



May 2025 Eagle News & Views

Greetings Crawford County,

There is so much to celebrate in May from Mother's Day, to Memorial Day, to Older Americans Month. You can find a little of everything in our newsletter!

- Wishing a Happy Mother's Day to everyone on May 11th
- The ADRC staff remember and honor those who made the ultimate sacrifice serving in our US Armed Forces, and we express our deepest gratitude for their service and dedication.
- May is celebrated as Older American's Month. The 2025 theme, "Flip the Script on Aging" focuses on transforming how society perceives, talks about, and approaches aging. In the next 20+ years, well over 30% of our population here in Crawford County will encompass individuals 60 or older. Our office is prepared to continue serving these individuals so that they may be successful in aging. It is our hope at the ADRC that older adults will remain active in their communities, continue to remain healthy and able to care for themselves, and will not hesitate to reach out to our office if they find themselves struggling. We thank you for your contributions to society, your insights, and your continued patronage to our programs and services!

I have met many new faces and learned many new names in the last 2 months since I started at the office. It has truly been an honor and joy to learn more about and become part of the entire Crawford County community from North to South and everywhere in between. I am excited to continue supporting the wonderful work we have the privilege of doing here each day.

Please remember we are here to answer your questions, provide you with resources, and hopefully make your day a little easier. Take care!

Respectfully,

Nicole Baumeister



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

Staff:

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



225 N. Beaumont Road, Suite 117
Prairie du Chien, WI 53821
Open Monday – Friday 8am – 4:30pm

Contact ADRC

Phone.....608-326-0235 or 877-794-2372
Fax.....608-326-1150
Email.....ccadrc@co.crawford.wi.gov
Web.....adrceaglewi.org
Facebook...Crawford County ADRC –
Prairie du Chien Office



Help Finding Services ***ADRC Specialist***

Make decisions that are right for you.

- Want to stay independent & live where you want?
- Looking for help with housekeeping, bathing, or transportation?
- Need to understand a dementia diagnosis?
- Helping care for a loved one and need answers & stress relief?

ADRC staff listen to your unique situation.

They focus on your wants and needs. Staff provide unbiased options, so you can make informed decisions.



Food - Meals ***Nutrition Program -*** ***Homebound Meals***

Stay connected with friends & meet new ones over a delicious lunch at a community cafe. Get healthy eating tips at educational classes throughout the year. Lunch can be delivered at home for qualifying, homebound older adults or adults with disabilities.



Help Build Your Community ***Make a Difference & Give Back***

As a non-profit organization, ADRC's mission would not be possible without the generous support from community members just like you.

- Get Involved: Share a skill with different volunteer opportunities
- Make Your Dollar Count- No amount too small
- Loan Closet- Donate home medical equipment
- Advocate- Let your voice be heard



Money Matters ***Elder & Disability Benefit Specialist***

Explore private and/or government benefit options. Benefit Specialists provide information & assistance, education, and advocacy for a variety of programs, such as:

- Medicare
- Medicaid
- Prescription drug assistance
- Social Security benefits
- Benefit appeals & denials



Transportation ***We will get you there!***

Transportation is door-to-door service with 48-hour advance notice for scheduling. Sit back and relax while one of our caring drivers takes you shopping, to an out of town medical appointment or out for lunch at one of our meal sites.



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

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

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

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

MISSION STATEMENT:

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

ADRC TRANSPORTATION

SCHEDULE

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

PdC Shopping 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



Our Office will be closed

**MEMORIAL
★ ★ ★ DAY**

May 26, 2025



VOLUNTEERS

NEEDED

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.

Prairie du Chien Caregiver Support Group

4th Tuesday of the month

10:00 - 11:30 AM

Hoffman Hall 1600 S.
Wacouta Ave.
Prairie du Chien, WI



Connect with local experts, family members, and care partners who may be experiencing similar circumstances. We share stories, struggles and successes, as well as local resources.

For more information or to join please call
Jeanne Jordie at 608-306-2486



CAREGIVER SUPPORT GROUP

Connect with local experts, family members, and care partners who may be experiencing similar circumstances. We share stories, struggles and successes, as well as local resources.



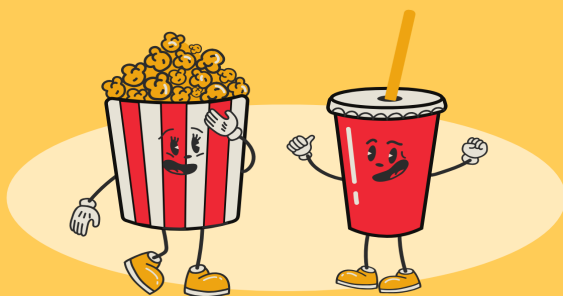
JOIN US AT THE
SOLDIERS GROVE LIBRARY
102 PASSIVE SUN DRIVE
SOLDIERS GROVE

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

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

PRAIRIE DU CHIEN MEMORIAL LIBRARY
PRESENTS

TUESDAY AFTERNOON MOVIES



FEATURED FILM:

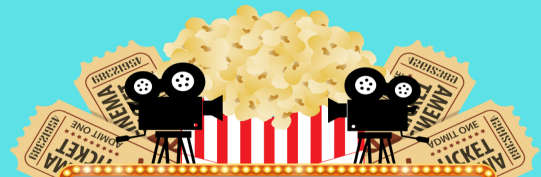
HERE

FREE MOVIE AND REFRESHMENTS

NEXT MOVIE:

MAY 27TH

FOURTH TUESDAY OF THE MONTH AT 1 P.M.



MOVIE NIGHT

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

**Next Movie:
Butterflies Are Free (1972)
Friday, May 2nd
7 PM**

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



Take a NOURISH Step!

May: Capturing Joy: Celebrating Mental Health, Photography, & Smiles

May FUN Days!

5-1: Amtrak Day

*Share a train
story.*

5-8: Pet Disaster

**Preparedness
Day** *Learn more
at*

*[https://www.re
ady.gov/pets](https://www.ready.gov/pets)*

5-15: Straw Hat Day

*Wear your
favorite one
today!*

5-23: National Road Trip Day

*Share or reflect
on a road trip
memory.*

*More at
brownielocks.com*

May is a month full of opportunities to nurture well-being, creativity, and connection! As we celebrate ***Mental Health Awareness Month, Photography Month, and National Smile Month***, we're reminded of how small actions can brighten our days and support mental health. Taking time to capture life's beauty through photography encourages mindfulness and creativity- powerful tools for reducing stress.

Sharing those photos—a blooming flower, a pet or grandchild, or a stunning sunset—can inspire others and spark smiles. A smile isn't just a facial expression; it's a gift that can uplift moods and build community.

Focus on nurturing your mental health, sharing moments of joy, and spreading smiles wherever you go!

May is Salad, Salsa & Egg Month. Herb Day is May 3rd.

May is a celebration of fresh flavors and healthy choices with Salad Month, Salsa Month, and Egg Month, all perfectly complemented by Herb Day. Adding fresh herbs to your salads, salsas, and egg dishes elevates their taste while providing a boost of nutrients and aromatic goodness. This month, embrace the vibrant flavors of the season by growing, harvesting, and savoring herbs in your favorite recipes!

Herb NOURISH Steps Tips

Learn About Herbs:
How to grow. What foods pair well. Health benefits, recipes at herbsociety.org
(Understand)

Plant Some Herbs!
Easy ones to grow at home include basil, mint, parsley, chives, thyme, and rosemary.

Substitute herbs or herb blends for all or most of salt in a recipe. ***See page 2*** to get started.
(Sodium Awareness)



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

Make Your Own Herb Blend



Ingredients

- 3 Tablespoons onion powder
- 4 Tablespoons garlic powder
- 1 Tablespoon cayenne pepper (see Notes)
- 1 Tablespoon paprika
- 1 teaspoon black pepper
- 2 teaspoons ground thyme

Directions

1. Mix ingredients well and store in an airtight container.

Notes

- Comforting flavors of garlic, onion and thyme, with spicy red pepper and smoky paprika make this a versatile seasoning for veggies, meats, rice, tofu and soups.
- You can adjust the spice level you like by using less or more cayenne pepper.

Find more recipes with herbs at

<https://foodhero.org/herbs-and-spices>

Recipes for 7 Salt-free Seasoning Blends

<https://theoregondietitian.com/7-homemade-salt-free-seasoning-recipes/>

Spices & Herbs Word Scramble

1. EIRCUMRT _____
2. NMIANNCO _____
3. MNTUGE _____
4. YECNEAN RPEEPP _____
5. APARPIK _____
6. OERYMARS _____

Hints:

1. Bright yellow spice
2. Yummy on oatmeal
3. Sprinkle on eggnog or rice pudding
4. Adds some heat to dishes
5. Garnish for deviled eggs
6. Has a earthy, pine-like smell

Puzzle created at Wordmint.com



Hydration Tip: Herb Infused Water

Add a refreshing twist to your water by infusing it with fresh or dried herbs in an airtight container, like a pitcher or mason jar. Refrigerate for at least 10 minutes to enhance the flavor, then strain and enjoy!

Mental Health Resources:

- National Institute of Mental Health <https://www.nimh.nih.gov/health/find-help>
- National Alliance on Mental Health (NAMI) <https://www.nami.org/> or call 1-800-950-6264 or text "helpline" to 62640

Answers to Word Scramble:

1. Turmeric 2. Cinnamon 3. Nutmeg 4. Cayenne Pepper 5. Paprika 6. Rosemary



If you want more pep, take a NOURISH Step!
For more information visit: gwaar.org/nourishstep

GWAAR Nutrition Team Pam VanKampen, RDN, CD 5/25





Jody Eick
Meal's Coordinator

May Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Please make cancellations for home delivered meals by 8:30 a.m.	<i>Menus are subject to change</i>	For meal site reservations, please call by 2 p.m. the business day before.	1 Deluxe Cheeseburger Macaroni Salad Broccoli Salad Pineapple	2 BBQ Baked Chicken Baked Potato Baked Beans Jello w/fruit WW Roll
5 Loaded Baked Potato w/chili Mixed Peas & Carrots WW Roll Apple Slices w/Dip	6 Creamy Veggie Mac& Cheese Garden Salad Greet Yogurt Fruit Parfait WW Roll	7 Beef Stew Roasted Broccoli Mixed Fruit WW Roll Zucchini Bar	8 Roasted Turkey & Gravy Mashed Potatoes Dill Carrots Hot Cinnamon Apples WW Roll	9 BBQ w/WW Bun Potato Salad Tomato Cucumber Salad Pears Brownie
12 Lemon Butter Baked Cod Baked Potato Coleslaw WW Roll Fresh Fruit Salad	13 Beef Taco Salad Fresh Salsa and Chips Grapes Cherry Cheesecake	14 Ham and Bean Soup Garden Salad WW Roll Oranges	15 Tuna Salad Sandwich Peas & Cheese Salad Carrots, Celery & Dip Banana	16 Hamburger Gravy over Mashed Potatoes Mixed Vegetables Fresh Berries WW Roll Banana Bar
19 Crack Chicken Sandwich Roasted Sweet Potatoes Calico Beans Pears	20 Broccoli Soup Garden Salad Cottage Cheese Applesauce WW Roll	21 Brat and Kraut w/ WW Bun Potato Wedges Broccoli Cauliflower Salad Fruit Birthday Cake	22 Chicken Bacon Ranch Wrap Creamed Cucumbers Italian Pasta Salad Snickert Carmel Apple Salad	23 Turkey Ala King on a Biscuit Brussel Sprouts Pears Chocolate Chip Cookie Bar
26 CLOSED 	27 Cobb Salad Mixed Fruit WW Roll Strawberry Cheesecake Fluff	28 Chili Mac California Blends Vegetables Peaches WW Roll	29 Pineapple Glazed Ham Whipped Sweet Potatoes Mixed Vegetables WW Roll Mandarin Oranges	30 Pulled BB Pork w/ WW Bun Sweet & Sour Coleslaw Dill Potato Salad Grape Salad



Tuna Noodles & Salad



Pork Loin & Gravy



Garlic Rosemary Beef Roast



Chef's Salad & Garden Vegetable 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 UNCLEARED 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





News for You

From Your Disability Benefit Specialist
Brittany Mainwaring

What You Need to Know About Misleading Advertising

Fraudulent and misleading ads.

Consumers nationwide are often misled by advertisers who use “Social Security” or “Medicare” to entice their victims. These companies often offer Social Security services for a fee, even though the same services are available directly from us **free of charge**.

These services include getting:

- A corrected Social Security card showing a name change.
- A replacement Social Security card.
- A Social Security Statement.
- A Social Security number for a child.

Some direct marketers suggest that Social Security is in poor financial shape. They state that people risk losing their Social Security or Medicare benefits unless they send a contribution or membership fee to the advertiser. Other companies give the false impression of a Social Security endorsement or affiliation by offering a “Social Security Update” or related benefit update. Typically, these companies solicit private information from consumers and then resell that information. These marketing practices clearly mislead and deceive the American public.

How we combat misleading advertising

Section 1140 of the Social Security Act is a consumer protection tool against misleading advertising. It prohibits the use of our words and symbols in a manner that conveys the false impression that we issued or approved the communication. Section 1140 prohibits individuals and companies from:

- Misleading consumers by giving a false impression that we are associated with or endorse the communication. Prohibited communications can take many forms. These include mailed, emailed, and televised advertisements, websites, social media, personally targeted advertisements, mobile applications, and text messages.
- Reproducing and selling our publications without authorization, as well as charging for services without notice that we provide for free.

Our Office of the Inspector General (OIG) can impose civil monetary penalties against individuals, organizations, and other entities that violate Section 1140. This authority is delegated from the Commissioner of Social Security. The OIG may impose penalties for each violation and a separate penalty for each misuse related to a broadcast or telecast.

What to do if you receive misleading information about Social Security

Reports of fraud may be submitted online at oig.ssa.gov/report. Or send the information, including the complete ad and envelope, or copy of the website page, to:

Office of the Inspector General Fraud Hotline Social Security Administration
P.O. Box 17768
Baltimore, MD 21235

Also, advise your state's attorney general or consumer affairs office and the Better Business Bureau in your area.

What to do if you receive misleading information about Medicare

Contact the Office of Inspector General for the Department of Health and Human Services online at oig.hhs.gov/fraud/report-fraud. Or, by U.S. mail at:

U.S. Department of Health & Human Services Office of Inspector General
Attn: HHS Tips Hotline
P.O. Box 23489 Washington, DC 20026

Contacting Social Security

The most convenient way to do business with us is to visit www.ssa.gov to get information and use our online services.

Or, call us toll-free at 1-800-772-1213 or at 1-800-325-0778 (TTY) if you're deaf or hard of hearing. We can answer your call from 8 a.m. to 7 p.m., weekdays. We provide free interpreter services upon request. You can also use our automated services via telephone, 24 hours a day, so you do not need to speak with a representative.

<https://www.ssa.gov/pubs/EN-05-10005.pdf>



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



Just for You

From your Elder Benefit Specialist,
Ashley Greene

Skilled Nursing Facility Denials

By the GWAAR Legal Services Team (for reprint)

Every day, Americans face insurance claim denials. Many denials are processed through private insurance, but a significant number also come from federal programs, such as Medicare. These denials can be for medications, medical procedures, or even long-term care. For example, you may find yourself or a loved one in a skilled nursing facility, also known as a SNF, and within a couple of weeks, you're told that Medicare is no longer covering your care. You're told you will have to pay out of pocket for the SNF care going forward. This can be alarming and frustrating because SNF care is expensive. Your first reaction may be to stop services like physical therapy to mitigate costs, but this could ultimately lead to you incurring more out-of-pocket expenses. So, what should you do?

First, you need to understand the requirements for SNF coverage before tackling your next step. Coverage eligibility begins with a three-day qualifying hospital stay. The doctor should order skilled care that can only be performed in a SNF. The SNF care should be for the issue that led to your hospitalization. The qualifying skilled nursing services must be performed daily, or you must receive skilled rehabilitation services at least five days a week. These skilled services can only be performed by skilled nursing or rehabilitation professionals. Finally, the skilled services are found to be reasonable and necessary to treat the injury or condition that led to the SNF stay. This is a general overview of the SNF coverage requirements. If you have further questions, please contact your plan, your SNF provider, or your local [Aging and Disability Resource Center \(ADRC\)](#).

Understanding the appeals process will help you determine what your next step is after a SNF denial of coverage. The appeals process starts with a Notice of Non-Coverage. This letter serves to inform you that SNF care coverage will be discontinued 48 hours from the date of this notice. There are five levels of appeals, and the entity that reviews the appeal depends on whether you have Original Medicare or a Medicare Advantage plan. Each level has different time frames for submitting an appeal and varying wait times for appeal decisions. Reading the notice of denial will provide you with deadlines for submitting appeals and will outline the general appeal process. Below are the five levels of appeals.

Level 1 Beneficiary and Family Centered Care-Quality Improvement Organization (BFCC-QIO) or plan reconsideration

Level 2 Qualified Independent Contractor (QIC) or the Independent Review Entity (IRE)

Level 3 Administrative Law Judge

Level 4 Medicare Appeals Council

Level 5 Federal District Court

The SNF appeal process for coverage denials can be time-consuming and frustrating, but understanding the appeals process and the requirements for SNF coverage helps to make the process a little less complicated. Remember to reference the denial letters or notices that you receive from your SNF provider and throughout the appeal process to ensure you are following the correct steps for each level of appeal. The notices will inform you of the necessary actions, the appeal deadlines, and the address to send your appeal requests. If you are ever in doubt about the process, talk to your SNF provider or go to your local Aging and Disability Resource Center to request help with the process. Below is additional information about SNFs and the appeal process.

SNFs and Appeal Resources

- [CMS Self-Help](#)
- [Skilled Nursing Facility Care](#)
- [Office of Medicare Hearings and Appeals](#)

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!



Kelli Brooks

Information & Assistance

From your ADRC Specialists



Susan Myers

Tornado and Severe Weather Preparedness

By the GWAAR Legal Services Team (for reprint)

The snow is melting and the trees are turning green, which means it's time to review your safety plans so that you will be ready when severe weather hits. Wisconsin averages 23 tornadoes per year, with most tornadoes occurring between May and August. June usually has the highest number of tornadoes. Wisconsin averages 23 tornadoes annually. Last year, the [National Weather Service \(NWS\) confirmed 45 tornadoes in Wisconsin](#), the third highest in state history!

Other hazards of spring and summer weather are powerful, straight-line thunderstorm winds that can exceed 60 mph and large hail. Wisconsin gets a few storms each year that generate hurricane-force winds of at least 75-100 mph. The National Weather Service issues Severe Thunderstorm Warnings for these wind events as well as for storms with hail of at least 1 inch in diameter.

Wisconsin Emergency Management recommends having a plan for what to do in case of severe weather. When a Thunderstorm Watch or Tornado Watch has been issued, pick a reliable source of information and keep in touch with that source until the threat of severe weather has passed. One of the best tools is a [weather radio](#).

When you hear a siren or that there is a tornado warning, find shelter immediately. If you are at home or in a building, move to a shelter space you have chosen, such as a basement, and get under a sturdy table or the stairs. If you do not have a basement, move to a small interior room or hallway on the lowest floor and get under a sturdy table or desk or cover yourself with blankets or pillows. Stay away from windows and put as many walls as possible between you and the storm.

If you are in a mobile home or caught outdoors, seek shelter in a sturdy building. If you cannot walk to a shelter quickly, get into a vehicle, buckle your seatbelt, and drive to the closest sturdy shelter. If debris starts flying while you are driving, pull over and park. Either stay in the vehicle with your seatbelt on and place your head below the windows, or, if you can safely get to a point that's noticeably lower than the roadway, get out of the vehicle and lie in that area, covering your head with your hands. Do not seek shelter under an overpass.



SCAM SPOTLIGHT

IMPOSTER SCAMS

Do you have a cell phone? What about a landline? Are you on social media? Do you receive mail? If so, you've probably experienced a scam. Imposter scams are when a scammer pretends to be someone of authority or from a legitimate organization. They sometimes even spoof the call, which means they can have the caller ID show up as "Medicare" or "IRS" to look legitimate. If you receive a call from a number not in your contact list, do not answer. It could be a scammer impersonating any number of organizations.

What you need to know about imposter scams!

Medicare

- Medicare will not call you to verify your information, or to ask if you received your new Medicare card.
- DO NOT share your Medicare Number.
- DO NOT share personal medical information.
- DO NOT share your personal doctors name or their contact information.

Government

- Government agencies will not call you out of the blue, including the IRS and the Social Security Administration.
- DO NOT share any of your personal information.
- DO NOT share your Social Security Number.

Grandparent

- Never send money to people you do not know.
- Never send gift cards or another odd payment method.
- Immediately check with loved ones even if they tell you not to contact anyone.
- Artificial Intelligence (AI) can clone voices, know who you are talking to.

If you are contacted by a Medicare imposter, report it!
Contact the Wisconsin Senior Medicare Patrol at 888-818-2611



Report other imposter fraud to the Federal Trade Commission at [ReportFraud.ftc.gov](https://www.ftc.gov/report-fraud)

This project was supported, in part, by grant number 90MPPG0102, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201



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

Greetings!

While I am not new, I would like to introduce myself. I am Pam Kul-Berg, the Dementia Care Specialist for the ADRC of Eagle Country. I serve Crawford and Richland Counties. But what does that mean?

Who do I work with?

- People who want to learn more about their brain and how to take care of it, such as how to “boost their brain and memory,”
- Folks who are struggling with one of the many diseases that cause cognitive decline
- Caregivers or those who help individuals with cognitive decline take care of themselves,
- Businesses and organizations that are interested in making their services more accessible to customers and community members experiencing cognitive decline.

Our brain affects so much of what we do and how we do it, for example:

- How we communicate,
- How we relate to the people in our world,
- How we make sense of (perceive) what we see, hear and feel.

Our brains affect the choices we make at any given moment, and how we respond to events and experiences unfolding around us. I ask the people that I talk with to consider how we might make all that easier for those we love as well as ourselves. The goal of this question is to consider how to make the job of a caregiver less stressful or less emotionally taxing.

I can offer:

- Resources, such as respite, or ideas for devices that help;
- Vetted websites with trusted information;
- Classes in how to communicate or how to use your brain better;
- One-on-one consultation on how you might understand taking care of someone with Dementia;
- Support groups which allow caregivers (or people living with a form of memory impairment) to connect with others and realize that they are not alone;
- Training to businesses or any other groups that might value learning how to interact with the growing number of people that have a medical condition that we call “dementia”, or a different condition called “mild cognitive impairment” (MCI).

If you would like to meet with me, or join one of my classes, or request a presentation to a group, you can start by calling the ADRC (at 877-794-2372) to get a hold of me or get on the waitlist for one of my classes. And continue to read this new article in your local ADRC Newsletter, it's good for your brain!



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



Merry Month of May

Word Search

DIRECTIONS:
Find and circle the
vocabulary words
in the grid. Look
for them in all
directions including
backwards and
diagonally.

BASEBALL

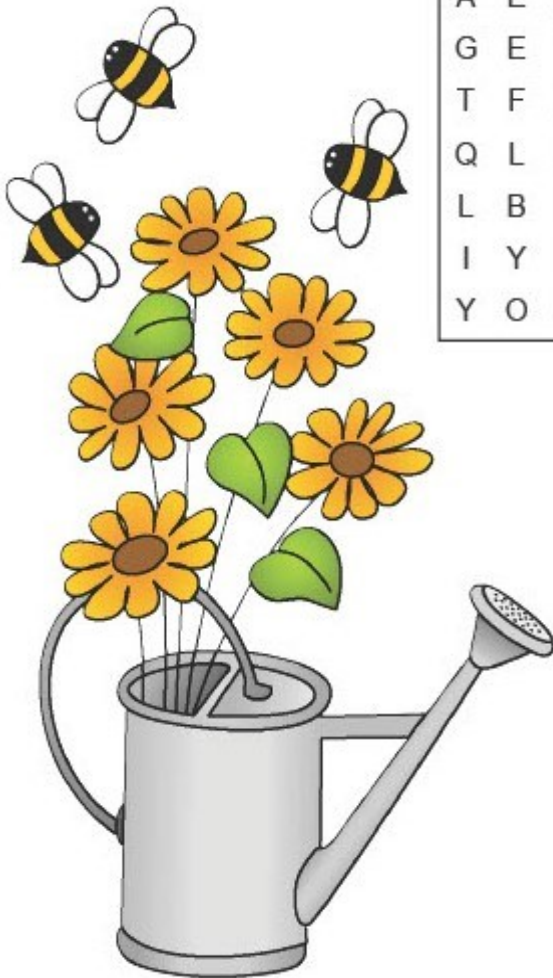
BLOSSOM

BUMBLEBEE

BUTTERFLY

CINCO DE MAYO

FLOWERS



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

GARDEN

GEMINI

GREEN

LADYBUG

LAWNMOWER

MAYPOLE

MEMORIAL DAY

MOM

MOTHER'S DAY

PIÑATA

PLANT

SEEDS

SPRING

SUNSHINE

TAURUS

TEACHER