



# ADRC CONNECT

AGING & DISABILITY RESOURCE CENTER OF MONROE COUNTY

315 West Oak Street, Suite A • Sparta, WI 54656 • 1-888-339-7854 • FAX (608) 269-8688  
[www.co.monroe.wi.us/services/aging-and-disability-resource-center-copy](http://www.co.monroe.wi.us/services/aging-and-disability-resource-center-copy)



## Wisconsin Department of Agriculture, Trade and Consumer Protection; Division of Trade and Consumer Protection **SCAMS Presentation**

**Monday, December 2nd, 2024 11:00 a.m.**  
**Kendall Meal Site: 412 Spring Street, Kendall**

### Join the ADRC of Monroe County for a presentation on **Common Scams and Fraud Targeting Seniors.**



**JEFF KERSTEN**

The Wisconsin Bureau of Consumer Protection will discuss the details of common scams that target seniors, the warning signs of a scam, and what to do if you or someone you know falls victim to a scam or fraud. Helpful factsheets from The Bureau of Consumer Protection will be available.

As Wisconsin's lead agency for consumer protection, the Bureau of Consumer Protection at the Wisconsin Department of Agriculture, Trade and Consumer Protection, provides information and education, mediates complaints, investigates cases, and takes enforcement actions to fight fraudulent and deceptive practices that harm consumers and honest business.

Jeff Kersten will be doing this presentation. Jeff is an Outreach Specialist for the Bureau of Consumer Protection within the Wisconsin Department of Agriculture, Trade and Consumer Protection. As

an Outreach Specialist, Jeff travels around the state to educate the public, businesses, and law enforcement on common scams & fraud, privacy protection, data security, and other areas of consumer protection. Jeff has over 12 years of experience as a police officer and is a prior Consumer Protection Investigator for the Bureau of Consumer Protection.

If you would like lunch during the presentation please contact Alrita at 608-463-7622 one day in advance. There is a suggested contribution of \$4 to \$7 for lunch.

### NOTICE OF PUBLIC HEARING

There will be a public hearing to discuss the **2025-2027 Monroe County 3 year Aging Plan**

(Title III, Older Americans Act)

**DATE and TIME:** November 4th, 2024 at 1:00 p.m.

**PLACE:** ADRC of Monroe County  
315 W Oak Street, Suite A,  
Sparta, WI 54656

Those persons, unable to attend the hearing, who wish to submit comments in advance, may do so by mail or by phone to:

**Pamela Weber, ADRC Manager**  
Aging & Disability Resource Center of  
Monroe County  
315 West Oak Street, Suite A  
Sparta, WI 54656  
(608) 269-8691

The plan is also available for your review Monday through Friday from 8:00 a.m. through 4:30 p.m. at the ADRC of Monroe County located at 315. West Oak Street, Suite A, Sparta.

### 11 Steps to Recover from Identity Theft

- 1 Take inventory of the damage
- 2 Inform your bank
- 3 Place fraud alerts with a credit bureau
- 4 Freeze your credit
- 5 Contact any businesses involved
- 6 Dispute fraudulent activity
- 7 Submit a report with IdentityTheft.gov
- 8 File a police report
- 9 Change passwords and documents
- 10 Monitor your finances
- 11 Be proactive to prevent future identity theft



## Frauds, Scams and Identity Theft

Adapted from the Coalition of Wisconsin Aging and Helath Groups (CWAG)

### STEPS YOU CAN TAKE TO KEEP YOUR INFORMATION SECURE:

1. Store documents that have your personal information, including financial documents, Social Security, Medicare and Credit Cards in a safe place at home and at work.
2. Limit what you carry. Leave your social security and Medicare cards at home-unless you are going to need them for a specific reason.
3. Don't share your personal, financial or health plan information over the phone, through the mail, or over the internet unless you have a trusted re-

lationship with the requestor and you initiated the contact.

4. Inspect your credit card receipts. It should not show your full account number. If your receipt shows more than the last four digits, report it to the Office of the Attorney General.
5. Use only one credit care for your online purchases. Do not use a debit card.
6. Consider opting out of most pre-screened offers of credit by calling 1-888-567-8688 or go to [optoutpre-screen.com](http://optoutpre-screen.com). Those offers could be used by identity thieves who steal mail.
7. Pick up your mail promptly and use a secure mailbox.

### SIGNS AN INVESTMENT MAY BE A FRAUD OR SCAM

- Promises that an investment will consistently earn a lot of money-anything that seems too good to be true usually is.
- People who aren't licensed to sell securities in Wisconsin
- People who are selling unregistered securities in Wisconsin
- People who lie and say they know a lot about your retirement/investment needs.
- Not having the right paperwork that tells the investment (i.e. stocks/mutual funds must have a prospectus and bonds must have a circular).
- Aggressive, pushy salespeople who want your answer, your money, or your signature right away.



*"Voting is the expression of our commitment to ourselves, one another, this country and this world."*  
- Sharon Salzberg

### Election Day is November 5

For information, please go to <https://myvote.wi.gov/en-us/>

## Medicare Part D/Advantage Plan Open Enrollment



**Alice Ackerman**  
Elder Benefit Specialist

Open enrollment for Medicare plans in 2024 is October 15 through December 7, 2024. This is an important time for people with Medicare to review their current Part D prescription drug plan or Advantage Plan, note any changes, and determine if it is still the best option for them.

There are several new options this year with standalone drug plans as well as new Advantage plans that are available in Monroe County. There is a new Medicare program that caps out-of-pocket prescription co-pays at \$2,000 (doesn't include the premium for the plan). Another new program is called the Prescription Payment Plan that allows for individuals with large copays to make arrangements with the drug company to make monthly payments to help make the cost of the medicine easier to budget.

Since insurance companies can change their plan premiums, deductibles, co-pays and maximum out of pocket each year, switching to a different plan could result in extra money in your pocket!

If you have had changes in your medications this past year it seems obvious that reviewing your plan and comparing it to other plans is a good idea. But even if you have not had medication changes, a new pricing structure for the plan could mean that the costs for your same drugs will increase next year. Likewise, a different company may now offer better coverage for those same medications. Some people have saved hundreds of dollars in a year by switching to a different Part D plan. The only way to find the lowest cost plan for next year is to review your plan and compare it to other Part D plans.

In addition to changing the list of medications that they cover (known as their "formulary") and how they cover them, Part D plans can also impose drug restrictions on covered medications. When you are reviewing your plan or comparing it to other plans, be sure to note any drug restrictions for your specific medications. In some cases, you may need to get prior authorization before your medication is covered. Another type of restriction, step therapy, means that the insurance company will have you try an alternative drug before they pay for the one your doctor has chosen for you. And if quantity limits are in place, you are limited to a certain number of pills each month. These are more reasons it is important to carefully review your Part D plan each year.

Please contact Alice Ackerman, Elder Benefit Specialist with the ADRC at 608-269-8693 or email her at Alice.Ackerman@co.monroe.wi.us. Our toll free number is 888-339-7854.

Additional resources with plan comparisons is available through:

- 1-800-MEDICARE or [www.medicare.gov](http://www.medicare.gov)
- Medigap helpline 1-800-242-1060
- Disability Drug Helpline 1-800-926-4862 (if under age 60)
- Wisconsin Medigap Prescription Drug Helpline 1-855-67 PART D (1-855-677-2783)

## Understanding Medicare Supplement Enrollment

*By the GWAAR Legal Services Team*

If you want to buy a Medicare supplement policy, also known as Medigap, it is important to understand the best times to enroll. When you enroll can affect your monthly premium costs, coverage for preexisting conditions, and whether you can buy a policy at all.

### Open enrollment period

In general, the best time to enroll in a supplement is during your open enrollment period. In Wisconsin, your open enrollment period begins the month your Part B coverage starts and continues for six months. If you are under age 65 and enrolled in Medicare due to disability or end-stage renal disease, you are entitled to another six-month open enrollment period when you turn 65.

During your open enrollment period, insurance companies cannot deny you coverage. They must sell you a policy at the best available rate regardless of your health status. The best available rate will depend on factors like your age and gender. If you enroll during your open enrollment period, companies may not charge you an increased premium amount because of your use of tobacco. Some policies may require waiting periods before they will cover preexisting medical conditions.

### Guaranteed Issue

If you miss your open enrollment period, you can also buy a supplement when you have a guaranteed issue right because your other health insurance ended. In Wisconsin, an insurance company must sell you a supplement if:

- › Your Medicare Advantage or Medicare Cost plan stops participating in Medicare or providing care in your service area; or
- › You move outside the plan's geographic service area; or
- › You leave the health plan because it did not meet its contractual obligations to you; or
- › Your employer group health plan ends some or all of your coverage; or
- › You leave your employer group plan to join a Medicare Advantage plan but leave the Medicare Advantage plan within 12 months of enrollment; or
- › Your insurance company ends your Medicare supplement or Medicare SELECT policy and you are not at fault; or
- › You drop your supplement to join a Medicare Advantage plan, a Medicare

Cost plan, or buy a Medicare SELECT policy for the first time, and then leave the plan or policy within one year after joining. You may return to your former plan or to any available supplement if your former plan is unavailable; or

- › You join a Medicare Advantage plan or Medicare Cost plan when you first become eligible for Medicare Parts A and B at age 65 and within one year of joining you decide to leave the health plan; or
- › You have Medicare Parts A and B and Medicaid, and you lose eligibility for Medicaid; or
- › Your employer group plan increases your cost from one 12-month period to the next by more than 25% and the new payment for the employer-sponsored coverage is greater than the premium charged under the supplement plan for which you are applying.

If you have a guaranteed issue right, you must apply for a new supplement policy within 63 calendar days of when your old health plan or policy ends. During this time, an insurance company:

- › Cannot deny insurance coverage or require a waiting period for coverage,
- › Must cover you for all preexisting conditions, and
- › Cannot charge you more for a policy because of any preexisting conditions.

If your old plan ended, that insurance company must send you a notice explaining your guaranteed issue rights. You will need this notice or other evidence that your coverage ended when you apply for a new supplement.

### Enrolling in a Supplement at Other Times

If you try to enroll in a supplement outside of your open enrollment period or when you have a guaranteed issue right, you may run into problems. Insurance companies may refuse to sell you a policy, or they may require a waiting period before the policy will cover any preexisting medical conditions. In addition, the company may charge you a higher monthly premium

For additional information contact Alice Ackerman, Elder Benefit Specialist with the ADRC at Alice.Ackerman@co.monroe.wi.us or 608-269-8693.



**Alice Ackerman**  
Elder Benefit Specialist

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# Dementia & Medications

By Kelsey Hanson, RN, MSN, PHN  
Monroe County Health Department

About 6.7 million Americans aged 65 and older are living with Alzheimer's today, making it the most common form of dementia. For most people, symptoms first appear in the mid-60s or later. About one-third of all people 85 and older may have Alzheimer's disease, according to the National Institute on Aging. Alzheimer's affects a person's memory and eventually the ability to think, reason and perform even the simplest of tasks. Two regions of the brain, which are responsible for memory – the entorhinal cortex and hippocampus – are particularly vulnerable early in the disease. Later, areas in the cerebral cortex become impaired. Those areas are involved in language, reasoning and social behavior.

For people living with cognitive impairment related to dementia, there are medications that can help slow the progression of the disease.

- **Namenda (memantine)** is used to treat moderate to severe cases of dementia related Alzheimer's disease. It reduces the actions of chemicals in the brain that may contribute to the symptoms of Alzheimer's disease. Namenda's mechanism of action is to help balance a brain chemical called glutamate. In Alzheimer's, there can be too much glutamate activity, which can harm brain cells. By controlling glutamate, Namenda may help protect brain cells from damage and improve memory and thinking skills in some people with Alzheimer's. Namenda is not a cure for Alzheimer's.

- **Aricept (donepezil)** is effective to improve symptoms of mild, moderate, and severe Alzheimer's disease. This medication can help improve attention, memory, behavior, and ability to do daily activities in dementia patients. Donepezil improves the function of nerve cells in the brain and works by preventing the breakdown of a chemical called acetylcholine. People with dementia usually have lower levels of this chemi-



cal, which is important for memory, thinking, and reasoning. Aricept is not a cure for Alzheimer's disease but may help with symptom management.

Always talk with your doctor before starting any new medications or if you have any concerns about your medications and their side effects. Do not stop taking any prescribed medications without consulting your health care provider first.



## GRIEF SUPPORT GROUP MEETING

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

**November 12 • 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](mailto:emily.reitz@co.monroe.wi.us)



**Emily Reitz**  
DCS

## Six Tips To Help Prevent Falls

More than one in four people age 65 years or older fall each year, yet many falls can be prevented.

Learn more about reducing your risk of falling at [www.nia.nih.gov/falls-prevention](http://www.nia.nih.gov/falls-prevention).



# 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  
**November 15th, 2024**



Emily Reitz  
DCS

humor generosity support love connections thanks care giving help home hope strength family

# LUNCH BUNCH MEMORY CAFÉ



Food and drink provided by Congregate Meal Site

When: November 4, 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.

Polska Keilbasa, Creamy Kale & Pasta Bake,  
Roasted Carrots, Peaches, WG Bread & Butter,  
Ketchup Packet



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.

*Suggested Contribution of \$4-\$7.*

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



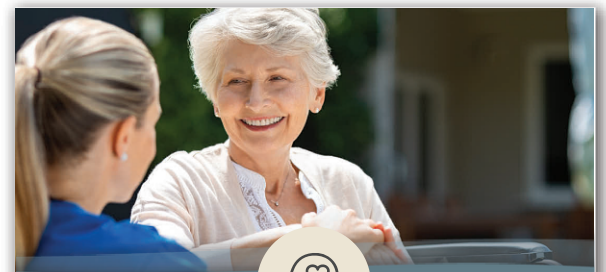
### Independent Living

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, 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](mailto:housing@morrowhome.org) | [www.morrowhome.org](http://www.morrowhome.org)  
331 S Water St Sparta, WI 54656

## ATTENTION ALL MONROE COUNTY VETERANS AGE 60 OR OLDER:

In honor of your service, the ADRC of Monroe County Senior Nutrition Program would like to offer you a voucher for a **FREE MEAL** at your local senior dining site. If you would like to reserve a meal, please call your local dining site one day ahead, and the site manager will give you a voucher. The voucher is good for a meal on a day of your choosing in November.

If you are one of our home delivered meal participants, and are also a veteran, please let your driver or meal site manager know, so that we can provide you with a complimentary home delivered meal in November.



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

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

### NOVEMBER 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><b>8 oz. 1% Milk Served with every meal</b></p> <p>Food allergies or intolerances are unable to be accommodated. ADRC Nutrition Program Main Number is (608) 269-8692</p>				<p><b>1</b></p> <p>3 oz Beef Tips in Pesto Crm Sauce 1/2c Buttered Noodles 1/2c Fresh Corn 1/2c Fresh Fruit Mix 1 sl, 1 t WG Bread, Butter 1 Beetroot Chocolate Cake</p>
<b>Please call by NOON 1 day before to reserve your meal.</b>				
		<p><b>Cashton 377-3831</b> <b>Kendall 463-7622</b> <b>Norwalk 343-3158</b></p>	<p><b>Sparta 269-6778</b> <b>Tomah 372-7291</b></p>	
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<p>3 oz Polska Kielbasa 1/2c Creamy Kale &amp; Pasta Bake 1/2c Roasted Carrots 1/2c Peaches 1 ea WG Bread &amp; Butter 1 Ketchup Packet</p>	<p>3 oz Glazed Chicken 1/2c, 1 Potato Wedges, Ketchup 1 cup Mixed Green Garden Salad 1 Dressing 1/2c Applesauce 1 ea Pumpernickel Roll/Butter 1 Yogurt Cup</p>	<p>3 oz/1 Cheeseburger w/WG Bun 3/1 Tomato Slices/Red Onion 1 ea Ketchup &amp; Mustard Packet 1/2c Potato Salad 1/2c Cowboy Beans 1/2c Tropical Fruit</p>	<p>8 oz White Bean &amp; Kale Soup 2 Saltines 3 oz Turkey/Cheese Cold Sand 2 sl Whole Grain Bread 1/2c Raw Broccoli 1 svg Ranch Dip 1/2c Fresh Fruit Mix 1/2c Butterscotch Pudding</p>	<p>3 oz Fish Sandwich w/Cheese 1 ea WG Bun/Tartar Sauce 1/2c Seasoned Potato Cubes 1 cup Mixed Garden Salad 1 ea Dressing Packet 1/2c Pineapple</p>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<p>1 cup Spaghetti Bake w/Mt Sce 1/2c Broccoli 1 Garlic Bread 1 Parmesan Cheese Pkt 1/2c Pears 1 Black Bean Cookie</p>	<p>3 oz/1 Pulled Pork Sandwich on 1 ea Whole Grain Bun/BBQ Pkt 1/2c Winter Squash 1/2c Coleslaw 1 Whole Grain Sun Chips 1/2c Applesauce</p>	<p>1c Tater Tot Casserole (made w/ mixed veg) 1/2c 3-bean salad 1 cup Fresh Fruit Mix 1 ea WG Bread &amp; Butter 1 Churro Cookie</p>	<p>3 oz Herbed Chicken Breast 1/2c /1 Mashed Sweet Pot/Butter 1/2c California Medley 1 Seasonal Hand Fruit 1 WG Rice Krispy Treat</p>	<p>3 oz Beef Tips w/ 2 oz Mushroom Gravy 1/2c Hearty Mashed Potatoes 1/2c Seasoned Corn 1 Seasonal Hand Fruit 1 ea WG Bread &amp; Butter 1 Oatmeal Raisin Cookie</p>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<p>3 oz Chicken Parmesan 1/2c Buttered Noodles 1/2c Green Beans 1 Breadstick 1/2c Applesauce 1 Pumpkin Bar</p>	<p>3 oz Country Fried Beef Steak 2 oz Country Gravy 1/2c Au Gratin Potatoes 1/2c Roasted Carrots 1/2c Fruit Cocktail 1 Spiced Garbanzo Bean Cake</p>	<p>3 oz Beef Roast 1/2c Candied Sweet Potatoes 1/2c Cucumber Salad 1 ea Whole Grain Bread/Butter 1 cup Fresh Fruit Mix 1 Coffee Cake</p>	<p>3 oz Creamy Tuscan Chicken w 3 oz Cherry Tomato&amp;Spinach 1/2c Wild Rice Blend 1/2c Garlic Roasted Parsnips 1 Handheld Cherry Pie 1 Seasonal Hand Fruit- Orange</p>	<p>3 oz / 1 Breaded Fish, Tartar Sauce 1/2c Cheesy Potatoes 1/2c Winter Blend Vegetables 1/2c Coleslaw 1 svg Hummus w/ Pretzels 1/2c Fresh Fruit Mix</p>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<p>3 oz Pork Loin ala Florentine 1/2c Baby Baked Potato 1 ea Butter &amp; Sour Cream 1/2c Carrots 1 ea WG Bread/Butter 1 ea Sliced Apples/PB Cup</p>	<p>3 oz Beef Hot Dog on 1 WG Bun 2, 2, 1 TB Chili, Cheese, Onion 1/2c Potato Wedges 1/2c Baked Beans 1 ea Ketchup, Mustard 1 Seasonal Hand Fruit</p>	<p>3 oz Turkey 1/2c Stuffing 1/2c Mashed Potato/Gravy 2 TB Cranberry Relish 1 ea Whole Grain Bread/Butter 1 Pumpkin Pie</p>	<p><b>Happy Thanksgiving</b> <b>CLOSED</b></p>	



# Social Security Announces 2.5 Percent Benefit Increase for 2025

Social Security benefits and Supplemental Security Income (SSI) payments for more than 72.5 million Americans will increase 2.5 percent in 2025, the Social Security Administration announced today. On average, Social Security retirement benefits will increase by about \$50 per month starting in January.

Over the last decade the COLA increase has averaged about 2.6 percent. The COLA was 3.2 percent in 2024.

Nearly 68 million Social Security beneficiaries will see a 2.5 percent cost-of-living adjustment (COLA) beginning in January 2025. Increased payments to nearly 7.5 million people receiving SSI will begin on December 31, 2024. (Note: Some people receive both Social Security benefits and SSI).

“Social Security benefits and SSI payments will increase in 2025, helping tens of millions of people keep up with expenses even as inflation has started to cool,” said Martin O’Malley, Commissioner of Social Security.

Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) is slated to increase to \$176,100 from \$168,600.

Social Security begins notifying people about their new benefit amount by mail starting in early December.

This year, for the first time, Social Security beneficiaries will receive a newly designed and improved COLA notice that makes it easier for customers to find the information they need most. The simplified COLA notice is now only one page, uses plain and personalized language, and provides exact dates and dollar amounts of a person’s new benefit amount and any deductions.

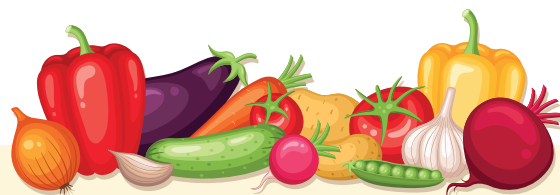
Individuals who have a personal **my Social Security** account can view their COLA notice online, which is secure, easy, and faster than receiving a letter in the mail. People can set up text or email alerts when there is a new message--such as their COLA notice--waiting for them in **my Social Security**.

People will need to have a personal **my Social Security** account by Nov. 20 to see their COLA notice online. To get started, visit [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount).

Information about Medicare changes for 2025 will be available at [www.medicare.gov](http://www.medicare.gov). For Social Security beneficiaries enrolled in Medicare, the 2025 benefit amount will be available via **my Social Security’s** Message Center starting in late November. Those who have not opted to receive messages online will receive their COLA notice by mail in December.

The Social Security Act provides for how the COLA is calculated. The Social Security Act ties the annual COLA to the increase in the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W) as determined by the Department of Labor’s Bureau of Labor Statistics.

To read more, please visit [www.ssa.gov/cola](http://www.ssa.gov/cola).



## November Senior Dining Site News



**Patti Abbot**  
Nutrition Program Coordinator

Starting in November, we will be changing to our Fall/Winter menu from the Spring/Summer menu.

You will see some changes including some soups and those comfort type, warm dishes you associate with colder weather.

Our menus are on a 7 week rotation and follow the guidelines set up by our state oversight agency to meet all of the nutritional guidelines required for the Senior Nutrition Program. The meals are prepared by the talented staff at the UW-L kitchen. We have an on staff dietician who develops the menus alongside the kitchen to ensure we are meeting all of the nutritional requirements.

With the start of the Fall/Winter menu we have to look ahead at the potential for snowy weather and weather related road conditions. Please remember, we do, on occasion, have to close our dining sites and meal deliveries due to inclement weather. We do not make these decisions lightly, but we must keep our drivers and site managers safe. We deliver to rural areas where the roads can become quite treacherous. Please watch the local news channels or listen to the local radio stations for

announcement of a closing. Also, if you receive home delivered meals, please do your best to keep driveways and sidewalks clear of snow and ice to keep it safe for our delivery staff. We do not want anyone to fall and become injured. If our staff reports they do not feel safe we may have to put a meal delivery on hold until it is safe to enter the driveway or home.

We will again be offering a free meal to all Monroe County Veterans over 60 years old. To receive a free meal voucher please make your reservation a day ahead of time and let the dining site manager know you are a veteran. If you are new to our program you will be asked to fill out a registration form when you come in. If you are on our home delivery program be sure to let the driver know or call the site manager to let them know you are a veteran. Thank you for your service!

If you are new to the county or haven’t been to one of our local meal sites in a while, take a look at the menu and considering joining your friends and neighbors for a nutritious meal and conversation. Remember to call a day ahead to make a reservation.

**Cashton 377-3831 • Kendall 463-7622**  
**Norwalk 343-3158 • Sparta 269-6778**  
**Tomah 372-7291**

**COMPASSIONATE HOSPICE & PALLIATIVE CARE**

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HOSPICE TOUCH & PALLIATIVE CARE

**TomahHealth.org**  
608.374.0250

# Men's Shed

2024 and 2025 Dates

November 26, 2024      April 22, 2025  
 January 28, 2025      May 27, 2025  
 February 25, 2025      June 24, 2025  
 March 25, 2025

Time 1:30 - 3:00 PM

**Tomah Senior Center: 1002 Superior Avenue Tomah, WI 54660**

Come to meet new people, learn something new and be a part of something new! Bring a friend! Snacks and beverages will be provided.

Please register by calling the ADRC of La Crosse County at 608-785-5700  
 Questions?

Please contact Kristine at 608-386-0922 or kmeyer@lacrossecounty.org.

## If winter driving isn't for you, give us a call to schedule a ride to your medical or dental appointment!

The ADRC Transportation Program requires at least a 72 hour notice, so don't wait to schedule a ride, we can take appointments up to 3 months in advance. Best practice

is to call us as soon as you know that you have an appointment that you will need transportation to. We have our own fleet of vehicles and drivers to assist you, if you have a cane, walker or wheelchair we can assist as well.

**Call Julie Leis, Transportation Coordinator at 608-269-8689 to discuss your options today!**



**Julie Leis**  
 ADRC Transportation Coordinator




**UPLIFTWI**  
 HERE WHEN YOU NEED AN EAR

### CALL ANYTIME

We're here for you when you need us- 365 days of the year.

### SHARED EXPERIENCES

Uplift WI operators are peers that have lived experience with mental health and other life challenges that you may connect with.

### YOUR PRIVACY MATTERS

Not only are all calls anonymous, but what you share with your peer stays between you and your peer. This is a safe space.



UpliftWI offers caring peer specialists who get your experiences, providing a safe and confidential place for you to connect and find support.

CALL US WHEN YOU'RE READY.

**534-202-5438**



# Make a Difference with AmeriCorps Seniors: Become a volunteer in your community's school.

Are you looking for a rewarding way to volunteer in your community? CESA 10 is looking for seniors over the age of 55 who are willing to provide support to elementary school children who need just a little extra help and attention from a caring adult.



## Why Volunteer with Us?

- **It's Good For You:** Volunteering provides a meaningful way to help you feel valued and fulfilled. Working with your local school provides opportunities for you to stay active and maintain your physical health; it often involves learning new skills which can keep your mind sharp and engaged.
- **Build Lasting Relationships:** Form strong bonds with the youth you work with, offering them guidance, support, and a caring presence. Create a lasting relationship with classroom teachers who will support you in your volunteer work.
- **Be a Role Model:** Inspire and motivate children to reach their full potential, helping them build confidence and resilience.
- **Serve as a Tutor/Mentor:** You will be assigned students to work with on a weekly basis. Tutors and mentors provide one-on-one or small group assistance to students who need a little extra help on developing their skills to be successful in school. Sometimes it is as easy as helping a student learn to write their name, learn their letters, read, and perform simple math problems.

## What CESA 10 Offers:

- **Flexible Volunteering:** Choose a schedule that fits your family life.
- **Training & Support:** Receive comprehensive training and ongoing support to ensure you have all the tools you need to succeed.
- **Benefits & Recognition:** Enjoy benefits such as a tax-free hourly stipend (which doesn't count as income), travel reimbursement, paid time off, and heartfelt appreciation for your invaluable contribution.

## Who Can Join?



CESA 10's program is open to individuals aged 55 and older who have a passion for helping others and a desire to make a positive impact. Whether you only have a few hours a week or more, your time and dedication will be greatly appreciated.

## How to Get Involved:

Ready to start your journey as an AmeriCorps Seniors classroom volunteer? Contact us today to learn more about how you can join our CESA 10 program. Become a hero in a child's life!

**Join us** in creating brighter futures by calling Mary Byrns at (715) 720-2042 or email [mbyrns@cesa10.k12.wi.us](mailto:mbyrns@cesa10.k12.wi.us), because every child deserves caring adults who believe in them.

*Serving Barron, Chippewa, Clark, Dunn, Eau Claire, Monroe, Rusk, Taylor, and Trempealeau Counties.*

FOLLOW US ON SOCIAL MEDIA!  
 @UPLIFTWIS  





**REGISTER TO RING™**



**Questions about ringing? Contact: [christy.duhr@usc.salvationarmy.org](mailto:christy.duhr@usc.salvationarmy.org)**

**THE SALVATION ARMY OF SOUTHWEST WISCONSIN**  
Thank you for volunteering - we appreciate you!



**BINGO + EXERCISE = BINGOCIZE**

**We finished our 1st 10-Week BINGOCIZE class on October 10th.**



Pictured: John Roehrl, Char Roehrl, Cecile Stow, Julee Hopkins, Sandy Hodgkins and Bingocize Facilitator Stephanie Haas.

BINGOCIZE is a 10-week class that meets twice a week for 45-60 Minutes. Bingocize offers a unique solution that mixes exercise, bingo and health education (Falls Prevention and Nutrition). We are working on planning another 10 Week Session of Bingocize, please watch our ADRC newsletter for details.

For more information on BINGOCIZE or to add your name to the list for the next 10-Week Session, please feel free to call Stephanie Haas at 608-269-8636



**Stephanie Haas**  
Community Health Worker (CHW)

## It's beginning to look a lot Like Christmas...

Vintage Vagabonds travel to the Legacy Dinner Theater in Wisconsin Dells on Tuesday, December 3 to see Christmas in the Dells Dinner Show. Christmas in the Dells Dinner Show is a BRAND NEW multi-million dollar Christmas production in Wisconsin Dells that features sugar plum fairies, soaring angels, dancing elves, enchanted reindeer, Jolly ol' Saint Nick, and the celebration of the birth of Christ with the area's largest living nativity!

**Cost for December Trip: \$105** includes transportation on Lamers Deluxe Motorcoach, meal including gratuity, and show. **Pick up times: Sparta- 11:30 a.m. and Tomah -Noon at**



**Southeast corner of Wal-Mart parking lots. Estimated return times: Tomah: 5:15 pm and Sparta 5: 45 pm. Deadline for registering: November 5.**

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 you have never traveled with ADRC Vintage Vagabonds, please complete a medical emergency form which can be found at our website. [www.co.monroe.wi.us/departments/aging-and-disability-resource-center/senior-vintage-vagabond-trips](http://www.co.monroe.wi.us/departments/aging-and-disability-resource-center/senior-vintage-vagabond-trips).

**RESERVE YOUR SPOT TODAY! Deadline: November 5**

**Vintage Vagabond Trip: December 3 Wisconsin Dells Christmas Show**

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: 4 Course Dinner featuring Ham/Turkey and all the holiday fixins served family style at each table.

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

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