

July 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



Available to Crawford County Residents 60+ & disabled adults.

PdC Shopping 2nd and 4th Thursday, 9am pickup, \$2 charge

Northern Shopping 1st and 3rd Tuesday, 9am pickup, \$5 charge

Social/Nutrition Busses -Minimum of four riders, call office to inquire

1st come, 1st serve. 48 hour notice required.
Curb to curb service.

CALL JACOB AT 608-326-0235 TO SCHEDULE A RIDE TODAY!



Cab Subsidy Program

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

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

Call for more information: 608-326-0235



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

**Next Movie:
Places in the Heart
(1984) (PG)**

**Friday, July 10th
7 PM**

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



PRAIRIE DU CHIEN MEMORIAL LIBRARY
PRESENTS

**TUESDAY AFTERNOON
MOVIES**



FEATURED FILM:

TOP GUN: MAVERICK

FREE MOVIE AND REFRESHMENTS

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

JOIN US FOR LUNCH!



The ADRC of Crawford County is bringing a meal site to you!
Cost: Suggested contribution of \$4-\$6 for individuals 60+ or their spouse (regardless of age)

**2
JULY**

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

**9
JULY**

WAUZEKA - LUNCH ONLY
Wauzeka Village Hall
500 E Front St. B, Wauzeka, WI
Serving at 12:00pm

**14
JULY**

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

**16
JULY**

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

**23
JULY**

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

**29
JULY**

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

**30
JULY**

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



Garden View Place

ASSISTED LIVING & MEMORY CARE
Assisted Living and
Memory Care Apartments
Schedule A Tour Today!

(563) 539-4528 • 800 DARBY DR., MONONA, IA

Tisdale Law Offices, S.C.

General Practice Law Firm
Amanda K. Tisdale • Lynn M. Rider
Attorneys At Law

phone: 608.326.8434 fax: 608.326.6314
216 East Blackhawk Avenue, Prairie du Chien, WI 53821
www.prairieduchienlaw.com

Assisting with Elder Law, Estate Planning and Probate



COMPUTER SUPPORT PLUS

For all your computer, cellular, smart TV and security needs.

608-326-7587

csppcshop.com

37493 US Highway 18 • Prairie Du Chien



Lancaster
MONUMENT COMPANY

Pre-Plan now so your family won't have to later

Reduce the emotional stress and financial strain on your family, plan ahead today!

334 W. Elm, Lancaster 608.723.4537
www.lancastermonumentcompany.com

Hours
Mon.-Fri.
9-5



Coming together to care for you



A Humana Company

icarehealthplan.org
800-777-4376

inclusa.org
877-622-6700

Advertise Here!

Contact Rob Witte

rwitte@4LPi.com
(800) 950-9952 x2501

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide



SafeStreets

833-287-3502



Advertise Here!

Increase visibility in your community.

Never miss our publication!



Get each new issue delivered straight to your inbox.



Scan to subscribe on MyCommunityOnline.com



my choice

WISCONSIN

BY MOLINA HEALTHCARE

My Choice Wisconsin is a managed care organization that serves government-funded programs to seniors and adults with disabilities in over 50 Wisconsin counties.

Visit us today:
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!



July: Grill, Picnic, Enjoy—Count Your Carbs with Ease

Did you Know?

Carbs come from more than bread and pasta—fruit, milk, and beans count too.

What are carbs?

Carbohydrates (carbs) are important for providing our bodies with energy and are found in a variety of foods including breads, pastas, fruits, vegetables, milk, and beans.

Why should I count carbs?

Carbs that we eat are broken down into sugars (glucose) in the body to be used by our cells for energy. After a meal, blood sugar levels increase, and insulin works to keep levels from going up too high. Because insulin does not work as well when we have diabetes, eating consistent amounts of carbs at meals (45-60 grams per meal) can help manage blood sugar levels.



Simple versus Complex Carbs

Focusing on **complex carbs** such as whole grains, brown rice, beans, potatoes, and fruit and **limiting simple carbs** like juice, soda, cakes, and candy can help keep blood sugar levels stable throughout the day.

Food Categories

- At a meal, aim for 45-60 grams of carbs.
- The following servings of foods contain 15 grams of carbs:
 - 1 slice of bread/ 1 tortilla
 - 1 small apple, orange, or banana
 - ½ cup granola or cooked cereal
 - ½ cup pasta or rice
 - 10 oz. milk
 - ½ cup cooked beans/corn/green peas
 - ½ cup cooked/1 cup raw vegetables

Label Reading

- Start by looking at the serving size, the nutrition information is based on this amount. Above the serving size, you'll see the "servings per container," which tells you how many servings are in the whole package.
- The total carbohydrate amount on a Nutrition Facts label includes sugar, starch, and fiber. When counting carbohydrates, check the total grams listed. There is also a breakdown of each type of carbohydrate below that number.

Importance of Hydration

Water helps buffer carb absorption and lowers glucose spikes.

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

Carb-Controlled Breakfast Egg & Ham Burrito

Ingredients

- 3 eggs
- 1 pinch black pepper
- 1 tbsp reduced-fat shredded cheddar
- 1/2 tsp margarine
- 1 oz deli ham (2 thick slices, reduced-sodium, chopped)
- ¼ cup of diced veggies of choice (onion, bell pepper, etc.)
- 2 whole corn tortillas (heated)
- 2 tsp salsa (optional)

Recipe adapted from
<https://diabetesfoodhub.org/recipes/breakfast-egg-and-ham-burrito>



Directions

- Whisk the eggs, black pepper, and cheese in a bowl.
- Heat margarine in a pan over medium heat. Add the ham and cook for 2–3 minutes then remove from the pan.
- Cook diced vegetables in the pan for 5 minutes, then add ham back to pan.
- Reduce the heat to low and add the eggs to pan. Gently stir the eggs and continue cooking over low heat until the eggs are cooked and set.
- Divide the egg mixture into 2 servings. Spoon each portion of the egg mixture into a tortilla and top each with 1 teaspoon of salsa. Fold the tortilla to close.

*See nutrition facts label to the right for recipe nutrition information

Label-Reading Scavenger Hunt

Directions:

- Find and circle the total amount of carbohydrates (carbs) on the food label!

Nutrition Facts	
6 Servings	
Serving Size	1 burrito
Amount per serving	
Calories	180
% Daily value*	
Total Fat 7g	9%
Saturated Fat 2g	10%
Trans Fats 0g	
Cholesterol 135mg	45%
Sodium 330mg	14%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	7%
Total Sugars 2g	
Protein 13g	
Potassium 192mg	4%

Keep taking NOURISH Steps and learn more about carb counting at:

<https://diabetes.org/food-nutrition/understanding-carbs/carb-counting-and-diabetes>

<https://diabetes.org/food-nutrition/reading-food-labels/making-sense-food-labels>



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

GWAAR Nutrition Team. UW Health Interns Trinity Manzke & Molly Ross 7/2026





Jody Kirchner
Meals Coordinator

July Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Menus are subject to change</i></p>	<p>Note: This symbol represents vegetarian days =</p> 	<p>1 Picnic Gays Mills</p> <p>Deluxe Burger Baked Beans Macaroni Salad Mixed Fruit</p>	<p>2</p> <p>Chef Salad WW Roll Apple Slices Chocolate Cake</p>	<p>3</p> <p>CLOSED</p> 
	<p>6</p> <p>Tamale Pie Mixed Vegetables Garlic Toast Pears Brownie</p>	<p>7</p> <p>Herbed Chicken/ Gravy Parsley Red Potatoes Peas Chocolate Pudding WW Roll Peaches</p>	<p>8</p> <p>White Chicken Chili Marinated Spring Veggie Salad WW Roll Applesauce</p>	<p>9</p> <p>Creamed Turkey over Mashed Potatoes Garlic Green Beans Pears Jello WW Roll</p>
<p>13</p> <p>Chicken Stir Fry Rice Broccoli Pineapple Pistachio Fluff</p>	<p>14</p> <p>Meatloaf Mashed Potatoes/ Gravy Glazed Carrots WW Roll Tropical Fruit</p>	<p>15</p> <p>Garlic Pork Asian Noodles Mixed Vegetables Apple Sauce Birthday Cake</p>	<p>16</p> <p>Baked Ham with Pineapples Baked Sweet Potato Baked Beans Banana Strawberry Shortcake</p>	<p>17</p> <p>Baked Cod w/butter Coleslaw Baked Potato/Sour Cream WW Roll Hot Cinnamon Apples</p>
<p>20</p> <p>Chef's Choice</p>	<p>21</p> <p>BBQ Shredded Pork/ Bun Roasted Sweet Potato Corn Pears Butterscotch Pudding</p>	<p>22</p> <p>Zesty Taco Bake Rice Broccoli Garlic Bread Pears</p>	<p>23</p> <p>Mushroom Swiss Burger Baked Beans Potato Wedges Pineapple Fruit Fluff</p>	<p>24</p> <p>Chicken w/Mushroom gravy Whipped Sweet Potato California Blend Vegetable Peaches WW Roll</p>
<p>27</p> <p>Chicken Wild Rice Soup WW Roll Peaches Tomato Cucumber Salad</p>	<p>28</p> <p>Taco Salad Tortilla Chips/ Salsa Grape Rice Krispie</p>	<p>29</p> <p>Salsbury Steak Mashed Potatoes/ Gravy Baked Beans WW Roll Snickers Apple Salad</p>	<p>30</p> <p>Hamburger Gravy Mashed Potatoes Mixed Vegetables Pineapple Jello Cake</p>	<p>31</p> <p>Spring Tuna Salad Sandwich Potato Salad Broccoli Salad Sliced Apples</p>

Join us for lunch!

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

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

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

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

608-326-0235

Meals Site Locations

Hoffman Hall
1600 S Wacouta Ave
Prairie du Chien

Gays Mills
Community Center
16381 WI-131
Gays Mills

*Photos are of meals served at meal site.



Tuna Noodles & Salad



Pork Loin & Gravy



Garlic Rosemary Beef Roast



Chef's Salad & Garden Vegetable Soup

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 UNCLEANED 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



Meet Matthew Jacobson: Wisconsin's First-Ever Teacher Apprentice

If you would have told Matthew Jacobson several years ago that he would go on to become Wisconsin's first-ever teacher apprentice, there's no way he would have believed you. Though he had dreams of becoming a high school history teacher, just a few years ago, Jacobson struggled to find both happiness and his calling in life.

"Mentally, I was down in the dumps before this whole thing, and I had a lot of negative views on the rest of my life," Jacobson said. "I didn't feel fulfilled at all."

It wasn't until he [learned](#) about Wisconsin's pilot [teacher apprenticeship program](#), and decided that apprenticeship was the right path for him, that he felt his life realign.

With no opportunity to return to college via the "traditional" route, which could take several years, Jacobson said the program gave him a different way of getting back into what he really wanted to do.

Recent estimates show only 67% of new educators in Wisconsin make it past five years in the field. Traditional educator preparation programs can be expensive, as they often require unpaid student teaching, which might not be feasible for low-income students, nontraditional students, or individuals looking to change careers.

"Being in this program, I feel much more fulfilled and better about the rest of my life," he said. "I feel like I'm actually making a difference and doing something good for the world."

The [pilot teacher apprenticeship program](#) is one of the newer additions to Wisconsin's Registered Apprenticeship system, helping to address issues in teacher turnover and retention, reduce barriers to entry, and encourage young people to enter the field. Launched in 2024 in partnership with the Department of Public Instruction. The program provides training for both elementary and middle school classroom instruction using the state's "earn-while-you-learn" apprenticeship structure and offers a path to a four-year degree from either UW-Whitewater at Rock County or Lakeland University. The pilot currently has eight apprentices at four school districts throughout the state.

These days, Jacobson not only feels the difference he's making in his students lives, but he also sees it. One of his roles at Elmbrook Elementary School in Brookfield, is to provide one-on-one support for Special Education students, including students with autism and other disabilities. Two of the classes he takes as part of his related learning experience as a student at Waukesha County Technical College (WCTC) are "Overview of Autism" and "Supporting Students with Disabilities." Matthew credits these courses with helping him to understand the importance of building curriculum into everyday activities for students.

"I always do my best to try and keep the students learning all day," said Jacobson.

He's noticed a payoff in his efforts, particularly with his younger students who thrive from the consistency and routine Matthew has helped to establish.

Others, like Carrie Perock, an instructor at WCTC, have also taken note of Matthew's professional growth and how well students have responded to him.

"Matthew is exactly the kind of future teacher we hope to see entering the profession," said Perock. "During his time in the Foundations of Teacher Education program at WCTC, he has shown dedication, compassion, and a willingness to learn."

These aren't the only classroom wins Jacobson has experienced since joining the program. He's also made major headway as a student himself at WCTC, where he'll graduate in May with his associate's degree in Foundations of Teacher Education. He'll then be at the official halfway point in his program and ready to begin his remaining two years at Lakeland University in Plymouth later in May, earning his bachelor's degree in elementary and middle school education.

While Jacobson is excited to begin the full-time program later this May, he says his time at WCTC helped to prepare him for just about anything under the sun when it comes to working with children.

Currently at Elmbrook, he works with various grade levels throughout the day, mostly in a support staff role for reading intervention. He also works in math extension, helping students who need more of a challenge. These roles have given him agency to think outside the box when it comes to student engagement and be more creative with his teaching delivery.

This fall, he'll join Pilgrim Park Middle School in Elm Grove as a teacher apprentice. He plans to get connected to the social studies department to do some teaching on related subjects.

"At Elmbrook, I had the opportunity to do a social studies lesson with 5th graders on the American Revolution," Jacobson said. "I've enjoyed learning more about these subjects on my own time and so teaching them has also been enjoyable."

He's proud of how far he's come in his program—and in life—and often takes time to reflect on the many lessons he's learned along the way. One standout lesson for him is how important it is to not be afraid to speak up and ask questions of people around him who may have more experience.

Whether it's other teachers, or the school principal, Jacobson has learned how important it is to ask for suggestions on how to approach a situation or address a problem.

As his time at WCTC will come to an end, Perock says that watching his progress has been incredibly rewarding. "I am truly excited to see the positive difference [Matthew] will make in students' lives."

Jacobson encourages anyone interested in apprenticeship to take the chance and go for it, saying that in his experience, it's been a safer bet toward getting a degree and having a fulfilling professional life.

"The most important part of the apprenticeship is doing the job while you're doing the learning," Jacobson said. "That's why we do it, and I think at the end of the day, that's what matters most."

<https://dwd.wisconsin.gov/news/stories/260429-matthew-jacobson.htm>

Save the Date

Third Annual Bringing Hope and Light to the Dementia Journey Conference

A FREE conference for Dementia caregivers, Professionals
and those living with Dementia or Mild Cognitive Impairment

Kenote Speakers:

- Dr Michelle Braun, author of "The High Octaine Brain"
- Angele Lunde, M.A., author of "Day to Day: Living with Dementia"

AUG 12, 2026

8:00am - 4:00pm
First Baptist Church
751 Grace Way
Medford, WI 54451



Featuring:

- Breakout Sessions
- Vendor Booths and Resources
- Free Lunch
- Ask about on site respite

For more information:

ADRC of Taylor County
715-748-1491

Registration
information
coming soon!



CAREGIVER SUPPORT GROUP

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.



JOIN US AT THE
SOLDIERS GROVE LIBRARY
102 PASSIVE SUN DRIVE
SOLDIERS GROVE

EVERY THIRD THURSDAY
OF THE MONTH
1:00 PM

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

Prairie du Chien Caregiver Support Group

4th Tuesday of the month

10:00 - 11:30 AM

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



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

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

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 County





Surgical Expertise. Digital Precision.

Robotic-assisted knee replacement close to home.

Crossing Rivers Health

Kevin Klean, DO, FAAOS
Orthopedic Surgeon

Andrew Wier, PA-C
Orthopedic Physician Assistant

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



BETHEL HOME & SERVICES

Your community resource
for services to the aging

608.637.2171

www.bethelhomeservices.org



800-280-1074

www.peoplesfinancial.com

Concerned about Medicare fraud? Give us a call...

PROTECT your
personal information

DETECT suspected
fraud, abuse, or errors

REPORT suspicious claims
or activities

Toll-free Helpline:
888-818-2611

www.smpwi.org

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.

NOT SURE WHAT CARE IS RIGHT?



Independent • Assisted • Skilled Nursing
All in one trusted local organization.

COMMUNITY HEALTH SERVICES 608-326-8471

Prairie Maison • Bluff Haven • La Batisse

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets

833-287-3502

Made you look.

Advertise here to
reach your local
audience.

Visit lpicommunities.com/advertising-solutions

Scan to get
started!



Does your organization need a newsletter?

We'll cover the
printing costs!

Learn more at
lpicommunities.com



We're Hiring Ad Sales Executives

- Paid Training
- Full-time with Benefits



Visit www.lpicommunities.com/careers



For ad info. call 1-800-950-9952 • www.lpicommunities.com

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



Kelli Brooks

Information & Assistance

From your ADRC Specialists



Mara Mathis

Volunteering has Benefits for All Ages

By the GWAAR Legal Services Team (for reprint)

Did you know volunteering comes with some major benefits, including health benefits? According to the Stanford Center on Longevity, older adults who volunteer have lower mortality rates, reduced risk of hypertension, enhanced cognition, lower rates of depression, delayed physical disability, and report higher levels of life satisfaction compared to those who don't volunteer. <https://longevity.stanford.edu/engaging-in-volunteerism-may-hold-significant-health-benefits/>

It's not just health benefits, though. United Way lists 25 ways volunteering is good for older adults, from setting your schedule and being picky about what activities you do to continuing a family legacy and becoming a better version of yourself. See all the benefits here: [25 Great Ways Volunteering Is Good for Older Adults | United Way Worldwide](#).

One critique of volunteerism is that it tends to be done by wealthier, educated older adults who have the time and resources to make volunteering a possibility. Some barriers to volunteering include lack of transportation, lack of skills, or lack of awareness of volunteer opportunities. This shows the importance of having volunteer opportunities within the communities where older adults live, so that transportation and awareness may not be such large barriers. Certain organizations may provide transportation, compensation, and recognition to volunteers that makes it easier for a wide range of individuals to participate. This shows the importance of researching opportunities.

A Forbes article gives some advice on things to consider before diving into volunteering. [11 Meaningful Ways Older Adults Can Volunteer - Forbes Health](#). Volunteer with reputable organizations and trust your gut if something doesn't seem right about what you're asked to do; avoid places where volunteers are viewed as free labor rather than skilled contributors looking for meaningful experiences; look through the organization's reviews on places such as Charity Navigator or Guidestar; see if the organization's mission statement and values match yours.

Interested in volunteering? Visit [Aging: Retired and Senior Volunteer Program | Wisconsin Department of Health Services](#) for ways you can join the Retired and Senior Volunteer (RSVP) program. From tutoring and planting gardens to assisting with local projects, you can put your skills and expertise to use for the benefit of others. Or learn a new skill! Getting involved in your local community can strengthen social cohesion and reduce prejudice by having people engage with others who they may not have contact with normally.

In addition to checking out local charities, you can seek out volunteer opportunities through Senior Corps (a program for people 55 and older), local/state/national parks, animal shelters, foster grandparent programs, or local hospice programs. If you don't feel ready to dive into a formal volunteer program, that's no problem. Informal helping can provide many of the same benefits – so lending a hand to a friend or neighbor without getting paid can give you a health and mood boost!

Sun Protection Tips for Older Adults

By the GWAAR Legal Services Team (for reprint)

As summer begins, it is time to start thinking about protecting ourselves when we have fun in the sun. According to the Centers for Disease Control and Prevention (CDC), most cases of skin cancer occur in adults over 65, but fewer than half of older adults adequately protect their skin from the sun.

Sunscreen ingredients

- **Physical (mineral) sunscreen ingredients** (including the minerals titanium dioxide and zinc oxide) reflect and scatter the rays (like a shield) before they penetrate your skin.
- **Chemical sunscreen ingredients** (like avobenzone and octisalate) absorb UV rays (like a sponge) before they can damage your skin.

Are sunscreens safe?

While physical sunscreens may be less likely to cause skin irritation than chemical sunscreens, both types have been tested as safe and effective. In fact, many sun protection products available today combine both types of ingredients.

SPF & broad-spectrum protection

Choose a sunscreen with an SPF 30 or higher and one that protects from UVA and UVB rays (broad-spectrum). A sunscreen's SPF (sun protection factor) determines how well it can absorb and reflect the sun's rays. A sunscreen that is labeled SPF 30 absorbs or reflects 97% of the sun's burning rays. Broad-spectrum sunscreen is important because UVA rays penetrate the lower levels of the skin. They account for 95% of rays. UVB rays make up a smaller percentage of UV rays, but they cause most sunburns and sun damage.

Types of sunscreen products

Additionally, research shows there is very little difference in effectiveness between sunscreen sticks, sprays, gels, and creams. Buying several formats can make it easier to protect small or hard-to-reach body parts, such as the back of the ears. Sunscreen sticks are good for ears and noses and are also easy to take with you on bike rides and walks. Sprays and creams can cover larger surface areas more efficiently, such as the back, arms, and legs. Gels tend to adhere better on areas with hair, like the hairline and scalp.

Other considerations

It's also important to know that wearing sunscreen with a higher SPF does not mean you can stay outdoors longer without applying more. You'll still need to reapply it to protect your skin especially if you are swimming or sweating heavily, even if you are using a water resistant sunscreen. No sunscreen is waterproof; they all eventually wash off. Sunscreens labeled water resistant are tested to be effective for up to 40 minutes of swimming, while very water resistant sunscreens stay effective for up to 80 minutes in the water.

For more information visit:

- <https://www.cdc.gov/cancer/research/many-older-adults-dont-protect-their-skin-from-the-sun.html>
- <https://www.skincancer.org/skin-cancer-prevention/sun-protection/sunscreen/>



Just for You

From your Elder Benefit Specialist,
Ashley Greene

Healthcare Coverage While Traveling

By the GWAAR Legal Services Team (for reprint)

Summer often means traveling. You may immediately begin planning and packing, but have you thought about healthcare coverage while you're away from home? Healthcare coverage can vary when you are traveling. The coverage available depends on whether you're traveling within the United States or to other countries. Here are some things to consider if you have Medicare and will be traveling this summer.

Original Medicare provides medical care coverage within all 50 states, the District of Columbia, Puerto Rico, the U.S. Virgin Islands, Guam, the Northern Mariana Islands, and American Samoa. This means that if you are traveling anywhere in the United States, you will have Part A and Part B coverage. If you travel outside of the United States, you will not be covered by Medicare, except in very limited circumstances. If you have a Medigap plan you will have coverage anywhere in the United States, but you will have to contact your plan to see what their coverage is if you travel outside of the United States.

Medicare Advantage plans have networks with specific facilities and providers they cover. That means that if you travel outside your network area, even within the United States, you may not be covered. Some plans may cover out-of-network providers, but you will need to call your plan to confirm that coverage that and ask about your out-of-pocket costs. Medicare Advantage plans will generally cover out-of-network emergency care within the United States. These plans may cover medical care outside of the United States, but you will need to check with your plan for specifics.

One thing to remember is that Medicare Part D prescription drug plans will not cover prescription drugs outside of the United States. Part D plans also work within networks, so when you travel anywhere in the United States you will need to plan ahead. If you get your prescription outside your network, you may have to pay full price for that prescription. Contact your Part D plan to find out what your coverage will be while traveling.

For all other types of healthcare plans, like employee group health plans or retiree coverage, you will need to contact your plan for specifics on coverage restrictions and out-of-pocket costs. If your plan doesn't provide the coverage you need, you can work with an insurance agent to purchase travel insurance to ensure you're covered wherever you travel.

You can put your mind at ease this summer by contacting your healthcare plan to ask about what is covered and what your out-of-pocket costs will be while you travel. This will allow you to plan ahead and make arrangements before you end up with a costly medical bill. Plus, planning ahead will help you relax and enjoy your vacation, knowing you and your loved ones are covered. □



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!



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



Giving Voices Dementia Friendly Choir

Pam Kul-Berg of the ADRC of Eagle Country–Richland & Crawford Counties is looking for people interested in starting a Giving Voice Choir in Richland County area.

We are looking for volunteers to help with not only creating the choir, but being singers and "partners" as well as behind-the-scenes help.

Our goal is to create an inclusive space where adult singers feel a deep sense of belonging, safety, and joy, while also fostering greater understanding and reducing stigma around memory impairment.

We will be doing an outreach event this summer, and then start singing weekly in September, with a goal to have a performance in November or December. The day, dates and place to meet are yet to be determined.



If interested contact Pam Kul-Berg at
608-548-3954 or email pkulberg@juneaucountywi.gov

PICNIC

at the Gays Mills
Meal Site!



Wednesday, July 1st
11:30 A.M.

JOIN US FOR A PICNIC AT OUR GAYS MILLS MEAL SITE!
MEAL IS AVAILABLE TO THOSE 60+ REGARDLESS OF AGE
FOR A SUGGESTED CONTRIBUTION OF \$4.00-\$6.00.

Transportation is available for a cost of \$4.
(Minimum of 4 passengers.)

RESERVATIONS REQUIRED BY
CALLING 608-326-0235!



4TH OF JULY

- ADAMS
- AMERICA
- BARBECUE
- COLONIES
- CONGRESS
- DECLARATION
- EQUALITY
- FIREWORKS
- FOURTH
- FREEDOM
- HOTDOGS
- INDEPENDENCE
- JEFFERSON
- JULY
- LIBERTY
- NATION
- PARADE
- REVOLUTION
- RIGHTS

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

STATES
THIRTEEN
UNITED

