

# 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*

## Public Health Week is April 4-10 Public Health is Where You Are

*The mission of Richland County Public Health is to promote health and improve the quality of life of Richland County residents through the provision of a variety of public health programs based on primary prevention, early intervention and health promotion.*

Over the last couple of years the Richland County Public Health department has been on the front lines of dealing with the COVID-19 pandemic. It's nurses and support staff have been an integral part of the process of providing vaccinations, testing and contact tracing. It is a key function for Public Health to be a part of working with pandemics, natural disaster response, infectious disease monitoring, providing vaccination clinics, environmental health and more. This years theme *Public Health is Where You Are* reminds us that where we live impacts our communities' health. Public health departments work on a daily basis to make our community healthier, stronger and safer. Ways that we can help support this effort is to ensure that we are staying active in our communities.

When we think about our community we know that it is where we live, work and socialize. We have seen over the last couple of years of isolation that there has been an increase in depression and health effects. In order to decrease these effects you can get involved in the community, get outside and enjoy outdoor activities, volunteer for things that interest you and more.

**Now more than ever we are extremely grateful for all of our local Public Health Departments hard work.**



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# SENIOR NUTRITION PROGRAM 50TH ANNIVERSARY



**SENIOR NUTRITION PROGRAM**  
CELEBRATE • INNOVATE • EDUCATE

Nutrition is a vital component of our health and well-being, especially as we age. But in communities throughout the U.S., older adults sometimes lack access to the high-quality, nutritious food they need to remain healthy and independent.

Since 1972, the National Senior Nutrition Program has been there to support older adults by providing nutrition services across the country. Funded by the Older Americans Act, the Administration for Community Living (ACL) provides grants to states to support a network of local programs that deliver nutrition services to older adults. These programs promote healthy eating, decrease social isolation and support better health. They also provide a gateway for older adults to

access other home and community-based services such as falls prevention programs, chronic disease management services, and more.

In March, the Richland County Nutrition Program was proud to celebrate the 50<sup>th</sup> anniversary of the National Senior Nutrition Program with others across the country. The theme for the 50<sup>th</sup> anniversary celebration was *Celebrate. Innovate. Educate.* This theme was celebrated by:

- **Celebrating** the many accomplishments of senior nutrition programs over the past 50 years.
- Highlighting **innovative** approaches that have been used to support seniors.
- **Educating** communities so that they can understand and use nutrition services.

You may now ask how you can help support our local nutrition program. One way is to become a volunteer for the program. You can volunteer at a mealsite or by delivering home delivered meals. It only takes an hour of your time and the benefits to you will be immeasurable. You will know each time you volunteered that you provided nutrition for our local seniors, provided a warm meal along with a warm smile which will make someone's day and you will end each day with a sincere feeling of gratitude.

Learn more about our program and volunteer opportunities along with the services the Richland County Nutrition Program provides by contacting Tanya Webster, Nutrition Program Coordinator at 608-647-8821.

Visit ACL's [Senior Nutrition Program 50<sup>th</sup> Anniversary website](#) to learn more about this important milestone and join the conversation on social media using hashtag #SNP50.



# APRIL FAMILY & FRIENDS RECIPE TO TRY



## Strawberry Rhubarb Crisp Bars

**Prep Time:** 30 min **Cook Time:** 30-40 min

**Yield:** 10 servings



### Ingredients:

1 cup rolled oats  
3/4 cup (plus 1-2 tablespoons extra all-purpose flour)  
1/2 cup light brown sugar  
Heaped 1/4 teaspoon table salt  
6 tablespoons unsalted butter, melted  
1 teaspoon cornstarch (optional, helps firm the filling)  
1 tablespoon lemon juice  
1 tablespoon granulated sugar, divided  
1 cup small-diced rhubarb (about 1 1/2 medium stalks)  
1 cup small-diced strawberries  
Powdered sugar, for decoration, if desired

### Directions:

Heat oven to 375 degrees F. For easy removal, line bottom and two sides of 8-by-8-inch square baking pan with parchment paper. No need to bother (and no greasing needed) if you plan to serve them right in the pan.

Place oats, 3/4 cup flour, brown sugar and salt in bottom of baking pan and mix. Pour melted butter over,

and stir until clumps form. If the clumps feel soft or look overly damp, add the remaining 2 tablespoons flour. Set aside 1/2 cup of the crumble mixture. Press the rest of the crumb mixture evenly in the bottom of the pan.

Spread half the fruit over the crust. Sprinkle it evenly with cornstarch, then lemon juice, and 1/2 tablespoon of granulated sugar. Spread remaining fruit over this, and top with second 1/2 tablespoon sugar. Scatter reserved crumbs over fruit and bake bars for 30 to 40 minutes (firmer fruits will take longer), until fruit is bubbly and crisp portion is golden and smells toasty.

Let cool in pan. Cut into squares and sprinkle with powdered sugar before serving. Store leftovers in fridge.

(Courtesy of: [Smitten-kitchen.com](http://Smitten-kitchen.com))



# SPOTLIGHT ON... VOLUNTEERS



April is National Volunteer Appreciation month. Volunteering is one of the most rewarding things you can do. Finding the right volunteer option is important. The Richland County Health and Human Services has opportunities in its Nutrition, ADRC Transportation, Public Health, and Elder Benefit Specialist Programs. For more information contact the ADRC, located within Health and Human Services at 608-647-4616.

Over the last two years COVID has continued to change all of our lives. Through all of the changes Richland County Transportation volunteer drivers and bus drivers have continued to provide transportation services to our community. They have adapted how they provide these services by wearing masks, ensuring proper hand sanitizing, disinfecting their vehicles, and requiring passengers to wear masks as well. Without them many of our aging and disabled residents would not have been able to get to necessary medical appointments, get food, or complete necessary personal business.

*Richland County Health and Human Services thanks each of our volunteers for their dedication to our community!*

From our volunteers we often hear that giving their time not only provides help to others but also helps them. Between hearing from them and research regarding volunteering here are some reasons volunteering is beneficial:



- **Gain confidence.** Volunteering can help you gain confidence by giving you the chance to try something new and build a real sense of achievement.
- **Make a difference.** Volunteering can have a real and valuable positive affect on people, communities and society in general.
- **Meet people.** Volunteering can help you meet different kinds of people and make new friends.
- **Be part of a community.** Volunteering can help you feel part of something outside your friends and family.
- **Learn new skills.** Volunteering can help you learn new skills, gain experience and sometimes even qualifications.
- **Take on a challenge.** Through volunteering you can challenge yourself to try something different, achieve personal goals, practice using your skills and discover hidden talents.
- **Have fun!** Volunteers have a great time, regardless of why they do it.

If you are interested in volunteering for the Richland County Transportation Program, or are interested in learning about other volunteer opportunities at Richland County Health and Human Services please contact the ADRC at 608-647-4616.



# RICHLAND COUNTY'S ELDER BENEFIT SPECIALIST

As people age, they often need help with government benefit programs. Accessing these benefits can sometimes be difficult and confusing. Our Elder Benefit Specialist, Joanne Welsh, works with people who are 60 years of age or older to help “cut the red tape” for people who are needing assistance with applying for, or are having problems accessing benefits. Benefits Joanne can assist with are:

- ◇ Social Security
- ◇ Senior Care
- ◇ Medicare Parts A,B,C,D extra help, Medicare Savings Programs and Preventative Services
- ◇ Medical Assistance
- ◇ Denied Benefits/Overpayments
- ◇ Food Share
- ◇ Housing
- ◇ Landlord/Tenant Issues




Joanne has been with the Aging & Disability Resource Center as an Elder Benefit Specialist since 2000 and Richland County Health and Human Services since 1984. She is a certified SHIP (State Health Insurance Plan) counselor specially trained in one-on-one counseling to people with Medicare and their families and caretakers.

Elder Benefit Specialists receive in-depth, ongoing training and assistance in the areas of benefit and entitlement programs as well as other legal issues affecting older adults.

Joanne works with people who are over 60. For more information please contact the Aging & Disability Resource Center of Eagle Country, Richland Center Office, at 608-647-4616.

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.

*Richland County*  
*Nutrition Program April 2022*


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Grab N' Go available for carry out at Richland Center Meal Site Location only from 11am-12pm, Mon.- Fri.;</b> must be specified at time of reservation. <b>Richland Center Meal Site</b> Serves at 12pm Mon.- Fri. (Congregate) M-W-F (Home Delivered) Call Tina/Sandi (608) 647-2323; <b>Germanatown Meal Site</b> – Monday, Wednesday and Thursday(Home Delivered) Congregate (11:15am Wednesday Only) – Rita Connors(608)983-2798; <b>Rockbridge Dining Center</b> – Serves at 11:30am M-W-F –Norma Pyfferoen (608) 647-3900 or the meal site (608) 649-3269</p>				
<p>4 Salisbury Steak Mashed Potatoes w/Gravy Brussel Sprouts Fresh Fruit, Cranberry Fluff, WG Dinner Roll</p>	<p>5 Hearty Potato Soup Ham &amp; Cheese Sandwich Spinach Salad Fruit Spicy Compote BB Brownie</p>	<p>6 Hot Turkey Sandwich Mashed Potato &amp; Gravy Savory Carrots Mixed Fruit Cook's Choice Dessert</p>	<p>7 Meatballs in Gravy Over Buttered WG Noodles California Blend Veggies Tropical Fruit Mix Cherry Lemon Cake</p>	<p>1 Harvest Vegetable Soup Tuna Salad Sandwich Pears Lemon Bar</p>
<p>11 BBQ Chicken Baked Potato w/Sour Crm Calico Beans Apricots Chocolate Chip Bar</p>	<p>12 Pork Loin Mashed Sweet Potato Normandy Blend Veggies Cranberry Sauce WG Dinner Roll Sugar Cookie</p>	<p>13 Spaghetti w/Meat Sauce Mixed Greens Salad Italian Vegetables Peaches Parmesan Bread M &amp; M BB Brownie</p>	<p>14 Tomato Soup Crackers Cheese Sandwich Creamy Coleslaw Pineapple/Orange Cup Oatmeal Raisin Cookie</p>	<p>8 Baked Fish Au gratin Mashed Sweet Potatoes Normandy Veggies Trop. Fruit, Dinner Roll Fruit Crisp w/Topping</p>
<p>18 Chicken Pot Pie Stew Over a Biscuit Side Salad w/Dressing Pineapple &amp; Mandarin Orange Salad Fluff Cherry BB Brownie</p>	<p>19 Beef Stroganoff Over Buttered Noodles Buttered Beets Fruit Cocktail Rhubarb Dessert</p>	<p>20 Pulled Pork on WG Bun Baked Beans Vegetable Mac. Salad Blueberries/Strawberries Tapioca Pudding</p>	<p>21 Country Steak w/Gravy Mashed Potatoes Sweet Corn Fresh Fruit Cookie</p>	<p>15 GOOD FRIDAY  ~ CLOSED ~</p>
<p>25 Chicken Cacciatore over Rice Blend Broccoli &amp; Cauliflower Coleslaw Fruit Crisp w/Topping</p>	<p>26 Cream of Broccoli Soup Egg Salad/Lettuce Sandwich Tomato Basil Salad Peach Pie Square</p>	<p>27 Chicken Cordon Bleu Seasoned Wild Rice Blend Seasoned Carrots Fruited Jell-O w/Topping Dinner Roll Frosted Birthday Cake</p>	<p>28 Baked Ham Scalloped Potatoes Calif. Blend Vegetables Pineapple Bread Pudding w/Sauce</p>	<p>22 Lasagna w/Meat Sauce Green Beans Fruit Salad Garlic Bread Frosted Carrot Cake</p>
<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29 Meat Loaf Baked Pot. w/Sour Crm Stewed Tomatoes Mandarin Oranges Maple Cookie</p>

April 2022

WOODMAN SENIOR CENTER

1050 N. ORANGE ST., RICHLAND CENTER, WI 647-8108 EXT. 3

HOURS: MONDAY THRU FRIDAY 8:00-5:00

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<u>1</u> 1:00- <u>Haase &amp; Cribbage</u>	<u>2</u> Closed
<u>3</u> closed	<u>4</u> 9:30-11:30- <u>Play Bingo for Prizes</u> 1:00- <u>Play "500"</u>	<u>5</u> 9:30- <u>Sheepshead</u> 10:00- <u>Your Choice Game</u> 1:00- <u>Euchre</u>	<u>6</u> 9:30- <u>Haase &amp; Cribbage</u> 9:45- <u>Chair Yoga</u> 10:00- <u>Rummikub</u> 12:30- <u>Pinochle</u>	<u>7</u> 8:00-10:00- <u>Community Coffee Club</u> 10:00- <u>Rummikub</u> 1:00- <u>Yr. Ch. Game</u>	<u>8</u> 1:00- <u>Haase &amp; Cribbage</u>	<u>9</u> closed
<u>10</u> closed	<u>11</u> 9:30-11:30- <u>Play Bingo for Prizes</u> 1:00- <u>Play "500"</u>	<u>12</u> 9:30- <u>Sheepshead</u> 10:00- <u>Rummikub</u> 1:00- <u>Euchre</u>	<u>13</u> 9:30- <u>Haase &amp; Cribbage</u> 9:45- <u>Chair Yoga</u> 10:00- <u>Chicken Foot</u> 12:30- <u>Pinochle</u>	<u>14</u> 10:00- <u>Mexican Train, Chicken Foot, or any Card Game</u> 1:00- <u>Rummikub</u>	<u>15</u> Closed Good Friday	<u>16</u> closed
<u>17</u> Happy Easter 	<u>18</u> 9:30-11:30- <u>Play Bingo for Prizes</u> 1:00- <u>Play "500"</u>	<u>19</u> 9:30- <u>Sheepshead</u> 10:00- <u>Rummikub</u> 1:00- <u>Euchre</u>	<u>20</u> 9:30- <u>Haase &amp; Cribbage</u> 9:45- <u>Chair Yoga</u> 10:00- <u>Any Game</u> 12:30- <u>Pinochle</u>	<u>21</u> 10:00- <u>Richland Area Senior Citizen Potluck</u> 2:00- <u>Rummikub</u>	<u>22</u> 1:00- <u>Haase &amp; Cribbage</u>	<u>23</u> closed
<u>24</u> closed	<u>25</u> 9:30-11:30- <u>Play Bingo for Prizes</u> 1:00- <u>Play "500"</u>	<u>26</u> 9:30- <u>Sheepshead</u> 10:00- <u>Any Game</u> 1:00- <u>Euchre</u>	<u>27</u> 9:30- <u>Haase &amp; Cribbage</u> 9:45- <u>Chair Yoga</u> 10:00- <u>Yr. Ch. Game</u> 12:30- <u>Pinochle</u>	<u>28</u> 10:00- <u>Memory Café</u> 1:30- <u>Caregiver Support Group</u>	<u>29</u> 1:00- <u>Haase &amp; Cribbage</u>	<u>30</u> closed

# PRACTICE PREVENTION THIS SEASON

*By the GWAAR Medicare Outreach Team (for reprint)*

Spring brings a welcome breath of fresh air, along with longer hours of daylight and a promise of warmer weather. Now is a good time to focus on your health so you can enjoy all that this season has to offer. Practicing preventive care is the perfect way to spring into better health!

Preventive services can help keep you from getting sick and find health problems early when treatment works best. People with Medicare have access to a wide range of preventive tests and screenings, most at no extra cost. If you're new to Medicare, a "Welcome to Medicare" preventive visit is covered during the first 12 months you are enrolled in Part B. The visit includes a review of your medical and social history as well as education and counseling about preventive services, including certain screenings, shots and referrals for other care, if needed. Once you've had Part B for longer than 12 months, you

can get a yearly "Wellness" visit to develop or update a personalized prevention plan based on your current health and risk factors.

Medicare also covers screening tests for breast cancer, diabetes, heart disease, obesity management, and osteoporosis, just to name a few. You can find a complete list of Medicare-covered preventive services in your *Medicare and You 2022* handbook or on the Medicare website at [www.medicare.gov](http://www.medicare.gov). Talk to your doctor about what screenings and shots are right for you.

For local assistance with Medicare questions or other health insurance counseling contact the ADRC of Eagle Country-Richland Center office located at 221 West Seminary Street, Richland Center, WI 53581 or call us at 608-647-4616.

## TIPS FOR CAREGIVERS: HELPING WITH MEDICATIONS AND MEDICAL DEVICES

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

Do you help care for a friend or family member in your home or check on them in their own home? Although you want to help your loved ones stay healthy, managing their medications can be a challenge. These tips can help you keep the people you care for safe.

**Keep a list of medicines for each person you care for.** In addition to prescription medication, remember to include over-the-counter medication and dietary supplements, like vitamins and herbs. Keep this list with you and bring it to doctor visits. When you go to the doctor, ask: What is the name of the medicine? How much medicine should my loved one take and when should it be taken? Are there any side effects and special warnings? What can be done if my loved one has any problems taking or tolerating this medicine? How should we safely get rid of old or unused medicine?

**Give the right amount of medicine.** Ask your loved one's healthcare providers how much medicine you should give and when you should give it. Be sure to use the measuring cup or device that comes with the medicine.

**Lock up medication.** Make sure medicine is taken

only by the person it is meant for. Keep medications and any dietary supplements out of the reach of children, teens, and other adults who might be harmed if they take it.

**Use home medical devices safely.** Talk to a doctor or other healthcare provider about how to use medical devices correctly. Read the directions on how to clean the device, as household cleaners should not be used on some devices.

**Finally, make a plan for emergencies.** Pack a kit with medical supplies, batteries for any medical devices, and a copy of your loved one's medicine list. Put the kit in a place that is easy for your loved one to access. Ask a healthcare provider how to handle medicines or devices affected by flood water or heat. If there is an emergency in your loved one's home, tell the electric company or any first responders if there is a medical device that needs power.

For more resources for caregivers, please see: <https://www.fda.gov/consumers/womens-health-topics/caring-others-resources-help-you>. Or call the ADRC of Eagle Country at 608-647-4616.



# DRIVERS LICENSE INVISIBLE DISABILITY

*By the GWAAR Legal Services Team*

When a police officer pulls over a vehicle, it is routine for the officer to run the driver's license or plate to see information about the person's vehicle, driving history, and criminal record. Sometimes, however, the driver may be capable of driving but have certain medical conditions or behaviors that could be misinterpreted by police. These conditions, in turn, could put the driver in danger. For example, conditions could make the driver more anxious, agitated, or cause difficulty communicating.

Effective January 1, 2019, an applicant for a Wisconsin driver license, identification (ID) card and/or vehicle registration can choose to disclose on these documents that they have a disability that may not be immediately apparent to another person.

These conditions include the following:

- Appears deaf or unable to understand;
- Has difficulty speaking or communicating;
- Engages in repetitive or self-stimulating behaviors such as rocking or hand flapping;
- Appears anxious, nervous, or upset;
- Becomes agitated due to physical contact or stressful situations;

- Acts indifferent or unresponsive

A person can complete the Invisible Disability Disclosure form MV2167 to make such a disclosure and send it to the address on the form or present it to their local DMV Service Center. The disclosure will be available so that when officers run driver license and plate information they will also be alerted to the invisible disability.

An invisible disability disclosure is completely voluntary and a person can remove information about their invisible disability at any time by using the same form MV2167.

For more information and to access the form, visit <https://wisconsindot.gov/Pages/dmv/license-drvs/mdcl-cncrns/inv-dis.aspx#:~:text=Effective%20January%201%2C%202019%2C%20an,immediately%20apparent%20to%20another%20person.>



## Bored? Think Twice Before Taking That Facebook Quiz

By Tiffany Schultz, BBB SW WI Regional Director



Social media can be used as a fun distraction, and taking a Facebook quiz may seem like a harmless way to pass the time. But you may be giving away more information than you think.

### How the scam works

A fun quiz pops up on Facebook. You answer a few questions to prove how well you know a friend. Or a short personality test is offered to match with a character from a favorite TV show.

These quizzes appear to be meaningless, but the underlying motive is really to collect information. For example, questions like "What was the first car you owned?" "What is your mother's maiden name?" and "What is the name of the street you grew up on?" are

common security questions for insurance, banking, and credit card accounts. Sharing this information can enable a scammer to steal your identity, impersonate you, hack your accounts, and steal your personal and financial information.

### Tips for avoiding social media scams

**Be skeptical.** Before answering a quiz, figure out who created it. Is it a brand you trust? Just because something appears to be fun and innocent doesn't mean there isn't inherent risk.

**Adjust privacy settings.** Review your social media account privacy settings and be mindful with whom you are sharing information.

**Remove personal details from your profile.** Don't share information like your phone number or home address.

**Don't give answers to common security questions.** Be cautious if the quiz asks questions like your mother's maiden name, street you grew up on, previously owned vehicles, favorite food, or name of your high school.

**Monitor friend requests.** Don't accept friend requests from people you don't know. Be wary of a second friend request from someone you are already connected with. The second profile may be an imposter trying to access your data and your Friends list.



## Supplemental Security Income (SSI)

Supplemental Security Income (SSI) provides services to millions of older adults and people with disabilities. The SSI program exists to provide cash to meet basic needs for food, clothing, and shelter for eligible individuals with little to no income and available resources. These benefits are administered by the Social Security Administration (SSA). Visit Understanding Supplemental Security Income (SSI) on the home page at [www.ssa.gov](http://www.ssa.gov) or call 1(800) 772-1213 to learn more about the program.

# Spring

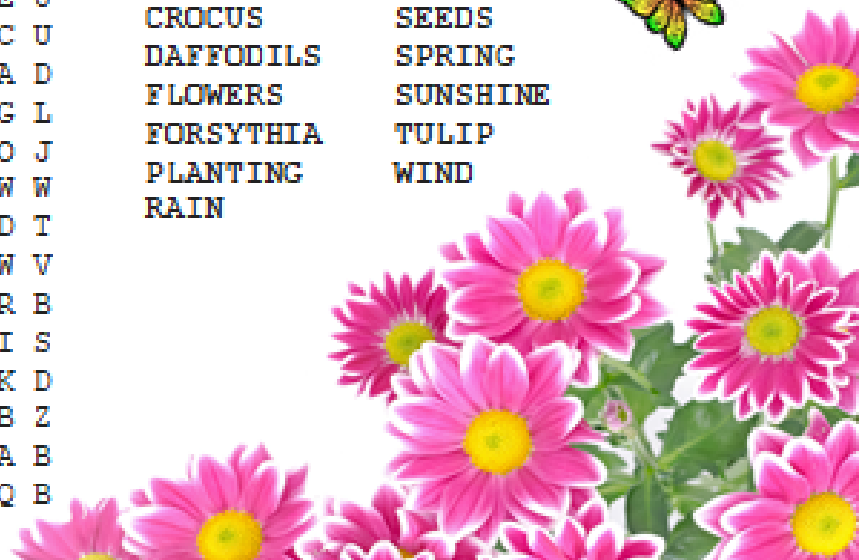


## Search for Spring

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

BASKET  
BUNNIES  
CROCUS  
DAFFODILS  
FLOWERS  
FORSYTHIA  
PLANTING  
RAIN

RAINBOW  
ROBIN  
SEEDS  
SPRING  
SUNSHINE  
TULIP  
WIND



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: APRIL 2021**

## Upcoming Area Events:

### April 2022 Events

#### Monday's in April

Monday Coffee Connect: Virtual Support to **"Fill Your Caregiving Cup"** every Monday morning from 10 to 11 am. Connect with local dementia specialists virtually from the comfort of your home! Join to ask questions, gain support and brainstorm strategies to get through this time together. Come with a cup of coffee or tea to interact via Zoom Video. Register by calling Pam Kul-Berg, Dementia Care Specialist for the ADRC of Eagle Country at 608-548-3954.



#### April 13th


The ADRC's Youth in Transition program is collaborating with the Department of Vocational Rehabilitation (DVR), CESA, local schools and the Weisman Center to host a virtual Transition event that will educate families of disabled children who will be turning 18 on how to transition their teen to the adult world of programs and benefits. This event will be held on April 13<sup>th</sup> at 6:30 pm via zoom and will be offered to Richland County families that may qualify.. For more information contact the ADRC at 608-647-4616

#### April 11th

**Welcome to Medicare: April 11, 2022 at 1:00 pm.** 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!

#### April 28th

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 4<sup>th</sup> 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.



### Senior Lunch

Richland County Senior Dining Meal sites are open for in-person dining. The Woodman Senior Center meal site will serve meals Monday through Friday at noon each day. For reservations, call 608-647-2323 and leave a message with your name, date, and number of meals. The Germantown Senior Dining Meal Site, located at St. Anthony's School (32497 County Highway V, Cazenovia) is open Wednesdays serving at 11:00. To reserve a meal, please call 608-983-2798. Rockbridge Bethlehem Community Center Senior Dining Meal Site (25500 Rockbridge School Street, Richland Center) is open Monday, Wednesday and Friday serving at 11:30. To reserve a meal, call 608-647-3900 or 608-649-3269. All reservations must be made by 1:00 PM the day prior. **The suggested donation for those age 60 and older is \$3.50.**