

DECEMBER  
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](http://www.co.monroe.wi.us/services/aging-and-disability-resource-center-copy)



## Thanksgiving Resources

### IN SPARTA:

Event by Sparta American Legion

1116 Angelo Rd, Sparta

Thursday, November 28 from 11 am - 2 pm

Traditional Thanksgiving meal. Everyone is welcome.

Meal delivery available- call (608) 269-3894

before November 20th.

Menu: turkey, dressing, potatoes, gravy, sweet potato, corn, beans, cranberries, roll, dessert.

Free will donations are accepted and will benefit the Sparta Ecumenical Ministerial Association's ongoing work in the community.

A free ride to the event based on availability- Sparta Cab 608-269-2222.

### IN TOMAH:

Event by Mr. Ed's Community Dinner Murrays On Main  
810 Superior Avenue, Tomah

Thursday, November 28 from 11 am until gone

Join us in person as we share gratitude and enjoy a meal. Please bring your shut-in friends and neighbors.

They accept donations. Pies can be taken to Murray's on Main. Limited deliveries will be available. Guests are encouraged to join us in person. Volunteers are needed for this event.

Questions and delivery requests can be directed to Tina Thompson at 608-343-4956. Donations can be mailed to: 119 Alyssa St, Tomah, WI 54660.

### IN WILTON:

Event by Wilton American Legion

508 Walker St. Wilton

608-435-6731

Thursday, November 28 from 11 am until gone.

Free will offering, all are welcome.

## 10 Ideas to Help with Social Isolation and Loneliness



Pam Weber  
CSW, ADRC Manager

By Pam Weber, Human Services Manager-ADRC

**1. Kupper Ratsch Senior and Disabled Services** has activities on an almost daily basis. Activities include Canasta, Coffee Time, Music Programs, Wellness Exercise, Line Dancing, Bingo, Euchre, Pfeiffer, Pinochle, Games, Quilting Group and much more. Call or email Pam Buchda at 608-

374-7476 pjbuchda@tomahwi.gov for more information. Kupper Ratsch Senior and Disabled Services is located at 1002 Superior Avenue in Tomah

### 2. The ADRC of Monroe County Meal Sites!

Come meet new friends, or bring a friend with you, at one of our 5 meal sites. You will enjoy great conversation and a delicious and nutritious meal! Our Tomah Meal Site is located in Kupper Ratsch and our other meal sites also have cards and other activities on a regular basis. See our menu and more information on page 5.

**3. Volunteer!** There are many options to volunteer. One might be joining the **Coulee Region Retired Seniors Volunteer Program**. Through collaboration with community nonprofit organizations, they provide meaningful volunteer experiences for individuals age 55 and better in our community. They achieve this mission by identifying community needs, recruiting and placing volunteers in diverse intergenerational volunteer opportunities in Monroe County. Call RSVP at 608-785-0500 for more information.



**4. Volunteer!** Another volunteer option might be at **Faith in Action**. They do extraordinary things

like taking someone to a doctor appointment, doing light tasks around the house, delivering groceries, or calling someone to say hello and ask about their day. There is no act of volunteering too big or too small. Volunteering is what you make it. For more information call 608-372-0939 or email [faithinaction0939@gmail.com](mailto:faithinaction0939@gmail.com)

**5. Exercise!** City of Sparta Parks & Recreation has many opportunities for staying active including adult programs and special recreation. For more information contact 608-269-6322 or email Amy Betcher at [sosparta@hotmail.com](mailto:sosparta@hotmail.com) for special recreation information.

**6. Get involved!** Every month, in this newsletter, we share information on things that are going on in the community and events we are having. Most are at no cost and are a good way to learn something and meet other people. We have Bingocize® (locations vary), PALS (locations vary), StrongBodies in Wilton, Memory Cafés, Vintage Vagabond Trips, Men's Shed, Caregiver Support Group, Grief Support Group, Presentations and MUCH MORE! We'd love for you to join us. Watch our newsletter or call Pam Weber at 608-269-8691 for more information.

**7. Volunteer!** Did I mention volunteering? The **Monroe County Dog Control Department** has opportunities to volunteer with their animals. Contact Cassie Cunitz at 608-269-8920 for more information. They are always looking for help with dog walking, play time, training, kennel cleaning etc.

**8. Adopt a pet!** The Monroe County Dog Control Department has several pets available for adoption. Visit the shelter at 3100 E Wisconsin Street, Sparta or call 608-269-8775 for more information

**9. Volunteer!** Again?! Yes, here are a few more volunteer options- **Ringing Bells for Salvation Army** (contact [christy.duhr@usc.salvationarmy.org](mailto:christy.duhr@usc.salvationarmy.org) or 608-475-9040), AmeriCorps Seniors (contact Mary Byrns at [mbyrns@cesa10.k12.wi.us](mailto:mbyrns@cesa10.k12.wi.us) or 715-720-2042)

**10. Call a friend you've lost touch with and make lunch plans (maybe at one of our dining sites!); try a new hobby (pickleball, anyone?); ask a neighbor to do a puzzle or game with you, attend an activity at your local library...** take a risk, life begins at the end of your comfort zone!

# Home Title Lock vs. Property Fraud Alert



**Alice Ackerman**  
Elder Benefit Specialist

The Monroe County Register of Deeds office has been receiving an increase of questions from property owners regarding property fraud, monitoring services and the legitimacy of companies such as Home Title Lock or alerts triggered by these monitoring services. Many of the services you hear about are paid subscription plans. It is important to understand the difference between Home Title Lock vs. Property Fraud Alert, the latter of which is offered through the Monroe County Register of Deeds office.

Companies such as Home Title Lock are NOT title insurance policies and can NOT prevent fraudulent activity on your property. Title Insurance is pro-

vided by a title insurance company and is issued once when you purchase your property, as well as any time you refinance a loan or mortgage on your property. Home Title Lock charges a monthly or annual fee, with plans starting at \$19.95 per month, \$199 per year, or \$796 for a four-year plan. This service periodically checks for any deed activity. In September 2020, a news channel in Atlanta, GA reported on Title Lock, a similar company. You can find more information about their report at <https://www.fox5atlanta.com/news/title-lock-insurance-is-a-waste-of-your-money>

On the other hand, Property Fraud Alert, offered through the Register of Deeds Office, is a FREE service available in Monroe County since 2018. While property and mortgage fraud crimes are on the rise nationally, Monroe County has not yet seen significant issues. However, it is always better to take

a proactive approach rather than a reactive one. Property Fraud Alert allows property owners set up alerts on their properties by entering their name(s) into the system online, helping them monitor any potential fraudulent activity. Anytime there is a recording activity against your name, an automated alert will be sent to you via email or phone call. This allows you to catch possible property fraud sooner rather than later. To date, 411 individuals have signed up on our Property Fraud Alert system. This service is offered in many other counties throughout Wisconsin. Participants are encouraged to set up their alerts in each county where they own property.

Monroe County Register of Deeds Office can be reached at 608-269-8716.



## Beware of Social Security Phone Scams



Securing today and tomorrow

Telephone scammers are pretending to be government employees. They may threaten you and may demand immediate payment to avoid arrest or other legal action. Do not be fooled!

**If you receive a suspicious call:**

1. **HANG UP!**
2. **DO NOT GIVE THEM MONEY OR PERSONAL INFORMATION!**
3. **REPORT THE SCAM AT [OIG.SSA.GOV](https://oig.ssa.gov)**



## Be Alert

Social Security may call you in some situations but will **never**:

- » Threaten you
- » Suspend your Social Security Number
- » Demand immediate payment from you
- » Require payment by cash, gift card, pre-paid debit card, or wire transfer

## Be Active

Protect yourself and your friends and family!

- » If you receive a questionable call, just hang up and report the call at [oig.ssa.gov](https://oig.ssa.gov)
- » Learn more at [oig.ssa.gov/scam](https://oig.ssa.gov/scam)
- » Share this information with others

## What to look out for



The caller says there is a **problem** with your Social Security number or account.



Any call asking you to pay a fine or debt with retail gift cards, cash, wire transfers, or pre-paid debit cards.



Scammers **pretend** they're from Social Security or another government agency. The number you see on caller ID may even look like an official government number but **it is not**.



Callers threaten you with arrest or other legal action.



# Heating Assistance Programs in Wisconsin

By the GWAAR Legal Services Team (for reprint)

As winter approaches and temperatures drop, many Wisconsin residents may struggle to afford their heating bills. Fortunately, several programs are available to provide financial assistance and improve the energy efficiency of homes for low-income individuals and families.

## Home Energy Plus (HE+)

Home Energy Plus (HE+) includes the Wisconsin Home Energy Assistance Program (WHEAP), Weatherization Assistance Program, and HE+ Program Services. WHEAP provides assistance for heating and electric costs, as well as energy crisis situations. Weatherization helps homeowners and renters reduce energy consumption. The HE+ Program Services enables eligible homeowners and renters to repair or replace their furnaces and other heating systems, broken water heaters, leaky fixtures, toilets, and piping.

The programs are operated with federal and state funding and provide energy assistance payments to over 200,000 households and provide weatherization services to over 6,000 households in Wisconsin each year.

## Eligibility

To be eligible for WHEAP, the Weatherization Assistance Program, and HE+ Program Services, applicants must be Wisconsin residents, have a Social Security Number, be responsible for paying for some of their own energy costs, and have income that falls below a certain threshold amount. There is no asset test to qualify for any of these programs.

## WHEAP

WHEAP assistance is a one-time payment during the heating season (October 1-May 15). The funding pays a portion of energy costs, and it is not intended to cover a household's entire seasonal energy expenses. The amount of the benefit depends on a number of factors, including the household's size, income, and energy costs. Typically, the energy assistance benefit is paid directly to the energy provider.

## Crisis Assistance

Crisis assistance may be available for households that do not currently have heat, or for households that have received a disconnection notice, or that are nearly out of fuel and are unable to purchase more. WHEAP agencies provide a 24-hour crisis phone line to help with emergencies after business hours. Non-emergency assistance may be available to provide information on how to reduce energy costs, counseling on budgeting and money management, as well as payments to energy providers.

## HE+ Program Services

The HE+ Program Services can assist eligible renters and homeowners whose boiler or furnace stops working. The program can pay for repairs or, in certain situations, a total replacement of a non-operational system. Call your local WHEAP agency or the statewide Customer Care Center

at 1-800-506-5596 if you are ever experiencing a no-heat situation.

## Weatherization Assistance Program

The Weatherization Assistance Program helps eligible renters and homeowners reduce energy costs while increasing comfort in their homes. Weatherization improvements can also make your home environment safer and healthier. Improvements are usually installed by local professionals in your area. If your residence qualifies for weatherization services, you may receive one or more of the following types of energy efficiency solutions: insulation, sealing air leaks, heating system updates and/or energy-saving products (e.g., water-saving faucet aerators and shower heads, LED bulbs, etc.).

## Utility Disconnection Prohibition for Non-Payment

Wisconsin law prohibits utility providers from disconnecting residential heating services for nonpayment from November 1st – April 15th each year. No one should have to go without heat during the winter due to inability to afford their bills. If this happens to you, contact your local ADRC immediately for assistance!

## Resources for More Information and to Apply:

For more information or to locate your local WHEAP agency, call 1-866-HEATWIS or visit [energyandhousing.wi.gov/](http://energyandhousing.wi.gov/) To apply online for WHEAP benefits, go to [energybenefit.wi.gov](http://energybenefit.wi.gov)

## Other Energy Resources:

**KEEP WISCONSIN WARM/COOL FUND:** 1-800-891-WARM (9276); [www.kwwf.org](http://www.kwwf.org)  
**HEAT FOR HEROES** (Program for Veterans): 1-800-891- 9276; [www.heat4heroes.org](http://www.heat4heroes.org)  
**FOCUS ON ENERGY:** 1-800-762-7077; [www.focusonenergy.com](http://www.focusonenergy.com)



*Celebrating Lives Well Lived*



**FUNERAL HOME**

**Pre-Planning in-person or with our online form**

**(800) 338-0928**

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

## STAY CONNECTED to Combat Loneliness and Social Isolation

**Feeling lonely and being isolated are bad for your health.**

Loneliness and social isolation are associated with higher rates of depression, a weakened immune system, heart disease, dementia and early death.\*



**Are you at risk?**



- Try to stay active and better connected if you:
- live alone or can't leave your home
  - feel alone or disconnected from others
  - recently had a major loss or change
  - are a caregiver
  - lack a sense of purpose

## Ideas for staying connected

**Find an activity that you enjoy or learn something new.** You might have fun and meet people with similar interests.



**Get moving!** Exercise decreases stress, boosts your mood, and increases your energy.

## Volunteer.

You'll feel better by helping others.



**Stay in touch** with family, friends and neighbors in person, online, or by phone.

**Consider adopting a pet.** Animals can be a source of comfort and may also lower stress and blood pressure.



For more information about preventing loneliness and social isolation, visit <https://www.nia.nih.gov/health/participating-activities-you-enjoy>.



\*Cacioppo JT, Hawkley LC. Perceived social isolation and cognition. Trends Cogn Sci. 2009;13(10):447-54.

# 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  
**December 20th, 2024**



Emily Reitz  
DCS

humor generosity caregiving support love home help hope family

# LUNCH BUNCH MEMORY CAFÉ



Food and drink provided by Congregate Meal Site

When: December 2, 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.

Chicken Sandwich w/Cheese, Whole Grain Bun,  
Mayo, Whole Grain Sun Chips, Green Beans,  
Waldorf Salad w/Greek Yogurt



Emily Reitz  
DCS

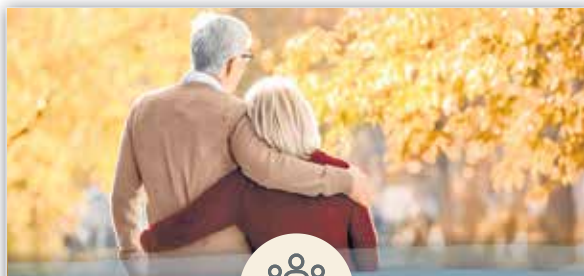
The Memory Café is a place to meet with others living with Mild Cognitive Impairment (MCI), Alzheimer's or other related dementia and their Care Partner in a relaxed and friendly atmosphere. Once a month, this group offers a chance for everyone to have some fun and share a positive experience in a supportive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

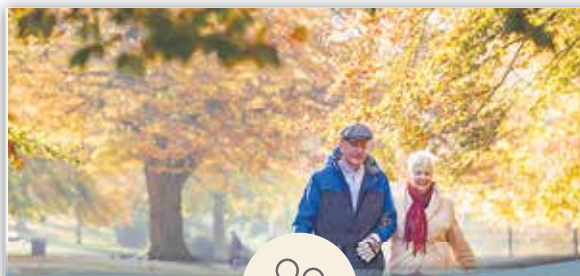


## Morrow Home Community ADULT LIVING SERVICES



### 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, 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.



**THE WEST SIDE HOMEMAKERS BAKE SALE**  
**FRIDAY DECEMBER 20<sup>TH</sup>**  
**FROM 10 AM TO 1 PM**

**Barney Community Center**  
 1000 E. Montgomery St. • Sparta, WI 54656



Funds raised are used for the Head Start reading program.

For more information please call  
**Alyce Johnson at 262-496-3748 or Betty Pottinger at 608-269-6870**

**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.

**DECEMBER 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
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
3oz/1oz Chicken Sandwich w/ Cheese 1 Whole Grain Bun 1 pkt Mayo 1 oz Whole Grain Sun Chips 1/2 c Green Beans 1/2 c Waldorf Salad w/Greek Yogurt	3 oz Honey glazed Ham 1/2 c Scalloped Potatoes 1c/1 Spring Mix / Dressing 1/2 c Apricots 1 ea Whole Grain Bread / Butter 4 oz Tomato Juice	1 cup Beef & Broccoli Stir Fry 1/2 c Over Rice 1/2 c Asian Vegetables 1 Soy Sauce Packet 1 ea Egg Roll/Swt/Sour Sce 1 Fresh Seasonal Hand Fruit 1 ea Ban.Choc Chip Muffin/Butr	1 svg Jumbo Ravioli w/ MeatSce 1/2 c Roasted Cauliflower 1c Spinach Salad 1 Dressing 1 pc WG Bread/Butter 1 pc Rhubarb Cake	1 cup Chicken Divan (w/broc chs 1/2 c Sauce) over brown rice 1/2 c Three Bean Salad 1/2 c Pears 1 ea WG Bread, Butter 1 Pound Cake w/ Seasonal Fruit Glaze
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
1c/1pk Loaded Bk Pot Soup/Crax 3 oz Cold Ham & Cheese Sand 1 On WG Bun 1/2 c/1 Carrots w/ Ranch Dip 1 WG Peach Pie Bar 1 ea Mayo & Mustard	3 oz German Style Beef Tips 1/2 c Hearty Mashed Potatoes 1/2 c Red Cabbage Salad 1 ea WG Bread / Butter 1 Pumpkin Pie	1 cup Reuben Casserole 1/2 c Wild Rice 1/2 c Green Beans 1/2 c Broccoli Salad w/ Cranberries 1/2 c Seasonal Mixed Fruit	3 oz Meatloaf 1/2 c Mashed Potatoes 2 oz Gravy 1/2 c Peas 1/2 c Peaches 1 ea WG Bread / Butter 1 Nutri-Grain Bar	1 cup Chicken Ala King 1 Buttermilk Biscuit 1/2 c Mixed Vegetable 1/2 c Seasonal Mixed Fruit 1 ea Apple Spice Cake
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
3 oz Meatball Sub w/ Marinara 1 On WG Bun 1 oz Provolone Cheese 1/2 c/1 Tater Tots/ Ketchup 1/2 c Corn 1 Pumpkin Bar	1/2 c/1 oz Scrambled Eggs/ Sausage Patty 1/4c Sausage Gravy 1 Buttermilk Biscuit 4 oz Tomato Juice 1/2 c Seasonal Mixed Fruit 1 ea Blueberry Muffin / Butter	3 oz Turkey 1/2 c Hearty Mashed Potatoes 2 oz Gravy 1/2 c Brussel Sprouts 1 ea WG Bread & Butter 1/4c Cottage Cheese 1 cup Pineapple	1/2 c Sloppy Joe's 1/2 c /1 Whole Grain bun 1/2 c Baked Beans 1 cup Garden Salad 1 pk Dressing 1 Seasonal Hand Fruit	3 oz Stuffed Chicken Cordon Bleu 1/2 c Roasted Baby Red Potatoes 1/2 c Roasted Snap Peas 1 ea WG Bread / Butter 1/1oz Apple slices w/Cheese Cubes
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
3 oz Glazed Ham 1/2 c Cheesy Hashbrown cass. 1/2 c Glazed Carrots 1/2 c Waldorf Salad (No nuts) 1 ea Dinner Roll/ Butter 1 svg Cheesecake	<b>MERRY CHRISTMAS!</b> <b>CLOSED</b>		3 oz White Bean & Kale Soup 1 pk Crackers 3 oz Turkey Cheese Cold Sand 1 ea On WG Bread/ Mayo 1/2 c/1 Raw Broccoli/Ranch Dip 1/2 c Seasonal Mixed Fruit 1/2 c Butterscotch pudding	3 oz Fish Sandwich w/Cheese 1 ea WG Bun/ Tartar Sauce 1/2 c Seasoned Potato Cubes 1 c Garden Salad 1 pkt Dressing 1/2 c Pineapple
<b>30</b>	<b>31</b>	<p><b>8 oz. 1% Milk served with every meal</b></p> <p><b>Food allergies or intolerances are unable to be accommodated.</b></p> <p><b>ADRC Nutrition Program Main Number is (608) 269-8692</b></p>		
1 cup Spaghetti Bake w/ Meat 1/2 c Broccoli 1 Garlic Bread 1 Parmesan Cheese Pk 1/2 c Pears 1 Black Bean Cookie	3 oz Pulled Pork Sandwich on 1 ea WG Bun / BBQ Pkt 1/2 c Winter Squash 1 svg WG Sun Chips 1/2 c Coleslaw 1/2 c Applesauce	<p><b>Please call by NOON 1 day before to reserve your meal.</b></p> <p><b>Cashton 377-3831      Sparta 269-6778</b>  <b>Kendall 463-7622      Tomah 372-7291</b>  <b>Norwalk 343-3158</b></p>		



Photo from File of Life Foundation, Inc

# File of Life®



Emily Reitz  
DCS

The File of Life® is an added safety measure for individuals living at home, whether alone, managing a chronic condition, or simply wanting to be well-prepared just in case of an emergency.

It serves as a valuable resource for ensuring quick access to important information when needed. The File of Life® consists of a bright red magnetic pocket that can be easily attached to your fridge or another highly visible magnetic surface. Inside, it contains a document that provides emergency services with

crucial information, such as emergency contacts, current medications, medical conditions, and more. Having this information readily available and up-to-date not only provides peace of mind, but it also enables emergency services to deliver the best care quickly during an emergency or crisis situation.

The File of Life® was generously provided by the Healthy Brain Coalition of Monroe County. You can pick up a File of Life® at the ADRC of Monroe County office located at 315 W. Oak St., Suite A, Sparta, WI. If you have any questions, please call the ADRC at (608) 269-8690 and ask to speak to the Dementia Care Specialist.

# Take the Mystery Out of Medicare



Alice Ackerman  
Elder Benefit Specialist

Disability Resource Center of Monroe County will be giving a presentation on the different parts of Medicare – Parts A, B, C and D. The presentation will cover what each part includes,

Approaching 65 and curious about the different parts of Medicare and what each one covers? Already enrolled in Medicare and have questions about a particular issue?

Alice Ackerman, Elder Benefit Specialist with the Aging and

Disability Resource Center of Monroe County will be giving a presentation on the different parts of Medicare – Parts A, B, C and D. The presentation will cover what each part includes,

along with any applicable deductibles and copays. The presentation will also cover the differences between public and private Medicare options to help with the 20% that Medicare doesn't cover. Additionally, it will include information on new deductibles and some upcoming changes for 2025.

The meeting will take place on Monday, December 9, from 4:00 to 5:30 PM at the Monroe County Board Assembly Room, located at 210 W. Oak Street in Sparta. For more information, or to make a reservation, please contact Alice at 608-269-8693 or email at Alice.Ackerman@co.monroe.wi.us.

**COMPASSIONATE HOSPICE & PALLIATIVE CARE**

**Close to Home**  
Serving a five county area.

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TOMAH  
MONROE  
JUNEAU  
VERNON  
SAUK

**Tomah Health**  
HOSPICE TOUCH & PALLIATIVE CARE

TomahHealth.org  
608.374.0250

**BINGO PARTY**

FIRST AND THIRD FRIDAY OF EACH MONTH  
In the Senior Dining Hall at the Barney Center

NOON 1000 E. Montgomery St. Sparta

JOIN US FOR  
GAMES | PRIZES | FUN

sponsored by the ADRC of Monroe County  
If you'd like to sign up to have a meal while you are playing  
call 608-269-6778 one day in advance

# CRANBERRIES



### Tips for selecting cranberries

Look for plump, firm berries with a deep red color. Different varieties of cranberries may look somewhat different, but all should be red.

### Storage

Cranberries can be kept in the refrigerator for several weeks and can be frozen for up to nine months. To freeze, seal the cranberries in plastic and place them in your freezer. Rinse cranberries thoroughly before use, either before or after freezing.

### Preparation

Sort and discard bruised cranberries, then rinse in cold water. Do not thaw frozen cranberries before use; simply rinse the frozen berries and follow recipe directions. Cranberries can be added to muffins, quick breads, stuffing, and other baked goods or made into sauce.

### Key nutrients

- Antioxidants which help prevent disease
- Fiber to help prevent constipation
- Potassium to maintain normal blood pressure
- Vitamin C for healthy gums, skin, and blood

### Recipes

#### Cranberry muffins

- 2 cups all-purpose flour
- 1 1/4 cups sugar
- 1 1/2 teaspoons baking powder

- 1 teaspoon salt
- 1/2 teaspoon baking soda
- 1/4 cup vegetable oil
- 1 egg, well-beaten
- 3/4 cup orange juice
- 1 1/2 to 2 cups whole or halved cranberries
- 1 teaspoon vanilla

Sift flour, sugar, baking powder, salt, and baking soda into a large bowl. Mix in oil. Add egg and orange juice and stir until evenly moist. Fold in cranberries. Spoon batter into prepared muffin cups until each cup is 2/3 full. Bake at 350° F for 25 to 30 minutes until golden brown. Makes 15 muffins; 155 Cal; 3.5 g fat.

#### Cranberry apple pie

- 3 cups fresh or frozen cranberries
- 6 medium apples, cored, peeled and sliced
- 3/4 cup sugar
- 2 tablespoons cornstarch
- 1 teaspoon pumpkin pie spice
- 1/2 cup orange juice
- Pasty for a two crust pie

Preheat oven to 425° F. Sort and wash cranberries. Put sugar, orange juice, spice and cornstarch in a saucepan. Stir to dissolve cornstarch. Add cranberries. Bring to a boil and cook over low heat until thickened and cranberries have popped. Fold in apples and pour into pastry. Cover, seal edges and make slits in the top. Bake 35 to 40 minutes. Serves 8; 375 Cal; 14 g fat.

# CABBAGE



### Tips for selecting cabbage

Select well-formed heads with even color. Leaves should be compact and smooth. A good head of cabbage is heavy for its size. Do not choose cabbage that is wilted, discolored, or has a cracked head.

### Storage

Cabbage can be kept in a plastic bag in the refrigerator for up to two weeks. Cut cabbage should be wrapped tightly with plastic and used within two days.

### Preparation

Wash thoroughly with cold water. Cut into quarters and remove the stalk. Cabbage can be used raw in salads, cooked as a side dish, and added to soups or stews. Cabbage leaves are also used to wrap meat or vegetable fillings.

### Steam

Steam the head over water in a large saucepan for approximately 8 to 10 minutes or until the leaves peel away easily.

### Key nutrients

- Fiber to prevent constipation
- Potassium to maintain normal blood pressure
- Vitamin C for healthy gums, skin and blood

### Recipes

#### Braised cabbage

- 1 1/2 pounds cabbage, shredded
- 3 carrots, grated
- 3 tablespoons butter
- Salt and pepper to taste

In a skillet heat butter until foamy. Add green cabbage and carrots. Saute over high heat until tender but crisp, about 4 minutes. Add salt and pepper to taste. Serves 6; 95 Cal, 6 g fat.

#### Sweet and sour cabbage

- 3 pounds red cabbage, shredded
- 4 minced garlic cloves
- 1/4 cup vegetable oil
- 1/3 cup cider vinegar
- 1/3 cup soy sauce
- 3 tablespoons honey
- 1 teaspoon ground ginger
- 1/2 teaspoon pepper

Preheat oven to 350° F. On the stovetop, sauté cabbage and garlic for 3 to 4 minutes, stirring well. Add remaining ingredients and combine thoroughly. Transfer to a baking dish and bake for 40 to 60 minutes or until tender. Serves 8; 140 Cal; 7 g fat.



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# GRIEF SUPPORT GROUP MEETING

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

**December 10 • 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



# Sparta Special Recreation Offers Programs for Individuals with Special Needs/Any Type of Disability, of Any Age

## Christmas Party • Sunday, December 1 - 2:00pm



Games, Activities, Music-  
Christmas Goodies  
Arts and Crafts!

Registration is required by  
Friday, Nov. 22

Email [sosparta@hotmail.com](mailto:sosparta@hotmail.com)  
with any questions.



## Holiday Rotary Lights Trip • Thursday, December 5

All individuals with disabilities are invited to take a trip to LaCrosse to see the holiday rotary lights. Sparta Special Recreation is offering a fully accessible trip on Thursday, December 5th with departure in the afternoon. We will enjoy dinner at a LaCrosse restaurant (meal cost on your own) and then drive through the rotary lights. A total of 3 wheelchairs and 8 seats are available. **Cost is \$10. Please email [sosparta@hotmail.com](mailto:sosparta@hotmail.com) with questions. You may go online or call the parks and recreation office at 269-6322 to register by December 2nd. Trip will be canceled if less than 5 people register.**

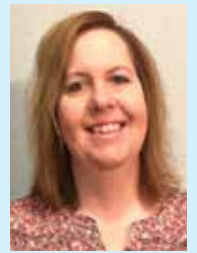
*Special thanks to Tomah nasa for use of their Ground Squirrel!*



# Happy Holidays From The ADRC of Monroe County Transportation Program!



This Holiday Season, I would like to extend my heartfelt thanks to our minibuses and volunteer drivers for providing their dependable daily service to our riders! I'd also like to thank all of our riders for allowing us the opportunity to serve them throughout 2024. We look forward to a busy 2025, helping people get to their medical and dental appointments! If you haven't ridden with us before, or if it's been awhile, please call Julie Leis - Transportation Program Coordinator for



**Julie Leis**  
ADRC Transportation  
Coordinator

more information. Julie can be reached at 608-269-8689. We would love to have you join us!



## Beginner-Level Exercise Program for Older Adults



### Please join us if...

- 1) You are over the age of 60 and
- 2) You exercise less than 60 minutes each week



### 10-Week Program

Group Exercise + Lifestyle Class

Exercise 60 minutes TBD  
+ 45 minute lifestyle class  
after exercise on TBD

**10 Weeks of  
Follow-Up Sessions with  
Free Consultations**

**Have Fun and Get Healthier  
A Successful Program Based  
on the Latest Research**

**Free for all seniors!**



**Kellee Tourdot**  
Social Worker

**LOCATION:** Barney Center 1000 E. Montgomery St., Sparta

**TIME:** Starts TBD / possibly early Spring 2025

**PLEASE CALL Kellee Tourdot at 608-269-8655 TO REGISTER!**

**COST:** Free will contribution for all seniors!

**TO REGISTER:** Contact Kellee Tourdot at 608-269-8655