



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



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!

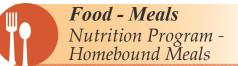
Help Finding Services ADRC Specialist

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.



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.



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

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 2nd and 4th 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.



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

Fourth Tuesday of the Month at 1 pm.



NEXT MOVIEJULY 22ND!

FREE ADRC transportation for those 60+ Call today to reserve your seat! 608-326-0235



FEATURED FILM:

WICKED



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

Next Movie:

Return of the Secaucus Seven (1979) (R)

Friday, June 11th

7 PM

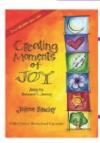
FRESH POPCON AND REFRESHMENTS PROVIDED BY THE KICKAPOO EXCHANGE NATURAL FOODS COOP AT SPECIAL LOW PRICES

Bringing Hope & Light to the Dementia Journey Conference

FREE conference for: All those impacted by dementia or interested in the cause!

Wednesday, August 13th, 2025
First Free Church
123 Mason St. Onalaska, WI 54650
8:30am-3:15pm





Keynote Speaker:

Jolene Brackey, Author of Creating Moments of Joy FREE day of learning & onsite respite!

Breakout Sessions:

- Using Meditation to Live Better with Cognitive Decline
- Embracing the Journey: Practical Tips & Laughter
- TimeSlips Engagement Party
- Persons Living Mild Cognitive Impairment or Dementia with Panel
- · Living Well with Dementia
- Caring with Confidence: Everyday Skills for Family Caregivers
- Minds in Motion: Sessions for the Brain, Body, & Soul

Registration Options

- Register online: Click here
- Use QR Code
- Register by phone: 715-343-6275

Deadline for Registration: July 25th



Sponsors:

















The ADRC will be providing free transportation to this event.

To book your spot, call us at 608-326-0235!

Space is limited!



Take a NOURISH Step!

July: "Nourish to Flourish:

A Month of Kindness Friendship & Fresh Flavors"

July is bursting with opportunities to nourish both body and soul! As we celebrate Watermelon & Blueberry Month and enjoy simple joys like a Teddy Bear Picnic, let's also embrace self-kindness on Compliment Your Mirror Day, let go of burdens during Global Forgiveness Week, and cherish the connections that lift us up on the Day of Friendship (7/30).

Wellness starts with what we feed ourselves—physically, emotionally, and socially.

July is Watermelon & Blueberry Month & Arthritis Awareness Month.

July is Watermelon and Blueberry Month—two antioxidant-rich fruits that not only taste great but also help fight inflammation linked to arthritis. Their high levels of vitamins, hydration, and anti-inflammatory compounds can support joint health and reduce stiffness, making them a sweet choice for wellness this summer! Add them to salads, smoothies, or enjoy them fresh for a delicious way to support heart health, brain function, and glowing skin!

NOURISH Steps Tips to Reduce Inflammation

Use fresh garlic instead of salt or heavy sauces for bold, inflammation-fighting flavor. (Sodium Aware)

plain yogurt or oatmeal instead of using flavored versions. Adds antioxidants= less inflammation. (Understand)

July FUN Days!

7-3: Compliment Your Mirror Day

Yes, find something nice to say to yourself! 7-7 to 7-13:

7-7 to 7-13 Global

Forgiveness

Week

Use this week to forgive & let go of past hurts.

7-10: Teddy Bear Picnic Day

Get creative & make new memories.

7-30: Day of Friendship!

Call, write, visit or invite a friend to lunch.

More at brownielocks.com Snack on blueberries instead of sugary treats they're packed with antioxidants.

(Nutrient Dense)

88 8

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



Put Some "Pep" in Your Smoothie!

Berry-Bell Pepper Smoothie

Ingredients:

- 1 medium banana, peeled, fresh or frozen
- · 1 can (8 ounces) pineapple, drained
- ½ cup red bell pepper, seeded and chopped
- · 2 cups of frozen mixed berries
- 1 cup water



- Wash hands with soap and water.
- Rinse fresh fruits and vegetables under running water before preparing.
- Combine all ingredients in a blender or food processor.
- · Blend until smooth.
- · Serve Immediately.
- Refrigerate or freeze leftovers within 2 hours.
 (Up the protein with protein powder or Greek yogurt for part of the water).

Visit https://foodhero.org/recipes/ for more delicious recipes.

Hydration Tip: Host a Teddy Bear Tea Party!

Invite friends to bring their teddy bears and share fond memories. If you're on your own, enjoy the moment with your teddy bear and reflect on cherished past memories.



Teddy Bear Picnic

The Teddy Bear Picnic traces back to the 1900s, inspired by the beloved childhood toy named after President Theodore "Teddy" Roosevelt. The idea gained popularity thanks to the 1930s song "The Teddy Bears' Picnic".

Ways to Celebrate:

- Host a picnic with your favorite teddy bear and enjoy healthy snacks like fruit, cheese, and finger sandwiches.
- Read books or sing songs about teddy bears.

Simple Teddy Bear Craft: Paper Plate Bear Face



What You Need:

1 paper plate, Brown paint or crayons,
 Construction paper (brown, black, pink)
 Glue stick or tape, Scissors

Steps:

- Color or paint the paper plate brown this will be the bear's face.
- Cut out ears from brown construction paper and glue them to the top of the plate.
- 3. Add facial features:
 - Use black paper for the nose and eyes.
 - Add a small pink circle for the tongue or cheeks.
- 4. Draw on a smile with a marker or crayon.

If you want more pep, take a NOURISH Step!

For more information visit: gwaar.org/nourishstep



GWAAR Nutrition Team Pam VanKampen, RDN, CD 7/25





Jody Eick Meal's Coor<mark>dinator</mark>

July Menu

Questions?
Reservations?
Cancelations?

Call

608-326-0235

Mears Coordinator			608-326-0235	
MONDAY	TUESDAY	WEDNE\$DAY	THUR\$DAY	FRIDAY
Menus are subject to change	1 Hamburger gravy over Mashed Potatoes Mixed Vegetables Fresh Berries WW Roll Banana Bar	Crack Chicken Sandwich on WW Bun Roasted Sweet Potatoes Calico Beans Pears	3 Broccoli Soup Garden Salad Cottage Cheese Applesauce WW Roll	CLOSED 4th
7 Chicken Bacon Ranch Wrap Creamed Cucumbers Italian Pasta Salad Snicker Carmel Apple Salad	8 Turkey Ala King on a Biscuit Brussel Sprouts Pears Chocolate Chip Cookie Bar	9 Cobb Salad Mixed Fruit WW Roll Strawberry Cheesecake Fluff	10 Chili Mac California Blend Vegetables Peaches WW Roll	Pineapple Glazed Ham Whipped Sweet Potatoes Mixed Vegetables WW Roll Mandarin Oranges
14 Pulled BBQ Pork on WW Bun Sweet & Sour Coleslaw Dill Potato Salad Grape Salad	Pizza Casserole Garden Sald w/ Ranch Breadstick Fruit Pizza	16 Poor Mans Lobster Mashed Potatoes w/ gravy Glazed Carrots WW Roll Birthday Cake	17 Grilled Chicken Sandwich on WW Bun Baked Sweet Potatoes Baked Beans Apple Crisp	18 Hamburger Pie Asparagus Fresh Fruit WW Roll Fluff Orange Salad
21 Chef's Choice	22 Lasagna Green Beans Garlic Bread Pears	23 Chef Salad Mixed Fruit WW Roll Cookie	24 Swedish Meatballs Mashed Potatoes Four Bean Salad WW Roll Peach Cobbler	Chicken Salad w/ lettuce on WW Bread Fresh Veggie Salad BLT Pasta Salad Apple Slices & Dip
28 Honey Glazed Salmon Carrots Baked Potato Mixed Fresh Melon WW Roll	29 Deluxe Cheese Burger Mac Salad Broccoli Salad Pineapple	30 BBQ Baked Chicken Baked Potato Baked Beans Jello with fruit WW Roll	31 Loaded Baked Potato w/Chili, cheese, & onion Mixed Peas & Carrots WW Roll Apple Slices w/ Dip	For meal site reservations, please call by 2 p.m. the business day before.

Tuna Noodles & Salac



Pork Loin & Gravy



Garlic Rosemary Beef Roast



Chef's Salad & Garden Vegatable Soup

Join us for lunch!

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

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

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

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

608-326-0235

Meals Site Locations

Hoffman Hall 1600 S Wacouta Ave Prairie du Chien Gays Mills Community Center 16381 WI-131 Gays Mills

*Photos are of meals served at meal site.

Welcome to our Central Kitchen!

Did you know your mashed potatoes were made from scratch? For one meal, we have to wash forty pounds of potatoes and then boil them in a steamed kettle. The last step is to mix them with a floor standing mixer. We also use a gallon of milk and a pound of butter. We hope you enjoy your fresh homemade, mashed potatoes.







The Benefits of Being Outdoors

By the GWAAR Legal Services Team (for reprint)

Now is the time of year when we want to spend more time outside, and that is just what you should do. The warmth of springtime sunshine should entice you to get outside to enjoy it after the long, cold winter. Not only does the warmer weather feel good, but it's also beneficial. Time outside helps with vitamin D absorption, mental health, physical health, and socialization. With winter in our rearview mirror, we can focus on getting outside to take advantage of the many benefits that being outside offers.

Vitamin D

Your body needs vitamin D to help with the absorption of calcium. Vitamin D helps with bone density, your immune health, and can help reduce inflammation. Your body absorbs vitamin D from sunlight due to vitamin D receptor cells in your skin that help produce it. It is important to understand that prolonged exposure to sunlight and ultraviolet rays can lead to skin cancer. To avoid any risks, you should wear sunscreen when outside for prolonged periods.

Mental Health

Being outside can also benefit your mental health. Being out in nature can improve your overall mood. It lowers your levels of cortisol, your stress hormone, which reduces the harmful effects of stress and anxiety on your body. The sunshine and fresh air can reduce depression and improve your mood. Being outside can also help improve concentration and memory. Generally, enjoying the spring weather can positively affect your mental health.

Physical Health

The warm weather in spring makes it easier to get outside for exercise. Moderate-intensity exercise will help improve your overall health and should be an essential part of your routine. The spring weather allows for longer walks while also letting you enjoy beautiful flowers and scenery. Gardening or yard work can also count as exercise. Always ask your doctor what type of physical activity you should engage in. Even if you can't go for a long walk or do yard work, you can take short walks outside to receive the many advantages getting outdoors provides for your health.

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Socialization

Spring weather makes getting out of the house to socialize easier. Socialization helps to improve mood and happiness. Winter weather forces most of us to stay indoors, limiting our interactions with others. Isolation and loneliness can contribute to cognitive decline and dementia and increase your risk of heart disease, depression, and anxiety. Regular social contact can help improve both mental and physical health. Now that spring's warmer weather is here, it's easier to get out and find social activities. Being outdoors can help improve your mental, physical, and emotional health. You can take advantage of these benefits by taking a short walk, attending social events, or gardening. Whatever outdoor activity you choose to do will come with benefits to boost your mood and overall health.





PLANT AN EXTRA ROW! DONATIONS WELCOMED

DO YOU LIKE TO GARDEN BUT ALWAYS HAVE TOO MUCH? IF YOU HAVE AN ABUNDANCE OF PRODUCE AND DON'T KNOW WHAT TO DO WITH IT, PLEASE CONSIDER DONATING TO THE ADRC CENTRAL KITCHEN! OUR PROGRAM FEEDS SENIORS IN OUR COMMUNITY. ENJOY A HOBBY WHILE GIVING BACK!

DROP OFF ANY UNCLEANED OR UNCUT PRODUCE TO

The ADRC Kitchen 730 N State Street Prairie du Chien Mon-Fri 8 am-2pm ADRC
225 N Beaumont
Suite 117
Prairie du Chien
Mon-Fri
8 am-4:30 pm

Gays Mills
Community Center
16381 WI-131,
Gays Mills
Mon-Fri
10:30am -1pm





Driftless Area Wetlands Centre



Information & Assistance From your ADRC Specialists



Sun Protection Tips for Older Adults

By the GWAAR Legal Services Team (for reprint)

As summer begins, it is time to start thinking about protecting ourselves when we have fun in the sun. According to the Centers for Disease Control and Prevention (CDC), most cases of skin cancer occur in adults over 65, but fewer than half of older adults adequately protect their skin from the sun.

Sunscreen ingredients

- o Physical (mineral) sunscreen ingredients (including the minerals titanium dioxide and zinc oxide) reflect and scatter the rays (like a shield) before they penetrate your skin.
- o Chemical sunscreen ingredients (like avobenzone and octisalate) absorb UV rays (like a sponge) before they can damage your skin.

Are sunscreens safe?

While physical sunscreens may be less likely to cause skin irritation than chemical sunscreens, both types have been tested as safe and effective. In fact, many sun protection products available today combine both types of ingredients.

SPF & broad-spectrum protection

Choose a sunscreen with an SPF 30 or higher and one that protects from UVA and UVB rays (broad-spectrum). A sunscreen's SPF (sun protection factor) determines how well it can absorb and reflect the sun's rays. A sunscreen that is labeled SPF 30 absorbs or reflects 97% of the sun's burning rays. Broad-spectrum sunscreen is important because UVA rays penetrate the lower levels of the skin. They account for 95% of rays. UVB rays make up a smaller percentage of UV rays, but they cause most sunburns and sun damage.

Types of sunscreen products

Additionally, research shows there is very little difference in effectiveness between sunscreen sticks, sprays, gels, and creams. Buying several formats can make it easier to protect small or hard-to-reach body parts, such as the back of the ears. Sunscreen sticks are good for ears and noses and are also easy to take with you on bike rides and walks. Sprays and creams can cover larger surface areas more efficiently, such as the back, arms, and legs. Gels tend to adhere better on areas with hair, like the hairline and scalp.

Other considerations

It's also important to know that wearing sunscreen with a higher SPF does not mean you can stay outdoors longer without applying more. You'll still need to reapply it to protect your skin especially if you are swimming or sweating heavily, even if you are using a water resistant sunscreen. No sunscreen is waterproof; they all eventually wash off. Sunscreens labeled water resistant are tested to be effective for up to 40 minutes of swimming, while very water resistant sunscreens stay effective for up to 80 minutes in the water.

For more information visit:

https://www.cdc.gov/cancer/research/many-older-adults-dont-protect-their-skin-from-the-sun.html https://www.skincancer.org/skin-cancer-prevention/sun-protection/sunscreen/



This institution is an equal opportunity employer.

NIOR FARMERS NUTRITION PROGRAM

\$25 FREE

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

Contact the ADRC at 608-326-0235

- · 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.

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

Prairie du Chi<mark>en
Caregiver Support
Group</mark>

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



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

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

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Just for You

From your Elder Benefit Specialist,
Ashley Greene

Medicare Observation Status Appeals

By the GWAAR Legal Services Team (for reprint)

Observation status is when a hospital classifies a Medicare beneficiary as an outpatient under "observation" and then bills Medicare Part B (outpatient care) for services instead of Part A (inpatient care). This can happen even if the beneficiary remains in the hospital overnight. You are only considered "inpatient" when a doctor orders inpatient admission. An inpatient admission is generally appropriate when you're expected to need 2 or more overnights of medically necessary hospital care – the "two midnights" rule. Note that it is a forward-looking standard: was there a reasonable expectation at the time of the doctor's inpatient admission order that the patient needed medically necessary hospital care that will be longer than at least two midnights?

Being classified as outpatient versus inpatient can affect post hospitalization skilled nursing care, which typically requires a 3-day inpatient hospital stay. You can also end up with higher cost sharing when these services are billed under Part B instead of Part A.

The Centers for Medicare & Medicaid Services (CMS) requires hospitals to provide a Medicare Outpatient Observation Notice (MOON) to patients receiving care under observation status for more than 24 hours. The MOON explains how observation status may affect their costs and post-hospital care.

Thanks to a class action lawsuit brought by the Center for Medicare Advocacy (with co-counsel Justice in Aging and Wilson Sonsini Goodrich & Rosati) certain beneficiaries can now appeal a status change. However, only those beneficiaries who were admitted to the hospital as an inpatient but later had their status changed to outpatient can appeal. This rule will apply to hospital stays going forward, and affected beneficiaries can appeal past hospital admissions dating back to January 1, 2009.

Retrospective Appeals

To file a retrospective appeal regarding a previous hospital stay, you must meet all of the following requirements:

- You were admitted to the hospital as an inpatient between January 1, 2009 and February 13, 2025, and the hospital changed your status to outpatient during your stay.
- You got observation services in the hospital after the hospital changed your status to outpatient.
- You got a Medicare Summary Notice (MSN) for outpatient services for your hospital stay OR a Medicare Outpatient Observation Notice (MOON) for observation services during your hospital stay.

• This is the first time you're appealing for Medicare to cover services related to this hospital stay OR if you did appeal, you got a final decision AFTER September 4, 2011.

AND one of these statements also applies to you:

• You didn't have Medicare Part B (Medical Insurance) while you were in the hospital.

OR

• You stayed in the hospital for 3 or more consecutive days, but were an inpatient for less than 3 days, and you were admitted to a skilled nursing facility within 30 days after you left the hospital.

Otherwise, going forward, CMS has created a new notice, which is different from the MOON, for hospitals to give patients whose inpatient stay is being reclassified. This Medicare Change of Status Notice (MCSN) will include information on appeal rights. Patients will have the right to an expedited appeal by calling the Beneficiary and Family Centered Care-Quality Improvement Organizations (BFCC-QIO) number listed on the MCSN before leaving the hospital. Standard (non-expedited) appeals can be made at any time.

For more information on inpatient vs. outpatient hospital status, visit: https://www.medicare.gov/coverage/inpatient-hospital-care/inpatient-outpatient-status

And for more information on appealing a change in status, visit: https://www.medicare.gov/providers-services/claims-appeals-complaints/appeals/original-medicare/denial-part-a-hospital-status
You can also reference the following flowcharts:

Flowchart — Retrospective Appeals Process - https://medicareadvocacy.org/wp-content/uploads/2024/12/ Observation-Retroactive-Appeal-Flowchart.pdf

Flowchart — Prospective Appeals Process - https://medicareadvocacy.org/wp-content/uploads/2025/03/
Prospective-Appeals-Flowchart.pdf

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!



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

If I Get Dementia, I'd Like My Family to Hang This Wish List Up on the Wall Where I Live

I want them to remember these things:

- 1. If I get dementia, I want my friends and family to embrace my reality.
- 2. If I think my spouse is still alive, or if I think we're visiting my parents for dinner, let me believe those things. I'll be happier.
- 3. If I get dementia, don't argue with me about what is true for me versus what is true for you.
- 4. If I get dementia, and I am not sure who you are, do not take it personally. My timeline is confusing to me.
- 5. If I get dementia, and can no longer use utensils, do not start feeding me. Instead, switch me to a finger-food diet, and see if I can still feed myself.
- 6. If I get dementia, and I am sad or anxious, hold my hand and listen. Do not tell me that my feelings are unfounded.
- 7. If I get dementia, I don't want to be treated like a child. Talk to me like the adult that I am.
- 8. If I get dementia, I still want to enjoy the things that I've always enjoyed. Help me find a way to a baseball game, beach or visit with friends.
- 9. If I get dementia, ask me to tell you a story from my past.
- 10. If I get dementia, and I become agitated, take the time to figure out what is bothering me.
- 11. If I get dementia, treat me the way that you would want to be treated.
- 12. If I get dementia, make sure that there are plenty of snacks for me in the house. Even now, if I don't eat I get angry and may have trouble explaining what I need.
- 13. If I get dementia, don't talk about me as if I'm not in the room.
- 14. If I get dementia, don't feel guilty if you cannot care for me 24 hours a day, 7 days a week. It's not your fault, and you've done your best. Find someone who can help you.
- 15. If I get dementia, and I live in a dementia care community, please visit me often.

- 16. If I get dementia, don't act frustrated if I mix up names, events, or places. Take a deep breath. It's not my fault.
- 17. If I get dementia, make sure I always have my favorite music playing within earshot.
- 18. If I get dementia, and I like to pick up items and carry them around, help me return those items to their original place.
- 19. If I get dementia, don't exclude me from parties and family gatherings.
- 20. If I get dementia, know that I still like receiving hugs or handshakes.
- 21. If I get dementia, remember that I am still the person you know and love."
- Borrowed from a friends Facebook page whose father has dementia.

Source: La Crosse County community member Facebook

april-2025259367c9-5b43-463c-b283-0a448e3a564d.pdf



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

OF THE MONTH 1:00 PM - 2:00 PM Contact: Pam 608-548-3954 or Teresa 608-637-5201



1. Patriotic song often sung on Independence Day: Yankee ____.

of Independence was signed.

15. Open air meal popular on

16. Symbol of freedom located

in the New York City Harbor:

17. Number of original colonies

that declared independence.

independence: The ___ War.

Declaration of Independence:

19. Fight for American

20. Famous signer of the

flag, stars and ____.

July Fourth.

Statue of .

John

11. Nickname for the American

- 2. National anthem of the United States: The Star-Spangled ____.
- 3. The day of the month on which America declared its independence.
- 5. Founding document of the United States: The Declaration of . .
- 8. First President of the United States.
- 9. Cooking outdoors on a grill.
- 12. Light show often seen on the 4th of July.
- 13. Month in 1776 when the Declaration of Independence was

- States.
- 18. Commonly consumed food on July 4th.

