

Family

and

Friends

FREE








October 2021

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

Malnutrition Awareness Week October 4-8 “Nutrition is a Human Right”

According to nutritioncare.org, when your body does not get the right balance of energy and nutrients that it needs, you may become malnourished. Malnutrition threatens one's health and ability to fight sickness and injuries.

Malnutrition is not always easy to see, it is important to keep an eye out for signs.

				<p>You may be at a greater risk for malnutrition if you suffer from a chronic health condition, such as diabetes, cancer, heart disease, or dementia.</p>
<p>Sudden unexpected weight loss</p>	<p>Loss of appetite</p>	<p>Muscle weakness</p>	<p>Frequent nausea, vomiting, or diarrhea</p>	
				
<p>Slow-healing wounds</p>	<p>Feeling tired or fatigued</p>	<p>Swelling in your ankles, legs, or belly</p>	<p>Getting sick often</p>	

(article courtesy of nutritioncare.org, continued on page 8)



ADRC
Aging & Disability Resource Center
of **Eagle Country**
Serving Crawford, Juneau, Richland and Sauk Counties

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STUDENT LOAN DISCHARGES

Over 323,000 borrowers who have a total and permanent disability (TPD) will receive more than \$5.8 billion in automatic student loan discharges due to a new regulation announced today by the U.S. Department of Education. The change will apply to borrowers who are identified through an existing data match with the Social Security Administration (SSA). It will begin with the September quarterly match with SSA. The Department is also announcing two other policy items related to TPD today. First, the Department will indefinitely extend the policy announced in March to stop asking these borrowers to provide information on their earnings—a process that results in the reinstatement of loans if and when borrowers do not respond—beyond the end of the national emergency. Second, the Department will then pursue the elimination of the three-year monitoring period required under current regulations during the negotiated rulemaking that will begin in October.

"Today's action removes a major barrier that prevented far too many borrowers with disabilities from receiving the total and permanent disability discharges they are entitled to under the law," said U.S. Secretary of Education Miguel Cardona. "From day one, I've stressed that the Department of Education is a service agency. We serve students, educators, and families across the country to ensure that educational opportunity is available to all. We've heard loud and clear from borrowers with disabilities and advocates about the need for this change and we are excited to follow through on it. This change reduces red tape with the aim of making processes as simple as possible for borrowers who need support."

This new regulation allows the Department to provide automatic TPD discharges for borrowers who are identified through administrative data matching by removing the requirement for these borrowers to fill out an application before receiving relief. The Department removed this application barrier in 2019 for borrowers identified as eligible for a TPD discharge through the match with the U.S. Department of Veterans Affairs (VA). However, it had not yet done so for those identified through the data match with SSA. As a result, only about half of borrowers identified as eligible for TPD through the SSA match have received the discharge, causing thousands to stay in repayment or possibly even default.

This change will go into effect with the Department's next quarterly data match with SSA, which will occur in September. Borrowers will receive notices of their approval for a discharge in the weeks after the match and the Department expects that all discharges will occur by the end of the year. Borrowers who wish to opt out of their discharge for any reason will have an opportunity to do so. All discharges will be free from federal income taxation but there

may be some state income tax consequences. Borrowers will be and are encouraged to consult their state's tax office to understand whether this discharge will be considered income under their state's tax code.

The Department is also announcing a permanent change through negotiated rulemaking to requirements that in the past have caused too many borrowers to lose their discharges. Under the regulations, a borrower who receives a TPD discharge through the SSA match or the physician's certification process is subject to a three-year income monitoring period. During this period the borrower may lose their discharge if their earnings are above a certain threshold or they do not respond to a request for earnings information.

A [2016 report](#) by the Government Accountability Office found that 98 percent of reinstated disability discharges occurred because borrowers did not submit the requested documentation, not because their earnings were too high.



The Department will take short- and long-term steps to address these reinstatement concerns. First, the Department will indefinitely stop sending automatic requests for earnings information even after the national emergency ends. This continues a practice that the Department announced in March 2021 for the duration of the national emergency. Next, the Department will propose eliminating the monitoring period

entirely in the upcoming negotiated rulemaking that will begin in October.

Today's regulation was issued in response to comments on an interim final rule published by the Department in 2019 that created a similarly automatic process for borrowers identified as eligible for a TPD discharge through a match with the VA. The Department received many comments requesting that the rule be expanded to include similar benefits for those identified through the SSA data match.

With this TPD action, the Biden-Harris Administration has now approved approximately \$8.7 billion in student loan discharges for roughly 455,000 borrowers. In [late March](#), the Department restored \$1.3 billion in loan discharges for 41,000 borrowers who had seen their loans reinstated after not responding to requests for earnings information. Since March 2021, the Department has also approved more than \$1.5 billion in discharges through the borrower defense to repayment process for nearly 92,000 borrowers whose institutions took advantage of them. In addition, the Department has extended the pause on student loan repayment, interest, and collections, to January 31, 2022, which helps 41 million borrowers save billions of dollars a month.

Courtesy of (press@ed.gov)

OCTOBER FAMILY & FRIENDS RECIPE TO TRY



Pumpkin Bundt Cake

Prep Time: 30 min **Cook Time:** 50 min **Yield:** 10 servings



Ingredients:

- 1 Yellow cake mix
- 1 Box vanilla pudding
- 3/4 Cup vegetable oil
- 1 Teaspoon pumpkin pie spice
- 4 eggs
- 3 Tablespoons pumpkin puree
- 1 Cup sour cream
- 1 Bag pumpkin morsels (12 oz)



Glaze:

- 4 ounces cream cheese, room temperature
- 1/2 cup confectioners' sugar, softened
- 1 tsp vanilla extract
- 3 to 4 tablespoons milk

Directions:

- Preheat the oven to 350 degrees.
- Then liberally spray a bundt pan with cooking oil.
- Mix together first 6 ingredients until well blended.
- Next add the sour cream and the pumpkin morsels.
- Blend that until just incorporated.
- Pour the mixture into the bundt pan.
- Bake for 50 minutes or until done.
- When the cake is done let it cool in the pan.
- Once the pan is cool enough to handle flip the cake onto a plate, cut, and serve warm.

Glaze:

- Beat cream cheese until smooth
- Beat in confectioners' sugar
- Stir in vanilla extract and add 3 tablespoons milk add more milk if needed
- Drizzle over cake and enjoy!

SPOTLIGHT ON... RECOGNIZING CAREGIVER BURNOUT

Providing care for an aging or disabled loved one is probably one of the hardest jobs you will ever do. Assisting with daily cares such as dressing, grooming, bathing, and walking is physically challenging. Maneuvering through the maze of medical and social services can be trying and time-consuming. Watching your loved one's ability to care for themselves deteriorate is emotionally difficult. And the changes in your own personal, social, and work life as a result of your caregiving obligations may leave you feeling confused, unhappy, and frustrated. These stresses can pile up on even the strongest of individuals and negatively impact your physical and mental health.

It is important to recognize when the challenges go beyond your ability to manage and into what is often called **caregiver burnout** which is a state of physical, emotional, and mental exhaustion. Stressed caregivers may experience fatigue, anxiety, and depression. Learning to identify the warning signs of burnout and learn interventions to reduce stress levels will help make your caregiving role more manageable and enjoyable.

Here are some warning signs of Caregiver Burnout:

- Being on the verge of tears or crying a lot
- Feeling helpless or hopeless
- Overreacting to minor nuisances
- Feeling constantly exhausted
- Losing interest in or having decreased productivity from work
- Withdrawing from social contacts
- Increasing use of alcohol or stimulants
- Change in eating or sleeping patterns
- Inability to relax
- Scattered thinking
- Feeling increasingly resentful
- Being short-tempered with care recipient
- Increasing thoughts of death

You may not always recognize the signs of burnout in yourself, but those close to you probably will. Be open to feedback from your friends and family about how you appear to be coping. Then heed the warnings to counteract burnout.

Once you have recognized that you are experiencing burnout you can try various things to help you cope. Here are some suggestions:

- Ask others for help. You don't have to do every-

thing. It's okay to ask for help.

- Get support. Find family and friends whom you can share joys and frustrations with. Attend a support group to receive positive feedback and coping strategies from others in similar situations. Consider seeking professional counseling if needed.
- Take regular breaks, even if it is only 15 or 20 minutes while your loved one is sleeping or engaged in something else, do something that makes you feel good.
- Maintain good health by exercising regularly and eating a healthy diet.
- Take regular time out for journaling, meditating or contemplation.
- Stay involved in hobbies and activities you enjoy. Find a home care provider or ask family or friends to stay with your loved one if necessary.

When you understand and acknowledge that being a caregiver may leave you feeling stressed and anxious you are better able to protect yourself against caregiver burnout. The most important thing you can do prevent burnout and be an effective caregiver is to take care of yourself!

For more information on Caregiver Burnout and other caregiver issues, please call the ADRC of Eagle Country's Richland Center office at 608-647-4616.

By Jane Mahoney
Older Americans Act Consultant
Greater Wisconsin Agency on Aging Resources



FOODSHARE UPDATES

All FoodShare members will continue to receive the maximum amount for their household size for September, 2021. These benefits should be available on Quest cards by September 26, 2021. In addition, all FoodShare members continue to receive at least \$95 in additional benefits; some households receive more to bring their total to the maximum monthly benefit amount for their household size.

On top of this, FoodShare members will continue to receive 15% more of their typical amount for their household size through the end of September, 2021. This increase is a result of a federal law passed in 2020 extending additional benefits in 2021.

The bottom line: Unless a household is paying money owed due to a previous overpayment, all FoodShare households will get the following benefits for September, 2021: fifteen percent of their typical amount based on household size; and the

maximum benefit for their household size (a minimum of \$95). All members will receive notices explaining the additional benefits.


You can always check the balance of a QUEST card through the ebtEDGE website, the ebtEDGE mobile app, or by calling QUEST Card Service at 877-415-5164.

By the GWAAR Legal Services Team (for reprint)



Richland County Nutrition Program
October 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<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>			
4 Beef Stroganoff Over Buttered Noodles Savory Carrots Peaches & Pears Cookie	5 Vegetable Soup Turkey & Cheese Sandwich Cranberry Whip Chocolate Chip Bar	6 Honey Glazed Ham Sweet Potatoes Coleslaw Dinner Roll Fruit Crisp	7 Salmon Loaf Boiled Potatoes Creamed Peas Tropical Fruit Lemon Bar	1 Meatloaf Mashed Potatoes w/Gravy Fiesta Corn Fresh Fruit Salad Tapioca Pudding w/Topping
11 Salisbury Steak w/Gravy Mashed Potatoes Seasoned Beets Peach Cobbler	12 Chili w/Beans & Stewed Tomatoes Cheese Slice Corn Bread w/Honey Peaches PB Frosted Cake	13 Shepherd's Pie Side Salad w/Ranch Drsg. Mandarin Oranges Dinner Roll Oreo & Vanilla Pudding	14 Swiss Chicken Breast Mashed Sweet Potatoes Peas & Carrots Cranberry Sauce Fruit Crisp w/Topping	15 Pork Mashed Potatoes w/Gravy Seasoned Cauliflower Mixed Fruit Dinner Roll Sugar Cookie
18 Spaghetti w/Meat Sauce Tossed Salad w/Dressing Parmesan Bread Stick Brownie	19 Hearty Potato Soup Ham Salad Sandwich Tossed Salad w/Dressing Country Apple Dessert w/Topping	20 Roast Beef Mashed Potatoes w/Gravy Cauliflower Fruited Jell-O w/Topping Reese's Peanut Butter Bar	21 Oven Baked Fish Dill Potatoes Harvard Beets Tropical Fruit Lemon Bar & Dinner Roll	22 Sliced Turkey Candied Sweet Potatoes Mixed Vegetables Fresh Fruit, Pumpkin Bar & Dinner Roll
25 Seasoned Chicken Breast Au Gratin Potatoes Buttered Green Beans Sunshine Salad German Choc. Cake	26 Cream of Broccoli Soup 2 Ranch Chicken Sliders Coleslaw Fruit Cobbler	27 Swedish Meatballs Over Buttered Noodles Steamed Carrots Mixed Greens Salad Pears Frosted Birthday Cake	28 Country Steak/Gravy Mashed Potatoes Carrots, Peas& Corn Frosted Raisin Pumpkin Bar	29 Ghoulish Goulash w/Vegetables Corny Corn Bread/Honey Spooky Spinach Salad Creepy Cookie

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



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Enjoy a cup of coffee while you read the newspaper	Play a game of pool, or work on thepuzzle				
3	4 9:30-11:30-Play Bingo for Prizes 1:00-Play "500"	5 9:30-Sheepshead 10:00-Rummikub 1:00-Euchre	6 8:30-Haase and Cribbage Next Week Yoga 10:00-Rummikub 1:00-Pinochle	7 8:00-10:00-Community Coffee Club 1:00-Rummikub and Knitting Group	8 1:00-Haase and Cribbage	9 1:00-Haase and Cribbage
10	11 9:30-11:30-Play Bingo for Prizes 1:00-Play "500"	12 9:30-Sheepshead 10:00-Any Game from Game Closet 1:00-Euchre	13 8:30-Haase and Cribbage 9:45-Gentle Chair Yoga 10:00-Rummikub 1:00-Pinochle	14 9:30-Any Game from Game Closet 1:00-Rummikub 1:00-Knitting Group	15 1:00-Haase and Cribbage	16 1:00-Haase and Cribbage
17	18 9:30-11:30-Play Bingo for Prizes 1:00-Play "500"	19 9:30-Sheepshead 10:00-Deer in the Headlights 1:00-Euchre	20 8:30-Haase and Cribbage 9:45-Gentle Chair Yoga 10:00-Any Game 1:00-Pinochle	21 10:00-RC Senior Citizen Potluck 1:00-Knitting Group 2:00-Rummikub	22 1:00-Haase and Cribbage	23 1:00-Haase and Cribbage
24	25 9:30-11:30-Play Bingo for Prizes 1:00-Play "500"	26 9:30-Sheepshead 10:00-Rummikub 1:00-Euchre	27 8:30-Haase and Cribbage 9:45-Gentle Chair Yoga 10:00-Rummikub 1:00-Knitting Group	28 10:00-Memory Café 1:00-Knitting Group 1:30-Caregiver Support Group	29 1:00-Haase and Cribbage	30 1:00-Haase and Cribbage
31	Closed					



FLU SHOTS



Influenza is a contagious respiratory illness caused by influenza viruses. It can cause mild to serious illness and can result in hospitalizations and death in some persons. Older persons, young children, pregnant women, residents of long term care facilities, and people with chronic health problems are at higher risk for developing complication from influenza. Symptoms of influenza include fever, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches and fatigue. Some people have vomiting and diarrhea, although this is more common in children than adults.

Influenza is spread by droplets made when people with the flu cough, sneeze, or talk. The droplets can land in the mouths or noses of people around them. Also, a person might get the flu by touching a surface or objects that has flu virus on it and then touching their own mouth, nose, or eyes. Influenza can be spread before people even know they are sick, from 1 day before there are any symptoms to 5-7 days after becoming sick. The flu vaccine is the best protection against influenza and its complications. The upcoming season's flu vaccine will protect against the influenza viruses that research indicates will be the most common during the flu season. There are also everyday actions that can help prevent the spread of respiratory illnesses like influenza, like staying away from people who are sick, staying

home when you are sick, covering coughs and sneezes, and frequent hand washing.

According to CDC estimates, the benefits of flu vaccination for the 2021 season in the United States include:

- ◇ 19 million influenza related illnesses prevented
- ◇ 966,000 medical visits prevented
- ◇ 67,000 hospitalizations prevented

Richland County Health & Human Services' Public Health Nurses will be providing flu vaccines at clinics throughout the County and at the Community Services Building during the upcoming months. Clinics will be advertised as soon as dates, times and locations are confirmed. The cost of this year's influenza immunizations are \$60.00 for high dose influenza and \$40.00 for the intradermal and quadrivalent injectable vaccines.

Primary care providers and many pharmacies are also offering flu vaccine, and flu vaccine is covered by Medicare and Medical Assistance and most private insurance. Please contact your insurance provider regarding coverage of influenza immunizations and contact Richland County Health & Human Services Public Health at 608-647-8821 with any questions about influenza or the prevention of communicable disease.



MALNUTRITION WEEK

(continued from page 1)

Malnutrition is a serious issue that can have dangerous consequences. Older adults are at higher risk of falls and broken bones, less independence, higher stress, higher risk of infections, longer and more frequent hospital stays and higher risk of death.

There is good news, malnutrition can be prevented and treated through a healthy diet and lifestyle. Here are some tips to help you stay healthy:

1. Buy foods that are tasty, easy to prepare and are rich in calories and protein.
2. Find a nutritional supplement that you like. They should provide at least 150 calories and 15-30 grams of protein per 8 ounces. These can be purchased from grocery stores, pharmacies, and online.
3. Make meal time social. Ask family or friends to eat with you or go out to one of Richland County's meal sites. For information regarding meal sites contact the Nutrition Program at 608-647-8821.
4. Eat more frequent meals.
5. Build muscle and strength. Attend one of Richland County's many Health Promotion programs like Tai Chi or Strong Bodies through Symons Recreation.

For more information regarding resources contact the Aging and Disability Resource Center at 608-647-4616.

HALLOWEEN WORD SEARCH

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

BATWINGS	GHOUL		
BLACK	GOBLINS		
BONES	HALLOWEEN		
BROOM	HAUNTED		
CAT	HOOT		
CAULDRON	MONSTER	PUMPKIN	VAMPIRE
COSTUMES	MOON	SCARY	WEBS
CREEPY	MUMMY	SCREECH	WEREWOLF
DRACULA	NIGHT	SKELETON	WITCH
FRIGHTEN	OWL	SPIDER	ZOMBIE
GHOSTS	POTIONS	SPOOKY	



Advancing the Science: The Latest in Alzheimer's and Dementia Research



At any given moment research is happening...

Alzheimer's is a global health problem with more than 6 million people living with the disease in the U.S. Alone. Tremendous gains have been made in the understanding of the science and basic biology underlying Alzheimer's and other dementias. These advances are leading to great strides in strategies for prevention, detection, diagnostics and therapeutic interventions.

Join us to learn more about:

- Landscape of Alzheimer's and Dementia science
- Risk factors for Alzheimer's and all other dementia
- Highlights in early detection and diagnosis
- Latest advances in clinical trials, treatments and lifestyle interventions



Virtual Presentation
October 15th
10:00 - 11:30 A.M.

To Register:
Call: 800.272.3900



www.alz.org/wi
24/7 Helpline 800.272.3900
Hablamos Español 414.431.8811

alzheimer's  association®
Wisconsin Chapter

NUTRITION EDUCATION

The Great Pumpkin

October's Nutrition Education is on the popular and timeless fall produce, "The Great Pumpkin!" This nutritious and versatile orange produce has edible flowers, seeds and flesh.

They are great for soups, breads, and lets not forget desserts. Filled with fiber, potassium, lutein, and vitamin A. One half cup of pumpkin puree provides 540% of the daily value of vitamin A, 4g of fiber, and many other vitamins and minerals.

Pumpkin puree adds moisture and flavor to cookies and muffins, and makes a delicious filling for pastas such as ravioli and tortellini. Pumpkin seeds are a good source of omega-3 fatty acids, and an excellent source of phytosterols. They can be seasoned to your liking (sweet or spicy) for a great snack, but can also be used to top pies, pilafs and breads. Pumpkins can be stored up to a month in a fridge, or even longer in a dry, cool root cellar.



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
PLEASE TAKE
ISSUE: OCTOBER 2021

Upcoming Events:

October 7th

Richland Community Coffee Club is held the first Thursday of the month from 8:00 am-10:00 am at the Woodman Senior Center, 1050 N Orange Street, Richland Center, WI. Seniors who are struggling with isolation and loneliness are welcome to come for a good cup of coffee and fellowship. For questions contact Patti Hutchcroft at 608-647-1853.



October 11th

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!

October 13th

A public hearing will be held in conference room C and via Zoom, <https://us06web.zoom.us/j/83509077680> Meeting ID: 835 0907 7680, Passcode: 055096 at Health and Human Services for the 2022 85.21 grant application. This hearing will be held at 3:00 pm. For individuals who need assistance with attending please contact the ADRC at 608-647-4616 for transportation options.

October 15th

Advancing the Science research webinar talking about what's new in Alzheimer's research including new treatments, clinical trials, and lifestyle changes. To sign up call 1-800-272-3900.

October 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.