

April 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:
High Noon
(1952) (PG)**

**Friday, April 3rd
7 PM**

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PRESENTS
**TUESDAY AFTERNOON
MOVIES**



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SUPERMAN

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NEXT MOVIE:
**APRIL 28TH
1:00 P.M.**

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)

**9
APR**

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

**21
APR**

SENECA LUNCH & EUCHRE
Seneca Town Hall
21041 Town Hall Rd., Seneca, WI
Serving at 12:00 - Euchre to follow

**22
APR**

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

**23
APR**

WAUZEKA LUNCH ONLY
Wauzeka Village Hall
213 E Front St. B, Wauzeka, WI
Serving at 12:00 p.m.

RESERVATIONS REQUIRED!

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

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Minimum of 4 passengers.



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DHS Approved 4/22/2021



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ADRC of Eagle Country - Prairie Du Chien Office, Prairie du Chien, WI 01-1247



Take a NOURISH Step!



Bloom Into Better Health: A1C Made Simple

Did you Know?

A1C reflects approximately 3 months of blood sugar history.

What is A1C?

- **A1C is...** a blood test for type 2 diabetes and prediabetes.
- **A1C measures...** your average blood glucose, or blood sugar, level over the past 3 months.
- **Diagnosis:** doctors may use the A1C alone or in combination with other diabetes tests to make a diagnosis. They also use the A1C to see how well you are managing your diabetes. This test is different from the blood sugar checks that people with diabetes do every day.

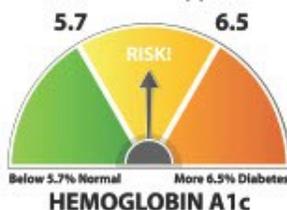


How to Manage a High A1C

- **Exercise:** Exercise regularly, aiming for 150 minutes per week. Exercising regularly is one of the best ways to manage high A1C levels. This could be going for a walk, doing chair exercises, following exercise videos at home, or going to community fitness classes.
- **Healthy Eating:** Focus on a balanced diet including fruits, vegetables, whole grains, lean protein, and healthy fats.
- **Fiber:** Incorporate fiber-rich foods at meals and snacks like beans, fruits, vegetables and, whole grains.
- **Healthy living:** Practice healthy habits such as avoiding smoking and reducing alcohol intake.

A1C Results

- **Below 5.7%** = Normal A1C level
- **5.7% to 6.4%** = Prediabetes
- **6.5% and above** = Type 2 diabetes



Importance of Hydration

Proper hydration can help reduce glucose spikes that influence A1C.

***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 4/2026

Chicken/Tofu & Veggie Stir Fry

Ingredients

- 4 tablespoons peanut oil or neutral oil, such as canola or avocado, divided
- 1 pound mixed vegetables (fresh, frozen, or canned)
- 1-2 chicken breasts or 8 oz of tofu, cubed
- 3 tablespoons low sodium soy sauce or stir-fry sauce

Directions

- Heat 2 tablespoons oil in a skillet over high heat. Add vegetables; cook, stirring occasionally, until soft, about 4 minutes.
- Transfer the vegetables to a bowl.
- Add the remaining 2 tablespoons of oil and chicken &/or tofu to the pan.
- For chicken, cook until 165°F (7-8 minutes per side).
- For tofu, cook, turning once, until browned, 3 to 4 minutes. Stir in the vegetables and sauce. Cook, stirring, until hot, about 1 minute. Serve with quick rice or noodles.



Recipe adapted from <https://www.eatingwell.com/recipe/277158/mushroom-tofu-stir-fry/>

A1C Goal-Setting Worksheet

CURRENT		GOAL	
14	355	14	355
13	326	13	326
12	298	12	298
11	269	11	269
10	240	10	240
9	212	9	212
8	183	8	183
7	154	7	154
6	126	6	126
5	97	5	97
A1C (%)	Average Blood Sugar (mg/dL)	A1C (%)	Average Blood Sugar (mg/dL)

[https://www.ihs.gov/sites/diabetes/themes/responsive2017/display_objects/documents/printmat/My Blood Sugar Goals 508c.pdf](https://www.ihs.gov/sites/diabetes/themes/responsive2017/display_objects/documents/printmat/My%20Blood%20Sugar%20Goals%20508c.pdf)

Directions:

- Fill in the first bar up to your current A1C and average blood sugar.
- Fill in the second bar up to your goals for A1C and average blood sugar.
- Continue practicing healthy habits to reach your goal A1C!

Keep taking NOURISH Steps and learn more about A1C at:

<https://diabetes.org/about-diabetes/a1c>

<https://www.niddk.nih.gov/health-information/diagnostic-tests/a1c-test>

If you want more pep, take a NOURISH Step!

For more information visit: gwaar.org/nourishstep



GWAAR Nutrition Team. UW Health Interns Trinity Manzke & Molly Ross 4/2026





Jody Kirchner
Meals Coordinator

April Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>For meal site reservations, please call by 2 p.m. the business day before.</p>	<p><i>Menus are subject to change</i></p>	<p>1 Chili Cinnamin Roll Garden Salad/ Ranch Oranges</p>	<p>2 Glazed Ham Baked Beans Baked Potato/Sour Cream Peaches WW Roll Dessert</p>	<p>3 CLOSED</p>
<p>6 Pepper Steak Roasted Sweet Potato Peas Tropical Fruit</p>	<p>7 Cranberry Glazed Chicken California Blend Vegetables Mashed Potatoes/Gravy Mixed Fruit WW Roll</p>	<p>8 Turkey Stuffing Casserole Broccoli Hot Cinnamin Apples WW Roll</p>	<p>9 BBQ Chicken Baked Beans Sweet Potatoes WW Roll Fruit</p>	<p>10 Tomato Soup Garden Salad Cottage Cheese Pears WW Roll</p>
<p>13 Pork Sauerkraut Casserole Mixed Vegetables Peach Cobbler WW Roll Apple Slices</p>	<p>14 Spaghetti w/Meat Sauce Garlic Toast Caesar Salad Pears</p>	<p>15 Chicken Noodle Soup Garden Salad WW Roll Birthday Cake</p>	<p>16 Beef Pot Roast Stewed Vegetables WW Roll Tropical Fruit</p>	<p>17 Mushroom Gravy Chicken Baked Potato Carrots WW Roll Pears</p>
<p>20 Chef's Choice</p>	<p>21 Parmesan Crusted Cod Coleslaw Cowboy Potatoes Apple Slices WW Roll</p>	<p>22 Sloppy Joe/Bun Baked Beans Roasted Potatoes Peaches</p>	<p>23 Cheeseburger/ Bun Baked Beans Cheesy Potatoes Mixed Fruit</p>	<p>24 Lasagna Garlic Toast Ceasar Salad Tropical Fruit</p>
<p>27 Ham Mac and Cheese Mixed Vegetables Applesauce WW Roll</p>	<p>28 Lemon Pepper Chicken Roasted Sweet Potato Broccoli WW Roll Pears</p>	<p>29 Shepards Pie Baked Beans WW Roll Pineapple</p>	<p>30 Tuna Tetrzzini Carrots Peaches WW Roll</p>	<p>Please make cancellations for home delivered meals by 8:30 a.m.</p>

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

We are looking for new members to join our Senior Nutrition Council!

If you are interested in providing feedback about our nutrition program, or even just curious about what it is about...join us for our next meeting on April 14th at Hoffman Hall, following lunch.



**Hoffman Hall
Meal Site Closed
for Elections
on
April 7th**



News for You

From Your Disability Benefit Specialist
Brittany Mainwaring



Social Security Surpasses 100 Million my Social Security Accounts SSA is delivering better, faster service to more Americans through its digital-first transformation

Baltimore, MD – The Social Security Administration (SSA) is announcing that over 100 million Americans have created personal *my_Social Security* accounts. This marks a major milestone in the agency’s digital-first transformation to increase accessibility, expand service, and improve the overall customer experience for the public.

“More than 100 million Americans have chosen to set up *my_Social Security* accounts because they want immediate access to service, 24 hours a day, and tools to manage their benefits with ease,” said **Commissioner Frank J. Bisignano**. “This milestone underscores what we are working toward at SSA: providing convenient and best-in-class customer service that meets people where they are, whether it is online with *my_Social Security*, on the phone, or in person at local field offices.”

As SSA’s secure online portal, *my_Social Security* enables individuals with 24/7 access to the agency’s personalized tools and services, whether they currently receive benefits or not. With an account, users can receive tailored notifications, request a replacement card, manage benefits or estimate future benefits, request replacement documents, check the status of pending applications, and conduct other services anytime, anywhere, without needing to visit an office or wait on the phone. With this free and secure account, beneficiaries can also access their most recent *Social Security Statement*, which includes benefit estimates and a summary of earnings in an easy-to-read document. Tax season is a great time for people to use my Social Security to review their detailed earnings record.

To learn more and create a personal *my_Social Security* account, visit: <https://www.ssa.gov/myaccount/>.

As a digital-first agency with an increased focus on technology and process engineering, SSA continues to serve more people at faster speeds than ever before by making it easier to resolve customers’ service needs online, on the phone, and in person. Under Commissioner Bisignano’s leadership, Americans now have 24/7 access to their personal my Social Security accounts, when previously the website was down 29 hours a week.

<https://www.ssa.gov/news/en/press/releases/2026-02-09.html>



Self Determination YouTube Channel

Do you see life as a journey? Are you looking for a path that empowers you? The Self-Determination Channel are a group of self-advocates with developmental or intellectual disabilities who believe self-determination is essential to living their best life--the life we all deserve. This channel is dedicated to sharing their voices about making choices and speaking up for themselves. We celebrate successes and show that, through perseverance, anything is possible. Here you can connect with other self-advocates and people who support them.

Youtube @SelfDeterminationChannel



SPARK!

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

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

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



Monday Coffee Connect Virtual Support to Fill Your Caregiving Cup

Caring for someone living with dementia?
Connect with local dementia care specialists virtually
from the comfort of your home!

Join to ask questions, gain support, and brainstorm
strategies to get through this time together with three
local Aging & Disability Resource Center (ADRC)
Dementia Care Specialists and other family caregivers.

Interact via TEAMS Video or by phone.
Fill your cup and start your week off right!

Mondays
Weekly

10:00 – 11:00 am

**Group does not meet on holidays*

**Register by calling 608-548-3954 or
email pkulberg@juneaucountywi.gov**

*After registering you will receive
connection info and directions. Please
don't hesitate to call for help with TEAMS
video call!*

*Offered by Dementia Care Specialists from
ADRC La Crosse County, ADRC of Waukesha
County & ADRC of Eagle Country*



CAREGIVER SUPPORT GROUP

Connect with local experts, family members, and
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circumstances. We share stories, struggles and
successes, as well as local resources.



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**EVERY THIRD THURSDAY
OF THE MONTH
1:00 PM**

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

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
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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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ADRC of Eagle Country - Prairie Du Chien Office, Prairie du Chien, WI 01-1247



Kelli Brooks

Information & Assistance

From your ADRC Specialists



Mara Mathis

Advance Directives: What They Are And Why You Need Them

By Polly Shoemaker, Managing Attorney, Wisconsin Guardianship Support Center (for reprint)

April 16 is National Healthcare Decisions Day! This movement became nationally recognized in 2008 to help raise awareness of the importance of advance care planning, to empower people to draft advance planning documents, and to encourage discussions with family members and medical professionals about healthcare wishes. In general, Wisconsin doesn't automatically allow family members to make decisions, so having advanced directives in place is the best way to ensure that the person has a say in who their decision-maker is and what types of decisions they can make.

The law on advance care planning documents and authority varies by state. In Wisconsin, practitioners typically recommend the following documents:

- o Power of attorney for finances
- o Power of attorney for healthcare
- o Living Will (optional)
- o Authorization for Final Disposition (burial & funeral arrangements)

Advanced directives can be executed with or without an attorney. While the basic forms are available online for free, an attorney can provide legal advice and counseling based on the person's specific circumstances to make sure their wishes can be carried out as desired.

Powers of Attorney

Powers of attorney (POAs) provide authority for someone to make financial and/or healthcare decisions for another person. Powers of attorney documents are valid once they are signed, but the agent does not have authority to act on behalf of the principal until the document is activated. Healthcare POA are usually activated if the individual becomes incapacitated. Financial POAs can be activated immediately or upon a future event. A POA agent's authority ends if the document is deactivated or revoked. The agent's authority also ends at the person's death.

A Power of Attorney for Health Care does not need to be notarized, but it must be witnessed by two disinterested witnesses. Disinterested means the witnesses are not:

- o The agent
- o Related to the person
- o Financially responsible for the person's care
- o An heir

A healthcare provider/facility or employee who is currently providing care to the person, unless they are a social worker or chaplain – these two types of health care employees may serve as witnesses.

A Power of Attorney for Finances & Property typically does need to be notarized before banks and other financial institutions will accept it.

Living Will/Declaration to Health Care Professionals

A living will is similar to a Power of Attorney for Health Care, but it has some important differences. A living will allows the person to specify their wishes for end-of-life care, such as whether feeding tubes and other life-sustaining treatment should be used. It directs the person's healthcare providers to carry out those wishes if the person is incapacitated and cannot decide for themselves. It does not grant authority to an agent and it does not allow any other decisions.

A POA for Health Care document can also grant an agent authority to make these decisions. A Living Will can serve as a helpful backup, though, in case agents are ever unable or unwilling to make these decisions. A Living Will also typically stays in place if a guardian is ever needed and can provide guidance to the guardian. Like a POA for Health Care, the Living Will must be witnessed by two witnesses.

Authorization for Final Disposition

The Authorization for Final Disposition allows a person to indicate their funeral and burial/cremation preferences in writing and to appoint a representative to carry out those wishes upon the person's death. If no representative is appointed, Wisconsin law indicates that a surviving spouse, adult child, parent, adult sibling, or guardian (in that order) can make funeral and burial decisions on behalf of a decedent.

The Authorization for Final Disposition can be witnessed by two witnesses or signed in front of a notary. The representative does not need to sign it at the same time as the individual, but they do need to sign it before they can act.

[The Guardianship Support Center's website](https://gwaar.org/guardianship-resources) (<https://gwaar.org/guardianship-resources>) includes links to forms, more information on advance directives, and Do-It-Yourself Guides. The Department of Health Services also has the statutory forms for all of these documents available on its [website](https://www.dhs.wisconsin.gov/forms/advdirectives/adformspoa.htm) (<https://www.dhs.wisconsin.gov/forms/advdirectives/adformspoa.htm>); most are available in multiple languages.

Myth-busting false beliefs about POAs:

1. I do not need a POA because my spouse or family can make decisions on my behalf.

a. Wisconsin is not a "next of kin" state, meaning that family members do not have inherent authority to make decisions solely based on their relationship with you. Authority must be specifically given to a person through a POA or a court order for guardianship.

2. I do not need a POA until I am older or sick.

a. Too often, people wait until it is too late to do advance planning. If a person no longer has the capacity to execute a POA document, then a court may need to appoint a guardian. All adults over the age of 18 should consider creating advance directives.

3. Once I create a POA, I'm set for life.

a. The POA documents are not locked in stone. They can be revoked or re-executed at any time. The Wisconsin Medical Society recommends that advance planning documents be reviewed if any of the 4 "d's" occur:

- i. **Death** (if any of the agents named in your POA pass away)
- ii. **Decade** (if it has been more than 10 years since you drafted or reviewed your documents)
- iii. **Divorce** (if you subsequently get a divorce after drafting your POA—in Wisconsin, if you named your spouse as agent, your POAs may be automatically revoked or the agent's authority may terminate)
- iv. **Disease** (if you become sick or are diagnosed with an illness).



Just for You

From your Elder Benefit Specialist,
Ashley Greene

Avoid a Medicare Part D Late Enrollment Penalty

By the GWAAR Legal Services Team (for reprint)

If you do not enroll in a Medicare Part D plan when you become eligible you could receive a late enrollment penalty or LEP. If after your initial enrollment period, you fail to enroll in a Medicare Part D plan or do not enroll in creditable coverage for a continuous 63 days or more you will receive a LEP. This penalty increases every month that you go without Part D coverage after the 63 days. This penalty will attach to your Part D premium and will remain attached to your premium as long as you have a Part D plan. Below is an example of how the LEP is calculated.

Example:

If you did not enroll in a Medicare Part D plan until 15 months after you became eligible for Medicare and you did not have creditable coverage, you would pay a 15% LEP in addition to your monthly Part D premium. This LEP is calculated using the national base beneficiary premium. For 2026 the national base beneficiary premium is \$38.99.

\$38.99 (2026 national base beneficiary premium)

X 0.15 (15% penalty)

\$5.85 (round to the nearest \$0.10)

\$5.90 is the LEP attached to your monthly Part D premium

The good news is that you have a few options to eliminate the LEP or avoid one altogether. You can enroll in creditable coverage instead of a Part D plan. Creditable coverage is coverage that pays for or covers, at a minimum, the same as a standard Medicare Part D plan. This coverage can come from some employer plans, military-related coverage, or you can sign up for SeniorCare. SeniorCare is creditable coverage that offers prescription drugs at reduced prices. This program will give you the creditable coverage you need to avoid a LEP.

Another option is to enroll in Extra Help. This program helps with Part D costs for low-income individuals. This program pays for premiums, deductibles, and copays for Medicare Part D plans. It also offers prescriptions at a lower cost. The program will eliminate a LEP.

One last option is to appeal the LEP. If you disagree with a LEP decision, you can request a reconsideration based on the reason indicated on the LEP notice from your Part D plan. You will need to fill out the Part D Late Enrollment Penalty Reconsideration Request form to request the appeal. The Medicare contractor will review the appeal and send notice of their decision, usually within 90 days.

Remember if you want to avoid a Part D LEP, you can enroll in a plan during your initial enrollment period. If you cannot afford this option, you can enroll in Extra Help, SeniorCare, or look at other creditable coverage options. If you receive a LEP and disagree, you have the option to appeal. Always review documents pertaining to healthcare coverage to ensure you avoid a lapse of coverage or unexpected costs. □

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!



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.

AVAILABLE NOW!
PRINT & DIGITAL AD SPACES

Build your business and help us grow a vibrant community!

Todd Benz from LPi, our newsletter printer, will be securing new ads for our center in the coming weeks. As a valuable member of the business community, we invite you to expand your reach and grow your business with a print ad in our newsletter and/or a digital ad featured on MyCommunityOnline.com.

YOUR
AD
HERE

YOUR
AD
HERE



Todd Benz
864-353-2441
then7@4lni.com



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



Coping with Caregiving

By the GWAAR Legal Services Team (for reprint)

If you're one of the more than 1 million caregivers in Wisconsin providing support to a loved one, you know the challenges that exist. Caregiver stress can put your own health at risk, jeopardizing both you and your family members. Your ADRC can help provide information and resources to manage caregiving and perhaps reduce some of the responsibilities you have.

Caring for someone with Alzheimer's or another form of dementia can be especially trying. The emotional ups and downs associated with moments of clarity and confusion take a toll. You can take a caregiver stress check at <https://www.alz.org/help-support/caregiving/caregiver-health/caregiver-stress> to see what your stress level is. Some tips from Alzheimer's Association include accepting changes as they occur, keeping current with your doctor's appointments, being realistic about what you can manage, and making legal and financial plans.

Take Care of Yourself as a Caregiver



Activities like these can lower your stress, boost your mood, and help make you a better caregiver, too.

Learn more about caregiving at www.nia.nih.gov/caregiving.



MUSIC CAN ENHANCE YOUR LIFE

*“Let me call you sweetheart, I’m in love with you.
Let me hear you whisper that you love me too.
Keep the love-light glowing in your eyes so blue.
Let me call you sweetheart, I’m in love with you.”*

Reading the words of a song you loved as a young adult can stir up some wonderful feelings. Hearing the song you were listening to while dancing that first dance on your wedding day can take you back in time. And what about the emotions you feel while listening to the war songs that were so popular when you or your spouse were serving in the war.

Music is a powerful tool in so many ways. Whether you need a way to reduce stress, need some extra noise to block out loneliness, or are looking for a way to reach a loved one who seems unreachable, music may be a curative answer. Listening to music and making music can be therapeutic to the caregiver and care-receiver alike.

Listening to music can be enjoyable and beneficial for anyone. Hearing music from your youth promotes memory and opens the window to emotions that may lead to laughter or tears. Caregiving can bring about a wide range of emotions including joy, sadness, frustration and guilt. Music reaches into your soul like nothing else, bringing to the surface feelings that are often unnamable. Releasing pent up emotions can be healing and renewing.

Music is also a marvelous way of reaching a person whose communication ability is affected by dementia, stroke and other diseases. Listening to favorite songs with your non-communicative loved one is a way of being together again. Music helps a person feel calm and relaxed, can reduce stress and promote wellness. Playing soothing music during a meal might increase the amount eaten, or make unpleasant tasks more bearable. (Such as during a bath for the person who is resistive to being bathed.)

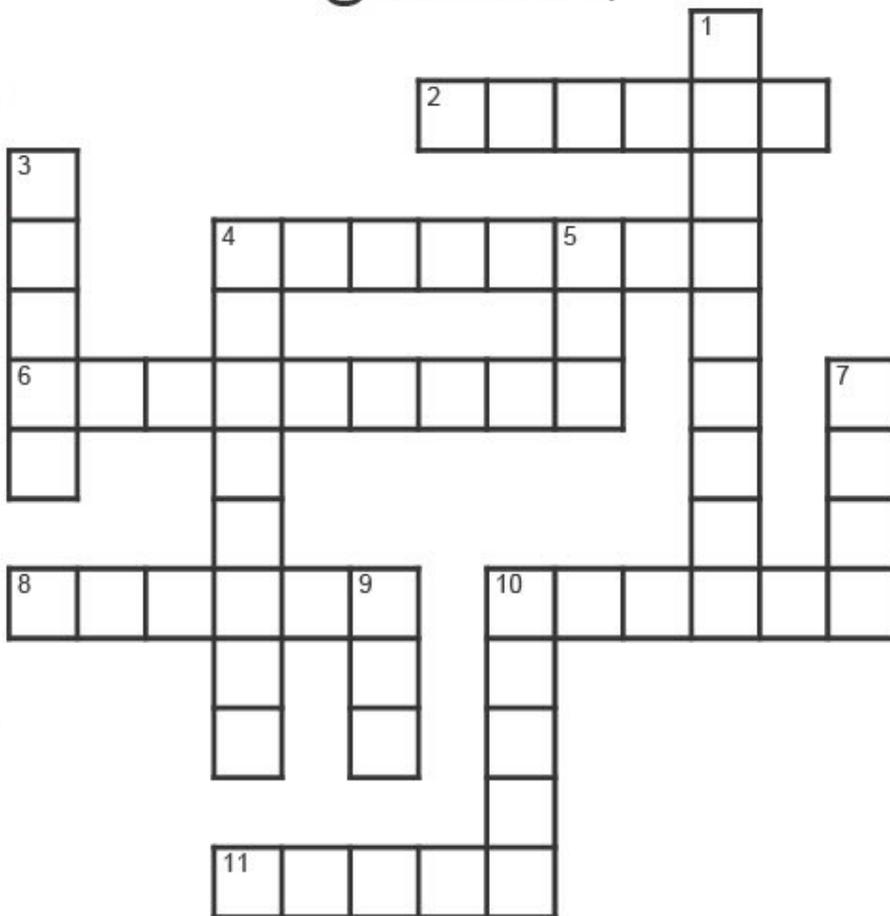
If you are/were a performer of music, playing your favorite instrument is also a wonderful way to express your feelings and bring joy to your life and others. When you can’t put your feelings into words, you can often express them through music. Making music also gives us a feeling of accomplishment—for mastering an instrument or a particular piece of music. Often our peak performing ability was “back in school” and we feel unable to play anymore. But picking up that instrument or feeling the ivories under your fingers or opening your throat to let out your singing voice can still feel good and be a great way to remember the “good old days.” If making music was part of your life as a younger person, try it again. Playing or singing for or with a grandchild may also be a delightful activity. The goal isn’t to impress anyone, just to express yourself, have fun and maybe jog a few memories. Even if you have never played an instrument before, beating on a drum or shaking a tambourine to some music can be fun as well as relieve stress.

So try enhancing your life by adding music more often. Turn on some upbeat music in the morning to get you going for the day. Try something old and familiar during mealtimes. Slow and soft music is great for relaxing in the afternoon or during a bath and find your old favorites to enjoy with your loved one to make an evening feel extra special. Dig up those old records and songbooks or find a good radio station and see where the music takes you.



HAPPY EASTER

Crossword



ACROSS

- 2. Container for gathering springtime treasures
- 4. Trumpet-shaped sunshine on a stem
- 6. Sweet treat that melts in your mouth
- 8. Marching celebration down Main Street
- 10. Fancy hat for a special Sunday
- 11. Sugary delights that dentists frown upon

DOWN

- 1. Colorful candy oval you might find in a basket
- 3. Fluffy yellow ball that says "peep"
- 4. Make things pretty with ribbons and paint
- 5. Magical liquid that changes plain to colorful

- 7. Search high and low for hidden surprises
- 9. Oval treasure often filled with goodies
- 10. Hopping critter with long ears and cotton tail

