

Family

FREE



SEPTEMBER
2022

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

Healthy Aging Month encourages us to look at all of the positive things about getting older. For many of us aging is not about our age it is about how we feel. More and more people are staying more active and are proactive about ensuring that they age well.

Some ways that people take care of themselves is by:

- Staying physically active. Physical activity helps to maintain a healthy weight, improve blood pressure, maintain good cholesterol and blood sugar levels.
- Maintaining a proper diet. It is important as you age to eat proper portion sizes, stay away from processed foods and eat plenty of fresh fruits and vegetables. Drinking plenty of fluids is also important.
- Maintain or improve social connections. By staying connected people are less likely to be depressed and stay healthier.
- Go to the doctor regularly. Ensuring that you see the doctor for regular check-ups and recommended tests is key to prevention or early detection which leads to better health.
- Check out Health Promotion classes offered at Symons Recreation. There are donation based classes that people who are over 60 can take. These include Tai Chi, Stepping On, Strong Bodies and Walk With Ease. They are great for getting exercise and for socialization.



As we celebrate Healthy Aging Month remember that it is never too late to live a healthier lifestyle. Making small changes can make a big difference in your everyday life and health. Richland County has many opportunities to live a healthy lifestyle. From the availability of walking trails, kayaking, hiking and more, there is something for everyone.



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SPOTLIGHT ON: BEWARE OF PHISHING SCAMS

Scammers continue to get more and more crafty. One way that they target individuals is through email and a practice known as “phishing”. According to the Federal Trade Commission, “Phishing is a type of online scam that targets consumers by sending them an email that appears to be from a well-known source, an internet service provider, a bank, or a mortgage company, for example. It asks the consumer to provide personal identifying information. Then a scammer uses the information to open new accounts, or invade the consumer’s existing accounts.”



These unscrupulous people will use emails, text messages, Facebook messages and more to trick you into clicking on a link asking you to give out personal information. They will attempt to get your passwords, account numbers and Social Security number. With this information they can get access to your accounts, email, social media and more. Unfortunately, they are many times successful. Examples of their tactics may include:

- They have noticed suspicious activity in your accounts or log-in attempts
- There’s a problem with your account or payment information
- Say you have to confirm personal information
- Ask you to click on a link
- Say you have won a prize or are able to get a government refund.

To protect yourself from these attacks it is important to:

- Ensure that you have up to date security software
- Protect your cellphone by having software update automatically
- Protect your accounts by using multi-factor authentication when possible—this could be both a passcode and a scan of your fingerprint, retina or face
- Protect data by backing it up.

If you suspect a phishing attack you should ask yourself if you have an account with the company or know the person who contacted you? If no, do not open an email or click on any links. If you do know the company, contact the number you have for them, not the one in the suspicious message, to see if the message is real.

If you are concerned that you clicked on a link or opened an attachment that is suspicious immediately change all of your passwords and ensure that you update you security software and run it to search for any issues. Also, contact one of the three credit bureaus to inform them that you have been scammed so they can put a fraud alert on your record.

- Equifax Alerts (800) 685-1111
- Experian (888) 397-3742
- Trans Union (800) 916-8800

How to spot a PHISHING SCAM

- PROVOKES FEAR** BY REQUESTING YOU DO SOMETHING OR FACE CONSEQUENCES
- SEEMS URGENT** BY SUGGESTING YOU DO SOMETHING BY A SPECIFIC TIME
- REQUESTS A CLICK** BY INCLUDING A LINK ASKING FOR YOUR PERSONAL INFORMATION
- CALL TO ACTION** BY ASKING THE RECEIVER TO DO SOMETHING

 itap.purdue.edu 

SEPTEMBER FAMILY & FRIENDS RECIPE TO TRY



Pepper Steak

Prep Time: 20 min **Cook Time:** 20 min **Yield:** 4 servings



Ingredients:

- 1 lb chuck steak cut into medium slices
- 1 large onion cut into medium strips
- ½ green bell pepper cut into medium strips
- ½ red bell pepper cut into medium strips
- 1 leveled teaspoon black pepper
- Salt to taste
- 2 cups boiling water
- 3 tablespoons oil

- FOR THE SAUCE
- 3 tablespoons soy sauce
- 1 tablespoon cornstarch
- 1 tablespoon sugar
- ½ cup warm water
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ¼ teaspoon ginger powder

Instructions:

- In a pan, add three tablespoons oil and fry the chuck steak in two batches until brown on both sides. Remove and keep aside. Don't crowd the pan when browning.
- In the same oil fry the onion until translucent. Remove and keep aside.
- In the same pan, fry the bell peppers for a few seconds and keep aside.
- Add the meat back to the pan, season with salt and black pepper. Add two cups boiling water and let it cook on medium heat for 45 minutes or until the meat is tender. Add water if the meat is still tough and continue cooking.
- When the meat is cooked, add the onion and bell pepper. Mix the sauce ingredients and pour over the steak, stir until the sauce thickens. Serve hot.



(Courtesy of: <https://www.munatycooking.com>)

Back To School Safety Tips

Every day millions of children take to the streets to go to and from school. They walk, ride bicycles, take buses and arrive in automobiles. For many children this experience is a new one and they may not understand safety rules. Young children do not have the same concept of safety as adults. They may not look before they leap, which is why it is so important for parents to supervise young children and practice safety skills with their older children. The safety tips listed here will help you, as parents, prepare your children for a safe journey.

Walking To School

- Parents should walk or bike the route prior to school starting and look for any possible hazards the child may encounter and identify a safe place to go if the child needs help.
- Stop, look and listen before crossing the street. Always cross at the crosswalk and obey traffic signals.
- Walk or bike with a friend. It is safer and more fun with a buddy.
- Go directly to school and directly home afterward.
- Do not play in vacant fields or lots.
- Stay on the sidewalk or bike path and do not take short cuts.
- If someone approaches you or makes you feel uncomfortable, don't talk to them and keep walking or riding.
- If a vehicle is following you, turn around and go the other direction.
- Don't put your name on clothing, backpacks, books or lunch boxes that are visible to others.
- If approached by a dog, do not run. Do not touch the dog. Stand still and tell the dog to go home. If the dog will not leave, slowly back away from the dog putting distance between him and you; then continue walking.



Biking To School

- Bright colored clothing will make you more visible to drivers.
- Always wear a bicycle helmet.
- Backpacks should be tight on the upper back and not dragging on the rear tire.
- Respect traffic lights and stop signs.
- Ride on the right, going the same direction as traffic.
- Use appropriate hand signals.

Bus Stops

- Know your bus number.
- Stay in a group while waiting for the bus.
- Do not play in the street. Stay on the sidewalk or grass.
- Wait for the bus to completely stop before approaching it.
- Look both ways before crossing the street to get on the bus.
- Stay seated while on the bus and keep hands and head inside the windows.
- If someone offers you a ride, say NO.
- A parent could be at the bus stop before and after school for extra safety.



For Parents ... Vehicle Traffic

- While driving, be more aware of the speed limits in your neighborhood and around schools.
- Observe the sides of the roadway, watching for children walking and biking.
- Give children right-of-way in crosswalks and school zones.
- Avoid backing your vehicle at schools.
- Children should exit to the right side of the vehicle.
- Do not leave until your child is completely on school property.

For additional information on school safety, visit www.cityofmesa.org/police/crime_prevention/child_safety.aspx, or contact the Crime Prevention Unit at 480-644-2539.



PEOPLE OF ALL AGES NEED VACCINES

Getting Vaccinated: Most private health insurance plans cover the cost of recommended vaccines. The Vaccines for Children (VFC) Program helps provide vaccines to children whose parents or guardians may not be able to afford them. Medicare and Medicaid also cover a number of vaccines for adults. Vaccines are available at private doctor offices, as well as other convenient locations such as pharmacies, workplaces, community health clinics and health departments.



Getting vaccinated is important for people of all ages and at various times in our lives.

- ◆ Parents can protect infants and children from 14 serious childhood diseases by age 2.
- ◆ Preteens and teens need vaccines too! Getting adolescents vaccinated will also protect their friends and their family members.
- ◆ Adults: not sure if your immunization schedule is up-to-date? You should get the flu vaccine yearly, Td or Tdap (for shingles, pneumococcal). Check with your doctor and find out what they recommend.
- ◆ Pregnant women should make sure they are up-to-date to protect themselves and their baby.
- ◆ Travelers may need specific shots before leaving the country. Check with your doctor as soon as you know you are going to travel.

**To learn more about vaccines and take a quick quiz to find out which vaccines you may need, visit:
www.cdc.gov/vaccines**

Richland County Nutrition Program September 2022

Grab N' Go available for carry out at Richland Center Meal Site
Location only from 11:30am-12:30pm, Mon. - Fri; must be specified at time of reservation. **Richland Center Meal Site** Serves at 11:45am Mon.- Fri. (Congregate) M-W-F (Home Delivered) Call Tina/Sandi (608) 647-2323; **Germanatown 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

5 **Labor Day**

Meal Sites
~CLOSED~

6 Beef, Vegetable & Barley Soup
 Turkey & Ham Sandwich
 Pineapple
 Cook's Choice Dessert

12 Pasty w/Gravy
 Rotini Vegetable Salad
 Autumn Fruit Salad
 Pumpkin Bar w/Crm Cheese Frstg.

13 Chicken Pot Pie Stew Over a Biscuit
 Pineapple & Mandarin Oranges
 Frosted Cake

19 Roast Turkey
 Rosemary Red Roast Pot.
 Pickled Beets
 Peaches
 Cookie

20 Hearty Potato Soup
 Ham & Cheese Sandwich
 Mixed Greens Salad w/Dressing
 Fruited Dessert

26 Ham Slice
 Southern Potatoes
 Vegetarian Baked Beans
 Coleslaw
 Fruited Dessert w/Topping

27 Cream of Broccoli Soup
 Egg Salad/Lettuce Sandwich
 Tomato Basil Salad
 Cook's Choice Dessert



7 Pork Loin w/Gravy
 Squash w/Brown Sugar
 Green Beans
 Cranberry Fluff, WG Dinner Roll, Cookie

14 Ring Bologna w/Sauer Kraut
 Company Potatoes
 Steamed Carrots
 Fruit Torte w/Topping

21 Baked Fish
 Dill Potatoes
 Mixed Vegetables
 Tropical Fruit
 Cherry Lemon Cake
 WG Dinner Roll

28 Chicken Cordon Bleu
 Seasoned Wild Rice Blend
 Broccoli
 Seasoned Beets
 Mixed Fruit
 Frosted Birthday Cake

1 Cream of Mushroom Roast
 Pork
 Mashed Potatoes w/Gravy
 Steamed Broccoli
 Mixed Fruit
 WG Dinner Roll
 Cookie

8 Swedish Meatballs Over Buttered Noodles, Salad,
 Steamed Carrots
 Sunshine Salad
 Brownie

15 Goulash w/Beans & Stewed Tomatoes
 California Blend Veggies
 Pears
 Garlic Bread
 Frosted Cake

22 Lasagna
 Green & Gold Beans
 Fresh Fruit Salad
 Peanut Butter Brownie

29 Roast Beef
 Rosemary Roasted Red Potatoes
 Capri Vegetables
 Fresh Fruit, Cookie
 WG Dinner Roll

2 Porcupine Meatballs Over WG Pasta
 Carrots, Peas & Pearl Onions
 Fruit Cobbler

9 Swiss Steak w/Gravy
 Mashed Potatoes
 California Blend Veggies
 Pears
 Gelatin Poke Cake
 w/Whipped Topping

16 Meatloaf
 Whipped Squash
 Baked Beans
 Mixed Greens w/Dressing
 Bread Pudding w/Caramel Sauce, WG Dinner Roll

23 BBQ Pulled Pork w/WW Bun
 Mashed Sweet Potatoes
 Coleslaw
 Cowboy Beans
 Fruit Crisp w/Topping

30 Chicken Alfredo Over Fettuccini Noodles
 Mixed Greens w/Dressing
 Seasoned Beets
 Fruited Dessert w/Topping

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.

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.

SEPTEMBER 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
				18:00-Community Coffee Coffee Club 10:00-Quiddler or Rummikub 1:00-Knitters	210:00-Your Choice Game 1:00-Haase & Cribbage	3 CLOSED
4 CLOSED	5 9:30-11:30-Play Bingo for Prizes 1:00-"500", Golf, or Phase 10	6 9:30-Sheepshead 10:00-Quiddler 1:00-Euchre	7 9:30-Haase or Golf 9:45-Chair Yoga 12:30-Pinochle	8 Your Choice Game All Day 1:00-Knitters	9 10:00-Your Choice Game All Day 1:00-Haase & Cribbage	10 CLOSED
11 CLOSED	12 9:30-11:30-Play Bingo for Prizes 12:30-Quiddler 1:00-Phase 10 or "500"	13 9:30-Sheepshead 10:00-Rummikub or Mexican Train 1:00-Euchre	14 9:30-Haase or Cribbage 9:45-Chair Yoga 12:30-Pinochle 12:30-Quiddler	15 10:00-Richland Area Senior Citizen Potluck 1:00-Knitters 2:00-Rummikub	16 10:00-Your Choice Game 1:00-Haase or Cribbage	17 CLOSED
18 CLOSED	19 9:00-AARP Driver Training 9:30-11:30-Play Bin- go for Prizes 1:00-Phase 10	20 9:30-Sheepshead 10:00-Chicken Foot or Rummikub 1:00-Euchre	21 9:30-Haase or Cribbage 9:45-Chair Yoga 12:30-Pinochle	22 10:00-Memory Café 10:00-Any Game 1:00-Knitters	23 10:00-Any Game 1:00-Haase & Cribbage	24 CLOSED
25 CLOSED	26 9:30-11:30-Play Bingo for Bingo 12:30-Quiddler 1:00-Phase 10 or "500"	27 9:30-Sheepshead 10:00-Carefiver Ed 10:00-Rummikub 1:00-Euchre	28 9:30-Haase or Cribbage 9:45-Chair Yoga 12:30-Pinochle	29 10:00-Your Choice Game All Day 1:00-Knitters	30 1:00-Haase & Cribbage	

FALLS PREVENTION DAY IS SEPTEMBER 22

The ADRC partners with Symons Recreation to provide Health Promotion programs to individuals over 60. These programs are made possible with Older American Act funds and are aimed to help with falls prevention. Current programs available are:

Tai Chi For Better Balance

Tai Chi Fundamentals is considered an evidence-based fall prevention course for older adults. It is a non-impact exercise and is easy on the joints. The class is for people 60 or older and meets twice per week for 10 weeks and also includes a home exercise component.

Strong Bodies

Strong bodies is a strength training class aimed at increasing strength, muscle mass and bone density which helps improve the ability to complete activities of daily living. It has also reduced the risk or improved diabetes, high blood pressure, heart disease, osteoporosis, and arthritis.

Stepping On

Stepping On is a well researched falls prevention program for anyone over the age of 60 who:

- Has had a fall in the past year
- Is fearful of falling
- Lives alone in a home or apartment
- Is able to walk unassisted

The program meets one day per week for 8 weeks. Each week of the class focuses on a different topic ranging from exercising for increasing strength and stability to having guest speakers such as a physical therapist, an audiologist, a pharmacist and so on.

Walk with Ease

Walk With Ease is an evidence-based program designed to help people living the arthritis better manage their pain. It's also ideal for people without arthritis who want to make walking a regular habit. Sessions consist of group discussions and walking. This program is based on researched and tested programs in exercise science, behavior change and arthritis management, Walk With Ease is shown to:

- Reduce the pain and discomfort of arthritis
- Increase balance, strength and walking pace
- Build your confidence to be physically active
- Improve overall health

For more information, or to sign up for a class, contact Symons Recreation at 608-647-8522.



MEDICARE OPEN ENROLLMENT IS COMING SOON!

2023 ANNUAL OPEN ENROLLMENT PERIOD DATES

Dates and deadlines you need to know!



OCTOBER 15, 2022

Open enrollment period begins

This is the first day you can enroll for 2023 health coverage.



DECEMBER 7, 2022

Annual open enrollment ends

This is the last day you can enroll for 2023 health coverage.



JANUARY 1, 2023

First date coverage can start

Even if you enroll in or before December 2022 your new Medicare plan won't go into effect until January 1, 2023.

For more information on Medicare's open enrollment call the ADRC at 608-647-4616.










Join us and begin planning **AHEAD**

*Advance directives, home finances,
estate planning, and arriving at
decisions for the end of this life*

Planning AHEAD was created to address most aspects of end-of-life planning. There are a total of 7 modules examining health care wishes, financial responsibilities, legal requirements and documentation, distribution of personal property, end-of-life decisions, dealing with grief, and the emotional ramifications of all of the above. The program is designed both for those who want to prepare for their own passing to make things easier for family members and for those who have or are in the process of losing a loved one and are dealing with the transition.

This course features a planning packet to help make manageable the tasks associated with end-of-life decisions. The worksheets and handouts will guide you through what actions to take when and will break tasks into pieces so that the financial, healthcare, and other decisions don't feel so overwhelming.

planning **AHEAD** COURSE MODULES

-  Getting Ready
-  Home Finances
-  Advance Medical & Legal Directives
-  Estate Planning
-  Choices in End-of-Life Care
-  Final Wishes
-  Understanding Grief

Planning AHEAD 2022:

Online

September 13 - October 25

Tuesdays

Classes are 9:00 a.m. - 10:30 a.m.

Registration: <http://go.wisc.edu/SoAHEAD>

All classes are online via zoom

(connection information provided after registration)

Planning AHEAD 2022:

In-Person

October 26 - November 18

Wednesdays & Fridays

Classes are 12:30 p.m. - 2 p.m.

Complementary Lunch at 12 noon

Registration call: 608-647-6148 Mon-Fri 8:30 am - 4:30 pm

Lone Rock Community Center

234 N. Broadway St, Lone Rock, WI 53556



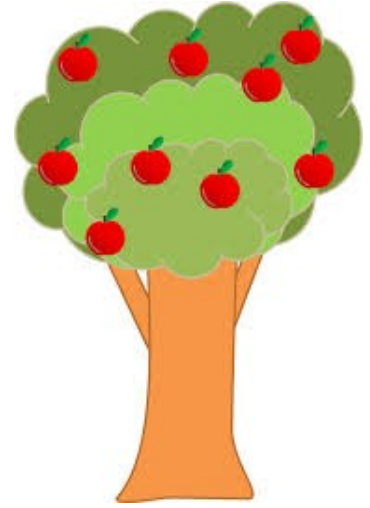
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An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.

SEPTEMBER WORD SEARCH

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



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: SEPTEMBER 2022

Upcoming Area Events:

September 2022 Events

Mondays in September

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. There will be no session on Monday September 5th.



September 6th


Court and Community free legal clinic on Tuesday, September 6 will run from 3:00 PM to 5:00 PM. Those with legal questions can call 608-475-2437 and an intake person will take down your legal question and have an attorney contact you within the week.

September 12th

Welcome to Medicare: September 12th 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!

September 27th

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.**