September 2025 Eagle News & Views



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

Staff:

Nicole Baumeister, Director
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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



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!

Help Finding Services ADRC Specialist

Make decisions that are right for you.

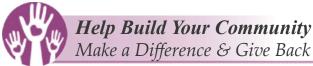
- Want to stay independent & live where you want?
- Looking for help with housekeeping, bathing, or transportation?
- Need to understand a dementia diagnosis?
- Helping care for a loved one and need answers & stress relief?

ADRC staff listen to your unique situation.

They focus on your wants and needs. Staff provide unbiased options, so you can make informed decisions.



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.



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

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

PRAIRIE DU CHIEN MEMORIAL LIBRARY
PRESENTS

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TUESDAY AFTERNOON
MOVIES

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FEATURED FILM:

GREEN AND GOLD

FREE MOVIE AND REFRESHMENTS

NEXT MOVIE:

SEPT 23RD

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: The History Boys (2006) (PG) Friday, September 5th 7 PM

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



SAVE THE DATE



CRAWFORD COUNTY

CAREGIVER BOOTCAMP

An all day series of educational events focused on supporting Caregivers

Crossing Rivers Health
George Family Education
Center
37868 US-18
Prairie du Chien, WI
53821



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!

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Sept. FUN
Days!
9-8:
Grandparents
Day

Bring your photos and tell your stories about your precious grand children!

9-22: Nat'l Centenarians Day

'1400 people over the age of 100!

We are ranked #16 in the US. California is #1 with ~8900 folks over 100!

More at brownielocks.com

Take a NOURISH Step!

September: Malnutrition/Undernutrition Awareness

We kick off the month with Malnutrition Awareness Week (Sept. 8–12). Malnutrition, also known as undernutrition, occurs when the body does not receive the proper balance of calories & nutrients to maintain health. It can affect anyone, and it is not easy to identify. You can be underweight, overweight, or a normal weight and still be undernourished. It is not a normal part of aging and can be prevented or reversed.

Why it matters

If left untreated, it can lead to serious consequences such as: Higher Risk of Falls & Broken Bones, Higher Stress Levels, Longer & More Frequent Hospital stays, Less Independence, Higher Risk of Infections, Higher Death rates. If you have dementia &/or a chronic condition you may be at higher risk.

Signs & Symptoms: Sudden unexpected weight loss, Loss of appetite, Muscle weakness, Frequent nausea, vomiting, and diarrhea, Slow-healing wounds, Feeling tired or fatigued, Swelling in your ankles, legs, or belly, and Getting sick often. If you have any of these, please talk with your healthcare provider or a Registered Dietitian Nutritionist for screening and interventions. In addition, you can learn more at https://nutritioncare.org/clinical-resources/malnutrition/resources/for-consumers/

If you have a story about becoming undernourished and/or recovering from malnutrition, or how our meals have helped keep you well nourished, we would appreciate hearing from you.

We're also celebrating **No Senior Eats Alone Day on September 17**—

Social connection is as vital as the food we eat. We invite you to attend a Senior Dining Site for socialization. To find a location near you, call your local ADRC or Aging Office for locations or visit https://www.dhs.wisconsin.gov/aging/nutrition.htm

If you have a poor appetite, try eating more smaller high protein/high calorie meals/snacks throughout the day. Understand the Root Cause(s) that can contribute to poor appetite. I.e. stress/anxiety, medication side effect, etc.

Include Protein at every meal/snack. Greek yogurt, tuna, nuts & seeds, cottage cheese, eggs, meat, milk, beans, etc.

Malnutrition Stories



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



High Protein/High Calorie Recipes Enriched Instant Pudding

Ingredients

- 1 box instant pudding mix
- · 12-ounce can evaporated milk
- ½ cup whole milk
- Frozen whipped topping (optional)
- Chocolate syrup (optional)

Directions

- · Wash the lid on the can of milk.
- Pour the canned and whole milk into a large bowl or blender container.
- Slowly pour the instant pudding mix into the milk and mix or blend until smooth.
- Pour into 4 dishes. Refrigerate and serve cold.
- For more calories, top with frozen whipped topping and drizzle with chocolate syrup. Up the protein with protein powder or dry instant milk.
 Nutrient Information (per serving): 240 calories, 33 grams carbohydrate, 8 grams protein

Pumped Up Cream Soup

Ingredients

- 10.5-ounce can condensed cream soup
- 12-ounce can evaporated milk
- 1 small jar turkey or chicken (baby food) or other protein source(s) as desired.

Directions

- Wash lids of cans and jar before opening.
- Place all ingredients in blender. Blend until smooth. Heat before serving.

Nutrient Information (per serving): 290 calories, 20 grams carbohydrate, 15 grams protein

Can you Identify Some Root Causes that Contribute to UnderNutrition?

1. SELSOELNNI	
2. OLW NIEOCM	
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4. RHICNOC NOIINOTDC	
5. PORO AETETIPP	~~~
6. LLAWIOWNSG NAD NWEGHO	SHOUND ON AUTO S
7. OORP SNPOIBRTOA	
8. ELITMID OYBILMTI	

Hydration Tip:

Sept. is Emergency Preparedness Month.

To prepare your own water for emergency storage, use clean, food-grade containers and fill them with tap water treated with 1/8 teaspoon (8 drops) of unscented liquid household bleach per gallon if it's not already chlorinated. Store in a cool, dark place and replace every six months.

Word Scramble Answer Key:

J. Loneliness, Z. Low Income,
3. No Transportation, 4. Chronic Condition,
5. Poor appetite,
6. Swallowing and Chewing Issues,
7. Poor Absorption, 8. Limited mobility

If you want more pep, take a NOURISH Step!

For more information visit: gwaar.org/nourishstep







September Menu

Reservations?
Cancelations?
Call
608-326-0235

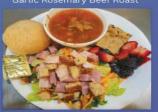
Questions?

Meal's Coordinator

MONDAY	TUE\$DAY	WEDNE\$DAY	THUR\$DAY	FRIDAY
1. Pork Sauerkraut Casserole Baked Beans Roasted Potatoes Apple Sauce WW Roll	2 Turkey Shepherds Pie Brussel Sprouts WW Roll Pineapple Apple Crisp	3 Lemon Parsley Cod Baked Sweet Potatoes Peas Peaches WW Roll	4 Picnic Day! Deluxe Burgers Potato Salad Cucumber/Tomato Salad Fresh Fruit Salad Chef's Choice Dessert	5 Chicken Noodle Soup WW Roll Garden Salad Oranges
8 Beef & Spanish Rice Mixed Vegetables Garlic Toast Apple Slices Banana Bar	Glazed Pork Tenderloin Mashed Potatoes Cheesy California Vegetables WW Roll Oranges	10 Goulash Broccoli Pears WW Roll	Tuna Melt Casserole Glazed Carrots Pineapple WW Roll Chef's Choice Dessert	Chicken/ mushroom gravy Baked Sweet Potato Corn WW Roll Mixed Fruit
15 Salmon Patty Cheesy Potatoes Peaches Garden Salad WW Roll	16 Chili Garden Salad Cornbread Grapes	Macaroni & Cheese with Ham Mixed Peas & Carrots WW Roll Apple Slices w/dip Birthday Cake	18 Italian Chicken Breast Penne Pasta w/ marinara sauce Garlic Green Beans Garlic Toast Peaches & WW Roll	Roasted Tomato Soup Cottage Cheese Broccoli Salad Mixed Fruit WW Roll
Meatloaf Mashed Potatoes/ gravy Mixed Vegetables Pears WW Roll Peanut Butter Cookie	23 Turkey Bake Roasted Broccoli Cranberry Relish Fruit Fluff WW Roll	24 Tater tot Casserole Garden Salad WW Roll Peaches	25 Country Gravy Porkchop Roasted Potato Peas Apple Sauce WW Roll	26 Baked Cod/butter Baked Potato/Sour Cream Carrots Pears WW Roll
Potato Corn Chowder Cottage Cheese Garden Salad Peaches WW Roll	Panko Crusted Cod/ Tartar Baked Potato/Sour cream Mixed Vegetables Apple Slices w/dip WW Roll	Menus are subject to change	For meal site reservations, please call by 2 p.m. the business day before.	Please make cancellations for home delivered meals by 8:30 a.m.







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. Ouest 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.

Welcome to our Central Kitchen!

Fun kitchen fact! Did you know we have a high temperature dishwasher that sanitizes and washes dishes at a 180 degrees? All our reusable trays are prewashed in a sink and then put into the dishwasher. We wash about 176 trays and 176 lids a day. It takes approximately two hours to wash that many dishes.







News for You

From Your Disability Benefit Specialist Brittany Mainwaring



Things to Think About Before Applying for Disability Benefits

By <u>Darlynda Bogle</u>, <u>Assistant Deputy Commissioner</u>
Things to Think About Before Applying for Disability Benefits | SSA

Social Security is with you throughout life's journey. We provide vital financial support to tens of millions of American workers, primarily through retirement benefits. But we're also there for you if the unexpected happens and a serious medical condition stops you from working to support yourself and your family.

Disability benefits replace a portion of your income

If you become seriously disabled, you may qualify for <u>Social Security disability benefits</u> that replace a portion of your lost income. Here are the three key factors we use to determine if you may qualify for disability benefits:

- 1. You must have a lasting medical condition so severe that it prevents you from doing the work that you did in the past or adjusting to other types of work.
- 2. Your physical or mental impairment(s) must have lasted or be expected to last at least a year or result in death.
- 3. You must have worked long enough and recently enough in jobs covered by Social Security.

What you should know about earning credits

You become eligible for Social Security benefits by working and paying Federal Insurance Contribution Act taxes, which translate into Social Security "credits." A person can earn up to four credits a year. How old you are when you become disabled determines the number of credits you need to receive disability benefits.

For example, if you become disabled at age 31 or older, you generally must have earned at least 20 credits in the 10 years immediately before you became disabled. Twenty credits are equal to five years of substantial earnings. Younger workers may qualify with fewer credits.

Please log in to or create your personal <u>my Social Security account</u> to see how many credits you have earned and to estimate future benefits. Visit our <u>Social Security Credits webpage</u> to learn more about credits.

What if I don't have enough credits

Those who have not worked enough to qualify for Social Security benefits may be eligible for help through our Supplemental Security Income (SSI) program. SSI provides monthly payments to adults and children with a disability or blindness, as well as older people, who have little or no income or resources. Unlike Social Security disability benefits, SSI is funded with general tax revenue, not through Social Security taxes. Learn more on our SSI webpage.

Social Security helps you and millions of other Americans secure today and tomorrow by providing important financial benefits, information, and planning tools. Learn more by visiting our <u>website</u>. Please share this information with your family and friends – and post it on social media.



Join us for lunch and stay for a game of Euchre!

Tuesday, September 9th 12:30 p.m.



Reservations required for lunch 608-326-0235

Lunch is a suggested contribution of \$4-6 for those 60+.

Menu includes:

Glazed Pork Tenderloin Mashed Potatoes Cheesy California Vegetables WW Roll **Oranges**

Cards will begin at 1 p.m.









Prairie du Chien, WI 608.357.2525

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PROTECT your personal information

DETECT suspected fraud, abuse, or errors

REPORT suspicious claims or activities



■ WisconsinSeniorMedicarePatrol





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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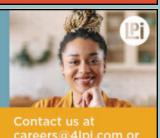
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We sell Medicare Supplements, Medicare Advantage plans & Part D plans Medicare is a jungle...let us help you navigate the jungle.





Fall Prevention is a Team Effort

Visit Falls Free® Wisconsin Today!

(Crawford County, WI) Everyone in the community has a role to play in preventing falls, including you! Although falls are common, they don't have to be a normal part of aging. Falls can be prevented, and the Wisconsin Institute for Healthy Aging (WIHA) is here to help! By working together through patience, connectedness, and collaboration, we can help prepare ourselves and our loved ones and make our communities safer.

Each member within our communities plays a role in preventing falls.

- Older People: Educate yourself on local resources, wear supportive shoes, stay physically active, consult your doctor about your fall risk, and attend social groups and events.
- **Family and Friends:** Check in with your loved ones and offer to help with small household tasks like changing light bulbs or decluttering their house. You can even help from afar by assisting with scheduling or attending appointments <u>virtually</u>.
- **Businesses:** Provide accessible entrances and bathrooms, clean spills immediately, offer food delivery services, and remove unsafe rugs.
- **Community:** Offer opportunities for connection, exercise, and health promotion programs, advocate for accessible public transportation, provide age-friendly housing, and ensure walkable spaces.

Chances are you or someone you know has experienced a fall. If you have, you're not alone. Falls can happen at any age – making falls prevention a concern for many, though especially for older people. According to the Centers for Disease Control and Prevention (CDC), more than 1 in 4 people aged 65 and older will have a fall each year, making falls a growing health concern. Let's work together to make our community a place where everyone can thrive safely and independently. Sharing knowledge and resources and making safety a priority is key to preventing falls and ensuring the well-being of our loved ones. By staying proactive and involved, you're not just helping yourself or your immediate circle; you're contributing to a larger movement that benefits us all.

Call your local ADRC to learn more about falls free resources – reach us at 608-326-0235 or email us at ccadrc@co.crawford.wi.gov

Don't let a fall cramp your style!

One in four people age 65 or older has a fall each year. You don't have to be one of them.

Take a Stepping On workshop!

Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. In just seven weeks, you'll learn:

- To identify and remove or avoid fall hazards in your home and outside
- How vision, hearing, medication, and footwear affect your risk of falling
- Strength and balance exercises you can adapt to your individual level
- To get back on your feet the right way if you do fall

In-Person Workshop!

> September 10th -October 22nd Every Wednesday from 9:00am-11:00am

FREE

225 N. Beaumont Rd., Room 130





Stepping On has been researched and proven to reduce falls by 31%!

Call 608-326-0235 to register!



Prairie du Chi<mark>en
Caregiver Support
Group</mark>

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

EVERY1ST & 3RD THURSDAY OF THE MONTH 1:00 PM - 2:00 PM Contact: Pam 608-548-3954 or Teresa 608-637-5201



Just for You

From your Elder Benefit Specialist, Ashley Greene



Prescription Drug Help

By the GWAAR Legal Services Team (for reprint)

Prescription drug costs are an expensive necessity for many. You don't have to go without your prescriptions. There are charitable or state-funded organizations that can help Wisconsin residents get their prescription drugs without incurring significant costs. The list below features prescription drug assistance programs that offer a variety of assistance levels to help ensure everyone has access to the prescriptions they need. For further assistance with your drug coverage or benefits, contact your local ADRC at: https://www.dhs.wisconsin.gov/adrc/index.htm.

Extra Help

• The Extra Help program is a prescription drug coverage savings program for individuals enrolled in Medicare drug coverage. This program helps to lower the costs associated with monthly premiums, annual deductibles, and prescription co-payments. You will need to fill out an application for Extra Help with Medicare to see if you are eligible. The application will request information about your financial situation, including available resources and income sources. Find more information about this program at https://www.ssa.gov/pubs/EN-05-10508.pdf.

SeniorCare

• SeniorCare is a program that helps pay for prescriptions. This program is designed for Wisconsin residents aged 65 or older. The benefits will start the month after you apply. This will count as creditable coverage to avoid late enrollment penalties for Medicare Part D drug coverage. There is a \$30 yearly enrollment fee. You will need to fill out an application to qualify. There are four levels of eligibility depending on your income and resource amount. For more information, please visit https://www.dhs.wisconsin.gov/seniorcare/index.htm.

Medicare Prescription Payment Plan

• This plan works with your stand-alone Medicare Part D or Medicare Advantage plan drug coverage. It will help to lower your monthly out-of-pocket costs by distributing your monthly prescription drug costs throughout the year, creating smaller payments upfront. You will still pay the same amount for your prescriptions, but your monthly prescription costs will be lower. Since there is a \$2000 out-of-pocket cap for Part D prescription drug costs, you will not pay more than that for covered prescription drugs. You will receive a bill from your plan instead of paying for the prescriptions at the pharmacy. This program would be most helpful for individuals who incur higher prescription drug costs earlier in the year; however, it is available at any point in the year. For more information, visit https://www.cms.gov/medicare/health-drug-plans/medicare-prescription-payment-plan.

Wisconsin HIV Drug Assistance Program

• Residents of Wisconsin can receive help accessing health insurance and medications for HIV. You could be eligible for this program if you live in Wisconsin, have a household income at or below 300% of FPL, and if you live with HIV, and your doctor has confirmed this diagnosis. For more information about this program, please visit https://www.dhs.wisconsin.gov/hiv/hdap-clients.htm.

National Organization for Rare Disorders

• This program helps individuals with rare disorders find medications, receive financial help with insurance premiums and copays, get diagnostic testing assistance, help with travel for clinical trials or consultations with specialists and much more assistance and support to ensure people with rare disorders receive the care they need. For more information, please visit https://rarediseases.org/patient-assistance-programs/.

Drug Repository Program

• Wisconsin residents with cancer or long-term or chronic conditions, who cannot afford their medicines, can use this program to find needed medications or supplies. This program offers prescription drugs that were previously donated to participating pharmacies or medical facilities. Some pharmacies charge up to a \$15 fee for processing the drugs. To determine if your prescription drug is available, you can contact participating pharmacies and medical facilities. Controlled substances cannot be donated or received under this program. A priority order for dispensing these drugs can be found at https://www.dhs.wisconsin.gov/guide/cancer-drugrepo.htm along with additional information about this program and the participating facilities.

Medicine Assistance Tool

• This tool is not direct assistance for prescription drug costs, but a database that can be utilized to search for prescription drug cost savings. The tool provides information on available biopharmaceutical industry programs for that specific medication, as well as those available in your area. These will most likely be prescription drug saving cards or discounts that can be used to lower your prescription drug costs. You can find this tool at https://medicineassistancetool.org/.

Needy Meds

• Needy Meds is another tool to help individuals find prescription drug savings. This tool utilizes four databases for its operations. They provide help finding affordable health clinics, diagnosis-based assistance, information on free or discounted medications, and printable coupons, rebates, and savings cards. The databases can be found at https://www.needymeds.org/.

RX Outreach

• RX Outreach is an online non-profit pharmacy that offers many common medications for discounted prices. They offer delivery of common prescriptions right to your door at affordable prices. You can look up your medication availability and price on their website. You can visit their website at https://rxoutreach.org/ to find more information about the process.



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







Access free training and resources to help you build skills and confidence to provide care at home.

Trualta is an online platform designed to help families build skills to manage care at home for their aging loved ones. Improve confidence, reduce stress land prevent burnout by learning care skills. Once you are registered, you have unlimited access to their articles and tips about caring for your loved one.



"This was wonderful. My husband and I danced and we had a good time singing these oldies but goodies. I will highly recommend these to anyone who's husband or wife has Alzheimer's."

- Pat from "Alzheimer's Music Connect"

Trualta is really easy to use. All you will need to start is a computer, tablet, or smartphone. With lessons ranging from 5 minutes to 2 hours, Trualta makes it easy for you to fit caregiver training in whenever it works for you.



Contact Us to Register Today!

Pam Kul-Berg Aging & Disability Resource Center of Eagle Country 608-647-4616

Powerful Tools aregivers

Caregiving is rewarding. But it can be challenging too.

Feeling stretched in your role as a caregiver? Caregiving can be stressful physically, emotionally, and financially. Whether you care for a loved one at home or in a care facility, nearby or far away, your role is important. You will learn ways to take care of yourself, reduce stress, improve your caregiving confidence, and establish balance in your life as you care for others.



Taking care of yourself is important and Powerful Tools for Caregivers can show you the way!

Powerful Tools focuses on YOUR well-being. The class meets once a week for six weeks and has been studied and shown to help family caregivers:

- Reduce stress, anger, and depression and improve emotional well being
- · Manage time, set goals, and solve problems
- Master caregiving transitions and be part of decision-making
- Communicate effectively with the person needing care, family memebers, doctors, and other helpers
- Find and use community resources

In-Person Workshop

September 24 - October 29

Prairie du Chien Library

Runs for six Wednesdays

10:00am - 11:30am

REGISTRATION IS REQUIRED Call Pam: 608-548-3954



