

October 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!



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

PRAIRIE DU CHIEN MEMORIAL LIBRARY
PRESENTS

TUESDAY AFTERNOON MOVIES



FEATURED FILM:

WICKED 2

FREE MOVIE AND REFRESHMENTS

NEXT MOVIE:

OCT 27TH
1:00 P.M.



MOVIE NIGHT

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

Next Movie:

Colossus: The Forbin Project
(1970) (PG)

Friday, Oct 2nd

7 PM

FRESH POPCON AND REFRESHMENTS PROVIDED
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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)

OCT 01 THURSDAY 12:00 P.M.	Wauzeka Lunch & Bingo Wauzeka Village Hall 213 E Front Street, Wauzeka, WI
OCT 06 TUESDAY 12:00 P.M.	Seneca Lunch & Euchre Seneca Town Hall 21041 Town Hall Road. Seneca, WI
OCT 08 THURSDAY 12:00 P.M.	Wauzeka Lunch Only Wauzeka Village Hall 213 E Front Street, Wauzeka, WI
OCT 15 THURSDAY 12:00 P.M.	Wauzeka Lunch & Bingo Wauzeka Village Hall 213 E Front Street, Wauzeka, WI
OCT 22 THURSDAY 12:00 P.M.	Wauzeka Lunch Only Wauzeka Village Hall 213 E Front Street, Wauzeka, WI
OCT 28 WEDNESDAY 11:30 A.M.	Ferryville Lunch & Bingo Ferryville Town Hall 170 Pine Street, Ferryville, WI
OCT 29 THURSDAY 12:00 P.M.	Wauzeka Lunch Only 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.

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



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Amanda K. Tisdale • Lynn M. Rider

Attorneys At Law

phone: **608.326.8434** fax: **608.326.6314**

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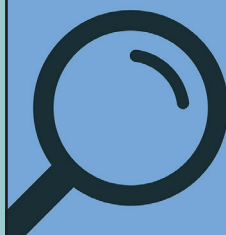
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programs to seniors and adults with disabilities
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mychoicewi.org
1-800-963-0035**

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.lpcommunities.com

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



Take a NOURISH Step!

HAPPY HALLOWEEN

October: The Role of Fiber In Diabetes

Did you Know?

Increasing fiber by just 5 grams/day can improve blood glucose.

What is Fiber?

Fiber is a nutrient found in plant foods such as fruits, vegetables, whole grains, and beans. Fiber is important for bowel health and promotes regular bowel movements. Consuming a diet rich in fiber offers numerous health benefits, including managing cholesterol levels, maintaining a healthy weight, and regulating blood sugar levels.

How much fiber should you eat?

- Women 50+ should aim for 22 grams/day
- Men 50+ should aim for 28 grams/day



Common food sources of fiber with serving sizes

- 1 cup raspberries (8 grams of fiber)
- 1 medium apple (5 grams of fiber)
- 1 medium banana (3 grams of fiber)
- 1 cup green peas (9 grams of fiber)
- 1 cup broccoli (5 grams of fiber)
- 1 baked potato with skin (4 grams of fiber)
- 1 cup of oatmeal (4 grams of fiber)
- 1 slice whole wheat bread (2 grams of fiber)
- 1 cup black beans (15 grams of fiber)



Fiber can...

Slow Digestion:

- Soluble fiber dissolves in water and forms a gel-like substance in your stomach, slowing down digestion.

Control Blood Sugar:

- The body doesn't absorb and break down fiber, meaning it doesn't cause a spike in blood sugar like other carbs do.

Soluble Fiber

- Soluble fiber plays a role in slowing digestion and controlling blood sugar.
- Soluble fiber is found in apples, bananas, oats, peas, black beans, lima beans, Brussels sprouts, and avocados.

Insoluble Fiber

- Insoluble fiber does not dissolve in water and usually remains whole as it passes through your stomach. This keeps your gut healthy.
- Insoluble fiber is found in whole wheat flour, bran, nuts, seeds, and the skins of many fruits and vegetables.

Importance of Hydration

Fiber needs water to work effectively.

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

High Fiber Chili (8 Servings)

Ingredients

- 1 medium sweet potato, peeled and diced
- 2 cans (15 ounces each) black beans, drained and rinsed
- ½ cup quinoa
- 2 ½ cups water or low-sodium vegetable broth
- 2 cans (14.5 ounce) diced tomatoes
- 1 medium onion, chopped
- 4 cloves garlic, minced or 1 teaspoon garlic powder
- 1 Tablespoon cumin
- 1 Tablespoons chili powder
- ¼ teaspoon salt
- 1 medium bell pepper, chopped (any color)



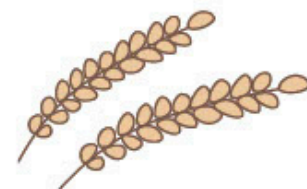
Photo used with permission.
Recipe adapted from
<https://foodhero.org/recipes/slow-cooker-black-bean-sweet-potato-and-quinoa-chili>

Directions

- Lightly grease the inside of the slow cooker.
- Combine all ingredients except the bell pepper in the slow cooker and mix well.
- Cover and cook on LOW for 5 to 6 hours or HIGH for 2 to 3 hours or until potatoes are soft.
- Stir in the bell pepper and cook for 10 to 15 minutes. Taste and adjust seasonings to your liking.
- Empty slow cooker and refrigerate or freeze leftovers within 2 hours.

Carbohydrate & Fiber Content

- 35g total carbs
- 12g protein



Fiber Boost Bingo

Make a recipe with beans	Snack on popcorn	Eat a high-fiber fruit
Add chia/flaxseed to oats	Make a whole-grain swap	Use hummus as a dip
Eat a high-fiber vegetable	Make the recipe above!	Make a sandwich on whole-wheat bread
Snack on berries	Try high-fiber cereal	Eat lentils

Keep taking NOURISH Steps and learn more about fiber at:

<https://www.cdc.gov/diabetes/healthy-eating/fiber-helps-diabetes.html>
<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/high-fiber-foods/art-20050948>



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

GWAAR Nutrition Team Trinity Manzke & Molly Ross 10/2026





Jody Kirchner
Meal's Coordinator

October Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
For meal site reservations, please call by 2 p.m. the business day before	Please make cancellations for home delivered meals no later than 8:30 a.m.	Menus are subject to change	1 Chicken Noodle Casserole Glazed Carrots WW Roll Peaches Cookie Bar	2 Pork Tenderloin/ mustard sauce Mashed Potatoes/Gravy Mixed Vegetables WW Roll Pineapple
5 Swiss Steak Baked Potato Baked Beans WW Roll Mixed Fruit	6 Pizza Casserole Garlic Toast Tossed Salad Pears Apple Crisp	7 Glazed Ham Carrots Mashed Potatoes/ Gravy Mixed Fruit	8 Beef Pot Roast Stewed Vegetables WW Roll Hot Cinnamon Apples	9 Cheesy Baked Fish Baked Potato Coleslaw Pears
12 Chicken Broccoli Rice Casserole Baked Beans WW Roll Peaches	13 Beef Stew Brussel Sprouts Pineapple Peach Cobbler	14 Ham Bean Soup Broccoli Salad Pudding Peaches WW Roll	15 Sloppy Joe/Bun Baked Beans Roasted Potatoes Applesauce	16 Hoffman Closed Mac & Cheese Mixed Vegetables WW Roll Pears 
19 Chef's Choice	20 Spaghetti/ Meat Sauce Ceasar Salad Garlic Toast Hot Cinnamon Apples	21 Turkey Ala King Biscuit Baked Beans Applesauce Birthday Cake	22 Citrus Chicken Brown Rice Glazed Carrots Pineapple	23 Tomato Beef Patties Brown Rice Mixed Vegetables WW Roll Pineapple
26 Chop Suey Rice Garlic Green Beans Peaches Chocolate Chip Cookie	27 Chili Mac Broccoli Garlic Toast Pears	28 Lemon- Parsley Cod Baked Potato Dill Carrots WW Roll Mixed Fruit	29 Biscuit and Gravy Vegetable Scrambled Eggs Oranges Yogurt	30 Tuna Noodle Casserole Carrots Hot Cinnamon Apples WW Roll

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

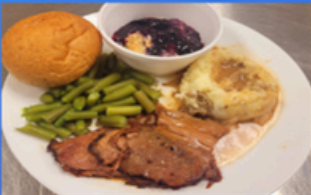
*Photos are of meals served at meal site.



Tuna Noodles & Salad



Pork Loin & Gravy



Garlic Rosemary Beef Roast



Chef's Salad & Garden Vegetable Soup



Dress up in costume
and “Trick or
Treat” at
one of our meal sites
on October 30th!

 **HAPPY** 
HALLOWEEN



**The Hoffman Hall Meal
Site will be closed on
Friday, October 16th.**

**The Hoffman Hall and
Gays Mills Meal sites will
be closed on October 29th
due to staff training.**



Just for You

From your Elder Benefit Specialist,
Ashley Greene



Get Ready for the Medicare Annual Open Enrollment Period

The Medicare annual open enrollment period is just around the corner and now is the time to start thinking about your options. Do you have a Medicare Prescription Drug (Part D) plan? Each year these plans can change the list of prescription medications they will cover. The plans' premiums, deductibles, and co-pays can also change each year. That means even if you are taking the same medications, the amount you pay for your medications may change in 2027!

What can people do about this? Anyone with a Medicare Part D Plan should check their coverage each year during Medicare's annual open enrollment period which runs October 15th through December 7th. This is the time of year to find out if your current plan will cost you more, or less than other Part D plans in 2027. It is also the only time of the year that you can change your Medicare coverage if you feel there is another plan that would better fit your needs and budget.

You can compare plans on the official Medicare website at www.medicare.gov/plan-compare. Medicare beneficiaries in Crawford County can also receive free, unbiased assistance with plan comparisons via mail from the Aging & Disability Resource Center by calling 608-326-0235. Residents of other Wisconsin counties may call 1-844-941-2372 to find their local ADRC.

Assistance is also available at:

- Medicare 1-800-633-4227
- Wisconsin Medigap helpline at 1-800-242-1060
- Wisconsin Medigap Prescription Drug Helpline at 1-855-677-2783

Don't miss out on this opportunity to find the best Medicare coverage for you!

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



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: October 13th December 15th

**Next Medicare Workshop
October 13th!**

COMING SOON

**The Elf to Elder
program is around
the corner!**

**Look for more
information in our
November
newsletter!**



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Thursdays 10:00am - 11:30am
Sept. 17 - Dec. 6th

Grace Community Church

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giving
voice
NETWORK

ADRC
Aging and Disability Resource Center
of Eagle Country

VOLUNTEERS NEEDED!

CALLING ALL VOLUNTEERS!
WE NEED YOUR HELP!



Our organization is looking for dedicated individuals to join us in our mission to make a positive impact in our community.

If you have a passion for cooking, meal prep, and working in a kitchen please reach out!

Contact us today to learn more about this exciting volunteer opportunity.

JOIN NOW

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Kevin Klean, DO, FAAOS
Orthopedic Surgeon

Andrew Wier, PA-C
Orthopedic Physician Assistant

Prairie du Chien, WI | 608.357.2525 | crossingrivers.org/ortho



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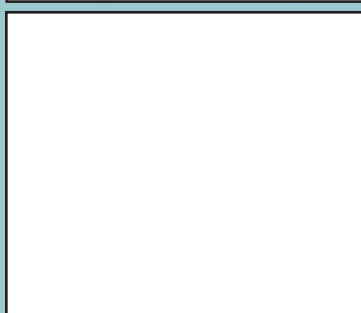


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This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

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News for You

From Your Disability Benefit Specialist
Brittany Mainwaring



Social Security Administration Celebrates 91 Years of Service to the American People

Commissioner Frank J. Bisignano marks anniversary with year
of transformative customer service improvements

Baltimore, MD – The Social Security Administration (SSA) today marks the 91st anniversary of the Social Security Act, signed by President Franklin D. Roosevelt on August 14, 1935. The program remains one of the most trusted institutions in American history.

This year, 75 million beneficiaries will receive over \$1.6 trillion in payments, making Social Security a promise fulfilled for retired workers, survivors, people with disabilities, and the most vulnerable, and a cornerstone of retirement security across generations.

“For more than 90 years, Social Security has guaranteed older Americans, families facing loss, and people with disabilities can live with dignity.” said Commissioner Frank J. Bisignano. “Our historic performance shows we are delivering better, faster, higher-quality service to the American people. Under President Donald J. Trump’s leadership, we are protecting and strengthening Social Security for generations to come.”

As a result of Commissioner Bisignano’s digital-first strategy, the agency has improved service delivery, streamlined operations, and strengthened its control environment to deliver the best performance in the history of the agency. The double-digit improvements in customer service achieved for the American people include:

- Reducing the National 800 Number average speed of answer from 34 minutes in fiscal year (FY) 2024 to 0.6 minutes in July 2026, a 98 percent reduction; and maintaining a 0 percent busy rate over the last four months.
- Growing online services, surpassing more than 104 million total my Social Security accounts created and completing 505 million online transactions FY 2026 to date, a 35 percent increase from the same period in FY 2024.

- Shortening the average field office wait times by 30 percent while serving 25 million visitors.
- Reducing the initial disability claims backlog by over 30 percent, from a high of nearly 1.3 million in FY 2024 to 884 thousand in July 2026; and decreasing disability hearing wait times over 90 days, reaching historic lows.
- Saving \$16 billion with a better control environment.
- Reconciling the Social Security Number (SSN) database for the first time ever to remove deceased people, update citizenship data, and verify status of individuals – over 10 percent of all active SSNs have been updated.

These service and control improvements have saved the public nearly 50 million hours in time that would have been spent waiting for service in fiscal year 2024 and billions of dollars.

For more information about Social Security's services, visit www.ssa.gov. Americans who have not yet created a personal my Social Security account, can get started today at www.ssa.gov/myaccount.

<https://www.ssa.gov/news/en/press/releases/2026-08-14.html>



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





Kelli Brooks

Information & Assistance

From your ADRC Specialists



Mara Mathis

Handwashing Tips and Tricks

By the GWAAR Legal Services Team (for reprint)

As summer draws to a close, and the fall and winter seasons start to creep up on us, it's a good time to remind ourselves about proper handwashing techniques. Washing your hands can help prevent you from getting sick and missing out on fun fall and winter festivities.

Many illnesses, including respiratory and gastrointestinal infections, are spread through person-to-person contact or contact with contaminated surfaces. Germs might spread from you or to you if you touch any part of your face with unwashed hands, prepare food or drinks with unwashed hands, or cough or sneeze onto your hands and then touch someone else or a common surface.

According to the CDC, some of the most important times to wash your hands are:

1. Before, during, and after preparing food
2. Before and after eating food
3. Before and after caring for someone at home who is sick with a gastrointestinal infection
4. Before and after treating a cut or wound
5. After using the toilet
6. After changing diapers or cleaning up a child who has used the toilet
7. After blowing your nose, coughing, or sneezing
8. After touching an animal, animal feed, or animal waste
9. After handling pet food or pet treats
10. After touching garbage

While washing your hands may seem intuitive, it's more involved than you think! The CDC recommends a five-step process:

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.

3. Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or an air dryer.

It might be helpful to print out these instructions and put them in bathrooms at your workplace, place of worship, or home.

Don't want to hum the "Happy Birthday" song? Anything that lasts 20 seconds will do! For example, some people sing the chorus to Dolly Parton's 'Jolene', while others recite the Lord's prayer twice.

Don't have immediate access to running water? You can use hand sanitizer as a backup. It might be helpful to keep hand sanitizer in your car and/or purse, so you always have it on hand. Just make sure it contains at least 60% alcohol and that you get between your fingers and under your nails, like you would with regular soap and water.

For more information, visit:

<https://www.cdc.gov/clean-hands/about/index.html>

<https://www.dhs.wisconsin.gov/disease/handwashing.htm>

<https://www.npr.org/sections/goatsandsoda/2020/03/17/814221111/my-hand-washing-song-readers-offer-lyrics-for-a-20-second-scrub>





“Forget me Not-Notes” From Pam Kul-Berg



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&
OCTOBER 7TH

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Meal Cost \$4-\$6 Suggested Contribution

HALLOWEEN WORD SEARCH

Can you find the words hidden in the puzzle?



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

GHOST

LANTERN

POTION

TRICK

CAT

SPIDER

PUMPKIN

ZOMBIE

TREAT

BAT

WITCH

CAULDRON

CANDY

MUMMY

OWL