

# December 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 Kirchner** 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  
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## 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 GREATEST CHRISTMAS  
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NEXT MOVIE:  
**DECEMBER 16TH  
1:00 P.M.**



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

**Next Movie:**

**Desk Set  
(1957) (Not Rated)**

**Friday, December 5th**

**7 PM**

**FRESH POPCON AND REFRESHMENTS PROVIDED  
BY THE KICKAPOO EXCHANGE NATURAL FOODS  
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## 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  
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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

## HOME DELIVERED MEAL CANCELLATIONS DURING SEVERE WEATHER

We try very hard to deliver in spite of the weather. Please be patient with our drivers as delays may happen. Every now and then a storm is too much for even our courageous drivers. In winter, we may have high snowdrifts and icy roads. To ensure delivery of your meals, please arrange to have your sidewalk and driveway shoveled by the time of delivery. Our drivers cannot deliver if your walkways and driveways are hazardous.

If you hear a school closing announcement in your area, meals will not be delivered that day.

We will also let you know by announcing it on the radio: WPRE 94.3, Prairie du Chien, WVRQ 102.3, Viroqua, and on the television WKBT News Channel 8, La Crosse. You may also phone Crawford County Aging & Disability Resource Center at 608-326-0235 and they will be able to tell you.

Be sure to fill your cupboard and freezer with your favorite "emergency" foods for the winter months. Canned soups, fruits and vegetables, and other easy to prepare items are some ideas for you. They will do until a hot meal can be again brought to your door. We will try to always remind you the day before if we think we may need to close due to weather.





**KEVIN J. MULROONEY**  
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## Tisdale Law Offices, S.C.

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For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://www.lpicommunities.com)

Aging & Disability Resource Center, Prairie Du Chien, WI A 4C 01-1247



## Take a NOURISH Step!

December: 🎄🌟 Healthy Holidays with the NOURISH Step 🌟🎄

### December FUN Days!

12-1 to 12-7:

#### Cookie Cutter Week

#### 12/8: Pretend to be a Time- Traveler Day!

What era would  
you travel to and  
why?

#### 12/19: Nat'l Ugly Holiday Sweater Day! Wear your favorite one proudly

#### 12/21: Crossword Puzzle Day!

#### 12/23: Family Roots Day. Share your stories this holiday season, what a special gift!!

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

Enjoy your favorite holiday traditions while still feeling your best! Taking a NOURISH Step makes it simple to balance celebration with wellness through small, practical choices.

- Start by filling **half your plate with colorful fruits & veggies**.
- Snack smart with nuts, seeds, beans, yogurt, and avocado dips, and **be mindful of portions** when enjoying those festive buffets.
- Add extra nourishment to your holidays by including lean proteins and fiber-rich foods such as turkey, beans, or hummus.
  - **Protein helps you feel full and curbs sugar cravings**—try building a colorful charcuterie board instead of a dessert tray! My family has a lot of fun building the charcuterie board together.
  - You can also do a topping tray for chili, baked potatoes, or tacos.
- Limit sugary drinks and salty sides by **reducing sugar and sodium in recipes**—most turn out great even with half the amount.
- **Stay hydrated** with festive drinks like cranberry-lime sparkling water, fruit, veggie, or herb-infused water, or cozy hot tea.

### Creative Ways to Use Cookie Cutters

- Use mini cookie cutters to cut out pie crust toppers or cut shapes of plain cake and make into mini layer cake with fruit and sugar-free whipped topping, etc.
- Cut pepperoni and other pizza toppings into fun shapes.
- Cut fruit and cheese with small cutters and use for kabobs, salad toppers, or garnishes.
- Look up craft ideas to make with cookie cutters
- Use the cookie cutter as a stencil, fill with cocoa, sprinkles, sugar-free jam, such as a cake garnish.



Photo courtesy of  
Chef Lori Fernandez

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



# JOIN US FOR LUNCH!



The ADRC of Crawford County is bringing a meal site to you!

**Cost:** Suggested contribution of \$4-\$6 for individuals 60+ or their spouse (regardless of age)

**2  
Dec**

SENECA LUNCH & EUCHRE  
Seneca Town Hall  
21041 Town Hall Rd., Seneca, WI  
Serving at 12:30 - Euchre to follow

**4  
Dec**

WAUZEKA LUNCH & BINGO  
Wauzeka Village Hall  
213 E Front St. B, Wauzeka, WI  
Serving at 11:30am - Bingo to follow

**17  
Dec**

FERRYVILLE LUNCH & BINGO  
Ferryville Town Hall  
170 Pine St., Ferryville, WI  
Serving at 11:30am - Bingo to follow

## RESERVATIONS REQUIRED!

**Call 608-326-0235 by 2:00pm the day before to  
reserve your meal**

FREE TRANSPORTATION AVAILABLE TO  
CRAWFORD COUNTY RESIDENTS



Jody Kirchner  
Meals Coordinator

# December Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Turkey Shepards Pie Garden Salad Tropical Fruit WW Roll	<b>2</b> Cornflake Chicken Mashed Potatoes/ Gravy Broccoli Peaches WW Roll	<b>3</b> BBQ Ham Steaks Baked Sweet Potato Baked Beans WW Roll Mixed Fruit	<b>4</b> Chicken Alfredo Green Beans Garlic Toast Pineapple Cookie	<b>5</b> Baked Potato with Chili, Onions, & Cheese Mixed Vegetables WW Roll Pears
<b>8</b> Shredded Pork/ Bun Roasted Sweet Potatoes Baked Beans Oranges Banana Bar	<b>9</b> Turkey Noodle Casserole Garden Salad Peaches Brownie	<b>10</b> Chicken with Mushroom Gravy Dill Carrots Roasted Potatoes WW Roll Pears	<b>11</b> Goulash Mixed Vegetables Hot Cinnamon Apples WW Roll	<b>12</b> Baked Cod Baked Potato/Sour Cream Coleslaw WW Roll Pineapple
<b>15</b> Cheese Tortellini w/ Meat Sauce Green Beans Garlic Toast Apple Slices	<b>16</b> Hot Potato Soup Garden Salad Peaches WW Roll	<b>17</b> Shredded Beef on Bun Mashed Potatoes/ Gravy Mixed Vegetables Pears Birthday Cake	<b>18</b> Shredded BBQ Chicken on Bun Baked Beans Cowboy Potatoes Pineapple	<b>19</b> Glazed Salmon Roasted Broccoli Whipped Sweet Potatoes WW Roll Mixed Fruit
<b>22</b>  <b>Chef's Choice</b>	<b>23</b> Glazed Ham Mashed Potatoes/ Gravy Green Bean Casserole Christmas Cookie	<b>24</b>  Closed for Holidays!	<b>25</b>  Closed for Holidays!	<b>26</b> BBQ on Bun Cheesy Potatoes Coleslaw Pineapple
<b>29</b> Hamburger Gravy Mashed Potatoes Mixed Vegetables WW Roll Hot Cinnamon Apples	<b>30</b> Chicken Pot Pie Casserole Garden Salad Pears WW Roll	<b>31</b>  Closed for New Years!	<i>Menus are subject to change</i>	<b>For meal site reservations, please call by 2 p.m. the business day before.</b>



# 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

Guys Mills  
Community Center  
16381 WI-131  
Guys 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!

Do you know why there is a date on your Home Delivered Meal containers and what it's used for? The date is the day we pack your food and is day one of the shelf life. You only get seven days to eat the meal. Any leftovers must be discarded on day seven. The meal that is delivered to you on Monday needs to be eaten by Sunday, or that needs to be thrown away.

When reheating your food, always make sure to have it reheated to 165 degrees for 15 seconds. All cold foods must be kept at 41 degrees or below. All hot foods must be kept at 135 degrees or above. The temperature from 41 degrees to 135 degrees is called the "Danger Zone," where bacteria grows rapidly.





## News for You

**From Your Disability Benefit Specialist**  
**Brittany Mainwaring**



<https://www.ssa.gov/news/en/press/releases/2025-10-24.html>

Press Release ([En español](#))

Friday, October 24, 2025

For Immediate Release

Barton Mackey, Press Officer

[press.office@ssa.gov](mailto:press.office@ssa.gov)

### Social Security Announces 2.8 Percent Benefit Increase for 2026

**Baltimore, MD** – The Social Security Administration (SSA) announced today that Social Security benefits, including Old-Age, Survivors, and Disability Insurance (OASDI), and Supplemental Security Income (SSI) payments for 75 million Americans will increase 2.8 percent in 2026. On average, Social Security retirement benefits will increase by about \$56 per month starting in January.

Over the last decade the cost-of-living adjustment (COLA) increase has averaged about 3.1 percent. The COLA was 2.5 percent in 2025.

Nearly 71 million Social Security beneficiaries will see a 2.8 percent COLA beginning in January 2026. Increased payments to nearly 7.5 million people receiving SSI will begin on December 31, 2025. (Note: Some people receive both Social Security benefits and SSI).

"Social Security is a promise kept, and the annual cost-of-living adjustment is one way we are working to make sure benefits reflect today's economic realities and continue to provide a foundation of security," said **Social Security Administration Commissioner Frank J. Bisignano**. "The cost-of-living adjustment is a vital part of how Social Security delivers on its mission."

Other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) is slated to increase to \$184,500 from \$176,100.

Social Security begins notifying people about their new benefit amount by mail starting in early December 2025.

Similar to last year, Social Security beneficiaries will receive a simplified, one-page COLA notice, which uses plain and personalized language, and provides exact dates and dollar amounts of an individual's new benefit amount and any deductions.

Individuals who have *my* Social Security accounts can view their COLA notices online, which is secure, easy, and faster than receiving a letter in the mail. Account holders can set up text or email alerts when they receive a new message, such as their COLA notice.



To receive a COLA notice online, individuals will need to create or sign in to their personal *my* Social Security account and opt out of paper notices by November 19, 2025. Go Digital! Create an account today at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount). An online *my* Social Security account also gives individuals access to request a replacement Social Security card, view their claim status and benefits, and view their SSA-1099.

Information about Medicare changes for 2026 will be available at [www.medicare.gov](http://www.medicare.gov). For Medicare enrollees, the 2026 premium amount will be available via *my* Social Security Message Center starting in late November. Individuals who have not opted to receive messages online will receive their COLA notice by mail in December.

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

## 2025 Healthy Living with Mild Cognitive Impairment (MCI) Education Series

*A free quarterly support and education series about brain health and living well with MCI*

### Partnering with Your Healthcare Team

**Friday, December 12**  
**9:30–11:30 a.m.**



Join us for an insightful program featuring a geriatrician, a speech-language pathologist, and an occupational therapist as they share how healthcare professionals work together to provide comprehensive care for people living with MCI and their support networks. The program will end with a Q&A session. Free and open to all.

*Register to attend the program in person at one of eight locations across Wisconsin. Or join us live online via Zoom from anywhere.*

#### Guest Presenters:

Nathaniel Chin, MD  
Kari Esser, MS, CCC-SLP  
Sarah Gunderson, OT

**Register to attend in Crawford County by contacting Pam Kul-Berg at 608-548-3954 or [pkulberg@juneaucountywi.gov](mailto:pkulberg@juneaucountywi.gov)**

Held at:  
Crossing Rivers Health  
George Family Education Center  
37868 US Hwy 18  
Prairie du Chien, WI 53821



#### About the Series:

Healthy Living with Mild Cognitive Impairment (MCI) offers attendees guidance and science-backed strategies for living and coping with memory and thinking changes.

Join **Nathaniel Chin, MD**, and **Jennifer McAlister, BA**, from the Wisconsin Alzheimer's Disease Research Center, and guest speakers, to learn more about Mild Cognitive Impairment (MCI). Each program will end with a Q&A session.

#### Questions?

Contact the Wisconsin ADRC at 608-265-0407 or [adrc@medicine.wisc.edu](mailto:adrc@medicine.wisc.edu)

#### Presented by:



**Wisconsin Alzheimer's Disease Research Center**  
UNIVERSITY OF WISCONSIN  
SCHOOL OF MEDICINE AND PUBLIC HEALTH

#### Community Partners:



**ONEIDA**

*The ADRCs of Brown, Dane, Dodge, Eagle Country, Grant, Green, and La Crosse counties, and the Oneida Nation are committed to unbiased service and cannot endorse nor recommend any organization, product, or service.*



## “Forget me Not-Notes”

From Pam Kul-Berg  
Brain Health Enthusiast

### **Four things your aging loved ones still need from you — even if they never say it out loud:**

- 1. Time that doesn't rush —** sit down, stay awhile let the silence turn into stories.
- 2. A little reminder that they still matter —** ask for advice, a recipe, or just their opinion.
- 3. A visit that feels like love, not obligation —** show up because you *want* to, not because you “should.”
- 4. A real hug —** the kind that lingers long enough to say what words can't: *“You're still my home.”*





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This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



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Aging & Disability Resource Center, Prairie Du Chien, WI B 4C 01-1247



# Information & Assistance

## From your ADRC Specialists



Susan Myers

### Steps to Increase Your Access to Food

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

When living on a budget, people may have to make hard choices between housing, medications, food, and other essentials, especially when FoodShare benefits are cut. Here are some steps to help you maintain your access to food and stretch your budget.

- Practice meal planning. Thinking about what you're going to make or eat ahead of time cuts down on stress and makes it easier to shop on a budget.
- Research food banks and community meals in your area. Donated meals and food items can go a long way toward stretching your food budget. Feeling nervous about asking for help? These resources are there for you to use. Consider volunteering to see how the process works. You may feel better about having a meal with others if you help prepare and/or serve it.
- Plan to grow your own produce. You can start small, with herbs in jars or a few plants on a windowsill or patio. If you feel up to it, start a vegetable garden. Raised garden beds don't require a lot of space, and there may be an organization in your area with volunteers to assist. You could also see if there's a community garden in your area with plots that can be reserved.
- Watch for sales to stock up on non-perishable items like canned goods. Make sure you are storing things properly if you don't plan to use them right away.
- Buy in bulk if practical. If you have storage space, it may make sense to buy large quantities of certain items.
- Consider dehydrating and/or canning food to preserve it. There may be classes offered on how to do this. Learn a new hobby!
- Start a regular potluck group. Ask a group of friends or neighbors to join a weekly or monthly potluck where everyone brings something to share. This is a great way to socialize, try new foods, and perhaps bring home leftovers!
- If you live with others, think about food options available to household members that could help maximize your budget. If school-age children live with you, are they offered breakfast and/or lunch for free? Do they participate in after-school programs that offer snacks or meals? Are there restaurants offering free or discounted meals on certain nights for seniors?
- Learn more about food waste and how to cut down on it at Reducing Food Waste at Home | | Wisconsin DNR <https://dnr.wisconsin.gov/topic/waste/residentialfoodwaste.html>.



**SAVE  THE DATE**

# ***Livin' Well***

## **Health & Wellness Fair**



**Saturday,  
December 6, 2025  
10 a.m. - 1 p.m.**

**A fun-filled  
event for the  
entire family  
featuring  
Health & Wellness  
Vendors!**

Mark your calendar and visit  
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- Face Painting

- Bake Sale
- Silent Auction

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Partners of Crossing Rivers Health*

**Livin' Well Health & Wellness Fair is hosted in conjunction with the family holiday event,  
Christmas Right Here at Crossing Rivers Health in Prairie du Chien.**



## Just for You

From your Elder Benefit Specialist,  
Ashley Greene

### End of Pilot Project Changing Medicare Advantage Plan Supplemental Benefits

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

The Centers for Medicare and Medicaid Services (CMS) is ending the Medicare Advantage Value-Based Insurance Design (VBID) Model at the end of 2025. This means that many Advantage plan enrollees will no longer be eligible for some supplemental benefits offered by these plans, including transportation to medical appointments, home-delivered meals, or flex cards for over-the-counter drugs or groceries.

The VBID Model began in 2017 as a way to let Advantage plans test ways to improve the quality of care and lower spending for Advantage plan enrollees. Plans were allowed to offer benefits like meal delivery, transportation to medical appointments, and lower drug costs for specific groups of people, including those with chronic illnesses or individuals with low incomes. The goal was to increase access to and use of these services to improve health and decrease avoidable medical spending on behalf of these enrollees.

CMS announced that the program will end because it cost Medicare billions of dollars more than expected. Although the VBID model helped some enrollees, it failed to save money, which was one of the goals of the program. CMS did not believe any policy changes could address these costs.

As a result, beginning in 2026, Advantage plans may not be able to offer non-medical supplemental benefits to all enrollees. However, plans may be able to offer similar benefits through the Special Supplemental Benefits for the Chronically Ill (SSBCI) program. Under the SSBCI program, supplemental benefits must be reasonably expected to improve or maintain the health of someone with a chronic medical condition. In order to qualify for these benefits, enrollees must provide proof of a qualifying chronic illness that has a high risk of hospitalization or other adverse health outcomes and requires intensive care coordination.

If you are planning to enroll in a Medicare Advantage plan, check the plan materials carefully to make sure you understand all benefits offered. If you were hoping to use supplemental benefits, contact the plan to see whether you will be eligible.

### Update on Medicare Drug Price Negotiation

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

The Inflation Reduction Act of 2022 (IRA) gave the Centers for Medicare and Medicaid Services (CMS) the ability to negotiate prices for some high-cost prescription drugs. Ten drugs were selected for the first round of negotiations, and CMS has reached agreements for lower prices for these drugs beginning in 2026:

- Eliquis
- Jardiance

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- Xarelto
- Januvia
- Farxiga
- Entresto
- Enbrel
- Imbruvica
- Stelara
- NovoLog.

These drugs treat conditions like cancer, diabetes, blood clots, heart failure, autoimmune conditions, and chronic kidney disease. In 2022, Medicare enrollees paid a total of \$3.4 billion in out-of-pocket costs for these drugs.

However, the 2025 budget reconciliation bill, known as the One Big Beautiful Bill Act or H.R. 1, limited the drugs that can be selected for the negotiation process. Under H.R. 1, more “orphan drugs,” which treat rare diseases, are excluded from the Medicare drug price negotiation. The IRA only excluded orphan drugs that treated just one rare disease. However, H.R. 1 excludes drugs that treat any rare diseases, even if the drug treats more than one. In addition, if a drug was ever considered an “orphan drug,” it will take longer for the drug to become eligible for negotiation. This means that Medicare will have to pay full price for these drugs, and beneficiaries will continue to pay high out-of-pocket costs.

## 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: December 9th



## Next Medicare Workshop December 9th!



# Elf to Elder Gift Program



Let's bring holiday cheer to  
Crawford County girls and  
boys age 60+.

We are looking for Elves to buy  
gifts for the Elderly and looking  
for Elderly to receive them.

To learn more, please  
call 326-0235.







## Elf to Elder Wish List

Name: \_\_\_\_\_

Adress: \_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Please list some desired items in the list below. (Something you want, something you need, something to wear, something to read, etc.)

- |                             |                             |
|-----------------------------|-----------------------------|
| <input type="radio"/> _____ | <input type="radio"/> _____ |
| <input type="radio"/> _____ | <input type="radio"/> _____ |
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| <input type="radio"/> _____ | <input type="radio"/> _____ |

One thing I would really love:

\_\_\_\_\_

Favorite Colors: \_\_\_\_\_

Size Pants \_\_\_\_\_

Size Shirt \_\_\_\_\_

Size Shoe \_\_\_\_\_

**Please return by December 5th to the ADRC office!**

225 N Beaumont, Suite 117, Prairie du Chien, WI 53821

# CHRISTMAS WORD SEARCH

Find and circle the words.



M	T	R	D	B	Y	B	A	A	S	T	A	R	T
R	U	L	E	R	J	L	A	N	G	E	L	O	M
U	R	B	I	K	N	R	A	H	D	O	D	L	Q
T	K	F	W	G	I	F	T	S	W	E	N	H	I
R	E	S	L	E	I	G	H	T	S	R	S	A	M
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C	H	R	I	S	T	M	A	S	P	E	A	L	Y
P	G	O	R	I	B	B	O	N	T	O	N	T	U
K	T	Y	O	L	B	E	C	A	N	D	Y	L	M

- sleigh
- star
- sack
- turkey
- gifts
- angel
- holiday
- merry
- candy
- christmas
- santa
- ribbon