

Family

FREE

and

Friends

August
2025

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

August is National Wellness Month “Choose Wellness”

What does wellness mean to you? Is it self-care, reducing stress and creating healthier habits? Or is it about improving physical, brain, mental, and emotional health? Whatever it is for you, it is time to get on track with caring for yourself.



It is important to remember that with all of the hustle and bustle of a busy life it is important to take time to concentrate on our own needs. Below are some wellness tips provided by “National Day.”

- Increase hydration. It is important for many aspects of your health to ensure that you are drinking enough fluids, especially in the heat of the summer.
- Eat plenty of fruits and vegetables.
- Concentrate on getting good sleep. Getting a good nights sleep helps your brain recover from the stresses of the day.
- Get active, whether it is joining a class or going for walks on your own, keep your body moving for better brain, mental and physical health.
- Take time to take a deep breath or meditate. Having a few minutes a day to de-stress will help your physical and mental health.

It is time to take the “I Choose Wellness” pledge. Promise yourself you will prioritize caring for yourself. If you do this every day in August you will see a difference by the end of the month.

(Source: www.nationaldaycalendar.com)



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SPOTLIGHT ON: NATIONAL IMMUNIZATION AWARENESS

August is National Immunization Awareness Month, which is an annual event highlighting and celebrating the importance of vaccinations for people of all ages. Richland County Public Health works to offer immunizations through the Vaccines for Children (VFC) and the Vaccines for Adults (VFA) programs through the Wisconsin Department of Health Services (DHS). It is during the month of August that it is recommended to think ahead to respiratory illness season, and to remind the community that Flu shots are available seasonally through your local health department.



The VFA program helps *uninsured* or *underinsured* Wisconsin adults aged 19 and older get free or low-cost vaccines. An individual is **uninsured** if they don't have private health insurance, Medicare, or Medicaid. An individual is **underinsured** if they have health insurance, but it does not cover certain vaccines or it has a fixed dollar limit or cap for vaccines. Please consult with your provider, your insurance provider, or other healthcare professionals to see which vaccines you would qualify for.

Typically, the influenza vaccine, or "flu shots" are the most requested immunization at the health department and are usually available starting in September of each year and available throughout the flu season. Flu vaccines can be paid for by cash or check, billed to Medicare and some other insurances, and for some eligible clients, offered at no cost through the VFA & VFC program.

Examples of vaccines available for adults through the VFA program in Richland County include:

- Hepatitis A
- Hepatitis B
- Tetanus, Diphtheria, and Pertussis (Tdap)
- Tetanus and Diphtheria (Td) can be given as boosters to people 65 years or older and to other uninsured adults.
- COVID-19
- Measles, Mumps, and Rubella (MMR) for adults born after 1957 is recommended, especially if they are in college, work in healthcare, or plan to travel internationally

Please visit the Richland County Health and Human Services website and view the immunization clinic schedule with dates and times offered.

Consider contacting your healthcare provider to discuss other vaccines not available at Richland County Public Health including the Respiratory Syncytial Virus (RSV) & Zoster (Shingles) vaccines.

Please contact Richland County Public Health staff at (608) 647-8821 for more information regarding availability and scheduling.



FAMILY & FRIENDS RECIPE TO TRY



Prep Time: 10 minutes **Cook Time:** 30 minute **Yield:** 8 servings
Breakfast Tacos (Delish.com)



Ingredients

1 large potato peeled, chopped into 1/2 inch pieces
Salt to taste
1 Tbsp extra virgin olive oil
1/4 small yellow onion, finely chopped
4 ounces fresh chorizo sausage
Black pepper to taste
2 Tbsp butter
3 large eggs, beaten
4 medium flour tortillas
1/2 cup shredded cheddar
Hot sauce, sliced scallions, sliced avocado, pickled onions (all optional)

Directions:

1. Place potatoes in a large pot and cover with 1" cold water; season with 1 teaspoon salt and bring to a boil. Simmer until potatoes are tender, 3 to 5 minutes. Drain.
2. Meanwhile, in a large skillet over medium heat, heat oil. Add onion and chorizo; season with salt and pepper. Cook, stirring occasionally, until onion is translucent and sausage is cooked through, 6 to 8 minutes.

3. Move onion mixture to edges of skillet; add more oil if skillet looks dry. Arrange potatoes to center of skillet, then spread in an even layer. Cook, undisturbed, until undersides of potatoes begin to turn brown and crisp, 4 to 6 minutes. Stir potatoes into onion mixture. Remove from heat.
4. In a medium nonstick skillet over medium, melt butter. Pour eggs into skillet; season with salt and pepper. Let set slightly, then reduce heat to medium-low. Drag eggs with a spatula or wooden spoon to create curds. When eggs are cooked to your liking, remove from heat.
5. Lightly toast tortillas over an open flame or in a large dry skillet, then divide among plates. Top tortillas with cheddar, then scoop chorizo, potatoes, and eggs over. Serve with hot sauce, scallions, avocado (if using), and pickled onions (if using) alongside.



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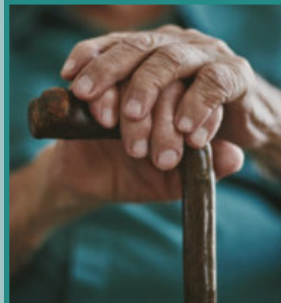
Local help with your Medicare questions.



Teresa Goplin
Licensed Sales Agent
608.647.2114, TTY 711



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INCLUSA
The National Inclusion Project

inclusa.org
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Richland County Health & Human Services, Richland Center, WI A 4C 01-1412

AUGUST IS NATIONAL CIVILITY MONTH

HELPFUL TIPS TO PRACTICE CIVILITY

1. Be Observant & Considerate

Simply being observant and considerate can go a long way toward making others feel valued and appreciated. Have an awareness of what those around you may be going through.

2. Acknowledge Other People

Make time to recognize others, whether by remembering someone's name or congratulating a team member, and be mindful of when you have a reason to thank someone.

3. Be Inclusive

No one likes to be left out. If you realize you've unintentionally excluded someone, be honest about your mistake and apologize. Everyone deserves to feel welcome and part of the team.

4. Respect Even a Subtle "No"

One of the most basic rules of respect is accepting another person's "no," even if they don't say "no." This is especially important in conversations between supervisors and team members.

5. Be Respectful of Others' Time

Be careful to not send the message that your time is more important. Be aware of how you manage your time and avoid creating emergencies for others.



Photo Source: <https://www.eiinc.com/does-your-workplace-need-a-code-of-civility/>

Source: <https://www.sociusinsurance.com/diversity-and-inclusion-newsletter>

rmd/opei512aficio

RICHLAND COUNTY MEAL SITES/FOOD SAFETY

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.

4 STEPS TO FOOD SAFETY



CLEAN

SEPARATE

COOK

CHILL

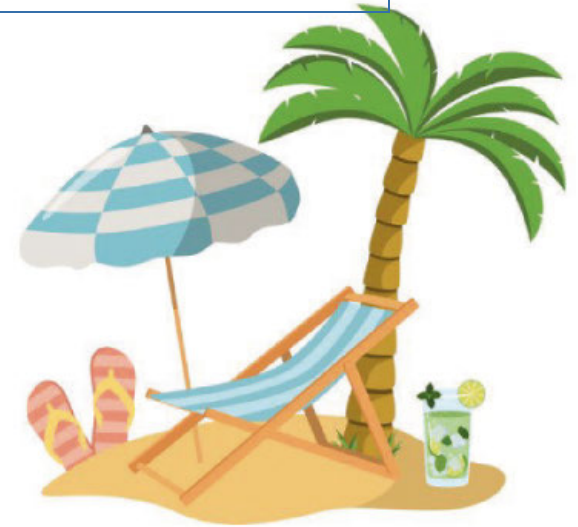
The suggested donation for those age 60 and older is \$4.00.

AUGUST WORD SEARCH

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

BARBECUE
BOATING
FIREFLY
HOT
LEMONADE
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AUGUST

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:

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

NOTE: Meals are subject to change on occasion.
All Meals include milk



1 Stuffed Pepper Soup w/
Brown Rice
1/2 Egg Salad Sandwich
Side Salad w/Dressing
Fruit

4 Ground Beef Stroganoff
Broccoli Florets
Peaches and Pears
WW Bread

5 Chicken Breast w/Mushroom
& Bacon Sauce
Mashed Potatoes
Hot Sliced Beets
Fruited Dessert

6 Sweet and Sour Pork over
Brown Rice
Oriental Vegetables
Mandarin Oranges
Fortune Cookie

7 Tator Tot Casserole w/
Green Beans
Steamed Carrots
BB Brownie
WW Bread

8 Chicken Salad Sandwich
Veggie Ranch Pasta Salad
Fresh Melon
Cookie

11 Roast Pork Loin
Mashed Potatoes w/Gravy
Green Beans
Mixed Fruit
WW Bread

12 Rotini w/Meat Sauce
Lettuce Salad w/Dressing
Sweet Corn
Garlic Toast

13 Baked Chicken
Baked Sweet Potatoes
Cauliflower
Pumpkin Pie Bar w/
Topping
WW Bread

14 BBQ Pulled Pork on a Bun
Hot Vegetable Pasta
Baked Beans
Cookie

15 Monterey Chicken with
Veggies & Sauce over Brown
Rice
Broccoli
Pineapple

18 Chicken Alfredo
Side Salad w/Shredded
Carrots & Dressing
Fruit Cup
Bread Stick

19 Sloppy Joe on a Bun
Roasted Potatoes
Baked Beans
Grape Salad

20 Sliced Ham
Au gratin Potatoes
California Blend Veg
Fresh Cut up Fruit
WW Roll

21 Catch of the Day
Baked Potato w/Sour Crm
Broccoli Florets
Watermelon
WW Bread

22 Kielbasa w/ Sauerkraut
Homemade Macaroni &
Cheese
Peas & Carrots
Apricots
Rye Bread

25 Salisbury Steak
Mashed Potatoes/w Gravy
Brussel Sprouts
Mixed Fruit
WW Bread

26 Baked Ham & Scalloped
Potatoes
Broccoli
Banana
WW Roll

27 Pot Roast w/Gravy
Baby White Potatoes
Carrots & Onions
Fruit Crisp
WW Bread

28 Chicken Chop Suey
Whole Grain Rice
Oriental Blend Veggies
White Cake w/ Berries

29 Tuna Salad on Croissant
Potato Salad
Fruit Salad
Oatmeal Raisin Cookie

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<u>1</u> 12:20-Haase	<u>2</u> CLOSED
<u>3</u> CLOSED	<u>4</u> 9:30-11:30-Play Bingo for Prizes 12:30-1:30-Bingocize 1:30-Phase "10" or <u>5</u> Crowns	<u>5</u> 9:30-Sheepshead 12:30-Euchre Tournament	<u>6</u> 9:30-Haase 9:45-Gentle Chair Yoga 12:30-Pinochle 12:30-1:30-Bingocize	<u>7</u> 8:00-10:00- Community Coffee Club 9:30-Rummikub 12:30-Your Choice	<u>8</u> 12:30-Haase	<u>9</u> CLOSED
<u>10</u> CLOSED	<u>11</u> 9:30-11:30-Play Bingo for Prizes 12:30-1:30-Bingocize 1:30-5 Crowns or Phase "10"	<u>12</u> 9:30-Sheepshead 12:30-Euchre Tournament	<u>13</u> 9:30-Haase 9:45-Gentle Chair Yoga 12:30-Pinochle	<u>14</u> 9:00-Bus Leaves for Diamond Jo Casino	<u>15</u> 12:30-Haase 12:30-1:30-Bingocize	<u>16</u> CLOSED
<u>17</u> CLOSED	<u>18</u> 9:30-11:30-Play Bingo for Prizes 12:30-Phase "10" or Your Choice	<u>19</u> 9:30-Sheepshead 12:30-Bingocize 1:00-Euchre Tournament	<u>20</u> 9:30-Haase 9:45-Gentle Chair Yoga 12:30-Pinochle	<u>21</u> 10:00-Richland Area Senior Citizen Potluck 1:30-Any Game	<u>22</u> 12:30-Haase 12:30-1:30-Bingocize	<u>23</u> CLOSED
<u>24</u> CLOSED	<u>25</u> 9:30-11:30-Play Bingo For Prizes 12:30-1:30-Bingocize 1:30-5 Crowns or Phase "10"	<u>26</u> 9:30-Sheepshead 10:00-Caregiver Support Group 1:00-Euchre Tournament	<u>27</u> 9:30-Haase 9:45-Gentle Chair Yoga 12:30-1:30-Bingocize 12:30-Pinochle	<u>28</u> 8:00-Breakfast by Our House 9:15-Movie on the Big Screen 12:30-Any Game	<u>29</u> 12:30-Haase	<u>30</u> CLOSED
<u>31</u> CLOSED						

HOW TO REDUCE INFLAMMATION



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EAT WELL, AGE WELL.

WHAT IS INFLAMMATION AND HOW CAN CERTAIN FOODS AFFECT IT?

Inflammation is your body's immune response to negative influences such as toxins, pathogens, or oxidative stress. It's an important reaction for your body to heal itself. However, too much inflammation can overwork the immune system and contribute to a number of chronic diseases. Some foods that commonly trigger inflammation include refined carbohydrates (ex: white bread), fried foods, sugar-sweetened beverages, red meat, processed meat, and margarine.

While diet can enhance inflammation, it can just as easily reduce it. Inflammation-reducing foods include tomatoes, olive oil, spinach, kale, nuts, salmon, tuna, and many fruits. Additionally, coffee drinkers can celebrate as the popular beverage is considered to be anti-inflammatory as well! However, the positive effects can sometimes be outweighed by a significant addition of creamer, sugar, and other sweeteners so remember to use these sparingly.



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WEEKLY CHALLENGES

ELIMINATE/REDUCE SWEETENER IN YOUR COFFEE THIS WEEK

TRY A NEW LEAFY GREEN VEGETABLE THIS WEEK

SUBSTITUTE "WHOLE WHEAT" VERSION OF PASTA/BREAD ONCE THIS WEEK

ELIMINATE SUGAR SWEETENED BEVERAGES ONE DAY

DID YOU KNOW?

Reducing inflammation can lower the risk of heart disease, diabetes, arthritis, Alzheimer's, and some cancers.

"Boost Your Brain & Memory" Class!

Have you ever wondered if there were ways to take care of your brain as you age?

- Class 1: Orient to Class & Introduction
- Class 2: Physical Activity
- Class 3: Emotional Health
- Class 4: Cognitive Activity
- Class 5: Nutrition Education
- Class 6: Spiritual Activity
- Class 7: Social Engagement/Review & Summary



Mondays, September 29 – November 10th 2025
1:00- 2:30pm

Richland Center Community Center
1050 N Orange Street, Richland Center

Please plan to attend all 7 classes
To register, call Pam Kul-Berg at 608-548-3954



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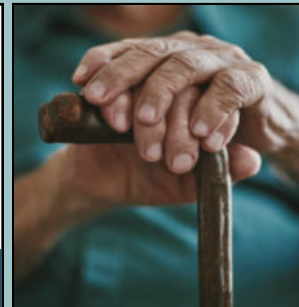
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Access free training and resources to help you build skills and confidence to provide care at home.

Trualta is an online platform designed to help families build skills to manage care at home for their aging loved ones. Improve confidence, reduce stress and prevent burnout by learning care skills. Once you are registered, you have unlimited access to their articles and tips about caring for your loved one.



"This was wonderful. My husband and I danced and we had a good time singing these oldies but goodies. I will highly recommend these to anyone who's husband or wife has Alzheimer's."

- Pat from "Alzheimer's Music Connect"

Trualta is really easy to use. All you will need to start is a computer, tablet, or smartphone. With lessons ranging from 5 minutes to 2 hours, Trualta makes it easy for you to fit caregiver training in whenever it works for you.



Contact Us to Register Today!

Pam Kul-Berg
Aging & Disability Resource Center
of Eagle County
608-647-4616

HOW TO UPDATE YOUR DIRECT DEPOSIT INFORMATION WITH SOCIAL SECURITY

If your bank account has changed recently, remember to let the Social Security Administration (SSA) know so that you can continue receiving benefits on time. If you do not let them know right away it could delay your payment.

SSA offers multiple ways for beneficiaries to update their direct deposit information.

Below are ways that you can make changes:

- Online: Direct deposit updates can be made online through a personal mySocial Security account (<https://www.ssa.gov/myaccount/>).
- By Phone: Before you call, go to your mySocial Security account (<https://www.ssa.gov/myaccount/>) to get a one-time code. Then call 1-800-772-1213 (TTY 1-800-325-0778). The representative will ask for the code.
- By Appointment: Call 1-800-772-1213 (TTY 1-800-325-0778) and tell the representative that you would like to schedule an appointment to update your direct deposit information.
- Contact Your Bank: If you are unable to create or access your mySocial Security account, you can ask your bank to send your direct deposit information to SSA using the Automated Enrollment (ENR) process. This lets your bank send your information directly to SSA.



Please note that when calling the Social Security Administration there may be extended wait times.

(Courtesy of the GWAAR Legal Team)

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221 W. Seminary Street
Richland Center, WI 53581
Produced in conjunction with the Aging and
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Richland Center Office



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Upcoming Area Events:

Mondays in August

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 August

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 August

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

Thursdays in August

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

Saturday, August 2nd

Caz, Cars and Coffee will be held from 8:00 am to 11:00 am on East Main Street in Cazenovia. Free coffee provided with a small farmers market.

Tuesday, August 5th

National Night out at the Richland County Fairgrounds from 5:00-8:00 pm. This free event is designed to bring the community and first responders together for community fun and safety. There will be live music, food vendors, first responder vehicles, local organization displays, bouncy houses and the K9-5K walk/run. Registration for the 5K is at 4:30 pm.

Monday, August 11th

Welcome to Medicare: The ADRC of Eagle Country, Richland office, is offering a free seminar to Richland County residents interested in learning more about Medicare. Rose 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. Make reservations by calling the ADRC at 608-647-4616 at least five days in advance of the seminar. If the seminar is full, you can sign up for a future date.

Tuesday, August 26th

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.

