

OCTOBER
2024



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

Are you ready? Medicare's Open Enrollment Period is Right Around the Corner

By Ingrid Kundinger, SMP Project Director

It is almost that time of year again, when the airwaves are full of Medicare commercials touting that the insurance coverage you have right now isn't good enough, and that you're missing out on all sorts of benefits that you are entitled to. You're probably familiar with these advertisements: they often feature a celebrity, a well-known figure that you can "trust." The commercials are a reminder that Medicare's Open Enrollment Period, which is October 15-December 7, 2024, is right around the corner. This is the time of year that Medicare health and drug plans can make changes each year—things like cost, coverage, and what providers and pharmacies are in their networks. The October 15-December 7 period is also when people with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs.

Television commercials will try to entice you with additional benefits or make you feel like you are missing out. These ads can be confusing and can use potentially misleading marketing tactics. Mailings will have messages of urgency, telling you that you need to respond within 5-7 business days to make sure all benefits are available to you.

BE CAREFUL! If it sounds too good to be true, it probably is. Decisions don't need to be made quickly. You have until December 7, 2024, to make changes to your Medicare coverage that will take effect on January 1, 2025.

Before you change plans, or sign up for Medicare when you are eligible, it's important to do some fact-finding to make sure that you understand what benefits and plans are available to you where you live. You want to have accurate and necessary information to make coverage choices that best meet your needs.

Here are a few important things to know before you make the decision to call the number on the TV screen or respond to a flyer you received in the mail:

- While the commercials and mailings use the word Medicare, and perhaps the red, white, and blue colors and images of a Medicare card, the telephone numbers that are displayed are NOT Medicare, but rather a licensed insurance agent or broker. The fine print on the bottom of the TV screen or mailing, which is almost impossible to read, states that these plans are not affiliated with any government program or agency.



- The benefits that are mentioned (eyeglasses, hearing aids, rides to appointments, etc.) are benefits that MAY be offered with certain Medicare Advantage plans. Medicare Advantage plans vary greatly from state to state, and even county to county, so it is important to do your homework. In some cases, there are

additional costs associated with these benefits or eligibility guidelines that must be met to qualify. It is not a "one size fits all" type of option.

What's the bottom line? By responding to the TV commercials or mailers, you may end up with a Medicare Advantage plan that is not available in your area, does not include your preferred health care provider, or has costs that you were not anticipating. And since the new plan doesn't go into effect until January 1, 2025, you may not find out these things until it's too late.

So, what can you do to make sure that you understand all your options?

- Do your homework and become an informed consumer. Make sure that you understand the differences between Medicare Part A, B, C and D and other plans available such as Medigap. Yes, it can be complicated, but there are available resources across the state of Wisconsin that provide unbiased information, at no cost to you.
- In Monroe County you call Alice Ackerman, Elder Benefit Specialist at 608-269-8690.

Important Resources for Wisconsin Medicare Beneficiaries

- Benefit Specialists at local **Aging and Disability Resource Centers (ADRCs)** and aging units in every county and tribe offer benefits counseling. For contact information, visit www.dhs.wisconsin.gov/benefitspecialists/counties.htm.
- Contact **Medicare** directly by calling **(800-633-4277)** or visiting www.medicare.gov/.
- The **Medigap Helpline (800-242-1060)** is a toll-free helpline operated by the Wisconsin Board on Aging and Long-Term Care that provides counseling for all Wisconsin Medicare beneficiaries on Medicare, Medicare supplement insurance, employer-based health insurance, Medicare Advantage plans, long-term care insurance, and related topics.
- The **Wisconsin Medigap Part D and Prescription Drug Helpline (855-677-2783)** is a toll-free helpline that answers questions from Wisconsin residents aged 60 and over about Medicare Part D and other prescription drug coverage options.
- The **Disability Rights Wisconsin Medicare Part D Helpline (800-926-4862)** is a toll-free helpline that assists all who are enrolled in Medicare, curious about how Medicare works, or when to enroll.
- **Office for the Deaf and Hard of Hearing (video phone: 262-347-3045)** provides outreach and individual counseling in American Sign Language.
- **Judicare Legal Aid (800-472-1638)** provides outreach and benefits counseling to low-income persons living in Northern Wisconsin and Native Americans statewide.
- The **Wisconsin Senior Medicare Patrol (888-818-2611)** has a toll-free helpline for Medicare beneficiaries and their families to call to report suspected Medicare fraud, errors and abuse.

Save the date for our upcoming

HEALTHY AGING EXPO

Thursday, Oct. 3
9:00 a.m. - 12:00 p.m.

Cranberry Country Lodge- 319 Wittig Road, Tomah

*Health Booths * Presentations throughout event *30+ Door Prizes *Health Screenings *Complimentary Food & Refreshments

For more information visit TomahHealth.org/Events

ADRC Tomah Health CRANBERRY COUNTRY LODGE

CWAG Coalition of Wisconsin Aging and Health Groups
Financial Empowerment ■ Personal Advocacy ■ Victim Rights

ELDER FINANCIAL EMPOWERMENT PROJECT

SCAMS AND WHAT TO DO IF IT HAPPENS TO YOU

Anyone can be scammed. Learn how to spot a scam, protect yourself, how to respond if it happens to you and who to contact for help if a scammer catches you off guard.

OCTOBER 25, 2024
11:00 TO NOON

BARNEY CENTER
1000 E. MONTGOMERY ST.
SPARTA, WI 54656

Material available at the presentation include: presentation handout, scams checklist, Romance scam info sheet and more!

This project is supported by the Victims of Crime Act Subgrant No. 2021-V0-A/V0-01 18243 awarded by the Wisconsin Department of Justice Office of Crime Victim Services under a grant from the US Department of Justice Office for Victims of Crime.

Take the Mystery Out of Medicare

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, C &

D. The presentation will include what each part covers, as well as what deductibles and copays may apply. Information about how the lower maximum amount of out-of-pocket for drug plans will also be covered.

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

2024.

The meeting will be on Tuesday October 8 from 4:30 – 6:00 pm at the Kupper – Ratsch Senior Center 1002 Superior Ave, 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.



Alice Ackerman
Elder Benefit Specialist

What's New in Medicare Advantage Plans?

Alice Ackerman, Elder Benefit Specialist with the Aging and Disability Resource Center of Monroe County will be at the Kupper-Ratsch Senior Center, 1002 Superior Ave, Tomah on Friday, Oct. 18 starting at 3:00.

Hear about the plan changes that area Medicare Advantage plans have made for 2025. This will include which hospital systems are accepting which plans, what co-pays will be for common office visits, if some services will have no additional cost and what some of the extra benefits being offered are.

Medicare Advantage Plans have significant flexibility in the supplemental benefits they are allowed to offer their members, including whether some

benefits are offered to all members or just some members. It's important to check which providers and hospital systems are included in your plan to make sure you will be able to use the health care providers/clinic/hospital that you want to use. The dates for switching plans are October 15 through December 7.

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



Alice Ackerman
Elder Benefit Specialist

SPECIAL REC

Fall Colors Tour

Sparta Parks and Recreation programming for individuals with any type of disability is offering a free fall colors tour on Tuesday, October 8th. Email sosparta@hotmail.com or call Park and Rec at (608)269-6322 and leave a message, with your name, phone number and address stating that you're interested in The Special Rec Fall Colors Tour and you will be contacted with details.

COMPASSIONATE HOSPICE & PALLIATIVE CARE

Close to Home
Serving a five county area.

Tomah Health
HOSPICE TOUCH & PALLIATIVE CARE

TomahHealth.org
608.374.0250

Medicare Coverage of Vaccines

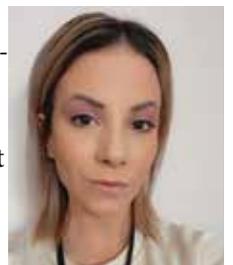
By the GWAAR Legal Services Team

Vaccines play an important role in preventing illness. However, knowing if and when Medicare pays for vaccines can be confusing. Most vaccines that your doctor recommends will be covered by your Medicare prescription drug plan. Medicare prescription drug plans are required to cover most commercially available vaccines. The only exceptions are the vaccines for flu, pneumonia, hepatitis B, and COVID-19, which are covered by Part B.

Medicare covers all recommended vaccines with no cost-sharing for beneficiaries. If you have Original Medicare, you will not pay any out-of-pocket costs for vaccines covered by Part B if your provider accepts assignment. Medicare

Advantage plans are required to cover Part B vaccines without applying deductibles, copayments, or coinsurance if you meet the criteria for coverage and see an in-network provider.

For vaccines covered by your Medicare prescription drug plan, check with your plan for information about how the plan covers vaccines and where you must receive the vaccine.



Kirsten Armour
DBS

Post-Surgery Depression

By the GWAAR Legal Services Team



Kirsten Armour
DBS

Surgeries, no matter how large or small, can bring up intense feelings and emotions. Surgeries are often accompanied with pain, discomfort, lack of mobility, and dependence on other people. Many people are surprised

to learn that depression after a surgery is also very common. Despite it being such a common surgery side effect, it is rarely talked about.

SYMPTOMS

Post-surgery depression symptoms are similar to other types of depression, including:

- Fatigue
- Sadness
- Hopelessness
- Difficulty making decisions
- Loss of interest in activities
- Irritability
- Changes in appetite and/or sleep patterns

- Difficulty concentrating/remembering
- Slow movements and speech
- Thoughts of suicide or harming oneself or others
- Anxiety

The difference, however, is that these symptoms are persistent and last more than two weeks after a surgery. These symptoms can occur even for patients who have a successful surgery and are on their way to a full recovery. If untreated, however, post-surgery depression can last months, and make physical healing more difficult.

CAUSES

Post-surgery depression can have many causes, including:

- Physical discomfort and pain
- Reactions to pain medications, antibiotics, or anesthesia
- Poor or traumatic pre-surgery experience
- Diagnosis of a serious illness
- Changes in body image
- Feelings of anxiety, guilt, and stress
- Financial strain
- Lack of a support system
- Concerns about the impact on the quality of life or lifespan

TIPS

One of the best tips for dealing with post-surgery depression is to be informed so you can feel a sense of control. This can take many forms, including:

- Knowing what to expect before, during, and after surgery
- Understanding that post-surgery depression is very common
- Being able to recognize the signs and symptoms of post-surgery depression
- Having resources ready in order to seek professional help (therapists, counselors, etc.)

As your body and recovery plan allow,

- Do gentle stretching, take a slow walk, or simply go outside for a few minutes each day
- Eat plenty of fruit, healthy fats, lean protein, vegetables, and whole grains
- Rest as much as you can
- Take antidepressants if a healthcare provider prescribes them

SUPPORTING SOMEONE ELSE

If you are caring for someone after a surgery, it's good to address the possibility of post-surgery depression so they

also understand how common it is. Other things that can help are:

- Aiding them in their recovery process (such as helping them make follow-up appointments and reminding them to take medications)
- Encouraging them to eat regularly and get low-impact physical activity if possible
- Listening to and accepting their needs
- Treating them with respect
- Encouraging them to talk to a healthcare provider if you notice they are not eating and drinking enough, taking care of their hygiene, or taking medications as prescribed.
- Listening to and accepting their needs
- Seeking medical attention right away if your loved one experiences new or worsening thoughts of self-harm and suicide.

If you or a loved one is experiencing thoughts or threats of suicide, self-harm or emotional distress, call or text 988 – the 24/7 Suicide and Crisis Lifeline.

Boost Your Brain & Memory Program

Improve Your Brain Health Today!

The Boost Your Brain & Memory Program is an evidence-based program that takes a holistic approach to improving brain health. This program is intended for people who are not diagnosed with dementia, to learn ways they can lower their risk of developing dementia. This program was designed for adults 55 and older and is a 7 week program meeting once a week for 1.5 hours.

This program focuses on the concept of cognitive reserve through:

- Physical Activity
- Emotional Health
- Intellectual Activity
- Nutrition
- Spiritual Activity
- Social Engagement

In-Person Program

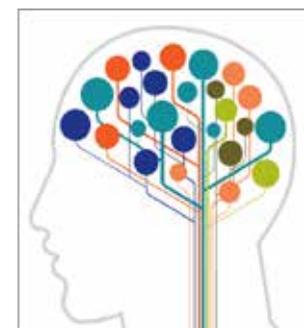
Tuesdays
October 1 – November 12, 2024

1:30 pm – 3:00 pm
Registration Required
Spots Limited



Emily Reitz, DCS

For more information or to register contact
Dementia Care Specialist Emily:
(608) 387-9250 or
Emily.Reitz@co.monroe.wi.us



CARING BETTER & BRAVER

A day of self-care & learning for family caregivers

Main Speaker:
Kari Berit



- Event Highlights:**
- S.A.N.E. Caregiver
 - Stress & Wellbeing
 - Long-Term Care
 - End of Life
 - Social Connection

Register by
October 14!

October 26, 2024
10am - 4pm

Holmen Area Community Center

\$20 / person
Lunch Included

Call the ADRC
608-785-5700



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
October 18th, 2024**



Emily Reitz
DCS

humor generosity caregiving support love help home hope family

LUNCH BUNCH MEMORY CAFÉ



Food and drink provided by Congregate Meal Site

When: October 7, 2024

Time: 11:00 AM - 12:30PM

Location: Sparta Barney Center
1000 E. Montgomery St.
Sparta WI 54656

RSVP: (608) 387-9250

Let us know if you plan to eat when you register.

3-inch Italian Subs on a bun, Mayo & Mustard
Packet, Sliced Tomato, Pea & Cheese Salad,
Bag of Lay's Chips, Pineapple



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.

Recommended donation of \$4.

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.



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



GRIEF SUPPORT GROUP MEETING

Join us to share your grief and find comfort in others.

October 8 • 12:00 - 1:00 pm

**ADRC Building
315 W Oak St, Suite A, Sparta
Conference Room A**

To register, please call
Emily Reitz at 608-387-9250 or
email emily.reitz@co.monroe.wi.us



Emily Reitz
DCS

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

There is a suggested contribution of
\$4.00 - \$7.00 for each congregate meal
or each home delivered meal.

OCTOBER 2024

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
<p>8 oz. 1% Milk Served with every meal</p> <p>Food allergies or intolerances are unable to be accommodated. ADRC Nutrition Program Main Number is (608) 269-8692</p>	<p>1</p> <p>1 cup Spaghetti Pasta Bake with meat 1/2c Garden Salad w/ 1 pkt Dressing packet 1 Garlic Bread Stick 1 pkt Parmesan Packet 1/2c Fresh Fruit Mix</p>	<p>2</p> <p>3 oz Glazed Chicken 1/2c Potato Wedges 1/2c Glazed Carrots 1 ea WG Bread & Butter 1/2c Applesauce</p>	<p>3</p> <p>3 oz Beef Tips with Mushrooms & Onions 1/2c Cavatappi Noodles 1/2c Broccoli 1 cup Creamy Cucumbers 1 sl WG Bread & Butter 1/2c Seasonal Fruit Mix</p>	<p>4</p> <p>3 oz/1 Brat on Whole Grain Bun 1/4c Sauerkraut 1/2c Homestyle Potato Salad 1/2c Three Bean Salad 1 ea Ketchup/Mustard t 1 Raspberry Pie Bar</p>
7	8	9	10	11
<p>1 3-inch Italian Subs on 1 WG Bun 1 ea Mayo, Mustard Packet 3 Sliced Tomato 1/2c Pea & Cheese Salad 1 oz Bag of Lay's Chips 1/2c Pineapple</p>	<p>1 cup Chicken & Rice Casserole 1/2c Mixed Vegetables 1 c, 1 oz Mixed Green Salad, Drsg 1 ea WG Bread & Butter 1 pc Seasonal Hand Fruit 1 Raspberry Princess Bar (Walnuts & Coconut)</p>	<p>3 oz Pork Loin 1 serv Baby Baked Potato 1 ea Butter & Sour Cream 1/2c Carrots 1 ea WG Bread & Butter 1 Banana</p>	<p>1 cup Chicken Ala King over 1 Biscuit 1/2c Mixed Vegetable 1/2c Fresh Fruit Mix 1 Chocolate Chip Cookie</p>	<p>3 oz Meatloaf 1/2c Mashed Potatoes 2 oz Gravy 1/2c Baked Beans 1 ea WG Bread & Butter 1 svg Apple Pie</p>
14	15	16	17	18
<p>1/2c / 2sl Egg Salad/WG Bread 1/2c Cowboy Caviar 1 oz/1Tortilla Corn Chips/Salsa 1 Salted Caramel Oat Cookie 1/2c Applesauce</p>	<p>3 oz Glazed Ham 1/2c Candied Sweet Potatoes 1/2c Green Beans 1 ea WG Bread & Butter 1/2c Pineapple</p>	<p>1/2c Sloppy Joes 1 Whole Grain Bun 1/2c Macaroni & Cheese 1 cup Mixed Green Garden Salad 2Tb/1 w/ Dried Fruit & Dressing 1 svg Fresh Hand Fruit</p>	<p>3 oz Roast Turkey 1/2c Oven Roasted Potatoes 1/2c Parsnips/Squash 1 ea WG Bread, Butter 1/2c Seasonal Fresh Fruit Mix 1 Lemon Pound Cake</p>	<p>3 oz/2oz Beef Fritters/Country Gravy 1/2c Cowboy Beans 1/2c Baby Carrots 1/2c Fresh Fruit Mix 1 Blueberry Coffee Cake 1 pat Butter</p>
21	22	23	24	25
<p>3 oz / 2 oz Chicken Alfredo 1/2c Pasta 1/2c Broccoli 1 Garlic Breadstick 1/2c Fruit Cocktail 1 svg Angel Food Cake w/ Seasonal Berries</p>	<p>3 oz Beef Roast 2 oz Gravy 1/2c Oven Roasted Potatoes 1/2c Glazed Carrots 1/2c Fresh Fruit Mix 1 Spiced Garbanzo Bean Cake</p>	<p>3 oz Cold Ham & Cheese Sand 2 sl Whole Grain Bread 1/2c Italian Pasta Salad 1 oz WG Sun Chips 1 Mayo/Mustard 1/2c Seasonal Fresh Fruit 1 Rhub/Straw Upside Down Cake</p>	<p>1 cup Turkey Tetrizzini 1/2c Buttered Peas 1 cup Mixed Green Garden Salad 1 Dressing Packet 1 ea WG Bread & Butter 1 Peach (fresh hand fruit)</p>	<p>3 oz / 1 Cheeseburger on WG Bun 3/ 1 Tomato Slices/Onion Slice 1/2cotato Salad 1/2c Italian Style Baked Beans 1 ea Ketchup/Mustard 1 Apple</p>
28	29	30	31	
<p>3 oz Swedish Meatballs 1/2c Hearty Mashed Potatoes 1/2c Roasted Beets 1/2c Creamy Cucumber Salad 1 ea Rye Bread/Butter 8 oz Fruit Bar</p>	<p>3 oz / 1 Beef Hot Dog on WG Bun 2Tb/1Tb Chili & Cheese/Diced Onion 1 ea Ketchup & Mustard 1/2c Steakhouse Potato Salad 1/2c Green Beans 4 oz Tomato Juice 1 svg Plums (Hand Fruit)</p>	<p>3 oz Shredded Beef on 1 WG Bun 1/2c Potatoes O'Brien 1/2c 3-Bean Salad 1/2c Fresh Fruit Mix 1 Sugar Cookie</p>	<p>3 oz Turkey Open Face S/W 1 On WG Bread 2 oz Gravy 1/2c Mashed Potatoes 1 cup/1pk Mixed Garden Salad Dressing 1 Pears (Fresh)</p>	<p>Please call by NOON 1 day before to reserve your meal.</p> <p>Cashton 377-3831 Kendall 463-7622 Norwalk 343-3158 Sparta 269-6778 Tomah 372-7291 Wilton 487-6130</p>

New Option for Reviewing Drug Plans

The ADRC of Monroe County is excited to announce a new, dedicated email for you to use that will allow Alice Ackerman, Elder Benefit Specialist, to review your prescriptions and email plan results back to you to help you make an informed decision on which plan best meets your needs. After we receive your prescription list you will be given a comparison showing your current plan and two alternatives that are the best fit for the prescriptions that you take. This will be a comparison program only. If you want to change drug plans you will need to enroll in the new plan yourself.

This option is available for both stand alone or Advantage plans. It will only compare drug pricing options, no other benefits for either supplements or Advantage plans will be provided.

To take advantage of this new service, simply email the following to DrugPlan@co.monroe.wi.us

- Name, address, phone number
- Your current list of medications
- Your current drug plan
- Your current pharmacy

You will then receive the options back within seven days.

Requests for assistance through this email service will start October 10th and end on Dec 1, 2024.

Please note, it is especially important to review your plan this year. There are new out of pocket limits that are still being finalized to help reduce the cost of prescriptions for those on Medicare. Specific information will not be released until early October. The annual

enrollment period is from Oct. 15 – Dec 7 each year.

If you have questions, please contact Alice Ackerman at 608-269-8693 or Alice.Ackerman@co.monroe.wi.us.



Alice Ackerman
Elder Benefit Specialist

DON'T FALL SHORT!

MONROE CO. HEALTH DEPARTMENT 2024 FLU VACCINE CLINICS:

Date	time	Location
Oct. 3	9 am-6 pm	Tomah VA / Drive-Thru - Enter on 2nd St. and follow signs
Oct. 4	9 am-6 pm	Tomah VA / Drive-Thru - Enter on 2nd St. and follow signs
Oct. 7	5 pm-6 pm	Warrens Fire Station - 506 Hartwell Dr., Warrens
Oct. 10	8:30 am-5 pm	Monroe County Health Dept. - 315 W. Oak St., Sparta
Oct. 12	7:30 am-11 am	Oakdale Electric Cooperative - 489 N. Oakwood St., Tomah
Oct. 14	12 pm-2 pm	Monroe Co. Fairgrounds / Drive-Thru - Recreation Building County Highway CM, Tomah *Follow Signs*
Oct. 14	6:30 pm-7 pm	Cashton Fire Department - 645 Front St., Cashton
Oct. 16	11 am-11:45 am	Sparta Community Center - 1000 E. Montgomery St.
Oct. 17	10 am-12:45 pm	Kendall Meal Site / Kenview Manor - 412 Spring St., Kendall
Oct. 18	8 am-10:30 am	Organic Valley / Drive-Thru - 509 Organic Dr., Cashton
Oct. 18	11:15 am-12 pm	Cashton Community Hall - 812 Main St., Cashton
Oct. 25	8:30 am-5 pm	Monroe County Health Dept. - 315 W. Oak St., Sparta
Oct. 30	12:30 pm-1:30 pm	Kupper-Ratsch Senior Center - 1002 Superior Ave., Tomah
Nov. 8	8:30 am-5 pm	Monroe County Health Dept. - 315 W. Oak St., Sparta
Nov. 22	8:30 am-5 pm	Monroe County Health Dept. - 315 W. Oak St., Sparta

Pre-registration is strongly encouraged for the flu vaccine by scanning the QR code or clicking the link:

Cost Without Insurance: Regular Dose \$30 / High Dose \$65



bit.ly/24flu

Monroe County Health Department can file insurance claims with most insurance companies (including Medicare Part B & Medicaid). However, any amount not covered by insurance will be billed to the participant.

Please bring a copy of your insurance card.



For questions or more information, please call us at 608-269-8666.

*Celebrating
Lives
Well Lived*



**FUNERAL
HOME**

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

Visit Us Online at
TorkelsonFuneralHome.com

The Coffee Grammas of Norwalk



The Coffee Grammas of Norwalk meet for coffee, a little gossip and sometimes have a chance to play cards. They won first place for 'Other' Category at the Norwalk parade. The first parade that they participated in was in Wilton. They will participate in four parades in about a six week time period. The vehicle is provided by Degenhardt Tire in Norwalk and the driver is Shirley Degenhardt.

The Club consists of: Shirley Degenhardt, Judy Hyatt, Judy Harr, Kay Klinker, Lana Donaldson, Theresa Cunitz, Theresa Lehner, Maryann Dooley, Carol Zietlow and Dee Millner.

Food, Fun, Drugs & A Shot

The Aging and Disability Resource Center of Monroe County and the Health Department are teaming up this year to make it easier for county residents on Medicare to check their prescription drug coverage and get the latest flu protection at the same time. Both departments will be in Kendall on Thursday, Oct. 17th and Tomah on Thursday, Oct. 30th.

On **October 17th** from 10:00 – 12:45 both departments will be at the Kendall Dining Site, located in the Kenview Manor, 412 Spring St. Kendall.

On **October 30th** both departments will be at the Kupper-Ratsch Senior Center at 1002 Superior Ave. in Tomah. The ADRC will be available to check drug plans from 12:30 – 3:30. The Health Dept. will be there from 12:30 – 1:30 pm for shots.

County residents aged 60 and older are invited to have lunch at either dining site. Please contact the Kendall Dining site at 608-463-7622 by Monday, Oct. 14th to make a dinner reservations. Reservations are due by Friday, Oct. 25th for the Tomah Dining site at 608-372-7291.

Elder Benefit Specialist Alice Ackerman will be there from the ADRC to help people on Medicare check their options for drug coverage for 2024. Reservations are requested but not required for this free service. Residents wanting to check their Medicare plan will need to bring their Medicare card, current prescription drug card and a written list of medications with them. Please contact the ADRC at 608-269-8685 to make a reservation.

Nurses from the health department will there to administer flu shots. The flu shots are open to all county residents regardless of their age. Please be sure to bring your current health insurance card with you.

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



Alice Ackerman
Elder Benefit Specialist

RESEARCH STUDY
DRIVING SAFETY
CONVERSATIONS AND
DEMENTIA

Tell your story and help improve driving safety conversations for people living with dementia.



Participation involves:

- A 60-minute Zoom interview
- Sharing your experiences with driving safety conversations and dementia
- Option to invite your family member or friend with dementia to participate in their own interview

Participants will receive a \$50 gift card!

We invite you to take part if you:

- Are 18 years old or older
- Speak English
- And you care for a family member or friend diagnosed with dementia who was driving independently when diagnosed



If you are interested in participating in this study:

Send an email to: drivingdecisions@fammed.wisc.edu

Or scan the QR code for the email address:



Or call the study team at: 608-265-8095

WEEK WITHOUT DRIVING
Sept. 30-Oct. 6, 2024

America Walks urges elected officials, public officials, transportation professionals, organizations, advocates, and individuals to participate in the Week Without Driving. We want those who have the option to drive regularly to understand the barriers and challenges that non-drivers face when trying to move safely in their communities, and work with non-drivers to create better communities for all. People without a car or unable to drive should be able to get to where they need to go safely and effectively. But every day, Americans who can't drive – approximately 25 percent of the population – face significant barriers to mobility such as inadequate sidewalks, poor transit, lack of connectivity and dangerous roads. The needs of non-drivers are too-often disregarded in transportation infrastructure and policies. Our goal should be a transportation

system designed to support all individuals, regardless of ability, age, or income, which will strengthen our communities and enhance our quality of life.

In 2020, **Disability Mobility Initiative** began documenting the experiences of non-drivers in the State of Washington. In 2021 and 2022, they challenged elected officials and other decision-makers to a **Week Without Driving** – with profound effects on those who participated. In 2023, America Walks and Disability Mobility Initiative partnered to take Week Without Driving national.

If you'd like to better understand what it is like to be without reliable transportation consider participating in the Week Without Driving challenge. You can find information on signing up here: <https://americawalks.org/campaigns/week-without-driving/>



Hello, my name is Ben Cornforth and I am an Administrative Assistant here at the ADRC of Monroe County. With over ten years of experience working in industries from hospitality, customer service, and public institutions, I'm excited to bring my talents to the ADRC office here in Sparta. In 2020, I moved back closer to home to assist my parents in their retirement and have a great appreciation for the care and dedication for the work and care done that

benefits our aging population. I'm excited for this opportunity at the ADRC to learn more about the various resources and opportunities our community is able to provide to all residents. In my free time, I enjoy cooking, walking my dog, listening to audio books, and planning board game nights with friends!



Winter Weather and the ADRC Transportation Program

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

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

News Stations: WKBT Channel 8; WXOW Channel 19

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

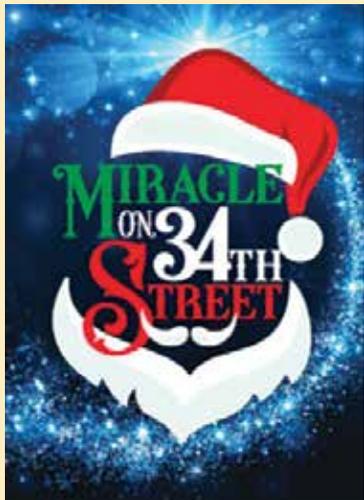
The information should be posted to the news and radio stations and the website no later than 6:30 a.m.

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.



Julie Leis
ADRC Transportation Coordinator

Getting You in the Christmas Spirit!



Vintage Vagabonds travel to the Fireside Dinner Theatre in Ft. Atkinson, WI on Friday, November 15 to see *Miracle on 34th Street*. Based on the beloved Christmas movie, *MIRACLE ON 34TH STREET* is a big brassy Broadway musical with a heart. Macy's Thanksgiving Day Parade needs a new Santa. Enter Kris Kringle - a sweet and jolly old man who claims that he is the real Santa Claus. Thus begins this funny, warm, tuneful, and inspirational musical as Kris has to prove his claim in court and teach his cynical neighbor and her daughter to believe in the goodness and love that is Christmas.

Cost for November Trip: \$120 includes transportation on Ready Deluxe Motorcoach, meal including gratuity, and

show. **Pick up times:** Sparta- 7:30 a.m. and Tomah -8:00 a.m. at Southeast corner of Wal-Mart parking lots. **Estimated return times:** Tomah: 6:30 pm and Sparta 7 pm. **Deadline for registering:** October 14.

Please complete the form below and either mail or bring in person to the ADRC office. Cash or check must accompany your reservation. Make checks out to ADRC of Monroe County. If it has been more than a year since you traveled with us, we will also need you to complete a Medical Emergency Form which can be found at our website. <https://www.co.monroe.wi.us/departments/aging-and-disability-resource-center/senior-vintage-vagabond-trips>.

RESERVE YOUR SPOT TODAY! Deadline: October 14

Vintage Vagabond Trip: : November 15 Fireside Dinner Theatre - Miracle on 34th Street

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

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

Address w/city: _____

Phone number: _____ Email: _____

Meal Choice: Chicken and Ribs _____ Global Vegetarian Medley _____ Steak Diane (Medallions of Roast Beef Tenderloin in the Classic Sauce) _____

Seared Duck Breast (Served with a reduction of Port Wine and Tart Red Cherries) _____

Payment: Total Enclosed \$ _____ Cash _____ or Check _____

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