

February 2026

Eagle News & Views



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

Staff:

Nicole Baumeister, Director
Jacob Schneider, Administrative Assistant
Jody Kirchner Home Delivered Meals Coordinator
Mara Mathis, 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

of Eagle Country

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!

MISSION STATEMENT:

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

ADRC TRANSPORTATION

SCHEDULE

Medical Rides (out of town) M-F

Cost of Service

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

Call for any questions or other rates

PdC Shopping 2nd and 4th Thursday, 9am pickup, \$2 charge

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

Social/Nutrition Busses -Minimum of four riders, call office to inquire

1st come, 1st serve. 48 hour notice required.
Curb to curb service.



Available to Crawford County Residents 60+ & disabled adults.

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



Cab Subsidy Program

Discounted cab service for people age 60 years and older and adults with disabilities.

Receive a \$25 punch card for only \$15

Call for more information: 608-326-0235

AARP TAX-AIDE

The AARP Tax-Aide program will help prepare 2025 Federal, State and Wisconsin Homestead Tax Credit income tax returns for Crawford County residents.

Appointments are limited and start February 13th



CONTACT US TO SCHEDULE AN APPT.

608-326-0235

JOIN US FOR LUNCH!



The ADRC of Crawford County is bringing a meal site to you!
Cost: Suggested contribution of \$4-\$6 for individuals 60+ or their spouse (regardless of age)

**5
FEB**

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

**10
FEB**

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

**19
FEB**

WAUZEKA LUNCH Only
Wauzeka Village Hall
213 E Front St. B, Wauzeka, WI
Serving at 12:00pm

**24
FEB**

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

**25
FEB**

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

RESERVATIONS REQUIRED!

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

TRANSPORTATION AVAILABLE TO CRAWFORD COUNTY RESIDENTS for \$4.
Minimum of 4 passengers.



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Attorneys At Law

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



Take a NOURISH Step!



A Sweet Reminder This February: Check In on Prediabetes Risk



Did you Know?

80% of people with prediabetes don't know they have it!

What is Prediabetes?

Prediabetes is high blood sugar levels that don't quite meet the criteria for a diabetes diagnosis, but could mean a higher risk for diabetes in the future.

Prediabetes is identified by at least one of the following criteria:

- Fasting blood sugar of 100 mg/dL to 125 mg/dL
- A blood sugar of 140 mg/dL to 199 mg/dL within 2-hours of a meal
- A1C of 5.7% to 6.4%



Why is it a big deal?

- People with prediabetes have a **50% risk of developing diabetes** within 5 years and have an **elevated risk** of developing:
 - Chronic kidney disease
 - Heart disease
 - Stroke
- Lifestyle changes and medications may have a big impact on reducing the risk of diabetes development in individuals with prediabetes.



Preventing and Managing Prediabetes

Exercising, healthy eating, avoiding smoking, and managing blood pressure are reported to be the most effective lifestyle approaches for managing prediabetes and preventing type 2 diabetes.

Exercise: Engage in at least 150 minutes per week of a moderate activity such as walking.

Healthy Eating: Eat a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats.

Healthy Habits: Avoid smoking, decrease alcohol consumption, and focus on water intake.

Managing Blood Pressure: Focus on a balanced diet, reduce salt intake, and manage stress levels.

Importance of Hydration

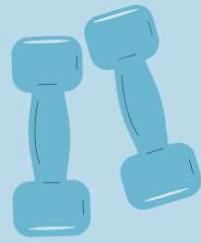
Staying hydrated helps maintain steady blood sugar levels.



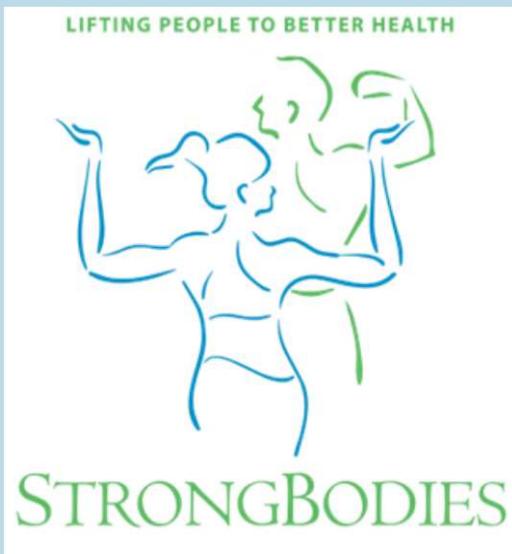
***NOURISH stands for: Nutrient-Rich Foods, Omega-3s & Healthy Fats, Understand, Recipes, Increase Protein & Fiber, Sugar & Sodium Awareness, and Hydrate.**

Strength Training Class

StrongBodies



The ADRC of Crawford County will be offering an evidence-based strength training program for adults 60 and over. The class will guide participants through the program and help them to see improvements in their health and wellness.



No experience is necessary.

Strength training has been shown to reduce the risk for chronic diseases.

Strength training also increases strength, muscle mass, and bone density.

Every Tuesday & Thursday
March 17th - May 21st

1:00PM-2:15PM

Crawford County
Administrative Building
225 N. Beaumont Rd.,
Prairie du Chien, WI
Room 236 (2nd floor)



**Must be 60+ to register.
FREE to participate.
Limited spots. Register now!**

To register:

Call 608-326-0235 or email
ccadrc@co.crawford.wi.gov



Jody Kirchner
Meals Coordinator

February Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Beef Stew Pears Garden Salad WW Roll	3 Easy Chicken Bake Carrots WW Roll Applesauce	4 Scalloped Potatoes & Ham Mixed Vegetables WW Roll Pineapple	5 Cheeseburger/ Bun Baked Beans Cheesy Potatoes Mixed Fruit	6 Garden Salad Cottage Cheese Apple Slices WW Roll
9 Country Gravy Pork Chops Roasted Potatoes Glazed Carrots WW Roll Apple Sauce	10 Spaghetti with Meat Sauce Garlic Toast Ceasar Salad Pears	11 Turkey Ala King Biscuit California Blend Vegetables Apple Slices	12 Chili Cinnamin Roll Garden Salad/ Ranch Oranges	13 Baked Cod Baked Potato/Sour Cream Green Beans WW Roll Peaches
16 Tuna Melt Casserole Mixed Vegetables WW Roll Pineapple	17 Pepper Steak Roasted Sweet Potato Peas Tropical Fruit	18 Glazed Ham Baked Beans Baked Potato/Sour Cream Peaches WW Roll Birthday Cake	19 Cranberry Glazed Chicken California Blend Vegetables Mashed Potatoes/ Gravy Mixed Fruit WW Roll	20 Tomato Soup Garden Salad Cottage Cheese Pears WW Roll
23 Chef's Choice	24 Turkey Stuffing Casserole Broccoli Hot Cinnamon Apples WW Roll	25 BBQ Chicken Baked Beans Sweet Potatoes WW Roll Banana	26 Chicken Noodle Soup Garden Salad WW Roll	27 Beef Pot Roast Stewed Vegetables WW Roll Tropical Fruit
For meal site reservations, please call by 2 p.m. the business day before.		<i>Menus are subject to change</i>		Please make cancellations for home delivered meals by 8:30 a.m.



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.

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.





News for You

From Your Disability Benefit Specialist

Brittany Mainwaring



Individuals Can Get a Replacement Social Security Benefit Statement Online

Tax season is here, and Social Security Administration (SSA) has made it easier for individuals to get a replacement Benefit Statement online. There's no need to wait on the phone or make an appointment to visit a Social Security office.

The Social Security Benefit Statement is also known as the SSA-1099 or the SSA-1042S. It is a tax form SSA will mail to out in January to individuals if they receive Social Security benefits. It shows the total amount of benefits they received in the previous year, so they know how much Social Security income to report to the IRS on their tax return.

Supplemental Security Income (SSI) payments aren't taxed. If SSI is the only payment you receive from SSA, the Benefit Statement will not be mailed out.

If you misplaced or didn't receive your SSA-1099/SSA-1042S in January, you can get a replacement online by signing in to their personal *my* Social Security account. If you don't have an account, you can create one at www.ssa.gov/myaccount.

A replacement for the most recent tax year became available February 1.

To learn more, visit *Get Your Social Security Benefit Statement (SSA-1099)* at www.ssa.gov/blog/en/posts/2025-01-30.html.

[https://www.ssa.gov/news/en/newsletter/index.html](http://www.ssa.gov/news/en/newsletter/index.html)

Age-related Macular Degeneration AMD and Low Vision Awareness Month

AMD VISION LOSS – IMPACT ON DAILY LIFE

It is estimated that roughly 1.5 million Americans have a vision-threatening form of age-related macular degeneration and another 30,000 to 200,000 live with Stargardt's, the inherited form of macular degeneration.

Vision loss can be gradual, or sudden, but either way, there is no question that vision loss can have a profound impact on daily living for those affected. The impacts are wide-ranging, from emotional impact to effects on independence and quality of life.

In 2023, AMDF released the award-winning documentary, Losing Sight, Finding Hope: Living with Macular Degeneration to offer information, and hope, to people at all stages of macular degeneration. So far, the film has reached nearly 50,000 viewers.

Impact of vision loss on daily life can include all the obvious things, like not being able to drive, but it's the accumulation of minor and major things that can rob a person of a sense of well-being and

independence. Things like:

- Difficulty with practical reading, such as signs, food labels, receipts, menus, etc.
- Difficulty with hobbies that require close detail
- Difficulty navigating new environments
- Difficulty recognizing faces, even of their own family and friends
- Increased isolation
- Increased risk of falls and injuries due to balance issues or not being able to detect walking hazards
- Lack of access to transportation
- Economic burden of treatments
- and so much more

EARLY DETECTION, RISK REDUCTION, AND INTERVENTION

There is no cure for age-related macular degeneration, but early detection, along with lifestyle changes and treatments, can help preserve vision for as long as possible for those at risk of developing AMD.

Time is Vision

Early detection for the onset of all types of age-related macular degeneration is key to preserving vision for as long as possible. For Dry AMD, an early diagnosis means opportunities to reduce risk, delay onset, or slow progression of vision loss through lifestyle changes and supplements.

For wet AMD onset, time is even more critical. Research indicates that the earlier you start receiving anti-VEGF treatments the better your outcome is likely to be (one recent study suggests within the first 48 hours of onset¹). In fact, an AMD-supported study is showing that *time-to-treatment may be the most important factor in preserving your vision*.

Controllable Risk Factors for Age-related Macular Degeneration

The causes of AMD are complex, but several risk factors are controllable through lifestyle changes.

- Smoking – Smoking doubles the risk of AMD, and recent studies have found that living in an air-polluted environment also increases risk
- Diet – a poor diet, high in saturated fats and cholesterol and low in antioxidants, can increase risk for AMD and accelerate its progression
- Unchecked cardiovascular disease or high blood pressure
- Weight – being overweight overall, but particularly around the abdomen
- Sun exposure without eye protection

Non-controllable Risk Factors for Age-related Macular Degeneration

Some risk factors of AMD are not under anyone's control.

- Age – the risk of developing AMD begins increasing by age 40 and exponentially increases after the age of 75.
- Genetics – a family history of macular degeneration.
- Light colored irises.
- Far-sightedness
- Being female – understood to be because women usually live longer than men.

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.



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or
Teresa 608-637-5201

PRAIRIE DU CHIEN MEMORIAL LIBRARY
PRESENTS

TUESDAY AFTERNOON MOVIES



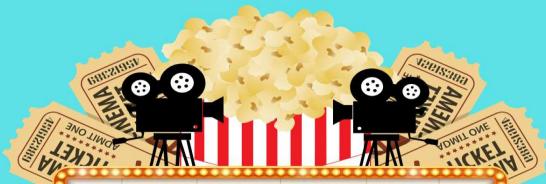
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NEXT MOVIE:

FEBRUARY 24TH
1:00 P.M.



MOVIE NIGHT

THE GAYS MILLS LIBRARY HOSTS
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Next Movie:

**Corrina, Corrina
(1994) (PG)**

Friday, February 6th

7 PM

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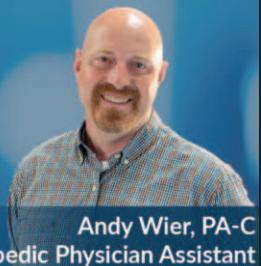
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Preventing Medicare Fraud

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



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



Information & Assistance

From your ADRC Specialists

Kelli Brooks

DID YOU KNOW? Expanded access to energy savings is now available! Focus on Energy IRA Energy Rebates are now available. If you've never qualified for weatherization before, this expansion could make energy efficiency upgrades more affordable than ever! This program is available to both renters and homeowners, for residents in Crawford, Grant, or Richland Counties!

This is a whole-home, performance-based rebate program. If you qualify under 80% area median income (AMI), you can receive a free energy assessment to determine your home's potential energy savings. The more energy your home is projected to save, the higher your rebate! Projected energy savings of 35 percent or greater can access 100 project cost rebates up to \$10,000! Examples of updates include installation of Mini-Split Heat Pump heating and cooling systems, Electrical Load Service Center updates, Electrical wiring, insulation, air sealing and ventilation and other possible options to help save energy.

If you utilize Heating Assistance, SNAP, among other programs you may be automatically qualified as well - but participation in these programs is not required.

2025 HUD Household Income limits for Crawford County (80 Percent Area Median Income)

1 Person: \$52,000/gross income a year or below
2 People: \$59,400/gross income a year or below
3 people: \$66,850/gross income a year or below
4 people: \$74,250/gross income a year or below
5 people: \$80,200/gross income a year or below
6 people: \$86,150/gross income a year or below
7 people: \$92,100/gross income a year or below
8 people: \$98,050/gross income a year or below

Couleecap is a FOCUS ON ENERGY IRA Registered Contractor. If you've never qualified for weatherization before, this expansion could make energy efficiency upgrades more affordable than ever. Income limits have expanded. Should you choose not to work with Couleecap, other FOCUS ON ENERGY Registered Contractors are available.

If you choose to work with Couleecap, they can support you from start to finish.

1. Complete the income qualification process.
2. Select Couleecap as your IRA registered contractor.
3. If you qualify under 80 Percent median income, they will contact you to schedule your free energy assessment.
4. You decide the scope of your project based on rebate results. Couleecap carries all the cost burden and collects the rebate. Meaning no out of pocket costs for you, unless you choose to have work completed above the available rebates.
5. Couleecap completes your upgrades and handles all the paperwork.
6. You'll receive a post install certificate and complete a short customer survey.

For a free energy audit and the greatest rebate, a household income must be under 80 percent area median income. You can be a homeowner or renter and be able to complete the income qualification process through FOCUS ON ENERGY, *paper applications are available upon request.*

Follow these steps to select Couleecap as your provider and complete the Focus on Energy Income Verification Process:

- Step 1: Select 'YES' to the question 'Are you currently working with an IRA Registered Contractor?'
- Step 2: Enter Couleecap as a Trade Ally Company Name
- Step 3: Use irarebates@couleecap.org as the contact email
- Step 4: Check the box that says 'Please include the company contact on the application decision email.'
- Step 5: Once approved, Couleecap will contact you to schedule your FREE energy assessment.

Should you choose not to work with Couleecap, other registered contractors can be found at www.focusonenergy.com/ira-homes

To learn more visit: <https://couleecap.org/need-help/energy-services-home-weatherization/energy-rebates/> Or contact : IRARebates@couleecap.org or by phone at 1-866-904-4508

Did you know that Couleecap is now the administrator for the Crawford County Energy Assistance Program? This program gives a one-time payment to help with heating costs between October 1 and May 15. You can reapply each heating season you qualify for.

You or someone you may know may qualify! For a household of two if you make \$4,186.92 or less a month you could qualify. Income is based on gross household income.

To qualify for assistance, you must:

Have a household income at or below 60% of the state median income.

- Household size of 1 = one-month gross income \$3,201.75/Annual Gross income \$38,421**
- Household size of 2 = one-month gross income \$4,186.92/Annual Gross income \$50,243**
- Household size of 3 = one-month gross income \$5,172.08/Annual Gross income \$62,065**
- Household size of 4 = one-month gross income \$6,157.33/Annual Gross income \$73,888**
- Household size of 5 = one-month gross income \$7,142.50/Annual Gross income \$85,710**
- Household size of 6 = one-month gross income \$8,127.50/Annual Gross income \$97,532**
- Household size of 7 = one-month gross income \$8,312.33/Annual Gross income \$99,748**
- Household size of 8 = one-month gross income \$8,497.08/Annual Gross income \$101,965**

This payment pays for part of your energy bill, but not the whole thing typically. The amount you get depends on your household size, income and energy costs. The payment goes straight to your energy company, and ALL are welcomed to apply.

Homeowners and renters can get help for homes heated with wood, propane, natural gas, electricity, or fuel oil. To ask questions about the program, schedule an appointment or request a paper application, please contact our staff! Fillable online applications are also available at www.couleecap.org under Need Help? – Energy Services and Home Weatherization-Energy Assistance. You can call us at 1-608-796-2915 or toll-free at 1-844-260-7042 or email us at energyassistance@couleecap.org



Just for You

From your Elder Benefit Specialist, Ashley Greene

Understanding Social Security Administration Notices

By the GWAAR Legal Services Team (for reprint)

If you receive Social Security Administration (SSA) benefits you understand how many notices are sent and how confusing they can be. Trying to understand SSA notices can be frustrating. Here is a general guide illustrating the types of notices that SSA sends and why they send them. If you have specific questions about your notice, you should contact your local SSA field office by visiting <https://www.ssa.gov/locator/>, or reach out to your local Aging and Disability Resource Center (ADRC) by visiting <https://www.dhs.wisconsin.gov/adrc/contacts.htm>.

Notice Content

Let's look at the basic construction of an SSA notice. There is a heading identifying the SSA program you are being contacted about. For example, it may say "Supplemental Security Income" or "Retirement, Survivors and Disability Insurance." Then, the notice will state the reason for contacting you or the purpose of the letter. It will inform you of any decision SSA has made and why they made that decision. It can include information about your benefit status, payment amount, and when the payment will be paid. Any actions that you should take will be included. The notice will also explain what your next steps should be if you disagree with the information in the notice. They will also include how to contact SSA if you have questions or how to submit the information they are requesting. The specific content of the notice is tied to the benefit/s you receive and the purpose of the notice.

Why Does SSA Send Notices

Notices from SSA are sent to notify you of changes to your benefits or eligibility. This means SSA will notify you if your benefits are increasing or decreasing, ending or beginning, or if you have been overpaid. Notices are sent when you appeal or waive an SSA decision. A notice may be sent to inform you of your rights and responsibilities pertaining to your eligibility in a benefit program. If you receive a notice from SSA you should not ignore it. SSA is contacting you to tell you important information about your benefits and you should read them as soon as you can to avoid interruption of your benefits.

What To Do When You Get a Notice

- 1) Read the notice carefully
- 2) Identify the program they are referring to
 - a. Usually in the heading found at the top of the notice.

3) Determine the purpose of the notice

- a. Are they contacting you to get more information?
- b. Are they informing you of a change to your benefit amount or eligibility?
- c. Are they informing you of a decision of an appeal or waiver?

4) Identify your rights

- a. Do you have a right to appeal the decision or determination?
- b. Do you have a right to submit more information before a decision is made?

5) Identify your responsibilities

- a. Are you required to submit more information, like pay stubs or bank statements?

6) Identify deadlines

- a. Is there a deadline for submitting an appeal?
- b. Is there a deadline for submitting more information?

Understanding SSA notices can help you avoid interruptions to your benefits. If you receive a notice from SSA you should open it immediately because it will contain deadlines for appeals, waivers, or submission of additional information. Remember if you don't understand what your notice is about or you have questions reach out to SSA directly or contact your local ADRC at 608-326-0235 for help.

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: February 17th, April 14th, June 9th, August 18th,
October 13th, & December 15th



**Next Medicare Workshop
February 17th!**



“Forget me Not-Notes”

From Pam Kul-Berg

Brain Health Enthusiast

2026 Healthy Living with Mild Cognitive Impairment (MCI) Education Series

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

Unpacking Ultra-Processed Foods

Friday, March 6

9:30–11:30 a.m.



Join us to learn what ultra-processed foods are and explore why people who eat less of these packaged foods tend to have better health outcomes. Participants will gain confidence in making food choices that support their brain health and overall well-being. The program will end with a Q&A session. Free and open to all.

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

Guest Presenter: Beth Olson, PhD

Register to attend in person in Crawford County by contacting Pam Kul-Berg at 608-548-3954 or pkulberg@juneaucountywi.gov

Held at:

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



About the Series:

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

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

Questions?

Contact the Wisconsin ADRC at 608-265-0407 or adrc@medicine.wisc.edu

Presented by:



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

Community Partners:



ONEIDA

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





Dementia Live & Caregiver Training

**Date: Wednesday,
February 25th**

Time: 1:00pm-2:30pm

**Location:
Cafe Hope
120 N. Beaumont Rd.,
Prairie du Chien**



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

**Free to
participate!**

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



Beginner-Level Exercise Class for SENIORS



Please join us if...

- You are over the age of 60
- You exercise less than 60 minutes each week

Class Details

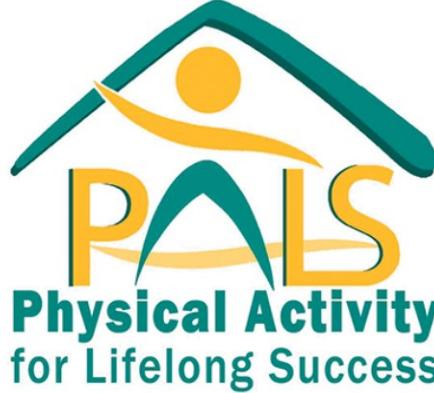
- 10- week Program
- Group Exercise + Lifestyle Class
- Exercise/60 minutes + 30 minutes lifestyle class Wednesdays

FREE for
individuals
60+

**Call 608-326-0235
to register!**

wiha
Wisconsin Institute
for Healthy Aging

ADRC
Aging & Disability Resource Center
of Eagle Country



LOCATION

Hoffman Hall
1600 S. Wacouta Ave.
Prairie du Chien, WI 53821

DATES

March 16th - May 22nd
Every M-W-F

TIME

Monday 2:00pm-3:00pm
Wednesday 2:00pm-3:30pm
Friday 2:00-3:00pm

“Makes me
feel physically
& mentally
better!”

-Sheryl B.

“I gained
strength
in my legs!”

-Mary P.