

# **October 2025**

## **Eagle News & Views**



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

## **Staff:**

**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** 2<sup>nd</sup> and 4<sup>th</sup> 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**

PRAIRIE DU CHIEN MEMORIAL LIBRARY  
PRESENTS

## TUESDAY AFTERNOON MOVIES



FEATURED FILM:

**THE UNBREAKABLE BOY**

**FREE MOVIE AND REFRESHMENTS**

NEXT MOVIE:

**OCT 28TH**

FOURTH TUESDAY OF THE MONTH AT 1 P.M.



## MOVIE NIGHT

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

**Next Movie:**

**The Hunt for Red October  
(1990) (PG)**

**Friday, October 3rd  
7 PM**

**FRESH POPCON AND REFRESHMENTS PROVIDED  
BY THE KICKAPOO EXCHANGE NATURAL FOODS  
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### HALLOWEEN WORD JUMBLE

Can you unscramble the Halloween words?

abt \_\_\_\_\_  
tah \_\_\_\_\_  
yummm \_\_\_\_\_  
chwit \_\_\_\_\_  
ripemav \_\_\_\_\_  
aunthed \_\_\_\_\_  
poosky \_\_\_\_\_  
cablk tac \_\_\_\_\_  
anewhello \_\_\_\_\_  
rickt ro retat \_\_\_\_\_

Bonus: make up your own jumbles to challenge your friends!

## HALLOWEEN MAZE

Find your way through the maze to get to the bat in the center.



Start here!

## 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  
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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



## Take a NOURISH Step!

### October: Food, Family & Stories: Celebrating October Together

#### October FUN Days!

10/9: Post Card  
Day

10/15: "I Love  
Lucy" Day  
Chat about your  
favorite  
episodes.

10/23: Johnny  
Carson's Bday.  
Reminisce  
about the  
Tonight Show

10/31: Nat'l  
Knock, Knock  
Jokes Day

More at  
[brownielocks.com](http://brownielocks.com)

October is the perfect time to come together around the table!

As we celebrate **Eat Better, Eat Together** Month, **Intergenerational** Month, and **Cookbook** Month, let's share healthy meals, swap favorite recipes, and pass down food traditions that nourish both body and connection. Check out our Eat Well, Age Well Cookbook <https://gwaar.org/eat-well-age-well> and visit our NOURISH

Step website for recipes & cooking videos <https://gwaar.org/nourishstep>. It's also **Pumpkin, Apple, and Corn Month**—the flavors of the season that inspire comforting meals and festive treats. Maybe you can visit a local orchard or make a recipe together. Some of my favorite and most cherished memories are cooking with my mom, grandma, and grandchildren.

With **National Storytelling Weekend** on October 3–5, it's the ideal moment to blend good food with great stories and create memories.

### October is Pumpkin, Corn, and Apple Month!

**Pumpkin** boosts eye health and immunity with vitamin A, plus has fiber and antioxidants to keep you full and healthy.

**Corn** is a good source of fiber for healthy digestion, B vitamins to keep your energy up, and lutein and zeaxanthin to help protect your vision.

**Apples** have fiber for heart and gut health, along with vitamin C and antioxidants to give your immune system a boost. Plus, apples may help support healthy cholesterol and blood sugar levels. *Enjoy one every day!*



### NOURISH Step Fall Healthy Baking Substitutions

Give your favorite fall recipes a nutritious twist without sacrificing flavor!

**Applesauce Swap:** Replace half of the butter or oil with unsweetened applesauce for a lighter texture and fewer calories. You can replace all of the fat with applesauce—just expect a denser texture.

Reduce other liquids slightly if batter seems too thin.

**Pumpkin Purée Swap:** Replace half to all of the fat with 100% pure pumpkin purée in baked goods like muffins, quick breads, brownies, and pancakes. Adds natural sweetness, moisture, fiber, and vitamin A.

**Tip:** Both swaps work best in recipes that have plenty of flavor from spices, cocoa, or fruit.

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



## Simple Baked Apple Recipe



### Ingredients

- 1 Baking apple, such as Honey Crisp, Fuji, Pink Lady, or Granny Smith or your favorite!
- 1/2 to 1 tablespoon brown sugar
- ½ teaspoon ground cinnamon
- ½ teaspoon ground nutmeg, or to taste
- 1 teaspoon butter (*Substitute light or whipped butter/margarine for fewer calories and less fat*)



### Directions

1. Core apples, leaving the bottom intact.
2. Mix brown sugar, cinnamon, and nutmeg together in a bowl. Spoon half of the sugar mixture into each apple.
3. Put the butter on each top and place apples in a deep, microwave-safe dish and cover.
4. Microwave until tender, 3 ½ to 4 minutes. Let apples sit for 2 minutes before serving.



### Notes

**Increase Protein** with nuts or seeds and/or increase potassium & fiber with dried fruit if you like.

Recipe adapted from

<https://www.allrecipes.com/recipe/18389/microwave-baked-apples/>



## Ways to Use Leftover Pumpkin Puree

- **Baking:** Add to muffins, quick breads, pancakes, or brownies for extra moisture and natural sweetness.
- **Smoothies:** Blend with banana, yogurt, and warm spices for a fall-inspired drink.
- **Soups:** Stir into creamy soups or chili for added richness and nutrition.
- **Oatmeal:** Mix into morning oats with cinnamon, nutmeg, and a drizzle of maple syrup.
- **Sauces & Dips:** Make a pumpkin pasta sauce or a spiced pumpkin dip for crackers and fruit.
- **Frozen Treats:** Combine with yogurt, spices, and a little sweetener for a pumpkin popsicle or frozen yogurt.



**If you want more pep, take a NOURISH Step!**

For more information visit: [gwaar.org/nourishstep](http://gwaar.org/nourishstep)

GWAAR Nutrition Team Pam VanKampen, RDN, CD 10/25



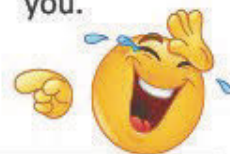
## Knock-Knock Jokes

### • Knock, knock!

- Who's there?
- Orange.
- Orange who?
- Orange you glad it's almost Halloween?

### • Knock, knock!

- Who's there?
- Pie.
- Pie who?
- Pie really love you.



### Hydration Tip: Apple Water or Tea

- **Apple-Infused Water:** Slice fresh apples and add them to a pitcher of water. Let it sit in the fridge for a few hours for a naturally sweet, refreshing drink. You can also add cinnamon sticks for extra flavor.
- **Apple Tea:** You can brew apple-flavored tea using dried apple pieces, apple tea bags, or by simmering fresh apple slices with cinnamon and a bit of honey. It's warm, cozy, and perfect for fall.



**Jody Eick**  
Meal's Coordinator

# October Menu

Questions?  
Reservations?  
Cancellations?

Call  
608-326-0235

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  |
|---|---|--|---|---|
| For meal site reservations, please call by 2 p.m. the business day before.                          | <i>Menus are subject to change</i>  | <b>1</b><br>Lemon Pepper Chicken<br>Whipped Sweet Potatoes<br>Dill Carrots<br>Tropical Fruit<br>WW Roll                                  | <b>2</b><br>Spaghetti/Meatballs<br>Caesar Salad<br>Pineapple<br>Garlic Toast<br>Orange Fluff        | <b>3</b><br>Baked Potato w/ Ham, Broccoli, and cheese<br>Baked Beans<br>Apple Sauce<br>WW Roll<br>Chocolate Chip Cookie |
| <b>6</b><br>Chicken Stir Fry<br>Rice<br>Green Beans<br>Mandarin Oranges<br>WW Roll                  | <b>7</b><br>Opened faced Turkey Sandwich<br>Mashed Potatoes/Gravy<br>Brussel Sprouts<br>Hot Cinnamon Apples | <b>8</b><br>Chicken Enchiladas<br>Refried Beans<br>Salsa and Chips<br>Melon  | <b>9</b><br>Beef Pot Roast<br>Stew Vegetables<br>Mixed Fruit<br>WW Roll<br>Peach Cobbler            | <b>10</b><br>Ham Boiled Dinner w/Carrots, Cabbage, and Potatoes<br>Broccoli Salad<br>WW Roll<br>Peaches                 |
| <b>13</b><br>Pork Sauerkraut Casserole<br>Baked Beans<br>Roasted Potatoes<br>Apple Sauce<br>WW Roll | <b>14</b><br>Turkey Shepards Pie<br>Brussel Sprouts<br>WW Roll<br>Pineapple<br>Apple Crisp                  | <b>15</b><br>Lemon Parsley Cod<br>Baked Sweet Potato<br>Peas<br>Peaches<br>WW Roll   | <b>16</b><br>Chicken Noodle Soup<br>WW Roll<br>Garden Salad<br>Oranges                              | <b>17</b><br>Goulash<br>Broccoli<br>Pears<br>WW Roll  |
| <b>20</b><br>Chef's Choice  | <b>21</b><br>Beef and Spanish Rice<br>Mixed Vegetables<br>Garlic Toast<br>Apple Slices<br>Banana Bar        | <b>22</b><br>Glazed Pork Tenderloin<br>Mashed Potatoes<br>Cheesy California Vegetables<br>WW Roll & Oranges                              | <b>23</b><br>Tuna Melt Casserole<br>Glazed Carrots<br>Pineapple<br>WW Roll<br>Chef's Choice Dessert | <b>24</b><br>Chicken/Mushroom Gravy<br>Baked Sweet Potato<br>Corn<br>WW Roll<br>Mixed Fruit                             |
| <b>27</b><br>Salmon Patty<br>Cheesy Potatoes<br>Peaches<br>Garden Salad<br>WW Roll                  | <b>28</b><br>Chili<br>Garden Salad<br>Cornbread<br>Grapes   | <b>29</b><br>Italian Chicken Breast<br>Penne Pasta w/ Marinara Sauce<br>Garlic Green Beans<br>Garlic Toast<br>Peaches<br>Frosted Brownie | <b>30</b><br>Macaroni and Cheese w/Ham<br>Mixed Peas & Carrots<br>WW Roll<br>Apple Slices w/Dip     | <b>31</b><br>Meatloaf<br>Mashed Potatoes/ gravy and WW Roll<br>Mixed Vegetables<br>Pears<br>Peanut butter Cookie        |





Tuna Noodles & Salad



Pork Loin & Gravy



Garlic Rosemary Beef Roast



Chef's Salad & Garden Vegetable 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.

SAVE THE DATE

## Livin' Well

### Health & Wellness Fair

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

**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

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

Mark your calendar and visit [crossingrivers.org/events](http://crossingrivers.org/events) for the most up-to-date information as it becomes available.

A collaborative community event sponsored by

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.

COMING SOON

## The Elf to Elder Program is around the corner!

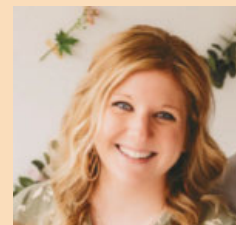
## Look for more information in the November Newsletter!

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## News for You

### From Your Disability Benefit Specialist Brittany Mainwaring



October is recognized as National Vision Awareness Month.

[Preventing Vision Loss](#) | [Vision and Eye Health](#) | [CDC](#)

#### Vision health tips

##### **Have a comprehensive eye exam.**

You may not have any symptoms or eye problems. But visiting your eye care professional for a comprehensive dilated eye exam is the only way to be sure. Some people also don't realize they could see better with glasses or contact lenses.

A dilated eye exam is the only way to detect some common eye diseases in their early stages. These includes conditions like glaucoma, diabetic eye disease, and age-related macular degeneration. During a comprehensive dilated eye exam, your eye care professional places drops in your eyes to dilate them. This allows more light to enter the eye so your doctor can examine for any signs of damage or disease.

##### **Wear protective eyewear.**

Protective eyewear prevents eye injuries in the workplace (if needed), while playing sports or doing other activities that could cause damage. They include:

- Safety glasses and goggles.
- Safety shields.
- Eye guards designed for specific activities.

Most protective eyewear lenses are made of polycarbonate, which is 10 times stronger than other plastics. Many eye care providers sell protective eyewear, as do some sporting goods stores. Employers are required to provide a safe work environment, including protective eyewear if needed.

##### **Wear sunglasses.**

Sunglasses are a great fashion accessory, but most importantly, they protect your eyes from the sun's ultraviolet (UV) rays. When purchasing sunglasses, look for ones that block out 99 to 100% of UV-A and UV-B radiation.

##### **Give your eyes a rest.**

If you spend a lot of time at the computer or focusing your eyes on one thing, you sometimes forget to blink. This can cause eye strain or fatigue. Try the 20-20-20 rule: Every 20 minutes, look away about 20 feet in front of you for 20 seconds.

##### **Clean your hands and contact lenses properly.**

To avoid the risk of infection, always wash your hands thoroughly before putting in or taking out your contact lenses. Disinfect contact lenses as instructed and replace them as directed by your eye care professional.



# 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  
OCT**

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

**7  
OCT**

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

**29  
OCT**

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**

FREE TRANSPORTATION AVAILABLE TO  
CRAWFORD COUNTY RESIDENTS





# 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

[driftlessareawetlandcentrea@gmail.com](mailto:driftlessareawetlandcentrea@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







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[f](#) 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.



### ADULT DAY CENTER

Providing enriched social and health supportive experiences for adults  
needing assistance with ADLs, supervision and/or protection.

608.326.6486 | Dementia Care | Full time, Part time & Drop in care



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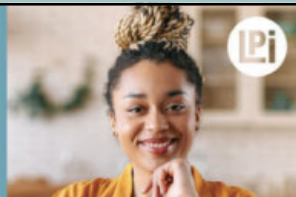
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OCTOBER EDITION



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### Ellen Anderson

Senior Market Account Manager

701 Sand Lake Road, Onalaska, WI 54650

Phone: 1-877-483-9578

Email: [eanderson@ticinsurance.com](mailto:eanderson@ticinsurance.com)

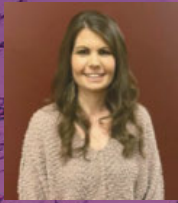
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Aging & Disability Resource Center, Prairie Du Chien, WI B 4C 01-1247



Kelli Brooks

## Information & Assistance From your ADRC Specialists



Susan Myers

### **Pets and Healthy Aging**

*By the GWAAR Legal Services Team (for reprint)*

Many people of all ages enjoy having pets and treat them as members of the family. But did you know that having a pet may actually improve your health? Countless studies have shown that having a pet increases health and well-being, especially in older adults. Pets provide companionship that helps prevent loneliness and helps relieve stress, depression, and anxiety. Studies show that having a pet can even help lower blood pressure. Additionally, pets can help encourage their owners to stay active by requiring frequent walks and other cares and this, in turn, has shown to help increase strength and reduce falls in older adults.

There are many types of pets that are great for older adults. Small dog breeds can be great for those who live in apartments or smaller settings. Some breeds of dogs, such as poodles, do not shed and can be considered hypoallergenic. Some smaller dogs can also be litter trained. Cats are also great pets for seniors as they are low maintenance and don't require quite as much attention as dogs. Other non-traditional pets such as rabbits, fish, and birds may be good options as well. Keep in mind though, that larger bird species live a long time and require specialized training and experience to properly care for. Additionally, birds are tamed wild animals, not domesticated, therefore they may be prone to bite – hard. However, smaller birds such as budgies (budgerigars) and cockatiels do not live as long, are less prone to biting, and are easier to care for. Finally, you may want to consider adopting an older pet. Older pets may be a good option as they are typically less energetic, sometimes are trained with simple commands, and usually have lower adoption fees.

There are organizations that may help older adults with adoption fees and other care needs. The Pets for the Elderly Foundation helps pay the fees to participating animal shelters throughout the United States for senior citizens (age 60 and over) who adopt a companion dog or cat from a participating shelter – including pre-adoption veterinary exams and spay/neuter, if part of the adoption fee. The only participating shelter at this time in Wisconsin is Dane County Humane Society - 5132 Voges Road - Madison, WI 53718 - 608.838.0413. You can visit their website at <https://www.giveshelter.org/>. You can also check the Pets for the Elderly Foundation website for updates on participating shelters <https://petsfortheelderly.org/>.

Finally, some local Meals on Wheels programs have received grants to help seniors with pet food and supplies. For example, the Douglas County Aging Unit, Senior Connections, is launching its Companion Pets Program on September 8, 2025. To read more about this new program, visit: <https://www.superiortelegam.com/news/local/meals-on-wheels-to-provide-pet-supplies>. To find out if the Meals on Wheels program in your county provides a pet assistance program, you will need to call your local elder nutrition program. You can visit <https://www.dhs.wisconsin.gov/aging/nutrition.htm> for help locating the elder nutrition program in your area.





**2025 PRAIRIE DU CHIEN**

# Oktoberfest

**ST. FERIOLE ISLAND**

**WEDNESDAY-SATURDAY  
OCTOBER 15-18**

## Tentative Schedule of Events

### Wednesday Events

2:00pm Bingo at Hoffman Hall Recreation Center

### Thursday Events

1:00 - 7:30pm Lederhosen, Games & Musik featuring Electric Fire Hydrant Blues Band, Euchre and Chase the Ace Tournaments at the Eagles Club

### Friday Events

5:00pm Tapping of Oktoberfest Keg Party featuring Barefoot Becky Band at Backwater Bar & Grill

### Saturday Events

7:00am Disc Golf Tournament  
10:00am Parade begins at Peoples State Bank to Oktoberfest Grounds  
11-11:30am PDC HS Band w/National Anthem of USA and Germany & Boy Scouts Pledge of Allegiance in Musik tent  
11:00am Children Activities in Children's Tent/  
Bouncy Houses Open  
Authentic German Food begins in Fernsehen (Food) Tent  
Oktoberfest Beverages begin at Potosi Rolling Bar  
Hammerschlagen begins  
Car Show begins  
11:30am-12:45pm Guttenberg German Band  
12 noon Corn Hole Tournament  
12:45 - 1:00pm Button Box with Fred and Schulplutter/  
Hotzhacker  
12 Noon Star Power Dance Team  
1:00 - 2:00pm Guttenberg German Band  
12:30pm Children's Rootbeer Stein Holding Contest  
1:00 - 1:30pm Costume Contest in Event's Area  
2:00 - 2:30pm Sauerkraut Eating Contest  
2:30 - 2:45pm Button Box with Fred  
2:45 - 4:00pm Live Wire  
3:00 - 3:30pm Beer Stein Holding  
4:00 - 4:15pm Button Box with Fred  
4:00pm Men and Womens Keg Toss  
4:15 - 5:30pm Live Wire  
**Rotary After Party**  
5:30 - 6:30pm 2 For The Road  
6:00pm Beer Pong Tournament  
6:30 - 7:45pm Live Wire  
7:45 - 8:45pm 2 For The Road  
8:45 - 10:00pm Live Wire



*Barefoot Becky Band*



*Live Wire-Rock 'n Roll  
& Country Polka Band!*



*Guttenberg German Band*

**Badger & Hawkeye Games on Big Screen**

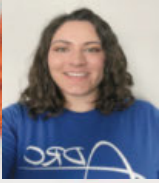
**German Culture Display**



*2 For The Road*

**\$4.00 Button Admission Fee**  
Available at City Hall, Hoffman Hall, Tricor Insurance, Sawmill Saloon, United Steaks, Peoples State Bank, Starks, Backwater Bar, Piggly Wiggly, Eagles Club & Mississippi Meats

For more information, call 608-412-4556 or go to [www.prairieduchien.org](http://www.prairieduchien.org) or call 1-800-732-1673



## Just for You

From your Elder Benefit Specialist,  
Ashley Greene

### 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 2026!

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 15<sup>th</sup> through December 7<sup>th</sup>**. 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 2026. It is also the only time of the year that you can change your Medicare coverage if you feel there is another plan that would better fit your needs and budget.

You can compare plans on the official Medicare website at [www.medicare.gov/plan-compare](http://www.medicare.gov/plan-compare). Medicare beneficiaries in Crawford County can also receive free, unbiased assistance with plan comparisons from the Aging & Disability Resource Center by calling 608-326-0235. Residents of other Wisconsin counties may call 1-844-941-2372 to find their local ADRC.

Assistance is also available at:

Medicare 1-800-633-4227

Wisconsin Medigap helpline at 1-800-242-1060

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

Do miss out on this opportunity to find the best Medicare coverage for you!





## Medicare Informational Sessions: Plans Ending in 2025

Did you receive a notice that your Medicare HMO or PPO plan is ending at the end of this year? Several Medicare Advantage plans (Part C plans) are ending their coverage to Crawford County residents at the end of 2025. Beneficiaries in these plans must take action to enroll in new coverage for 2026.

The ADRC is hosting informational sessions to help beneficiaries losing their plan understand their coverage options, who to contact for assistance, and deadlines to make changes. These sessions will provide an unbiased overview to help you decide which type of coverage best fits your needs and budget. Registration is required to attend due to limited space. Please call the ADRC at 608-326-0235 to save your seat!

**Monday, October 13<sup>th</sup> at 2:00 pm**

**Wednesday, October 15<sup>th</sup> at 9:00 am**

*Additional sessions may be added on these days, depending on interest.*

## 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 14th, and December 9th



**Next Medicare Workshop  
October 14th!**



## “Forget me Not-Notes”

From Pam Kul-Berg  
Brain Health Enthusiast

### Expected Death

When someone dies, the first thing to do is nothing. Don't run out and call the nurse. Don't pick up the phone. Take a deep breath and be present to the magnitude of the moment.

There's a grace to being at the bedside of someone you love as they make their transition out of this world. At the moment they take their last breath, there's an incredible sacredness in the space. The veil between the worlds opens.

We're so unprepared and untrained in how to deal with death that sometimes a kind of panic response kicks in. "They're dead!"

We knew they were going to die, so their being dead is not a surprise. It's not a problem to be solved. It's very sad, but it's not cause to panic.

If anything, their death is cause to take a deep breath, to stop, and be really present to what's happening. If you're at home, maybe put on the kettle and make a cup of tea. Sit at the bedside and just be present to the experience in the room. What's happening for you? What might be happening for them? What other presences are here that might be supporting them on their way? Tune into all the beauty and magic.

Pausing gives your soul a chance to adjust, because no matter how prepared we are, a death is still a shock. If we kick right into "do" mode, and call 911, or call the hospice, we never get a chance to absorb the enormity of the event. Give yourself five minutes or 10 minutes, or 15 minutes just to be. You'll never get that time back again if you don't take it now.

After that, do the smallest thing you can. Call the one person who needs to be called. Engage whatever systems need to be engaged, but engage them at the very most minimal level. Move really, really, really, slowly, because this is a period where it's easy for body and soul to get separated.

Our bodies can gallop forwards, but sometimes our souls haven't caught up. If you have an opportunity to be quiet and be present, take it. Accept and acclimatize and adjust to what's happening. Then, as the train starts rolling, and all the things that happen after a death kick in, you'll be better prepared.

You won't get a chance to catch your breath later on. You need to do it now.

Being present in the moments after death is an incredible gift to yourself, it's a gift to the people you're with, and it's a gift to the person who's just died. They're just a hair's breath away. They're just starting their new journey in the world without a body. If you keep a calm space around their body, and in the room, they're launched in a more beautiful way. It's a service to both sides of the veil.

Sarah Kerr, Ritual Healing Practitioner and Death Doula.  
Art by Columbus Community Deathcare



# Caregiver Boot Camp

Friday, November 7, 2025

9:30am - 3:00pm

Caregiver Boot Camp is a FREE educational program for family members and others coping with one of the many forms of Dementia. Presented by a local Dementia Care Specialist and an ADRC representative. Topics covered include: Dementia 101, Dementia Live, Tough Conversations, Question and Answer, Community Resources and Caring for the Caregiver.



**Crossing Rivers Health  
George Conference Room  
37868 US 18  
Prairie du Chien, WI 53821**

Registration  
Required by  
October 31st!



To register or for additional questions call Pam: 608-548-3954



The above photo was taken at the annual "Bringing Hope and Light to the Dementia Journey" Conference in Onalaska in August that focused on tips and tricks for Caregivers and people living with all forms of Dementia .



Name: \_\_\_\_\_

Date: \_\_\_\_\_



# Fall Word Search

The leaves are falling, and so are these words! Hidden among the puzzle are words all about fall, scattered in every direction—forward, backward, up, down, and diagonal. Can you find them all and bring the season into order by circling each one and crossing it off the list? Dive into the cozy challenge!

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

ACORN  
APPLES  
AUTUMN  
BONFIRE  
CHESTNUT  
CIDER  
CORNUCOPIA  
COZY  
CRANBERRY  
CRISP  
FESTIVAL  
FOLIAGE  
GOURD  
HARVEST  
HAYRIDE  
LANTERN  
LEAVES  
MAPLE  
MIGRATING  
MOONLIGHT  
ORCHARD  
PINECONE



SQUIRREL  
SWEATER  
THANKSGIVING  
WINDY



PUMPKIN  
RAKE  
SCARECROW  
SPICE