

# **January 2026**

## **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**

**Cost of Service**

Mileage Range			
Miles	Fare*	Miles	Fare*
1-19	\$5.00	180-209	\$40.00
20-59	\$10.00	210-249	\$50.00
60-99	\$15.00	250-289	\$55.00
100-139	\$25.00	290-330	\$65.00
140-179	\$35.00	(Starting/Ending mileage calculated at ADRC Office)	

Call for any questions or other rates

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

**Northern Shopping** 1st and 3rd Tuesday, 9am pickup, \$5 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**

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Thank you so much!



# 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)**

**8  
JAN**

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

**13  
JAN**

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

**22  
JAN**

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

**28  
JAN**

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**

TRANSPORTATION AVAILABLE TO CRAWFORD COUNTY RESIDENTS for \$4.  
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Aging & Disability Resource Center, Prairie Du Chien, WI A 4C 01-1247



# Take a NOURISH Step!

January: The Big Picture of what doctors call “Metabolic Syndrome.”



## Did you Know?

~1 in 3 adults may have Metabolic Syndrome.  
Waist size is one of the strongest predictors.



## What is Metabolic Syndrome?

Metabolic syndrome may be the most common and serious condition you've never heard of, and it's on the rise. **Nearly half of all people over 60 may have it.**

Metabolic syndrome is a group of health problems, such as high blood pressure, high blood sugar, unhealthy cholesterol levels, and extra weight around your waist. When several of these occur together, they put extra strain on your heart and overall health.



## Why is it a big deal?

Having Metabolic Syndrome increases the risk of the following:

- Cardiovascular disease (including heart attacks and stroke)
- Diabetes
- Liver and kidney disease
- Sleep apnea

## How Do You Know If You Have It?

According to the most widely accepted definition, a person has metabolic syndrome when **at least three** of the following are present:

- **Increased waist size:** Greater than 40 inches in men or 35 inches in women
- **Elevated blood triglycerides** (a type of fat in the blood): Above 149 mg/dL
- **Low HDL (good) cholesterol:** Below 40 mg/dL in men or 50 mg/dL in women
- **High blood pressure:** 130 mmHg over 85 mmHg or higher
- **Elevated blood sugar:** A fasting plasma glucose level of 100 mg/dL or above

## What Can You Do to Lower Your Risk?

Lowering your risk starts with small daily lifestyle changes. Losing 7–10% of your body weight over a year—if you weigh 200 lbs, this would be 14 to 20 lbs. Eating more whole grains, fruits, vegetables, and fiber, and reducing unhealthy fats and added sugars. Aiming for 30–60 minutes of physical activity most days of the week can make a big difference and help you lose weight.

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



## Quick Chicken Rice Soup

### Ingredients:

- 4 cups water
- 4 cups low-sodium chicken broth
- ½ cup white rice or quick-cooking brown rice or precooked rice
- 1 cup cooked and chopped chicken
- 2 cups mixed vegetables (fresh, frozen, or canned, drained and rinsed)
- 1 teaspoon oregano &/ or thyme
- ¼ teaspoon black pepper

### Directions

- In a large saucepan, bring water and broth to a boil. Add the rest of the ingredients.
- Reduce heat to simmer, cover, and cook for 20 minutes or until the rice and vegetables are tender if using fresh produce or uncooked rice. Cooking time can be reduced if using frozen, canned or pre-cooked rice.
- Refrigerate leftovers and use within 3 days or freeze for longer storage.
- For variety, try other seasonings, such as rosemary or crushed red pepper.



## Wellness Bingo

Try an Exercise Video	Swap Sugary Drink for Water	Eat a Veggie	Try a New Food
Try a Whole-Grain Snack	Focus on Your Breathing	Call a Friend	March in Place
Take a 10-Minute Walk	Snack on crunchy Veggies	Go Outside	Stretch for 5 Minutes
Drink 3 Glasses of Water	Have a Cup of Tea	Do 10 Leg Lifts	Eat a Fruit

Recipe adapted from

<https://foodhero.org/recipes/quick-chicken-rice-soup>

Keep taking NOURISH Steps and learn more about Metabolic Syndrome at  
<https://www.nhlbi.nih.gov/health/metabolic-syndrome>



***If you want more pep, take a NOURISH Step!***  
 For more information visit: [gwaar.org/nourishstep](https://gwaar.org/nourishstep)  
 GWAAR Nutrition Team Pam VanKampen, RDN, CD 1/2026





Jody Kirchner  
Meals Coordinator

# January Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
For meal site reservations, please call by 2 p.m. the business day before.	<i>Menus are subject to change</i>	Please make cancellations for home delivered meals by 8:30 a.m.	1 Closed for Holiday	2 Glazed Ham Baked Sweet Potato Baked Beans WW Roll Fruit
5 Vegetable Soup Cottage Cheese WW Roll Fruit Chocolate Chip Cookie Bar	6 Swiss Steak Baked Potato/sour cream Baked Beans Mandarin Oranges WW Roll	7 Swedish Meatballs over Noodles Dill Carrots Mixed Fruit Jello Cake	8 Roasted Turkey Mashed Potatoes/Gravy Green Bean Casserole Cranberry Relish Pumpkin Bar	9 Lemon Parsley Cod Whipped Sweet Potatoes Roasted Broccoli Pears WW Roll
12 Biscuits and Gravy Veggie Eggs with Spinach Oranges Apple Juice	13 Meatloaf Baked Potato Mixed Vegetables Apple Slices WW Roll	14 Tuna Noodle Casserole Carrots Mixed Fruit WW Roll Pudding	15 BBQ Chicken Roasted Potatoes Baked Beans Peaches WW Roll Fruit	16 Broccoli Cheese Soup Cottage Cheese Garden Salad WW Roll Fruit
19  Closed for Holiday	20 Cornflake Chicken Mashed Potatoes/Gravy Broccoli Peaches WW Roll Pudding	21 Turkey Shepards Pie Garden Salad Peaches Birthday Brownie	22 Glazed Pork Loin Mashed Potatoes/Gravy Garlic Green Beans Pears WW Roll	23 Goulash Mixed Vegetables Hot Cinnamin Apples WW Roll
26 Baked Potato with Chili, Onions, & Cheese Mixed Vegetables WW Roll Pears	27 Shredded Pork/Bun Roasted Sweet Potatoes Baked Beans Oranges Banana Bar	28 Baked Cod Baked Potato/Sour Cream Coleslaw WW Roll Pineapple	29 BBQ Ham Steaks Baked Sweet Potato Baked Beans WW Roll Mixed Fruit	30 Chicken Alredo Green Beans Garlic Toast Pineapple Cookie



# 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

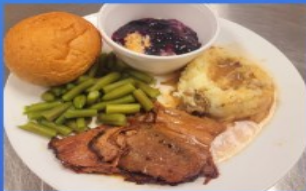
\*Photos are of meals served at meal site.



Tuna Noodles & Salad



Pork Loin & Gravy



Garlic Rosemary Beef Roast



Chef's Salad & Garden Vegetable Soup

## 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.

## News for You

### From Your Disability Benefit Specialist Brittany Mainwaring



<https://dwd.wisconsin.gov/news/stories/250203-dvr-services.htm>

#### How DVR Services Offered One Man a Change in Direction



Jack Brunslík poses for a photo with his daughter, Sara, at her high school graduation ceremony in May 2024.

VERNON COUNTY – Jack Brunslík had spent his career in the heating, ventilation, and air conditioning (HVAC) industry until a sudden, life-changing event led him in an entirely new direction. In 2021, Jack experienced a stroke during a planned surgery. As he recovered, two more strokes followed, ultimately resulting in a spinal cord injury that left him with permanent paralysis from the waist down.

For Jack, and many others in similar situations, adapting to the physical limitations and challenges that come with such an injury can be overwhelming. When faced with such changes to both career and everyday life, reaching out for help can make a profound difference.

After learning about the Wisconsin Department of Workforce Development (DWD) Division of Vocational Rehabilitation (DVR) through his long-term care agency, Inclusa, Jack reached out to DVR to explore new career possibilities.

With the help of DVR counselors and specialists, Jack applied for and received support through the [DVR Training Grant](#) and [Career Pathways Advancement \(CPA\) Initiative](#). The funding enabled him to pursue an educational degree and make necessary vehicle modifications, allowing him to drive again.

Jack, who lives in rural Vernon County, began his new educational journey in fall 2022 at Western Technical College. Thanks to DVR services and funding from a U.S. Department of Education Career Pathways Advancement (CPA) Initiative grant, Jack obtained his driver's license again and modified his vehicle to include a wheelchair lift and hand controls, allowing him to drive his van to attend classes in person.





With support from DVR, Jack Brunslík's vehicle modifications included a wheelchair lift and hand controls.

"Jack ultimately decided upon a career path he had considered in the past – a degree in Architectural Technology that would allow him to work as a draftsman," said Lori Mohring, Jack's DVR Counselor. Jack excelled in his studies and graduated with an associate degree in May 2024. After several months of working with an employment specialist, in August 2024 he began his new career as a draftsman with Cleary Building Corporation, where he remains successfully employed today.

This new career has also given Jack the opportunity to advocate for other individuals with disabilities. Drawing on his own experiences navigating physical challenges, Jack is in a unique position to design home and building modifications that comply with the Americans with Disabilities Act (ADA), improving accessibility for those with similar mobility limitations.

Jack is among the roughly 18,000 Wisconsin workers with disabilities receiving services from DVR at any given time. DVR offers a range of services, including training, internships, assistive technology, interviewing assistance, and on-the-job support across 38 locations statewide.

"After working with DVR, I was able to transform my career and my life," said Jack. "I am not typically a person who asks for assistance and working with this program helped me rethink my ways. I hope my story can help inspire someone else who may need similar services to reach out to DVR."

DVR counselors are based throughout Wisconsin and travel to serve individuals in all parts of the state. Wisconsin residents with disabilities who would like to find a job, keep a job, or advance their career can get assistance by calling DVR toll free at 800-442-3477, emailing [dvr@dwd.wisconsin.gov](mailto:dvr@dwd.wisconsin.gov), or by visiting [DVR's website](#).



## 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



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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.



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## TUESDAY AFTERNOON MOVIES



FEATURED FILM:

**FLORANCE NIGHTINGALE**

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NEXT MOVIE:

**JANUARY 27TH  
1:00 P.M.**



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Preventing Medicare Fraud



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



**Kelli Brooks**

## Information & Assistance

### From your ADRC Specialists



**Susan Myers**

## Snow Removal Safety Tips

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

As we approach this very long Wisconsin winter, it is important to remember some tips to keep you safe when shoveling or using a snowblower to remove snow. During winter, there is always a risk of slipping and falling on ice. It is especially dangerous when that ice is hidden underneath freshly fallen snow. Shoveling heavy snow can also cause back, shoulder, knee and other orthopedic injuries.

Additionally, shoveling or pushing a snow blower can cause a sudden increase in blood pressure and heart rate, and the cold air can cause constriction of the blood vessels and decrease oxygen to the heart. All of these factors can increase strain on the heart and can trigger a potentially fatal heart attack.

### **Safety tips to help prevent falls & orthopedic injuries:**

See what you are shoveling/snow blowing. Make sure that your hat or scarf does not block your vision. Watch for ice patches and uneven surfaces. Avoid falls by wearing shoes or boots that have slip-resistant soles. Watch for black ice and ice under freshly fallen snow, and “walk like a penguin” until you are sure that the surface where you are walking is not icy.

Use a shovel that is comfortable for your height and strength. Do not use a shovel that is too heavy or too long for you. Consider buying a shovel that is specially designed to prevent too much stooping. Space your hands on the tool grip to increase your leverage.

Warm up your muscles. Shoveling can be a vigorous activity. Before you begin, warm up your muscles for 10 minutes with light exercise.

When possible, push the snow instead of lifting it. If you must lift, take small amounts of snow, and lift it with your legs: Squat with your legs apart, knees bent and back straight. Lift by straightening your legs, without bending at the waist. Then walk to where you want to dump the snow; holding a shovelful of snow with your arms outstretched puts too much weight on your spine.

Do not throw the snow over your shoulder or to the side. This requires a twisting motion that stresses your back.

### **Safety tips to help prevent heart attacks:**

Check with your doctor. Because this activity places high stress on the heart, speak with your physician first. If you have a medical condition or do not exercise regularly, consider hiring someone to remove the snow.

Talk to your doctor about an aspirin regimen or ask your doctor about taking a low dose of aspirin before you shovel.



Dress appropriately. Light, layered, water-repellent clothing provides both ventilation and insulation. It is also important to wear the appropriate head coverings, as well as mittens or gloves and thick, warm socks. Cover your mouth to help prevent breathing cold air. Take a break if you feel yourself getting too hot or too cold.

Clear snow early and often. Begin when a light covering of snow is on the ground to avoid trying to clear packed, heavy snow. However, avoid shoveling immediately after you awaken as most heart attacks occur early in the morning when blood is more prone to clotting. Wait for at least 30 minutes and warm up your muscles before starting by walking for a few minutes or marching in place.

Pace yourself. Take frequent breaks and replenish fluids to prevent dehydration. If you experience chest pain, shortness of breath or other signs of a heart attack, seek emergency care.

Do not eat a heavy meal before or soon after shoveling because blood gets diverted from the heart to the stomach and can put extra strain on the heart.

Do not drink coffee or smoke for at least one hour before or one hour after shoveling or during breaks. These are stimulants and elevate your blood pressure and heart rate.

Do not drink alcohol before or immediately after shoveling. Alcohol can increase a person's sensation of warmth and may cause you to underestimate the extra strain your body is under in the cold.

Watch for warning signs of a heart attack: lightheadedness, dizziness, being short of breath, or if you have tightness or burning in your chest, neck, arms or back. If you think you are having a heart attack, call 911.

#### **Safety tips for using a snowblower:**

Never stick your hands or feet in the snow blower. If snow becomes too impacted, stop the engine and wait at least five seconds. Use a solid object to clear wet snow or debris from the chute. Beware of the recoil of the motor and blades after the machine has been turned off.

Do not leave the snow blower unattended when it is running. Shut off the engine if you must walk away from the machine.

Watch the snow blower cord. If you are operating an electric snow blower, be aware of where the power cord is at all times, so you do not trip and fall.

Add fuel before starting the snow blower. Never add fuel when the engine is running or hot. Do not operate the machine in an enclosed area.

Read the instruction manual. Prior to using a snow blower, read the instruction manual for specific safety hazards, unfamiliar features, and whenever attempting to repair or maintain the snow blower.



## **Just for You**

**From your Elder Benefit Specialist,  
Ashley Greene**

### **2026 Medicare Costs**

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

The Centers for Medicare & Medicaid Services (CMS) recently released the 2026 premiums, deductibles, and coinsurance amounts for Medicare Part A and Part B as well as the 2026 income-related monthly adjustment amounts for Part B, Part B-ID, and Part D.

#### Medicare Part A Costs

Most Medicare beneficiaries do not have to pay a Part A premium because they paid Medicare taxes while working for long enough to qualify for premium-free Part A. This usually means they worked for at least 10 years. People who do not qualify for premium-free Part A may be able to buy it by paying a monthly premium. In 2026, the premium will either be \$311 or \$565 each month, depending on how long a beneficiary or beneficiary's spouse worked and paid Medicare taxes.

Part A covers inpatient hospitalizations, skilled nursing facility care, hospice, inpatient rehabilitation, and some home health care services. The Part A inpatient hospital deductible covers the first 60 days of inpatient hospital care in a benefit period. Beneficiaries must pay a coinsurance amount for additional days of hospital care. For skilled nursing facility care, beneficiaries do not pay anything for the first 20 days, but they must pay a daily coinsurance for days 21 through 100. In 2026, these costs will be as follows:

- Inpatient hospital deductible: \$1,736
- Daily hospital coinsurance for 61st-90th day: \$434
- Daily hospital coinsurance for lifetime reserve days: \$868
- Skilled nursing facility daily coinsurance for 21st-100th day: \$217

#### Medicare Part B Costs

Part B covers physicians' services, outpatient hospital services, some home health care services, durable medical equipment, and some other services that are not covered by Part A. In 2026, beneficiaries enrolled in Part B will pay a monthly premium of \$202.90. In addition, they will pay an annual deductible of \$283. Individuals whose full Medicare coverage ended 36 months after a kidney transplant and who do not have other insurance that covers immunosuppressive drugs, may enroll in the Part B Immunosuppressive Drug (Part B-ID) benefit. This benefit only covers immunosuppressive drugs. It does not cover any other items or services. In 2026, beneficiaries enrolled in Part B-ID will pay a monthly premium of \$121.60.

#### Income-Related Monthly Adjustment Amounts for Part B, Part B-ID, and Part D

Beneficiaries who are on Medicare and who have higher incomes may have to pay a higher monthly premium



amount for their Part B, Part B-ID, and prescription drug coverage. These higher premiums are called “Income-Related Monthly Adjusted Amount” (IRMAA). Fewer than 5 percent of people with Medicare will pay an IRMAA, so most people are not affected.

Whether a beneficiary must pay an IRMAA depends on the beneficiary’s tax filing status and yearly income from two years ago. That means that in 2026, an IRMAA will be based on the beneficiary’s 2024 tax return, as shown in the table below.

If your yearly income in 2024 was:			You pay each month (in 2026) for <u>Part B</u>	You pay each month (in 2026) for <u>Part B-ID</u>	You pay each month (in 2026) for <u>Part D</u>
File individual tax return	File joint tax return	File married & separate tax return			
\$109,000 or less	\$218,000 or less	\$100,000 or less	\$202.90	\$121.60	Plan premium
above \$109,000 up to \$137,000	above \$218,000 up to \$274,000	Not applicable	\$284.10	\$202.70	\$14.50 + plan premium
above \$137,000 up to \$171,000	above \$274,000 up to \$342,000	Not applicable	\$405.80	\$324.30	\$37.50 + plan premium
above \$171,000 up to \$205,000	above \$342,000 up to \$410,000	Not applicable	\$527.50	\$445.90	\$60.40 + plan premium
above \$205,000 and less than \$500,000	above \$410,000 and less than \$750,000	above \$109,000 and less than \$391,000	\$649.20	\$567.50	\$83.30 + plan premium
\$500,000 or above	\$750,000 or above	\$391,000 or above	\$689.90	\$608.10	\$91.00 + plan premium



“Forget me Not-Notes”  
From Pam Kul-Berg  
Brain Health Enthusiast



# Dementia Live & Caregiver Training

**Date:** Wednesday,  
February 25th  
**Time:** 1:00pm-2:30pm  
**Location:**  
**Cafe Hope**  
**120 N. Beaumont Rd.,**  
**Prairie du Chien**



Dementia Live is a unique opportunity for family caregivers to briefly, yet movingly, experience the challenges and struggles of a person living with dementia followed by discussion.

**Free to  
participate!**

**Registration is required.**  
**Call Pam, Dementia Care Specialist,**  
**at 608-548-3954 to register!**







# 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

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





# SCAM ALERT



Office of the Inspector General  
SOCIAL SECURITY ADMINISTRATION

FOR IMMEDIATE RELEASE

July 31, 2025



## Unexpected Call or Message? Think Scam First



Beware of scammers pretending to be with the **Social Security Administration (SSA)** or the **U.S. Department of Justice (DOJ), Office for Victims of Crime (OVC)**.

Stay skeptical and think scam anytime you get an unexpected or unsolicited call, message, or letter.

The SSA Office of the Inspector General (OIG) and **OVC** are advising the public to watch out for government imposter scams. Neither SSA nor OVC will demand money from you or threaten you with legal or criminal action if you do not pay. **Government officials and law enforcement agents will never pick up money at your door or in any type of exchange.** For example, scammers may represent themselves as SSA OIG agents and request that you meet them in person to hand off cash.

"Scammers continue to exploit fear and confusion by impersonating trusted government agencies like SSA and OVC," said Michelle L. Anderson, Acting Inspector General for SSA. "We urge citizens to be vigilant, and to always question unexpected calls, texts, emails, or letters, and report suspected scams immediately."

### Key Warning Signs of a Scam

- Unexpected communication by phone call, text or social media message, email, or letter in the mail warning of a problem or offering a prize.
- Pressure in the form of threats, demands, or limited time offers.
- Payment requests of cash, gift cards, gold bars, prepaid debit cards, wire or money transfer, and cryptocurrency.

### How to Protect Yourself

- Stop. Think scam. Talk to someone you trust before paying.
- Visit [ssa.gov/scam](https://ssa.gov/scam) to report Social Security-related scams and learn more.
- Stay up to date on the latest scam warnings and tactics by following SSA OIG on **X**, **Facebook**, and **LinkedIn**.
- Visit the **Federal Trade Commission** for consumer protection tips.



### These Are Scams!

- Claims that a law enforcement officer will pick up payment in person.
- Offers to "protect" your money by transferring it.
- Using the real name of an official listed on a government website.
- Official looking documents or pictures.
- Requests for personal information, such as your Social Security number.
- Threats to suspend your Social Security number or arrest you.
- Demand for secrecy.



Members of the press may make inquiries to Social Security OIG at [oig.press@ssa.gov](mailto:oig.press@ssa.gov)

Connect with us on social media:

