

June 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

PRAIRIE DU CHIEN MEMORIAL LIBRARY
PRESENTS

**TUESDAY AFTERNOON
MOVIES**

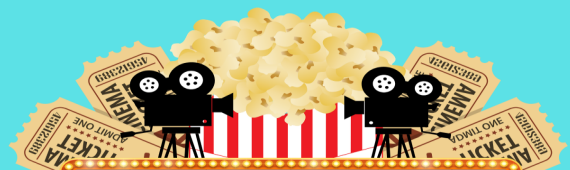


FEATURED FILM:

JAWS

FREE MOVIE AND REFRESHMENTS

NEXT MOVIE:
JUNE 23RD
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:

**Taking Woodstock
(2009) (R)**

Friday, June 5th

7 PM

**FRESH POPCON AND REFRESHMENTS PROVIDED
BY THE KICKAPOO EXCHANGE NATURAL FOODS
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Giving Voices



Dementia Friendly Choir



Looking for parties interested in helping plan a Giving Voices Choir.

- Richland County has an opportunity to start a Giving Voices choir and is looking for interested parties to help get the ball rolling and make it a reality.
- Our goal is to create inclusive spaces where singers feel a deep sense of belonging, safety, and joy, while also fostering greater understanding and reducing stigma around dementia.
- Training and methodology for facilitating this choir will be given by the Giving Voices organization.
- We will be looking for a choir director and piano accompanist.
- Once started in fall the choir will meet weekly.

If interested Contact Pam at
608-548-3954
pkulberg@juneaucountywi.gov
www.givingvoicechorus.org

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



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: June 9th, August 18th, October 13th, & December 15th



Next Medicare Workshop June 9th!



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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

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
JUNE**

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

**4
JUNE**

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

**11
JUNE**

WAUZEKA PICNIC IN THE PARK
Wauzeka Village Hall
500 E Front St. B, Wauzeka, WI
Serving at 12:00pm

**16
JUNE**

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

**18
JUNE**

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

**24
JUNE**

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

**25
JUNE**

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

Transportation available for Crawford County residents for \$4. Minimum of 4 passengers.

Did you know?

Monthly menus for the Nutrition Program are created with a meal pattern to ensure we are meeting $\frac{1}{3}$ of the Dietary Reference Intake established by the USDA.



Meal Pattern - One Meal (Lunch or Dinner)

Meal Component	Minimum # of Servings	Serving Size Examples
Grains	1	1 regular sliced bread, $\frac{1}{2}$ cup cooked, 1 cup ready-to-eat cereal, 1 6" tortilla, $\frac{1}{2}$ regular size bun
Fruit and/or vegetable Dark Green Vegetable Red Orange Vegetable Beans/Peas Starchy Vegetable	3 1 serving per week 2 servings per week 1 serving per week 2 servings per week	$\frac{1}{2}$ cup fresh, frozen, or canned (cooked or raw), $\frac{1}{4}$ cup dried fruit, 1 cup raw leafy greens, $\frac{1}{2}$ cup 100% fruit or vegetable juice
Fluid Milk	1	8 fluid ounces or 1 Cup
Protein Foods	1	3 oz. equivalent
Fats & Oils	1	1 tsp served on the side or used in cooking
Dessert *optional	1	$\frac{1}{2}$ Cup

Menus are created by our chef and then sent to a Registered Dietician for approval of the nutritional requirements.

This is done to ensure you are eating a healthy, balanced meal when you attend our meal sites or receive our home delivered meals.



Jody Kirchner
Meals Coordinator

June Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Garlic Pork Asian Noodles Mixed Vegetables Apple Sauce Chocolate Chip Cookie	2 Chicken w/mushroom gravy Whipped Sweet Potatoes California Blend Vegetables WW Roll Peaches	3 Zesty Taco Bake Rice Broccoli Garlic Bread Pears	4 BBQ Shredded Pork/ Bun Roasted Sweet Potatoes Corn Pears Butterscotch Pudding	5 Baked Cod w/Butter Coleslaw Baked Potato/Sour Cream WW Roll Hot Cinnamin Apples
8 Chicken Wild Rice Soup WW Roll Peaces Tomato Cucumber Salad	9 Taco Salad Tortilla Chips/ Salsa Grapes Rice Krispie Bar	10 Sweet & Sour Pork Rice Mixed Vegetables WW Roll Peaches	11 Picnic Day Deluxe Burger Baked Beans Maccaroni Salad Mixed Fruit	12 Vegetable Soup Egg Salad Sandwich Broccoli Salad Tropical Fruit 
15 Mushroom Swiss Burger Baked Beans Potato Wedges Pineapple Frut Fluff	16 Salsbury Steak Mashed Potato/Gravy Baked Beans WW Roll Snicker Apple Salad	17 Picnic Day Spring Tuna Salad Sandwich Potato Salad Broccoli Salad Sliced Apples Birthday Cake	18 Grilled Chicken Sandwich Roasted Potatoes Pea and Cheese Salad Strawberries	19 Hamburger Cabbage Bake Dill Carrots WW Roll Apple Crisp Peaches
22 Chef's Choice	23 Roasted Turkey/Gravy Roasted Potatoes Green Beans WW Roll	24 Hamburger Gravy Mashed Potatoes Mixed Vegetables Pineapple Jello	25 Salmon Brussel Sprouts Sweet Potatoes WW Roll Pears Sugar Cookie	26 Ravioli/Meat Sauce Ceasar Salad Garlic Bread Peaches
29 Chili Cheese Dog/ Bun Potato Wedges Coleslaw Mixed Fruit	30 Tuna Tetrizzini Carrots WW Roll Zucchini Bar Peaches	<i>Menus are subject to change</i>	Note: This symbol represents vegetarian days = 	For meal site reservations, please call by 2 p.m. the business day before.

Join us for lunch!

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

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

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

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

608-326-0235

Meals Site Locations

Hoffman Hall
1600 S Wacouta Ave
Prairie du Chien

Gays Mills
Community Center
16381 WI-131
Gays Mills

*Photos are of meals served at meal site.



Tuna Noodles & Salad



Pork Loin & Gravy



Garlic Rosemary Beef Roast



Chef's Salad & Garden Vegetable Soup

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



Project SEARCH

Project SEARCH is a business led collaboration, developed at Cincinnati Children's Hospital Medical Center in 1996, that enables young adults with disabilities to gain and maintain employment through training and career exploration.

A 9–12-month program, Project SEARCH provides total immersion in a large community business. Students with disabilities are offered a workforce alternative for their last year of high school. All participants must be eligible for services with the Wisconsin Division of Vocational Rehabilitation (DVR). At some sites, young adults who have completed high school may be eligible to participate in Project SEARCH.



Project SEARCH

Who is involved?

The Project SEARCH partnership includes a local high-status business, a school, DVR, a Statewide Service Provider and a disability services agency, such as a managed care organization. The business provides an on-site training classroom, business liaison and rotational internships for on-the-job training. The school provides an instructor.

DVR works with a local Statewide Service Provider to supply Skills Trainers who support students onsite in their internships as needed and assist with final job placement. The disability services agency provides follow along services for any eligible student who is hired at the business site or in the community.

What do participants do?

Each day, students report to the host business, learn employability skills in the classroom and job skills through their internships (usually 3-4 internships during the year). Students are encouraged to use public transportation when available, just as they would when employed after high school.

Students and their teams meet monthly for progress reports and to continually refine their career goals and determine concrete next steps. Managers from the host business work with the teacher and job coaches to support the students every step of the way.

What is the goal?

The ultimate goal upon program completion is for students' to obtain competitive placements at the host business or in the community, based on the skills and experience learned during their participation in Project SEARCH.

Project SEARCH locations near Crawford County:

Gundersen Health Systems, La Crosse

Kalahari Resort, Wisconsin Dells

Sauk Prairie Health, Prairie du Sac

UW-Platteville, Platteville

UW Health and VA Hospital, Madison

<https://dwd.wisconsin.gov/dvr/programs/project-search/>



BACKYARD GARDENS. COMMUNITY TABLES.

SHARE THE HARVEST.

Neighborhood Harvest is calling on Crawford County gardeners to share their excess garden produce this season and donate the surplus to be sold at one of the participating farmers markets:

GAYS MILLS, PRAIRIE DU CHIEN, OR SOLDIERS GROVE.

Proceeds will benefit the market and Neighborhood Harvest.
Excess produce will be donated to local Food Pantries.

YOU DON'T NEED A BIG GARDEN.

When dozens of gardeners contribute a little excess, the combined harvest means more local, fresh, and healthy foods available to our community.
Seeds and seedlings are available if needed!

**GARDENERS & VOLUNTEERS NEEDED & WELCOME
GET INVOLVED & LEARN MORE:**

<https://go.wisc.edu/3o8zt9>



<https://www.facebook.com/CrawfordCountyFarmersMarketsGROW/>
Sara Tedeschi | 608.326.1134 | sara.tedeschi@wisc.edu

A program of the Crawford County Farmers Markets Grow,
501c3 nonprofit organization supporting our local markets.

Supported by the Food, Faith, & Farming Network Grant

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.



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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.

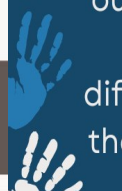
For more information or to join please call
Jeanne Jordie at 608-306-2486

VOLUNTEERS

NEEDED

Are you interested in helping out your community? Do you like to cook and work in a kitchen?

The ADRC is in need of volunteers to help out at our central kitchen. One day or a few hours a week can make a true difference to our program. Reach out to the ADRC office today at 608-326-0235.





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crossingrivers.org



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Andy Wier, PA-C
Orthopedic Physician Assistant



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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

June is Alzheimer's and Brain Health Awareness Month

By the GWAAR Legal Services Team (for reprint)

According to the Alzheimer's Association there are over 7 million people in the U.S. that have Alzheimer's. This number goes up yearly, which prompted the Alzheimer's Association to organize a national campaign to educate the public about Alzheimer's and other brain-related disorders. Understanding what Alzheimer's is and the risk factors that contribute to its development can help individuals make better choices about their brain health. While there isn't enough research available to know how to completely eliminate the risk of developing Alzheimer's, there is good research on how to support a healthy brain and slow the progression of Alzheimer's.

What is Alzheimer's?

Alzheimer's is a type of dementia that affects memory loss, cognitive abilities, and behavior. The effects interfere with daily life and progressively worsen over time. It's important to remember that Alzheimer's isn't a part of getting older, but some individuals are more likely to be affected than others.

While we can't predict if someone will develop Alzheimer's, we do know that some factors give us a clue about those that may be more likely to develop it. Age is the biggest factor that points to the likelihood of an individual developing it. This is because most individuals with Alzheimer's are 65 and older and the risk factor doubles every 5 years. Another risk factor is heredity and family history. If you have a family member with Alzheimer's, you are at a higher risk of developing it yourself, and this risk increases the more family members who have this disease. The next risk factor is a link to an increased risk of dementia from head injuries. Lastly, certain medical conditions, especially those linked to heart health, increase the risk of developing dementia. This link has to do with blood vessel health. Talk to your doctor about your risks of developing Alzheimer's to make a plan to reduce those risks.

Can I prevent Alzheimer's?

Unfortunately, there isn't a way to completely eliminate the risk of developing Alzheimer's, but we can help keep our brain as healthy as possible to reduce our risks. While some risk factors like genetics and family history can't be prevented, we can do several things to help reduce our risk of developing Alzheimer's. We can control our overall physical health with diet and exercise. We can improve our mental health with social connections and keeping mentally active. We can also protect our head by wearing helmets on bikes and wearing seat belts while in a car.

There is a connection between heart health and brain health. Keeping conditions like diabetes, high blood

pressure, and high cholesterol under control helps your cardiovascular system and improves overall heart health. Taking steps to improve your heart health, like regular exercise and a healthy diet, help reduce high blood pressure and cholesterol. This also helps to keep blood sugar under control. Making healthy choices now can reduce the damage that can result from uncontrolled diabetes, high blood pressure, and high cholesterol, leading to better heart health which reduces your risk of Alzheimer's.

Your mental health can help reduce the risk of Alzheimer's. There are studies that support the link between strong social connections and lowering your risk of cognitive decline. Social connections and interactions improve cognitive abilities. Cognitive decline can also be reduced by exercising your brain. Engaging in activities like reading, doing puzzles, or engaging in a hobby will stretch your cognitive skills and help reduce your risk of Alzheimer's. Stay connected and stretch those mental muscles to reduce your risks.

Of course, protecting your brain from trauma will help reduce damage to your brain. Trauma to your brain has been linked to increased risk of Alzheimer's. Always wear your seatbelt and helmets to reduce trauma to your brain.

While we don't know everything about Alzheimer's, we do know overall brain health is a significant determinant of the likelihood of developing it. Understanding your risks of Alzheimer's can help you reduce those risks by taking preventative measures early. Take steps today to help keep your brain as healthy as possible, for as long as possible. Find more information about Alzheimer's by visiting the Alzheimer's Association website at <https://www.alz.org/>. □





Just for You

From your Elder Benefit Specialist,
Ashley Greene



Medicare Participating, Non-participating, and Opt-out Providers

By the GWAAR Legal Services Team (for reprint)

Understanding the differences between Medicare providers will help you make better health care decisions and avoid costly medical bills. Learning these differences will also help you choose the Medicare plan that is right for you and help you choose providers that maximize your Medicare benefits. Below are brief descriptions of the different types of providers and how they might affect your out-of-pocket costs.

Participating Providers

Participating providers will accept Medicare and accept assignment. Accepting assignment means the provider will accept the Medicare approved amount as the full payment for the service they provide. Participating providers will bill Medicare for the service they rendered. You will receive a Medicare Summary Notice or MSN, detailing the cost of the service and what Medicare paid. The MSN will also have a summary of your out-of-pocket costs.

Your out-of-pocket costs will depend on whether your deductibles are met and what type of service you receive. For example, if you receive a Part B service, you will have a 20% coinsurance. If you have a Medicare supplement policy, you may have coinsurance, copays, and some deductible costs paid for. If you want to know more about what Original Medicare covers, you can contact 1-800-MEDICARE or read the Medicare & You 2026 handbook found at <https://www.medicare.gov/publications/10050-medicare-and-you.pdf>.

Non-participating Providers

Non-participating providers accept Medicare but will not accept assignment for all claims. This means that they will accept the Medicare approved amount for some services but not all services. They can also include a limiting charge or an additional 15% of the Medicare approved amount. The limiting charge will be your responsibility, and some providers may ask you to pay the full price upfront. This means that you will be charged the Medicare amount plus the 15% limiting charge and any coinsurance. You will then need to request reimbursement for the Medicare approved amount. When the provider does not accept assignment for a service, the full cost of that service will be your responsibility. You should receive notice of what your estimated out-of-pocket costs are before the service is rendered to ensure you want to proceed with the service.

Opt-out Providers

Opt-out providers do not accept Medicare at all. They will charge you whatever their price is for that service. This means you will be responsible for the entire bill. Usually, the provider will have you sign a contract for payment and provide a notice of the cost of the service before the service is rendered. You and the provider will not be able to request payment or reimbursement from Medicare. This means you will be responsible for the entire cost of the service.

Medicare Advantage Plan

If you are enrolled in a Medicare Advantage plan, you will have a network of providers. You should check with your plan to ensure that the provider you are seeing is in the network. You should be aware that both the provider and the Medicare Advantage plan can terminate the contract to work with each other at any time. If this occurs, you should receive a notice alerting you of the change. If your provider is not in network, you will be responsible for the bill.

When you understand how different types of providers affect your out-of-pocket costs, you can make better financial decisions. Call and ask your provider if they accept Medicare and Medicare assignments. This is just general information, and it is important to check with your plan, your provider, and Medicare if you have more questions. Please make sure you read any notice from Medicare to stay up to date on your coverage.



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





“Forget me Not-Notes”

From Pam Kul-Berg
Brain Health Enthusiast

“Sundowning is not the person getting worse. It’s the brain saying: I am tired. I am overwhelmed. I cannot process anymore.”

How Do We Reduce or Prevent Sundowning?

You don’t eliminate it completely—but you can dramatically soften it.

SUPPORT THE BRAIN. SOOTHE THE EVENING.



1. PROTECT THE DAY TO SAVE THE NIGHT

- Keep wake-up time consistent
- Get natural light early
- Build gentle structure: meals, movement, purpose
- Avoid long daytime naps

When the brain has rhythm, the evening becomes less chaotic.



4. STABILIZE THE BODY

- Early, lighter dinner
- Hydration throughout the day
- Limit sugar and caffeine after noon

Sometimes what looks like “behavior” is actually biology.



2. LIGHT IS MEDICINE

- Turn lights on before it gets dark
- Use warm, even lighting (avoid shadows)
- Close curtains to reduce visual distortion

You are not just lighting a room—you are stabilizing perception.



5. REDUCE COGNITIVE LOAD

- No complex conversations
- No correcting, arguing, or “reality checks”
- Keep language simple, tone calm

Shift from logic → connection.



3. USE MOVEMENT TO BURN ANXIETY

- Late afternoon walk (even 10–15 minutes)
- Simple tasks: folding towels, setting the table
- Gentle music + movement

Movement organizes the nervous system.



6. ANCHOR WITH PRESENCE, NOT CORRECTION

Instead of: “Don’t worry, you’re home.”

Try: “I’m right here with you. You’re safe.”

Speak to the emotional brain. Connection brings calm.



7. CREATE A PREDICTABLE “EVENING RITUAL”

- Same chair • Same blanket
- Same music • Same sequence (tea → prayer → TV → bed)

Familiarity becomes a neurological anchor.



8. ACCEPT THE PATTERN WITHOUT FEAR

This is the hardest and most powerful shift.

Understanding brings patience. Patience brings peace.



THE TRUTH:

Sundowning is not a behavioral problem. It is a neurological exhaustion state.

Your role is not to control it—but to shepherd the brain safely through it.



YOU CAN’T STOP SUNDOWNING COMPLETELY, BUT YOU CAN REDUCE ITS INTENSITY.

Small steps. Consistent love. Calm presence. That’s what makes the biggest difference.



DEMENTIA CARE AT HOME

Compassion. Knowledge. Support.

2026 Healthy Living with Mild Cognitive Impairment (MCI) Education Series

A free quarterly support and education series about brain health and living well with MCI

Navigating Alzheimer's Biomarker Testing and Results

Friday, June 12
9:30–11:30 a.m.



This session will explore Alzheimer's biomarker testing, including its benefits and risks, how results guide medical care and planning, and how early diagnosis can expand treatment options and support quality of life. The program will end with a Q&A session. Free and open to all.

Guest Presenter: Annalise Rahman-Filipiak, PhD

Register to attend in person in Crawford County by contacting Pam Kul-Berg at 608-548-3954 or 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 offers attendees guidance and science-backed strategies for living and coping with memory and thinking changes.

Join **Nathaniel Chin, MD**, and **Jennifer McAlister, BA**, from the Wisconsin Alzheimer's Disease Research Center to learn more about MCI.

Questions?

Contact the Wisconsin ADRC at 608-265-0407 or 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, Dane, Dodge, Door, Eagle Country, 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.



Picnic

In The Park

Join us for a picnic in the park!

THURSDAY, JUNE 11TH

12: 00 p.m.-Wauzeka Shelter House

500 E Front Street, Wauzeka

&

WEDNESDAY, JUNE 17TH

11:30 a.m.-Lawler Park- Prairie du Chien

430 N. Water Street

Available to those 60+ & Spouse irregardless of age for a suggested contribution of \$4.00- \$6.00.

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

Registration is required by calling 608-326-0235!

*In case of inclement weather, picnics will take place at corresponding meal site location.

