

Family

FREE

and

Friends



A monthly newsletter brought to you by Richland County Health & Human Services and the Aging and Disability Resource Center of Eagle Country—Richland Center Office

September is Healthy Aging Month Tips for Seniors



[September is Healthy Aging Month](#) and it's a great time to think about staying active. What does active mean to you? Is it traveling, gardening, exercising, socializing... whatever it is that keeps you moving, keep doing it. One great idea is to get yourself ready to be active. Here are some great tips to do this:

- Give yourself time to prepare. Generally it takes your body three weeks to three months to see a significant improvement in your fitness level so the most important part is getting started and sticking to a new routine.
- Focus on cardiovascular fitness. Individuals who are over 50 should get 150 minutes of brisk activity a week. The best activities are swimming, walking and biking. If you can, get outdoors and enjoy nature while doing your activities.
- Focus on strengthening and balance. Look for activities and classes that will help improve your strength. A great opportunity is to see what types of community programs there are including Health Promotion classes are available and are supported by the ADRC.
- Keep your mind active and focus on mental wellness. It is important to think positive and have a good support system by engaging with trusted family and friends. Having people who will listen to you in good times and bad times is important, especially in these strange times. You can also look for groups that interest you.

The take away is to try to stay positive , stay engaged with others, and engage in activities that you enjoy!

Stay Engaged



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AVOIDING FALLS MEANS HONEST TALK

Avoiding Falls Means Honest Talk and New Skills for Older Adults

Falls may not seem like an obvious topic for a casual gathering of active older adults. But mention the subject, and it quickly takes center stage. For one person, it's the story of an older relative whose fear of falling keeps them homebound. For another, it's their worry about a spouse who won't admit that falling has become a problem. No matter the variety of personal experiences, however, everyone will agree: older adults don't want to become a fall-injury statistic.



And their concern is well placed. The Centers for Disease Control and Prevention (CDC) reports that falls are by far the most common cause of accidental injury for older adults in the US. Each year, 2.3 million adults over 65 have a fall, leading to serious injuries in about 1 in 3 cases. At a local level, the picture is even more grim. If you are over 65, just living in Wisconsin increases your risk of dying from an accidental fall by more than twice the national average, according to CDC data. Icy winters and the state's high standards for tracking fall-related injuries don't fully explain the startling statistic. Public health experts say that's made it difficult to address the causes of the disparity.

Beyond the scary numbers, there's another side to falls that older adults need to know. "Falls are preventable and they are not a normal part of aging," says Betsy Abramson, Executive Director of the Wisconsin Institute for Healthy Aging. Abramson's organization supports training and research for falls prevention programs in Wisconsin communities, including a class called Stepping On. "Studies in Wisconsin have shown Stepping On reduced participants' likelihood of falling by 30% after taking the class. That's a lot of bruises, or even more serious injuries that people avoided. It very good news because it shows older adults there are effective ways to protect themselves from falls."

"Nobody wants to fall," says the Aging and Disability Resource Center of Eagle Country-Richland Center office and Symons Recreation, who partner to provide local fall prevention classes for Richland County. "People want to be proactive, but they need to know how to recognize their risk in the first place. Classes like Strong Bodies, Tai Chi, and Stepping On make people aware of hazards they take for granted at home or out in the community. Instead of scaring them, these programs puts the problem-solving in their hands."

Katherine Bowen - a busy community activist and grandmother - is also a peer leader for the Stepping On program in Dane County. She agrees that awareness is a big part of preventing falls. "That's the thing I practice to this day. I learned to pay attention to my surroundings as well as build my strength," she says. "When you see what you can do -- the changes you can make in your life -- it really gives you confidence."

Health promotion workshops meet one to three days a week for 6-8 weeks. Participants gain the tools to be safe in their homes and every day lives. Programs are fun and improve functioning.

Anyone over 60 who has fallen or is concerned about falling should consider taking a falls prevention class such as Stepping On, Tai Chi, or Strong Bodies. For more information about these programs contact the ADRC at 608-647-4616 or Symons Recreation at 608-647-8522.

SEPTEMBER FAMILY & FRIENDS RECIPE TO TRY



Shrimp and Snow Pea Stir Fry

Prep Time: 10 min Cook Time: 35 min Yield: 4 servings



Ingredients:

8 oz. rice linguini noodles
8 oz shrimp peeled and deveined
Salt to taste
Black pepper to taste
1/4 cup plus 1 tbsp. sweet chili sauce, divided
8 oz snow peas, slice on the diagonal
2 tbsp. Canola oil, divided

Directions:

1. Bring 3-4 quarts of water to a boil and remove from heat. Place rice linguine noodles in a large metal or glass bowl and cover in hot water for 25 minutes, stirring with a fork frequently to break up any noodle clumps. After about 15 minutes water should be cool enough to pull out and separate any clumped noodles.
2. Rinse shrimp and place on a paper towel lined plate. Pat dry and season with salt and pepper on both sides. Add shrimp and 1 tablespoon sweet chili sauce to a container with a lid. Refrigerate for at least 15 minutes and up to overnight.
3. Drain and rinse noodles and return to the bowl. Gather

your ingredients (noodles, shrimp, remaining 1/4 cup sweet chili sauce, and snow peas) in bowls and place on a sheet tray next to the stove.

4. Heat a large skillet or wok over high heat. Add 1 tablespoon oil and swirl in pan to coat. When you see the first wisps of smoke, add shrimp and cook until they begin to turn pink, 1 minute each side. The sugars in the sweet chili sauce should caramelize just a little bit and create tasty bits in the pan.
5. Make space in the middle of the pan, add remaining 1 tablespoon oil and sliced snow peas and cook 2 minutes. Add prepared noodles and 1/4 cup of sweet chili sauce. Continue to cook until noodles are coated and heated through, about 4 to 6 minutes. Serve immediately.

(courtesy of Delish)



SPOTLIGHT ON DRIVING RETIREMENT

Being able to drive is more than just getting where you want to go. It is a symbol of freedom, independence and self-sufficiency. But it is important to consider what happens when declining vision, medication side-effects or a degenerative condition means your loved one is no longer safe to drive. Transitioning from driver to non-driver is a difficult decision. Planning ahead can alleviate some anxiety.

Just like people plan for retirement when they leave the workforce, **Driving Retirement** is planning for a time when driving is no longer safe. It is a proactive move that gives a person control over how to live life outside the driver's seat and avoids having to take away their keys.

Discussing driving retirement with the person you are (or will be) caring for while the person still drives will make the transition from driver to rider easier. Consider the following points as you help your loved one map out a driving retirement.

Start by learning what transportation options are available by talking to friends, health care providers and the ADRC of Eagle Country's Richland Center office to find details about how to utilize them.

Make a list of the person's transportation needs and alternative ways to meet those needs. In addition to public transportation options they might be able to order things through the mail, use a delivery service, walk, bike or ask family or friends for rides. Include family members and friends in the conversation as you develop the plan and don't forget to include social activities.

Once the transportation plan is in place, encourage your loved one to start trying out new transportation methods right away. Go with them as they ride the bus, help them make an online order or walk with them to a nearby store. This will help to reduce stress and increase confidence.

The next step is to determine when it is time to stop driving. The following are some warning signs of unsafe driving.

- Abrupt lane changes, braking or accelerating
- Confusion at exits or turns
- Delayed responses to unexpected situations
- Lack of attention to traffic signs or pedestrians
- Increased agitation or irritation while driving
- Vehicle crashes or near misses

There is usually not a specific day when you know it is time to stop driving. Decisions should be based on driving behavior over a period of time, not just a single incident. Because timing can be unclear, have agreed upon measures in place – a driving contract, regular review by family, completion of a driving assessment, or a discussion with a physician – to help determine the balance between a person's desire to drive with the need for safety.

When it is time to put the driving retirement plan into action be positive and optimistic. Review the transportation plan and make adjustments as needed. Even when change is unwanted, people have the ability to adapt and thrive. Plan to visit them frequently and be sure that transportation is available to meet their social needs as well.

Get the conversation started about planning a driving retirement to prevent a more difficult scenario in the future. Utilize the Driving Retirement Brochure & Workbook and other resources found at the ADRC of Eagle Country-Richland Center office or online at gwaar.org/transportation to help you find the balance between maintaining independence and ensuring safety, for you, your family and your community.



Jane Mahoney
Caregiver Support Specialist
Greater Wisconsin Agency on Aging Resources

Time to review your Medicare Part D Prescription Drug Plan

Medicare Open Enrollment

October 15-December 7

Did you know?

Every year insurance companies can change their formularies (list of covered drugs), premiums, deductibles and copays so ALL Medicare Part D plans should be reviewed EVERY YEAR

For assistance with Medicare plan comparisons or questions, contact the ADRC of Eagle Country-Richland Center office at 608-647-4616



Richland County Nutrition Program September 2021

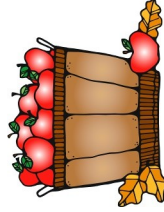
Occasionally, it is necessary to make changes in the menus. All meals are served with milk. Please call the meal site for reservations by 1pm at least one day in advance.

<p>Richland Center Meal Site Mon.- Fri. Call Tina/Sandi 647-2323; Grab N Go at Richland Center Meal Site available M-W-F Only; Germantown Meal Site – Monday, Wednesday and Thursday(Home Delivered) Congregate (Wednesday Only) – Rita Connors (608) 983-2798; Rockbridge Dining Center M-W-F –Norma Pyfferoen 647-3900 or the meal site 649-3269</p>	<p>1 Chicken Alfredo Over Fettuccini Noodles Brussel Sprouts Seasoned Beets Fruit Torte w/Topping</p>	<p>2 Cream of Mushroom Pork Mashed Potatoes w/Gravy Steamed Broccoli Mixed Fruit WG Dinner Roll Oatmeal Cookie</p>	<p>3 Spaghetti w/Meat Sauce Buttered Peas/Corn Mixed Greens Salad Garlic Bread Fruit Cobbler</p>
<p>6 Labor Day Meal Sites ~CLOSED~</p>	<p>7 Beef & Barley Soup Turkey & Ham Sandwich Tossed Salad Pineapple Cook's Choice Dessert</p>	<p>8 Pork Loin Squash w/Brown Sugar Green Beans Cranberry Fluff, WG Dinner Roll, Cookie</p>	<p>10 Swiss Steak w/Gravy Mashed Potatoes California Blend Veggies Pears Gelatin Poke Cake</p>
<p>13 Sloppy Joes on a Bun Company Potatoes Broccoli Autumn Fruit Salad Reese's PB Bar</p>	<p>14 Chicken Pot Pie Stew Over a Biscuit Pineapple & Mandarin Oranges Chocolate Cake</p>	<p>15 Cheeseburger on WG Bun w/ Lettuce, Onion Pickle Spear Vegetable Mac. Salad Fresh Fruit Salad Frosted Pumpkin Bars</p>	<p>17 Meatloaf Mashed Pot. w/Gravy Steamed Carrots Fruit Crisp WG Dinner Roll</p>
<p>20 Roast Turkey Rosemary Red Roast Pot. Pickled Beets Peaches Cookie</p>	<p>21 Hearty Potato Soup Ham & Cheese Sandwich Spinach Salad Fruit Compote BB Brownie</p>	<p>22 Baked Fish Dill Potatoes Mixed Vegetables Tropical Fruit Cherry Lemon Cake WG Dinner Roll</p>	<p>24 BBQ Pulled Pork w/Bun Mashed Sweet Potatoes Coleslaw Baked Beans Mixed Fruit Peanut Butter Brownie</p>
<p>27 Kielbasa w/Sauerkraut Mashed Potatoes Cowboy Beans Coleslaw Fruit Crisp w/Topping</p>	<p>28 Cream of Broccoli Soup Egg Salad/Lettuce Sandwich Tomato Basil Salad Fruit Pie Square</p>	<p>23 Lasagna Green & Gold Beans Fresh Fruit Salad Garlic Bread Bread Pudding w/Vanilla Sauce</p>	<p>30 Roast Beef Rosemary Roasted Red Potatoes Capri Vegetables Fruited Jell-O w/Topping WG Dinner Roll</p>



All menu items are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact and thus cannot offer a substitution item.

WOODMAN SENIOR CENTER
1050 N. ORANGE ST., RICHLAND CENTER, WI 53581 PH. 647-8108 EXT. 3
HOURS: MONDAY THRU FRIDAY 8:00-5:00
SEPTEMBER 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Stop in for a cup of coffee and read the daily newspaper or the Observer	Take a book from our library or play any game from the game closet.	Work on the puzzle or play a game of pool.	7 8:30-Haase and Cribbage 10:00-Rummikub 1:00-Pinochle	2 8:00-10:00-Community Coffee Club 1:00-Your Choice Cards & Knitting	3 1:00-Haase and Cribbage	4 CLOSED
5 CLOSED	6 9:30-11:30-Play Bingo For Prizes 1:00-Play "500" or-Rummikub	7 9:30-Sheepshead 10:00-Rummikub 1:00-Euchre	8 8:30-Haase and Cribbage 10:00-Deer in the Headlights 1:00-Pinochle	9 9:30-Your Choice Game or Cards 1:00-Rummikub 1:00-Knitting Group	10 1:00-Haase and Cribbage	11 CLOSED
12 CLOSED	13 9:30-11:30-Play Bingo for Prizes 1:00-Play "500" or Card Game Your Choice	14 9:30-Sheepshead 10:00-Rummikub 1:00-Euchre	15 8:30-Cribbage and Haase 10:00-Rummikub 1:00-Pinochle	16 10:00-RC Area Senior Citizen Potluck 1:00-Knitting Group 2:00-Rummikub	17 1:00-Haase and Cribbage	18 CLOSED
19 CLOSED	20 9:30-11:30-Play Bingo for Prizes 1:00-Play "500" or any Card Game	21 9:30-Sheepshead 10:00-Rummikub 1:00-Euchre	22 8:30-Haase and Cribbage 10:00-Yr. Choice Any Game 1:00-Pinochle	23 9:30-Memory Café 10:00-Rummikub 1:00-Knitting Group 1:30-Caregiver Support Group	24 1:00-Cribbage and Haase	25 CLOSED
26 CLOSED	27 9:30-11:30-Play Bingo For Prizes 1:00-Play "500" or any Card Game	28 9:30-Sheepshead 10:00-Mexican Train Or Rummikub 1:00-Euchre	29 8:30-Haase and Cribbage 10:00-Deer in the Headlights 1:00-Pinochle	30 10:00-Mexican Train or Rummikub 1:00-Knitting Group 1:00-Your Choice Game		

HELPFUL FACTS ABOUT SOCIAL SECURITY DISABILITY

By [Dawn Bystry, Deputy Associate Commissioner, Office of Strategic and Digital Communications](#)

Six facts you should know about SSDI

1. **SSDI is coverage that workers earn.** If you paid enough Social Security taxes through your lifetime earnings, our SSDI provides support by replacing some of your income if you're disabled and unable to work.
2. **The Social Security Act—the law governing SSDI—has a strict definition of disability.** You are considered disabled if you can't work due to a serious medical condition that has lasted, or is expected to last, at least one year or result in death. We do not offer temporary or partial disability benefits.
3. **Disability can happen to anyone at any age.** Serious medical conditions, such as cancer and mental illness, can affect the young and elderly alike. One in four 20-year-olds will become disabled before retirement age. As a result, they may need to rely on Social Security disability benefits for income support.
4. **SSDI payments help disabled workers to meet their basic needs.** The average monthly Social Security disability benefit is \$1,280, as of April

2021, which allows disabled workers who can no longer work meet their basic needs.

5. **Social Security works aggressively to prevent, detect, and help prosecute fraud.** The agency is committed to protecting your investment. Along with the Office of the Inspector General, SSA takes a zero tolerance approach to fraud. The result is a fraud incidence rate that is a fraction of one percent.
6. **Social Security helps people return to work without losing benefits.** Often, people would like to re-enter the workforce. However, many worry they'll lose disability benefits if they try working, or if they're unsuccessful in returning to work. SSA connects them to free employment support services and helps them maintain benefits, such as health care. Learn about the [Ticket to Work](#) program on SSA's website.

SSA is with you through life's journey, paying disability benefits to almost 10 million disabled workers and their spouses and children. Learn more about the [disability insurance program](#) today.



QUALIFYING FOR SUPPLEMENTAL SECURITY INCOME

Social Security pays monthly Supplemental Security Income (SSI) to people with disabilities who have low income and few resources, and people who are age 65 or older without disabilities who meet the financial limits.

Income is money you receive, such as wages, Social Security benefits, and pensions. Income also includes things like food and shelter. The amount of income you can receive each month and still get SSI depends partly on where you live.

Resources are things you own, including real estate, bank accounts, cash, stocks, and bonds, which we count in deciding if you qualify for SSI. You may be able to get SSI if your resources are worth \$2,000 or less. A couple may be able to get SSI if they have resources worth \$3,000 or less. If you own property that you are trying to sell, you may be able to get SSI while trying to sell it.

Social Security will not count economic impact payments, also known as coronavirus stimulus payments or

CARES Act payments, as income for SSI. These payments will also not count as resources for 12 months. You can learn more about qualifying for SSI by reading Social Security's publication, [Supplemental Security Income](#).



If you're an adult with a disability intending to file for both SSI and Social Security Disability Insurance, you can apply online for both benefits at the same time if you:

- Are between the ages of 18 and 65.
- Have never been married.
- Are a U.S. citizen residing in one of the 50 states, District of Columbia, or the Northern Mariana Islands.
- Haven't applied for or received SSI benefits in the past.

(courtesy of [ssa.gov](#))



Autumn



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

ACORN
 APPLE
 AUTUMN
 CIDER
 COLORS
 CORN
 FALL
 FOOTBALL
 GOURDS
 HARVEST
 LEAVES
 ORANGE
 ORCHARD
 PUMPKIN
 RAKING
 SCARECROW
 SEASON
 SQUASH
 YELLOW

Can you unscramble the Autumn words?

1. vhtsear -----
2. aveesl -----
3. cesowrrac -----
4. lowlye -----
5. binrefo -----
6. dcoharr -----
7. aker -----
8. racon -----
9. isrqeulr -----
10. alpep -----
11. ganreo -----
12. lfal -----
13. hqssau -----
14. owbrn -----
15. edcri -----



ENERGY ASSISTANCE 2021-2022

The Wisconsin Home Energy Assistance Program (WHEAP) provides assistance for heating costs, electric costs, and energy crisis situations. Operating with federal and state funding, the program provides assistance to approximately 225,000 Wisconsin households annually. Most types of fuel are eligible to receive assistance. Whether you use wood, propane, natural gas, electricity, or fuel oil to heat your home, energy assistance is available if you qualify.



Heating Assistance WHEAP assistance is a one-time payment during the heating season (October 1-May 15). The funding pays a portion of the heating costs, but the payment is not intended to cover the entire cost of heating a residence. The amount of the energy assistance benefit varies depending on a variety of factors, including the household's size, income, and energy costs. In most cases the energy assistance benefit is paid directly to the household energy supplier.

There is also **Crisis Assistance** and **Furnace Assistance** available. Both programs require the household to meet eligibility requirements. Crisis Assistance will provide assistance if you have no heat, have received a disconnect notice from the heating vendor, or are nearly out of fuel and do not have the money to purchase more. Furnace Assistance can provide services if the furnace or boiler stops operating during the heating season. Heating system assistance includes payment for repairs, or in some situations your residence may qualify for a total replacement of a non-operating furnace or boiler.

How to Apply Your household may be eligible for Wisconsin Home Energy Assistance Program (WHEAP) services based on a number of factors. However, if the gross income for your household is less than the amount shown on the following chart, you might be eligible to receive assistance. Households must complete a Home Energy Plus application through the local WHEAP agency.

For more information on the Wisconsin Home Energy Assistance Program (WHEAP) and how to apply, please call **1-866-HEATWIS (432-8947)**, or visit the "[Where to Apply](#)" tab on www.homeenergyplus.wi.gov to find your local energy assistance agency.

INCOME GUIDELINES FOR THE 2020-2021 HOME ENERGY PLUS PROGRAM YEAR

60 PERCENT OF STATE MEDIAN INCOME GUIDELINES

****Please note the amounts below are the 2020-2021 amounts as guidance has not yet been received for the 2021-2022 season.**

HOUSEHOLD SIZE	ONE MONTH INCOME	ANNUAL INCOME
1	\$ 2,490.08	\$29,881
2	\$ 3,256.33	\$39,076
3	\$ 4,022.50	\$48,270
4	\$ 4,788.67	\$57,464
5	\$ 5,554.83	\$66,658
6	\$ 6,321.00	\$75,852
7	\$ 6,464.67	\$77,576
8	\$ 6,608.33	\$79,300



ALIVE AND KICKIN TOUR EVENT CANCELLED

Unfortunately the ADRC of Eagle Country had to make the hard decision to postpone the event Alive and Kickin due to an increase of COVID cases in our county and region. The event will be offered next Spring instead.

The “Alive and Kickin” group combined with the Remember Project event focuses on providing fun entertainment through music combined with a short one act play aimed to provide education regarding memory loss. This event promised to be a fun and educational event meant for all age groups. The ADRC is excited to offer the program in 2022!

There was a great deal of interest in our community and many people had made reservations for the event. For individuals who had signed up for the event, we will mail or call you with information regarding when the it will be offered in 2022. Once there is a new date set the ADRC will make sure to advertise it far and wide so people are aware.

COVID has continued to affect our community and will continue to do so. Please remember to wear a mask when in public and if you have not been vaccinated, please do so. For information regarding vaccine clinics you can go to the Richland Hospital website at <https://www.richlandhospital.com/covid19/> or the Richland County website at <https://covid.co.richland.wi.us/vaccine-information/>



Richland County Health and Human Services
221 W. Seminary Street
Richland Center, WI 53581
Produced in conjunction with the Aging and
Disability Resource Center of Eagle Country
Richland Center Office

FREE
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ISSUE: SEPT 2021

Events:

Tuesday's September 21st-October 9th

Boost Your Brain and Memory classes focus on a variety of lifestyle factors that impact brain health and memory strategies that impact brain health. This class meets for 1 1/2 hours one time per week. To sign up contact the ADRC of Eagle Country's Dementia Care Specialist, Pam, at 608-548-3954.

September 13th

Welcome to Medicare: The Aging and Disability Resource Center of Eagle Country, Richland Center office, is offering a free seminar to Richland County residents interested in learning more about Medicare. Joanne Welsh, Richland County Elder Benefit Specialist, will help you learn about choices you may want to consider and decisions you need to make when you use Medicare. Seating is limited due to the COVID pandemic. Reservations can be made by calling the ADRC at 608-647-4616 at least 5 days in advance of the seminar. If the seminar is full you can sign up for a future date!

September 16th

Transportation Pizza and Bingo is being offered at the Phoenix Center 100 South Orange Street, Richland Center on September 16th, from 1:30pm-3:00 pm. This fun event will offer bingo with prizes, pizza, and information regarding how to volunteer for local transportation programs. To RSVP, contact Linda at the ADRC at 608-647-4616, or Lori at SWCAP Lift at 608-930-2191.



September 23rd

The Aging and Disability Resource Center of Eagle Country, Richland Center office, is offering the **Richland Center Caregiver Support Group**. This group offers a chance to connect with local experts, family members, and care partners who may be experiencing similar circumstances. The support group is held on the 4th Thursday of the month at the Woodman Senior Center, 1050 Orange Street, Richland Center from 1:30 pm – 3:00 pm. To RSVP or for more information, you may call the ADRC at 608-647-4616 or Pam, the ADRC of Eagle Country's Dementia Care Specialist, at 608-548-3954.

Memory Café

The Memory Café meets once a month in a relaxed environment to visit, share common interests, and enjoy refreshments. Each café offers a unique program or activity that's stimulating and fun. The Memory Café is offered on the fourth Thursday of each month at the Woodman Senior Center, from 10:00 am-11:30 am. For questions contact Heather Moore at the Alzheimer's and Dementia Alliance of Wisconsin, 608-723-4288.

September 22nd-November 12th

Tai Chi Symons Recreation in partnership with the ADRC is offering a Tai Chi Fundamentals class. This program is an evidence-based fall prevention course for older adults (60+). It will be held on Wednesdays and Fridays, starting September 22nd, from 11:30-12:30 pm at Symons Recreation Complex. To sign up contact Symons Recreation at 608-647-8522.

