




May 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.



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



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.



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.



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



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

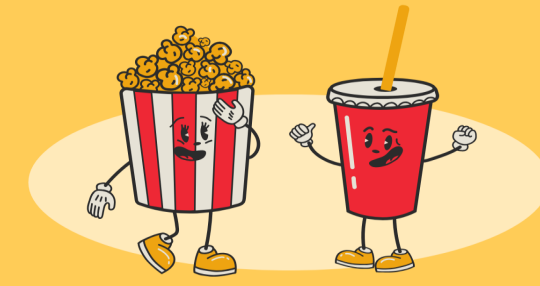
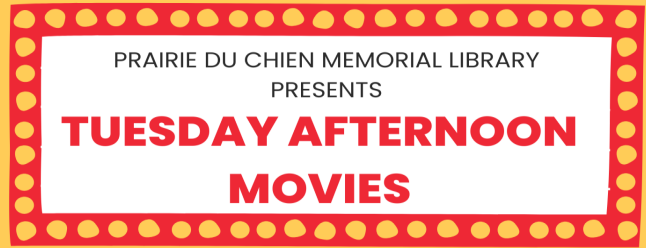
Call for more information: 608-326-0235



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

Next Movie:
The Blues Brothers
(1980) (R)
Friday, May 1st
7 PM

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



FEATURED FILM:

DOWNTON ABBEY

FREE MOVIE AND REFRESHMENTS

NEXT MOVIE:
MAY 26TH
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)**

**5
MAY**

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

**7
MAY**

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

**19
MAY**

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

**21
MAY**

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

**27
MAY**

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

**28
MAY**

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 TO CRAWFORD COUNTY RESIDENTS for \$4. Minimum of 4 passengers.



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Take a NOURISH Step!



Bloom Into Better Health: A1C Made Simple

Did you Know?

A1C reflects approximately 3 months of blood sugar history.

What is A1C?

- **A1C is...** a blood test for type 2 diabetes and prediabetes.
- **A1C measures...** your average blood glucose, or blood sugar, level over the past 3 months.
- **Diagnosis:** doctors may use the A1C alone or in combination with other diabetes tests to make a diagnosis. They also use the A1C to see how well you are managing your diabetes. This test is different from the blood sugar checks that people with diabetes do every day.



How to Manage a High A1C

- **Exercise:** Exercise regularly, aiming for 150 minutes per week. Exercising regularly is one of the best ways to manage high A1C levels. This could be going for a walk, doing chair exercises, following exercise videos at home, or going to community fitness classes.
- **Healthy Eating:** Focus on a balanced diet including fruits, vegetables, whole grains, lean protein, and healthy fats.
- **Fiber:** Incorporate fiber-rich foods at meals and snacks like beans, fruits, vegetables and, whole grains.
- **Healthy living:** Practice healthy habits such as avoiding smoking and reducing alcohol intake.

A1C Results

- **Below 5.7%** = Normal A1C level
- **5.7% to 6.4%** = Prediabetes
- **6.5% and above** = Type 2 diabetes



Importance of Hydration

Proper hydration can help reduce glucose spikes that influence A1C.

***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. UW Health Interns Trinity Manzke & Molly Ross 4/2026

Chicken/Tofu & Veggie Stir Fry

Ingredients

- 4 tablespoons peanut oil or neutral oil, such as canola or avocado, divided
- 1 pound mixed vegetables (fresh, frozen, or canned)
- 1-2 chicken breasts or 8 oz of tofu, cubed
- 3 tablespoons low sodium soy sauce or stir-fry sauce

Directions

- Heat 2 tablespoons oil in a skillet over high heat. Add vegetables; cook, stirring occasionally, until soft, about 4 minutes.
- Transfer the vegetables to a bowl.
- Add the remaining 2 tablespoons of oil and chicken &/or tofu to the pan.
- For chicken, cook until 165°F (7-8 minutes per side).
- For tofu, cook, turning once, until browned, 3 to 4 minutes. Stir in the vegetables and sauce. Cook, stirring, until hot, about 1 minute. Serve with quick rice or noodles.



Recipe adapted from <https://www.eatingwell.com/recipe/277158/mushroom-tofu-stir-fry/>

A1C Goal-Setting Worksheet

CURRENT		GOAL	
14	355	14	355
13	326	13	326
12	298	12	298
11	269	11	269
10	240	10	240
9	212	9	212
8	183	8	183
7	154	7	154
6	126	6	126
5	97	5	97
A1C (%)	Average Blood Sugar (mg/dL)	A1C (%)	Average Blood Sugar (mg/dL)

https://www.ihs.gov/sites/diabetes/themes/responsive2017/display_objects/documents/printmat/My_Blood_Sugar_Goals_508c.pdf

Directions:

- Fill in the first bar up to your current A1C and average blood sugar.
- Fill in the second bar up to your goals for A1C and average blood sugar.
- Continue practicing healthy habits to reach your goal A1C!

Keep taking NOURISH Steps and learn more about A1C at:

<https://diabetes.org/about-diabetes/a1c>

<https://www.niddk.nih.gov/health-information/diagnostic-tests/a1c-test>

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 4/2026







Jody Kirchner
Meals Coordinator

May Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>For meal site reservations, please call by 2 p.m. the business day before.</p>	<p><i>Menus are subject to change</i></p>	<p>Please make cancellations for home delivered meals by 8:30 a.m.</p>	<p>Note: This symbol represents vegetarian days =</p> 	<p>1 Hamburger-Cabbage Bake Dill Carrots WW Roll Apple Crisp Peaches</p>
<p>4 Sweet & Sour Pork Rice Mixed Vegetables WW Roll</p>	<p>5 Grilled Chicken Sandwich Roasted Potatoes Pea & Cheese Salad Strawberries</p>	<p>6 Vegetable Soup Egg Salad Sandwich Broccoli Salad Tropical Fruit</p> 	<p>7 Salsbury Steak Mashed Potatoes/Gravy Baked Beans WW Roll Snicker Apple Salad</p>	<p>8 Salmon Brussel Sprouts Sweet Potatoes WW Roll Pears Sugar Cookie</p>
<p>11 Hamburger Gravy Mashed Potatoes Mixed Vegetables Pineapple Jello Cake</p>	<p>12 Ravioli/Meat Sauce Ceasar Salad Garlic Bread Peaches</p>	<p>13 Chili Cheese Dog Potato Wedges Coleslaw Mixed Fruit</p>	<p>14 Roasted Turkey/Gravy Roasted Potatoes Green Beans WW Roll Cranberry Relish</p>	<p>15 Tuna Tetrzzini Carrots WW Roll Zucchini Bar Peaches</p>
<p>18 Chef's Choice</p>	<p>19 Chef Salad WW Roll Apple Slices Chocolate Cake</p>	<p>20 Creamed Turkey over Mashed Potatoes Garlic Green Beans Pears WW Roll Birthday Cake</p>	<p>21 Herbed Chicken/Gravy Parsley Red Potatoes Peas Peaches WW Roll Chocolate Pudding</p>	<p>22 Veggie Mac & Cheese Four Bean Salad Greek Yogurt Mixed Fruit WW Roll</p> 
<p>25 Closed</p>	<p>26 White Chicken Chilli Marinated Spring Veggie Salad WW Roll Applesauce</p>	<p>27 Meatloaf Mashed Potatoes/Gravy Glazed Carrots WW Roll Tropical Fruit</p>	<p>28 Chicken Stir Fry Rice Broccoli Pineapple Pistachio Fluff</p>	<p>29 Baked Ham and Pineapples Baked Sweet Potato Baked Beans Banana Strawberry Shortcake</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

Come have lunch with a brain expert!

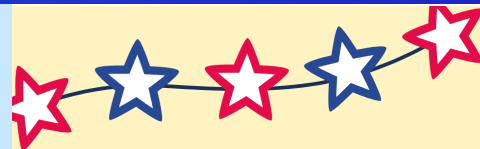
June 4th
11:30 a.m.

Wauzeka Village Hall

Pam Kul-Berg will be joining us for lunch and will be available to answer any questions you may have about brain health!



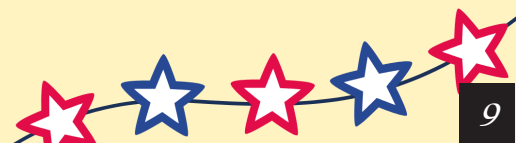
Reservations for lunch are required by calling 608-326-0235.



We Are
CLOSED

FOR MEMORIAL DAY

05-25-2026



News for You

**From Your Disability Benefit Specialist
Brittany Mainwaring**



May is National Stroke Awareness Month. A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts (or ruptures). Stroke affects the arteries leading to and within the brain. The good news is that many strokes may be prevented through blood pressure control, a healthy diet, regular physical activity and smoking cessation. Each plays a big part in decreasing your risk for stroke, disability or even death.

What are some strategies for a healthier lifestyle?

- Don't smoke or vape and avoid secondhand smoke.
- Eat healthy foods low in saturated fat, trans fat and sodium (salt). Reduce sugary drinks.
- Get regular physical activity.
- Keep a healthy weight.
- Limit alcohol to one drink a day for women; two drinks per day for men.
- If you take medications, be sure to take them as prescribed, and always talk to your doctor before making any changes.
- Know your blood pressure. A healthy blood pressure range is less than 120/80 mm Hg. Get your blood pressure checked regularly and work with your health care professional to manage it if it's high. High blood pressure is the leading cause of strokes.
- Reduce stress, which may contribute to behaviors such as overeating, lack of physical activity, unhealthy diet and smoking.
- Have regular medical checkups, including assessment of your personal risk for stroke. Get screened for stroke risk factors including high blood pressure, elevated cholesterol, high blood sugar and obesity. Women have unique stroke risks including use of oral contraceptives, pregnancy complications and early-onset menopause.
- Get adequate sleep every night, 7-9 hours of sleep per night for adults; more for children and kids.

How do I stop smoking or vaping?

- Make a decision to quit — and stick to it.
- Ask a health care professional for information, programs and/or medications that may help you quit.
- Call a quit line coach at 1-800-QUIT-NOW.
- Sign up for free texting programs or use a mobile app.
- Know your triggers and eliminate them if possible.
- Deal with urges by keeping busy, getting active, engaging in a new hobby, journaling or meditating.
- Remind yourself that smoking causes many diseases, can harm others and is deadly.
- Ask your family and friends to support you and keep you accountable.

How do I change my eating habits?

- Ask your doctor, nurse, a licensed nutritionist or registered dietitian about how you can come up with a plan that's mindful of your special health needs.







- Eat moderate amounts of food and cut down on saturated fat, trans fat, sugar and salt.
- Bake, broil, roast and boil foods instead of frying.
- Read nutrition labels on packaged meals. Look for the AHA Heart-Check mark on packaging.
- Eat more fruits, vegetables, whole grains, healthy sources of protein, low-fat dairy and healthy oils.
- Use a diary, or if available, a mobile app to track what you're eating. Try to incorporate healthy substitutions or alternatives.

What about physical activity

- Set goals and keep reaching for them. Gradually increase your activity to gain even more health benefits.
- Throughout the week, try to do 150 minutes of moderate-intensity physical activity, 75 minutes of vigorous-intensity physical activity, or a combination of both.
 - Moderate-intensity physical activities include a brisk walk or water aerobics. Vigorous-intensity activities could include running, hiking or cycling.
- Also, strive for moderate- to high-intensity muscle-strengthening activity, such as resistance bands or weights, on at least two days per week.
- Short on time? Don't just skip it; instead, break up your activity into smaller times to fit your schedule.
- Look for even small chances to be more active. Take the stairs instead of an elevator, walk to the mailbox, and park farther from your destination.
- If you have a chronic medical condition, check with your health care professional before you start an exercise program.

<https://www.stroke.org/en/help-and-support/resource-library/lets-talk-about-stroke/lifestyle-changes>

HOW TO SPOT THE SIGNS OF A STROKE

B	E	F	A	S	T
					
Balance: Loss of balance or coordination.	Eyes: Changes in vision.	Face: Drooping features on one side of the face.	Arms (and legs): Weakness in a limb.	Speech: Difficulty speaking or understanding others.	Time: Call 911 or emergency services right away.

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



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

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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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.



ADULT DAY CENTER

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needing assistance with ADLs, supervision and/or protection.

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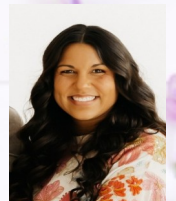
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Kelli Brooks



Mara Mathis

Information & Assistance

From your ADRC Specialists

What to Know About Aging in Place

By the GWAAR Legal Services Team (for reprint)

“Aging in place” refers to remaining in your own home rather than going to an assisted living or retirement community. Most people would prefer to remain in their home for as long as possible, but there are different things to consider when deciding what is right for you. Everyone’s situation isn’t the same, so even if your friends or family feel strongly about what’s right for them, or give advice about what you should do, you should make the best decision for you.

Home offers comfort, familiarity, and independence. Think about the following:

Home safety modifications: Is your home equipped to safely accommodate you should current or future health issues develop or get worse? Will your current setup meet your needs in 10 years? More? Small upgrades like installing grab bars in bathrooms, improving lighting, adding handrails, and removing loose rugs can reduce the risk of falls if mobility declines. Walk-in showers, stair lifts, or first-floor bedroom conversions are more expensive projects that may enable you to stay in your home longer. Check out the National Institute on Aging’s [Worksheet: Home Safety Checklist](#) for more safety considerations.

Habitat for Humanity Wisconsin is creating an aging in place program to focus on helping seniors stay in their homes with zero-interest loans for modifications based on income. Visit [Aging in Place – HFH Wisconsin](#) for more information and updates.

Long-term financial planning: Think about the increasing costs of healthcare, as well as the price of maintaining a home. Property taxes and insurance premiums, routine maintenance, and potential major repairs like roofing require planning and consideration.

Healthcare access: Visiting nurses, physical therapists, personal care aides, and traveling meal programs may assist you in staying in your home longer if your healthcare and personal needs are moderate. However, think about the cost of these services and where you live. Sometimes finding in-home assistance is hard in rural areas.

Community support and transportation: Will you be able to get to and from doctor’s appointments, the grocery store, your senior center, family members’ homes, activities with friends, etc. if you stay in your home? If you have a vehicle and can drive, this doesn’t present a problem but think about whether that will be the case 10 years from now. It’s important to maintain social connections and reduce isolation, and if you don’t live in an area with safe, reliable public transportation, you may need an alternative plan for staying in your home.

Have a candid conversation with your loved ones as you start to think about the benefits and challenges of aging in place. If you assume your children or other relatives will provide support or transportation as needed, it’s best to confirm their availability and willingness to take on that commitment ahead of time. If you live with a spouse, partner, roommate, or relative, talk to them about their expectations for taking care of each other as you age. It can be scary to think about leaving your home, or making needed changes to keep you in it, but planning ahead and involving others in the conversation can help prepare you for decision-making around the issue

Housing Insecurity is Harming Older Adults

By the GWAAR Legal Services Team (for reprint)

Today's housing market doesn't meet the needs of many people. Older adults are being hit particularly hard by issues of affordability, availability, and accessibility. According to American Community Survey data, the number of senior households spending more than half their income on housing has risen to nearly 11.7 million. Housing costs aren't just inclusive of rent or a mortgage payment, but include property taxes, insurance, and maintenance. Older adults, especially those with fixed incomes, have less flexibility to change their spending if needed. Renters, people of color, and people with very low income are the hardest hit by the increasing wealth gap and housing inequity.

In addition to the issue of affordability, many older adults may be living in homes that no longer meet their needs. Some older adults counted on their home being a source of stability and safety in their later years and instead find that they are struggling to stay in it. The upkeep of a three-bedroom house may be more than someone living alone can manage. Older homes require increased maintenance for safety and to keep the home in good condition as an asset for future generations or future sale of the property.

Without the funds to make needed home modifications, some older adults may consider moving rather than staying in a home that raises safety concerns. Existing housing stock, however, can make moving challenging. The U.S. Census Bureau noted that only 10% of housing units in the U.S. are move-in ready for older adults, meaning 90% have stairs, bathrooms and/or bedrooms on just the upper floors, and other accessibility issues.

Between 2019-2022, the number of older adults experiencing homelessness increased by 37%, according to the Annual Homelessness Assessment Report. People who are unhoused experience negative health outcomes, safety issues, and disruption to their social networks.

If you are facing a housing crisis, there are some emergency options available. Federal programs and local shelters can help, as well as informal networks such as family and friends or faith-based organizations. Preventing a housing crisis such as eviction or foreclosure may be possible if you look for warning signs, such as increased debt to pay for medications, service utilities being cut off, having to skip meals to pay for things besides food, or making other choices between housing and meeting your basic needs. If you are experiencing any of these, you may need to consider getting advice and support on how to make your housing situation more sustainable. Call 211 to get connected to local resources in your area, or reach out to another credible source of information.

Make sure you have documents available to easily allow you to apply for support, including identification, income verification and bank statements, medical documentation if you have any medical needs to take into consideration, and service records if you are a veteran. It can be stressful to think about preparing for a housing crisis, but it is best to be proactive and try to prevent a crisis from happening if you can. Take steps now to examine your housing situation and finances so you can stay safe and healthy later.



Just for You

From your Elder Benefit Specialist,
Ashley Greene

What You Need to Know About the MOON: An Explanation of the Medicare Outpatient Observation Notice

By the GWAAR Legal Services Team (for reprint)

MOON stands for Medicare Outpatient Observation Notice. This is a notice that hospitals are required to give to people who are in a hospital for more than 24 hours and are receiving observational services. This notice is required due to the Notice of Observation Treatment and Implication for Care Eligibility Act or NOTICE Act that was enacted August 06, 2015. The NOTICE Act ensures that patients are informed of their hospital stay status so that they can understand their liability for costs incurred during their stay. This notice must be given no later than 36 hours after the individual receives observational services. The notice must include an oral explanation of the notice and should be signed by the individual to acknowledge the receipt of the notice.

The MOON notice was just updated, and the new version goes into effect on April 21, 2026. The Centers for Medicare & Medicaid Services (CMS) states the form has improved readability and design. There is now space to allow the hospital to explain why the patient is in observational status and not in inpatient status. Despite the improvements, the updates do away with important information.

The new MOON does not provide as detailed of an explanation of patient liability as it has in previous versions. It is vague, leaving individuals unsure about their out-of-pocket costs when they are under observational status during a hospital stay. It is important for individuals to understand what the consequence of an observational status has for them as far as their out-of-pocket costs and the effects it has on post hospital care, like Skilled Nursing Facility (SNF) care. For example, the new MOON does not explain that a patient who is receiving observational services will likely be responsible for the costs of medication they receive during their stay. In addition, the new MOON does not clearly explain that an individual has to have a qualifying three-day stay as an inpatient at a hospital to qualify for SNF coverage.

If you receive a MOON and are unsure what your out-of-pocket costs will be, contact your local ADRC, call 1-800-Medicare (1-800-633-4227), or call your plan to receive more information. To find your local ADRC visit <https://www.dhs.wisconsin.gov/adrc/index.htm>. □

Medicare Outpatient Observation Notice

Patient name:

Patient number:

You're a hospital outpatient receiving observation services. You are not an inpatient because:

Being an outpatient may affect what you pay in a hospital:

- When you're a hospital outpatient, your observation stay is covered under Medicare Part B.
- For Part B services, you generally pay:
 - A copayment for each outpatient hospital service you get. Part B copayments may vary by type of service.
 - 20% of the Medicare-approved amount for most doctor services, after the Part B deductible.

Observation services may affect coverage and payment of your care after you leave the hospital:

- If you need skilled nursing facility (SNF) care after you leave the hospital, Medicare Part A will only cover SNF care if you've had a 3-day minimum, medically necessary, inpatient hospital stay for a related illness or injury. An inpatient hospital stay begins the day the hospital admits you as an inpatient based on a doctor's order and doesn't include the day you're discharged.
- If you have Medicaid, a Medicare Advantage plan or other health plan, Medicaid or the plan may have different rules for SNF coverage after you leave the hospital. Check with Medicaid or your plan.

NOTE: Medicare Part A generally doesn't cover outpatient hospital services, like an observation stay. However, Part A will generally cover medically necessary inpatient services if the hospital admits you as an inpatient based on a doctor's order. In most cases, you'll pay a one-time deductible for all of your inpatient hospital services for the first 60 days you're in a hospital.



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



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!**



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

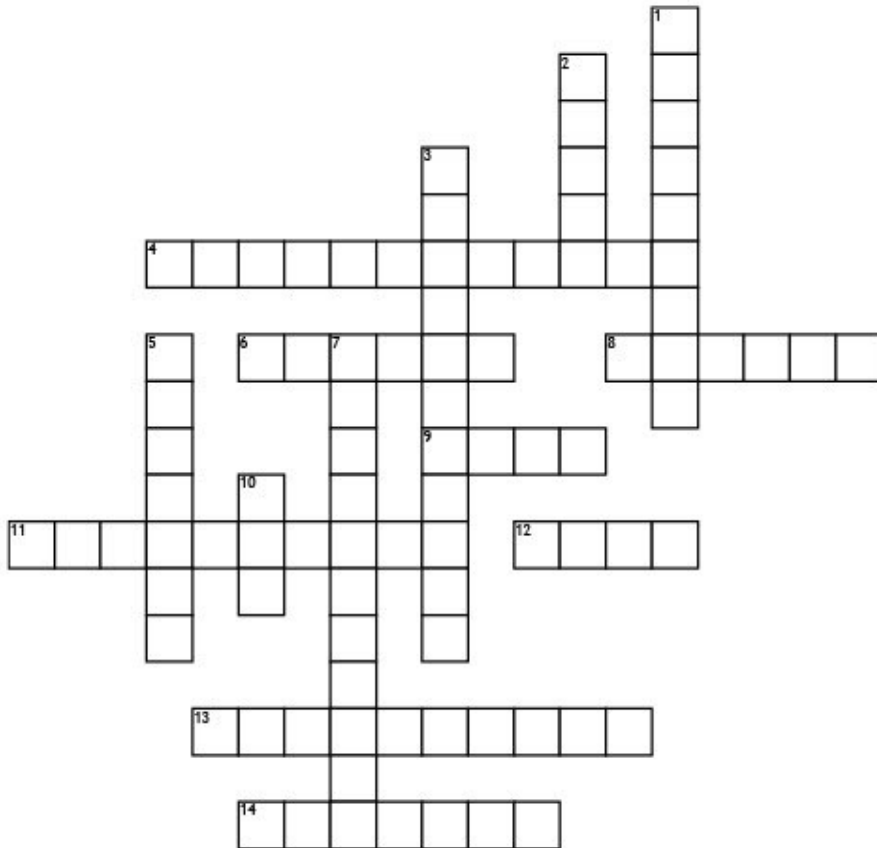
Time: 1:30-3:00 pm

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



Next Medicare Workshop June 9th!

Memorial Day



Across

4. It is a tradition to fly this on memorial day.

6. Memorial Day often is treated as the beginning of this season.

8. The day of the week that Memorial Day is celebrated.

9. This is often played at ceremonies on Memorial Day.

11. Memorial Day used to be known as _____ Day.

12. The flag only stays at half staff until this time.

13. The Flower used as the symbol of remembrance

14. In May of 2000 this President declared a National Moment of Remembrance at 3pm Central time.

Down

1. Each year the 3rd U.S. Infantry places a small American flag before the gravestones and niches of service members buried at this National Cemetery.

2. Memorial Day originated from the _____ War.

3. Often decorated with flowers for Fallen Soldiers.

5. This state is the official birthplace of Memorial Day.

7. This was the only southern state willing to celebrate the first Memorial Day.

10. The month Memorial Day falls in.