



# **September 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, 8:30 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

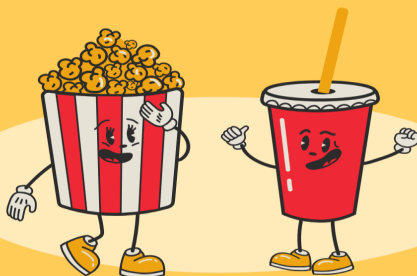
Discounted cab service for people age 60 years and older and adults with disabilities.

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

Call for more information: 608-326-0235

PRAIRIE DU CHIEN MEMORIAL LIBRARY  
PRESENTS

## TUESDAY AFTERNOON MOVIES

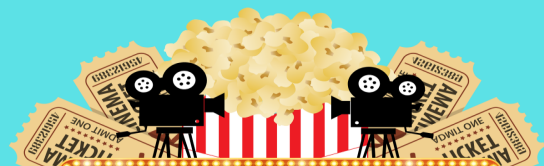


FEATURED FILM:

**DRAFT DAY**

**FREE MOVIE AND REFRESHMENTS**

NEXT MOVIE:  
SEPT 22ND  
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:**

**Made in Dagenham  
(2010) (R)**

**Friday, Sept 11th  
7 PM**

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

# 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)**

**3  
SEPT**

WAUZEKA LUNCH & BINGO  
Wauzeka Village Hall  
213 E Front St. B, Wauzeka, WI  
Serving at 12:00pm - Bingo to follow

**8  
SEPT**

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

**10  
SEPT**

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

**17  
SEPT**

WAUZEKA LUNCH & BINGO  
Wauzeka Village Hall  
213 E Front St. B, Wauzeka, WI  
Serving at 12:00pm - Bingo to follow

**24  
SEPT**

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

**30  
SEPT**

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.



## Garden View Place

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## Tisdale Law Offices, S.C.

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Attorneys At Law

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[rwitte@4LPi.com](mailto:rwitte@4LPi.com)

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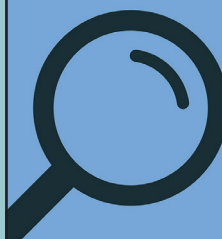
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ADRC of Eagle Country - Prairie Du Chien Office, Prairie du Chien, WI 01-1247



# Take a NOURISH Step!

## September: The Role of Protein In Diabetes



### Did you Know?

Most older adults don't get enough protein daily.

### What is Protein?

Protein is an essential nutrient made up of amino acids, which are the building blocks of our muscles, bones, cartilage, and skin. Protein is also important for tissue repair, hormone function, and immune function. It is recommended that older adults consume 1-1.2 g of protein per kilogram of body weight per day. (Weight in lbs. divided by 2.2 = kg)

### Common food sources of protein with serving sizes

- 3 oz salmon (17 grams of protein)
- 3 oz chicken (26 grams of protein)
- 3 oz lean beef (20 grams of protein)
- 3 oz pork (23 grams of protein)
- 1 large egg (6 grams of protein)
- 1 cup greek yogurt (17 grams of protein)
- 8 oz glass of milk (8 grams of protein)
- 1 oz cheese (7 grams of protein)
- 2 tbsp peanut butter (8 grams of protein)
- ½ cup beans (~10 grams of protein)
- 3 oz tofu (7 grams of protein)



### Protein & Blood Sugars

- Consuming protein at meal-times helps you feel fuller for longer and slows the rise of blood glucose.
- Protein itself does not directly raise blood glucose. Although there is no "best" amount of protein to eat to help with blood sugar management, it is good to aim for 20 g protein/meal.

### Protein & Muscle Mass

- Diabetes puts you at a higher risk of muscle loss, which increases as people age. Protein can help build and repair muscles, and increase mobility for things that you love, such as walking, gardening, and hiking.



### Importance of Hydration

Hydration supports kidney function as protein intake increases.

**\*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](https://gwaar.org/nourishstep)

GWAAR Nutrition Team Trinity Manzke & Molly Ross 9/2026

## Greek Cottage Cheese Bowl (2 Servings)

### Ingredients

- ½ cup cherry tomatoes (halved)
- ½ small cucumber (diced)
- 4 whole Kalamata olives (sliced)
- ½ TBSP lemon juice
- ½ TBSP red wine vinegar
- ½ tsp olive oil
- ¼ tsp dried oregano
- Pinch black pepper
- Low-fat cottage cheese



### Directions

- In a bowl, toss together cherry tomatoes, cucumber, olives, lemon juice, red wine vinegar, olive oil, oregano, and black pepper.
- Divide cottage cheese evenly among 2 bowls. Spoon the Greek salad mixture over each serving.

### Carbohydrate & Protein Content

- 9g total carbs
- 15g protein



Recipe adapted from <https://diabetesfoodhub.org/recipes/greek-cottage-cheese-bowl>

## Protein Goal Tracker and Daily Calculator

**Step 1:** Take your body weight in pounds and divide it by 2.2 to get your body weight in kilograms (kg)

\_\_\_\_\_ lbs / 2.2 = \_\_\_\_\_ kg

**Step 2:** Multiply your weight in kilograms by 1-1.2 to get your protein goal range!

\_\_\_\_\_ kg x 1 = \_\_\_\_\_ grams per day

\_\_\_\_\_ kg x 1.2 = \_\_\_\_\_ grams per day

**Step 3:** Write out your protein goal range:

\_\_\_\_\_ - \_\_\_\_\_ grams per day



## Daily Protein Tracker

| Meal                   | Protein Foods | Goal Protein (g) | Protein Eaten (g) |
|------------------------|---------------|------------------|-------------------|
| Breakfast              |               |                  |                   |
| Lunch                  |               |                  |                   |
| Dinner                 |               |                  |                   |
| Snacks                 |               |                  |                   |
| Total Grams of Protein |               |                  |                   |

Table created by: Trinity Manzke & Molly Ross

Keep taking NOURISH Steps and learn more about protein at:

<https://diabetesfoodhub.org/blog/lets-talk-about-protein-people-diabetes>



**If you want more pep, take a NOURISH Step!**  
 For more information visit: [gwaar.org/nourishstep](https://gwaar.org/nourishstep)  
 GWAAR Nutrition Team Trinity Manzke & Molly Ross 9/2026





Jody Kirchner  
Meals Coordinator

# September Menu

Questions?

Reservations?

Cancellations?

Call

608-326-0235

| MONDAY                                                                                   | TUESDAY                                                                                        | WEDNESDAY                                                                                         | THURSDAY                                                                                                                                   | FRIDAY                                                                                                                                                             |
|------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>For meal site reservations, please call by 2 p.m. the business day before.</b>        | <b>1</b><br>Sloppy Joe/Bun<br>Baked Beans<br>Roasted Potatoes<br>Applesauce                    | <b>2</b><br>Ham Bean Soup<br>Broccoli Salad<br>Pudding<br>Peaches<br>WW Roll                      | <b>3</b><br>Citrus Chicken<br>Brown Rice<br>Glazed Carrots<br>Pineapple                                                                    | <b>4</b><br>Mac & Cheese<br>Mixed Vegetables<br>WW Roll<br>Pears                |
| <b>7</b><br>Closed for Labor Day!                                                        | <b>8</b><br>Turkey Ala King<br>Biscuit<br>Baked Beans<br>Applesauce<br>Pistachio Fluff         | <b>9</b><br>Tomato Beef Patties<br>Brown Rice<br>Mixed Vegetables<br>WW Roll<br>Pineapple         | <b>10</b><br>Lemon Parsley Cod<br>Baked Potato/Sour Cream<br>Dill Carrots<br>WW Roll<br>Mixed Fruit                                        | <b>11</b><br>Chili Mac<br>Broccoli<br>Garlic Toast<br>Pears                                                                                                        |
| <b>14</b><br>Chop Suey<br>Rice<br>Garlic Green Beans<br>Peaches<br>Chocolate Chip Cookie | <b>15</b><br>Italian Chicken Breast<br>Pasta<br>Garlic Toast<br>Broccoli<br>Pears              | <b>16</b><br>Shepards Pie<br>Baked Beans<br>WW Roll<br>Peaches<br>Birthday Cake                   | <b>17</b><br>Meatloaf<br>Baked Potato/Sour Cream<br>Broccoli<br>Apple Slices<br>WW Roll                                                    | <b>18</b><br>Tuna Noodle Casserole<br>Carrots<br>Hot Cinnamon Apples<br>WW Roll                                                                                    |
| <b>21</b><br>Chef's Choice                                                               | <b>22</b><br>Biscuit and Gravy<br>Vegetable<br>Scrambled Eggs<br>Oranges<br>Yogurt             | <b>23</b><br>Roasted Turkey<br>Mashed Potatoes/Gravy<br>Green Beans<br>Cranberry Sauce<br>WW Roll | <b>24</b><br>Shredded Chicken/Bun<br>Baked Beans<br>Roasted Potatoes<br>Applesauce                                                         | <b>25</b><br>Vegetable Soup<br>Cottage Cheese<br>Pears<br>Brownie<br>WW Roll  |
| <b>28</b><br>Easy Bake Chicken<br>Dill Carrots<br>Pears<br>Rice Krispie<br>WW Roll       | <b>29</b><br>Pork Sauerkraut Casserole<br>Mixed Vegetables<br>Peaches<br>WW Roll<br>Jello Cake | <b>30</b><br>Glazed Salmon<br>Whipped Sweet Potatoes<br>Green Beans<br>WW Rolls<br>Tropical Fruit | Note:<br>This symbol represents vegetarian days =<br> | <i>Menus are subject to change</i>                                                                                                                                 |



Tuna Noodles & Salad



Pork Loin & Gravy



Garlic Rosemary Beef Roast



Chef's Salad & Garden Vegetable Soup

# Join us for lunch!

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

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

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

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

608-326-0235

## Meals Site Locations

Hoffman Hall  
1600 S Wacouta Ave  
Prairie du Chien

Gays Mills  
Community Center  
16381 WI-131  
Gays Mills

\*Photos are of meals served at meal site.

# PLANT AN EXTRA ROW!

## DONATIONS WELCOMED

DO YOU LIKE TO GARDEN BUT ALWAYS HAVE TOO MUCH? IF YOU HAVE AN ABUNDANCE OF PRODUCE AND DON'T KNOW WHAT TO DO WITH IT, PLEASE CONSIDER DONATING TO THE ADRC CENTRAL KITCHEN! OUR PROGRAM FEEDS SENIORS IN OUR COMMUNITY. ENJOY A HOBBY WHILE GIVING BACK!

DROP OFF ANY UNCLEARED OR UNCUT PRODUCE TO

The ADRC Kitchen  
730 N State Street  
Prairie du Chien  
Mon-Fri  
8 am-2pm

ADRC  
225 N Beaumont  
Suite 117  
Prairie du Chien  
Mon-Fri  
8 am-4:30 pm

Gays Mills  
Community Center  
16381 WI-131,  
Gays Mills  
Mon-Fri  
10:30am -1pm





## **News for You**

### **From Your Disability Benefit Specialist**

### **Brittany Mainwaring**



## **Understanding Ticket to Work**

### What is the “Ticket to Work” program?

Ticket to Work is a voluntary employment program for people ages 18 through 64 who are receiving disability benefits under Social Security’s Supplemental Security Income (SSI) program and/or Social Security Disability Insurance (SSDI) program. The goal of the program is to assist beneficiaries in obtaining employment and working towards becoming self-sufficient. If you're ready to work, the Ticket program can help you get started!

### What are the benefits of participating in the Ticket To Work program?

- You can receive services and supports to help you get and keep a job. Such services might include, but are not limited to:
  - o Help finding a job,
  - o Training,
  - o Benefits planning,
  - o Assistance with transportation expenses.
  - o You can continue receiving your disability benefits until your earning exceed the amount that Social Security considers to be substantial. How much you can earn before it will affect your monthly disability check depends on whether you are receiving SSI or SSDI.
  - o Social Security will not conduct a medical Continuing Disability Review (CDR) while you are using your Ticket and progressing towards greater self-sufficiency. Social Security conducts periodic medical reviews to determine your continued eligibility for disability benefits.

### How do I get services under the Ticket to Work program?

You can use your Ticket to obtain employment services from the Wisconsin Division of Vocational Rehabilitation (DVR) or you can assign your Ticket to a SSA-approved service provider called an Employment Network (EN).

### Can I receive services from both DVR and an EN at the same time?

Your Ticket cannot be assigned to an EN and In-Use with DVR at the same time. If you are working with an EN when you come to DVR or when you are activated from DVR’s waitlist, your DVR counselor will discuss your options with you. Your counselor will also discuss options for assigning your Ticket to an EN after your case is closed with DVR. Your DVR case must be closed before you can assign your Ticket to an EN.

Where can I get more information on the Ticket to Work program?

Social Security Administration's Work Site: [ssa.gov/work/](http://ssa.gov/work/)

Choose Work website: [choosework.ssa.gov](http://choosework.ssa.gov)

Ticket Call Center toll free at 1-866-968-7842 (TTY 1-866-833-2967)

You can check out the SSA Publication, [“Your Ticket To Work: What You Need to Know to Keep it Working For You”](#) on the SSA website

You can find a full list of ENs serving the state by visiting the Choose Work website and entering your zip code, city or state. You may want to contact more than one EN to explore which is the right one to support you while you are working.

<https://dwd.wisconsin.gov/dvr/programs/social-security/understanding-ttw.htm>



# 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](mailto: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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No pressure.  
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smiles, and  
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For more info or  
to sign up to be  
in the Choir  
please call Pam  
608-548-3954

For people with  
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changes, care  
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community  
volunteers.

A memory-friendly choir for joy,  
connection, and belonging



To learn more, join us  
**August 20th at 10am**  
for a sing along!

Grace Community Church  
23291 County HWY AA,  
Richland Center, WI 53581,  
United States

Future Choir Practices will  
be held Thursdays  
10:00am - 11:30am  
Sept. 17 - Dec. 6th

Sing Along Open House

giving  
voice  
NETWORK

ADRC  
Aging and Disability Resource Center  
of Eagle Country

ADRC  
Aging and Disability Resource Center  
of Eagle Country

## NEW CAREGIVER SUPPORT GROUP

08.05.2026

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.

Every first Wednesday of the month at 10am  
at the Prairie Du Chien Library

**CONTACT: PAM TO REGISTER 608-548-3954**



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



Kelli Brooks

# Information & Assistance

## From your ADRC Specialists



Mara Mathis

### Long-Term Care Ombudsman Services

*By the GWAAR Legal Services Team (for reprint)*

The Long-Term Care Ombudsman program offers confidential help to individuals age 60 and older that are in long-term care facilities and programs. The Ombudsman can help an individual resolve issues that affect their health, safety, welfare, or rights. They help resolve issues across the state of Wisconsin. The program is mandated by the Older Americans Act and is administered through Wisconsin's Board on Aging and Long Term Care or BOALTC. This program also provides education about resident rights, abuse, and long-term care programs.

#### Who can ask for help from an Ombudsman?

- Individuals 60 years of age or older
- Living in:
  - o A licensed and certified community-based living facility
  - o A Skilled Nursing Facility

Or

- Individuals who receive services from a managed long-term care program like:
  - o Family Care
  - o Family Care Partnership
  - o PACE (Program of All-Inclusive Care for the Elderly)
  - o IRIS (Include, Respect, I Self-Direct)

#### What is a Long-Term Care Ombudsman?

The Ombudsman is an impartial advocate that helps resolve issues between individuals in long-term care and the long-term care providers and programs. Ombudsmen are volunteers that help Wisconsin residents access and maintain safe and appropriate long-term care.

#### How can they help?

Ombudsmen can help with a variety of long-term care issues. These issues can include denials of services or support, appeals or grievances, abuse or neglect, guardian or power of attorney problems, and transfer or discharge issues.

They can even answer questions about the care available to you, whether you can refuse treatment, and what your power of attorney or guardian's roles are. The main goal of their work is to ensure that individuals in long term care get the help they need to stay safe and healthy.

#### How can I get help?

You can call 1-800-815-0015 or email [BOALTC@wisconsin.gov](mailto:BOALTC@wisconsin.gov) to access assistance from the Long-Term Care Ombudsman Program. Be advised that calls and submitted complaints are not addressed on an emergency basis and are only processed during business hours Monday through Friday. You can submit an anonymous complaint by or on behalf of an eligible individual.

## Resources

The BOALTC website can be found at <https://boaltc.wi.gov/Pages/Ombudsman.aspx>.

A coverage map can be found at <https://boaltc.wi.gov/Pages/Ombudsman/CoverageMap.aspx>.

You can file a complaint at <https://wi.accessgov.com/public/Forms/Page/boaltc/boaltc-ombudsmanprogramcomplaint/>.

## Libraries Offer More Than Books

*By the GWAAR Legal Services Team (for reprint)*

Everybody knows that libraries allow you to check out books, but they offer so much more. Many libraries offer not only physical books, but they also offer eBooks, audiobooks, computer access, internet access, passes to state parks, and many other items that you can check out or use for free. They may even offer social events like book clubs and author events. Everyone can enjoy these things for free once they get a library card.

The first thing you need to do is to sign up for a library card. Most libraries want to see a photo ID and something that proves your address, like a utility bill. The library may require you to go in-person to get a card, but some may offer online applications. Call or visit your library's website to ensure you bring in the appropriate items and understand the process of acquiring a library card. Once you have your card you can start to explore all that libraries offer.

Libraries offer physical books, eBooks, and audiobooks. Some libraries offer online access to eBooks and audiobooks, which means you don't even have to go to the library to check out a book. Check with your library to see if they use Libby or Hoopla to check out books online. Your local library is a great place to read your favorite authors without having to spend money on books. Most libraries will even allow you to request books if you don't see them on their shelves. If you have more than one library in your area you may be able to request your books on hold to be sent to the library nearest you. This makes reading easy and accessible.

Some libraries have a "Things Library" that offers access to more than just books. Many offer board games and puzzles that can be checked out. Seed libraries may even be available for you to try out a new plant variety. Others may even have items like knitting needles, tools, baking pans, movies, TV series, video games, hiking kits, STEM kits, and even electronics like cameras or Wi-Fi hotspots. You can explore a new hobby or watch your favorite TV series without spending money. These items can be useful for kids or grandchildren who need entertainment. Just ask your local librarian what items they have available.

Wisconsin public libraries offer passes to state parks that allow you to visit state parks for free. Some libraries may also have passes to museums or other local attractions in the area. Contact your library to see what passes they offer and discover a new place for free.

There are also opportunities to socialize by attending classes, clubs, author events, and book sales. The classes and clubs may include learning to knit or cook, book clubs, or even writing classes. Many offer book sales where you can stock up on used books with fellow booklovers. Look at your library's calendar of events to discover a class or club you would like to try out.

Public libraries are a valuable neighborhood resource. You can relax with a book or check out a movie. You can even check out knitting needles or baking pans to try out a new hobby. Libraries can even be a source of social interactions when you try out a book club or class. Visit your local library today to find out what they offer.



# Just for You

## From your Elder Benefit Specialist, Ashley Greene

### Medicare Advantage Plan Enrollment

*By the GWAAR Legal Services Team (for reprint)*

#### What is a Medicare Advantage plan?

Medicare Advantage plans are Medicare plans that are an alternative to having Original Medicare. These plans are run by private health insurance companies that provide Medicare benefits. These plans are also reimbursed and regulated by the federal government.

The plans are required to cover Part A and B benefits but can also include Part D or drug coverage. They are required to cover what Original Medicare covers, but there are plans that cover more. Some of the plans may cover things that Original Medicare doesn't like dental, hearing, and vision coverage.

It is important to note that if you have a Medicare Advantage plan you cannot have a Medigap or supplemental plan. This means that coinsurance and copays will be your responsibility. The cost of premiums for Medicare Advantage plans will vary depending on what company the plan is from and what plans they offer.

#### When can I enroll in a Medicare Advantage plan?

You can elect to enroll in a Medicare Advantage plan during your Initial Enrollment Period or IEP. This is the period when you first become eligible for Medicare. This period begins three months prior to turning 65, the month you turn 65, and three months after you turn 65. You may also be entitled to an IEP if you are eligible for Medicare based on a disability. This period would start three months prior to your 25th month of receiving disability benefits, the 25th month, and three months after.

You can also sign up for a Medicare Advantage plan during the Open Enrollment Period or OEP. This period starts October 15 and ends December 7 each year. The coverage will begin the first day of the month in January. During this period, you can also choose to enroll in Original Medicare and/or enroll in or switch Part D plans.

During the General Enrollment period you can switch Medicare Advantage plans or drop your Medicare Advantage plan and enroll in Original Medicare and a Part D plan. This period starts January 1 and ends March 31 each year. There is one more way to enroll in a Medicare Advantage plan which is during a Special Enrollment Period or SEP. These periods open when certain events occur. There are SEPs for moving out of network, losing employer coverage, when eligibility for Medicaid ends, and when you aren't eligible for Extra Help. Each SEP has different criteria for when it can be used, how long the period is open, and what actions an individual can take during this period. An example of a SEP is when someone moves outside of their Medicare Advantage plan network. If this occurs, an individual can switch plans. This SEP is open for two months after the move.

#### What should I know before enrolling in a Medicare Advantage Plan?

- Medicare Advantage plans get to decide each year if they want to continue to offer plans in your area. They will provide notice if they decide to discontinue coverage in your area. They can also change their premiums, copays and provider networks each year. It's important to look out for notices from your plan to stay up to date on what your plan decides to do from year to year.

- You may have to get prior authorization to see a specialist.
- The providers you see will need to be in network. This restricts who you can see and where you are covered.
- You need to know the plan's formulary to check if your prescribed drugs are covered and what your cost will be.
- If you enroll in a plan with Part D coverage you will need to ensure that your preferred pharmacy is in network.

Deciding to enroll in a Medicare Advantage plan is an important decision. It is vital that you learn about the plans available to you, what's covered, and what the network coverage is. Healthcare is expensive and learning about the coverage available to you will help you make informed decisions about your healthcare. If you want to learn about Advantage plans in your area you can compare plans with the [Medicare Plan Finder](https://www.medicare.gov/) (<https://www.medicare.gov/>). You can also visit your local [Aging & Disability Resource Center](https://www.dhs.wisconsin.gov/adrc/contacts.htm) (<https://www.dhs.wisconsin.gov/adrc/contacts.htm>) or ADRC to get help with questions about Medicare Advantage plans.

## 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: October 13<sup>th</sup> & December 15th



## Next Medicare Workshop October 13th!



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

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

### What's Next in Alzheimer's Detection and Treatment

Friday, September 11  
9:30–11:30 a.m. CT



Discover how blood tests and brain scans are transforming Alzheimer's clinical trials. This session breaks down how researchers use these tools to identify the right study participants, track how treatments are working, and monitor safety. We'll also explore newer areas of research, including inflammation and other brain changes, and discuss where the field is headed as easier, more accessible tests become available. The program will end with a Q&A session. Free and open to all.

**Guest Presenter: Henrik Zetterberg, MD, PhD**

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

**Register to attend in person in Crawford County by contacting Pam Kul-Berg at 608-548-3954 or [pkulberg@juneaucountywi.gov](mailto: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 MCI is a free quarterly support and education series about brain health and living well with MCI. Sessions offer attendees guidance and science-backed strategies for living and coping with memory and thinking changes.

Join **Nathaniel Chin, MD**, and **Jennifer McAllister, BA**, from the Wisconsin Alzheimer's Disease Research Center (ADRC), and guest speakers.

#### Questions?

Contact the Wisconsin ADRC at 608-265-0407 or [adrc@medicine.wisc.edu](mailto:adrc@medicine.wisc.edu)

#### Presented by:



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

#### Community Partners:



**ONEIDA**



Your Bridge to Support

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

# Dementia Friends Wisconsin

*Changing the way people THINK, ACT and TALK about Dementia*

## What is Dementia Friends?

Dementia Friends is a global social action movement with the goal of changing the way people think, act, and talk about dementia. Started in the United Kingdom, Dementia Friends is now in the United States, and has been brought to Wisconsin by the Wisconsin Alzheimer's Institute. Dementia Friends is intended for anyone, young to old, interested in making a difference in the lives of people living with dementia. By learning some key information, including what it's like to live with dementia, individuals who become Dementia Friends are able to turn that understanding into action.



## How do I become a Dementia Friend?

It's easy! Simply participate in a one-hour Information Session along with others in your community. You will learn about dementia from a trained facilitator, and will then be empowered to put this information into action in whatever way you choose.

## Can I really make a difference?

YES! Everyone, young and old, can make a difference. And, every action counts.

**Join the Movement...  
Become a Dementia  
Friend!**

To learn more about scheduling a Dementia Friends session for your group, or express interest personally, please contact Kathy Glaser, Dementia Care Specialist, at 262-548-7354, or [kglaser@waukeshacounty.gov](mailto:kglaser@waukeshacounty.gov)



GAYS MILLS  
*Apple Orchards*  
BUS TRIP!

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Enjoy a trip to the Apple Orchards,  
followed by lunch at our Gays Mills Meal  
Site!

**SEPTEMBER 23RD**  
&  
**OCTOBER 7TH**

Space is limited!  
Reserve your seat today by calling  
608-326-0235!

Transportation \$4  
Meal Cost \$4-\$6 Suggested Contribution