cordon Bleu 1/2c Au Gratin Potatoes 1/2c Stewed Tomatoes 1ea Banana Bread/Butter 1/2c Fruit Cocktail 8oz 1% Milk	3oz Turkey & Cheese Sand on 2 WG Bread 1/2c Pasta Salad 1 Whole Grain Sun Chips 1/2c Fresh Fruit Mix 1ea Mayo/Mustard 1 Rhubarb/Strawberry Upside Down Cake 8oz 1% Milk	3oz Salisbury Steak 1/2c Mashed Potatoes 2oz Gravy 1/2c Green Beans 1ea WG Bread/Butter 1/2c Apricots 8oz 1% Milk	3oz Pulled Pork Sand on 1 WG Bun 1/2c Tater Tots 1/2c Three Bean Salad 1/2c Coleslaw 1 BBQ Packet 1/2c Applesauce 8oz 1% Milk	3oz Tuscan Chicken w/Cherry Tomatoes & Spinach 1/2c Wild Rice Blend 1c Beet Salad w/Arugula 1 Balsamic Dressing Pkt 1 Orange 1 Cherry Hand Pie 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

Aging Advocacy Day 2023

The Wisconsin Aging Advocacy Network (WAAN) is planning an in-person Aging Advocacy Day (AAD) 2023 event in Madison on **May 9, 2023**. Are you interested in issues affecting older adults and caregivers? Would you like to tell your legislator what aging/caregiver services mean/have meant to you, your family, or those you serve? Join members of the Wisconsin Aging Advocacy Network (WAAN), aging network professionals, older adults, and family caregivers to "tell your story" and help educate state legislators about issues impacting Wisconsin's aging population. Your voice can make a difference!

Register now with this form:

gwaar.wufoo.com/forms/z11p6eil0dbk2o8/.

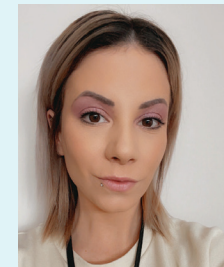
The registration deadline is April 26, 2023.

For more information, visit gwaar.org/aging-advocacy-day-2023

Older Americans Month

May is Older Americans Month and historically the ADRC of Monroe County and the Senior Nutrition program, along with help from other agencies, have always hosted a Senior Celebration in honor of this month. This year plans are moving forward for another celebration in May where we will celebrate by hosting an outdoor picnic event complete with a tent, games, grilled hot dogs and musical entertainment. The Monroe County Health Department will be there doing blood pressure checks as well as members of the Monroe County Board assisting us. If you are over 60 years old and looking for a great lunch, entertainment and socializing with your peers, keep **May 19, 2023** open on your calendar for the celebration. More information to come on times and registration information will be in the May ADRC Connect newsletter.

Help Turn Out the Disability Vote for the April 4th Spring Election



Kirsten Armour
DBS

April 4th is a very important election in Wisconsin. Let's work together to ensure that people with disabilities are registered to vote and cast a ballot! The Disability Vote Coalition is available to provide voters with disabilities and community

agencies with the information needed so more people with disabilities can participate in our democracy.

- Do you have a voting question? Contact the Disability Rights WI Voter Hotline at 844-347-8683.
- Would you like to order voting materials or schedule a training? Call the Hotline or email us at info@disabilityvote.org
- Need information about voter registration, photo ID, or ballot return assistance? Our Voter Toolkit for the 2023 Elections has what you need: Visit the Voter Toolkit -2023 Elections webpage at <https://disabilityvote.org/2023/voter-toolkit-2023-elections/>

Resource for Debt Defense and Earnings Garnishments

By the GWAAR Legal Services Team

The University of Wisconsin Law School's Consumer Law Clinic is available to assist individuals with consumer debt defense and earnings garnishment issues. Please note that the clinic does not provide information or referrals for bankruptcy.

In-person and telephone appointments are available.

Below are the dates and times for the walk-in clinic at The Village on Park, 2238 S. Park St., in Madison (look for the UW crest). **The walk-in clinic is available through April 21, 2023.**

- Mondays, 4 – 7 pm
- Wednesdays, 4 – 7 pm
- Fridays, 9 am - 12 pm and 1 - 4 pm

No appointment is necessary, and there is no charge. Individuals should bring their garnishment papers and a recent pay stub to the consultation.

**Individuals anywhere within the state can also request a call back from a Consumer Law Clinic student through the intake portal at <https://law.wisc.edu/eji/clc> or call 608-263-6283. Clinic students can provide assistance and advice to any Wisconsin resident.*

Grief Support Group

GRIEF COMES IN MANY FORMS

Please consider joining us as we support one another.

Grief can be caused by a multitude of life experiences. Join us if you are going through and/or are experiencing lasting effects of grief after any of these life altering scenarios:

- Loss of a loved one
- Loss of health
- Losing a loved one to chronic illness
- Loss of personal relationships

The purpose of this group is to provide information about the grief process; to share experiences; and to alleviate the feeling of isolation.



Emily Reitz
DCS

April 11, 2023 1pm - 2pm

315 W Oak St., Suite A, Sparta, WI 54656

Please register with Emily Reitz at 608-387-9250

What's on the Ballot?

In the Spring Election, you will be asked to vote on two amendments to the Wisconsin Constitution regarding setting bail for some people accused of crimes, and an Advisory Referendum about work requirements for people who receive welfare benefits.

Many voters will not be familiar with these proposals. We encourage voters to study these proposals in advance. Changing our State Constitution is a big deal and should be approached with great care and deliberation. Remember: there is no requirement to vote for something you are not sure about.

A good place to learn more about these proposals is the Ballotpedia (<https://ballotpedia.org>) website. Enter your voting address to view information about these proposals.



Grab

Some

Rhubarb

Rhubarb is the Harvest of the Month!

Add rhubarb to your favorite family meals:

- Add cooked rhubarb and strawberries as an ice cream topping
- Add diced rhubarb to your morning oatmeal
- Bake rhubarb oat muffins for a quick breakfast or snack

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

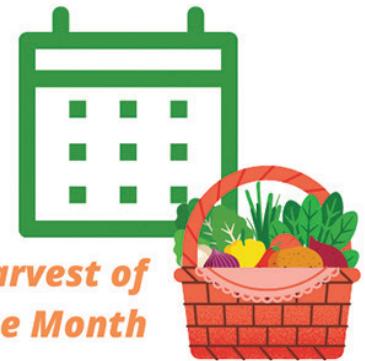
Select – Choose flat stalks that are not curled or limp. Deep red stalks are sweeter and richer.

Store – Cut off the leaves, which contain toxins that are poisonous and may not be eaten, and wash the stalks. Refrigerate rhubarb in a plastic bag; use within a few days.

Prepare – Wash and trim stalks at the top and bottom. Cook in a non-reactive pan (anodized aluminum, stainless steel, Teflon coated aluminum or enamel-coated cast iron).

Did you know?

Rhubarb plants can live for 60 years or more. However, it commonly begins to decline after about 20 years, sometimes sooner. If so, give it new life by dividing it, then replanting in a new spot in compost-enriched, well-drained soil in full sun.



"A HEALTHIER MONROE COUNTY, ONE BITE AT A TIME"

*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

Low Sugar Strawberry Rhubarb Crunch

INGREDIENTS:

4 cups chopped fresh rhubarb
1 pint strawberries, hulled and sliced
1 tablespoon honey
1 cup rolled oats
1/2 cup packed brown sugar
1/4 cup butter
1 teaspoon ground cinnamon



INSTRUCTIONS:

Preheat the oven to 350 degrees F (175 degrees C).

In a medium bowl, stir together the rhubarb, strawberries and honey. Transfer to a shallow baking dish. In the same bowl, stir together the oats, brown sugar and cinnamon. Mix in the butter until crumbly, and spread over the top of the fruit.

Bake for 40 minutes in the preheated oven, until rhubarb is tender and the topping is toasted. Serve warm.

From Planning to Action: LGBTQ+ Inclusive Area Agencies on Aging

On January 17, SAGE and the National Resource Center on LGBTQ+ Aging hosted a virtual webinar featuring speakers from ACL and Area Agencies on Aging. Participants joined to: discuss the realities of LGBTQ+ Aging and Aging with HIV and hear from Area Agencies on Aging (AAA) that have embraced inclusivity, connect with experts who have been working with AAA to provide inclusive services since 2010, examine the Older American Act and the subsequent guidance from the Administration for Community Living to ensure their agency is compliant, and create and implement a plan of action. To view the recorded webinar, visit <https://www.lgbtagingcenter.org/resources/resource.cfm?r=2144>.



Out of Sight Low Vision Support Group April meeting

The April Low Vision Support Group will be welcoming Dr. Martin Williamson, Optometrist from the Gundersen Optometry Department in Sparta, WI. Dr. Williamson specializes in managing complex anterior and posterior segment pathology as well as amniotic membrane therapy. He graduated from the Illinois College of Optometry in 2018 and completed his residency at the Gundersen Medical Foundation in 2019. Dr. Williamson will be speaking to disorders of the eye and vision loss as well as answering questions from the group. The event will take place **Monday April 17th at 1 pm** and will be held at the Barney Center located at 1000 E. Montgomery St, Sparta.

The ADRC's Out of Sight Low Vision Support Group was formed in 2004 and is open to all ages. Please consider joining us. If interested call Evelyn Allen at 608-433-4031. The group meets the third Monday of every month at 1 pm at the Barney Center. If you are 60 or older you may have a meal at the meal site in the same location prior to the meeting. To sign up for a meal call Sandy at 608-269-6778. Suggested contribution of \$4.00 for the meal.

Driving Opportunities available in our Transportation Department:

VOLUNTEER DRIVERS Qualifications: Must hold valid WI driver's license, have your own vehicle, have a good driving record, and experience working with older adults and disabled persons of any age is helpful but not required. Mileage will be reimbursed @ the current IRS Rate if your auto insurance meets the necessary requirements. In this role, you would transport Ambulatory individuals. We offer a flexible schedule that meets your needs. Hours vary Monday-Friday but are typically scheduled ahead of time and fall between the hours of 8am to 5pm.



Julie Leis
ADRC Transportation Coordinator

If this sounds like something you would like to learn more about, please contact Julie Leis - Transportation Coordinator at 608-269-8689.

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Thank You



Pictured above is Lilah Stark. Lilah put together the two puzzles pictured here and donated them to the ADRC of Monroe County Sparta Meal Site. *Thank you Lilah for brightening things up! We think they look pretty great!*