

# **August 2025**

## **Eagle News & Views**



**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** 2<sup>nd</sup> and 4<sup>th</sup> Thursday, 9am pickup, \$1 charge

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

**Social/Nutrition Busses** -Minimum of four riders, call office to inquire

1st come, 1st serve. 48 hour notice required.  
Curb to curb service.



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.

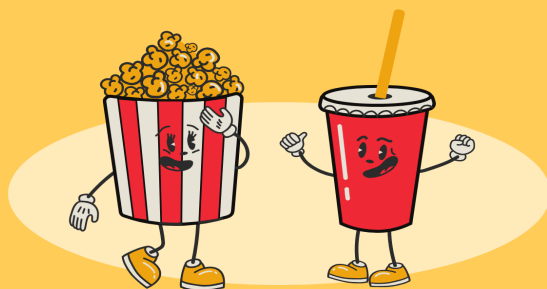


Receive a \$20 Coulee Cab Punch Card for the low cost of \$11.50.

**PHONE: 608-326-0235**

PRAIRIE DU CHIEN MEMORIAL LIBRARY  
PRESENTS

## TUESDAY AFTERNOON MOVIES



FEATURED FILM:

**THE WILD ROBOT**

**FREE MOVIE AND REFRESHMENTS**

NEXT MOVIE:

**AUG 26TH**

FOURTH TUESDAY OF THE MONTH AT 1 P.M.



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

**Next Movie:**

**Galaxy Quest (1999) (PG)**

**Friday, August 1st**

**7 PM**

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





## Take a NOURISH Step!

### August: Savor Summer: Health, Harvest, and Humor

#### August FUN Days!

##### 8-2: Coloring Book Day

Break out those colors and have fun!

##### 8-8: Cat Day

A purr-fect time to celebrate our whiskered companions!

##### 8-8 to 8-16: Elvis Week!

Put on your *Blue Suede Shoes* & get *All Shook Up* as you celebrate the King of Rock'n Roll!

##### 8-16: Tell a Joke Day

Share your favorite, clean jokes to brighten someone's day.

More at [brownielocks.com](http://brownielocks.com)



August is packed with opportunities to nourish your body, connect with your community, and have a little fun along the way!

As we celebrate *Immunization Awareness Month*, it's a great time to check in on your health and stay up-to-date on important vaccines. During *National Farmers Market Week* (August 3–9), enjoy the bounty of fresh, local produce while supporting your area growers. Find the farmers market near you and find out what is in season by month at <https://www.wifarmersmarkets.org/>

And don't forget to mark your calendar for a bit of summer humor on August 8, which is *National Sneak Some Zucchini Onto Your Neighbor's Porch Night*—a playful way to share the season's overabundance and build community spirit. While the tradition calls for a stealthy porch drop, a safer and more meaningful opportunity might be to knock on their door instead—offering not just the zucchini, but a friendly chat and maybe even your favorite zucchini recipe.

### August 29th is *More Herbs, Less Salt Day*

Herbs are a wonderful way to add vibrant flavor and color to meals without relying on salt, fat, or sugar. They also make food more visually appealing and are a fun way to introduce you to new and exciting tastes.

Get inspired and increase your *Sodium Awareness* at <https://food.unl.edu/food-calendar/august/more-herbs-less-salt-day/>

### NOURISH Steps Tips to Add More Herbs

Add fresh Basil to pasta, pizza, or salads.

(See Basil Pesto recipe on p. 2)

Stir fresh Mint into water, tea, or lemonade.

Chop into fruit salads, yogurt, or grain bowls.

Mix Rosemary with potatoes or bread dough before baking. Add to grilled meats or vegetables. The smell is amazing!

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



## 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

## 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



This institution is an  
equal opportunity employer.

## SENIOR FARMERS MARKET NUTRITION PROGRAM

- Available on a first come first serve basis
- Eligible participants must be age 60 and over or 55 and over if Native American
- Must be a resident of Crawford County
- Must have a monthly household income that meets program eligibility guidelines
- Participants may authorize a representative/proxy to apply on their behalf.

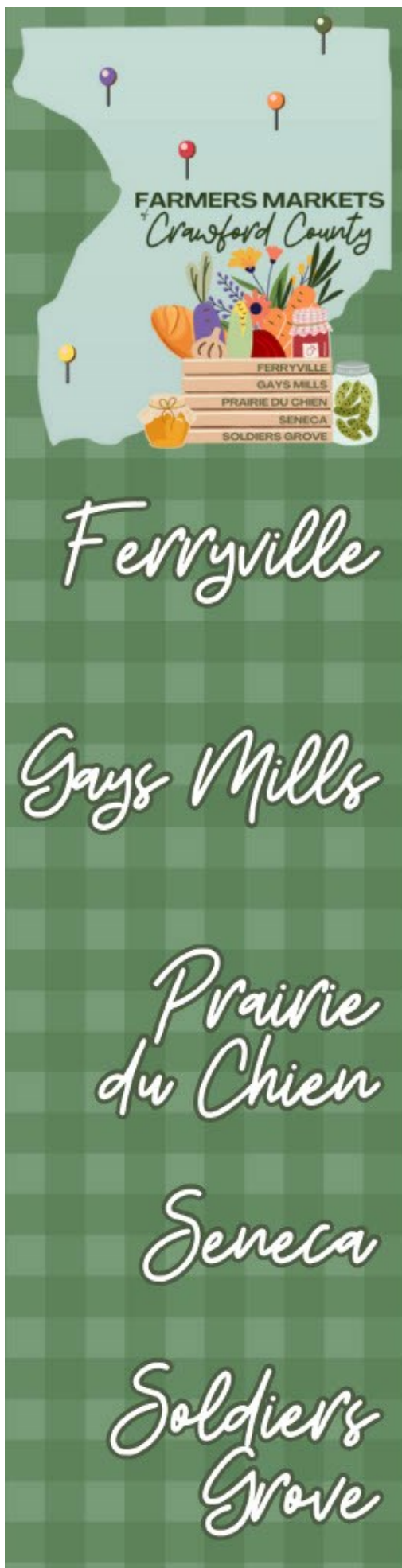
# \$25 FREE

Vouchers to be  
used on fresh  
fruits, vegetables,  
herbs.

Contact the ADRC  
at 608-326-0235

In accordance with federal civil rights law and U.S. Dept of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.





# FARMERS MARKETS of Crawford County

Shop for local produce, canned goods, baked goods, crafts and more in a convenient, shady park with a playground, along the scenic Mississippi River. Enjoy live music and a free cup of coffee while you shop!



**SATURDAYS THROUGH OCT 11**  
**SUGAR CREEK PARK | 9AM-1PM**

Experience the genuine small-town hospitality at this market along the famous Kickapoo River, with local vendors of fresh produce, canned and baked goods, and crafts. Live music, a free cookie, and coffee most weeks!

**WEDNESDAYS THROUGH OCT 29**  
**LIONS PARK PICNIC SHELTER | 1-5PM**

The Thursday Night Farmers Market is a community gathering place where you will find a variety of local vendors and products, all while strolling along the beautiful Mississippi River promenade on St. Feriole's Island. Live music and nature friendly kids crafts weekly!



**THURSDAYS THROUGH OCT 9**  
**LAWLER PARK ST FERIOLE ISLAND | 4-8PM**

Bring your chairs. Savor the music. Stay for the smash burgers. Support your community. Don't forget to shop local!

**TUESDAYS THROUGH AUG 26**  
**MAIN STREET SENECA | 4-8PM**

Visit this famous Wisconsin Solar Town's market, featuring local vendors with plants, produce, baked goods, and crafts. Live music weekly. Come hungry... Smash Burgers grilled on site, proceeds go to a local charity of your choice!

**MONDAYS THROUGH SEP 29**  
**SOLAR TOWN FARM & HOME | 3-6PM**



**Jody Eick**  
**Meal's Coordinator**

# August Menu

Questions?  
Reservations?  
Cancelations?  
Call  
608-326-0235

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Menus are subject to</i>	<b>For meal site reservations, please call by 2 p.m. the business day before.</b>	<b>Please make cancellations for home delivered meals by 8:30 a.m.</b>		<b>1</b> Chili Garden Salad Cornbread Grapes
<b>4</b> Italian Chicken Breast Penne Pasta w/ Marinara sauce Garlic Green Beans Garlic Toast Frosted Brownie	<b>5</b> Macaroni and Cheese w/ Ham Mixed Peas & Carrots WW Roll Apple Slices w/dip	<b>6</b> Roasted Tomato Soup Cottage Cheese Broccoli Salad Mixed Fruit WW Roll	<b>7</b> Meatloaf Mashed Potatoes/Gravy Mixed Vegetables Pears WW Roll Peanut Butter Cookie	<b>8</b> Turkey Bake Roasted Broccoli Cranberry Relish Fruit Fluff WW Roll
<b>11</b> Baked Cod w/ Butter Baked Potato w/ Sour Cream Carrots Pears	<b>12</b> BBQ Shredded Chicken on Bun Baked Beans Roasted Sweet Potatoes Banana Jello Cake	<b>13</b> Tater Tot Casserole Garden Salad WW Roll Peaches	<b>14</b> Country Gravy Pork Chop Roasted Potato Peas Apple Sauce WW Roll	<b>15</b> Potato Corn Chowder Cottage Cheese Garden Salad Peaches WW Roll
<b>18</b> Panko Crusted Cod w/ Tarter Baked Potato w/ Sour Cream Mixed Vegetables Apple Slices w/dip WW Roll	<b>19</b> Spaghetti & Meatballs Caesar Salad Pineapple Garlic Toast Orange Fluff	<b>20</b> Lemon Peper Chicken Whipped Sweet Potatoes Dill Carrots Tropical Fruit WW Roll Birthday Cake	<b>21</b> Baked Potato w/Ham, Broccoli, and Cheese Baked Beans Apple Sauce WW Roll Chocolate Chip Cookie Bar	<b>22</b> Chicken Stir Fry Rice Green Beans Mandarin Oranges WW Roll
<b>25</b> <b>Chef's Choice</b>	<b>26</b> Open Face Turkey Sandwich Mashed Potatoes/ gravy Brussel Sprouts Hot Cinnamon Apples	<b>27</b> Chicken Enchiladas Refried Beans Salsa & Chips Melon	<b>28</b> Beef Pot Roast Stew Vegetables Mixed Fruit WW Roll Peach Cobbler	<b>29</b> Ham Boiled Dinner w/Carrots, Cabbage, and Potatoes Broccoli Salad WW Roll Peaches



# 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.



Tuna Noodles & Salad



Pork Loin & Gravy



Garlic Rosemary Beef Roast



Chef's Salad & Garden Vegetable Soup

## Welcome to our Central Kitchen!

Here are a couple pictures of a tilt skillet that we use in our kitchen. A tilt skillet is a versatile piece of commercial equipment used for steaming, sauteing, grilling, boiling, braising, and roasting food. It can even hold food at warm temperatures. This tray can hold about 30 gallons of food, equivalent to 350 meals. We use this piece of equipment almost daily to make you homemade, fresh food!





# **News for You**

## **From Your Disability Benefit Specialist**

### **Brittany Mainwaring**



## **Social Security Paper Checks No Longer an Option without a Waiver**

Due to changes in the Department of the Treasury's payment processes, individuals receiving paper checks after September 30, 2025, may experience a disruption in timely payment delivery. Previously, SSDI (Social Security Disability Insurance) beneficiaries and SSI recipients were able to temporarily receive paper benefit checks if they did not have a direct deposit account and chose not to enroll in Direct Express (DE).

Here's what you need to know:

### **End Date:**

The last day for paper Social Security checks will be September 30, 2025.

### **Why the change?**

The move to digital payments is intended to reduce costs, increase security, and improve efficiency.

### **What are the alternatives?**

Beneficiaries can receive their payments via direct deposit, a [Direct Express debit card](#), or other digital payment methods.

### **What if you currently receive a paper check?**

You'll need to set up direct deposit or enroll in the Direct Express program to continue receiving your benefits without interruption.

### **Where to go for more information:**

The SSA website and the [Pay.gov website](#) (for Direct Express) are good resources for learning more about electronic payment options.

# Powerful Tools FOR Caregivers

**Caregiving is rewarding.  
But it can be challenging too.**

Feeling stretched in your role as a caregiver? Caregiving can be stressful physically, emotionally, and financially. Whether you care for a loved one at home or in a care facility, nearby or far away, your role is important. You will learn ways to take care of yourself, reduce stress, improve your caregiving confidence, and establish balance in your life as you care for others.



**Taking care of yourself is important and Powerful Tools for Caregivers can show you the way!**

Powerful Tools focuses on YOUR well-being. The class meets once a week for six weeks and has been studied and shown to help family caregivers:

- Reduce stress, anger, and depression and improve emotional well being
- Manage time, set goals, and solve problems
- Master caregiving transitions and be part of decision-making
- Communicate effectively with the person needing care, family members, doctors, and other helpers
- Find and use community resources

## **In-Person Workshop**

**September 24 - October 29**

**Prairie du Chien Library**

**Runs for six Wednesdays**

**10:00am - 11:30am**

**REGISTRATION IS REQUIRED**  
**Call Pam: 608-548-3954**







# SPARK!

CREATIVE ENGAGEMENT PROGRAMS *for* PEOPLE  
WITH MEMORY LOSS *and* THEIR CARE PARTNERS

Programs take place on the  
third Tuesday of every month  
from 10:00-11:30am

## Summer 2025

June 17<sup>th</sup> - Reptiles & Amphibians

July 15 - Bees

August 19 - Butterflies

### Driftless Area Wetlands Centre

509 US 18

Marquette, IA

Call Alicia: 563-873-3537 or

[driftlessareawetlandcentreia@gmail.com](mailto:driftlessareawetlandcentreia@gmail.com)

SPARK! Is a cultural program for people with memory loss and their care partners. SPARK! brings people experiencing memory loss together for an hour of learning, fun, and friendship.

SPARK! Programs are designed to keep participants actively engaged in their communities by providing experiences that stimulate new conversations, offer peer support, and inspire creativity through creative engagement, workshops, and programs. SPARK! Programs are always FREE for families experiencing memory loss to attend together.

Free to participants and caregivers. Registration is required.  
Call 563-873-3537







**Kelli Brooks**

## Information & Assistance

### From your ADRC Specialists



**Susan Myers**

#### Beat the Heat

*By the GWAAR Legal Services Team (for reprint)*

The summer heat is ideal for outdoor fun, but it's important to take precautions when engaging in strenuous activities or when spending prolonged periods outdoors in the hot summer weather. Excessive heat can lead to dehydration, heat stroke, heat exhaustion, and many other heat-related illnesses. People aged 65 and over are more prone to heat-related health issues and should take extra precautions as temperatures rise. If you have asthma, chronic health conditions, or heart conditions, you may be at high risk of heat-related illnesses. Knowing the signs of heat-related health issues will help you avoid severe or prolonged symptoms. Below is a list of symptoms associated with health issues resulting from excessive heat exposure. This list is not exhaustive, but it can help you spot heat-related illnesses and prevent severe health issues.

- Unusually heavy sweating
- Muscle cramps
- Dizziness
- Headache
- Weakness
- Nausea
- Fatigue

Severe symptoms may include:

- Passing out
- Low blood pressure
- Shortness of breath
- High temperature
- Seizures
- Confusion
- Altered mental state
- Rapid breathing
- Chest pain
- Rapid pulse

If you experience any of these symptoms, you could be in a health emergency and should seek professional help. Heat-related illnesses can be life-threatening, and you should take them seriously. There are ways to help reduce the effects of excessive heat on your body.

There are many things you can do to help your body cope with summer's excessive heat. These tips can help you avoid severe symptoms from heat exposure, especially if you lose power, are outside, or don't have access to air conditioning or fans. These are only suggestions, and you should always consult your doctor before spending extended periods outside in the heat.

The number one thing you can do to help your body when exposed to high summer temperatures is to stay hydrated. Dehydration can lead to various symptoms associated with heat exposure. You should always take plenty of water with you. It might be a good idea to plan and bring a cooler or research to find out where you can

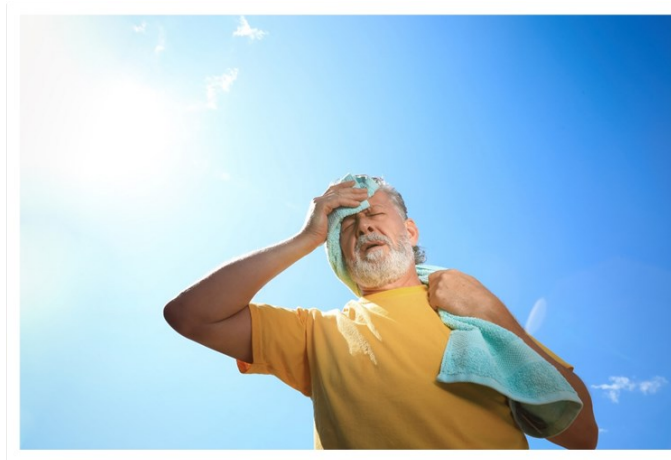


refill or purchase more water. Staying away from or limiting your intake of sugar, salt, caffeine, and alcohol will help you stay hydrated, as these substances interfere with your hydration level. With a bit of planning ahead, you can safely stay hydrated in the heat and reduce the dangerous effects of dehydration due to excessive heat. Getting out of the heat can help reduce your risk of health issues. Taking breaks indoors can cool your body down enough to prevent overheating. If you don't have air conditioning at home, you can go to a mall or library to cool off. You can call 211 or go to the National Center for Health Housing website to find local cooling centers. Using fans can also help, but if the indoor temperature exceeds 90 degrees Fahrenheit, it may actually raise your body temperature instead of lowering it. Plan to take breaks indoors if you are outside for extended periods or if you're working outdoors.

To reduce the effects of excessive heat on your body, stay hydrated, plan on indoor breaks, and know the symptoms of heat-related illnesses to ensure that you are safe in the summer heat. You should consult your doctor if you have concerns about being in the heat and ask if any of your medications or health issues increase your risk of heat-related illnesses. Check your local weather and the U.S. Centers for Disease Control and Prevention (CDC) website to access HeatRisk to plan for the excessive summer heat. A little planning and knowledge will help you prepare for safe summer fun outdoors.

### Summer Heat Resources

- HeatRisk—A CDC website that allows you to enter your zip code to learn your area's heat risk. You can assess your heat risk to plan for outdoor activities during the summer. <https://ephtracking.cdc.gov/Applications/HeatRisk/>
- The National Weather Service—Fact sheets and interactive information are available to help you stay safe in the summer heat. <https://www.weather.gov/safety/heat-illness>
- World Health Organization—There is a wealth of information available about heat and its effects on health. <https://www.who.int/news-room/fact-sheets/detail/climate-change-heat-and-health>
- Wisconsin Department of Health Services—Shares a lot of good information about extreme heat resources. <https://www.dhs.wisconsin.gov/climate/heat.htm>
- National Center for Healthy Housing—Will help you find your state's cooling centers to get out of the excessive summer heat. <https://nchh.org/information-and-evidence/learn-about-healthy-housing/emergencies/extreme-heat/cooling-centers-by-state/>





# Just for You

From your Elder Benefit Specialist,  
Ashley Greene

## Medicare and Health Savings Account Planning

*By the GWAAR Legal Services Team (for reprint)*

As you near retirement age, planning for health care coverage after retirement should take priority. There are many things to think about, including understanding what you need to do to avoid costly penalties due to health care coordination after the age of 65. Your plan should look at when to enroll in Medicare, when your employer coverage will end, whether you will be using retiree coverage, and what other Social Security benefits you will take and when. All these questions, and many more, are important to consider in the planning process. Another thing you may not have thought about is when you need to stop contributing to your Health Savings Account or HSA. Determining when to stop contributing to your HSA is essential to avoid costly tax penalties from the IRS.

Getting a little background information about HSAs will help you see the importance of planning to avoid tax penalties and keep you informed of your health care costs. An HSA is a type of savings account that you can contribute to tax-free. The funds can be used to cover qualifying medical expenses, typically including deductibles, copayments, and prescriptions. These plans are available to individuals who have certain types of insurance from their employers, and employers are also allowed to contribute to these accounts.

To qualify for an HSA, you must have a High-Deductible Health Plan. This means that you are responsible for a larger deductible before your health plan begins to pay for services. You will have a larger out-of-pocket expense for healthcare needs, but HSA plans help reduce this burden. HSAs are great because they help to cover high medical costs, but they can be costly when contributions aren't stopped after Medicare starts.

The timing of Medicare enrollment affects when you can contribute to your HSA. You can receive up to six months of retroactive Medicare coverage if you delay your enrollment after the age of 65. Delays mean you need to plan to stop HSA contributions by the first month that Medicare starts. You cannot have Medicare and contribute to an HSA. The tax penalties are imposed because Medicare is not a High-Deductible Health plan, and you are therefore ineligible to contribute to an HSA. You will still have access to the funds that you have already contributed to the HSA, but new contributions will be penalized by the IRS.

The coordination of HSA contributions should also be made with your spouse's coverage in mind. If your spouse has a High-Deductible Health Plan and is still eligible to contribute to an HSA, you should speak to the overseer of the HSA account and seek help from a tax professional to ensure that your spouse's contributions don't lead to tax penalties.



Opting to take Social Security retirement benefits will also affect when HSA contributions should be stopped. This is because when you are eligible to take Social Security retirement benefits, you will or should be automatically enrolled in Medicare Part A. You will not be able to decline Part A if you collect these benefits. This means that you will be enrolled in Medicare, and any HSA contributions could result in tax penalties.

HSAs are great money savers when you properly coordinate contributions to coincide with your health care coverage. Remember that if you delay enrolling in Medicare, you can get up to six months of retroactive coverage. You will have to plan to stop HSA contributions in the first month Medicare coverage starts to avoid tax penalties. Social Security retirement benefits will automatically enroll you in Medicare Part A and trigger contribution penalties when that coverage begins. Finally, you should coordinate contributions from your spouse's HSA account. If you have questions or concerns about HSA contributions, you should consult the overseer of the account and a tax professional. A little planning ahead of time can save you costly tax penalties.

# Join us! Picnic Lunch in the Park

**THURSDAY, SEPTEMBER 4TH**



**11:30am - Lawler Park, 430 N.  
Water St., Prairie du Chien**

**\*Hoffman Hall if inclement weather**

- **Available to all residents age 60 or older**
- **Suggested donation of \$4.00-\$6.00**

• **Reservations required!**  
**608-412-6704**

- TRANSPORTATION WILL BE PROVIDED THROUGHOUT THE ENTIRE
- COUNTY FOR A COST OF \$1 IN TOWN (PDC) OR \$4 OUT OF TOWN.
- 
- CALL US TO RESERVE YOUR SPOT!

**ADRC**  
Aging & Disability Resource Center  
of Eagle Country  
Prairie du Chien Office  
225 N. Beaumont Road, Suite 117, Prairie du Chien WI 53821  
Local: 608-326-0235 Toll Free: 877-794-2372



# “Forget me Not-Notes”

From Pam Kul-Berg  
Brain Health Enthusiast

## Understanding the Differences Between Normal Forgetfulness and Dementia

*By the GWAAR Legal Services Team (for reprint)*

Have you ever found yourself standing in the middle of a room, wondering what you came in for? Or perhaps you've struggled to remember a word that was on the tip of your tongue? These occasional memory lapses are often a normal part of aging and are usually not a cause for alarm.

In fact, after we turn 65 years old, almost 40% of us will experience some form of memory loss. For most of us, however, the memory loss will be mild enough that we can still live our day-to-day lives without interruption. According to the World Health Organization, only 5 to 8% of those over 60 will go on to develop dementia.

So, chances are that if you are forgetting things, you're probably just experiencing normal memory loss that comes with aging, as opposed to something more serious, like dementia or Alzheimer's disease. But can you tell the difference? Let's explore some key differences between normal aging and dementia:

1. **Forgetting vs. Forgetting How to Do:** Aging often involves forgetting details like names, dates, or why you entered a room. Dementia, on the other hand, can lead to forgetting how to perform everyday routine tasks like cooking or driving.
2. **Recall vs. Recognition:** Aging might cause temporary difficulty recalling information, but a reminder can help. Dementia, on the other hand, generally affects both recall and recognition, even with prompting.
3. **Delayed Memory vs. Impaired Memory:** With aging, it might take longer to remember things, but the memory usually eventually surfaces. Dementia, by contrast, generally results in persistent, ongoing memory impairment – the inability to remember things from the past or form new memories.
4. **Minor Impact vs. Significant Impact:** Aging-related memory changes typically are annoying but don't affect daily life significantly. Dementia, on the other hand, generally interferes with work and relationships and ultimately can make it impossible to live independently. If those who are closest to you are starting to notice your memory problems, it might be time to consider seeing a doctor.
5. **Inability to Remember Things vs. Inability to Learn New Skills:** If you find yourself merely unable to remember some things from the past, like what you ate for breakfast yesterday, that is probably normal aging. However, if you find that you are having a lot of trouble learning new skills, like how to program a new simple house alarm system with three steps, even after it has been shown to you several times, that could be a sign of a more serious underlying health condition.

Continue on Page 19



If you're experiencing the type of forgetfulness that accompanies normal aging, simple strategies like keeping a routine, using memory aids (like writing things down, setting alarms, etc.), and staying physically and mentally active can help. However, if you suspect that you may, in fact, have dementia, consult a healthcare professional for evaluation, support, and guidance on appropriate interventions. Remember, early diagnosis can make a difference in managing these conditions effectively.

Interestingly, most forms of dementia are not inherited, although a few rare forms are, including early-onset Alzheimer's (the type you get before age 60). In fact, the most important risk factor for the development of dementia is simply advanced age, generally presenting in people who are in their late 70's and 80's.

Regardless of whether you had a family member with dementia or not and regardless of how old you are, it is always a good idea to stay vigilant, be proactive, and remember that every moment is worth cherishing—even the ones you'd rather forget! And, if your memory seems to be getting worse over time, see your doctor or **contact your local ADRC for a “Memory Screen” or “Brain Health Check Up” at 608-326-0235.**



## 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: August 19th, October 14th, and December 9th



### Next Medicare Workshop August 19th!



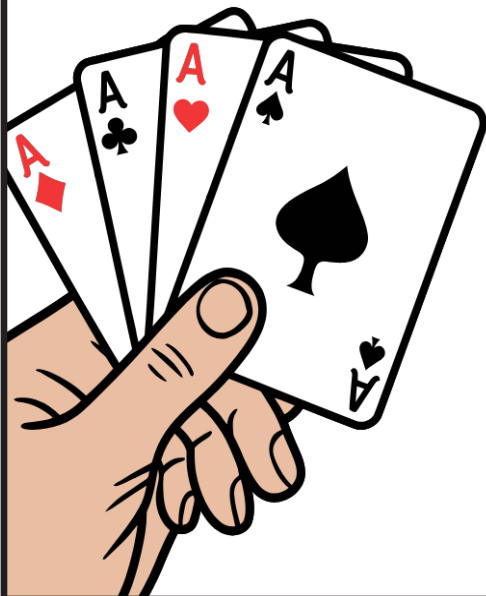
**Join us for lunch and stay  
for a game of Euchre!**

**Tuesday, August 12th  
12:30 p.m.**



**Seneca Town Hall**  
21041 Town Hall Rd, Seneca

**Reservations required for lunch  
608-326-0235**



Cards will begin  
at 1 p.m.

Transportation  
available  
throughout the  
county for \$4 per  
person.

