



April 2025 Eagle News & Views

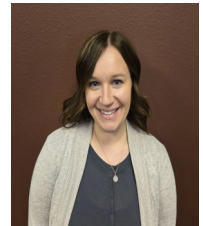
Warm wishes for Spring!

Did you know that April 16th is recognized as National Healthcare Decisions Day? According to the Wisconsin Guardianship Support Center, Wisconsin is not a “next of kin” or “family consent” state, which means that in most circumstances, if an adult is unable to make their own decisions, spouses and relatives don’t automatically have the right to make decision for them. These situations can arise from conditions due to aging, declining health, and sometimes unexpected events that leave us unable to communicate. It’s impossible to plan for everything, but we can have conversations about what matters most in our lives and our healthcare with those closest to us. While it can be uncomfortable to think about, having these discussions is so important for us and our friends/family to better deal with these circumstances. Advanced directives are legal documents that outline preferences for future medical treatment and make sure our wishes are honored. These documents allow you to designate a healthcare proxy of your choosing in the event you are unable to communicate. You can read more about these options on Page 16 of this newsletter. I encourage you to have these conversations with your healthcare providers, clergy, attorney, and other people you plan to include in your care as you age. Taking care of this now makes those already difficult situations less stressful for your family if that time comes. Adults of any age should consider having their advanced directives in place. With that in mind, let’s enjoy the warmer weather, longer days, and flowers blooming!

When you are safely able to, get outside when the sun is out and soak it in. As always, contact our office if you’d like information on transportation, meals, benefits, or have the odd question you aren’t sure who to call about. We look forward to speaking with you!

Best wishes,

Nicole Baumeister
ADRC Director



Serving Crawford County Seniors, Adults with Disabilities
and their Families and Caregivers

Staff:

Nicole Baumeister, Director
Jacob Schneider, Administrative Assistant
Jody Eick Home Delivered Meals Coordinator
Susan Myers, ADRC Specialist
Kelli Brooks, ADRC Specialist
Ashley Greene, Elder Benefit Specialist
Brittany Mainwaring, Disability Benefit Specialist
MaryAnn Haug, Registered Dietitian
Pam Kul-Berg, Dementia Care Specialist
Kirsten Martin, Lead Cook



225 N. Beaumont Road, Suite 117
Prairie du Chien, WI 53821
Open Monday – Friday 8am – 4:30pm

Contact ADRC

Phone.....608-326-0235 or 877-794-2372
Fax.....608-326-1150
Email.....ccadrc@co.crawford.wi.gov
Web.....adrceaglewi.org
Facebook...Crawford County ADRC –
Prairie du Chien Office



Help Finding Services *ADRC Specialist*

Make decisions that are right for you.

- Want to stay independent & live where you want?
- Looking for help with housekeeping, bathing, or transportation?
- Need to understand a dementia diagnosis?
- Helping care for a loved one and need answers & stress relief?

ADRC staff listen to your unique situation.

They focus on your wants and needs. Staff provide unbiased options, so you can make informed decisions.



Food - Meals *Nutrition Program -* *Homebound Meals*

Stay connected with friends & meet new ones over a delicious lunch at a community cafe. Get healthy eating tips at educational classes throughout the year. Lunch can be delivered at home for qualifying, homebound older adults or adults with disabilities.



Help Build Your Community *Make a Difference & Give Back*

As a non-profit organization, ADRC's mission would not be possible without the generous support from community members just like you.

- Get Involved: Share a skill with different volunteer opportunities
- Make Your Dollar Count- No amount too small
- Loan Closet- Donate home medical equipment
- Advocate- Let your voice be heard



Money Matters *Elder & Disability Benefit Specialist*

Explore private and/or government benefit options. Benefit Specialists provide information & assistance, education, and advocacy for a variety of programs, such as:

- Medicare
- Medicaid
- Prescription drug assistance
- Social Security benefits
- Benefit appeals & denials



Transportation *We will get you there!*

Transportation is door-to-door service with 48-hour advance notice for scheduling. Sit back and relax while one of our caring drivers takes you shopping, to an out of town medical appointment or out for lunch at one of our meal sites.



Stay Healthy, Stay Active *Learn More - Grow Strong - Have Fun*

Add laughter, independence, friends, and energy to your life!

- Improve Your Health- Understand a diabetes diagnosis
- Stay Safe- Reduce your risk of falls
- Have Fun- Try a new hobby or take a trip around the community

Exercise classes, support groups, workshops, and more, there is so much to do at ADRC!

MISSION STATEMENT:

To provide older adults and people with physical or intellectual/development disabilities the resources needed to live with dignity and security, and achieve maximum independence and quality of life. The goal of the ADRC is to empower individuals to make informed choices and to streamline access to the right and appropriate services and supports.

ADRC TRANSPORTATION

SCHEDULE

Medical Rides (out of town) M-F, \$20-\$40 charge

PdC Shopping Every Thursday, 9am pickup, \$1 charge

Northern Shopping 1st and 3rd Tuesday, 9am pickup, \$4 charge

Crossing Rivers Healthy Hearts Monday and Friday (12:30pm pickup, 1pm appt. time needed with Crossing Rivers.), \$2 charge

1st come, 1st serve. Minimum riders required.



Available to Crawford County Residents 60+ & disabled adults.

**CALL JACOB AT
608-326-0235
TO SCHEDULE
A RIDE TODAY!**



Cab Subsidy Program

Discounted Coulee Cab punch cards available for Crawford County residents age 60 years and older and adults with disabilities.



Receive a \$20 Coulee Cab Punch Card for the low cost of \$11.50.

PHONE: 608-326-0235



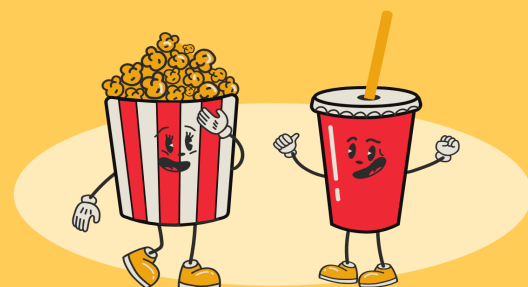
**THE GAYS MILLS LIBRARY HOSTS
" MOVIE NIGHT AT THE LIBRARY"
ON THE FIRST FRIDAY OF THE MONTH!**

**Next Movie:
Butterflies Are Free (1972)
Friday, April 4th
7 PM**

**FRESH POPCON AND REFRESHMENTS PROVIDED
BY THE KICKAPOO EXCHANGE NATURAL FOODS
COOP AT SPECIAL LOW PRICES**

PRAIRIE DU CHIEN MEMORIAL LIBRARY
PRESENTS

TUESDAY AFTERNOON MOVIES



FEATURED FILM:

WISHMAN

FREE MOVIE AND REFRESHMENTS

NEXT MOVIE:
APRIL 22ND
FOURTH TUESDAY OF THE MONTH AT 1 P.M.

Prairie du Chien Caregiver Support Group

4th Tuesday of the month

10:00 - 11:30 AM

Hoffman Hall 1600 S.
Wacouta Ave.
Prairie du Chien, WI



Connect with local experts, family members, and care partners who may be experiencing similar circumstances. We share stories, struggles and successes, as well as local resources.

For more information or to join please call
Jeanne Jordie at 608-306-2486



CAREGIVER SUPPORT GROUP

Connect with local experts, family members, and care partners who may be experiencing similar circumstances. We share stories, struggles and successes, as well as local resources.



JOIN US AT THE
SOLDIERS GROVE LIBRARY
102 PASSIVE SUN DRIVE
SOLDIERS GROVE

EVERY 1ST & 3RD THURSDAY
OF THE MONTH
1:00 PM - 2:00 PM

Contact:
Pam 608-548-3954
or
Teresa 608-637-5201

Registration opens March 10

Aging Advocacy Day!

May 13, 2025, Madison, WI

10:00 a.m. — 3:00 p.m.

Registration and check-in begin at 9:00 a.m.

Best Western Premier Park Hotel, 22 S. Carroll St., Madison
and the Wisconsin State Capitol

Share your story with state legislators about issues affecting older adults and caregivers in Wisconsin! Training is provided prior to your meetings with state lawmakers at the State Capitol.

Make a Difference. Let Your Voice Be Heard!

Aging Advocacy Day 2025 helps connect advocates with their legislators to share the WAAN priorities and discuss state policy solutions to improve the health and well-being of the state's older adults.

2025 priorities include: Aging & Disability Resource Center (ADRC) Investment, Direct Care Workforce Supports, Home-Delivered Meal Funding, and Healthy Aging Grants – Falls Prevention.

Registration opens March 10 at: <https://gwaar.org/aging-advocacy-day>
or contact your local aging unit or ADRC.

Registration deadline is April 25, 2025

4 WIAgingAdvocacyDay2025 #WIAAD



WAAN Advocacy
Wisconsin Aging
| Advocacy | Network



Take a NOURISH Step!

April: Connecting Stress Awareness to Emotional Overeating

April FUN Days!

4-5: Read a Road Map Day
Share a story.

4-12: World Circus Day
Share a memory.

4-13: Scrabble Day
Play a game with a friend or on your own.

4-30 Walk at Lunch Day
Take a walk before or after lunch, even if it is just a few moments, you'll feel better!

More at brownielocks.com

Stress Awareness Month and *Emotional Overeating Awareness Month* share a profound connection, as stress often plays a pivotal role in driving emotional overeating. **Stress triggers the release of cortisol, a hormone that can heighten cravings for comfort foods high in sugar and fat.** Emotional eating becomes a coping mechanism for managing overwhelming feelings, creating a cycle that affects both mental and physical health. Raising awareness about stress management techniques—such as mindfulness, exercise, and social connection—aligns perfectly with efforts to address emotional overeating. By promoting healthier ways to handle stress, you can break free from this cycle. Check out the **Resources** on page 2.

April is Soy Food Month.

Incorporate soy foods easily by adding soy milk to drinks, tofu to stir-fries, edamame to salads, or tempeh to tacos. Snack on roasted soy nuts, try soy-based burgers, or use soy yogurt, cheese, or protein powder in your favorite recipes. Studies suggest eating soy protein instead of other types of protein can help slightly lower your total cholesterol and "bad" LDL cholesterol levels.

Emotional Eating NOURISH Steps Tips

Identify Triggers:
Write down when and why you eat to recognize patterns.
(Understand)

STOP & Seek Solutions:
Once you identify the stressor, write down actions to resolve it.

Substitute
Fruit & Veggie sticks/strips for chips.
Try Icelandic or Greek Yogurt for ice cream.
(Nutrient Rich)



***NOURISH stands for: Nutrient-Rich Foods, Omega-3s & Healthy Fats, Understand, Recipes, Increase Protein & Fiber, Sugar & Sodium Awareness, and Hydrate.**

Mindful Eating Tips



Use a Baby Spoon & Take two bites:

Eat mindfully. Use a baby spoon when eating a treat and savor each tiny bite. Focus on the flavor, smell, mouthfeel. Don't deprive yourself of your favorite dessert. Instead, take two bites. The first two bites usually have the most flavor. After that, you're just "eating."

Call a Friend or Write in a journal. You may find you are no longer craving the stress food once you get the stressor out of your head.

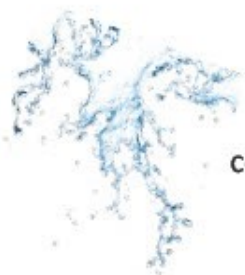
Brush Your Teeth: Brushing can help get the adrenaline out of your system.

To block a sweet craving, suck on a lemon wedge or sour pickle.

To block salty or spicy cravings, try gum or strong mint candy.

Emotional Eating Resources:

- **Book: *Life is Hard, Food is Easy*** by Linda Spangle, RN, MA
<https://www.weightlossjoy.com/emotional-eating/>
- **Learn more about Emotional Eating at:** <https://www.weightlossjoy.com/>
- **National Eating Disorders Association** <https://www.nationaleatingdisorders.org/get-help/>
- **National Alliance for Eating Disorders Helpline:**
1-866-662-1235 Monday-Friday, 8am-6pm CT



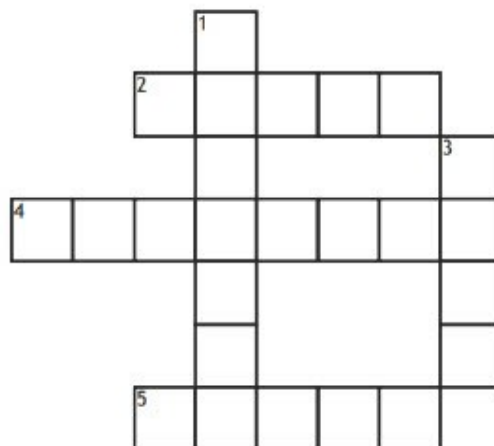
Stay Hydrated:

Sometimes thirst is mistaken for hunger; drink water or a hot comforting beverage like a flavored coffee or tea before reaching for a snack.

Answers to crossword:

1. Journal 2. Hobby 3. Pets 4. Exercise 5. Sleep

Keep Your Mind Busy



Across

2. A _____ can take your mind off your troubles.
4. Move to relieve stress.
5. Lack of this can increase stress.

Down

1. Where you can write to relieve stress.
3. Furry friends that provide comfort.

Puzzle created at Wordmint.com



If you want more pep, take a NOURISH Step!
For more information visit: gwaar.org/nourishstep

GWAAR Nutrition Team Pam VanKampen, RDN, CD 4/25





Jody Eick
Meal's Coordinator

April Menu

Questions?
Reservations?
Cancellations?

Call
608-326-0235

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|---|
| Please make cancellations for home delivered meals by 8:30 a.m. | 1 Herbed Chicken and Gravy WW Roll Roasted Potatoes Green Beans Mixed Fruit | 2 Hot Ham & Cheese w/Gravy Sandwich Mashed Potatoes Mixed Vegetables Oranges | 3 Beef Pot Roast Hot Cinnamon Apples WW Roll Dump Cake | 4 Fish Chowder Garden Salad French WW Bread Pears Chef's Choice Dessert |
| 7 Beef Pot Roast Hot Cinnamon Apples WW Roll Dump Cake | 8 Savory Baked Chicken Roasted Squash Roasted Broccoli WW Roll Brownie | 9 Beef Taco Salad Tortilla Chips Tropical Fruit Chef's Choice Dessert | 10 Roasted Vegetable Casserole Three Bean Salad Mixed Fruit Rice Krispie Bar | 11 Poor Mans' Lobster Mashed Potatoes W/Gravy Glazed Carrots Orange WW Roll |
| 14 Salisbury Steaks Mashed Potatoes W/Gravy Roasted Broccoli Pears WW Roll Cookie | 15 Chicken Enchiladas Roasted Corn & Black Bean Salsa Tortilla Chips Tropical Fruit | 16 Beef Teriyaki Brown Rice Mixed Vegetables Fruit Birthday Cake | 17 Ham w/Pineapple Glaze Loaded Potatoes Mixed Vegetables WW Roll Fresh Fruit Salad Carrot Cake | 18 CLOSED |
| 21 Baked Cod with Panko Crust Roasted Potatoes Mixed Vegetables Mixed Fruit WW Roll | 22 Beef Stroganoff Roasted Broccoli Peaches Cookie | 23 Scalloped Potatoes and Ham Mixed Peas/Carrots Hot Cinnamon Apples WW Roll | 24 Stuffed Peppers and Rice Mexican Street Corn Bake Garlic Bread Tropical Fruit | 25 Spaghetti with turkey Meatballs Caesar Salad Mixed Fruit Garlic Bread Bar |
| 28 Chef's Choice | 29 Hot Beef Sandwich Mashed Potatoes W/Gravy Glazed Carrots Orange Chef's Choice Dessert | 30 Chicken Broccoli Alfredo Bread Sticks Peaches Apple Dump Cake | <i>Menus are subject to change</i> | For meal site reservations, please call by 2 p.m. the business day before. |



Tuna Noodles & Salad



Pork Loin & Gravy



Garlic Rosemary Beef Roast



Chef's Salad & Garden Vegetable Soup

Join us for lunch!

Senior Nutrition sites provide nutritious meals, companionship and connectivity to services to everyone age 60+.

Meals are served Monday -Friday
at 11:30 a.m.

There is not a specific charge for those 60 and better.
Suggested contribution is \$4.00-\$6.00.
Quest Card or FoodShare can be used
for a meal contribution.

Reservations are required by 2 p.m.
the previous business day.

608-326-0235

Meals Site Locations

Hoffman Hall
1600 S Wacouta Ave
Prairie du Chien

Gays Mills
Community Center
16381 WI-131
Gays Mills

*Photos are of meals served at meal site.



Hoffman Hall Meal Site Closed for Elections on

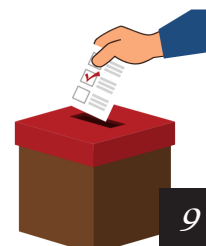
April 1st

VOLUNTEERS

NEEDED

Are you interested in helping out your
community? Do you like to cook and
work in a kitchen?

The ADRC is in need of volunteers to help
out at our central kitchen. One day or a
few hours a week can make a true
difference to our program. Reach out to
the ADRC office today at 608-326-0235.



April is National Stress Awareness Month!

By the GWAAR Legal Services Team (for reprint)

Did you know that April is National Stress Awareness Month? Stress can generally be described as a feeling of being overwhelmed or worried, and it is something that everyone experiences from time-to-time. It is important to learn about stress and how to manage it, because if left uncontrolled, it can have adverse health effects, from headaches, to stomachaches, to difficulty sleeping, to even heart attacks and strokes. Stress can also make it hard to concentrate and make decisions and can even affect our relationships with friends and family.

Here are some helpful suggestions for how to manage stress in everyday life:

1. **Exercise:** Moving our bodies can help reduce stress and improve our mood. Try going for a walk, riding a bike, or playing a sport you enjoy.
2. **Deep breathing:** Taking slow, deep breaths can help us feel calmer and more relaxed. Try inhaling for a count of four, holding for a count of seven, and exhaling for a count of eight.
3. **Talk to someone:** Sometimes, sharing what is bothering us with someone we trust can help make us feel better. You can try talking to a spouse, friend, or counselor about what's troubling you.
4. **Write in a journal:** Writing down our thoughts and feelings can be a helpful way to express ourselves and reduce stress. Try keeping a journal, whether electronic or in paper form, and writing in it every day.
5. **Practice mindfulness:** Mindfulness refers to paying attention to the present moment without judging our thoughts or feelings. Try sitting quietly and focusing on your breath or the sensations in your body. This can help you relax and remove yourself, at least for a few minutes, from a stressful thought or situation, and may help give you more perspective on the matter.
6. **Sleep:** Make sure you are getting enough sleep. Experts recommend that adults should get at least 7 hours of sleep per night. Although stress can make it more difficult to fall and stay asleep, not getting enough shut-eye can make it harder to control and manage stress. If you are struggling with sleep issues, it might be time to talk to your doctor about ways to improve your sleep.



National Family Caregiver Support Program (NFCSP)

Support for Grandparents and Other Relatives Raising Children



Relative Caregiver Program

NFCSP provides information, support, and other resources to help grandparents and other older relatives who have taken on the responsibility of surrogate parenting due to the absence of the parents.

WHAT CAN THE PROGRAM PROVIDE?

Limited short-term respite, services and items that help provide care including:

- Child care
- Extra-curricular school activity fees and supplies
- Tutoring or educational aids
- Summer camps
- Transportation
- Home modifications to create a safe environment
- Equipment and supplies necessary to care for the child
- Adaptive equipment or assistive technology for the caregiver such as raised toilet seat, grab bars, emergency response system, etc.
- Legal expenses related to establishing guardianship or custody
- Individualized services as approved that assist the relative in caring for the child

WHO IS ELIGIBLE?

The following criteria must be met to qualify:

- Must be a grandparent or other relative of the child
- Must be age 55 or older
- Must be the primary caregiver of the child
- Child must be under 18 years of age
- Must live with the child

HOW DO I APPLY?

There are no fees or income requirements to enroll in this program. Contact your County or Tribal Aging Office or Aging & Disability Resource Center for more information. To find your local office visit www.wisconsincaregiver.org



Money Smart Wisconsin Week

April 5-12, 2025

Crawford County

The Crawford County Financial Awareness Committee is excited to announce Money Smart Wisconsin Week 2025, taking place from April 5-12!

Join us for sessions on managing childcare expenses, small business resources, and budgeting techniques. Enhance your financial skills at venues across Crawford County. Youth educational sessions are also available.

All sessions are one hour unless noted.

Sign up for a reminder email for event by noon the day before, but not required.

Attend an event during Money Smart Week for a chance to win a gift card!

For more details, visit our website:

crawford.extension.wisc.edu/money-smart-wisconsin

MONDAY, APRIL 7TH, 10:00 A.M.
GAYS MILLS, WI
COMMUNITY COMMERCE CENTER - BOARD ROOM

MONDAY, APRIL 7TH, 1:00 P.M.
PRAIRIE DU CHIEN, WI
HOFFMAN HALL

FRAUD, SCAMS & ID THEFT AWARENESS

Join us for an informative session on how to protect yourself from fraud, scams, and identity theft. Learn about the latest tactics used by scammers and get practical tips on safeguarding your personal information.

HOSTED BY: ROYAL BANK



TUESDAY, APRIL 8TH, NOON
WEDNESDAY, APRIL 9TH, 2PM
VIA ZOOM

WISCONSIN SHARES CHILD CARE SUBSIDY ESTIMATOR

Demonstrate a tool that can be used to estimate potential subsidy for families interested in participating in the Wisconsin Shares child care program. (up to 30 mins presentation)

HOSTED BY: STATE OF WISCONSIN DEPARTMENT OF CHILDREN AND FAMILIES



To register for an event or learn more about youth activities during Money Smart Wisconsin Week, visit
crawford.extension.wisc.edu/money-smart-wisconsin

You can also quickly access and register by scanning the QR code



MONDAY, APRIL 7TH, 5:00 P.M.
PRAIRIE DU CHIEN, WI
CHAMBER OF COMMERCE COMMUNITY ROOM
MONDAY, APRIL 7TH, 7:30 P.M.
GAYS MILLS, WI
COMMUNITY COMMERCE CENTER-COMMUNITY ROOM

FROM IDEA TO REALITY: EVALUATING YOUR BUSINESS CONCEPT & ENTREPRENEURIAL READINESS

This session will aid attendees who are interested in creating a start-up business to assess financial feasibility of their concept and gain the resources to take the next steps in their business planning.

HOSTED BY: COULEE CAP, DRIFTLESS DEVELOPMENT INC & CRAWFORD COUNTY EXTENSION



WEDNESDAY, APRIL 9TH, NOON
VIA ZOOM

CHILD CARE - A CRITICAL PIECE OF THE RECRUITMENT AND RETENTION PUZZLE

Child care is hard for working families because programs struggle to stay open and many can't afford it, but investing in child care helps businesses too.

HOSTED BY: THE PARENTING PLACE



THURSDAY, APRIL 10TH, 10:30 A.M.
PRAIRIE DU CHIEN, WI
RIVERCREST APARTMENTS - PUBLIC PARKING ON STREET

HEALTHY AND BUDGET FRIENDLY SHOPPING

Explore the challenges of grocery shopping and eating out. Learn how to navigate the grocery store and choose nutritious products.

Registration is requested due to limited seating. Call 608-326-0223 or online to register.

HOSTED BY: CRAWFORD COUNTY FOODWISE EDUCATOR



Crawford County Financial Awareness Committee



Please request reasonable accommodations as early as possible before the scheduled program. For language accommodations or for disability accommodations, contact Crawford County Extension Office at 608-326-0223 or share on registration form.



Just for You

From your Elder Benefit Specialist, Ashley Greene

Custodial Care Versus Skilled Care

By the GWAAR Legal Services Team (for reprint)

If you are a Medicare beneficiary who needs care outside the home, you will have many questions about what type of care is needed and whether Medicare will cover it. Medicare does not cover custodial care but will cover skilled care under specific circumstances. Knowing the differences between custodial care and skilled care will help you better understand your medical care choices and financial obligations.

First, it is important to know what custodial care is. Custodial care encompasses assistance with activities of daily living (ADLs), including bathing, dressing, eating, repositioning, and oral care. The ADLs are non-medical care that can be done reasonably and safely by a non-skilled or non-licensed caregiver. Custodial care can also be done at home, in a nursing home, or in an assisted living facility. This type of care consists of activities you need to do daily to care for yourself.

Next, it's essential to understand skilled care. Skilled care must be provided by or under the supervision of a skilled or licensed medical professional. The care must be medically necessary and can only be safely performed by a skilled or licensed person. Examples of skilled care include physical therapy, occupational therapy, wound care, and intravenous injections. This type of care often happens in a skilled nursing facility. This care is usually more expensive than custodial care due to the complexity of the care and the need for a skilled or licensed provider to safely administer the care.

The most significant difference between custodial care and skilled care is the person providing the care. Skilled care must be performed by or under the supervision of a skilled or licensed person, while any caregiver can give custodial care. Custodial caregivers are not required to hold a formal license or complete medical training and are less costly to hire. If you are in a skilled nursing facility, skilled care should be covered, and custodial care will not be covered in that setting. In an assisted living facility, you will most likely receive custodial care that Medicare will not cover. In virtually all instances, custodial care will not be covered under Medicare.

Being informed about the medical care choices Medicare covers and your financial responsibility with those choices will help you be better prepared to meet your needs. Knowing the difference between custodial care and skilled care can help you prepare for decisions about long-term care choices. It will also help you advocate for yourself if you find yourself in a skilled nursing facility. It is essential to know what type of care Medicare will cover and what kind of care you will receive. Being informed will help you navigate your medical care and ensure you receive the care you need without financial surprises.

Changing your Address with Medicare

By the GWAAR Legal Services Team (for reprint)

If you have original Medicare Parts A and B and you move to a new county, or even a new state, your change of address won't affect your Medicare enrollment. It could, however, affect your eligibility to remain enrolled in your current Part D drug plan. Also, it's important to update your address information with Medicare to make sure you receive notices relating to your claims and benefits, such as your quarterly Medicare Summary Notices.

If you are enrolled in a Medicare Advantage plan, it's even more important to stay on top of updating address changes to make sure you know whether you can stay in your current plan or need to choose a new plan. It's a good idea to speak with your Advantage plan or Part D plan issuer before you intend to move to see how the move will affect your enrollment. If you notify your plan after you have already moved, you should be entitled to a 60-day Special Enrollment Period to choose a new plan. If you notify your plan before you move, you can make plan changes up to a month before your move date. That can help avoid problems like accidentally going out of your plan's provider network.

You can make an address change with Medicare a few different ways. If you already have an online Social Security account you can login through the [Social Security Administration website](#). If you don't have an account, you can create one at [Login.gov](#). On your account page, you should see a tab labeled "My Profile". From there, you should see a link labeled "Update Contact Information." Click that link, and change your address there.

Of course, you can also update address information by calling your local SSA office at 877-405-7841. If none of those options work, you should be able to request an in-person appointment at your local SSA office.

Welcome to Medicare Presentation Schedule

Welcome to Medicare is a 90 Minute presentation that reviews Medicare benefits, costs, coverage options, prescription options, and programs that help with costs. The presentation is open to anyone looking to learn general Medicare Information.

Registration is required by calling 608-326-0235.

Location: Crawford County Administrative Building, Room 130

Time: 1:30-3:00 pm

Dates: April 8th, June 17th, August 19th,
October 14th, and December 9th



**Next Medicare Workshop
April 8th!**



Kelli Brooks

Information & Assistance

From your ADRC Specialist



Susan Myers

Overview of Legal Decision-Making in Wisconsin

I. The Basics of Legal Decision-Making

Who will make decisions for you if you're unable to communicate for yourself? What do you want for end-of-life care? How will you make sure bills are paid if you're in the hospital or away from home? Who do you want to manage funeral/burial decisions? What happens if you don't have any advance directives, or you or a family member are unable to make them?

Wisconsin starts from the assumption that all adults are competent to make their own decisions, including decisions that family, friends, or community might not agree with or approve of. But if an individual is unable to make or communicate their wishes, someone else must have legal authority to make decisions to see to that individual's welfare. And Wisconsin is not a "next of kin" or "family consent" state, which means that in most circumstances, if an adult is unable to make their own decisions, spouses and relatives don't automatically have the right to make decisions for them.

There are two ways another person may get authority to make decisions for someone – either the individual can grant that power to another person through an advance directive such as a power of attorney document, or the court may give the authority to make decisions to a guardian. This document will review the types of decisions that can be handed over to another person and in what circumstances each may come up.

II. Power of Attorney for Finances ("Durable" Power of Attorney)

A power of attorney for finances document authorizes another person (called the "agent" or "attorney-in-fact") to handle financial matters for the person who signed the document (called the "principal"). The principal may delegate as much or as little authority to the individual as desired. The principal can also require a bond and/or an annual accounting. A financial POA does not give the agent any authority to make health care decisions.

A financial POA is presumed to be "durable" unless the document states otherwise. "Durable" means that the document will stay in effect during a period of incapacity. The financial POA can take effect immediately upon signing, on incapacity, or when some other condition is met (e.g., the principal has traveled out of the country).

Wisconsin law does not require witnesses or a notary for the principal's signature to be valid, but it is strongly suggested to have it notarized, as many banks and other agencies will not accept it otherwise.

III. Power of Attorney for Health Care

Like a financial power of attorney, a power of attorney for health care document authorizes an agent to handle health care matters for the principal. A health care POA only allows the agent to make health care decisions. A POA for health care typically takes effect on incapacity, as determined by two doctors, or one doctor and a psychologist, a nurse practitioner, or a physician assistant. Incapacity means that the individual is unable to receive or process information, and/or unable to communicate their medical decisions.

The principal must be “of sound mind” while signing a health care POA, and their signature must be witnessed by two disinterested witnesses. “Disinterested” means that the witnesses are not related to the principal, financially responsible for the principal’s health care, the principal’s heirs, or the principal’s health care providers (other than social workers or chaplains). The witnesses must see the principal sign the document and sign at the same time.

Wisconsin law provides some limitations on an agent’s authority. An agent must follow the wishes of the principal where known. In addition, an agent must have specific authority to admit the principal to a facility for long-term care or to make end-of-life decisions. An agent cannot admit the principal to a facility for a mental health condition.

Wisconsin generally recognizes POAs for health care from other states; however, the document must lay out the specific authority above (long-term care and end-of-life decisions) for the agent to make those decisions here.

IV. Guardianship

Guardianship may be necessary if an individual is unable to make their own decisions and they were never capable of doing advance planning, there is no advance planning, the advance planning is invalid or does not cover the specific issue that needs addressing, or they are the victim of neglect, abuse or financial exploitation and the health care/financial agent is the abuser/exploiter/neglector or cannot protect the individual from self-neglect, abuse, exploitation or neglect.

Guardianship requires a determination by a court that the individual is “incompetent” – that the person has an impairment that is likely to be permanent and that as a result of that impairment, the individual is unable to receive or process information or communicate their wishes. An individual may have a guardian of the person, a guardian of the estate, or both, appointed by the court.

V. Authority of Agent vs. Authority of Guardian

Under power of attorney documents, the principal may choose their own agents and alternates and specify what authority the agent has. An agent acting for the principal has a duty to follow the wishes of the principal where known, and to act in the principal’s best interest if their wishes are unknown. A health care agent may only make health care decisions. A financial agent may only make decisions related to financial matters, to the extent authorized by the power of attorney document. A power of attorney document is essentially a contract between the principal and the agent and may be revoked at any time.

In contrast, a guardian may or may not be the person the individual would have chosen to make their decisions. A guardian is appointed and given specific authority by a court. For decisions a guardian is authorized to make, they should take the wishes of the ward into consideration, but they are not obligated to follow those wishes. The guardian must act in the best interest of the ward. Only a court can end a guardianship.

VI. Other Advance Directives or Alternatives

Wisconsin has several other types of advance directives and alternatives to guardianship:

A **Living Will**, also called a “Declaration to Health Care Professionals,” is a document executed by a principal declaring their wishes and directing their provider to refuse certain life sustaining procedures when the principal’s death is imminent due to a terminal condition or when the principal is in a persistent vegetative state. This does not apply in any other health care situation. A health care POA is broader than a Living Will and can encompass what would be included in a Living Will. Individuals can have both, but they should be consistent with each other.

A **Do Not Resuscitate Order (DNR)** order may only be issued by an attending health care professional (a physician, a nurse practitioner, or a physician assistant) and only applies to a “qualified patient” (when an adult has a terminal condition or would suffer pain or harm from resuscitation or when resuscitation would be unsuccessful). The qualified patient, guardian or agent must also request the DNR order, consent to it, and sign the written order. The individual must wear a DNR bracelet is required to be worn to indicate there is a DNR order. A DNR Bracelet may be obtained from the provider (for free) or the Department of Health Services’ approved vendor, StickyJ® Medical ID (for a fee).

An **Authorization for Final Disposition** is a document executed by an individual expressing special directions for religious observances, arrangements for viewing, funeral, memorial, or graveside service, and burial, cremation or other disposition of the declarant’s body after death. This requires naming a representative to carry out directions. This document may only be signed by the individual – it cannot be signed by an agent or guardian.

A **Supported Decision-Making Agreement** is a tool an individual with a functional impairment can execute to formally name a Supporter to assist them in areas such as education, housing, medical decisions, or finances. The Supporter is a helper and they do not have authority to make decisions for the individual. They can help to collect information, communicate the individual’s decisions, or help them understand options, responsibilities, and consequences of life decisions. Supported Decision- Making is a less restrictive alternative to guardianship.

A **Conservatorship** is a voluntary court process to appoint an individual (called a conservator) to manage finances and property with continued court oversight. An adjudication of incompetency is not required. The conservator’s authority will typically be the same as a guardian of the estate. The individual may request that the conservatorship be ended at any time.

VII. Resources

The Supported Decision-Making Agreement form be found at <https://www.dhs.wisconsin.gov/library/f-02377.htm>.

Power of Attorney, Living Will and Authorization for Final Disposition forms can be found on the Department of Health Services website at <https://www.dhs.wisconsin.gov/forms/advdirectives/adformspoa.htm>.

Court forms for guardianship or conservatorship proceedings can be found here: <https://www.wicourts.gov/forms1/circuit/index.htm>.

QUESTIONS? Call the Wisconsin Guardianship Support Center at 1-855-409-9410 or email at guardian@gwaar.org.

April is Volunteer Appreciation Month!

We would like to thank all of our amazing volunteers for all they do!



Linda Munson



Gretchen Munson



Alice Kirschbaum



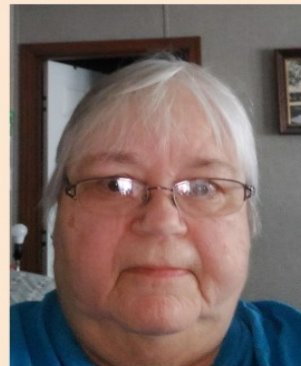
Nancy Becker



Janet Finn



Marilyn Nies



Karen Lindh



Kare Dresang



Dale and Alice Roling



Deb Fishler



Kelly Buetow



Ed Block

Not Pictured:

Cheryl DuCharme
Mary Kay Hummel
Connie Hudson



Deborah Reed

*Thank you for
going above
& beyond.*

EASTER WORD SEARCH



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EASTER

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BASKET

CHOCOLATE

HUNT

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GOOD FRIDAY

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