

March 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.



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

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



Available to Crawford County Residents 60+ & disabled adults.

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.

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



MOVIE NIGHT

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

Next Movie:

I Could Go On Singing (1963) (NR)

Friday, March 6th

7 PM

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



PRAIRIE DU CHIEN MEMORIAL LIBRARY PRESENTS

TUESDAY AFTERNOON MOVIES



FEATURED FILM:

JACKIE ROBINSON

FREE MOVIE AND REFRESHMENTS

NEXT MOVIE:
**MARCH 24TH
1:00 P.M.**



Take a NOURISH Step!



March into Wellness: Overview of Type 1 and Type 2 Diabetes

Did you Know?

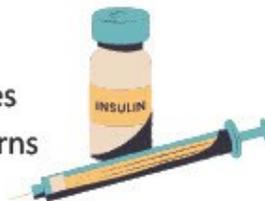
Type 1 is a lifelong autoimmune disease that prevents your pancreas from making insulin.

Type 2 is largely linked to insulin resistance & lifestyle changes can be powerful.

What is the difference between Type 1 and Type 2 Diabetes?

Type 1 Diabetes

- **Diagnosis:** Usually diagnosed in childhood, but this condition can present at any age.
- **How Insulin Is Affected:** In type 1 diabetes, the beta cells of the pancreas do not produce insulin, which leads to unhealthy blood sugar levels.
- **Cause:** An autoimmune condition that often appears early in life.
- **Management:**
 - Balanced eating patterns help normalize blood sugar levels, blood pressure, cholesterol, and body weight.
 - Insulin dosing is often required to manage blood sugar levels.
 - Work with care providers such as your doctor, dietitian, and diabetes educator to manage dietary patterns and insulin.



Type 2 Diabetes

- **Diagnosis:** Type 2 diabetes develops gradually. It is diagnosed using the following blood tests.
 - A1C of 6.5% or higher
 - Fasting plasma glucose test of 126 mg/dL or higher on two tests
 - Random blood sugar test of 200 mg/dL or higher
- **How Insulin is Affected:** The body isn't able to use insulin well, and eventually can't make enough of it.
- **Cause:** Genetics play a role, and the risk increases with age, extra weight, and low physical activity.
- **Management:** Requires reducing carbohydrate intake, reducing sugar intake, and eating 3 meals a day with fruits, vegetables, protein, and fiber.

Importance of Hydration

Dehydration raises glucose concentration in the blood, so be sure to hydrate throughout the day.

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



For more information visit: gwaar.org/nourishstep
GWAAR Nutrition Team. UW Health Interns Trinity Manzke & Molly Ross 3/2026



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Visit us today:
mychoicewi.org
1-800-963-0035

For more information on your long-term care options, contact your local ADRC.

DHS Approved 4/22/2021



For ad info. call 1-800-950-9952 • www.lpicommunities.com

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

Build-Your-Own Sheet Pan Meal

Ingredients (choose 1-2 from each group)

- **Protein:** Chicken breast or thighs, salmon, turkey/chicken sausage (uncooked, sliced), firm tofu (cubed)
- **Non-starchy vegetables:** broccoli, cauliflower, bell peppers, zucchini, green beans, carrots, Brussel sprouts
- **Add-ons:** fresh or dried herbs, citrus, avocado, shredded cheese
- **Option** to serve with brown rice

Directions

- Preheat the oven to **400 degrees F**. Line a large baking sheet pan with parchment paper or aluminum foil for easy cleanup.
- Arrange the protein on one side of the sheet pan. Brush generously with olive oil or marinade.
- Toss the vegetables in the remaining olive oil/marinade. Arrange them on the other side of the sheet pan around the protein.
- Bake for 25–30 minutes or until the protein is cooked and the vegetables are tender.
- To serve, divide protein and veggies between plates or bowls. Top with add-on's of choice. Add 1/2 cup cooked brown rice to each serving if your diabetes eating plan allows.



Recipe adapted from

<https://diabetesfoodhub.org/blog/sheet-pan-dinner-easy-meals-minimal-cleanup>

Create Your Diabetes Travel Bag

Step 1: Find a small bag to carry on the go

Step 2: Fill with your diabetes care essentials:

- Insulin supplies
- Diabetes medicine or pill box
- Fast-acting sugar for low blood sugar episodes (glucose tabs, raisins, small pack of candy)
- High protein & high fiber snacks like nuts, bars, or whole-grain crackers
- Glucometer and test strips (if needed) to check blood glucose levels
- An ID card that says you have diabetes and emergency contact numbers

Step 3: Bring with you when traveling or during an emergency and refill as needed!



Keep taking NOURISH Steps and learn more about type 1 & type 2 diabetes at:

American Diabetes Association

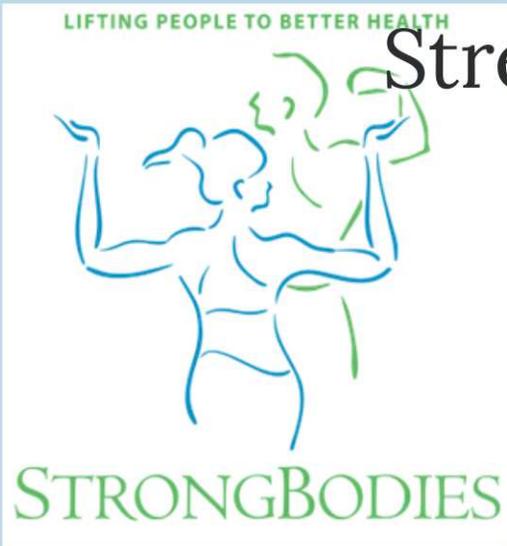
<https://www.heart.org/en/health-topics/diabetes/diabetes-tools--resources>



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

GWAAR Nutrition Team Trinity Manzke & Molly Ross 3/2026





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.

 Every Tuesday & Thursday
March 17th - May 21st

1:00PM-2:15PM



OR

10:00AM-11:15AM



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

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.



CHANGE

Location has moved to Hoffman Hall. There is now a morning slot available!

**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

March Menu

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|--|
| 2 Pork Sauerkraut Casserole Mixed Vegetables Peach Cobbler WW Roll Apple Slices | 3 Turkey Pizza Casserole Peas Mixed Fruit Bread Stick | 4 Mushroom Gravy Chicken Baked Potato Carrots WW Roll Pears | 5 Sloppy Joe/Bun Baked Beans Roasted Potatoes Peaches | 6 Parmesan Crusted Cod Coleslaw Cowboy Potatoes Apple Slices WW Roll |
| 9 Shepards Pie Baked Beans WW Roll Pineapple | 10 Lasagna Garlic Toast Ceasar Salad Tropical Fruit | 11 Ham Bean Soup Garden Salad WW Roll Pineapple | 12 Lemon Pepper Chicken Roasted Sweet Potato Broccoli WW Roll Pears | 13 Tuna Tetrizzini Carrots Peaches WW Roll |
| 16 Ham Mac & Cheese Mixed Vegetables Apple Sauce WW Roll | 17 Beef Stew Pears Garden Salad WW Roll | 18 Easy Chicken Bake Carrots WW Roll Applesauce Birthday Cake | 19 Scalloped Potatoes & Ham Mixed vegetables WW Roll Pineapple | 20 Garden Salad Cottage Cheese Apple Slices WW Roll |
| 23 Chef's Choice | 24 Country Gravy Pork Chops Roasted Potatoes Glazed Carrots WW Roll Applesauce | 25 Cheeseburger/ Bun Baked Beans Cheesy Potatoes Mixed Fruit | 26 Turkey Ala King Biscuit California Blend Vegetable Apple Slices | 27 Baked Cod Baked Potato//Sour Cream Green Beans WW Roll Peaches |
| 30 Spaghetti with Meat Sauce Garlic Toast Ceasar Salad Pears | 31 Tuna Melt Casserole Mixed Vegetables WW Roll Pineapple | 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. |

Join us for lunch!

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

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

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

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

608-326-0235

Meals Site Locations

Hoffman Hall
1600 S Wacouta Ave
Prairie du Chien

Gays Mills
Community Center
16381 WI-131
Gays Mills

*Photos are of meals served at meal site.



Tuna Noodles & Salad



Pork Loin & Gravy



Garlic Rosemary Beef Roast



Chef's Salad & Garden Vegetable Soup

Welcome to our Central Kitchen!

We would like to introduce our Central Kitchen Staff.

Lead Cook, Kirsten Martin, has 20 years of food service management experience.

Part time cook, Janet Stram, who has 23years of food services experience.

Part time cook, Amber Stark, who has 10 years of food service experience. Together that is 53 yrs of food service experience! As you can see, we all have a passion for cooking and a love for food.

We hope you enjoy your homemade meal because we love cooking it for you!



News for You

**From Your Disability Benefit Specialist
Brittany Mainwaring**



DWD, Gundersen Health System Celebrate Graduation of Eight Local Project SEARCH Interns

Project SEARCH Program Prepares Young Adults with Disabilities for Rewarding Careers

LA CROSSE – Holden Olstad spent the past nine months learning new skills and trying new work opportunities at Gundersen Health System through Project SEARCH, a collaborative program overseen by the Wisconsin Department of Workforce Development's Division of Vocational Rehabilitation (DVR).

Olstad, a graduate from Holden High School, realized quickly that he enjoyed cleaning, especially the hospital rooms. He developed great advocacy skills, asking to experience different areas of environmental services. Holden enjoyed everything about his rotation in environmental services but found his passion while working on the hospital floors.

"I love coming to my job every day to keep the hospital clean," Olstad said.

By the end of Olstad's first work rotation, his department manager expressed interest in hiring Olstad if he was interested in a job. Olstad decided to move directly into employment following his second Project SEARCH work rotation. With help learning new work skills through Project SEARCH, Olstad will begin a full-time job in the environmental services department at Gundersen Health System in La Crosse.

Olstad, along with seven other students with disabilities, celebrated the completion of Project SEARCH on May 23, during a graduation ceremony that drew friends and families to Gundersen Health System's Rasmus Center.

"The Wisconsin Department of Workforce Development is excited to celebrate the state's nearly 200 Project SEARCH graduates, who have explored new skills, expanded their opportunities, and earned a great sense of accomplishment in the work they have done over the past nine months," said DWD Secretary Amy Pechacek. "In Wisconsin, successful programs like Project SEARCH reaffirm the tremendous skills and talents individuals with disabilities bring to the workforce, and that success would not be possible without the dedicated employers and statewide partners who deliver the program, day in and day out."

The graduation ceremony at Gundersen Health System on May 23 in La Crosse, marked the completion of a nine- to 12-month immersive work experience. The interns recounted their hands-on experiences and talked about their future career opportunities.

In addition to the host site, the local internship experience was made possible by partners including the Wisconsin Department of Workforce Development's Division of Vocational Rehabilitation (DVR), Aptiv, Holmen High School, IRIS, My Choice Wisconsin, Includa, and TMG Wisconsin. Statewide, 28 premier employers are participating in Project SEARCH this year.

Project SEARCH is a collaborative effort among state vocational rehabilitation agencies, area schools, local employers, and long-term care organizations to help interns acquire marketable, competitive, and transferable skills that lead to employment. The interns complete multiple 10-week rotations to maximize exposure to different career paths and learn both employability skills in a classroom and hands-on job skills in the business environment.

Started at Cincinnati Children's Hospital Medical Center in 1996, Project SEARCH has provided workforce training to over 1,800 Wisconsin residents since its statewide launch in 2008. For more information, visit [Project SEARCH Wisconsin](#).

<https://dwd.wisconsin.gov/press/2024/240528-project-search-gundersen.htm>

National Slam the Scam Day

A Joint Effort to Protect Consumers from Scams

On **March 5, 2026**, federal, state, and local government, non-profit organizations, and private companies are joining forces to help protect consumers from scams. Over the years, scams have grown and evolved in scale and sophistication.

The [Federal Trade Commission](#) reported that consumers lost over \$12.5 billion to scams in 2024- a 25% increase from 2023. Consumers lost more than \$5.7 billion to investment scams and almost \$2.95 billion to imposter scams.

We are all vulnerable. Scammers target individuals, businesses, and even government agencies to attempt to steal money or personal information. They **pretend** to be from a well-known business or organization. Scammers state there's some sort of **problem** or offer a **prize**, such as a benefit increase. They **pressure** you to act quickly. Most alarming, scammers tell you to **pay** using currency that is hard to trace, such as cryptocurrency, gift card, prepaid debit card, wire transfer, cash, or even gold bars. They might even say they are helping to keep your money safe.

Follow **#SlamTheScam** posts on social media and share them with your loved ones and your community. Stay skeptical about unexpected contact from businesses or organizations. Hang up or delete suspicious messages. Do not click on links. Report scams to the [Federal Trade Commission \(reportfraud.ftc.gov\)](#). Visit [ftc.gov/scams](https://www.ftc.gov/scams) to stay up to date on the latest scams and the tactics scammers use.

<https://www.ssa.gov/scam/resources.html#social-media-toolkits>

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

Prairie du Chien Parks & Recreation Department

A.S.A.P.

March 12, 2026

Join us at Hoffman Hall from 1 - 3pm in the lobby. Ryan Howell, an Archeologist from Fort McCoy will be joining us. Ryan has previously spoken at the Villa Louis and has been involved in several digs in the area.



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

EVERY THIRD THURSDAY
OF THE MONTH
1:00 PM

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

St. Patrick's Day Parade

MARCH 14TH
10:00 A.M.

The ADRC staff will be
passing out swag and treats!

Hope to see you there!



Crossing Rivers Health

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Kevin Klean, DO, FAAOS
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or activities

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www.smpwi.org

[f WisconsinSeniorMedicarePatrol](https://www.facebook.com/WisconsinSeniorMedicarePatrol)



Preventing Medicare Fraud



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



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



Kelli Brooks

Information & Assistance

From your ADRC Specialists



Mara Mathis

Mental Health Resources

By the GWAAR Legal Services Team (for reprint)

Your mental health is just as important as your physical health. One in five Americans are living with a mental illness according to the National Institute of Mental Health. Many things like stress, lack of sleep, isolation due to colder weather, and current events can trigger mental health issues. You may experience changes in your sleep, changes in your appetite, mood swings, social withdrawal, low energy, and cognitive issues. Some people may feel physical pain, irritability, confusion, and feelings of hopelessness. If you notice these changes in yourself or a loved one, reach out to your healthcare provider or find immediate help. Most health insurance plans cover mental health services whether you have a Marketplace plan, Medicare, or Medicaid.

Medicare and Medicaid cover mental health services. They cover the diagnosis and treatment of mental health issues like anxiety and depression. It's important to contact your plan or call 1-800-MEDICARE to find out what is covered and where the services are covered. Understanding your plan's mental health coverage will help you avoid costly bills. If you don't have medical coverage, there are programs that help individuals meet their mental health needs.

There are nonprofit organizations that provide resources to those who need them in Wisconsin. One organization is the National Alliance on Mental Illness (NAMI) which helps individuals find support and care. They have information about finding a provider, treatment, and crisis resources. Their Wisconsin guide has a lot of information to help individuals get the care they need. Another organization is Mental Health America of Wisconsin (MHA). They help individuals find providers that accept Medicaid, provide information about support groups, and have general information about mental illness. If you need assistance finding a provider that will see you without insurance, use the FindHelp.org website to search for providers near you that may have reduced fees.

Whether you have insurance or not, if you feel like you or a loved one are in a crisis, there are resources to help. If you or a loved one is in immediate physical danger, you can call **911**. Let them know that you are having a mental health crisis and ask for a mental health officer or request a Crisis Intervention Team or CIT. If you are in a mental health crisis, you can also call **988** to be connected to a trained mental health counselor. You can call the mental health hotline for Wisconsin at **(866) 903-3787** to talk to a mental health specialist. You can call the National Alliance on Mental Illness hotline at **(800) 950-6264** or text NAMI to **741-741** to talk through it and get help finding resources locally. Dialing **211** can help you find immediate assistance for acute mental health issues near you. Just remember that you are not alone, and there are resources available to you whether you have mental health coverage or not.

Mental Health Resources

NAMI Resource Guide—<https://namiwisconsin.org/resources/resource-guide/>

NAMI Navigating a Mental Health Crisis Guide—<https://www.nami.org/wp-content/uploads/2025/04/Navigating-a-Mental-Health-Crisis-2025.pdf>

National Alliance on Mental Illness (NAMI) website—<https://namiwisconsin.org/>

Mental Health America of Wisconsin (MHA) website—<https://www.mhawisconsin.org/home.aspx>

Find Help (<https://www.findhelp.org/>) is a resource to help you find a variety of resources near you.

Medicare and Your Mental Health Benefits—<https://www.medicare.gov/publications/10184-medicare-and-your-mental-health-benefits.pdf>

Medicare Learning Network: Medicare & Mental Health Coverage—<https://www.cms.gov/files/document/mln1986542-medicare-mental-health-coverage.pdf>

ForwardHealth- <https://www.forwardhealth.wi.gov/WIPortal/Subsystem/KW/Print.aspx?ia=1&p=1&sa=44&s=2&c=61>

Crisis Helplines

911—Call if you are in immediate physical danger and ask for a mental health officer or the Crisis Intervention Team (CIT).

988—Call to be connected to a mental health counselor.

(866) 903-3787—Call to be connected to a mental health specialist in Wisconsin.

(800) 950-6264 or text NAMI to 741-741- Call or text to talk through the issue and find resources.

211—Call to get help finding resources for acute mental health issues. ☐

Hi!

I'm Mara, the new Information & Assistance Specialist here at the ADRC. I'm a Prairie du Chien resident with roots in Allamakee County, Iowa, so I'm not too far from home.

As a 2012 graduate of the University of Northern Iowa's College of Social & Behavioral Sciences Family Services program, I bring over 15 years of professional experience across the public service field. I am passionate about working directly with older adults and individuals with disabilities, and I find great joy in supporting people as they navigate available resources and services in our vibrant community.

Outside of work, I enjoy spending time with my fiancé, our children, and our black lab puppy while exploring the beauty of the Driftless Area.

If you see me out and about, please say hello!





Just for You

From your Elder Benefit Specialist,
Ashley Greene

New Year, High Prescription Costs

By the GWAAR Legal Services Team (for reprint)

Medicare prescription drug costs are higher at the beginning of the year for a few reasons. One reason is that Medicare has a yearly deductible that starts in January. This means that you will have to pay the deductible before prescription drug costs lower. Another reason Medicare prescription drug costs are higher during this time of year is because you have a maximum out-of-pocket amount that must be paid before the cost of prescriptions is reduced further.

Medicare beneficiaries start their year in the deductible phase when deductibles are reset. During this phase individuals must pay the plan deductible before the plan covers any portion of the prescription price. Not every plan has a deductible, but \$615 is the most a beneficiary will have to pay in 2026. Once that deductible is paid, the beneficiary moves on to the initial coverage phase.

During the initial coverage phase an individual will have reduced prescription drug costs. These costs will be dictated by the Part D plan you are enrolled in. Most plans have lower costs for generic drugs and higher costs for name brand drugs. There are plans that even offer some generic drugs at no cost. The price of prescriptions varies per plan. Most plans have drugs categorized into tiers with lower cost drugs in the first tier and higher cost drugs in higher tiers. An individual remains in this phase until the \$2100 out-of-pocket cost is paid. Then the individual moves into the catastrophic phase which provides prescription drugs at no cost to the beneficiary.

Prescription drug costs can be prohibitively expensive at the beginning of the year when the deductible isn't met and prescriptions are full price. If you are struggling to pay your Part D costs, you can request to enroll in the Medicare Prescription Payment Plan or M3P. This plan can be requested through your Part D plan. It allows you to spread the higher prescription drug costs, deductible, and out-of-pocket costs over the whole year. You will not pay less, but monthly payments will be smaller and more manageable.

If you are still struggling to pay for your prescriptions, there are other programs available to help lower costs. Individuals with lower income and assets can apply for Extra Help. This program helps cover copays, deductibles and prescription drug costs for Part D plans. You can also apply for SeniorCare if a Part D plan is too expensive. SeniorCare provides creditable coverage for individuals with lower income and assets. The program will provide lower deductibles and lower prescription drug costs. You can lower your overall Medicare costs by applying for the Medicare Savings Program. Depending on your income and

assets you could get help paying your Part A premium and/or Part B premium, copays, deductible, and co-insurance. Talk to your local Aging and Disability Resource Center by calling 608-326-0235 for more information about these programs and how to apply.

Resources

- What's the Medicare Prescription Payment Plan? - <https://www.medicare.gov/publications/12211-whats-the-medicare-prescription-payment-plan.pdf>
- Understanding the Extra Help with Your Medicare Prescription Drug Plan - <https://www.ssa.gov/pubs/EN-05-10508.pdf>
- Wisconsin Department of Health and Service: SeniorCare- <https://www.dhs.wisconsin.gov/seniorcare/information.htm>
- Medicare Savings Programs- <https://www.dhs.wisconsin.gov/publications/p1/p10062.pdf>
- ADRC Contact Information- <https://www.dhs.wisconsin.gov/adrc/contacts.htm>

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



**Next Medicare Workshop
April 14th!**



“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.

Beginner-Level Exercise Class for SENIORS



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

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



“Makes me
feel physically
& mentally
better!”

-Sheryl B.

“I gained
strength
in my legs!”

-Mary P.

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
MAR**

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

**10
MAR**

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

**19
MAR**

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

**24
MAR**

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

**25
MAR**

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.