

November 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



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

Crawford County Shopping Bus- Every Tuesday, 9:30 am pickup, \$2 charge PDC & \$4 Rural

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!



Save the date for two great events!

Livin' Well Health & Wellness Fair

SATURDAY, DECEMBER 5, 2026

10 a.m. - 1 p.m.

at Crossing Rivers Health

Fun Demos | Community Resources

Visit crossingrivers.org/LivinWell for more information!

Don't miss Christmas Right Here, happening at the exact same time and location! Sponsored by Partners of Crossing Rivers Health.

- Visit with Santa • Santa's Gift Shop
- Face Painting, Games and More!

Learn more at crossingrivers.org/CRH

A collaborative community event sponsored by



Register For Door Prizes!

Adult Door Prizes

1-\$250 Gift Card

2-\$100 Gift Cards

Kids' Door Prizes

Win a Bike!

Two Available!

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)**

NOV 5
THURSDAY

12:00 PM

Wauzeka Lunch & Bingo
Wauzeka Village Hall
213 E Front Street, Wauzeka, WI

NOV 12
THURSDAY

12:00 PM

Wauzeka Lunch Only
Wauzeka Village Hall
213 E Front Street, Wauzeka, WI

NOV 17
TUESDAY

12:00 PM

Seneca Lunch & Euchre
Seneca Town Hall
21041 Town Hall Road. Seneca, WI

NOV 18
WEDNESDAY

11:30 AM

Ferryville Lunch & Bingo
Ferryville Town Hall
170 Pine Street, Ferryville, WI

NOV 19
THURSDAY

12:00 PM

Wauzeka Lunch & Bingo
Wauzeka Village Hall
213 E Front Street, Wauzeka, WI

Reservations are required!

Call 608-326-0235 by 2:00 p.m. the day before to reserve your meal.

Transportation is available to Crawford County Residents for \$4.
Minimum of 4 passengers.



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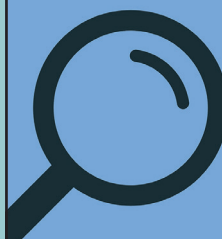
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1-800-963-0035**

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

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

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Free Community Presentation
on Scam Awareness

*Learn how to protect yourself, your family,
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warning signs



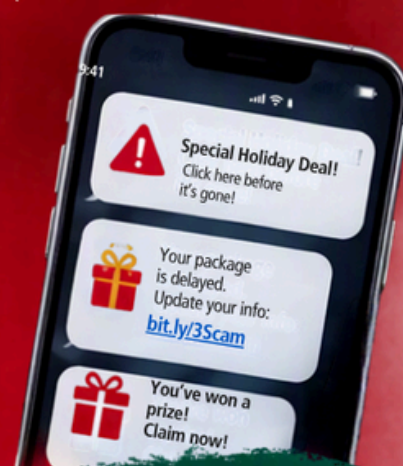
Avoid holiday
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package scams



Protect your
identity and
finances



Know what to do
if you've been
scammed



*Knowledge
is Your Best Defense
Against Fraud.*

STOP • VERIFY • PROTECT • REPORT



CHOOSE A SESSION THAT WORKS FOR YOU

PRAIRIE DU CHIEN

WEDNESDAY, NOVEMBER 4
3:00 PM

Rivercrest Village
Meeting Room
1007 E. Wisconsin Street
Prairie du Chien, WI

PRAIRIE DU CHIEN

MONDAY, NOVEMBER 9
1:00 PM

Crawford County
Administration Building
225 North Beaumont Road
236 Conference Room
Prairie du Chien, WI

SOLDIERS GROVE

MONDAY, NOVEMBER 9
5:00 PM

Soldiers Grove Public Library
102 Passive Sun Drive
Solar Town Center
Soldiers Grove, WI

REGISTER TODAY



Online: <https://forms.gle/gtLujVhYFRzuZfJo7>

Call: 608-326-0223



Registration is encouraged,
but walk-ins are always
welcome!



**Free resources and
take-home materials provided!**



Presented by Crawford County Financial Awareness Committee

UW-Madison Extension Crawford County | Human Development & Relationships Program
If you need an accommodation to participate in this program, please contact 608-326-0223.
Reasonable accommodations will be provided whenever possible.



Brighter Holidays 



Take a NOURISH Step!

November: Fitness and Diabetes



Did you Know?

Just 10 minutes of walking after meals improves blood sugar.

What is Physical Activity?

Physical activity is when a movement burns energy. This can be during leisure time, transport to and from places, or as a part of a job. Moderate and vigorous activity improve health.

Benefits of Movement...



Increased Insulin Sensitivity

Regular exercise means cells are more responsive to insulin, which helps manage blood sugars. On the other hand, a sedentary lifestyle can increase the challenges of diabetes management.

Improved Mood

- Exercise releases feel-good endorphins. Endorphins are brain chemicals that improve your sense of well-being.
- Exercise also take your mind off worries.

Better Mobility



Exercises that improve your strength, balance and flexibility help make you stronger and feel more confident on your feet.

How Often Should I Exercise?

Aerobic Activity

The CDC recommends 150 minutes of aerobic activity (movement that gets your heart rate up!) for adults 65+. Some examples include mowing the lawn, raking leaves, dancing, walking, active yoga, biking, water aerobics, swimming, and chair exercises.

Strength Training

It is recommended that older adults participate in strength training at least 2 days per week. Some example activities include: Lifting weights or using resistance bands, body-weight exercises like push-ups or sit-ups, and yoga or Pilates

Balance Exercises

Balance ctivities prevent falls, which reduced the risk for injury and bone fractures. Some example activities include: walking backwards, standing on one leg, and using a wobble board. Strength activities also help imprpove balance!

Importance of Hydration

Hydration prevents cramps and supports circulation during activity.

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



Jody Kirchner
Meal's Coordinator

November Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Shepards Pie Baked Beans WW Roll Peaches Chocolate Pudding	3 Italian Chicken- Breast Pasta Garlic Toast Broccoli Pears	4 Pork Sauerkraut Casserole Mixed Vegetables Peaches WW Roll Jello Cake	5 Easy Chicken- Bake Dill Carrots Pears Rice Krispie Bar WW Roll	6 Vegetable Soup Cottage Cheese Pears Brownie WW Roll 
9 Beef Pot Roast Stewed Vegetables WW Roll Hot Cinnamon Apples	10 Shredded BBQ Chicken/Bun Baked Beans Roasted Potatoes Applesauce	11 Pizza Casserole Garlic Toast Tossed Salad Pears Apple Crisp	12 Pork Tenderloin/mustard sauce Mixed Vegetables Mashed Potatoes/Gravy WW Roll Pineapple	13 Glazed Salmon Whipped Sweet Potatoes Green Beans WW Roll Tropical Fruit
16 Chicken Noodle- Casserole Glazed Carrots WW Roll Peaches Cookie Bar	17 Swiss Steak Baked Potato Baked Beans WW Roll Mixed Fruit	18 Meatloaf Baked Potato Broccoli Apple Slices WW Roll Birthday Cake	19 Glazed Ham Carrots Mashed Potatoes/Gravy Mixed Fruit	20 Cheesy Baked Fish Baked Potato Coleslaw Pears
23 Chef's Choice	24 Beef Stew Brussels Sprouts Pineapple Peach Cobbler	25 Roasted Turkey Mashed Potatoes/Gravy Green Beans Craberry Sauce WW Roll	26 CLOSED 	27 CLOSED
30 Chicken Broccoli- Rice Casserole Baked Beans WW Roll Peaches		Menus are subject to change	Please make cancellations for home delivered meals no later than 8:30 a.m.	For meal site reservations, please call by 2 p.m. the business day before

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

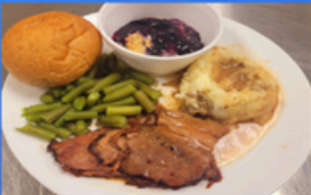
*Photos are of meals served at meal site.



Tuna Noodles & Salad



Pork Loin & Gravy



Garlic Rosemary Beef Roast



Chef's Salad & Garden Vegetable Soup

**Hoffman Hall
Meal Site is closed
for Election Day!
November 3, 2026**



**Closed for
Thanksgiving!**

**November
26th & 27th**



CLOSED



Just for You

From your Elder Benefit Specialist, Ashley Greene

How to Find a Lawyer in Wisconsin

By the GWAAR Legal Services Team (for reprint)

Aging & Disability Resource Centers (ADRCs) and Aging Units are a wealth of information; these organizations can assist with most issues related to health insurance, Medicare, Medicaid, Social Security, and many other public benefits and housing issues. In some cases, however, issues fall outside the areas in which a Benefit Specialist can assist. If this happens to you, you may be encouraged to seek assistance from an attorney who charges a fee (often called a “private attorney”).

You can always ask friends, family, or co-workers for recommendations for a private attorney, or search online. If you still don’t know where to start, here are a few places to consider:

Lawyer Referral Service (also called LRS) – A legal assistant will help you locate the best source of help, which may mean you need to hire an attorney. If so, the assistant will refer you to an attorney near you who is familiar with your legal situation. Attorneys with LRS agree to charge no more than \$20 for the first consultation, up to one half-hour. In some cases, you will resolve your legal issue at the first meeting. If your problem requires work beyond the first half-hour, you will be charged the lawyer’s regular fees.

- Phone: (800) 362-9082 or (608) 257-4666 (in Dane County and outside of Wisconsin).
- Online: <https://sbw.intouchondemand.com/LRISRequest/SBWFindLawyer.aspx>

Wisconsin State Bar Modest Means Panel

The Modest Means Program of the State Bar of Wisconsin is designed to assist people whose income is too high to qualify for free legal services, but too low to pay a lawyer's standard rate. The Modest Means Program is run by the LRS (see above). Qualifying for services through the Modest Means Program is based on your income level and area of legal need. To determine if you may qualify for the Modest Means Program, you can fill in and submit a questionnaire available on its website.

- Phone: 1-888-529-7599
- Online: <https://www.wisbar.org/forPublic/INeedaLawyer/Pages/Modest-Means.aspx>

Legal Action of Wisconsin – Legal Action serves all counties in Wisconsin since its merger with Judicare, effective January 1, 2026. Offices are located in Green Bay, La Crosse, Madison, Milwaukee, Oshkosh, Racine, and Wausau. This organization focuses on housing, employment, debt and taxes, public benefits, family law, and victim support. They also work with specific populations, including veterans, seniors, farmworkers, people who use drugs or are in recovery, students, and those near release or recently released from prison.

·Phone: 855-947-2529

·Online: <http://www.legalaction.org/contact-us>

Legal Action offers a program that is specific to elder financial and physical abuse. Contact this program if you are a victim of elder abuse, or know someone who is a victim.

·Phone: 855-947-2529.

·Online (email): elderabuse@legalaction.org

Wisconsin State Public Defender Program – This program is dedicated to providing attorneys for criminal cases. In most cases, applicants must meet financial guidelines in order to qualify for appointment of an attorney. Applicants may apply at the local office that serves the county in which the case will be heard. A staff member will assist the applicant by completing the financial eligibility form. The application process typically takes approximately 15 minutes, although in some cases the applicant may need to provide additional documentation in order to verify information.

You can locate your county's public defender office here:

·Phone: 608-266-0087

·Online: <http://wispd.org/>

National Academy of Elder Law Attorneys (NAELA) – This national organization focuses on elder law, which means planning for incapacity and long-term care, Medicaid and Medicare coverage (including coverage of nursing home and home care), health and long-term care insurance, and health care decision-making. It also includes drafting of special needs and other trusts, the selection of long-term care providers, home care and nursing home problem solving, retiree health and income benefits, retirement housing, and fiduciary services or representation. If you visit their website, you can click "Find a Lawyer" to locate an elder law attorney in your area.

·Online only: <https://www.naela.org/>

If you are unsure whether a Benefit Specialist can assist you or if you need a private attorney, you can always contact your ADRC or Aging Unit. Make sure that if you have a deadline, you reach out for help well before that deadline so you have plenty of time to find assistance.



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Programs take place on the
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from 10:00-11:30am

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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



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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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News for You

From Your Disability Benefit Specialist

Brittany Mainwaring



Did You Know Certain Life Changes Can Affect Your SSI Payments?

If you receive Supplemental Security Income (SSI), staying informed about your reporting responsibilities is essential. Changes in your income, resources, or living arrangements can directly affect your eligibility and the amount of your SSI payment. By reporting these changes to Social Security as soon as they happen, you help ensure your payment stays correct and avoid overpayments, underpayments, or penalties.

Changes You Must Report When You Receive SSI

Whether you're applying for or already receiving SSI, you are required to let the Social Security Administration (SSA) know when certain aspects of your life change. Reporting helps prevent incorrect payments and reduces the risk of having to pay money back later. If you are married and living with your spouse, you must also report changes affecting your spouse. Likewise, if you are applying for SSI for a child, you must report changes involving the child's parents.

Examples of changes that must be reported include:

- Any change in income (such as wages, pensions or unemployment benefits)
- Any change in resources (like bank accounts, vehicles, or property)
- Changes in employment status (starting, stopping or changing jobs)
- Any change to your address. Keeping your address current helps SSA contact you when we need important information, reducing the risk of payment interruptions
- Changes in living arrangements, such as entering or leaving a nursing home or correctional institution or someone moving in or out of your household
- Any change in citizenship or immigration status
- Any change in marital status (marriage, divorce, or separation)
- To see a complete list of reporting responsibilities, read Understanding Supplemental Security Income Reporting Responsibilities at [SSA.gov](https://www.ssa.gov)

Continue on page 15

How to Report Changes

For changes other than wages:

800-772-1213, Monday through Friday, 8:00 AM to 7:00 PM

877-405-7841, Monday through Friday, 9:00 AM to 4:00 PM.

How to Report Your Wages

If you work, you have several confident options for reporting your wages each month:

- Payroll Information Exchange (PIE): Ask your employer to send your wages directly to SSA through PIE. You can complete & submit the SSA-8240 online, at your local Social Security office, or give authorization by phone. Continue to report your wages using another method until you receive confirmation that PIE wage reporting has started.
- mySocial Security account: Report wages easily through your secure online account.
- SSA Mobile Wage Reporting app: Available for free from Apple App Store or Google Play Store.
- Telephone Wage Reporting System
- Calling the national SSA number at 800-772-1213
- Calling or visiting your local SSA Office in Lancaster 877-405-7841

Report Changes on Time

Reporting changes and wages by the 10th day of the month after they occur helps prevents being overpaid or underpaid. If you work, SSA encourages your to report wages by the 6th day of the month after you get paid to reduce the chance of overpayments. Failure to report changes on time may result in penalties that reduce your SSI payment.

Knowledge is Key

Staying informed and reporting changes promptly helps ensure your SSI payments stay accurate. Securing today and tomorrow starting with being proactive and keeping your information up to date.

<https://www.ssa.gov/blog/en/posts/2026-10-01.html>



Kelli Brooks

Information & Assistance

From your ADRC Specialists



Mara Mathis

November is Hospice and Palliative Care Awareness Month

By the GWAAR Legal Services Team (for reprint)

Every year, millions of Americans receive palliative care or hospice care. It's important to know the difference between the two types of care. Palliative care and hospice care both provide comfort. However, palliative care can be helpful at any stage of illness, while hospice care begins when treatment has stopped because it is clear that the patient will not survive the illness.

Palliative care is provided by specially-trained doctors, nurses, and other care providers, like nutritionists or social workers, who work with the rest of the patient's care team. Care is provided in hospitals, nursing homes, outpatient clinics, or in the patient's home. The goal of palliative care is to provide relief from the symptoms of a serious illness in order to improve quality of life for the patient. Palliative care can help with a range of issues, like pain, depression, anxiety, fatigue, loss of appetite, and difficulty sleeping. It can improve a patient's ability to tolerate uncomfortable treatment. Care can be provided at the same time as curative treatment and may begin at the time of diagnosis.

Hospice, on the other hand, is for patients who have decided not to continue receiving treatment for their terminal illness. Instead, hospice care provides comfort for the patient and support for the entire family. The patient may continue receiving medical care for conditions other than the terminal illness. Hospice care is typically offered only when the patient is not expected to live for more than six months. Care is not tied to a specific location – hospice services can be provided at the patient's home or in hospitals, nursing homes, or even a separate hospice center. The hospice care team includes doctors, nurses, social workers, spiritual advisors or members of the clergy, and trained volunteers. In addition, respite care is available if family caregivers need a break.

Patients with Medicare Part A can get hospice care benefits if they meet the following criteria:

- They get care from a Medicare-certified hospice
- Their attending physician (if they have one) and the hospice physician certify them as terminally ill with a medical prognosis of 6 months or less to live if the illness runs its normal course
- They sign an election statement to elect the hospice benefit and waive all rights to Medicare payments for the terminal illness and related conditions

After certification, the patient may elect the hospice benefit for:

- Two 90-day periods followed by an unlimited number of subsequent 60-day periods
- After the second 90-day period, the recertification associated with a hospice patient's third benefit period, and every subsequent recertification, must include documentation that a hospice physician or a hospice nurse practitioner had a face-to-face encounter with the patient

The patient may need to pay a copayment of no more than \$5 for each prescription drug for pain relief and symptom control. In addition, the patient may need to pay 5% of the Medicare-approved amount for respite care.

If you have another type of health insurance, check with your insurance company to find out whether your insurance will cover any hospice services.

You can learn more about palliative care and hospice from the National Hospice and Palliative Care Organization at [Home - National Hospice and Palliative Care Organization](#)

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 who will be eligible Medicare soon.

Registration is required by calling 608-326-0235.

Location: Crawford County Administrative Building, Room 130

Time: 1:30-3:00 pm

Dates: December 15th



Next Medicare Workshop December 15th!



“Forget me Not-Notes”

From Pam Kul-Berg



Music, Singing & the Brain

Why singing together matters
for people living with dementia

A familiar song can open a door to emotion, recognition
and participation, even when conversation can be difficult.



MUSIC ENGAGES THE BRAIN

“Music activates a variety of structures in the brain that are involved in thinking, sensation, movement, and emotion.” – National Institutes of Health

Listening to and making music activates brain systems involved in thinking, sensation, movement and emotion. Singing brings rhythm, words, breathing and listening into one shared experience. Studies show that brain activity is increased with music-making.

MUSICS SUPPORTS EMOTIONAL HEALTH

“Music-based therapy probably improves depression” – Cochrane’s summary of a 2025 research review

Studies found that music-based therapy probably improves depressive symptoms in people living with dementia compared with usual care, at the end of treatment. These studies examined therapeutic programs; community choruses offer a different setting for musical participation. A dementia-friendly chorus offers a welcoming place to participate in the present moment. There is room for joy, self-expression and belonging.

Joy

A moment to enjoy

Connection

A place to belong

Purpose

A voice to share

THE POWER OF SINGING TOGETHER

Music’s benefits do not depend on remembering every word or singing every note. Whether music improves thinking and memory remains uncertain, but it can still offer meaningful ways to engage and connect. People living with dementia and their care partners sing side by side. Shared music offers a way to connect with each other and with the community.

Defying dementia through music

Giving Voice Initiative inspires and equips communities to bring people living with dementia and their care partners together in choruses.

givingvoicechorus.org





Elf to Elder

Help bring holiday cheer to
Crawford County residents 60+!

To learn more, or to sponsor an
elder this holiday season, please
call 608-326-0235!

Help make the
holidays brighter



Are you 60 + and looking for a little holiday cheer this year? If so, fill out the wish list below and return to our office by December 1st!



Elf to Elder WISH LIST



Name: _____

Address: _____

Phone: _____

Date of Birth: _____

— *My Elf to Elder Wishes* —

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

One thing I would really love: _____

Favorite Colors: _____

*Please be sure to specify sizes if you are asking for clothing or shoes.

Please return by December 4th to the ADRC Office
225 N Beaumont, Suite 117, Prairie du Chine, WI 53821

