June 2025
Eagle News & Views

ADRC
Aging & Disability Resource Center
of Eagle Country

Welcome to June!

We at the ADRC can't believe it's already the month of June. We are quickly going through the year, and June signifies the start of Summer.

- Happy Father's Day – June 15th
- First day of Summer – June 20th

We are excited to take the Prairie du Chien Meal Site to the Park on June 25th and hope to see many of you there. If you are 60 or older, grab your sunscreen and meet us at Lawler Park!

Recently, Aging & Disability Resource Centers are being advertised on commercials, billboards, and radios as a push to remind Wisconsin residents we are available wherever you are! Our ADRC Specialists are here to serve you regardless of your income or your eligibility for other programs. We can answer your questions and help you find the resources you're looking for.

All of us throughout our various programs are excited to continue serving Crawford County, and we look forward to hearing from you should you need us.



Take care & be well!

Nicole Baumeister
ADRC Director

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

Staff:

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

ADRC of Eagle Country

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.

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

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.

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.

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

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

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

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

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

MISSION STATEMENT:

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

ADRC TRANSPORTATION

SCHEDULE

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

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

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

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

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



Available to Crawford County Residents 60+ & disabled adults.



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

Cab Subsidy Program

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



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

PHONE: 608-326-0235

PRAIRIE DU CHIEN MEMORIAL LIBRARY PRESENTS

TUESDAY AFTERNOON MOVIES

Fourth Tuesday of the Month at 1 pm.



NEXT MOVIE JUNE 24TH!

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

FREE MOVIE & REFRESHMENTS



FEATURED FILM:

THE WIZARD OF OZ



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

Next Movie:
The Celluloid Closet (1996) (R)
Friday, June 6th
7 PM

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

FREE SUMMER MUSIC SERIES

CONCERTS ON THE RIVER

We will be offering free concerts with the area's top musical talents. Those planning on attending are encouraged to bring family and friends with blankets, lawn chairs, and snacks as you'll really enjoy these casual evenings of entertainment Thursday Nights 6:30-8pm at Lawler Park Gazebo South. For more information contact the PDC Parks & Recreation Dept. at 608-326-7207.



SPONSORED BY:

JONES ACCOUNTING SERVICES SINCE 1957
BOBBY JONES
(608) 326-6416

BASE CAMP COUNTRY REAL ESTATE
JEFF LONG

GREAT LOCAL MUSICIANS INCLUDE...

JUNE 5: 16 STRINGS AND A STICK - Crisse is back with her fiddle and Mark "Tunes"Glassbrenner with his guitar, and they will get your toes tapping and your hands clapping playing a mix of Country, Celtic, Bluegrass, and Gospel!

JUNE 12: SMOKING GUN SHOWDOWN - Established in 2015, Smoking Gun Showdown is a country/rock band performing all your favorites! This concert will be held at the Fire Association Shelter. (6:00 pm start)

JUNE 19: GTP ROCK - Get ready to ROCK with this three-piece band from Iowa, as they bring you music, you're sure to know from the 70's, 80's, and 90's! You won't be able to resist jumping up and dancing as they crank it up and play your favorites!

JUNE 26: 132D ARMY BAND - Military bands have a long tradition of supporting and entertaining service members and civilians with music. In Wisconsin, the Army National Guard's 132D Army Band keeps the tradition alive and thriving with approximately 40 citizen-Soldier-musicians who travel the state, the country, and even the world with a variety of music.

JULY 3: BIG BLUE SKY - Their musical style includes the influence of folk, bluegrass, and reggae. This 4-piece band's musical writing comes from the inspiration of wild places and a celebration of our natural heritage.

JULY 10: DYLAN HARRIS & GOOD COMPANY - We all know Dylan Harris from introducing our bands and sponsors here at Concerts on the River. Many of us also know him for his energetic concerts and his busy schedule as an open jam host (at the Tavern here in Prairie and elsewhere, too). His special blend of rock, country, and American music is online, and he has a new album coming out – the release party is at the Sawmill Saloon on Saturday afternoon, July 12th!

JULY 17: TAVERN STRING BAND - "More Legend than Band." An eclectic mix of outlaw country, obscure classics, and clever originals performed by a group of local ne'er-do-wells. "Bring your dancing shoes!"

JULY 24: JULIAN PRIMEAUX BAND - Is a Grammy-nominated artist and has been inducted into the Louisiana Music Hall of Fame from Lafayette, Louisiana. This concert is part of Bluesfest and will be held at the grounds. This is free to the public with a 6:30 PM start. No carry-ins of food or drinks..

JULY 31: NICE GUYS AND A DIRTY MIND - The area's top Rock cover band plays a variety of your favorite songs by The Beatles, The Doobie Brothers, Eagles, Queen, and many more!

AUGUST 7: DRIFTLESS MAGNOLIAS - formed in June 2023, this duo consists of Chellanie and Tisha. This duo plays covers and original music, including old and new country, and interacts with the crowd.

AUGUST 14: TED & ALICE MILLER - An award-winning husband and wife Folk/Americana songwriting duo that hails from Northeast Nebraska. Living in the Midwest countryside lends itself to songwriting inspired by the native landscape and nature as much as it does the ebb and flow of life in rural communities.



Take a NOURISH Step!

June: *Remember…*Berries, Beans, & Leafy Greens. MIND Diet

June FUN Days!

6-1: Say Something Nice Day
Compliment someone!

6-6: YoYo Day
Buy one and try your old moves or share a story.

6-13: Roller Coaster Day
Share a memory.

6-23: "Let it Go" Day
Let go of a grudge; it negatively affects your health. Forgive.

More at brownielocks.com

June is ***Brain Awareness Month***, a perfect time to highlight the powerful connection between nutrition, hydration, and brain health.
Staying well-nourished and hydrated supports cognitive function, memory, and mood, especially as we age.
The **MIND diet**—***Mediterranean-DASH Intervention for Neurodegenerative Delay***—focuses on brain-boosting foods like leafy greens, berries, nuts, whole grains, and omega-3-rich fish while limiting sugar, saturated fats, and processed foods. Studies show it can reduce the risk of cognitive decline and improve overall brain health.
Combining these nutrient-rich foods with proper hydration can enhance your brain health.

June is Dairy and Fruit & Veggie Month.
National Hydration Day is June 23rd!

Fruits and vegetables, especially berries and leafy greens, are rich in antioxidants and vitamins that protect brain cells and support cognitive function. Dairy products like milk, yogurt, and cheese provide essential nutrients like calcium and vitamin D, which contribute to brain health and overall nervous system function. Enjoy delicious summer fruits & veggies this month.

Brain Health NOURISH Steps Tips

Swap butter or margarine with olive oil in cooking. (Omega-3s & Healthy Fats)

Add Berries to yogurt, cereal, salads, smoothies, or enjoy on their own! (Nutrient Rich)

BEANS!! Toss into salads, soups, or swap any variety of beans for meat in tacos or chili. (Increase Protein & Fiber)



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

GWaar Greater Wisconsin Agency on Aging Resources, Inc.

For more information visit: gwaar.org/nourishstep

Enjoy a Refreshing Summer Salad

Mediterranean-Inspired Garbanzo Bean Salad



Ingredients:

- One small cucumber, quartered
- 1/4 medium red onion, diced
- 1 cup halved grape or cherry tomatoes
- 1 can (~15 oz) of garbanzo beans/chickpeas, drained
- 1/4 cup pitted, sliced Kalamata olives, drained
- 1/4 cup of oil and vinegar-based Greek salad dressing
- 1/3 cup fat-free Feta cheese crumbles
- ¼ tsp ground pepper

Directions

1. In a large bowl, combine beans, cucumber, tomatoes, onion, and olives.
2. In a separate bowl, combine dressing, white pepper, and Feta cheese.
3. Add dressing mixture to the beans and vegetables and gently stir until the vegetables and beans are fully coated.
4. OPTIONAL—Up the protein with a dollop of plain Greek yogurt. Garnish with pepperoncini pepper.

Visit **Cannedbeans.org** for more delicious and brain boosting recipes.

Solve the Brain Teasers

1. I have hands, but no feet._____
2. I have a mouth, but can't eat. _____
3. I have teeth, but you don't have to brush me. __
4. I have legs, but can't walk_____
5. I'm light as a feather, yet the strongest person can't hold me for very long. What am I?_____
6. What has keys but can't open locks?_____

Match the Answer to the Question Above.

A. Your breath
B. Clock
C. A Chair
D. A Jar
E. A Piano
F. A Comb



Puzzle created at Wordmint.com

Hydration Tip:

Enjoy Sun Tea during Ice Tea Month

Add 8 tea bags per 1 gallon of water. Use any combination of tea bags you like. Sweeten with a honey if desired. Garnish with citrus, cucumbers, berries or fresh herbs.



Answers to Brain Teasers:

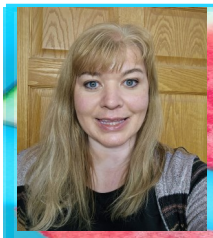
1. B. Clock 2. D. A Jar 3. F. A comb. 4. C. A Chair. 5. A. Your Breath. 6. E. A Piano.

***If you want more pep, take a* NOURISH Step!**

For more information visit: gwaar.org/nourishstep

GWAAR Nutrition Team Pam VanKampen, RDN, CD 6/25

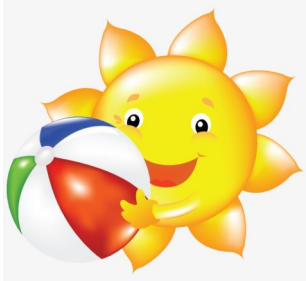




Jody Eick
Meal's Coordinator

June Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Pizza casserole Garden salad w/ ranch Bread Stick Fruit Pizza	**3** Poor Man's Lobster Mashed Potatoes w/ Gravy Glazed Carrots WW Roll Strawberry Shortcake	**4** Grilled Chicken w. lettuce & tomato on WW Bun Baked Sweet Potato Baked Beans Apple Crisp	**5** Hamburger Pie Asparagus Fresh Fruit WW Roll Fluff Orange Salad	**6** Lasagna Green Beans Garlic Bread Pears
9 Chef Salad Mixed Fruit WW Roll Cookie	**10** Swedish Meatballs Mashed Potatoes Four Bean Salad WW Roll Peach Cobbler	**11** Chicken Salad w/ lettuce on WW Bread Fresh Veggie Salad BLT Pasta Salad Apple Slices & Dip	**12** Honey Glazed Salmon Carrots Baked Potato Mixed Fresh Melon WW Roll	**13** Deluxe Cheese Burger Macaroni Salad Broccoli Salad Pineapple
16 BBQ Baked Chicken Baked Potato w/ Sour Cream Baked Beans Jello w/Fruit WW Roll	**17** Loaded Baked Potato w/Chii, Cheese & Onions Mixed Peas & Carrots WW Roll Apple Slices w/dip	**18** Creamy Veggie Mac & Cheese Garden Salad Greek Yogurt Parfait WW Roll Birthday Cake	**19** Beef Stew Roasted Broccoli Mixed Fruit WW Roll Zucchini Bar	**20** Roasted Turkey & Gravy Mashed Potatoes Dill Carrots Hot Cinnamon Apples WW Roll
23 **Chef's Choice**	**24** BBQ on WW Bun Potato Salad Tomato Cucumber Salad Pears Brownie	**25 Picnic Day!** Turkey/Swiss Sandwich on WW Bread BLT Pasta Salad Broccoli Salad Cookie Sliced Apples	**26** Beef Taco Salad Fresh Salsa & Chips Grapes No Bake Cherry Cheesecake	**27** Ham and Bean Soup Garden Salad WW Roll Oranges
30 Tuna Salad w/lettuce on WW Bread Peas and Cheese Salad Carrots, Celery & Dip Banana		**For meal site reservations, please call by 2 p.m. the business day before.**	*Menus are subject to change*	**Please make cancellations for home delivered meals by 8:30 a.m.**



Tuna Noodles & Salad



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.

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

ADRC
Aging & Disability Resource Center of Eagle Country



Summer Safety

Summer Safety Summer safety focuses on preventing accidents and health problems associated with the warmer weather. Key areas include heat safety, sun protection, water safety, and food safety. It's crucial to stay hydrated, avoid sun exposure during peak hours, and take precautions around water to ensure a safe and healthy summer.

Here's a more detailed breakdown of summer safety tips:

1. Heat Safety:
   - **Stay Hydrated**: Drink plenty of water throughout the day, even if you don't feel thirsty.
   - **Avoid the Sun**: Limit outdoor activities during the hottest part of the day (typically between 10 a.m. and 4 p.m.).
   - **Cool Down**: Seek shade and cool indoor spaces to reduce heat exposure.
   - **Recognize Heat Exhaustion**: Be aware of symptoms like dizziness, nausea, and fatigue.
   - **Never Leave Children or Pets in Cars**: Even with windows open, cars can quickly become extremely hot and dangerous.
   - **Dress Appropriately**: Wear lightweight, light-colored clothing to help regulate body temperature.

2. Sun Safety:
   - **Use Sunscreen**: Apply broad-spectrum sunscreen with SPF 30 or higher at least 30 minutes before sun exposure.
   - **Wear Protective Clothing**: Hats, sunglasses, and long sleeves can help block harmful UV rays.
   - **Seek Shade**: Find shade whenever possible, especially during the hottest parts of the day.

3. Water Safety:
   - **Supervise Children:** Always supervise children near water, including pools, lakes, and oceans.
   - **Wear Life Jackets**: Encourage the use of life jackets, especially for those who are not strong swimmers.
   - **Learn CPR:** Knowing CPR can be life-saving in emergency situations.

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4. Food Safety:
    - **Wash Hands**: Wash hands thoroughly before preparing food.
    - **Separate Raw and Cooked Meats**: Use separate cutting boards and utensils for raw and cooked meats to prevent cross-contamination.
    - **Cook Food to Safe Temperatures**: Use a food thermometer to ensure food is cooked to the proper internal temperature.
    - **Cool Food Quickly**: Cool cooked foods quickly and refrigerate them within two hours.
5. Other Summer Safety Tips:
    - **Be Aware of Mosquitoes and Ticks**: Take precautions to avoid bites and diseases transmitted by these insects.
    - **Be Careful with Fireworks**: Never give fireworks to children, and always supervise adults when they are lighting fireworks.
    - **Stay Home When Sick**: Avoid spreading illnesses by staying home if you are feeling unwell.
    - **Protect Yourself from Insects**: Use insect repellent and take other precautions to avoid bites and stings.

ADRC
Aging & Disability Resource Center of Eagle Country

This institution is an equal opportunity employer.



SENIOR FARMERS MARKET NUTRITION PROGRAM

$25 FREE

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

- 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.

Contact the ADRC at 608-326-0235

In accordance with federal civil rights law and U.S. Dept of Agriculture (USDA) civle 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.

JOIN US!

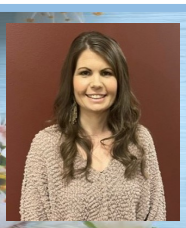
"HERE...FOR YOU"

June 11th
10 a.m. to 11:30 a.m.

All are invited to a community presentation to learn about available services for the elderly, persons with a disability, mental health concerns, Alzheimer's disease and other forms of dementia, and elderly and disabled persons experiencing or at risk of abuse.

Presenters will include Nicole Baumeister, Crawford County Aging and Disability Resource Center Director; Pam Kul-Berg, Dementia Care Specialist with Eagle Country ADRC; Heather McLimans, Crawford County Health and Human Services Mental Health Unit Supervisor, and Jim McGrath, Crawford County Health and Human Services Adult Protective Services.

Location: Room 236B of the Crawford County Administration Building; 225 N. Beaumont Road in Prairie du Chien



Kelli Brooks

Information & Assistance

From your ADRC Specialists



Susan Myers

Online Buying and Selling Safety

By the GWAAR Legal Services Team (for reprint)

Selling unwanted items online on sites like Facebook, Craigslist, or eBay can be a great way to make some extra money. Similarly, buying gently used or second-hand items on these sites is a great way to save money and reduce the amount of stuff that ends up in landfills. While sites like these can be great for those reasons mentioned above, they can also attract scammers trying to steal your identity, your money, or both.
Below are some tips to stay safe when buying or selling online:

- When listing an item for sale, do not include any personally identifiable information such as your phone number or home address in the listing. Similarly, when buying an item, do not respond to any suspicious request for personal information.

- Never respond to any requests for your phone number and never give out your phone number to anyone when attempting to buy or sell an item. Scammers can use your phone number to try to steal your identity. They may try to link your number with a Google voice account, so never respond to any requests for a Google voice code.

- Whether buying or selling, it is always best practice to meet up at a neutral location to make the exchange of the item, and if possible, bring another person with you to the meetup. Many police stations have parking lot areas specifically designated for this purpose. You could also meet outside somewhere else that is likely to have cameras such as a bank or library. This is especially important when buying or selling through sites like craigslist that do not have buyer/seller profiles with reviews or any other background information on individuals.

- Check buyer/seller profiles. With Facebook marketplace, you can check a buyer or seller's profile and rating. You can also check the individual's Facebook profile. Some red flags would be if their profile was just recently created or if it lacked relevant information. If you check all of this information and the person checks out, for example if you have mutual friends in common and they have a good buyer/seller rating, it is probably okay to do a "porch pickup" for smaller, low-cost items. Although, it is still best practice to always meet up at a neutral location. With eBay and other sites like Mercari or Poshmark, you are typically dealing with people who are not in your local area and who will be expected to ship any item you purchase. You will want to check buyer/seller ratings and reviews before engaging in any transactions on those sites as well. Do not do business with someone who has zero or significant negative feedback.

- Some red flags to look for as a buyer on these sites would be deals that look too good to be true or ads posted in multiple locations of the country. Also, if the person posting the item lives far away from the item

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location, that could be another red flag. When selling, be wary of any offers that are far more than the item is worth. And whether buying or selling, beware of anyone who asks to wire money. Only use legitimate payment sites such as Venmo, PayPal, or Zelle, and only engage in these transactions when you are sure that the transaction is legitimate.

- No matter how vigilant you are, it is still possible to be scammed or have your identity stolen. If this happens, you should first report the user to the commerce site such as eBay or Facebook. Then, you will want to report the scam to your local police department. Finally, you can report the scam or fraud to the Federal Trade Commission here: https://reportfraud.ftc.gov/ or to the FBI's Internet Crime Complaint Center here: https://www.ic3.gov/

⇒ For more information on avoiding scams specific to Craigslist, visit: https://www.craigslist.org/about/help/safety/

⇒ For information on how to avoid seller fraud on eBay, visit: https://www.ebay.com/help/buying/resolving-issues-sellers/avoiding-seller-fraud?id=4024

⇒ For more information on avoiding scams on Facebook Marketplace, visit: https://www.facebook.com/help/721562085854101/

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



Next Medicare Workshop June 17th!



Just for You

From your Elder Benefit Specialist,
Ashley Greene

SSI Overpayment Waivers during the COVID-19 Pandemic

By the GWAAR Legal Services Team (for reprint)

The court-approved settlement in *Campos v. Kijakazi* states that the Social Security Administration (SSA) must waive millions of overpayments that were incurred by beneficiaries during the COVID-19 pandemic.

First, for overpayments received during the months of March through September 2020 that were manually processed, SSA must grant these waivers without SSI recipients having to submit any appeal, application, or other paperwork. Most of these waivers should be granted by June 2025. Additionally, for any SSI recipients who have already repaid some or all of the waived overpaid funds described above, SSA will issue refunds.

For overpayments issued during the entire COVID-19 national emergency period (March 2020 – April 2023) and who are not receiving the automatic waiver described above, will be sent a notice informing them of their right to seek a waiver and highlight the COVID-19-related factors that may be relevant to determining whether or not a waiver may be granted. These factors include but are not limited to:

- COVID-19 related failed attempts to contact the Agency, including inability to visit a field office, inability to access mail services, and inability to access transportation
- government-imposed COVID-19 travel restrictions
- overpaid individual's COVID-19 related serious illness
- child- or family-care changes due to COVID-19 stay-at-home orders or school-at-home requirements
- COVID-19 related death or serious illness of the overpaid person's representative payee
- COVID-19 related death or serious illness in the overpaid individual's immediate family

For more information on SSI overpayments under the *Campos* settlement, visit the following websites or call the Social Security Administration at 1-800-772-1213.

◊ https://www.ssa.gov/campos/

◊ https://nylag.org/camposvkijakazi/

◊ https://justiceinaging.org/campos-v-kijakazi-settlement-information-for-advocates/

SPARK!

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

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

SPRING 2025
March 18 - Food from Nature
April 15 - Sounds of Spring
May 20 - Native Plant Gardens

Driftless Area Wetlands Centre
509 US 18
Marquette, IA

Call Alicia: 563-873-3537 or
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

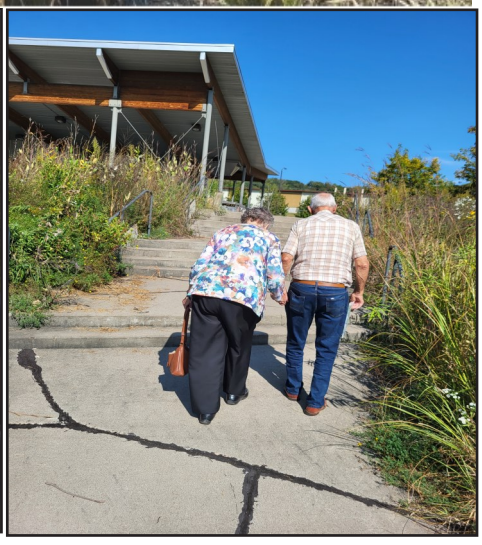
Driftless Area Wetlands Centre

ADRC Aging & Disability Resource Center of Eagle Country
Serving Crawford, Juneau and Richland Counties

Northeast Iowa Area Agency on Aging









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

UNA VIDA SALUDABLE PARA EL CEREBRO Y EL CUERPO

Un programa educativo presentado por la Alzheimer's Association®.



INFORMACIÓN Y CONSEJOS SOBRE CÓMO VIVIR BIEN

Sabemos que lo que es bueno para el corazón también lo es para el cerebro. Acompáñenos para aprender sobre las recomendaciones basadas en la ciencia para cuidar del cerebro y el cuerpo, además de consejos sobre cómo hacer cambios pequeños para crear hábitos más saludables.

18 de Junio | de 4 a 6 p.m.

RC Taco
2320 US-14
Richland Center, WI 53581

Reserve su asiento y cena GRATIS llamando a Virginia Zerpa
414.431.8811

Visite **alz.org/CRF** para explorar los programas educativos adicionales en línea.

ALZHEIMER'S ASSOCIATION®

Save the Date!

2nd Annual Conference:
Bringing Hope & Light to the Dementia Journey

Keynote Speaker: Jolene Brackey
Author of Creating Moments of Joy

On site respite available

Date: August 13, 2025

Time: 8:30a.m.-3:30p.m.

Location:

First Free Church
123 Mason St.
Onalaska, WI 54650

Registration information coming soon!

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

ADRC

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

EVERY1ST & 3RD THURSDAY
OF THE MONTH
1:00 PM - 2:00 PM

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

Join us !

Picnic Lunch in the Park

WEDNESDAY, JUNE 25
11:30am - Lawler Park, 430 N. Water St., Prairie du Chien

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

608-326-0235

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!

*NO MEAL AT HOFFMAN HALL THIS DAY



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