

August 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



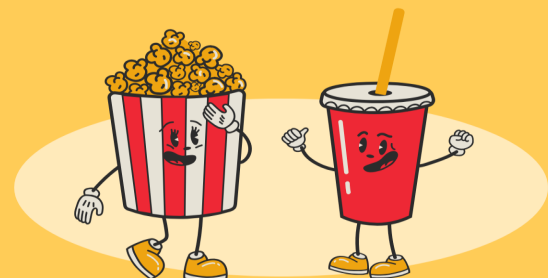
**THE GAYS MILLS LIBRARY HOSTS
"MOVIE NIGHT AT THE LIBRARY"
ON THE FIRST FRIDAY OF THE MONTH!**

Next Movie:
Galaxy Quest
(1999) (PG)
Friday, August 7th
7 PM

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PRAIRIE DU CHIEN MEMORIAL LIBRARY
PRESENTS

TUESDAY AFTERNOON MOVIES



FEATURED FILM:

REAR WINDOW

FREE MOVIE AND REFRESHMENTS

NEXT MOVIE:
AUG 25TH
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)

**6
AUG**

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

**13
AUG**

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

**20
AUG**

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

**25
AUG**

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

**26
AUG**

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

**27
AUG**

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

RESERVATIONS REQUIRED!

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

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Attorneys At Law

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

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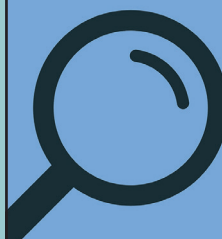
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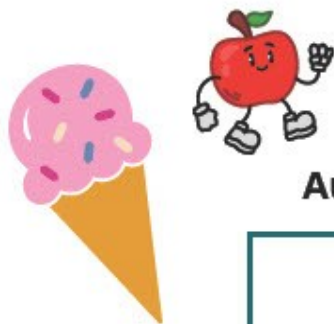
For more information on your long-term care
options, contact your local ADRC.

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!

August: Added Sugar and Sugar Substitutes

Did you Know?

Added sugars hide in over 60 ingredient names.



Added versus Natural Sugar

Natural Sugar: Sugars found naturally in food such as fruit (fructose) and milk (lactose).

Added Sugar: Include any calorie containing sweeteners added to foods during preparation and include white sugar, brown sugar, honey, high fructose corn syrup, and more.

Common Sources of Added Sugar in the Diet

- Sugar Sweetened Beverages
- Desserts and candy
- Sweet snacks
- Sweetened coffee and tea



How to Spot Sugar in an Ingredient List

Sugar goes by many names in an ingredient list and can be tricky to spot. Some common sugar aliases include: *glucose, fructose, sucrose, dextrose, high-fructose corn syrup, agave nectar, brown rice syrup, molasses and honey*. The higher sugar is on the ingredient list, the more the product contains.

Sugar Substitutes:

Sugar substitutes have a sweet taste, but contain NO sugar. They have less calories than sugar, and some have zero calories. **There are three categories:** artificial sweeteners, sugar alcohols and novel sweeteners.



Artificial sweeteners

- Most artificial sweeteners are created from chemicals in a lab. They can be 200 to 700 times sweeter than table sugar.
- These sweeteners are regulated by the U.S. Food and Drug Administration as food additives.

Sugar Alcohols

- Sugar alcohols are created in a lab from sugars themselves. They are in many processed foods.
- Sugar alcohols must be listed on nutrition facts labels. These will end with “-ol”.

Novel Sweeteners

- Novel sweeteners are created from natural sources. These are not a significant source of calories or sugar.
- Examples: allulose, monk fruit, stevia, tagatose

Importance of Hydration

Sugary beverages lead to dehydration and glucose spikes.

***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 Trinity Manzke & Molly Ross 8/2026

Low-Sugar Fruit Smoothie (2 servings)

Ingredients

- 1/2 cup blueberries
- 1/2 cup strawberries
- 1/2 peach
- 3 oz Greek yogurt
- ½ cup almond milk
- 1 TBSP flax seed (optional)



Directions

- Combine all ingredients in a blender and puree until smooth.

Carbohydrate & Sugar Content

- 17g total carbs
- 12g total sugar



Recipe adapted from
<https://diabetesfoodhub.org/recipes/summer-fruit-smoothie>

Word search generated from WordMint.com

Sugar Alias Word Search

Directions:

Find and circle the words listed above!

The words below are common names for sugar to look out for on ingredient lists.

The American Heart Association recommends limiting added sugars to 25-36 grams per day (6-9 teaspoons).

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

malt syrup

sugar

corn syrup

sucrose

honey

brown rice syrup

agave

fructose

date syrup

molasses

dextrose

glucose

Keep taking NOURISH Steps and learn more about sugar at:

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sugar/sugar-101>

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/facts-about-sugar-and-sugar-substitutes>



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

GWAAR Nutrition Team Trinity Manzke & Molly Ross 8/2026





Jody Kirchner
Meals Coordinator

Aug Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Hamburger Cabbage Bake Dill Carrots WW Roll Apple Crisp Peaches	4 Grilled Chicken Sandwich Roasted Potatoes Pea and Cheese Salad Strawberries	5 Sweet & Sour Pork Rice Mixed Vegetables WW Roll Pears	6 Roasted Turkey/ Gravy Roasted Potatoes Green Beans WW Roll Cranberry Relish	7 Salmon Brussel Sprouts Sweet Potatoes WW Roll Pears Sugar Cookie
10 Ravioli/Meat Sauce Ceasar Salad Garlic Bread Peaches	11 Chef Salad WW Roll Apple Slices Chocolate Cake	12 Vegetable Soup Egg Salad Sandwich Broccoli Salad Tropical Fruit 	13 Chili Cheese Dog/Bun Potato Wedges Coleslaw Mixed Fruit	14 Tuna Tetrazzini Carrots WW Roll Zucchini Bar Peaches
17 Creamed Turkey over Mashed Potatoes Garlic Green Beans Pears WW Roll Jello	18 Meatloaf Mashed Potatoes/ Gravy Glazed Carrots WW Roll Tropical Fruit	19 Baked Ham with Pineapples Baked Sweet Potato Baked Beans Banana Strawberry Shortcake	20 Herbed Chicken/ Gravy Parsley Red Potatoes Peas Chocolate Pudding WW Roll Peaches	21 Veggie Mac & Cheese Four Bean Salad Greek Yogurt Mixed Fruit WW Roll 
24 Chef's Choice	25 Baked Cod w/Butter Coleslaw Baked Potato/Sour Cream WW Roll Hot Cinnamon Apples	26 Chicken w/Mushroom Gravy Whipped Sweet Potato California Blend Vegetables WW Roll Peaches	27 Taco Salad Tortilla Chips/Salsa Grapes Rice Krispie	28 Garlic Pork Asian Noodles Mixed Vegetables Apple Sauce Chocolate Chip Cookie
31 BBQ Shredded Pork/ Bun Roasted Sweet Potato Corn Pears Butterscotch Pudding	For meal site reservations, please call by 2 p.m. the business day before.	Please make cancellations for home delivered meals by 8:30 a.m.	Note: This symbol represents vegetarian days = 	<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 UNCLENED 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



Protect Your Information- Guard Your Card

Your Social Security number is key to your personal and financial information. Protecting it is essential to prevent identity theft and avoid scams. The following tips will help you safeguard your card and personal information.

- **Don't Carry Your Card Daily:** Keep your social Security card in a safe place. Only bring it with you when absolutely necessary.
- **Share Only When Required:** Always remember that most situations do not require you to show your card. Just knowing your number is usually enough.
- **Ask Questions:** If someone requests your Social Security number, ask why it's needed, how it will be used, and what happens if you refuse to provide it.

Prevent Identity Theft and Avoid Scams:

- Be cautious of unsolicited requests for your Social Security number, whether by phone, email or online.
- Never share your number or personal information with unknown sources.
- Stay informed about current scams and how to protect yourself on Social Security's Scam Alert webpage.

Need a Replacement Card? If you need a replacement Social Security card, you may be able to request one online using your personal mySocialSecurity account.

The key to protecting your Social Security number is to stay vigilant and informed. Please share these tips and resources with your friends and family to help protect their information.

<https://www.ssa.gov/blog/en/posts/2026-04-14.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



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: August 18th, October 13th, & December 15th



Next Medicare Workshop August 18th!

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*



Prairie du Chien Caregiver Support Group

4th Tuesday of the month

10:00 - 11:30 AM

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



Connect with local experts, family
members, and care partners who may
be experiencing similar circumstances.
We share stories, struggles and
successes, as well as local resources.

For more information or to join please call
Jeanne Jordie at 608-306-2486



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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Orthopedic Physician Assistant

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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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Kelli Brooks

Information & Assistance

From your ADRC Specialists



Mara Mathis

How to Protect Yourself from Identity Theft

By the GWAAR Legal Services Team (for reprint)

The news is full of stories of data breaches at retailers, insurance companies, and other organizations that have access to consumers' personal information. It's important to protect yourself from individuals looking to use your personal information to commit fraud. They may try to open new accounts in your name, access your bank accounts, or use your credit cards. This can happen if someone has access to any combination of the following information: name, address, date of birth, social security number, ATM pin, bank account number, credit card number, or Medicare number.

You might not realize that you were a victim of identity theft until you look at your financial statements or a credit report and see charges you didn't make or accounts you don't remember. Here are some steps you can take to prevent an identity thief from getting ahold of your personal information.

- Don't carry your Social Security card with you or use your social security number as a password for anything.
- If you don't need to save them, shred bills, bank statements, receipts, credit card offers, and any other items that have your personal or financial information.
- If you're going out of town, have the post office hold your mail.
- Never give out personal information unless you have initiated contact.
- Sign up for the Do Not Call Registry at <https://www.donotcall.gov/> or by calling 1-888-382-1222 (TTY: 1-866-290-4236) from the phone you're registering.
- Stop pre-approved credit card offers by using the Opt Out website at www.optoutprescreen.com or by calling 1-888-567-8688.
- Check your bills, bank statements, and Medicare summary notices as soon as you get them to make sure there are no unauthorized charges. If there are, report them right away.
- Make sure you have updated antivirus protection, spyware protection, and a firewall on your computer.
- Check your credit report at least once a year. Many financial institutions recommend checking your credit report more often, like once every three months. You can get a free credit report every week at <https://www.annualcreditreport.com/index.action>.

If you see anything out of the ordinary on your financial statements or credit reports, no matter how small, you should take action immediately.

- Tell your bank that your identity was stolen even if your bank accounts haven't been accessed and your ATM card wasn't used. Your bank can reopen your accounts with new numbers and give you a new ATM card with a different number and PIN.
- Contact your credit card company if someone has opened a new credit card in your name.

- Report the theft to police. Your local police department has to prepare a police report even if the identity theft happened somewhere else. Make sure you get a copy of the report for yourself.
- Tell the Department of Motor Vehicles if your driver's license or ID card was stolen.
- Consider putting a fraud alert on your credit report by contacting one of the three credit reporting agencies: Transunion (1-800-680-7289), Experian (1-888-397-3742), or Equifax (1-800-525-6285). Once you place an alert with one of the agencies, that agency will send your request to the other two. Fraud alerts are free, and an initial fraud alert will last for one year. A fraud alert requires businesses to take extra steps to verify your identity before opening an account for you.
- Consider putting a security freeze on your credit report. A security freeze is free and will remain in place until you release it. In order to request a freeze, contact each of the three credit reporting agencies.

File an identity theft complaint with the Bureau of Consumer Protection. You can file a complaint by obtaining a complaint form online at www.datcp.wi.gov or by calling 1-800-422-7128. □

If You Have an Assistance Animal, Read This!

By the GWAAR Legal Services Team (for reprint)

The U.S. Department of Housing and Urban Development (HUD) issued new guidance limiting the types of animals that people with disabilities can claim as a reasonable accommodation when renting. According to [Disability Scoop](#), HUD will only consider “animals trained to provide disability-related assistance” as an accommodation for people with disabilities.

Before this change, emotional support animals qualified for reasonable accommodation even if they didn't have specialized training. Reasonable accommodation requires a landlord to make adjustments or modifications that allow a person with disabilities to perform everyday functions and enjoy equal opportunities. The reasonable accommodation cannot cause undue hardship for the landlord. So, a landlord may allow a type of animal it wouldn't normally in its units to reasonably accommodate someone with an assistance animal.

This now means that a landlord can charge a pet fee for an emotional support animal or choose not to rent to someone with an emotional support animal without specialized training. While this guidance does not change existing law, it does change how HUD will act on complaints. In the past, waivers were given for emotional support animals. Now, filing a complaint with HUD will likely not result in positive outcomes for people with emotional support animals, as HUD no longer considers waiving pet policies for untrained assistance animals “reasonable.”

The Disability Rights Education & Defense Fund notes that the Fair Housing Act has not changed, just HUD's enforcement of the law for disabled people with untrained emotional support animals. You still have the right to go to court if you require reasonable accommodation. For more information on the specific changes happening, view the [memorandum](#) from HUD.

If you need an emotional support animal, get a licensed medical professional's letter confirming your disability and the need for an emotional support animal. Contact your landlord to explain the need for accommodation, sharing the doctor's letter with them. Be prepared to justify your specific animal's role in your life, especially if it is a size or breed that the landlord may not normally allow. You can still file a HUD complaint if your landlord refuses without a specific reason. If your animal is trained to perform specific tasks, it may qualify as a service animal under the [Americans with Disabilities Act](#)



Just for You

From your Elder Benefit Specialist,
Ashley Greene

Dual Eligible Special Needs Plans

By the GWAAR Legal Services Team (for reprint)

What is a Dual Eligible Special Needs Plan or D-SNP?

A Dual Eligible Special Needs Plan or D-SNP is a type of Medicare Advantage plan that provides health care for individuals that are dually eligible for both Medicare and Medicaid. D-SNP plans provide coordination of Medicare and Medicaid benefits. These plans can offer help in finding Medicaid providers and services. Most D-SNPs offer low premium to no premium plans. Finding providers and services that are in-network may be made easier when both Medicaid and Medicare enrollment is aligned.

What are the benefits of having a D-SNP?

- Help finding and coordinating Medicaid services
- Low cost to no cost premiums
- Integrates Medicaid benefits not provided by Original Medicare like dental and eye care
- Coordination of both Medicaid and Medicare services and benefits to avoid duplicate services and bill
- Help find answers about billing and coverage issues

How do I know if I am eligible for a D-SNP?

- A dually eligible individual that is eligible for both Medicare and Medicaid
- Enrolled in in a Medicaid full or partial benefit program
- 65 years old or older, or
- Have a qualifying disability

What are things I should consider when looking at enrolling in a D-SNP?

You should consider whether your providers are in-network. Coordinating benefits and providers is made easier when both Medicaid and Medicare benefits are provided by the same company. It makes finding services and providers in-network easier and helps you get the most out of your health insurance coverage.

Not all D-SNP plans are available in every county in Wisconsin. It is important to look at D-SNP plans that are in your county. This will help to focus your search on providers available to you.

Be aware that some D-SNPs don't accept partial benefit Medicaid programs, like the Medicare Savings Programs that only pay for Medicare premiums, as eligible dual Medicaid enrollment. Some D-SNPs will only accept individuals that are in a full benefit Medicaid program like EBD Medicaid. This may limit the D-SNP plans available to you. Additionally, if you do not have full-benefit Medicaid but are enrolled in a D-SNP, you may have different cost share amounts and/or benefits than someone enrolled in a full-benefit Medicaid program.

It is also important to consider whether the D-SNP will meet your prescription needs. Look through prescription formularies to ensure that your medications are covered. Consider looking at whether your preferred pharmacy is in network as well. Visit your local ADRC to get more information about the D-SNP options available to you. To find your local ADRC go to <https://www.dhs.wisconsin.gov/adrc/contacts.htm>. □

What Beneficiaries Need to Know about Medicare's GLP-1 Bridge Program

By the GWAAR Legal Services Team (for reprint)

Starting in July 2026, some Medicare beneficiaries will be eligible for Medicare coverage of specific weight-loss medications through a new program called the Medicare GLP-1 Bridge Program. Under federal law, Medicare Part D plans cannot cover weight-loss medications. The Medicare GLP-1 Bridge Program is a temporary program created by the Centers for Medicare & Medicaid Services (CMS) that will allow CMS to learn how these medications affect health outcomes and health care costs. The program will run from July 1, 2026 through December 31, 2027.

The Medicare GLP-1 Bridge Program currently includes the following GLP-1 medications approved for weight loss:

- Wegovy (injection and tablets)
- Zepbound (KwikPen®)
- Foundayo

In order to be eligible, beneficiaries must:

- Be enrolled in a Medicare Part D prescription drug plan,
- Receive a prescription from a health care provider,
- Meet specific medical criteria related to body weight and health conditions, and
- Obtain prior authorization approval.

In general, eligibility will depend on beneficiaries' Body Mass Index (BMI) and whether they have medical conditions like heart failure, uncontrolled high blood pressure despite treatment, chronic kidney disease, prediabetes, a previous stroke, or peripheral artery disease. Please note Medicare beneficiaries with Type 2 diabetes, obstructive sleep apnea, and noncirrhotic metabolic dysfunction-associated steatohepatitis (MASH) are already eligible for Part D coverage of GLP-1 medications. That means that they are not eligible to receive them through the Medicare GLP-1 Bridge even if they otherwise meet GLP-1 Bridge eligibility criteria.

Eligible beneficiaries will pay a monthly copay of \$50 for covered medications through the GLP-1 Bridge Program. However, because this program is separate from standard Part D coverage, these copays will not count toward Part D out-of-pocket spending limits.

If you are interested in the GLP-1 Bridge Program, please speak with your health care provider. Your provider can determine whether you meet eligibility requirements and submit the prior authorization request.

For more information about the GLP-1 Program, please see: <https://www.cms.gov/medicare/coverage/prescription-drug-coverage/medicare-glp-1-bridge>



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

Memory Screen

Your brain is the most important part of your body. It controls every organ and is in charge of every movement, task and function that you complete daily. Medical advancements in recent years have helped to keep our physical bodies living longer and longer however advancements have lagged in keeping our brains healthy just as long. We go to the doctor for routine checkups and preventative screenings, however when was the last time you considered having a brain check-up done? Have you been making sure that your brain is as healthy as the rest of your body?

The Aging and Disability Resource Center of Eagle Country serving Crawford, Juneau, Richland and Sauk Counties offers free and confidential memory screens, also known as “brain check-ups.” A memory screen is a wellness tool that helps to identify possible changes in memory and cognition. The screens help to determine a baseline of a person’s cognitive functioning so future changes can be monitored. The screen is free and confidential and only takes 10 minutes to complete. The screen does not provide a diagnosis, however if changes are detected the ADRC staff can help the individual follow up with a physician and also provide information on resources available.

Memory screens can help with early detection in memory and cognitive changes. Why is early detection important? Changes associated with memory and cognition could be due to a health condition that may be reversible such as an infection, thyroid, medication side effect, pain, dehydration, depression and many others. If a person may be living with irreversible cognitive changes often times associated with dementia, it allows the individual to prioritize and be proactive in planning for the future. Just as blood pressure, cancer, diabetes or stroke screenings contribute to prevention and better treatment, so do memory screens. If you are interested in having a memory screen completed or would like to be connected to the Regional Dementia Care Specialist contact the Aging and Disability Resource Center of Eagle Country Prairie du Chien office at 608-326-0235.



GETTING TO KNOW DEMENTIA

Six Week Class Plus Dementia Live Experience

AUG 3 *Dementia Live Experience*

Dementia Live is a simulation of what it may be like living with dementia and other brain changes. After going through the experience spend the next six weeks learning about brain change.

AUG 10 *What is Dementia Really?*

AUG 17 *What Brain Changes and Shifts in Ability are Noticed when Dementia Happens?*

AUG 24 *Looking at Progression & See More than Loss: The GEMS State Model*

AUG 31 *The GEMS State Model: In the Right Setting with the Right Care, All GEMS can Shine*

SEPT 14 *New Skills for Helping & Support*

SEPT 21 *Being an Advocate & Building a Support Team*

**Please Register by
July 29th!**

*Call Pam at
608-548-3954*

All Classes will be held

2:00 PM – 4:00 PM

Viola Methodist Church
225 N Washington St
Viola, WI

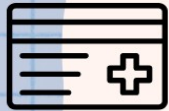
Classes facilitated by ADRC of Eagle Country and ADRC of Vernon County Dementia Care Specialists.





Here is what
we have been up
to the first half of the year!

ELDER BENEFIT
SPECIALIST
CLIENTS SERVED



240



RIDES PROVIDED

3,730

MEALS SERVED



11,783

*through May

ADRC STAFF

DISABILITY
BENEFIT
SPECIALIST
CLIENTS SERVED



144

HEALTH CLASS
PARTICIPANTS



42

ADRC SPECIALIST
CLIENTS SERVED

470



Our staff are in the office, in the kitchen, at
the meal sites, and on the road excited
to serve Crawford County!