



November 2025 Eagle News & Views



Serving Crawford County Seniors,
Adults with Disabilities and their
Families and Caregivers.

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Nicole Baumeister, Director
Jacob Schneider, Administrative Assistant
Jody Eick Home Delivered Meals Coordinator
Susan Myers, 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, \$20-\$40 charge

PdC Shopping 2nd and 4th Thursday, 9am pickup, \$1 charge

Northern Shopping 1st and 3rd Tuesday, 9am pickup, \$4 charge

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

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



Available to Crawford County Residents 60+ & disabled adults.

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



Cab Subsidy Program

Discounted Coulee Cab punch cards available for Crawford County residents age 60 years and older and adults with disabilities.



Receive a \$20 Coulee Cab Punch Card for the low cost of \$11.50.

PHONE: 608-326-0235

HOME DELIVERED MEAL CANCELLATIONS DURING SEVERE WEATHER

We try very hard to deliver in spite of the weather. Please be patient with our drivers as delays may happen. Every now and then a storm is too much for even our courageous drivers. In winter, we may have high snowdrifts and icy roads. To ensure delivery of your meals, please arrange to have your sidewalk and driveway shoveled by the time of delivery. Our drivers cannot deliver if your walkways and driveways are hazardous.

If you hear a school closing announcement in your area, meals will not be delivered that day.

We will also let you know by announcing it on the radio: WPRE 94.3, Prairie du Chien, WVRQ 102.3, Viroqua, and on the television WKBT News Channel 8, La Crosse. You may also phone Crawford County Aging & Disability Resource Center at 608-326-0235 and they will be able to tell you.

Be sure to fill your cupboard and freezer with your favorite "emergency" foods for the winter months. Canned soups, fruits and vegetables, and other easy to prepare items are some ideas for you. They will do until a hot meal can be again brought to your door. We will try to always remind you the day before if we think we may need to close due to weather.



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

**Next Movie:
Grand Hotel
(1932) (Not Rated)
Friday, November 14th
7 PM**

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FEATURED FILM:

CONCLAVE

FREE MOVIE AND REFRESHMENTS

NEXT MOVIE:

NOVEMBER 25TH

FOURTH TUESDAY OF THE MONTH AT 1 P.M.

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 1ST & 3RD THURSDAY
OF THE MONTH
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**Contact:
Pam 608-548-3954
or
Teresa 608-637-5201**

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Aging & Disability Resource Center, Prairie Du Chien, WI A 4C 01-1247

Emergency Food & Water Preparedness Checklist

Be Prepared, Stay Nourished

Emergencies can happen when we least expect them. This checklist, based on the NOURISH Framework, offers simple ideas for storing food and water so you can feel confident and prepared.

N – Nutrient-Rich Foods

- ☐ Canned beans or lentils
- ☐ Canned tuna, chicken, or salmon
- ☐ Nut butters (peanut, almond, sunflower)
- ☐ Dried fruit (raisins, apricots, cranberries)
- ☐ Fortified cereals, granola, or cereal bars
- ☐ Powdered or shelf-stable milk

O – Omega-3s & Healthy Fats

- ☐ Canned tuna or salmon
- ☐ Nuts (almonds, walnuts, peanuts)
- ☐ Seeds (chia, sunflower, flax, hemp).
 - Note: Keep seeds freshest by storing them in an airtight container in the refrigerator; if needed, they can last up to 6 months in a cool, dark place.

U – Understand Needs

- ☐ Minimum **3 days of food** per person
- ☐ **1 gallon of water per person per day** (for at least 3 days)
 - Learn more at <https://www.cdc.gov/water-emergency/about/how-to-create-and-store-an-emergency-water-supply.html>
- ☐ Safe storage containers for food and water
- ☐ Date and Rotate supplies every 6–12 months

R – Recipes & Simple Meals

- ☐ No-cook meal options (canned beans + salsa + crackers)
- ☐ Manual can opener
- ☐ Paper plates, bowls, and cups
- ☐ Disposable utensils & napkins

I – Increase Protein & Fiber

- ☐ Protein bars or shelf-stable shakes
- ☐ Canned chicken, fish, beans, or lentils
- ☐ Instant oatmeal packets
- ☐ Canned vegetables
- ☐ Whole-grain crackers, bars, or bread

S – Sugar & Sodium Aware

- ☐ Low-sodium canned vegetables and soups
- ☐ “No added sugar” fruit cups or applesauce
- ☐ Read labels before stocking, try to limit “added sugar” items.

H – Hydration

- ☐ Water (at least 3-day supply, more if possible)
- ☐ 100% fruit juice boxes
- ☐ Coconut water or electrolyte packets/drinks
- ☐ Extra fluids if needed for medications and for pets

Extra Tips:

- Keep food in a cool, dry place.
- Check expiration dates regularly.
- Store resealable containers or zipper bags for leftovers.
- To make your own emergency preparedness plan visit <https://readywisconsin.wi.gov/make-a-plan/>



Jody Eick
Meals Coordinator

November Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Hamburger Gravy Mashed Potatoes Mixed Vegetables WW Roll Hot Cinnamon Apples	4 Chicken Pot Pie Casserole Garden Salad Pears WW Roll	5 Glazed Ham Baked Sweet Potato Baked Beans WW Roll Apple Sauce	6 Closed for Staff Training	7 Vegetable Soup Cottage Cheese WW Roll Banana Chocolate Chip Cookie Bar
10 Biscuits and Gravy Veggie Eggs w/ Spinach Oranges Apple Juice	11 Swiss Steak Baked Potato/Sour Cream Baked Beans Mandarin Oranges WW Roll	12 Lemon Parsley Cod Whipped Sweet Potatoes Roasted Broccoli Pears WW Roll	13 BBQ on a Bun Cheesy Potatoes Coleslaw Pineapple	14 Turkey Shepards Pie Garden Salad Tropical Fruit WW Roll
17 Tuna Noodle Casserole Carrots Mixed Fruit WW Roll Pudding	18 Meatloaf Baked Potatoes Mixed Vegetables Apple Slices WW Roll	19 BBQ Chicken Roasted Potatoes Baked Beans Peaches WW Roll Birthday Cake	20 Broccoli Cheese Soup Cottage Cheese Garden Salad WW Roll Banna	21 Glazed Pork Loin Mashed Potatoes/Gravy Garlic Green Beans
24 Chef's Choice	25 Swedish Meatballs over noodles Dill Carrots Mixed Fruit Jello Cake	26 Roasted Turkey Mashed Potatoes/Gravy Green Bean Casserole Cranberry Relish Pumpkin Bar	27 Closed-Happy Thanksgiving!	28 Closed
Please make cancellations for home delivered meals by 8:30 a.m.		For meal site reservations, please call by 2 p.m. the business day before.	<i>Menus are subject to change</i>	

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

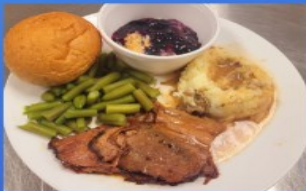
*Photos are of meals served at meal site.



Tuna Noodles & Salad



Pork Loin & Gravy



Garlic Rosemary Beef Roast



Chef's Salad & Garden Vegetable Soup

Welcome to our Central Kitchen!

Did you know we start preparing your meal at 6:00 a.m. on the morning of delivery? The first delivery leaves by 9:30 a.m. We use multiple forms of equipment to cook. Today, we used the tilt tray and the steam kettle to make your casserole. The tilt tray browns the meat and cooks the casserole, and the steam kettle boils the noodles. This type of large commercial equipment helps prepare the food faster.





News for You

From Your Disability Benefit Specialist

Brittany Mainwaring



5 stress management tips for international stress awareness week

Lots of factors can cause stress, from minor inconveniences to major life events. International Stress Awareness Week – which runs from Nov. 7 through Nov. 11 this year – reminds us that it's important to be aware of stress and healthy ways to handle it. Here's an introduction to International Stress Awareness Week plus five tips for managing stress.

What Is International Stress Awareness Week?

The International Stress Management Association began hosting International Stress Awareness Week in 2018 to raise awareness around stress prevention and management and to fight the stigma associated with stress and mental health struggles. The week is a great time to learn more about stress, how it impacts your mental and physical health, and what you can do to better handle stress.

Why Is Stress Management Important?

Experiencing stress for an extended period of time can contribute to health issues, including heart disease, depression, high blood pressure, and obesity. Long-term stress exposes your brain to the hormone cortisol, which weakens your immune system and puts you at greater risk of getting sick. [\[i\]](#) Stress can also make symptoms of existing mental illness worse, including triggering mania and depression in people with bipolar disorder and encouraging delusions and hallucinations in people with schizophrenia. [\[ii\]](#)

Managing and preventing long-term stress is important for reducing your risk of developing these health conditions. [\[iii\]](#) Stress management can also improve your sleep, improve your mood, reduce muscle tension, help you have healthy relationships with family and friends, support weight control, help you focus better, and more. [\[iv\]](#)[\[v\]](#)

Tips For Managing Stress

There are many steps you can take to help you cope with stress in a healthy way. The key is to find what works for you and make it part of your routine.

1. Know the Signs of Stress

Stress can cause physical symptoms like headaches, jaw pain, and changes in appetite. It can also cause difficulty sleeping, mood swings, a sense of overwhelm, and make it hard to concentrate. [\[vi\]](#)

2. Know What Causes Stress

Common causes of stress include having a lot to do in a short amount of time, running late, arguments, money issues, long-term illness, having problems at home or at work, dealing with the death of a loved one, and more. [\[vii\]](#) Identifying what causes you stress can help you better cope with the stressors in your life. [\[viii\]](#)

3. Find a Calming Activity

Spend time doing something that relaxes you. This will be different for everyone, but may include activities like meditation, yoga, listening to music, spending time in nature, or practicing mindfulness.

[\[ix\]](#)

4. Form Healthy Habits

Get enough sleep every night, exercise regularly, and eat healthy meals. Avoid drugs and alcohol, which can increase your stress levels. [\[x\]](#)

5. Ask For Help

You never have to manage stress alone. Talk to people you trust about how you're feeling. If you feel overwhelmed or are having thoughts of suicide, self-harm, or harm to others, talk to a mental health professional.

Save the Date:

2025 Healthy Living with Mild Cognitive Impairment (MCI) Education Series

Free and
open to the
public

About the Series: Healthy Living with Mild Cognitive Impairment (MCI) offers attendees guidance and science-backed strategies for living and coping with memory and thinking changes.

Presented by:



**Wisconsin Alzheimer's
Disease Research Center**

UNIVERSITY OF WISCONSIN
SCHOOL OF MEDICINE AND PUBLIC HEALTH

When: December 12, 2025
9:30-11:30am

Where: Crossing Rivers Hospital
George Conference Room
37868 US 18
Prairie du Chien, WI 53821

Join Pam Kul-Berg, Dementia Care Specialist of the ADRC of Eagle Country, to watch this webinar in person. There will be time for questions after the webinar concludes.

Please register to attend this event. Call Pam at: 608-548-3954

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)

**4
Nov**

SENECA LUNCH & EUCHRE
Seneca Town Hall
21041 Town Hall Rd., Seneca, WI
Serving at 12:30 - Euchre to follow

**13
Nov**

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

**26
Nov**

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

RESERVATIONS REQUIRED!

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

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REPORT suspicious claims
or activities

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www.smpwi.org

[f WisconsinSeniorMedicarePatrol](https://www.facebook.com/WisconsinSeniorMedicarePatrol)



SMP

Senior Medicare Patrol

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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Aging & Disability Resource Center, Prairie Du Chien, WI B 4C 01-1247



Kelli Brooks

Information & Assistance

From your ADRC Specialists



Susan Myers

Be Aware: Scams Continue to be an Issue

By the GWAAR Legal Services Team (for reprint)

It seems like every week, or sometimes every day, there is a new scam to be aware of. According to the FBI, \$4.8 billion in losses due to fraud in 2024 were from older adults. Keeping your information safe can seem overwhelming. Here are some scams to know about, and tips to keep yourself safe. Please note this article isn't all-inclusive; there are new scams all the time. Trust your instincts and follow best practices to stay safe!

Some scams to know about:

Phantom hacker scam. A tech support imposter will contact someone via email, phone, or another way, claiming to provide tech support. They will convince the person to download software giving them access to the person's computer and information. Next, someone claiming to be from the person's financial institution reaches out claiming their accounts have been hacked and directing them to transfer money to a governmental entity. Finally, a US government imposter convinces the person that their funds need to be moved.

Social Security scam. Emails telling seniors their social security numbers have been used for criminal activity are scamming people into losing their money and identity. The emails threaten a suspension of benefits unless people act quickly. **The Social Security Administration communicates with people via mail, not email.** These scam emails also do not come from a .gov email address, another red flag.

Medicare card scam. Calls claiming you need a new Medicare card for any number of reasons are attempts to get your personal information. Never confirm your Medicare number over the phone. **Guard your Medicare card as you would a credit or debit card.**

Other Medicare scams. Medicare scams tend to increase during the Open Enrollment Period (October 15-December 7). Be especially vigilant during this time. Caller ID can be spoofed, so even if you think you are getting a call from a legitimate organization, be wary of providing information over the phone. You may be told you have to destroy your old Medicare card – this is not true. **If you receive a new Medicare card, shred or destroy the old one immediately.** Scammers can also pressure you to switch to a certain Medicare plan, claiming it's preferred by Medicare. **Medicare does not endorse any specific plans. Be wary of free items or services, such as equipment or genetic testing.** These offers will require your personal information and are attempts to defraud Medicare.

Romance scams. A romance scam involves someone gaining your trust and affection to then exploit you emotionally and financially. Social media is an easy way for scammers to target and contact people. Be on guard against any rapid romance and attempts to isolate you or keep things secret. Red flags include requests for money, inconsistent stories, and anything that seems too good to be true. **A genuine love interest doesn't ask you for money, toy with your emotions, demand secrecy, or present you with ultimatums.**

Other tips:

Prevention is key. It can be very hard to undo damage once a scam is underway, so staying aware of things that don't feel right and asking a trusted person for their opinion or assistance if you feel someone is trying to get personal information from you are smart ways to prevent a scam from occurring. Don't feel ashamed or embarrassed for talking about scam attempts or asking for help. Scams are increasingly sophisticated and hard to detect; there is nothing wrong with you for being targeted.

Don't worry about being nice! It can be hard to say no, especially if you feel you have to be polite. Just because someone asks you something doesn't mean you have to answer it or give them what they want. Taking advantage of this tendency toward kindness is one way scammers get information from people.

Seek healthy social connections. Loneliness is another trait scammers prey upon. Keep family ties, or seek out your chosen family. There are places and activities that can help you stay connected and fulfilled – ask your ARDC staff for ideas! Many times we don't even realize we've grown lonely or feel isolated until it's too late. A scammer can take advantage of that desire for companionship and insert themselves into your life.

Keep your mind engaged. Puzzles, reading, any activity you find enjoyable that engages your brain helps against cognitive decline. Cognitive decline can make it harder to remember who people are or detect warning signs of scams.

Protect yourself from medical identity theft. Scammers try to steal personal identity information such as your SSN or Medicare number to submit false claims to Medicare and health insurance companies. Track the dates of your medical appointments and services, and save receipts and statements from providers to check for errors. Call 1-800-MEDICARE if you detect an error or suspect your Medicare number is being used for fraud. If you aren't sure if a request for your personal identity information is legitimate, ask a trusted source for assistance.

Verify requests for information from a secondary source. If someone asks you for personal information, claiming to be from an insurance company or government source like Medicare, tell them you will contact them later with that information. Call the main number you have for that office to confirm the request for information was valid; do not call whatever number the suspicious person gave you.

Don't fall for urgent requests. Scammers rely on you reacting quickly to perceived threats and not thinking things through or checking before acting. Rarely will there be a situation that requires you to act immediately. Take the time to verify requests (see above) and get help with any sudden situations.

And finally, **do not EVER go to a cryptocurrency ATM for any reason!** A legitimate caller will never ask you to go to a cryptocurrency ATM. A cryptocurrency ATM is a machine found at many retail outlets such as gas stations where you can buy bitcoin or other cryptocurrencies using cash or debit card. An investigation by the Iowa attorney general found that over 98% of transactions at these machines were scam transactions. If anyone ever asks you to go to one of these machines, hang up immediately. You can read more about the Iowa Attorney General's investigation here: <https://www.iowaattorneygeneral.gov/newsroom/attorney-general-bird-sues-crypto-atm-companies-for-costing-iowans-more-than-20-million>. □



Just for You

**From your Elder Benefit Specialist,
Ashley Greene**

Help! My Medicare Advantage or Part D Plan is Going Away Next Year!

By the GWAAR Legal Services Team(for reprint)

While it's always a good idea to review your Medicare Advantage or Part D plan options during the fall Medicare Open Enrollment Period (OEP), which runs from October 15 through December 7, most plans renew automatically from one year to the next. That means that if your plan renews, and you do not choose a new plan during OEP, you will be automatically enrolled in the same plan for the following year.

However, insurance companies sometimes decide not to renew plans for the upcoming year. When this happens, plan members receive a Plan Non-Renewal Notice in September that says that their plan will be leaving the Medicare program in the following year. This means that current members will not be automatically enrolled in the same plan for the next year, and they must choose a new plan in order to maintain coverage.

Beneficiaries whose plan is not renewing have several opportunities to find new coverage. First, they can enroll in a new Medicare Advantage plan or Part D plan during the fall OEP between October 15 and December 7. Their new coverage will begin on January 1 of the following year. If they do not choose a new plan during OEP, they can use a special enrollment period for individuals in nonrenewing plans that lasts from December 8 through the end of February in the following year. Coverage will begin the first of the month following the month in which they enroll.

Members of Medicare Advantage plans that are not renewing also have the right to enroll in a Medicare Supplement regardless of their health status. This is called "guaranteed issue." If you have a guaranteed issue right, you must apply for a new supplement policy within 63 calendar days of when your old health plan or policy ends. During this time, an insurance company cannot deny insurance coverage or require a waiting period for coverage, must cover you for all preexisting conditions, and cannot charge you more for a policy because of any preexisting conditions.

Please note that a plan non-renewal is different from a situation in which enrollees in a plan that is no longer being offered are automatically enrolled into other plans offered by the same company. This occurs when an insurance company consolidates some of its plan offerings. Enrollees of a plan being consolidated into another plan that is renewing do not have to take any enrollment action during OEP because they will be automatically enrolled, or "mapped," into the consolidated plan. Beneficiaries who are being mapped will receive the standard Annual Notice of Change (ANOC) in September which will explain the changes in the plan for the upcoming year. If they do not want to be enrolled in the consolidated plan, they must choose a new plan during OEP. They will not have a special enrollment period that extends the time they have to choose a new plan.

For help understanding your plan options during OEP or for enrollment assistance, contact your local Aging and Disability Resource Center or find a State Health Insurance Assistance Program (SHIP) Counselor here:

<https://www.dhs.wisconsin.gov/benefit-specialists/medicare-counseling.htm>. □



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



Celebrating One Year of SPARK!

A Year of Connection, Creativity, and Joy

What a year it's been! The SPARK! Program is officially one year old, and what a vibrant, heartwarming journey it has been. Through sunshine, rain, and even a little snow, we've gathered together to explore, create, and connect.

From watching tadpoles wriggle in the wetlands to marveling at caterpillars transforming into butterflies, nature has been one of our favorite companions. But the magic didn't stop there—we've danced, sung songs that matched our themes, and rolled up our sleeves for craft projects that sparked both creativity and conversation.

At the heart of it all is the SPARK! philosophy: engage and connect. Every gathering is designed to offer meaningful social support to individuals living with memory issues and their care partners. It's about creating moments of joy, building community, and celebrating the present—together.

What Participants Are Saying:

“My husband and I have thoroughly enjoyed the SPARK! program. The presentations and activities are very interesting and inspiring. We especially enjoyed the boat ride on the Mississippi River. We look forward to attending each month!”

“SPARK! is a wonderful program. It is very engaging, educational, and entertaining. The presenters are excellent and very knowledgeable.”

“Great program. My other half and I enjoy it very much. He is always ready to go.”

As we look back on this first year, we're filled with gratitude—for the laughter, the learning, and the love that's grown in our SPARK! community. Here's to many more years of connection and creativity!



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





Elf to Elder Gift Program



Let's bring holiday cheer to
Crawford County girls and
boys age 60+.

We are looking for Elves to buy
gifts for the Elderly and looking
for Elderly to receive them.

To learn more, please
call 326-0235.





Elf to Elder Wish List

Name: _____

Adress: _____

Phone: _____

Date of Birth: _____

Please list some desired items in the list below. (Something you want, something you need, something to wear, something to read, etc.)

- | | |
|-----------------------------|-----------------------------|
| ☐ _____ | ☐ _____ |
| ☐ _____ | ☐ _____ |
| ☐ _____ | ☐ _____ |
| ☐ _____ | ☐ _____ |

One thing I would really love:

Favorite Colors: _____

Size Pants _____

Size Shirt _____

Size Shoe _____

Please return by December 5th to the ADRC office!

225 N Beaumont, Suite 117, Prairie du Chien, WI 53821

SAVE  THE DATE

Livin' Well

Health & Wellness Fair



**Saturday,
December 6, 2025
10 a.m. - 1 p.m.**

A fun-filled
event for the
entire family
featuring
**Health & Wellness
Vendors!**

Mark your calendar and visit
crossingrivers.org/events for the
most up-to-date information
as it becomes available.

*A collaborative community event
sponsored by*



**Christmas
Right Here**

A family holiday event

- Santa • Games • Crafts
- Santa's Gift Shop
- Face Painting

- Bake Sale
- Silent Auction

*Sponsored by
Partners of Crossing Rivers Health*

Livin' Well Health & Wellness Fair is hosted in conjunction with the family holiday event, Christmas Right Here at Crossing Rivers Health in Prairie du Chien.