

Dear Friends,

As the calendar turns to October, we find ourselves in a month of transformation and celebration. October, with its crisp air and vibrant hues, offers a unique blend of seasonal shifts and festive activities that invite us to savor every moment.

Octobe

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From the first rustle of fallen leaves to the warmth of pumpkin-spiced treats, October marks a time of change. The long, sunlit days of summer give way to shorter, cooler evenings, providing a perfect backdrop for cozy gatherings and introspective moments. It's a month that beckons us to embrace both the beauty of nature's transition and the rich tapestry of traditions that come with it.

I hope that you are all able and excited to join us at either one of our meal sites in celebration of Octoberfest on October 21st and our fun eventful Halloween Party and meal on October 31st! We would love to see you all there! Just call the day ahead to our office to pre-register. Please join us at our Medicare Ads & Scams event on October 16th. This will be a half-day learning event with our Elder Benefit Specialist. Learn all about the Medicare ads and Scams and ask questions. Please call our office to pre-register.

See you at the center,

Roby Fuller



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

<u>Staff:</u>

Roby Fuller, Director Jacob Schneider, Administrative Assistant Jody Eick Home Delivered Meals Coordinator Melissa Goodman, ADRC Specialist Kelli Brooks, ADRC Specialist Ashley Greene, Elder Benefit Specialist Amy Eastlick, Disability Benefit Specialist MaryAnn Haug, Registered Dietitian Pam Kul-Berg, Dementia Care Specialist Kirsten Martin, Lead Cook



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



225 N. Beaumont Road, Suite 117 Prairie du Chien, WI 53821 Open Monday – Friday 8am – 4:30pm

of Eagle Country

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

> *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 Every Thursday, 9am pickup, \$1 charge

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

Crossing Rivers Healthy Hearts Monday and Friday (12:30pm pickup, 1pm appt. time needed with Crossing Rivers.), \$2 charge

1st come, 1st serve. Minimum riders required.



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.

GAYS MILLS APPLE ORCHARD TRIPS

TRANSPORTATION - \$2

BUS DEPARTS AT 9 AM

SPACE IS LIMITED, SO RESERVE YOUR

SEAT TODAY BY CALLING 326-0235

MEAL COST - \$4

SEPTEMBER 24TH & OCTOBER 8TH ENJOY A TRIP TO THE ORCHARDS,

FOLLOWED BY LUNCH AT OUR GAYS MILLS MEAL SITE. Recei Cab the lo

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

PHONE: 608-326-0235

Let's do

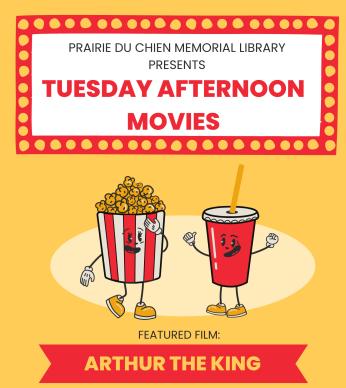
Lunch

The ADRC will be providing transportation to our Hoffman Hall meal site for \$1!

Call today to reserve your spot 608-326-0235.

Every Wednesday in October

*Meal is a suggested contribution of \$4-\$6.



FREE MOVIE AND REFRESHMENTS

NEXT MOVIE: OCTOBER 22ND FOURTH TUESDAY OF THE MONTH AT 1 P.M.



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

> **Next Movie:** October Sky (1999) Friday, October 4th 7 PM

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

SAVING LIVES FOR GENERATIONS



SPANISH FLU • POLIO • MEASLES

INFLUENZA • RSV • COVID-19

GET VACCINATED THIS FALL



Talk to your doctor about which vaccines are right for you.

NEED TRANSPORTATION? CONTACT THE HEALTH DEPARTMENT



CRAWFORDCOUNTYWI.GOV

225 N. BEAUMONT RD. PRAIRIE DU CHIEN

PHONE: 608-326-0229





BUILD YOUR IMMUNE SYSTEM



REDUCE YOUR RISK OF HOSPITALIZATION



Image by Ray Shrewsberry from Pixabay

Did you Know...

Pinto beans are rich in fiber, protein, and have a low glycemic index, making them beneficial for weight management, blood sugar regulation, and heart health. They help lower cholesterol, promote fullness, and provide essential nutrients.

EAT WELL, AGE WELL. Hispanic Heritage Month

National Hispanic Heritage Month is annually celebrated from **September 15 to October 15** to recognize the contributions and influence of Hispanic Americans to the history, culture, and achievements of the United States.

When you think of Hispanic food, what comes to mind? It probably is a mixture of indigenous foods like beans, quinoa, corn, avocados, tomatoes, chili peppers, squash, cocoa, vanilla, and fish for communities near the sea. You may also think of some foods introduced after colonization: Olive oil, rice, onions, garlic, oregano, cilantro/coriander, cinnamon, cloves, and dairy.

According to chef/ historian Maricel Presilla, Hispanic foods are from countries that have Spanish as their primary language. Latino food originates from anywhere in Latin America, including Mexico, South and Central America and the Caribbean.

Pinto Bean Tostadas

Growing up one simple meals we had often was pinto beans and fried flat tortillas, otherwise known as a Toastada. My mom would soak the dried pinto beans overnight and then cook them all day on the stovetop with onion, a ham bone, and salt. We would fry our corn tortillas in oil on the stove, load it up with the cooked beans and top with a white cheese.



Christmas **Right Here**

A family holiday event hosted by Partners of **Crossing Rivers Health**



n' Wel

Saturday, December 7, 2024 · IO a.m. - I p.m. **Held at CROSSING RIVERS HEALTH** 37868 US Hwy I8 | Prairie du Chien, WI

and

October Menu Cancelations? Cancelations?

Jody Eick Meal's Coordinator

Cancelations? Call 608-326-0235

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MONDAY	TUE\$DAY	WEDNE\$DAY	THUR\$DAY	FRIDAY
For meal site reservations, please call by 2 p.m. the business day before.	1 Open Faced Turkey Sandwich Mashed Potatoes w/ gravy Corn Carrots Peaches	2 Salmon Patties Potato Pancakes Pea & Cheese Salad Fresh Vegetables w/ Dip Pears WW Roll	3 Herbed Chicken and Gravy Roasted Potatoes Green Beans Mixed Fruit Chef's Choice Dessert WW Roll	4 BBQ Sandwich Party Potatoes Macaroni Salad Snickers Caramel Apple Salad
7 Creamy Chicken, Green Bean, & Rice Casserole Cooked Carrots Pears Cookie	8 Hot Ham & Cheese w/gravy Sandwich Baked Beans Fresh Veggies w/ Dip Mandarin Oranges	9 Swedish Meatballs w/gravy Mashed Potatoes Peas Pineapple Sheet Cake	10 Savory Baked Chicken Baked Sweet Potato Roasted Broccoli Summer Fruit Mix WW Roll	11 Granny Smith Tuna Salad Sandwich Garden Vegetable Soup Banana Rice Krispie Bar
14 Beef Tips w/gravy Mashed Potatoes Green Beans Mandarin Oranges WW Roll	15 Chicken with Pineapple Glaze Brown Rice Mixed Vegetables Peaches Chef's Choice	16 Sliced Ham w/ Apple glaze Glazed carrots Baked Beans Birthday Cake WW Roll	17 Homemade Vegetable Pizza Garden Salad Mixed Fruit Lemon Bar	18 Hamburger with Tomatoes, Lettuce, and Pickle Potato Wedges Cottage Cheese Salad
21 Celebrating Octoberfest Brat w/sauerkraut/ bun German Potato Salad Cooked red cabbage Peaches Cookie	22 Beef Pot Roast Almond Green Beans Pears Banana Pudding WW Roll	23 Baked Cod with Panko Crust Coleslaw Baked Potato Mixed Fruit WW Roll	24 Ravioli with Meat Sauce Caesar Salad Tropical Fruit Mix Garlic Bread	25 BBQ Pork on WW Bun Baked Beans Roasted Broccoli Fresh Summer Berries Chef's Choice Dessert
28 Chef's Choice Menu	29 Honey Glazed Salmon Asparagus Cowboy Caviar Brown Rice Jello with Fruit	30 Hot Beef Sandwich Mashed Potatoes w/gravy Glazed Carrots Chef's Choice Dessert	31 Bewitched Chili Ghoulish Grean Beans Creepy Cornbread Freaky Fruit Cocktail Vampire Poke Cake	Menus are subject to change





Pork Loin & Gravy



Garlic Rosemary Beef Roast



hef's Salad & Garden Vegatable Soup

Join us for lunch!

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

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

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

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

608-326-0235

Meals Site Locations

Hoffman Hall 1600 S Wacouta Ave Prairie du Chien Gays Mills Community Center 16381 WI-131 Gays Mills

*Photos are of meals served at meal site.

LUNCH AND LEARN

Join us at the Prairie du Chien Library for lunch and a presentation by Kendra from Fish and Wildlife.

11:30 a.m.

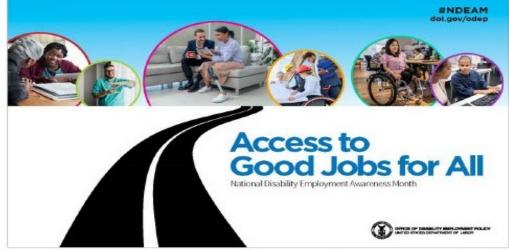
Tuesday, November 5th

Reserve your meal by calling the office at 608-326-0235 the day before.



Hoffman Hall Meal Site Closed for Elections on November 5th Kore Meloween Peres Sookacular time!





The U.S. Department of Labor announces the annual observation of

National Disability Employment Awareness Month 2024

Each October, during National Disability Employment Awareness Month, or "NDEAM," we celebrate the value and talent workers with disabilities add to America's workplaces and economy. The purpose of this month of awareness is to confirm our commitment to ensuring disabled workers have **access to good jobs, every month of every year.** That's the spirit behind this year's official theme: "Access to Good Jobs for All."

Thank you to all of our local employers who provide employment opportunities for fellow co-workers with disabilities. Work provides important aspects of a personal sense of purpose and contribution to the community at large.

If you have a disability and are interested in entering the workforce or advancing in a career, there are many avenues of assistance to explore. Here are a few:

Department of Vocational Rehabilitation <u>https://dwd.wisconsin.gov/dvr/</u> (800) 442-3477 (Toll Free) Workforce Connections <u>https://www.workforceconnections.org/crawford/</u> (for those using FoodShare) 608-790-2380

Do you already receive benefits and wonder how work will affect your benefit amount or your healthcare coverage?

SSA Ticket to Work Program https://www.ssa.gov/work/

Working While Disabled SSA publication https://www.ssa.gov/pubs/EN-05-10095.pdf

I am also available to discuss these options to find out what might be best for you!

Caregiver GPS Webinar Series: Learn how to navigate the caregiving journey.

Third Thursday of the month | Noon-1:00pm | 2 Ways to Join:

Email danedcs@countyofdane.com to get the webinar link **OR**

Watch the webinar with a group at the Soldiers Grove Library. Dementia Care Specialists will be on hand to answer additional questions.

Webinar Topics:

Thursday 6/20 Traveling & Other Undesired Activities

Thursday 7/18 Legal & Financial Planning

Thursday 8/15 Home Safety & Assistive Devices

Thursday 9/19 Knowing When to Ask for Help

Thursday 10/17 Difficult Discussions

Thursday 11/21 The Holidays Can Still be Fun

Thursday 12/19 Self-Care & Other Sanity Savers

Aging & Disability Resource Center

of Eagle Country

CAREGIVER SUPPORT GROUP

Connect with local experts and caregivers. Share stories, struggles and successes, as well as local resources.



JOIN US AT THE SOLDIERS GROVE LIBRARY

EVERY 3RD THURSDAY OF THE MONTH STARTING FEB. 16 1:00 PM - 2:00 PM

To Join please call: 608-548-3954

CRAWFORD COUNTY

Chemical Clean Sweep, Electronics Recycling &



Household Prescription Drug Collection

Friday, October 18, 2024



10:00 am - 2:00 pm

Crawford County Highway Shop - 21515 State Hwy 27, Seneca, WI

Please make sure all items are loaded in the rear of the vehicle, trunk, or truck bed to be unloaded by event staff. Always stay in your vehicle and the event staff will unload items at each station.

Who may participate in the Crawford County Clean Sweep? Any Crawford County resident who can provide proof of residency.

Chemicals acceptable at Clean Sweep

- Unused, damaged, cancelled, banned, or otherwise unwanted agricultural chemicals, including herbicides, insecticides, fungicides, rodenticides, wood preservatives, finishers, and veterinary supplies.
- Household chemicals including paint, stain, solvents, acid washes, engine cleaners, used oil and anti-freeze.
- Household FFL bulbs and fluorescent tubes will be accepted (for qty over 25, a 50 cent/bulb charge will apply)
- We will collect up to 200 lbs. per household at no charge larger quantities will pay disposal charges.

*Latex paint is not hazardous when dried/solidified. Please see our website for disposal tips.

Electronic Recycling

- Televisions & Microwaves \$10 charge
- Dehumidifiers & Air Conditioners \$15 charge
- Misc. Electronic (Computers, monitors, printers, scanners, keyboards, VCR's, DVD players etc.) No charge

Unacceptable items

• Radioactive, including Smoke Alarms, Oil Filters, Explosives, & Ammunition, Propane Cylinders & Compressed Gas Cylinders, Appliances (washers, dryers, refrigerators etc.)

Transporting Materials to Clean Sweep

- DO NOT MIX like or unlike materials.
- Leave material in original containers.
- Leaking containers may be placed, as is, in another container-label outside container

Prescription Drug Collection is for households only!

Questions?? Call Crawford County Land Conservation @ 608-326-0270 or check our website www.crawfordcountywi.gov/department/lcpz



Get Ready for the Medicare Annual Open Enrollment Period

The Medicare annual open enrollment period is just around the corner and now is the time to start thinking about your options. Do you have a Medicare Prescription Drug (Part D) plan? Each year these plans can change the list of prescription medications they will cover. The plans' premiums, deductibles, and co-pays can also change each year. That means even if you are taking the same medications, the amount you pay for your medications may change in 2025!

What can people do about this? Anyone with a Medicare Part D Plan should check their coverage each year during Medicare's annual open enrollment period which runs **October 15th through December 7th**. This is the time of year to find out if your current plan will cost you more, or less than other Part D plans in 2025. If it is no longer the best plan for your medications, this is the time to make a switch to a Part D plan that will suit you better.

Make sure you will have appropriate prescription drug coverage in the new year. You can compare plans on the official Medicare website at Medicare.gov. Medicare beneficiaries in Crawford County can also receive free, unbiased assistance with plan comparisons from the Elder Benefit Specialist at the Aging & Disability Resource Center.

Do not let this opportunity pass you by! Go to Medicare.gov to find and compare plans online or for local assistance call the Aging & Disability Resource Center at 608-326-0235. Assistance is also available through the following resources:

1-800-MEDICARE or www.medicare.gov

Wisconsin Medigap helpline: 1-800-242-1060

Wisconsin Medigap Prescription Drug Helpline: 1-855-677-2783

Disability Rights Wisconsin Medicare Part D Helpline: 1-800-926-4862 (if under age 60)

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: October 8th, & December 10th



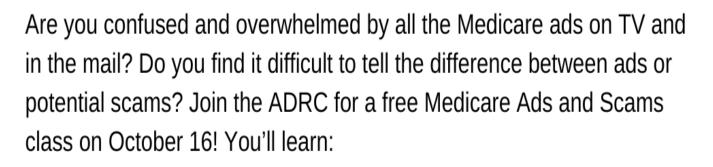
Next Medicare Workshop October 8th!

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Medicare Ads & Scams



Wednesday, October 16th 9:00 a.m. or 1:30 p.m. Crawford County Admin Building UW Conference Room, Suite 236



- How to differentiate between important mail, advertisements, and potential scams.
- The different types of Medicare coverage available and how to identify which type of coverage is being advertised.
- Steps you can take if scammers may have your information.

Anyone currently on Medicare is welcome to attend a class! Registration is required by calling the ADRC at 608-326-0235 no later than October 14.

SCAN

ALERT



Information & Assistance

From your ADRC Specialists

Kelli Brooks

Melissa Goodman

WINTER (AND HIGHER ENERGY BILLS) ARE ON THE WAY, AND WE'RE READY TO HELP!

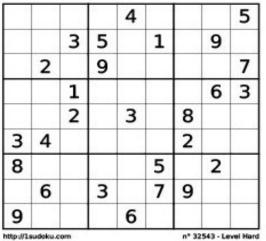
HOUSEHOLD	ONE MONTH INCOME	ANNUAL INCOME
1	\$ 3,061.08	\$36,733
2	\$ 4,002.92	\$48,035
3	\$ 4,944.83	\$59,338
4	\$ 5,886.75	\$70,641
5	\$ 6,828.58	\$81,943
6	\$ 7,770.50	\$93,246
7	\$ 7,947.08	\$95,365
8	\$ 8,123.67	\$97,484

For more information and ways to apply, please call: (608)326-0248 Crawford County Health & Human Services 225 North Beaumont Road Prairie du Chien, WI 53821

Couleecap

Applications accepted from 10/01/2024-05/15/2025

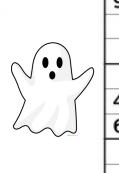
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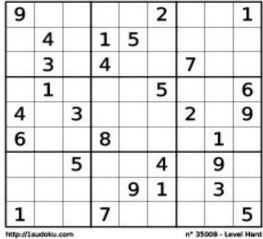
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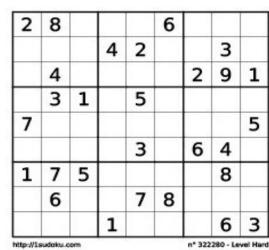


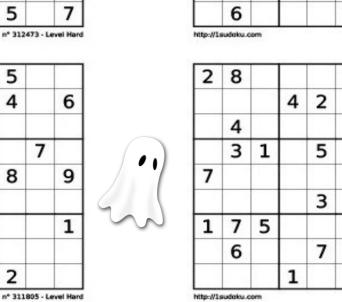
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Prairie du Chien **Caregiver Support** Group

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



JOIN US!

When: Third Tuesday of every month

TIME: 10am to 11:30am

WHERE: The Driftless Area Wetlands Centre, 209 Highway 18 W, Marquette, IA 52158

2024 SPARK! Schedule

Welcome to the Driftless Area Wetlands Centre September 17th

> Birds of the Driftless Area October 15th

The Science of Seed Saving November 19th

A Driftless Christmas Celebration December 17th

(Please register for each class by calling 608-326-0235 or 563-873-3537)





Wetlands Centre

Sip N Swipe Cafe

"A smartphone beginner basics class"



Designed to help:

- Those new to technology
- Those who have a smart phone, but are not sure how to use it
- Classes are available for Android and Apple Phones

(Please bring your smart phone with you to class)

Free classes: October 1st, 8th, 15th, and 22nd Prairie du Chien Library

10:00-11:30am Android Training

For more information or to register contact ADRC at : 608-326-0235. Registration is required and spots are limited.

Please also provide what type of android phone you have prior to class.



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CAREGIVER BOOT CAMP Otuesday, november 13th 9:30am-3:00pm

PRAIRIE DU CHIEN PUBLIC LIBRARY

Caregiver Boot Camp is a FREE educational "survival" program for families coping with Alzheimer's disease and other dementias. Presented by a local Dementia Care Specialist and an ADRC Specialist. Topics covered include: Dementia 101, Dementia Live, Tough Conversations, Question and Answer, Community Resources and Caring for the Caregiver.





- Free Lunch and Snacks
- "Survival kits" for all participants

Deadline to register is Monday, November 4th CALL PAM 608-548-3954

HALLOWEEN Word Search

Find the hidden Halloween words.

	S	Ν	S	С	Α	R	Υ	Α	Κ	G	D	С	
	Κ	X	Е	0	Ν	G	L	0	L	н	Δ	Δ	
	Ε	Μ	W	S	G	G	V	Ρ	Α	Α	R	Ν	
	L	J	Υ	т	U	н	Α	U	Ν	т	Е	D	
	Т	Α	Е	U	1	0	S	м	Κ	R	Α	Y	
	0	V	Α	Μ	Ν	S	Ν	Ρ	Е	Е	R	L	
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	R	Ρ	S	Е	U	R	т	Ν	Т	S	Т	Е	
	т	1	R	Α	М	Т	С	W	Т	т	С	н	
	В	R	0	0	Μ	S	т	Т	С	κ	Α	U	
	F	Е	В	R	Y	Α	R	Y	Е	Ν	Е	G	

GHOSTWITCHSCARYCOSTUMEPUMPKINMUMMYBROOMSTICKVAMPIREHAUNTEDSK

CANDY TREATS SKELETON