

Richland County Health and Human Services

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Volume VI, Number III ~ May / June 2007

The Family and Friends Newsletter

Celebrate National Family Month

National Family Month is celebrated in June. This is a good time to reflect on your family and how to make it stronger. Strong families share many of the same qualities.

Build Trust

Strong families build trusting relations by following through with promises.

Show Commitment

Strong families feel like a team. They share traditions like having a family picnic on the Fourth of July or taking walks together after dinner. Family members show commitment to the family by making time for family events and making sacrifices for one another.

Communicate

Members of strong families talk to one another about important decisions and daily plans. They discuss feelings as well as day-to-day activities at school or work. When there are conflicts, strong families take time to cool down before responding. They don't bottle up their anger or let it get out of hand. They talk about possible solutions to problems and work together to carry out the best solution.

Grow Through Crises

All families experience crises. Strong families use these experiences to learn and grow. They know even bad experiences can bring about good changes and help them to become closer. They admit problems instead of hiding them. They seek help when needed.

Spend Time Together

Strong families spend time together, talking, reading, playing games, taking walks, cooking. Some special times involve closeness, like reading a good-night story and tucking children into bed with a kiss.

Have Fun as a Family

Strong families know that having fun is important and make plans to have fun together. They plan family trips or parties. Strong families know that laughter is important and use humor to help reduce stress. Family members laugh *with* one another, not *at* one another.

Show Love and Affection

No matter what children say or do, they need to know that their parents love them. Strong families show caring in many ways. Family members say to each other, "I love you" or "I'm happy we're in this family together." They give hugs and show affection in other small ways. They may call each other nicknames and enjoy remembering family stories.

Adapted from *Single Parenting: Building Strong Families*, University of New Hampshire Cooperative Extension-Family Development Fact Sheet, 4/02 ceinfo.unh.edu

Safe Children and Healthy Families Are a Shared Responsibility
<http://nccanch.acf.hhs.gov/topics/prevention/index.cfm>



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Core Messages

- ◆ **THE MAGNITUDE:** Over 513,000 American children are in foster care because their own families are in crisis and unable to provide for their essential wellbeing.
- ◆ **THE NEED:** Children and youth in foster care require safe, stable, and nurturing environments to live in until they can either safely reunite with their parents or establish other lifelong family relationships.
- ◆ **THE FACES OF FOSTER CARE:** Child welfare issues arise in families of every race, ethnicity, culture, and age group. Even though research shows that there is no difference in the incidence of abuse and neglect according to racial group, children of color comprise a disproportionate percentage of youth in foster care.
- ◆ **THE CONSEQUENCES:** Like all young people, youth in foster care deserve and benefit from enduring, positive relationships with caring adults. Without these permanent connections, former foster children are far more likely than their peers in the general population to endure homelessness, poverty, compromised health, unemployment, incarceration and other adversities after they leave the foster care system.
- ◆ **THE PRIORITY:** Older youth are in most urgent need of attention. Nearly half of the young people in foster care are over the age of 10. Each year, more than 20,000 young Americans age out of foster care, most without the appropriate resources, skills or options they will need to live independently.
- ◆ **THE FUTURE:** If nothing changes by the Year 2020:
 1. Nearly 14 million confirmed cases of child abuse and neglect will be reported;
 2. 22,500 children will die of abuse or neglect, most before their fifth birthday;
 3. More than 9,000,000 children will experience the foster care system;
 4. More than 300,000 children will age out of the foster care system, in poor health and illprepare for success in higher education, technical college or the workforce; and,
 5. 99,000 former foster youth, who aged out of the system, can expect to experience homelessness.
- ◆ **THE SOLUTION:** With guidance and support from nurturing adults, children and youth in foster care are capable of overcoming the repercussions of previous abuse and neglect. Across the country, people just like you are helping them build brighter futures by serving as their foster parents, relative caregivers, mentors, advocates, social workers and volunteers.
- ◆ **THE CALL TO ACTION:** Most communities are urgently seeking many more everyday people to come forward for our nation's most vulnerable children so they may realize their full potential.
 1. No matter how much time you have to give, you have the power to do something positive that will *CHANGE A LIFETIME* for a young person in foster care.
 2. Make a child's life story a good one. Visit www.fostercaremonth.org to find out more about the many ways you can make a lasting difference for America's children.

May is National Foster Care Month. Now is the time to show we care about the next generation of Americans.

May is Older Americans Month

History of Older Americans Month

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthdays. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing, however. In April of 1963, President John F. Kennedy's meeting with the National Council of Senior Citizens served as a prelude to designating May as "Senior Citizens Month." Thanks to President Jimmy Carter's 1980 designation, what was once called Senior Citizens Month, is now called "Older Americans Month," and has become a tradition.

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since JFK has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs and other such activities.

<http://www.aoa.gov/press/oam/archive/archive.asp>

RESOURCES 4 YOU

Technology and adaptations can assist people with disabilities to live more independently and participate more fully in their homes and communities. The Aging & Disability Resource Center can help connect you to the following resources that provide a way to obtain adaptive equipment, assistive technology and home modifications.

- **WisLoan** – An alternative loan program that allows a person with a disability to borrow money in order to purchase needed assistive technology or home modifications. Some examples of assistive technology include wheelchairs, hearing aids, control/switches for lights, doors and appliances, and vehicles with lifts or hand controls.
- **Telecommunications Equipment Purchase Program** – A program to help people who are deaf, hard of hearing, speech impaired, or mobility/motion impaired to buy equipment they need in order to use basic telephone services. Some examples of the kind of phone equipment that the program can help you buy include a TTY, amplified handset or phone, TTY with Braille or large visual display, and a puff activator.
- **NFB Newslines** – Newspapers by Phone offers people who are visually impaired the opportunity to “read” newspapers from any touch-tone telephone. This free service offers callers a choice of over 200 newspapers, both daily and Sunday editions. Want to greet the day with a newspaper and a cup of coffee, even though your vision has become impaired? Here's the way to do it.
- **Wheelchair Recycling Program** – Need low-cost mobility equipment or adaptive aids? The Wheelchair Recycling Program collects, cleans and refurbishes donated equipment and offers it to you at a low price. Examples of equipment they carry include manual and power wheelchairs, walkers, canes, crutches, bath benches, raised toilet seats, hospital beds, and much more. They also accept unneeded equipment that you would like to donate.

For more information on these and other resources and services, call the **Aging & Disability Resource Center at 647-4616, or toll free 1-877-641-4616.**

A True Random Act of Kindness

On Valentine's Day my son and I were at Wal-Mart picking up cupcakes and various other treats he wanted to share with his Preschool class that morning. We were making our last minute selections and couldn't locate chocolate covered peanuts. I spotted chocolate covered raisins on a top shelf that I couldn't reach. An older, almost "scary" looking man said that he would reach the bag off the top shelf for me. He handed the bag to my son who reluctantly accepted them, but was still upset that they weren't chocolate covered peanuts. I quickly scanned the aisle, as we only had 10 minutes left to check out and get him off to school, but no luck...

A few minutes later as I was checking out, the old man came running up to us with multiple varieties of chocolate covered peanuts. Not only did he have exactly what my son was looking for, but he also offered to return the chocolate covered raisins to the shelf. Of course we thanked him multiple times and my son offered him a smile that was blinding.

The man left us truly happy and I began explaining the situation to the cashier, as I was awestruck with his kind gestures. As we were checking out, I continued to compliment the nice man to the cashier. "We need to have more people like him in the world, what a nice man, I can't believe someone could be so kind, etc., etc." and the cashier said, "Thanks, that's great to hear 'cause he's my father."

Fishing Wisconsin: Free Fishing Weekend

Saturday and Sunday, June 2nd-3rd, 2007

Every year, the first consecutive Saturday and Sunday in June is designated as Free Fishing Weekend throughout the state of Wisconsin. Residents and nonresidents of all ages can fish without a fishing license (and trout stamps) over these two days. However, all other fishing regulations (length limits, bag limits, etc.) apply.

This event is designed to encourage families to get out and fish together. People are encouraged to participate in special activities planned at parks throughout the state, and also to take advantage of programs at several state parks and at DNR regional offices that [loan out fishing equipment](#).

Because children under the age of 16 do not need a fishing license to fish on any day of the year, the motto for Free Fishing Weekend could be, "Take a grown-up fishing!"

In addition to these events, you may be interested in participating in free fishing clinics, some of which do not fall during free fishing weekend – check the DNR web site for [Free Fishing Clinics](#).

For more information about Free Fishing Weekend, please contact: [Theresa Stabo](#), Aquatic Resources Educator, 608.266.2272.



dnr.wi.gov—The Official Internet Site for the Wisconsin Department of Natural Resources

Richland County KIDS Council

The Richland County KIDS Council is an Advisory Committee to the Richland County Health and Human Services Board. This committee strives to improve the services in Richland County for families who have children with disabilities.

This committee meets every third Thursday from 8:30 AM – 10:00 AM at the Richland County Health and Human Services Community Services Building.

We are currently seeking community and parent membership for this committee. The viewpoint and information received from community members and parents is invaluable. Without your input, we cannot build on the services already provided to the children of Richland County.

If you are interested in attending a KIDS Council meeting to see what we are about or wish to become a member, please contact Rachel McGlynn at Richland County Health and Human Services 608-647-8821, ext. 221

Walking and Acupuncture: Two ways to increase and move energy inside your body

By Martha White



I have discovered two really fun ways to increase my energy and get it moving inside my body so I feel better. Also, I have enough energy to enjoy getting things done. What are those two fun activities? Walking and acupuncture.

Acupuncture

I once read a book on bi-polar disorder that said many doctors around the world think it is caused by injury to the human energy field and injury to the central nervous system. I had the idea that acupuncture would be a good activity because it strengthens and heals the human energy field. In addition, there is a lot of research proving that acupuncture is helpful in healing many illnesses.

We are so lucky to have a local acupuncture center here in Richland Center. I discovered her office one day when I went to a dental appointment in the same building.

I was nervous about my first session. There was only an "ouch" feeling on a couple of needles. After a few minutes of treatment with the heat lamp, I felt energy moving strongly inside my body! What a treat! It confirmed that the needles had been placed in the right places of my body to strengthen the energy flow inside my body. Each time I have received a treatment, I have felt energy move inside my body and I feel better than before I had acupuncture. It's fun to feel the energy move inside my body. I don't notice the energy flow when I'm not in a session.

I like the team approach to health which is helping me take an active role in improving my health and vitality. I like acupuncture for its convenience and fast results.



www.sohp.comm

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|--------------|--------------|-------|
| Amazed | Delight | Humor |
| Relief | Amused | |
| Enthusiastic | Inspiration | |
| Satisfaction | Anticipation | |
| Exuberant | Joy | |
| Spiritual | Borrowed | |
| Fun | Love | |
| Spontaneous | Celebrate | |
| Give | Nostalgic | |
| Surprise | Cheerful | |
| Glad | Optimistic | |
| Sweet | Compassion | |
| Gratitude | Peace | |
| Vivacious | Content | |
| Hopeful | Play | |

Answers on bottom of Page 9

Thirty-one Types of Happiness - Word Search

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

For more information about the Secret Society of Happy People
 Visit www.sohp.com, call 972-471-1485 or
 Write 1315 Riverchase Drive #2316, Coppell, Texas 75019

Our House Blood Pressure Clinics

Our House Senior Living offers **FREE** Blood Pressure Clinics. Every Thursday, from 9am – 4pm, you are welcome to stop in and have your blood pressure checked by an experienced professional, receive valuable health related information, and join us for snacks and refreshments. No appointment necessary. If you have any questions, please feel free to contact Penny Clary, Community Relations Specialist, at 604-8940 or 647-4500.

Richland Garden Club

Upcoming Events



Plant Sale

Richland Community Center
Saturday, May 19 from 7 a.m. until Sold Out

Annual Garden Tour

Sunday, July 15

Benefit for Passages

Listen to WRCO or check local paper for detail

For additional information call Jeanne Nigl at 647-2075

Don't Mess With Grandma!



An elderly Florida lady did her shopping and, upon returning to her car, found four males in the act of leaving with her vehicle.

She dropped her shopping bags and drew her handgun, proceeding to scream at the top of her voice, "I have a gun, and I know how to use it! Get out of the car...!"

The four men didn't wait for a second invitation. They got out and ran like mad. The lady, somewhat shaken, then proceeded to load her bags into the back of the car and got into the driver's seat. She was so shaken that she could not get her key into the ignition. She tried and tried, and then it dawned on her why.

A few minutes later, she found her own car parked four or five spaces farther down. She loaded her bags into the car and drove to the police station.

The sergeant to whom she told the story couldn't stop laughing. He pointed to the other end of the counter, where four pale men were reporting a car jacking by a mad, elderly woman described as white, less than five feet tall, glasses, curly white hair, and carrying a large handgun.

If you're going to have a Senior Moment, make it a memorable one!!

Programs that work: Building Humane Families

(Article provided by Children's Hospital and Health System's Child Abuse Prevention Fund)

Each year, more than three million children in the United States are exposed to domestic violence in their homes. In Wisconsin alone, more than 25,000 incidents of domestic abuse were reported in 2000. When domestic violence occurs, children and household pets are often in harm's way, and studies show there is a link between animal abuse and violence toward humans. The Task Force on Family Violence is working to end the cycle of violence through its Building Humane Families program.

Created in collaboration with the Wisconsin Humane Society, Building Humane Families is an education program for the entire family. The seven-week program is divided into three groups: preschoolers, school-aged children, and parents and caregivers. The preschool group learns how to identify feelings and problem solve without the use of violence. They also learn about protective behaviors. School-aged children work directly with animals at the Wisconsin Humane Society and learn altruistic behavior. They also learn how to prevent animal abuse and identify animal feelings. Parents and caregivers work with a parent educator and learn how to prevent conflicts and manage anger. In addition, parents are taught about age-appropriate child development and ways to strengthen family relationships.

"Building Humane Families is a proactive effort to promote positive parenting and educate children about developing healthy relationships with others," said Cyrus A. Behroozi, Director of Child Advocacy for the Task Force on Family Violence. "Program participants learn tools for non-violent conflict resolution."

At the end of each class, participants in all groups get together to share their experiences and discuss what they learned. After the session, everyone participates in a graduation celebration and receives a T-shirt and graduation certificate.

"As valued members of the family, animals play a vital role in the program by helping to promote important messages of empathy and kindness," said Behroozi. "The Building Humane Families program is working to end the cycle of violence in Milwaukee by stopping violence before it starts."

The Task Force on Family Violence in Milwaukee provides education, advocacy and access to services to empower people to lead lives free from violence. The Task Force served nearly 6,500 people in 2004.

Walking and Acupuncture (cont'd)

Walking

In addition to acupuncture, I like walking outdoors around Richland Center on the bike paths through the park, along the river and through some of the quiet residential areas. Walking is a convenient and fast way to increase my energy and move it inside my body. There are so many benefits of walking, you just have to walk to experience them! It is so beautiful in the Ocooch Mountains and valleys that make up Richland Center. The trees and river are always doing something interesting. It is so invigorating to feel the caress of a soft breeze on my face! There is also the delight and warmth from receiving sunlight! Whether I walk three or six times a week, I always feel better during and after a walk.

Research has shown that exercise for 30 minutes a day reduces depression, anxiety and many other problems. I encourage you to enjoy the outdoor beauty in and around Richland Center by taking a walk for 20-60 minutes. It is

New Title for Moms!

A woman, renewing her driver's license at the County Clerk's office was asked by the woman recorder to state her occupation. She hesitated, uncertain how to classify herself. "What I mean is," explained the recorder, "do you have a job or are you just a...?" "Of course I have a job," snapped the woman. "I'm a Mom." "We don't list 'Mom' as an occupation, 'housewife covers it," said the recorder emphatically. I forgot all about her story until one day, I found myself in the same situation; this time at our own Town Hall. The Clerk was obviously a career woman, poised, efficient and possessed of a high sounding title like, "Official Interrogator" or "Town Registrar."

"What is your occupation?" she probed. What made me say it? I do not know. The words simply popped out.

"I'm a Research Associate in the field of Child Development and Human Relations." The clerk paused, ball-point pen frozen in midair and looked up as though she had not heard right. I repeated the title slowly emphasizing the most significant words. Then I stared with wonder as my pronouncement was written in bold, black ink on the official questionnaire. "Might I ask," said the clerk with new interest, "just what you do in your field?" Coolly, without any trace of fluster in my voice, I heard myself reply, "I have a continuing program of research, (what mother doesn't) in the laboratory and in the field, (normally I would have said indoors and out). I'm working for my Masters, (the whole darned family) and already have four credits (all daughters). Of course, the job is one of the most demanding in the humanities, (any mother care to disagree?) and I often work 14 hours a day, (24 is more like it). But the job is more challenging than most run-of-the-mill careers and the rewards are more of a satisfaction rather than just money." There was an increasing note of respect in the clerk's voice as she completed the form, stood up and personally ushered me to the door.

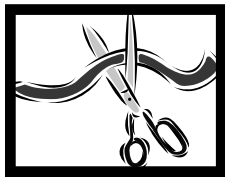
As I drove into our driveway, buoyed up by my glamorous new career, I was greeted by my lab assistants -- ages 13, 7, and 3. Upstairs I could hear our new experimental model, (a 6 month old baby) in the child development program, testing out a new vocal pattern. I felt I had scored a beat on bureaucracy! And I had gone on the official records as someone more distinguished and indispensable to mankind than "just another Mom." Motherhood! What a glorious career! Especially when there's a title on the door.

Does this make grandmothers "Senior Research Associates in the field of Child Development and Human Relations" and great grandmothers "Executive Senior Research Associates"? I think so!!! I also think it makes aunts "Associate Research Assistants."

fun to walk at a relaxing pace on some days and to walk at a fast pace on other days. This allows you to notice how your body feels walking and to avoid feeling pressured to do everything fast. Schedule some walks around Richland Center and enjoy being alone!

Walking and Acupuncture are the least expensive ways I have found to increase my energy and move it around inside my body in ways that help me feel good. I know that the more acupuncture and the more walking I do, it will help my body function better. This seems like one of the easiest ways to cope with getting older and having more health challenges.

I plan to continue walking and acupuncture as part of the foundation of my Wellness Management activities. Walking and acupuncture each address different needs of my body. Please consider adding walking outdoors and acupuncture to your Wellness Management program!



“Red Tape Cutter” Page

Presented by your local Elderly Benefit Specialist—Joanne Welsh with Richland County Health & Human Services—Aging & Disability Resource Center.

Important Information for SeniorCare Participants

SeniorCare is a prescription drug benefit available to Wisconsin residents age 65 and older. Recently there have been extensive reports in the media that SeniorCare will be ending soon, leaving many SeniorCare participants rightly concerned about what the future holds for them. While the federal government decided not to continue the waiver to extend SeniorCare, participants should not panic; provisions exist to prevent a gap in drug coverage.

Senior Care is operated with a combination of state and federal tax dollars. The federal funding is often referred to as “the waiver” in news reports. The federal government has decided not to continue the waiver past June 30th, 2007. The State is currently working with the Federal government to try to extend SeniorCare coverage until the end of the year.

Current SeniorCare participants should begin making alternate plans for drug coverage so as to be prepared when SeniorCare coverage ends. All SeniorCare beneficiaries will be allowed to enroll in the Medicare Part D drug benefit without penalty or waiting period. There are two options for SeniorCare participants to enroll in Medicare Part D.

SeniorCare level 2b and 3 participants are permitted to enroll in a Medicare Part D plan at any time under a rule known as the **State Pharmacy Assistance Program Special Enrollment Period**. Level 2b and 3 participants who wish to enroll in a Part D plan now should select a plan, and then enroll in that plan by contacting the plan directly or by calling 1-800-MEDICARE.

SeniorCare participants at all levels will be permitted to enroll in a Medicare Part D plan when SeniorCare ends under a rule known as the **Involuntary Loss of Creditable Coverage Special Enrollment Period**. The enrollment opportunity will exist for 63 days after SeniorCare ends.

There are approximately 50 Medicare Part D plans available in Wisconsin. The plan that is best for you will depend on the drugs you use, and where you purchase your drugs. Do not enroll in a Part D plan until you are sure that you no longer want SeniorCare or that SeniorCare will no longer be available for you. Please carefully read the article “Medicare Part D Prescription Drug Plans” in the Family and Friends newsletter.

Seniors with limited assets and income below \$15,315 per year (\$20,535 for a couple) may be eligible for assistance in paying some Medicare Part D costs. Applications for this assistance are available from your local Social Security Office. Do not apply for this assistance until you are sure that you want to enroll in Medicare Part D. The best advice we can give to SeniorCare participants at this time is that you should begin exploring other options now, but to keep in mind that there is ample time before any final decision needs to be made.

Help is available to assist you in choosing the best Part D plan. The Medicare website www.medicare.gov has an electronic tool designed to help you select the best plan. Trained counselors at the Coalition of Wisconsin Aging Groups are available for one to one assistance, call them at 1-866-456-8211. Your Richland County Elderly Benefit Specialist,

(Continued on top of this Page)

Joanne Welsh can assist you in providing information about selecting a plan. All you need to do is fill out a simple information sheet and provide a computer printout from your pharmacy listing your routine drugs showing the dosage and number of pills you take in a month.

MEDICARE D PRESCRIPTION DRUG PLANS

Over the next few months, many Wisconsin seniors may be enrolling in a Medicare D Prescription Drug Plan (PDP) for the first time. Before selecting a Medicare Prescription Drug Plan (PDP) you should become familiar with the basics of the program so you will know what to expect and what to look for. Features to compare include:

COST:

Many PDPs have an **annual deductible**, often \$265, which you must pay out of pocket before coverage begins.

Most PDPs have a **coinsurance or co-pay** that you are responsible for paying each time you purchase medication. Co-pays are a set amount you pay for each prescription, usually higher for brand name drugs. Coinsurance is a percentage of the drug cost that you pay, again usually higher for brand name drugs.

Most plans have a **coverage gap or donut hole** each year during which there is no coverage. Once your total drug costs reach \$2,400 you will fall into the donut hole. While you are in the donut hole, most PDPs will pay nothing. You remain in the donut hole until your total out-of-pocket drug cost reaches \$3,850.

Once your out-of-pocket drug costs reach \$3,840 you receive **catastrophic coverage**. In catastrophic coverage, you pay only a small co-pay or coinsurance amount for each prescription until the end of the year.

DRUG COVERAGE:

Not all PDPs cover all prescription drugs. Each PDP has a list of drugs it will cover called a **formulary**. For some drugs, some PDPs might require prior authorization, or may require your physician to try a different drug first. Many PDPs do not cover the categories of drugs called benzodiazepines or barbiturates. In addition, formularies can and do change. Be sure to select a plan that covers as many of your prescription drugs as possible.

AVAILABILITY:

Not all PDPs are available in every area. There are roughly 54 plans available in Wisconsin but not all of those are available in Richland County. Pharmacies may not honor every available drug plan. Be sure to select a plan available in this area and honored by a pharmacy you are comfortable using. Some plans also offer mail-order prescription services, often at a lower cost.

If you belong to a Medicare Advantage Plan which includes managed care, you may be required to enroll in a PDP offered by that plan. Be sure you understand all the features and requirements in the plan before you enroll as you can be locked into the plan for a period of time once your enrollment is complete.

The best way to compare Prescription Drug Plans and to select the plan best for you is by using a computer connected to the internet. Go to the Medicare website at www.medicare.gov, and then click on “Compare prescription drug plans”. Then click on “find and compare plans.” Next, click on “Begin personalized search.” You will be asked to

(Continued from bottom of Page 6)

begin entering the information such as last name, date of birth and Medicare number. When given the option, be sure to enter your prescription drugs and your choice of pharmacies. The Planfinder will then produce a list of the available plans, in order of out-of-pocket cost to you, along with some basic information, the option to see more detailed information on each plan, and the option of comparing up to 3 plans at a time. Once you select a plan, you can click on the “Enroll” button to enroll online.

While costs are important you should also consider other factors such as the list of important definitions below.

IMPORTANT DEFINITIONS

Prior Authorization: Prior approvals from an insurance plan before you get care or fill a prescription. In many instances, your doctor or health care provider must first contact the plan and show there is a medically-necessary reason why you must use that particular drug for it to be covered.

Quantity Limits: For safety and cost reasons, plans may limit the quantity of drugs that they cover over a certain period of time.

Step Therapy; In some cases, plans require you to first try one drug before they will cover another drug for that condition. For example, if Drug A and Drug B both treat your medical condition, a plan may require your doctor to prescribe Drug A first. If Drug A does not work for you, then the plan will cover Drug B.

Avoiding plans that have prior authorizations, step therapy, and quantity limits may save you time and headaches when you go to the pharmacy to have your prescription filled.

If you would like assistance using the Planfinder, contact the Aging and Disability Resource Center at 647-4616 for a Medicare Part D Information sheet to fill out and return to Elderly Benefit Specialist, Joanne Welsh. **The Elderly Benefit Specialist cannot select a plan for you.** However, she can provide you with information on the 3 least expensive plans for you. Additional information is available in your Medicare and You 2007 Handbook, online at www.medicare.gov, by phone at 1-800-MEDICARE (1-800-633-4227), or from the Aging and Disability Resource Center.

Lowering Your Risk of Colon Cancer

Author: Karen Barrow

Colon cancer is the third most common cancer in the United States, and well over 100,000 people will be diagnosed with the disease this year alone. And while it is the second and third leading cause of cancer death in women and men, respectively, more and more people are being successfully treated and cured of colon cancer because of improved screening methods that can detect the cancer in its earliest stages.

“One of the most powerful weapons in preventing colorectal cancer is regular colorectal cancer screening or testing,” writes the American Cancer Society (ACS) on its website. Since it takes 10 to 15 years for an abnormal cell to develop into colorectal cancer, regular screenings can help identify and remove abnormal cells before they ever cause a problem.

The ACS recommends that those at relatively low risk for developing colorectal cancer should begin having routine colonoscopies every ten years beginning at age 50. If you have a family history of the disease, or other risk factors that increase your risk of the disease, you may need to begin regular screenings earlier at more frequent intervals.

But preventing abnormal cells from growing altogether is

ideal, and while the exact cause of colon cancer is unknown, there are things you can do to lower your risk of colorectal cancer.

Measuring Your Risk

There are two types of risk factors for colorectal cancer: those you can change and those you can't. These “uncontrollable” factors include:

- **Age.** Inevitably, as you grow older, your risk of colon cancer rises considerably. Yes, it is possible for a young man or woman to get colon cancer, but their risk is considerably lower than someone over the age of 50.
- **Family History.** If you have a first-degree relative (mother, father, sister or brother) who has had colorectal cancer or adenomatous polyps (a precursor of colorectal cancer) before the age of 60, you are considered to be at an increased risk of developing the disease. Your doctor will likely recommend that you begin colorectal cancer screening before the age of 50, sometimes as early as age 40.
- **Personal History.** If you have any history of colorectal cancer or colorectal polyps, your risk for colorectal cancer is increased.
- **Other Diseases that Increase Risk.** If you have chronic inflammatory bowel disease, such as ulcerative colitis or Crohn's disease, you are at an increased risk for developing colon cancer. The ACS recommends that you begin getting regular colonoscopies 8 to 12 years after you were first diagnosed with inflammatory bowel disease. Additionally, people with diabetes have up to a 40 percent greater chance of being diagnosed with colon cancer.
- **Ethnic Background.** Jewish men and women of Eastern European descent have been found to have a higher rate of colorectal cancer due to a genetic mutation common in this group. Additionally, there is some evidence that African Americans are at an increased risk for colorectal cancer, but researchers are unsure as to why this is. If you do have one or more of these uncontrollable risk factors, it is important that you inform your doctor. Based on what you tell him or her, your doctor may recommend that you begin regular colorectal screenings earlier and/or more frequently. Keep in mind, though, that there are risk factors that are in your power to change. These include:
 - **Diet.** A diet high in fat, particularly animal fats, has been found to increase your risk of colorectal cancer. To lower your risk, the ACS recommends substituting plant-based foods for animal products whenever possible. Also, be sure to have five servings of fruits and vegetables each day and several servings of food from other plant sources, such as grains, rice, pasta or cereal. “Many fruits and vegetables contain substances that interfere with the process of cancer formation,” writes the ACS.
 - **Exercise.** Those who are not active are at a greater risk of developing colorectal cancer. Aim to do at least 20 minutes of exercise a day. It will both lower your risk of colorectal cancer and other diseases, as well as increase your overall fitness.
 - **Weight.** Obesity is linked to a higher risk of death from colorectal cancer. If you are overweight, be sure to speak with your doctor about healthy plans to help you shed the excess pounds.
 - **Smoking.** Smoking doesn't just hurt your lungs; it is estimated that smoking causes 12 percent of all fatal colorectal cancers. Chemicals in cigarettes and cigars are swallowed and absorbed into the bloodstream, increasing your risk of various types of cancer.
 - **Alcohol intake.** Heavy alcohol consumption has been linked to an increased risk of colorectal cancer. Be sure to limit alcohol intake to lower this risk. So, no matter what your risk is, by changing your diet, exercising, maintaining a healthy weight and limiting alcohol intake and smoking, you do have the power to lower your chance of developing colorectal cancer.

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Childhood Overweight, Obesity & Nutrition

Cause for Concern:

Overweight infants and children are at an increased risk of developing Type 2 diabetes, high blood pressure, high cholesterol, severe asthma and/or joint and bone problems. The Centers for Disease Control and Prevention describes the rise of overweight and obesity in America as an epidemic. The percent of children and adolescents who are overweight has doubled since the early 1970s. The percent of obesity in infants has also increased dramatically over the years.

Our Role:

In 2003, the Alliance began serving as a member of the **Wisconsin Partnership for Activity and Nutrition (WIPAN)**, a diverse, statewide group of over 100 people representing organizations and communities. As a member of WIPAN, we assisted in the development of the *Wisconsin Nutrition and Physical Activity State Plan* by ensuring that strategies were included to address the nutrition and physical activity priorities of children.

Wisconsin Nutrition and Physical Activity State Plan:

This state plan provides a framework to help create and support environments that make it easier for all Wisconsin residents to make healthy food choices, be physically active and achieve and maintain a healthy weight. **Learn more and access the state plan at:** <http://dhfs.wisconsin.gov/health/physicalactivity/StatePlan/index.HTM>

Eat Right:

- ◆ Choose fruits & vegetables.
- ◆ Choose whole grains.
- ◆ Eat breakfast.
- ◆ Watch your portion size.
- ◆ Limit sugar sweetened beverages, drink water.
- ◆ Choose to breast-feed.

Be Active:

- ◆ At least 30 minutes per day for adults.
- ◆ At least 60 minutes per day for children.
- ◆ At least 5 days a week.
- ◆ Everyday activities count (ex. yard work).
- ◆ Incorporate activity into your day (take a walk at lunch).
- ◆ Decrease TV viewing

Act, don't think, to relieve depression

Emily is having a conflict with a coworker and decides to stay home for several days. By withdrawing from a possible confrontation, she spares herself immediate distress. But at the same time, she is also depriving herself of the satisfaction she gets from work — the pleasure of completing tasks and earning money. She gets nothing in exchange for sacrificing these daily pleasures, because the original problem remains. As a consequence of avoiding a temporarily difficult and unpleasant situation, Emily only sinks deeper into depression. She eventually finds that getting out of bed in the

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morning has become as difficult as going to work had been a week ago.

In many cases, if Emily went to a therapist, the therapist might use cognitive therapy, which targets persistent self-defeating thoughts, or a variation called cognitive behavioral therapy, a version that includes behavioral training and homework. Cognitive behavioral therapy has become one of the most widely used treatments for depression. But some researchers have questioned whether cognitive behavioral therapy achieves a good-enough outcome. In a recent study comparing standard cognitive behavioral therapy with a new version of behavioral therapy called behavioral activation therapy, behavioral activation therapy showed promising results.

Behavioral activation therapy, the alternative used in the study, is based on the idea that depressed people experience the kind of vicious cycle that Emily does. They withdraw from the routine activities and demands of daily life to avoid emotional pain. As a result, they receive fewer rewards and become more depressed.

In behavioral activation therapy, the therapist is interested in the function of negative thinking — the way it promotes withdrawal — rather than its rightness or wrongness, as in conventional cognitive behavioral therapy. Patients are shown how to:

- find out and record what gives them a feeling of accomplishment, then do it more
- maintain regular routines and schedules — for example, keeping commitments even if they're anxiety-provoking — while exploring alternative behaviors by role-playing in the safer setting of the therapist's office
- avoid pessimism and gloomy rumination by directing their attention to the immediate experience of their senses — to observe the experiences rather than reacting to them or becoming self-critical.

In this respect, the authors point out, behavioral activation therapy resembles newer forms of cognitive therapies that encourage patients to acknowledge their thoughts and feelings as they arise, without judgment, and then let them go.

In a study at the University of Washington, nearly 250 people with major depression were divided into four groups that received either behavioral activation therapy, cognitive behavioral therapy, an antidepressant medication, or a sugar pill (placebo). Treatment continued for 24 sessions over four months while standard questionnaires measured changes in the symptoms. Results were tracked separately for mildly depressed and severely depressed patients.

Patients in all four groups improved, and all treatments were equally effective for the mildly depressed patients. For the severely depressed, behavioral activation and the antidepressant drug were equal, and both were superior to cognitive behavioral therapy and the placebo. But patients taking the medication or placebo were much more likely to drop out of treatment than those receiving psychotherapy. So, over all, behavioral activation therapy was the most successful treatment. In this study at least, when depressed people were prodded into action, they needed little more to experience improvement.

For more information on depression, order our special health report, *Understanding Depression*, available at www.health.harvard.edu/UD.

Surfing the Web?

Here are some friendly sites!

www.swwisconsinlife.com

A website completely dedicated to life in SW Wisconsin that keeps current with local events and opportunities for everyone.

www.familiesusa.org

Since 1982, Families USA has worked to promote high-quality, affordable health care for all Americans. As a national nonprofit, nonpartisan organization, we work at the federal, state, and community level to achieve this goal.

www.caregiver.com

Caregiver Media Group is a leading provider of information, support and guidance for family and professional caregivers. Founded in 1995, we produce *Today's Caregiver* magazine, the first national magazine dedicated to caregivers, the "Sharing Wisdom Caregivers Conferences", and our web site, www.caregiver.com, which includes topic specific newsletters, online discussion lists, back issue articles of *Today's Caregiver* magazine, chat rooms and an online store. Caregiver Media Group and all of its products are developed for caregivers, about caregivers, and by caregivers.

www.wicounties.org

The website for Wisconsin Counties Association (WCA). WCA is an association of county governments assembled for the purpose of serving and representing counties. Their website highlights county happenings and decisions pending and made that impact Wisconsin residents. A good site to keep informed.

Immunization Clinics

Richland County Health
& Human Services,
Public Health
(608) 647-8821

Richland Center

Second Wednesday of the month, 9-12 & 1-4 p.m.
Fourth Monday of the month, 4-6 p.m.
Fourth Thursday of the month, 4-6 p.m.

Location:

Public Health Office
Community Services Building
221 West Seminary Street
Richland Center, WI 53581

Childhood immunizations and Adult Tetanus are provided at no charge.

Please bring your immunization record to the clinic.

Adult Hep B is available at a nominal charge.

Signature of a parent or legal guardian is necessary on our permission form unless child is 18 years of age.

Fit Tip

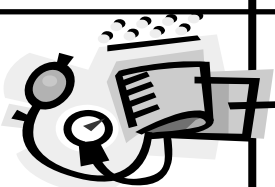
Would you like to have more energy and lose weight? Start with this – eliminate all caffeine and alcohol for 7 days and drink only water! See how you feel.



The majority of people are dehydrated most of the time. By drinking only water a person will become hydrated, have more energy and not retain water, because 60% of our body weight is water weight.

Answers to Word Search

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FREE Blood Pressure Clinics

Blood pressure clinics will be held at 11:30 a.m. on the following dates:

Richland Center Meal Site at Town and Country Church— May 8th & June 12th

Viola Meal Site @ old grade school— May 15th & June 19th

Rockbridge Meal Site—Elementary School Building— May 11th & June 15th

For more information on the nutrition site blood pressure clinics, contact the:

Aging and Disability Resource Center at
608-647-4616

Do you have a friend who cannot read this newsletter because of poor eyesight?

This newsletter is available on cassette tape and may be borrowed from the Aging & Disability Resource Center

For more information, call
608-647-4616

Community Events Calendar

May	Farmers Market in Richland Center	Courthouse square	Saturdays - 8 am to sold out	608-604-2838	Fresh fruits, veggies, and more., by local farmers
May4	Treasures Music with Harmonious Wail	Blue Highways, 165 N. Central Ave.	6:30 - 10 pm	608-647-7358	Gypsy Swing, British dinner served, by Treasures Music
May 5-8	Spring Citywide Rummage Sale	throughout area	All day	608-647-2911	Area family rummage & garage sales; Shopping News publishes map & locations, by Shopping News,
May6	"Howl and Meow"	Community Center, 600 W. Seminary	11 am to 3 pm	608-647-6333	Dog Walk fundraiser, food stand, speaker, pet portraits, and bake sale., by Ocooch Mountain Humane Society
May 13-20	National Nursing Home Week	Pine Valley Healthcare, 25951 Circle View Dr.		608-647-2138	Hunt for the Treasure Token begins - Many activities all week long, by Pine Valley Healthcare
May 16	Annual Pie Tasting Contest	Schmitt Woodland Hills, 1400 W. Seminary St.	1:30 pm	608-647-8931 x 302	SWH Auxiliary fundraiser using local celebrities to judge pies baked by locals with eating for all afterwards. Admittance - \$2.00, by Schmitt Woodland Hills
May 17-20	WI Society for Ornithology Convention (WSO)	UW-Richland Campus, 1200 Hwy 14 W.	5:30 am to 8:30 pm	608-538-3820 or 608-538-3822	Birding field trips, Banquet, presentations on bird-related topics. Cost varies with events attended, by WI Society for Ornithology
May 22	After 5 Business Card Exchange	hosted by Krause Monument, 600 S. Church St.	5:01 - 6:30 pm		Stop in for refreshments and a meet & greet with other business professionals, say "Hello" and exchange business cards.
May 24 & 31	Sign up for Richland Center Archery Club 3-D League			Contact Jim Birch 647-3423 or Herb Moore 647-4103.	6 Week league
May 28	Water Memorial Service	American Legion Flag Park, Hwy 14 W.	11 am to 12:30	608-647-3897	Flowers are strewn on the river to honor Veterans who died at sea (Girl Scouts assist), by Woman's Relief Corps
May 28	Memorial Day Service			Larry Ledman, Commander	Downtown parade and service at cemetery, by VFW
June	Farmers Market in Richland Center	Courthouse square	Saturdays - 8 am to sold out	608-604-2838	Fresh fruits, veggies, and more., by local farmers
June	Akey School Museum	County TB	Sundays - 1-4 pm	608-647-4860	Fully restored one-room rural schoolhouse., by Richland County Historical Society
June 1	Treasures Music with Randy Sabien Group	Blue Highways, 165 N. Central Ave.	6:30 - 10 pm	608-647-7358	Blues, Jazz, Swing, Italian dinner served, by Treasures Music
June 1-3	Hub City Celebration & Softball Tournament	Mick Memorial Park, Hwy 80 in Hub City	8 am to 12 pm	608-647-2079	Euchre at 7:30 pm, Music at 8 pm, Men's Softball, by Mick Memorial Park
June 1-3	Country in the Country	Bear Valley Park on Hwy 130	Evening	608-647-6655	25 to 30 bands, Fun for the whole family - music, food, raffles - supporting regional Country Music., \$5/person/day or \$10 for the weekend
June 2	10th Annual Fishing Derby	North Park Pond, Hwy 80 N in Richland Center	8 am to 11 am	608-647-8108	Boys & Girls 5-14, must be accompanied by an adult, bring your tackle box and bait, contests and prizes for everyone. FREE, by City of Richland Center - Parks, Recreation, & Grounds Department
June 2	Badger Poultry Club Show	Fairgrounds, 23630 County AA	9 am to 3 pm	608-647-6859	800 chickens, turkeys, and ducks exhibited - swap section. Free admittance. by Richland County Fair
June 10	27th Annual Richland County Dairy Breakfast	At Durst Larse Farm 17827 County Hwy A RC	7 am to 1 pm	608-585-3362 or bubbles@mwt.net	Join us for a great Richland County farm breakfast, Adults \$5, 10 & under \$3., by Richland County Dairy Breakfast
June 10	Pine Valley Family Picnic	Pine Valley, 25951 Circle View Dr.	11:30 am to 2 pm	608-647-2138	Please join us for our annual picnic and pig roast, music and silent auction. All are welcome., by Pine Valley Healthcare
June 13	Farmers Market in Richland Center on Wednesdays	Community Center, 600 W. Seminary	3 pm to 5:30 pm	608-604-2838	Fresh fruits, veggies, and more, by local farmers
June 15-17	WI High School Rodeo Finals	Fairgrounds, 23630 County AA	Fri-Sa 1:30 & 7:30 pm, Sun Final performance at 1:00 pm	Rodeo 608-647-3879, Grounds 608-647-6859	Contestants compete for the right to the nationals. Adults \$7, by Wisconsin HS Rodeo
June 16-17	Rodeo Pancake Breakfast	Fairgrounds, 23630 County AA	7 to 10 am.	608-647-3879 or boxcar@mwt.net	Pancakes, sausage, hash browns - a great way to start your day!, by WI High School Rodeo
June 16	June Dairy Days Rodeo Parade	through downtown streets in Richland Center	10:30 am	608-647-3879 or boxcar@mwt.net	Richland Center celebrates the Dairy Industry and High School Rodeo, by WI High School Rodeo
June 19-24	Camping for Star Spangled Celebration	Fairgrounds, 23630 County AA		608-647-6859	Camping (with electricity & water) - shuttle buses to festival grounds, by Richland County Fair - call ahead to reserve
		Pier County Park		608-647-4673	Call ahead to reserve
		Alana Springs		608-647-2600	Call ahead to reserve
June 21-23	Star Spangled Celebration	Krouskop Park, Hwy 14 W	At dusk	608-647-5155	Country Music Festival featuring top Nashville entertainment. See www.starspangled.com for ticket information, by Star Spangled Celebration
July 1	Richland Center 4th of July Celebration	Krouskop Park, Hwy 14 W	At dusk	608-647-3466	By the City of Richland Center
July 4	Lone Rock 4th of July Celebration			608-583-2335	Family event featuring parade, food & fireworks set to music at dark, by Town of Lone Rock
July 6	Treasures Music with Kydd & Byrd	Dr. Killian H. Meyer Building, Krouskop Park	6:30—10 pm	608-647-7358	Acoustic Rock, summer picnic, bring chairs, by Treasures Music

1-2-3 Peach Cobbler

Using cooking spray to coat your baking pan lowers fat and calories.

- 1/2 tsp cinnamon, ground
- 1 tbsp vanilla extract
- 2 tbsp cornstarch
- 1 cup peach nectar
- 1/4 cup pineapple juice or peach juice
- 2 16-oz cans peaches, sliced, packed in juice, drained (or 1-3/4 lbs) fresh
- 1 tbsp margarine
- 1 cup dry pancake mix
- 2/3 cup all-purpose flour
- 1/2 cup sugar
- 2/3 cup evaporated skim milk
- nonstick cooking oil spray (for baking dish)

Topping:

- 1/2 tsp nutmeg
 - 1 tbsp brown sugar
- Combine cinnamon, vanilla, cornstarch, peach nectar, and pineapple or peach juice in a saucepan over medium heat. Stir constantly until mixture thickens and bubbles.
- ◆ Add sliced peaches to mixture.
 - ◆ Reduce heat and simmer for 5 to 10 minutes.
 - ◆ In another saucepan melt margarine and set aside.
 - ◆ Lightly spray an 8-inch square glass dish with cooking oil spray. Pour hot peach mixture into the dish.
 - ◆ In another bowl, combine pancake mix, flour, sugar, and melted margarine. Stir in milk.
 - ◆ Quickly spoon this mixture over peach mixture.
 - ◆ Combine nutmeg and brown sugar. Sprinkle mixture on top of batter.
 - ◆ Bake at 400° F for 15 to 20 minutes or until golden brown.
 - ◆ Cool and cut into 8 squares.

Makes 8 servings--Serving size: 1 square contains: Calories 271; Fat 4 g; Saturated fat less than 1 g; Cholesterol less than 1 mg; Sodium 263 mg

Neighborhood Housing Services of Richland County

Neighborhood Housing Services of Richland County is in its 24th year of doing business as a private non-profit, community controlled corporation with a volunteer board and committees. This NHS was originally named NHS of Richland Center and was modeled after similar programs in 162 neighborhoods across the United States. It was the first established nationwide pilot rural city program, selected to utilize the neighborhood idea on a city-wide basis. In 1988, NHS expanded its pro-

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grams to cover all of Richland County and officially changed its name to NHS of Richland County.

NHS of Richland County provides a number of services such as home repairs, down payment and/or closing cost assistance to purchase a home, predatory lending and foreclosure prevention counseling and new home construction program. NHS of Richland County also operates the Park Hotel, Senior Citizens Apartments.

NHS assists homeowners with repairs or rehabilitation of their home for items that do not meet decent, safe, sanitary, and handicapped accessibility standards. Low interest or 0% deferred loans and grants may be available for eligible households through multiple funding sources. NHS finds and works with insured contractors for you!

NHS assists middle to low income families' purchase housing. If eligible, families may purchase a brand new stick-built house or a house of the buyer's choice. Down payment and/or closing costs are 0% deferred to eligible home buyers.

The Homeownership Center staff can provide **FREE** information regarding Predatory Lending. They can help you determine if the loan you were offered has excessive or hidden costs and if you can really afford to make the payments through the life of the loan. NHS offers **FREE** Foreclosure Prevention counseling for homeowners who become behind in their mortgage payments. Currently, this counseling is offered to residents of Richland County only, with referrals given to those outside the jurisdiction to other agencies. When needed, NHS counselors will help clients create a plan of action and speak to their lenders on the clients' behalf. If you are facing a foreclosure, the first step should be to speak to your lender to determine if you can reach an agreement that will benefit both of you.

The **Park Hotel Apartments** are for folks over 55 years of age. The building is handicapped accessible and is secure with affordable rents. Call for an application to be placed on the waiting list!

This newsletter is prepared and submitted six times yearly to the residents of Richland County by Health and Human Services.

Editor: Patrick Metz.

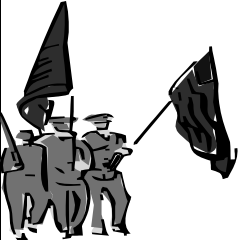
All questions regarding this newsletter should be addressed to:
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 1000 US Highway 14 W
 Richland Center, WI 53581
 (608) 647-6384
 metzp@co.richland.wi.us

To view this newsletter, as well as past editions of this Newsletter, please visit our website.
<http://co.richland.wi.us/departments/hhs/newsletter/index.html>

The information available from Family and Friends Newsletter is intended as a general reference source. Information provided should be carefully evaluated for its source, accuracy, currency, completeness and relevance for your purposes, and you should obtain appropriate professional advice relevant to your particular circumstances. The information and links contained in the Family and Friends Newsletter are not endorsed nor supported by Richland County Health and Human Services.

MAY, 2007

Occasionally, it is necessary to make changes in the menus. All meals are served with bread and milk. Please call the meal site for reservations at least one day in advance.

Richland County Nutrition Program	1 Ham, Scalloped Potatoes, Corn, Fruit Crisp/Topping	2 Roast Beef, Mashed Potatoes/Gravy, Carrots, Fruited Jell-O & Topping	3 Spaghetti/Meat Sauce, Garlic Bread, Tossed Salad, Pudding Torte	4 Chicken & Biscuits, Mixed Vegetables, Cottage Cheese, Pineapple, Sugar Cookie
7 Kielbasa, Macaroni & cheese, Beets, Pears	8 Bar-B-Q Ribs, Baked Potato, Sour Cream, Calif. Blend Veg., German Chocolate Cake	9 Baked Chicken, Mashed Potatoes, Gravy, Green Beans, Peaches	10 Chop Suey/Rice, Oriental Vegetables, Cook's Choice Salad, Cook's Choice Dessert	11 Baked Fish, Potatoes, Carrots, Lemon Bar
14 Chicken Strips, Potato Wedges, Baked Beans, Mandarin Oranges	15 Salisbury Steak, Mashed Potatoes/Gravy, Frozen Mixed Vegetables, Angel Food Cake, Strawberries/Topping	16 Roast Pork, Potatoes, Asparagus, Applesauce	17 Beef Stew, Baking Powder Biscuit, Cabbage Salad, Apricots	18 Glazed Chicken, Baked Potato, Sour Cream, Peas, Rhubarb Torte
21 Ham, Sweet Potatoes, Green Beans, Mixed Fruit	22 Lasagna, Garlic Bread, Tossed Salad, Cook's Choice Dessert	23 Roast Turkey, Mashed Potatoes & Gravy, Peas & Carrots, Cranberries, Pumpkin Bar	24 Meatloaf, Baked Potato, Sour Cream, California Blend Vegetables, Frosted Cake	25 Pork Chop, Seasoned Ride, Corn, Apple Crisp
28 Memorial Day – Sites Closed 	29 Hamburger/Bun, Cheese/Pickles, etc., Potato Salad, Baked Beans, Cookie	30 Swiss Steak, Mashed Potatoes/Gravy, Carrots, Birthday Cake	31 Turkey & Noodles, Cheese Bread, 7 Layer Salad, Peaches	Tip of the Month – For a quick refreshing salad, mix 3 cans of drained, rinsed pinto and other beans with ½ cup each chopped scallions & red onion. Stir in 3 cloves chopped garlic, 1-2 TBLS. olive oil, 4-5 TBLS. red wine vinegar & juice of ½ lemon.

For information (or reservation) about the Nutrition Program, please call:

Richland Center – Town & Country Presbyterian Church – Paula White @ 647-2323

Rockbridge – Juanita Wahl – Serve Mon., Wed., and Fri. @ 647-9187 **Viola** – Lorraine White @ 627-1869

Germantown – Judy Thompson @ 983-2786 Boaz – **Karen's Supper Club** - Serve on Wednesdays only at 11:30 – 536-3792



JUNE, 2007

Richland County Nutrition Program	Enjoy the Summer —June 1-3 Hub City Celebration & Softball Tournament; June 10 Richland County Dairy Breakfast; June 16 June Dairy Days Rodeo Parade; June 21-23 Star Spangled Celebration			1 Crispy Baked Fish, Potatoes, Cabbage Salad, Brownie
4 Sloppy Joes/Bun (Beef Bar-B-Q), Potato Wedges, Baked Beans, Chocolate Chip Cookie	5 Meatloaf, Baked Potato, Sour Cream, Corn, Cherry Cheesecake	6 Chicken, Mashed Potatoes/Gravy, Carrots, Striped Delight Pudding Torte	7 Chop, Hash brown Casserole, Calif. Blend Vegetables, Applesauce Gelatin	8 Stroganoff, Noodles, Green Beans, Tossed Salad, Mixed Fruit
11 (Beef/Beans), Cornbread & Honey, Cheese Slice, Peaches	12 Chicken, Baked Potatoes, Sour Cream, Froz. Mixed Veg., Pineapple Upside Down Cake	13 Roast Pork, Mashed Potatoes, Peas, Fruit Crisp	14 Meatballs, Noodles, Beets, Cabbage Salad, Cook's Choice Dessert	15 Chicken Salad Sandwich, Potato Salad, Broccoli Salad, Mixed Melon
18 Ham, Scalloped Potatoes, Green Beans, Mixed Fruit	19 Chicken & Biscuits, Mixed Vegetables, Cottage Cheese, Pineapple	20 Lasagna, Soft Bread Sticks, Tossed Salad, Peaches	21 ^{1st Day of Summer} Baked Chicken, Mashed Potatoes/Gravy, Carrots, Cookie	22 B-Q Pork/ Bun, Calico Beans, Coleslaw, Angel Food Cake, Strawberries, Topping
25 Bologna, Macaroni & Cheese, Mixed Vegetables, Pears	26 Pork Cutlet, Cheesy Au gratin Potatoes, Peas, Butter- scotch Torte	27 Roast Turkey, Mashed Potatoes/Gravy, Corn, Cranberries, (Birthday) Carrot Cake	28 Spaghetti & Meatballs, Garlic Bread, 7 Layer Salad, Cookie	29 Baked Fish, Potatoes, Broccoli, Mandarin Oranges