

MAY
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



MAY IS OLDER AMERICANS MONTH. Monroe County seniors, come and celebrate!

The ADRC of Monroe County invites Monroe County Seniors to a picnic complete with Sparta HS Vocal Jazz group. In addition, the Monroe County Health Dept. will be doing free BP checks. Enjoy local Foss hot dogs grilled by Monroe County Board Chair Cedric Schnitzler.

FRIDAY, MAY 19, 2023
REGISTRATION OPENS 10:30
LUNCH SERVED AT 11:30

Located at the ADRC Community Service building parking lot, 315 West Oak St, Sparta, Parking across the street at St. Patrick's Church, look for the big

tent! In case of inclement weather we will move to Sparta Barney Center, 1000 E Montgomery St, Sparta.

Registration required, you must be 60 and older. Please call Patti at 608-269-8692 by May 12 to reserve a meal. Transportation available if needed. We respectfully ask for a \$4.00 contribution.

New Full Time Mini Bus Driver

The ADRC of Monroe County is excited to announce that we have hired a new Full Time Mini Bus Driver to fill the vacancy left by Tom Abbott. Our new Full Time Mini Bus Driver is Scott Tourdot and he started with the ADRC on March 13th. If you think that last name sounds familiar you would be correct as Scott is married to one of our Social Workers, Kellee Tourdot.



SCOTT TOURDOT

years working in the financial industry for Credit Unions and Banks, as a Mortgage Loan Officer and I have been married to my wife Kellee for 31 years.

My hobbies are hunting, fishing, riding motorcycle, growing a small vegetable garden as well as food plots for the wildlife. I also enjoy all "Wisconsin" sports teams.

In my new position for the ADRC of Monroe County, I will enjoy meeting our customers and hopefully I can help folks have a better day.

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

Scott shared a little information about himself:

I was born and raised just outside of Reedsburg, WI and graduated in 1991 with a degree in Business from the University of Wisconsin-La Crosse. I spent the past 30

May is Older Americans Month

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by the Administration for Community Living (ACL), OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens.

This year's theme, Aging Unbound, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age.

This May, join us as we recognize the 60th anniversary of OAM and challenge the narrative on aging. Here are some ways we can all participate in Aging Unbound:

• Embrace the opportunity to change. Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy, and energy.

• Explore the rewards of growing older. With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities.

• Stay engaged in your community. Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities at your local senior

center or elsewhere in the community.



• Form relationships.

As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.

ADRC of Monroe County is your local resource for the Aging and Disabled community of Monroe County. Contact us at 608-269-8690 or 888-339-7854

For more information, visit the official OAM website, follow ACL on Twitter and Facebook, and join the conversation using #OlderAmericansMonth.



ADRC Senior Meal Participants

Reminder:

There will be no Home Delivery of meals, carry outs or congregate dining on Friday May 19, 2023 due to the Senior Celebration being held at the ADRC Community Service Building, Sparta. We apologize for any inconvenience. If you have any questions please feel free to call Pam Weber, Manager at 608-269-8691.

Thank you.

Mother's Day • May 14th

Remember when the Peace Corps adopted the slogan "The toughest job you'll ever love"? No offense, Peace Corps, but that adage is more appropriate for motherhood — a job that is ever-changing and frequently exasperating. Moms don't get days off, nor do they receive handsome salaries or generous pensions. Instead, their rewards come in the form of sticky kisses, necklaces made of elbow macaroni, and the satisfaction of seeing their children grow up to be happy, healthy adults. That's probably not adequate compensation — so give Mom an extra hug on Mother's Day, the second Sunday in May, just in case, and follow our guide to giving back.



EAT HEALTHY YOUR WAY: Eating healthy on a budget

Take these three easy steps to pick and prepare healthy foods while minding your wallet! Check off the tips you will try.

Step 1: Plan ahead before you shop

Rodney: I plan what I'm going to make for dinner for the whole week. Then I make out my grocery list and never shop hungry. This way I stick to my list and don't buy pricey items on a whim. Since I have all the ingredients for my meals, I'm not tempted to order a pizza or run out for fast food. Eating at home keeps me on budget, and I am eating better too.

Read the store flier to find out what is on special for the week.

► Plan your meals around the sale items. Look for lean meats, fat-free and low-fat dairy items, and fresh or frozen fruits and vegetables featured that week.

Shop with a list.

► Make a shopping list before you go to the store as you plan what meals you'd like to make for the week. Stick to a list and avoid buying items on impulse . . . and off your budget.

Step 2: Shop to get the most value for your money

Carla: I buy fresh fruits and vegetables in season and save money this way. If I want berries in winter, I buy the frozen kind. Or, when I see chicken breasts or turkey breasts on sale, I buy several packs and freeze any extras to use later.

Buy sale items and generic or store brands.

► Buy items featured in the store flier. Buy store or generic brands, as they often cost less than name brands.

Choose frozen.

► Buy frozen vegetables without added sauces or butter. They are as good for you as fresh and can cost far less.

Buy in bulk, then make your own single-serving packs at home.

► Mix a big box of whole-grain cereal with raisins and a dash of cinnamon. Put in small baggies for on-the-go snacking.

► Peel and cut up a big bag of carrots. Put in small baggies for lunches or an anytime healthy snack.

Step 3: Make cost-cutting meals

Padma: Stretch your food dollars by making a second meal from leftovers—just add items you already have in your pantry. I took last night's leftover baked chicken and cut it into small pieces. Then I added a can of black beans, a chopped onion, two cloves of garlic, spices, and some chopped tomatoes. I made a low-cost, tasty meal in 15 minutes! And my family got a healthy dinner.

Make a second meal or a side dish from leftovers. Stretch your dollars by adding items you already have on hand to make a second meal or tasty side dish.

► Use leftover chicken or turkey in casseroles, soups, chili, stir-fries, or tacos.

► Use leftover brown rice in soups and casseroles. For a great side dish, cook brown rice with vegetables and a beaten egg in a pan coated with cooking spray.

► Add leftover cooked or raw vegetables to salads, omelets, or casseroles. Add the leftover veggies to whole-wheat pasta and water-packed tuna for a healthy, low-cost meal.

► Mix leftover fresh or canned fruit (packed in fruit juice) with low-fat plain yogurt or low-fat cottage cheese. Or put the fruit in oatmeal for a "good-for-you" breakfast.

Go meatless one or more days a week.

► Replace meat with beans for a less costly way to get lean protein. Beans and brown rice are a nutritious way to stretch a dollar. Add lentils to soups. They are delicious, cook up quickly, and are packed with protein and fiber.

► Make breakfast for dinner! Prepare a vegetable omelet with eggs, spinach, tomatoes, mushrooms, and reduced-fat cheese. Serve with fruit and whole-wheat toast. Your kids will love the "upside-down day" that is budget-friendly for you!

Visit the Internet for recipe ideas.

► Look on the Internet for many healthy recipes. Just type the words "healthy meals on a budget" in the search engine. Or visit <http://recipefinder.nal.usda.gov> to get recipe ideas that are easy on the wallet and good for your body.



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

Watch Out for Health Fraud Scams

By the GWAAR Legal Services Team

Health fraud has been around for centuries. These scams involve selling drugs, devices, foods, or skincare products with claims that they will help with common health issues, like weight loss, memory loss, or joint pain. Unfortunately, these products usually don't work as advertised, and at worst, they're dangerous. Read on to learn about some common types of health fraud scams.

• Miracle Cures

These ads will often use testimonials from patients or medical providers who say that you'll get "miraculous results." Spoiler alert: you won't. Remember that success stories like these are easy to make up, and reviews you read on social media may be fake.

• Quick Fixes

Watch out for ads that promise results in "30 days or your money back" or other unrealistic timelines. Remember that few conditions can be treated quickly, even with proven treatments.

• "Ancient Remedies" and "All Natural" Cures

These words are used to try to make you believe that products are safer or have a longer track record than more mainstream treatments. Don't be fooled by these descriptions. Remember that some ancient civilizations believed that drinking mercury would increase a person's lifespan. (We now know that exposure to mercury can have serious effects, ranging from headaches and tremors to death.) In addition, the Food and Drug Administration (FDA) has found many products advertised as "all natural" treatments that actually contain high doses of prescription drug ingredients.

• Scientific Breakthroughs

These ads use words that sound scientific or refer to prestigious awards. Some examples include "Nobel Prize-winning technology," or "Extreme Thermogenic Formula." Sometimes ads will mischaracterize research studies and draw conclusions that the researchers themselves didn't make.

Before purchasing a product you've seen advertised, talk to your doctor or other health care professional. Ask whether the product works and whether there is any scientific research that supports the advertisers' claims. If you are taking any supplements or prescription drugs, ask whether using the product will lead to any harmful interactions. If the product is safe to use, ask how much you should take and whether there are any side effects you should know about.

You can also do some research on your own. Search for the name of the product online with the words "reviews," "complaints," or "scam." If the ad mentions any scientific studies, look up the researchers and whether the studies were published in a scientific journal.

If you think you've found a scam, consider reporting it to the Federal Trade Commission (FTC) at ReportFraud.ftc.gov. The FTC and law enforcement agencies use these reports to stop scammers. If you experience side effects or illness related to a health care product, seek medical help immediately. You can report it later on the FDA's MedWatch website.

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 Monday May 8 from 4:00 – 5:30 pm at the Kupper Ratsch Senior Center 1002 Superior Ave in Tomah. . For more information or to make a reservation please contact Alice at 608-269-8693 or email at Alice.Ackerman@co.monroe.wi.us.



Emily Reitz
DCS

Lunch Bunch MEMORY CAFE

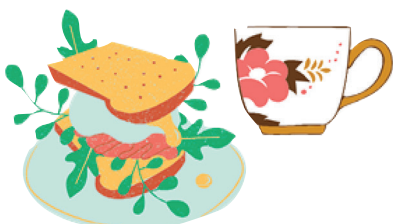
The Memory Café is a place to meet with others living with Mild Cognitive Impairment (MCI), Alzheimer's or other related dementia and their Care Partner in a relaxed and friendly atmosphere. Once a month, this group offers a chance for everyone to have some fun and share a positive experience in a supportive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

THE FIRST MONDAY OF EACH MONTH

When: Monday, May 1, 2023
Time: 11:00 AM - 12:30 PM
Location: Tomah Perkins-1015 E McCoy Blvd., Tomah, WI
RSVP: **(608) 387-9250 by Friday, April 28th**
Topic: Come discuss future events 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.



Are you a caregiver?

Need advice? Feeling burnt out? Looking for people who understand?

Caregiver Support Group In-person or Virtual

Conference Room A in the ADRC Building

ADRC building (old Gundersen Clinic)
315 W Oak St, Suite A, Sparta, WI 54656

Call Emily Reitz @ 608-387-9250 for more information or for virtual/phone in information.

**The group meets on the
3rd Friday of each month from 1pm - 2pm
May 19th, 2023**

Taking care of you... so you can take care of them.



Emily Reitz
DCS



Out of Sight Low Vision Support Group May meeting

The May Low Vision Support Group meeting, which is a reschedule from the April meeting, 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 May 15th 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.

May is Stroke Awareness Month:

Article adapted from the CDC website.

What is stroke?

Stroke kills nearly 150,000 of the 860,000 Americans who die of cardiovascular disease each year—that's 1 in every 19 deaths from all causes.

A stroke, sometimes called a brain attack, happens in one of two ways:

- **Ischemic stroke**—when the blood supply to the brain is blocked
- **Hemorrhagic stroke**—when a blood vessel in the brain bursts

A stroke causes brain tissue to die, which can lead to brain damage, disability, and death. Stroke is the fifth leading cause of death in the United States and the leading cause of serious long-term disability. This is disturbing because about 80% of strokes are preventable. You can greatly reduce your risk for stroke by making lifestyle changes to help control your blood pressure and cholesterol levels and, in some cases, by taking medication.

Are you at risk?

Anyone, including children, can have a stroke at any time. Every year, about

800,000 people in the United States have a stroke—and about 1 out of 4 of those strokes are recurrent strokes. Having one stroke means you have a greater risk of having another (or recurrent) stroke.

Several factors that are beyond your control can increase your risk for stroke. These include your age, sex, and ethnicity. But there are many unhealthy habits, such as smoking, drinking too much alcohol, and not getting enough exercise, that you can change to lower your stroke risk.

Using tobacco products and having high blood pressure, high cholesterol, diabetes, or obesity can also increase your risk for stroke. However, treating these conditions can reduce your risk. Ask your doctor about preventing or treating these medical conditions.

What are the signs and symptoms?

An easy way to remember the most common signs of stroke and how to respond is with the acronym **F.A.S.T.**:
F = Face drooping: Ask the person to smile. Does one side droop?

A = Arm weakness: Ask the person to raise both arms. Does one arm drift downward?

S = Speech difficulty: Ask the person to repeat a simple sentence. Are the words slurred?

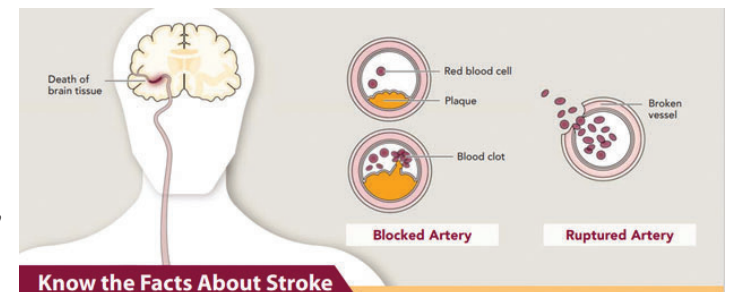
T = Time to call 9-1-1: If the person shows any of these signs, call 9-1-1 immediately. Stroke treatment can begin in the ambulance.

Other common signs of stroke are

- Sudden dizziness, trouble walking, or loss of balance or coordination
- Sudden trouble seeing in one or both eyes
- Sudden severe headache with no known cause
- Sudden numbness of the face, arm, or leg
- Sudden confusion or trouble understanding others

If you think that you or someone you know is having a stroke, call 9-1-1 immediately. Stroke is a medical emergency, and stroke treatment and outcomes depend on how fast

you get to the hospital and the type of stroke you had. When you are transported by ambulance, first responders may be able to start your treatment right away and can alert the hospital that a stroke patient is on the way. This notification gives the hospital's medical team time to prepare equipment and medicines you may need.



How is stroke diagnosed?

Your doctor can perform several tests to diagnose stroke, such as brain imaging, including a magnetic resonance imaging (MRI) or computed tomography (CT) scan, tests of the brain's electrical activity, and blood flow tests.

Can it be prevented?

High blood pressure is the single most important treatable risk factor for stroke. Preventing, diagnosing, and controlling it through lifestyle changes and medicine are critical to reducing stroke risks.

There are several steps you can take to reduce your risk for stroke:

- **Eat a healthy diet low in sodium with plenty of fruits and vegetables.**
- **Maintain a healthy weight.**
- **Be physically active.**
- **Don't smoke, and avoid secondhand smoke.**
- **Limit alcohol use.**
- **Prevent or manage your other health conditions, especially high blood pressure, high cholesterol, diabetes, and obesity.**

How is it treated?

If you have a stroke, you may receive emergency care, treatment to prevent another stroke, rehabilitation to help you relearn the skills you may have lost because of the stroke, or all three. In addition, lifestyle changes, such as the ones listed above, can help lower your risk for future strokes. Talk with your doctor about the best ways to reduce your stroke risk, and always take medicines as prescribed

**COMPASSIONATE
HOSPICE &
PALLIATIVE CARE**

Close to Home
Serving a five county area.

JACKSON
TOMAH
MONROE
JUNEAU
VERNON
SAUK

Tomah Health
HOSPICE TOUCH &
LIFE CHOICES PALLIATIVE CARE
TomahHealth.org
608.374.0250

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.

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.

MAY 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
1	2	3	4	5
1c Italian Cheese Tortellini w/Smoked Sausage 1c Kale Salad w/ Apples Pecans/Raspberry Dressing 1/2c Diced Potatoes 1ea WG Bread & Butter 1/2c Peaches 8 oz 1% Milk	1 Pizza Burger on WG Bun 1 Provolone Cheese 1/2c Potato Wedges 1/2c Carrots 1/2c Fresh Fruit Mix 1 Ketchup 1 Oatmeal Raisin Cookie 8 oz 1% Milk	1c Pork Lo Mein 1/2c Asian Vegetables 1 Vegetable Spring Roll 1 Vanilla & Mango Muffin 1 Apple 1 Sweet & Sour Sauce 8 oz 1% Milk	1 Chicken Marsala 1/2c Herbed Buttered Noodles 1/2c Normandy Blend Veg 1 WG Bread 1 Butter 1c Caesar Salad/Dressing Pkt 1/2c Pears 8 oz 1% Milk	1c Tater Tot Casserole 1/2c Mixed Vegetables 3 Sliced Tomatoes 1ea WG Bread/Butter 1c Spinach Salad w/Mandarin Oranges & Sesame Dressing 8 oz 1% Milk
8	9	10	11	12
1c/1 Spaghetti Pasta Bake with Meat/Parmesan Packet 1c Garden Salad w/Dressing 1 Garlic Breadstick 1/2c Pears 1 Black Bean Choc. Cookie 8oz 1% Milk	1c Breakfast Sausage Casserole 1/2c Seasoned Potatoes 1/2c Tomato Juice 1 Blueberry Muffin/Butter 1/2c Fresh Fruit Mix 8 oz 1% Milk	3oz Glazed Chicken 1/2c Potato Wedges 1/2c Glazed Carrots 1/2c Applesauce 1 Whole Grain Bread/Butter 8 oz 1% Milk	3oz Beef Tips with Onions & Mushrooms 1/2c Cavatappi Noodles 1/2c Broccoli 1c Fresh Fruit 8oz 1% Milk	1ea Brat on a WG Bun 1/4c Sauerkraut 1/2c Homemade Potato Salad 1/2c 3-Bean Salad 1ea Ketchup/Mustard 1 Raspberry Pie Bar 8oz 1% Milk
15	16	17	18	19
3in Italian Sub on 1 Whole Grain Bun 3 Sliced Tomatoes 1/2c Pasta Salad 1oz Potato Chips 1/2c Pineapple 1 Mayo Packet 8oz 1% Milk	1c Chicken & Rice Casserole 1/2c Mixed Vegetables 1ea WG Bread/Butter 1/2c Fresh Fruit Mix 1 Raspberry Princess Bar (Walnuts & Coconut) 8oz 1% Milk	3oz Pork Loin 1 Baby Baked Potato 1ea Sour Cream & Butter 1c Mixed Green Salad 1/2c Carrots 1/2c Applesauce 1ea WG Bread & Butter 8oz 1% Milk	3oz Roasted Turkey 1/2c Parsnips/Squash 1/2c Oven Roasted Potatoes 1ea WG Bread & Butter 1/2c Fresh Fruit Mix 1 Chocolate Chip Cookie 8oz 1% Milk	CLOSED for ADRC of Monroe County Senior Celebration Meal
22	23	24	25	26
1/2c Egg Salad on 2 Whole Grain Bread 1/2c Cowboy Caviar 1oz Tortilla Corn Chips 1 Salsa Cup 1 Salted Caramel Oat Cookie 1 Banana 8oz 1% Milk	3oz Glazed Ham 1/2c Scalloped Potatoes 1/2c Green Beans 1ea WG Bread/Butter 1c Fresh Fruit Mix 8oz 1% Milk	1/2c Sloppy Joes on Whole Grain Bun 1/2c Macaroni & Cheese 1c Mixed Green Salad 1 Dressing Packet 1c Pineapple 8oz 1% Milk	1c Chicken ala king over 1 Biscuit 1/2c Mixed Vegetable 1c Seasonal Fresh Fruit 1 Lemon Pound Cake 8oz 1% Milk	3oz Pork Fritters 2oz Country Gravy 1/2c Cowboy Beans 1/2c Baby Carrots 1ea WG Bread & Butter 1/2c Fresh Fruit Mix 1 Spiced Garbanzo Bean Cake 8oz 1% Milk
29	30	31	ADRC Nutrition Program Main Number is (608) 269-8692	
CLOSED for Memorial Day	3oz Roast Beef 2oz Gravy 1/2c Oven Roasted Potatoes 1/2c Candied Sweet Potatoes 1c Fresh Seasonal Fruit 1 Blueberry Coffee Cake 1 Butter 8oz 1% Milk	3oz Cold Ham & Cheese Sand 2 Slices WG Bread 1/2c Italian Pasta Salad 1oz WG Sun Chips 1c Seasonal Fresh Fruit 1 Rhub/Straw Upside Down Cake 1ea Mayo/Mustard 8oz 1% Milk	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	

ADRCs and Tribal ADRS: Beware of Medicaid Renewal Scam

The Wisconsin Department of Health Services (DHS) has been made aware of a scam targeting Medicaid members via text message.

A new Medicaid renewal scam is occurring. Medicaid members have received two different text messages regarding their benefits. The first text message states that their case is at risk of cancellation. The second text message states that benefits have been cancelled and requests that the member call 1-877-687-4221. If the member contacts this number, then they are informed they have lost their health insurance coverage and need to pay to be reinstated. DHS wants to make partner agencies aware of this scam. DHS does not send text messages with this type of language and does not charge a recertification fee.

Respite Care Grants Available

The Respite Care Association of Wisconsin has several different types of grants available for caregivers who may need some financial support for respite care. More information on eligibility, dates, and the application process is available through RCAW at <https://respitecarewi.org/> or by calling 608-222-2033.

Guardianship Support Center is Here to Help

Get information and assistance on issues related to adult guardianship, protective placement, advance directives, and more from the Wisconsin Guardianship Support Center (GSC). Operated by the Greater Wisconsin Agency on Aging Resources or GWAAR, the Support Center responds to requests for information through a toll-free helpline or by e-mail. Calls are returned in the order in which they are received. Please note the Guardianship Support Center is required to be a neutral information source. We are unable to provide legal advice or offer direct representation. If you would like specific legal advice, please consult an attorney.

They can provide information on topics such as Powers of Attorney, Guardianship, and Protective Placement. The GSC is unable to provide information on minor guardianships, wills, trusts, property division or family law. The GSC is also unable to give legal advice or specific direction on completing court forms such as the inventory and annual accounting. The GSC does not have direct involvement in cases nor are we able to provide legal representation.

If you need help to find an attorney there are some free or low-cost resources. The American Bar Association has a Free Legal Answers website where members of the public can ask volunteer attorneys legal questions. The State Bar of Wisconsin also offers a Modest Means Program for people with lower income levels. The legal services are not free but are offered at a reduced rate. Income qualifications must be met to qualify.

For more information about the services at the Guardianship Support Center call 855-409-9410 or email them at guardian@gwaar.org. Additional information can be found on their website: <https://gwaar.org/guardianship-resources>. To contact the Wisconsin State Bar Association call 800-362-9082 or visit their website at <https://www.wisbar.org/Pages/default.aspx>.

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

May 9, 2023 1pm - 2pm

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

Please register with Emily Reitz at 608-387-9250

Requesting and Negotiating a Reasonable Accommodation

Consultants' Corner: Volume 03, Issue 04 from JAN (Job Accommodation Network www.askjan.org)

From the desk of Linda Carter Batiste, J.D., Director of Services and Publications

Title I of the Americans with Disabilities Act (ADA) requires employers with 15 or more employees to provide reasonable accommodations for employees with disabilities. However, it is the employee's responsibility to let the employer know that an accommodation is needed. JAN often gets questions from employees who need an accommodation, but are not sure how to approach their employers. The following are suggestions about how to request and negotiate an accommodation in the workplace:

1. Decide how you are going to make your request.

You can make your initial request in a face-to-face meeting, by e-mail, by fax, or in a formal letter to your employer. There are no official forms for making a request under the ADA. However, some employers develop their own forms and may ask you to complete them after you make your initial request. Even if your employer does not ask you to put your request in writing, some employees find it useful to have a written record of their request so they choose to write a formal request letter. For those employees, JAN put together a sample accommodation request letter (found below).

2. Decide who you are going to ask.

You can initially let anyone in management know that you need an accommodation. If there is a specific person in charge of accommodations, your request may be forwarded to that person. If you make a written request and you think it might be useful, you can give a copy of your request to more than one person. For example, if you need a schedule change as an accommodation and company policy requires you to go to Human Resources for any schedule changes, you may have to address your accommodation request to Human Resources. However, you may have a good relationship with your immediate supervisor and may want to let him/her know that you are making the request.

3. Explain why you need an accommodation and give your accommodation ideas.

When you make your request, you need to let your employer know that you need an accommodation because of a medical condition. Otherwise,

your employer may not know that you are requesting an accommodation under the ADA. Also, if you know what accommodations you need, you should let the employer know. However, be prepared to consider other options if needed.

4. Follow-up as needed.

If you do not receive a response to your request in a reasonable amount of time, you should check with your employer and find out what the delay is. If your employer denies your request, you should try to find out why. You may need to clarify your request, provide additional information, or consider other accommodation options.

5. Monitor the accommodation.

Once an accommodation is in place, it is your responsibility to let the employer know if accommodation does not work or if something changes and you need a new accommodation.

Sample Accommodation Request Letter

The following is an example of what can be included in an accommodation request letter and is not intended to be legal advice.

Date of Letter

Your name

Your address

Employer's name

Employer's address

Dear (e.g., Supervisor, Manager, Human Resources, Personnel):

Content to consider in body of letter:

- Identify yourself as a person with a disability
- State that you are requesting accommodations under the ADA (or the Rehabilitation Act of 1973 if you are a federal employee)
- Identify your specific problematic job tasks
- Identify your accommodation ideas
- Request your employer's accommodation ideas
- Refer to attached medical documentation if appropriate*
- Ask that your employer respond to your request in a reasonable amount of time

Sincerely, Your signature

Your printed name

Cc: to appropriate individuals



Asparagus is the Harvest of the Month!

Add asparagus to your favorite family meals:

- Add bite-size pieces of asparagus to creamy soups.
- Dip asparagus spears in a healthy dip or dressing.
- Use leftover cooked asparagus in your scrambled eggs.
- Add asparagus to roasted potatoes, rice side dishes, or pasta salad.

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

Select – Choose asparagus stalks with dry, tight tips. Avoid limp or wilted stalks.

Store – Wrap the ends of stalks in a wet paper towel and place in a plastic bag. Refrigerate for up to 4 days.

Prepare – Snap off the woody ends, about 1-2 inches. Enjoy raw, steamed, boiled, grilled, or roasted!

Did you know?
Asparagus can be found in three colors: green, white, and purple. White asparagus is grown under the soil, so it is never exposed to sunlight and never turns green.



Nutritious, Delicious, Wisconsin!
#WlHarvestoftheMonth



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.

*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



ROASTED ASPARAGUS



- Rinse asparagus spears and trim the ends
- Spread out on a foil-covered baking sheet
- Drizzle with olive oil and sprinkle with herbs, pepper, and garlic powder
- Roast at 400°F for 10-15 minutes
- Asparagus is ready when it is tender



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.

Preparing for Emergencies

Taken from www.alz.org

Emergency situations — such as tornadoes, hurricanes, heat waves, fires and blizzards — can have a significant impact on everyone's safety, but they can be especially upsetting and confusing for individuals living with Alzheimer's and other dementias. Being prepared is crucial. There are steps and precautions you can take to be as ready as possible. However, if you find yourself in an emergency situation and you haven't made advance preparations, there are still actions you can take to keep you and the person living with dementia as safe as possible.

Be prepared

- Check weather conditions regularly before leaving the house and adjust plans as needed. For example, if a storm is predicted, consider rescheduling appointments that are not urgent.
- If the person with dementia lives in a residential building or attends an adult day center, learn about its disaster and evacuation plans. Find out who is responsible for evacuating everyone in the event of an emergency.
- Be sure the evacuation plan takes special needs into consideration. For example: If a walker or wheelchair is used, how will accommodations be made?
- Provide copies of the person's medical history, a list of medications, physician information and family contacts to people other than the primary caregiver.
- Prepare an emergency kit.

- If oxygen is used, be sure there is easy access to portable tanks.
- Consider enrolling in a wandering response service, such as those offered by the MedicAlert Foundation.
- Purchase extra medication; keep other supplies well stocked.
- If applicable, make an emergency plan for your pets, including care arrangements in the event you're not home at the time of the emergency.

Create an emergency kit

Consider preparing an emergency kit in a watertight container and store it in an easily accessible location. Be sure to account for your needs (e.g., prescriptions, important documents, extra cell phone chargers) as well as the needs of the person living with dementia. Use waterproof bags to protect medications and paperwork and, if possible, store a backup of important documents in a secure electronic file. Items you may wish to include are:

- A couple of easy-to-change outfits appropriate for the weather conditions.
- Medical documents and supplies of medication (carry a list of medications with dosages).
- Velcro shoes/sneakers.
- A cell phone charger and/or an external power bank.
- A spare pair of eyeglasses, if needed.
- Incontinence products, if needed.
- Extra identification items such as an ID bracelet and clothing tags.

- Copies of legal documents, such as a power of attorney.
- Copies of insurance and Social Security cards.
- Physician's name, address and phone numbers, including cell phone.
- Recent picture of the person living with dementia.
- Hand lotion or other comfort items.
- Bottled water.
- Non-perishable food, including some liquid meals.
- A favorite item (e.g., book, picture, purse) of the person living with dementia.
- Phone number for the Alzheimer's Association (800.272.3900).
- If enrolled in the wandering response service, the phone number for the MedicAlert Foundation (800.625.3780) in the event of a wandering incident.

If you know a disaster is about to occur

- Move to a safe place.
- If the need to evacuate is likely, do not delay.
- Leave as early as possible to minimize long delays in traffic.
- Alert others — such as family, friends and medical personnel — that you are changing locations and give them your contact information. Update them regularly as you move.
- If you are unprepared for a disaster, remain calm and focus on your immediate safety and the safety of the person living with dementia.

If evacuation is necessary, grab the charger for your cell phone before leaving home. Take stock of other resources you can gather quickly, such as bottled water, medication and weather-appropriate clothing.

- If you need immediate assistance for an emergency situation, dial 911.

Resources

- Alzheimer's Association 24/7 Helpline 800.272.3900.
- The American Red Cross website offers information about preparing for an emergency and where to find shelter and supplies in a disaster.
- Ready.gov has information about what to do before, during and after a disaster.

Monroe County Purple Tube Project

Monroe County takes part in the Purple Tube Project. In case of emergencies, a purple plastic tube containing emergency contact information along with information about the person living with dementia in the home, is placed in the freezer. This allows emergency responders and law enforcement the opportunity to respond appropriately when working to assist and support a person who is living with dementia and/or their care partner in an emergency situation. For more information regarding the Purple Tube Project in Monroe County, please contact Dementia Care Specialist Emily Reitz at 608-387-9250 or by email at emily.reitz@co.monroe.wi.us.

Quilts and Peonies Highlight the June Vintage Vagabond Trip!

Vintage Vagabond May trip on June 8 takes us to the Beaver Dam area for their annual Wisconsin Arts and Peony Festival. Our first stop is at the Dodge County Center for the Arts for the

100 Years of Art Deco Special Quilt Challenge Exhibit by The Great Wisconsin Quilt Show. This year's exhibit includes twenty-seven 30" wide x 40" long quilts, all incorporating an Art Deco theme.



Beaver Dam is the hometown of Public Television's Nancy Zieman, host of PBS Sewing with Nancy. Our second stop takes us to Nancy Zieman Sewing Studio in downtown Beaver Dam. Find all your favorite sewing notions and quilting supplies in this newly renovated space. The second floor houses a Nancy Zieman exhibit. If sewing/quilting isn't your thing, you can choose to visit the Dodge County Histori-

cal Society museum. The museum is located in a sandstone, Romanesque-style building that houses 2 floors of exhibits about life in the early days of Dodge County.

Our lunch stop will be at the Beaver Dam Pizza Ranch. The buffet includes a great selection of pizza choices along with their famous chicken with all the fixings and a huge salad bar.

After lunch we will have a guided tour at Ovans Peony Farm, the largest stem cut peony farm in the state of Wisconsin and currently has over 1500 plants of different peony



varieties. Be sure to bring your camera to capture the beauty of the different colors and varieties of peony blossoms.

Cost for June Trip: \$65 includes transportation on Lamers Deluxe Motorcoach, meal including gratuity, and tour. Pick up times: Sparta- 7:30 a.m. and Tomah -8:00 a.m. at Southeast corner of Wal-mart parking lots. **Deadline for registering: May 4.**

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. Make checks out to ADRC of Monroe County. 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: May 4

Vintage Vagabond Trip: June 8 Beaver Dam Quilt and Peonies Tour

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