

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 County Office

July is Disability Pride Month “We Belong Here, and We’re Here to Stay”

Disability Pride Month is a month long observance that highlights the Americans with Disabilities Act (ADA) that was signed into law in 1990. It is a time to raise awareness and ensure that people with disabilities are included in all aspects of our society.

The ADA prohibits discrimination against people with disabilities. This act has a goal to ensure that people who have disabilities are treated equally and fairly and have the same opportunities as others in our society. Below is more information and highlights about the act:

- **Equal Opportunity:** The ADA is written to ensure that people with disabilities have the same rights as those without.
- **Prohibition of Discrimination:** The act makes discriminating against people with disabilities illegal regarding employment, housing, public businesses and government functions.
- **Reasonable Accommodations:** The act lays out the requirements for employers to make accommodations for people to be able to perform their job duties
- **Accessibility:** The act put into place standards for new construction along with requirements for alterations to facilities.
- **Telecommunications:** Phone companies are required to provide services to accommodate people with hearing and speech disabilities.
- **Enforcement:** The ADRC falls under the Department of Justice and the Equal Employment Opportunity Commission.

Even though the ADA covers many areas, it does not cover everything. For more information about the act you can go to www.ada.gov



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SPOTLIGHT ON: WELLNESS STRIDE



The ADRC partnered with Symons Recreation Complex to hold its 3rd Annual 3K/5K Wellness Stride. A total of 50 people came out to support this intergenerational event. Individuals ranged in age from 4 months old to 87 years old. The ADRC works with people to help promote independence and encourage everyone to remain active parts of the community, no matter what age they are.

This year was the 60th Anniversary of the Older Americans Act and its theme was “Flip the Script on Aging.” The goal of this theme was to bring awareness to how we think about aging and how to combat stereotypes. As our community continues to age, we see more and more people working to ensure they are able to maintain independence and stay as healthy as possible.

An example of this is one of our Aging/ADRC Committee members, Deanna Louis, who signed up for the walk. Deanna has spent a lifetime of caring for others in her professional career as a nurse and as a caregiver for her parents, husband and other family members. Deanna now realizes that over the years she was great at meeting the needs of others but often put her own needs aside.



This year, Deanna decided to start working on herself and has been trying to meet one personal goal each month. Through her journey she came across the sign-up for the Wellness Stride and decided that she was going to make this one of her goals. She stated that she was determined to finish and that “this accomplishment would outweigh any pain she had.” She didn’t care how long it took, or if she was the last person to finish, she was going to complete the walk, which she did. In talking with her she was overwhelmed with emotion after the walk. It was yet another goal met for the year!

So many of us put our own needs aside to raise families, work, and care for others, sometimes at our own expense. We do this because we love our families and want to make sure that their needs are met and never have regrets. Being a caregiver is definitely one of the most rewarding experiences people have in their lives, but at times, can come at a cost to our individual health. When people are on their caregiving journey it is important to remember self-care. Self-care is important to ensure that your needs are being met. This has been shown to help people be able to continue to be caregivers longer.

The ADRC has many opportunities for self-care. Health Promotion programs for people over 60 are contribution based and are offered throughout the year. There are fun interactive classes including; Bingocize, Tai Chi, Strong Bodies and more that are available. Along with this, there are programs to help ease the stress of caregiving. These programs include the National Family Caregiver Support and Alzheimer Family Caregiver Support program. These programs have funds available to help caregivers and care recipients. There are some eligibility requirements for the programs. If you are a caregiver and would like more information contact the ADRC at 608-647-4616.

Another opportunity for individuals is if they are interested in becoming an instructor for different exercise classes. The ADRC continues to partner with Symons Recreation for some of these. If you are interested in becoming an instructor contact Symons Recreation Complex at 608-647-8522 or the ADRC at 608-647-4616.

In closing Deanna wants her message to be “if I can do it, so can you, just start somewhere!” This is a perfect example of “Flipping the Script on Aging!”

FAMILY & FRIENDS RECIPE TO TRY



Prep Time: 10 minutes **Cook Time:** 30 minute **Yield:** 8 servings
Taste of Home's Easy Peach Cobbler



Ingredients:

- 2 (15) ounce cans sliced peaches in syrup
- 1/2 cup (1 stick) butter
- 1 cup self-rising flour
- 1 cup sugar
- 1 cup milk

Homemade Whipped Cream:

- 2 cups whipping cream, chilled in the fridge
- 4 tablespoons sugar

Directions:

1. Preheat oven to 350.
2. Drain 1 can of peaches; reserve the syrup from the other. Place the butter in a 9X12 inch ovenproof baking dish. Heat the butter on the stove or in the oven until it's melted. In a medium bowl, mix the flour and sugar. Stir in the milk and the reserved syrup. Pour the batter over the melted butter in the baking dish. Arrange the peaches over the batter. Bake for 1 hour. The cobbler is done when the

batter rises around the peaches and the crust is thick and golden brown. Serve warm with fresh whipped cream.

3. **Homemade Whipped Cream:** Chill a large metal mixing bowl and the wire beater attachment in the freezer for about 20 minutes. Pour the chilled cream and sugar into the cold mixing bowl and beat until it forms soft peaks, about 5 minutes. The mixture should hold its shape when dropped from a spoon. Don't overbeat or you'll have sweetened butter!

Cook's Note

If you don't have self-rising flour, substitute 1 cup all-purpose flour mixed with 1 1/2 teaspoons baking powder and 1/8 teaspoon salt



(Source: <https://www.foodnetwork.com/recipes/trisha-yearwood/easy-peach-cobbler-recipe-3381762>)

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RECREATIONAL WATER ILLNESS PREVENTION

Summer is in full swing which means more people will be outdoors enjoying the pool and natural bodies of water. Spending time in the pool, lake, or river can be a great way to cool off however, these bodies of water can contain germs that can make you sick if you do not follow the proper preventative measures. Recreational water illnesses can cause a variety of unpleasant symptoms including vomiting, stomach cramps, fever, and diarrhea. These germs that cause recreational water illnesses can be found in a variety of environments including pools, splash pads, hot tubs, lakes, rivers, ponds, etc.



Safety Tips for Pools, Hot Tubs, and Splash Pads:

Water within pools, hot tubs, splash pads, and water parks can be easily contaminated by someone experiencing diarrhea. Chlorinated, and properly maintained pools, can still harbor these germs, as the chlorine doesn't kill the germs instantly making it important that you:

- Don't swallow water when swimming
- Take a shower before and after swimming
- Wash your hands and the child's hands after changing children's diapers
- Do not use a facility that has foam or a scum line around the pool or hot tub
- Do not swim in pool water that is cloudy

Safety Tips for Natural Bodies of Water (Rivers, lakes, ponds, etc.):

The conditions of outdoor natural bodies of water can change rapidly. For example, after rain events, contaminants from the land such as animal feces and septic tank overflows can enter these bodies of water increasing the presence of germs making it important that you:

- Don't swallow water when swimming
- Do not swim in rivers, lakes, and ponds after rainfall
- Do not swim at beaches where you can see discharge pipes
- Shower before swimming
- Do not feed animals around bodies of water such as ducks, geese, seagulls, etc.

If you notice that you are experiencing any of the common symptoms of recreational water illnesses, contact your medical provider immediately. Stay safe and healthy this summer!

RICHLAND COUNTY MEAL SITES

Richland County has three Senior Dining meal sites throughout the county. The Woodman Senior Center meal site serves meals Monday through Friday at 11:30 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 is located at St. Anthony's School (32497 County Highway V, Cazenovia) and is open Wednesdays serving at 11:00. To reserve a meal, please call 608-983-2798. The Rockbridge Bethlehem Community Center 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 \$4.00.

DISABILITY BENEFIT SPECIALIST PROGRAM

The ADRC employs a full-time Disability Benefit Specialist (DBS). This person is able to meet with individuals who are 18-59 and have a disability. They share accurate information regarding a wide variety of topics including public and private benefits. Their services include:

- Assisting in filling out and filing applications for benefits, programs and services
- Support in obtaining or retaining benefits and services
- Provide referrals, assistance and support on other matters including disability rights and the impact of earnings on financial eligibility for public benefits
- Assist with potential appeals in relation to denials of eligibility and more

They also work with a variety of public benefits programs including:

- Medicare & Medicaid
- Social Security Disability Insurance (SSDI)
- Supplemental Security Income (SSI)
- Insurance issues
- Prescription Drug Assistance
- FoodShare
- Housing and Utility Issues

For more information regarding how a DBS can help you, contact the ADRC of Eagle Country-Richland County office at 608-647-4616.

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Richland Ctr: 608-647-2323
 Germantown: 608-983-2798
 Rockbridge: 608-649-3269

Jul 2

Home Delivered Meals &
 Dining Site Menu:
 Germantown, Richland Center,
 Rockbridge


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

RESERVATIONS REQUIRED AT ALL LOCATIONS by 12:00pm the business day before.	1	Turkey Tetrazzini California Blend Garlic Toast Cookie	2	Beef Stew Hot Sliced Beets Biscuit Blonde Brownie	3	Grilled Hamburger on a Bun w/Toppings Gaspacho Salad Red, White & Blue Angel Food Dessert	4		
	7	Pork Chop Scalloped Potatoes Creamed Peas Fruit Cocktail WW Bread	9	Roast Beef Mashed Potatoes w/Gravy Green Beans Pumpkin Bar WW Bread	10	Chicken Mushroom Bake Rice Pilaf California Blend Fruited Dessert	11		Tuna Casserole Baby Carrots Side Salad with dressing Pears
	14	Chicken Salad on a Crois- sant Carrot & Celery Sticks BLT Pasta Salad Mixed Fruit	16	BBQ Chicken Legs Pea's & Carrots Au gratin Potatoes Banana Cake WW Bread	17	Polish Sausage Roasted Root Vegetables Calico Beans WW Bread	18		Catch of the Day Baked Potato w/Sour Crm. Green Beans Apple Slaw WW Bread
	21	Scalloped Potatoes & Ham Crinkle Cut Carrots Fruit Cup WW Roll	23	Meatloaf Mashed Potatoes w/Gravy Hot Beets Apple Crisp	24	Ring Bologna Homemade Mac-N-Cheese Baked Beans Fruit Cup	25		Chicken Casserole Cut Green Beans Cottage Cheese & Peaches WW Roll
	28	Swiss Steak Mashed Potatoes w/Gravy Broccoli Florets Fruit Cup WW Bread	30	Salmon Loaf Baked Potato Broccoli Coleslaw WW Bread	31	Grilled Chicken on a bun W/Toppings Three Bean Salad Carrot Sticks Fresh Fruit	Richland County Locations: Richland Ctr: 608-647-2323 Germantown: 608-983-2798 Rockbridge: 608-649-3269		

Meals are subject to change on occasion. All meals include milk.

WOODMAN SENIOR CENTER
1050 N. ORANGE ST., RICHLAND CENTER, WI 647-8108 EXT. 3
HOURS: MONDAY THRU FRIDAY 8:00-4:30
July 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<u>1</u> 9:30- <u>Sheepshead</u> 1:00- <u>Euchre</u> <u>Tournament</u>	<u>2</u> 9:30- <u>Haase</u> 9:45- <u>Gentle Chair</u> <u>Yoga</u> 12:30- <u>Pinochle</u>	<u>3</u> 8:00-10:00- <u>Community Coffee Club</u> 9:30- <u>Any Game</u> 12:30- <u>5 Crowns, or Rummikub</u>	<u>4</u> CLOSED HAPPY 4TH OF JULY	<u>5</u> CLOSED
<u>6</u> CLOSED	<u>7</u> 9:30- <u>Play Bingo for Prizes</u> 12:30- <u>Phase "10", or 5 Crowns</u>	<u>8</u> 9:30- <u>Sheepshead</u> 1:00- <u>Euchre</u> <u>Tournament</u>	<u>9</u> 9:30- <u>Haase</u> <u>No Gentle Chair</u> <u>Yoga Today</u> 12:30- <u>Pinochle</u> 12:30-4:00- <u>ADRC Sip & Swipe</u>	<u>10</u> 8:00- <u>Breakfast by Our House</u> 9:30- <u>Mexican Train</u> 12:30- <u>Rummikub</u> <u>Or your choice</u>	<u>11</u> 12:30- <u>Haase</u>	<u>12</u> CLOSED
<u>13</u> CLOSED	<u>14</u> 9:30-11:30- <u>Play Bingo for Prizes</u> 12:30- <u>Phase "10: or 5 Crowns</u> 1:00- <u>Cribbage Lessons</u>	<u>15</u> 9:30- <u>Sheepshead</u> 1:00- <u>Euchre</u> <u>Tournament</u>	<u>16</u> 9:30- <u>Haase</u> 9:45- <u>Gentle Chair</u> <u>Yoga</u> 12:30- <u>Pinochle</u>	<u>17</u> 10:00- <u>Richland Area Senior Citizen Potluck</u> 1:30- <u>Your Choice Game</u>	<u>18</u> 12:30- <u>Haase</u>	<u>19</u> CLOSED
<u>20</u> CLOSED	<u>21</u> 9:30- <u>Play Bingo for Prizes</u> 12:30- <u>5 Crowns, Phase "10", or Canasta</u>	<u>22</u> 9:30- <u>Sheepshead</u> 10:00- <u>Caregiver Support Group</u> 1:00- <u>Euchre</u> <u>Tournament</u>	<u>23</u> 9:30- <u>Haase</u> 9:45- <u>Gentle Chair</u> <u>Yoga</u> 12:30- <u>Pinochle</u>	<u>24</u> 9:15- <u>Movie on the Big Screen</u> 12:30- <u>Mexican Train</u>	<u>25</u> 12:30- <u>Haase</u>	<u>26</u> CLOSED
<u>27</u> CLOSED	<u>28</u> 9:30- <u>Play Bingo for Prizes</u> 12:30- <u>5 Crowns or Phase "10"</u>	<u>29</u> 9:30- <u>Sheepshead</u> 1:00- <u>Euchre</u> <u>Tournament</u>	<u>30</u> 9:30- <u>Haase</u> 9:45- <u>Gentle Chair</u> <u>Yoga</u> 12:30- <u>Pinochle</u>	<u>31</u> 9:30- <u>Rummikub or Your Choice</u> 12:30- <u>Sheepshead</u>		

BINGOCIZE IS BACK

The ADRC is excited to have an upcoming summer offering of the popular evidence-based program, Bingocize. This program is for individuals over 60 and is 10-weeks long meeting twice a week. It incorporates the interactive game of Bingo and exercise. The class will start on July 7th and will once again be held at the Richland Center Community Center located at 1050 North Orange Street, Richland Center.

People who have completed the program in the past have raved about how much fun they had while learning different exercises to help improve strength and mobility. This program is perfect for all ability levels! And, let's not forget our well-trained, fun facilitators. They make the program even better.

For more information and to sign-up, reach out to the ADRC by calling 608-647-4616 or stopping into the ADRC located at 221 West Seminary Street, Richland Center.



BACK BY POPULAR DEMAND

Games | Prizes | Exercise

Next 10 week session starts

July 7th

**at the Richland Center
Community Center**

Sign-up today

608-647-4616



KEEP FOODSHARE BENEFITS SAFE FROM SKIMMERS

When you use your Quest Card to buy food and other essential items, an unseen menace lurks at check-out—skimming devices. These malicious devices have been recently inserted by thieves into card readers at grocery stores and other vendors across our state, intended to enable criminals to drain your FoodShare benefits. In fact, thousands of FoodShare recipients have fallen victim to this scam in recent months.

If you suspect you have been the victim of FoodShare fraud, you can call the Fraud Hotline at 1-877-865-3432 or file a complaint form online with the Office of the Inspector General (<https://www.reportfraud.wisconsin.gov>).

Below are additional resources to help you keep your FoodShare benefits safe:

- Choose a hard-to-guess PIN. Don't use repeating numbers, like 1111, numbers in a sequence, such as 4567, or a pattern like 2323. Don't use your birth date or birth year.
- Keep your PIN secret. Cover the keypad when entering your PIN. Do not share your PIN with anyone outside your household or who does not help you buy food.
- Check your account often. Use the MyACCESS mobile app or the ebtEDGE website (<https://www.ebtedge.com/gov/portal/PortalHome.do>) or mobile app to check your account frequently for unauthorized charges. Change your PIN immediately if you notice any suspicious charges.
- Freeze your card between uses with the ebtEDGE website or mobile app. When your card is frozen, you and anyone else on the account will be unable to use it. You will have to unfreeze it to make purchases again.
- Block your card from being used on the internet if you don't shop for groceries online. You can also block out-of-state transactions.
- Report lost or stolen cards right away to QUEST Card Service at (877) 415-5164

(Courtesy of the GWAAR Legal Services Team)

 <p>My Choice Wisconsin is a managed care organization that serves government-funded programs to seniors and adults with disabilities in over 50 Wisconsin counties.</p> <p>Visit us today: mychoicewi.org/LPI 1-800-963-0035</p> <p>For more information on your long-term care options, contact your local ADRC.</p> <p>DHS Approved 4/22/2021</p>	 <p>Get 24-Hour Protection From a Name You Can Trust</p> <ul style="list-style-type: none">• Burglary • Flood Detection• Fire Safety • Carbon Monoxide <p> Authorized Provider SafeStreets 833-287-3502</p>
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Bringing Hope & Light to the Dementia Journey Conference

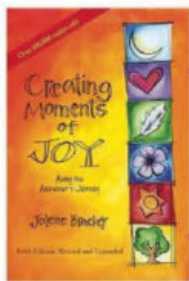
FREE conference for: All those impacted by dementia or interested in the cause!

Wednesday, August 13th, 2025

First Free Church

123 Mason St. Onalaska, WI 54650

8:30am-3:15pm



Keynote Speaker:
Jolene Brackey, Author of
Creating Moments of Joy

**FREE day of
learning &
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Breakout Sessions:

- Using Meditation to Live Better with Cognitive Decline
- Embracing the Journey: Practical Tips & Laughter
- TimeSlips Engagement Party
- Persons Living Mild Cognitive Impairment or Dementia with Panel
- Living Well with Dementia
- Caring with Confidence: Everyday Skills for Family Caregivers
- Minds in Motion: Sessions for the Brain, Body, & Soul

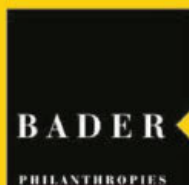
Registration Options

- Register online: [Click here](#)
- Use QR Code
- Register by phone: 715-343-6275



Deadline for Registration: July 25th

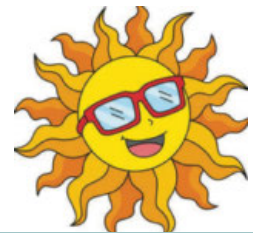
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A	S	B	M	R	S	B	E	L	L	O	P	J
C	U	S	N	Q	U	F	U	N	R	K	L	E
A	N	W	C	P	M	I	J	O	H	D	A	E
T	S	I	D	O	M	H	F	C	M	N	Y	W
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X	S	U	N	G	L	A	S	S	E	S	Z	B

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Produced in conjunction with the Aging and
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ISSUE: JULY 2025

Upcoming Area Events:

Mondays in July

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.



Tuesdays in July

Tech Help Tuesday will be held every Tuesday at the Brewer Public Library from 9:00 to Noon. Get basic help with all apps and devices. Walk-ins are welcome. Appointments can be scheduled by calling the Brewer Public Library at 608-647-6444. There is no charge for this service.

Wednesdays in July

The Farmers’ Market will be held each Wednesday at from 1:30-5:30 at the corner of Court and Orange Streets

Thursdays in July

The Lone Rock Farmers Market is held each Thursday until October from 3:30—6:30 pm at Center Park on Highway 130.

Monday, July 7th

The ADRC of Eagle Country will host a ten week session of the evidence-based program, Bingocize, starting July 7th at the Richland Center Community Center. This program is for individuals over the age of 60. Pre-registration is required, contact the ADRC at 608-647-4616 to sign-up.

Wednesday, July 9th

The ADRC will be hosting a Sip and Swipe class at the Richland Center Community Center from 1:00 pm-3:00 pm. Participants can learn the basics of using a smartphone and/or tablet while enjoying a cup on refreshments. To sign-up contact the ADRC at 608-647-4616.

Tuesday, July 22nd

The ADRC of Eagle Country, Richland County office offers the monthly Richland Center Caregiver Support Group. This group offers caregivers a chance to connect with local experts, family members and care partners who may be experiencing similar circumstances. The support group is held the 4th Tuesday of the month at the Woodman Senior Center, 1050 Orange Street, Richland Center 10:30 am –11:30 am. To RSVP or for information, you may call the ADRC at 608-647-4616 or Pam, the Dementia Care Specialist at 608-548-3954.

