

Family

FREE

and

Friends

MAY 2022



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

Older adults play vital, positive roles in our communities – as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more. Just as every person is unique, so too is how they age and how they choose to do it – and there is no “right” way. That’s why the theme for Older Americans Month (OAM) 2022 is *Age My Way*.



Every May, the Administration for Community Living (ACL) leads the celebration of OAM. This year’s theme focuses on how older adults can age in their communities, living independently for as long as possible and participating in ways they choose.

While *Age My Way* will look different for each person, here are common things everyone can consider:

- **Planning:** Think about what you will need and want in the future, from home and community-based services to community activities that interest you.
- **Engagement:** Remain involved and contribute to your community through work, volunteer, and/or civic participation opportunities.
- **Access:** Make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place.
- **Connection:** Maintain social activities and relationships to combat social isolation and stay connected to your community.



Diverse communities are strong communities. Ensuring that older adults remain involved and included in our communities for as long as possible benefits everyone. Please join the ADRC in strengthening our community.

(source: [https://acl.gov/oam/2022/older-americans-month-2022\)templates](https://acl.gov/oam/2022/older-americans-month-2022)templates))



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LYME DISEASE IN WISCONSIN

Warm weather will soon be here which means the ticks will become more active. Richland County has an increased number of confirmed cases of Lyme Disease each year. It is important to check for the presence of the black legged tick (or deer tick, *Ixodes scapularis*) after being in grassy or wooded areas. The *Ixodes* tick is much smaller than the common wood tick.

Preventing Tick Bites on People

- Avoid wooded and bushy areas with high grass and leaf litter.
- Use repellents that contain 20 to 30% DEET (N, N-diethyl-m-toluamide) on exposed skin and clothing for protection that lasts up to several hours.
- Bathe or shower as soon as possible after coming indoors (preferably within 2 hours) to wash off and more easily find ticks that are crawling on you.
- Conduct a full-body tick check. Parents should check their children for ticks.
- Don't forget to check your pets! Carefully examine coats and day packs too.
- Tumble clothes in a dryer on high heat for an hour to kill remaining ticks.

Tick Removal

If you find a tick attached to your skin, there's no need to panic, a plain set of fine-tipped tweezers will remove a tick effectively.

How to remove a tick

- ⇒ Using a fine-tipped tweezers pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you are unable to remove the mouth easily with clean tweezers, leave it alone and let the skin heal.
- ⇒ After removing the tick, thoroughly clean the bite area with soap and water.
- ⇒ Dispose of a live tick by wrapping it in a tissue and flushing it down the toilet.

Transmission

Ticks can attach to any part of the human body but are often found in hard-to-see areas such as the groin, armpits, and scalp. In most cases, the tick must be at-



tached for **36 to 48 hours** or more before the Lyme disease bacterium can be transmitted.

Most humans are infected through the bites of immature ticks called nymphs. Nymphs are tiny (less than 2 mm) and difficult to see; they feed during the spring and summer months. Adult ticks can also transmit Lyme disease bacteria, but they are much larger and are more likely to be discovered and removed before they have had time to transmit the bacteria. Adult *Ixodes* ticks are most active during the cooler months of the year.

Signs and Symptoms

If you had a tick bite, live in an area known for Lyme disease, or have recently traveled to an area where it occurs, and observe any of these symptoms, you should seek medical attention. Some people may experience the "Bulls eye Rash" and general symptoms of fatigue, chills, fever, headache, muscle and joint aches and swollen lymph nodes. In other people general symptoms may be the only evidence as not everyone gets the rash. A small bump or redness at the site of a tick bite that goes away in 1 to 2 days, is not a sign of Lyme Disease.

Treatment

Patients treated with appropriate antibiotics in the early stages of Lyme disease usually recover rapidly and completely. Antibiotics commonly used for oral treatment include doxycycline, amoxicillin, or cefuroxime axetil. Patients with certain neurological or cardiac forms of illness may require intravenous treatment with drugs such as ceftriaxone or penicillin.

Information from the Centers for Disease Control and Prevention. For more information visit www.cdc.gov or contact the Richland County HHS/Public Health at 608-647-8821.

MAY FAMILY & FRIENDS RECIPE TO TRY



Café Delites Honey Garlic Salmon

Prep Time: 15 min **Cook Time:** 10 min **Yield:** 4 servings



Ingredients:

4 wild caught salmon fillets skin off or on
Salt and pepper, to season
1/2 teaspoon paprika (mild, sweet or smokey)
2 tablespoons butter
4 cloves garlic, finely chopped or minced
4 tablespoons honey
1 tablespoon water
2 teaspoons soy sauce
1 tablespoon fresh squeezed lemon juice, (plus extra to serve)
Lemon wedges to serve

Directions:

1. Arrange oven shelf to middle. Preheat oven to broil/grill on medium heat.
2. Season with salt, pepper and paprika. Set aside.
3. Heat butter in pan over medium-high heat until melted, add garlic and sauté for a minute. Pour in honey, water and soy sauce; allow flavors to heat through and combine. Add lemon juice stirring well to com-

bine together.

4. Add salmon steaks to sauce. Cook each skin side down for 3-4 minutes or until golden, while basting the tops with pan juices. Season with salt and pepper to taste.
5. Add lemon wedges around salmon. Baste salmon again then transfer to oven to broil for 5-6 minutes
6. To serve, drizzle with sauce and squeeze of lemon juice with steamed vegetables; over rice or with a salad.

(Recipe Courtesy of:
<https://cafedelites.com/easy-honey-garlic-salmon/>)



SPOTLIGHT ON... MISS PURDY AND NESTOR



We would like to introduce you to Miss Purdy and Nestor. Miss Purdy and Nestor's human mom, Sandra Kramer, from the Cazenovia area likes to take them to local facilities for visits. Sandra has been providing this service free of charge and loves to see the reactions of the residents and in the community as a whole. You can see by looking at these two donkey's how they have a way of brightening anyone's day!

The service that Sandra is providing highlights how we can all get involved in our community in different ways. The smallest of gestures can make the largest impacts. Traditionally when we think about getting involved we think of a variety of services like volunteering at local facilities, volunteer driving, church functions, schools and more. Sandra has shown us how you can take something you love and use it to serve the community.

Please join me in thanking Sandra and her donkey's Nestor and Miss Purdy, for creating smiles in our community.

Keep your eyes out, they will be coming to town over the next few weeks to get ready for an appearance in the Memorial Day Parade! They will also be out on their facility tours in June.

If you are looking for ways to volunteer, think about the following: what are your interests, what causes are important to you?

When you volunteer in an activity that you have an interest in you will be more satisfied with the experience. With this in mind the ADRC/Health and Human Services has different volunteer options, including but not limited to:

- volunteer driving to appointments,
- delivering home delivered meals, helping at a senior dining site
- working with the Elder Benefit Specialist program which assists people to "cut the red tape" in dealing with public benefits
- health promotion leadership opportunities.

For more information about opportunities, please contact the ADRC at 608-647-4616 or you can stop into the office located within the Community Services Building, 221 West Seminary Street, Richland Center.



CAREGIVING BASICS

When you first learn that a loved one needs help it is hard to know where to begin. Sometimes there is a sudden change of health that prompts you to get involved. Other times it is a gradual realization that the person is no longer capable of meeting all their needs. In either situation, knowing what steps to take can be difficult.

The following are some basic steps to get you started.

- ⇒ **Learn about the person's illness.** Understanding their condition is helpful when caring for them.
- ⇒ **Determine areas of need.** Write down needs like cleaning, shopping, meal prep, transportation, and bathing. Then look at ways to meet these needs.
- ⇒ **Research community resources.** Contact the ADRC for local resources.
- ⇒ **Plan for immediate care.** Find out what their wishes are for short and long term care.
- ⇒ **Enlist the help of others.** Determine what you can do and make a list of others who can help. Don't try to do it all on your own.
- ⇒ **Organize important information.** Write down medical information including doctors' names and phone numbers, insurance information, medications and pharmacy information.

- ⇒ **Plan for the future.** Get information about the long-term prognosis in order to make appropriate plans. Assess the financial situation. Include the person as much as possible in the planning.
- ⇒ **TAKE CARE of yourself too.** Find support through friends, counselors or a support group. There are many convenient options available. Make sure you are eating well and getting enough sleep and exercise along with staying connected with friends and family.



For more information on caregiver supports and local resources contact the ADRC at 608-647-4616, or stop into the office located at 221 West Seminary Street, Richland Center.

(article courtesy of
GWAAR legal
team)



Nutrition Program May 2022 Menu

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Cream of Mushroom Pork Mashed Potatoes w/Gravy Tomato Spoon Salad Caramelized Pear Half	3 Beef Stew Over a Biscuit 7-Layer Salad Mixed Fruit BB Brownie	4 Reuben Casserole Normandy Blend Vegetables Seasoned Beets, Rye Bread, Strawberry & Angel Food Cake w/Topping	5 Swiss Steak w/Gravy Skin On Mashed Potatoes Green Beans Fresh Fruit Salad Snicker doodle	6 Chicken Alfredo Over Fettuccini Noodles Steamed Baby Carrots Colorful Salad/w Dressing Fruit Crisp/w Topping
9 BBQ Pulled Pork on Bun Cowboy Beans Tossed Salad w/Dressing Pineapple/Mandarin Oranges Reese's Peanut Butter Bar	10 Cream of Broccoli Soup Ham Salad Sandwich Sunshine Salad Chocolate Cherry Brownie	11 Kielbasa w/Sauerkraut Sweet Potato Wedges Brussel Sprouts Mixed Fruit Chocolate Cake	12 Hot Beef Sandwich Mashed Potatoes w/Gravy Garlic Peas & Corn Cranberry Fluff Gelatin Poke Cake	13 Beef Stroganoff Over Buttered Noodles Buttered Beets Broccoli and Cauliflower Fruit Cocktail Rhubarb Dessert
16 Salisbury Steak Mashed Potatoes & Gravy Strawberry Spinach Salad w/Dressing Carrot Cake, Dinner Roll	17 Hamburger on a WG Bun w/Fixings Baked Beans, Pickle Spears, Vegetable Macaroni Salad, Fruit Crisp	18 Baked Fish Augratin Dill potatoes Savory Carrots Fruited Jell-O Dinner Roll & Lemon Bar	19 Turkey Sandwich Vegetable Soup Coleslaw Fresh Melon Salad, & Cookie	20 Lasagna w/Meat Sauce Green Beans Glowing Salad Garlic Bread Frosted Carrot Cake
23 Spaghetti & Meat Sauce Mixed Vegetables Peaches Parmesan Bread Stick Cook's Choice Dessert	24 Swiss Chicken Breast Augratin Potatoes Green Beans Cranberry Fluff Dinner Roll Chocolate Chip Bar	25 Beef & Barley Soup WG Meat & Cheese Sandwich Fruited Jell-O Frosted Birthday Cake	26 Roast Turkey Rosemary Red Potatoes Steamed Broccoli Side Salad w/Dressing Yellow Cake	27 Meat Loaf Baked Potato w/Sour Crm Mixed Vegetables Coleslaw BB Cherry Brownie
30  Memorial Day REMEMBER AND HONOR  ~Closed~	31 Sloppy Joes on WG Bun Cowboy Beans Steamed Carrots Apricots Frosted German Chocolate Cake	<p>Grab N' Go available for carry out at Richland Center Meal Site Location only from 11am-12pm, Mon.- Fri.; must be specified at time of reservation. Richland Center Meal Site Serves at 12pm Mon.- Fri. (Congregate) M-W-F (Home Delivered) Call Tina/Sandi (608) 647-2323; Germanown Meal Site – Monday, Wednesday & Thursday (Home Delivered) Congregate (11:15am Wednesday Only) – Rita Connors(608)983-2798; Rockbridge Dining Center – Serves at 11:30am M-W-F –Norma Pyfferoen (608) 647-3900 or (608) 649-3269</p>		

May 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
1 CLOSED	2 9:30-11:30-Play Bingo For Prizes 1:00-Play "500"	3 9:30-Sheepshhead 10:00-Any Game 1:00-Euchre	4 9:30-Haase & Cribbage 9:45-Chair Yoga 10:00-Rummikub 12:30-Pinochle	5 8:00-10:00- Community Coffee Club 10:00-Quiddler 1:00-Yr. Ch. Game	6 10:00-11:30- Caregiver Ed. Class- Communication Tips 1:00-Haase & Cribbage	7 CLOSED
8 CLOSED	9 9:30-11:30-Play Bingo for Prizes 1:00-Play "500"	10 9:30-Sheepshhead 10:00-Quiddler 1:00-Euchre	11 9:30-Haase & Cribbage 9:45Chair Yoga 10:00-Quiddler 12:30-Pinochle	12 10:00-Your Choice Game From Game Closet.All Day Long	13 10:00-11:30- Caregiver Ed Class Understanding Behavior Changes 1:00-Haase	14 CLOSED
15 CLOSED	16 9:30-11:30-Play Bingo for Prizes 1:00-Play "500" or Quiddler	17 9:30-Sheepshhead 10:00-Rummikub 1:00-Euchre	18 9:30-Haase & Cribbage 9:45-Chair Yoga 10:00-Rummikub 12:30-Pinochle	19 10:00-Richland Area Senior Citizen Potluck 2:00-Rummikub	20 10:00-11:30- Caregiver Ed. Class Making the Decision for Facility Care 1:00-Haase	21 CLOSED
22 CLOSED	23 9:30-11:30-Play Bingo for Prizes 1:00-"500" or Any Game	24 9:30-Sheepshhead 10:30-Caregiver Support Group 1:00-Euchre	25 9:30-Haase & Cribbage 9:45-Chair Yoga 10:00-Rummikub 12:30-Pinochle	26 10:00-Memory Café 1:00-Haase & Cribbage	27 10:00-11:30- Caregiver Ed Class Making the Move to Facility Care 1:00-Haase & Cribbage	28 CLOSED
29 CLOSED	30 9:30-11:30-Play Bingo for Prizes 1:00-"500" or Any Game	31 9:30-Sheepshhead 10:00-Quiddler 1:00-Euchre				

WISCONSIN HELP FOR HOMEOWNERS

By the GWAAR Legal Services Team (for reprint)

Wisconsin homeowners who need assistance with mortgage, utility, or other household bills as a result of the pandemic may be eligible for financial relief. A new statewide program, Wisconsin Help for Homeowners (WHH), is open to individuals and families who live in Wisconsin, have overdue housing-related bills, meet income and other eligibility requirements, and have experienced a qualified economic hardship since January 21, 2020. WHH is funded by the Homeowners Assistance Fund established under the American Rescue Plan Act of 2021.

Eligible individuals must be Wisconsin homeowners living in a single-family home, duplex, condo, or factory-built home. The property must be their primary residence. In addition, the homeowner must have experienced a financial hardship since January 21, 2020. A financial hardship is a reduction in income or increase in living expenses due to the coronavirus pandemic that has created or increased a risk of mortgage delinquency, mortgage default, foreclosure, loss of utilities or home energy services, or displacement for the homeowner. Finally, eligible individuals must have household income at or below 100% of the county median. For more

information about income limits, please see: https://www.huduser.gov/portal/datasets/il/il2021/select_Geography_haf.odn.



WISCONSIN
Help for Homeowners

Eligible homeowners may be awarded up to \$40,000. Assistance below \$10,000 will be provided as a grant. Assistance over \$10,000 will be structured as a one-year, non-interest bearing, non-amortizing forgivable loan. If the homeowner remains in the home and does not sell or transfer the home or refinance a mortgage within one year, the loan will be forgiven. Any funding received from the program will go directly to financial institutions, local treasurers, utility companies, or other entities to pay for overdue bills.

For more information and to access the online application, please see the WHH website at: <https://doa.wi.gov/Pages/LocalGovtsGrants/Homeowner-Assistance.aspx>. The online application is available in English, Spanish, Hmong, and Somali. You can also call 1-855-2-HOME-WI (855-246-6394) for more information or to find out how to apply in person.

COVID PREVENTION

COVID –19 VACCINE SAFETY

COVID –19 vaccines are safe and effective. They continue to be free and widely available within the county.

Currently, there are three vaccines available in the US; Pfizer, Moderna, and Johnson & Johnson. These vaccines have been an effective tool in decreasing serious complications of COVID—19. They are currently recommended for everyone 5 years and older in the United States.

One thing to note is that generally the mRNA vaccines are preferred (Moderna-Pfizer) over the Johnson & Johnson vaccine. Individuals who are immunocompromised should get additional doses as they may not have built enough immunity after the initial series.

(dhs.wisconsin.gov/covid)

HOW DOES VACCINATION HELP?

Vaccines reduce a virus's ability to infect people.

Vaccines still provide protection against current variants since many characteristics of the virus remain the same.

The sooner people get vaccinated against COVID-19, the less opportunity we give the virus to keep mutating.



UPDATES FROM THE MANAGER

ROXANNE KLUBERTANZ-GERBER, CSW



Hello! It is hard to believe we are already almost half way through the year. So far this year the ADRC has been continuing to offer services to community members in a variety of ways.

Over the last year we have had some changes in our ADRC staff and are excited to have new staff in place serving our community. With new staff we have new ideas and experience which gives us a renewed sense of energy. Our existing staff and new staff are here and are excited to serve our consumers with questions and needs.

The ADRC also has a large number of volunteers providing transportation to community members. COVID has definitely thrown us some curve balls but our drivers have continued to be dedicated in

making sure that people are able to get to medical appointments and also tend to their personal business.

Along with business as usual the ADRC is planning a number of events this summer. We will be providing Dementia 101 trainings, memory screen clinics, a legal and financial planning seminar, and to top it off The Remember Project is making a return trip to perform their new Fortune Cookies play. This will be held on Wednesday, August 3rd at the Phoenix Center. There will be a meal from 5:00-6:00 with the play and facilitated conversation to follow.

To RSVP for the play or learn about our other future events call the ADRC at 608-647-4616.

MAY IS ADRC MONTH

Wisconsin has an extremely robust Aging and Disability Resource Center (ADRC) network. ADRC's are in every county and tribe in the state. Your local aging and disability resource center (ADRC) is the first place to go to get accurate, unbiased information on all aspects of life related to aging or living with a disability.

The ADRCs is a friendly and welcoming where you can go for information about aging or living with a disability, whether you are looking for yourself, you are a concerned family member/friend or a professional working with issues related to aging or disabilities.

The ADRC provides information on a broad range of programs and services, helps people understand the various long-term care options available to them, helps people apply for programs and benefits, and serves as the access point for publicly funded long-term care.

Key areas of concentration is to provide resources for services for the following and more:

- In-home personal care and nursing
- Housing options
- Housekeeping and chore services
- Home modifications
- Adaptive equipment
- Transportation
- Health promotion programs
- Nutrition and home-delivered meal programs
- Medicare, Medicaid, and Social Security
- Caregiver supports and respite
- Long Term Care options counseling and enrollment
- Disability Benefit Specialist services
- Elder Benefit Specialist services
- Dementia Care Specialist services

Meet our Specialists:

Information and Assistance Specialists

Our local ADRC has three knowledgeable individuals who are able to assist you, Cassie, Karn and Nichole are available by phone and appointment in our office or your home. They listen to you and your unique situation, focusing on identifying needs and preferences for services. They are knowledgeable about programs and services available for older people and people with disabilities. These staff will explore and link you to programs and potential funding sources so you can make decisions that are right for you.

They further provide the following:

- Long Term Care Options, assessment, and enrollment
- Transition to Adult Life—Youth in Transition
- Caregiver Support
- Options Counseling

Elder Benefit Specialist

Our Elder Benefit Specialist, Joanne, has received training in the areas of benefit and entitlement programs along with other legal issues affecting older adults.

She provides free and confidential benefits counseling for adults age 60 and older regarding:

- Social Security
- Senior Care/Prescription Coverage
- Medicare, Medicare Part D
- Health Insurance
- Medical Assistance
- Denied Benefits/Overpayments
- Food Share
- Housing
- Landlord/Tenant issues

Disability Benefit Specialist

Our Disability Benefit Specialist, Kayla, works with individuals who are 18-59 years of age. Kayla has received in-depth training and is an expert working on behalf of those with a disability.

Her area of expertise includes:

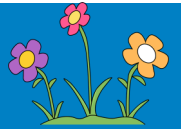
- Medicaid
- Medicare, including Part D
- Social Security Disability Insurance (SSDI)
- Supplemental Security Income (SSI)
- Insurance Issues
- Prescription Drug Assistance
- Food Share
- Housing and Utility Issues.

Dementia Care Specialist (DCS)

The Dementia Care specialist, Pam, assists individuals and families living with dementia to continue to be active in their community and remain in their home as long as they are able. Pam also ensures that ADRC staff are knowledgeable about dementia and are prepared to meet the needs of the people they service.

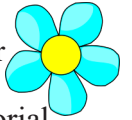
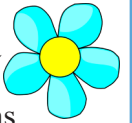
All ADRC services are free and confidential. For more information contact us by calling the office at 608-647-4616 or stop into the office located with Richland County Health and Human Services, 221 West Seminary street, Richland Center.

MAY WORD SEARCH



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

America
Basket
Blossoms
Flag
Flower
Gardening
Hero
Honor
May
Memorial
Monument
Mother
Parade
Remember
Sacrifice
Tulip
Veterans



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: MAY 2022

Upcoming Area Events:

May 2022 Events

Mondays in May

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.



May 9th


Welcome to Medicare: May 9, 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!

May 14th

The Knights of Columbus bingo will be held at the Richland Center Community Center at 6:30 pm. No reservations are needed.

May 24th

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 Tuesday of the month at the Woodman Senior Center, 1050 Orange Street, Richland Center from 10:00 am – 11:30 am. 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.**