

Family

FREE

and

Friends

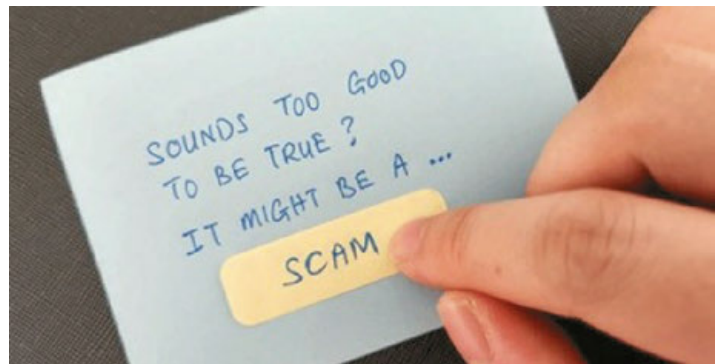
September 2025

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

Beware! Scams and Exploitation Are On the Rise!

Scammers use many different tactics to steal money and personal data. You should always be alert regarding unsolicited contact from people. NEVER provide your personal information or money to people you don't know and trust.

In 2024, a total of 29 reports were received for individuals over 60 or individuals who have a disability that were financially exploited. The total amount totaled \$908,912. In 2025, there have already been a total of 24 reports totaling \$1.660.208. These are just the cases that have been reported so the amounts are expected to be much higher.



The types of cases included lottery scams, theft by a family member, romance scams, Geek Squad scams, credit card/debit card theft, social media gift card scams and more. One of the most sobering forms of exploitation is that from family members. This is a form of exploitation that is on the rise in Richland County.

Along with the above scams there is also a rise in Medicare fraud. Remember to check over your bills and Medicare statements to ensure that they appear correct. If you find discrepancies it is important to reach out to the facility for clarification. If you are unable to get something resolved contact Medicare at 1-800-633-4227 to report fraud, errors or abuse. Remember, if something seems too good to be true, it probably is. Reach out to local law enforcement if you feel that you, or someone you know, has been scammed or exploited.



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SPOTLIGHT ON: HEALTHY AGING

Healthy aging is becoming a common topic in our society. What does this really mean? How do we achieve it? An article by [hhs.gov](https://www.hhs.gov) describes healthy aging as “adopting healthy habits and behaviors, staying involved in your community, using preventive services, managing health conditions, and understanding all of your medications can contribute to a productive and meaningful life.”

Some ways to achieve this include:

Staying Active:

Staying physically active is an important part of a healthy lifestyle. This could mean walking everyday, joining an exercise group, doing strength training, etc. The ADRC partners with Symon's Recreation Complex to provide a wide variety of Health Promotion classes including Tai Chi, and Strong Bodies. Along with this, the ADRC now offers Bingocize, an interactive program that includes exercise with the game of Bingo.

Staying Connected to Your Community:

Strong connections with others has been proven to improve or maintain health. This could be achieved by working through volunteering in your community. Volunteering could be through your local church, the hospital, local food pantry, the ADRC and more.

Ensuring Proper Nutrition:

Good nutrition is important throughout your life but becomes even more important as you age. Studies show that proper nutrition can reduce your risk of a variety of health issues.

Locating Benefits & Finding Care:

Get regular check ups. One of the best ways to stop or prevent health issues is to get regular care. Each year Medicare part B covers an annual wellness check to help beneficiaries develop or update a personalized prevention plan. The plan focuses on your medical history, health concerns, functional and cognitive assessment, advanced care planning and a personalized prevention plan. Make sure to take advantage of this benefit every year.

Understanding Mental Health/Decrease Stress

As people age, some encounter mental health issues such as depression and anxiety. People who suffer from these ailments are more likely to have health problems. Talk to your physician if you are experiencing any mental health changes.

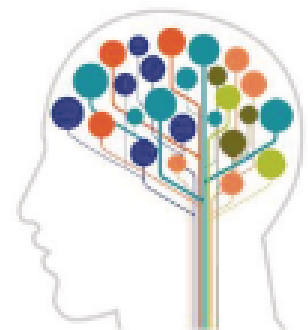
Remember that staying active has been shown to help decrease depression, anxiety, and stress. Look for activities of interest to you to help with staying engaged and active.

Brain Health:

As you age your brain changes therefore it is important to keep your brain healthy. Do activities that will “work your brain” as it needs exercise just like the rest of your body. Be proactive. If you are noticing changes in brain health or just want to get a baseline idea of your brain function, contact the ADRC for a free and confidential memory screen.

The ADRC now offers a variety of programs related to Brain Health. The Boost Your Brain & Memory class is an evidence-based brain health program that goes beyond simple brain games. This seven week class meets one time per week and focuses on lifestyle factors that impact brain health and offers strategies that participants can implement in their daily lives. The next class starts on Monday, September 29th and ends on November 10th.

To register contact Pam Kul-Berg at 608-548-3954



FAMILY & FRIENDS RECIPE TO TRY



Prep Time: 40 minutes **Yield:** 4 servings
Sunny's Easy Caramel Apple Cheesecake Dip



Ingredients:

Dip

- 1 heaping cup whipped cream cheese
- 1 heaping cup marshmallow creme
- 1 graham cracker crust, broken to bits in a plastic bag
- 16 ounces store bought caramel dip, warmed to pourable
- One 21-ounce can apple pie filling, pulsed, chopped or blended gently (leave some chunks)

For Dipping:

- Apple wedges
- Dried apple chips
- Pretzel rods
- Graham crackers

Directions:

1. For the dip: fold together the cream cheese and marshmallow creme in a medium bowl. Transfer to a plastic bag and refrigerate until chilled, about 20 minutes
2. Line up for 9-ounce clear cups. Add a spoonful of



the graham cracker crust crumbs to each, followed by a drizzle of the caramel dip. Next, snip a hole in one corner of the bag with the cream cheese mixture and pipe in about an inch of the mixture. Top with half an inch of the apple pie filling. Repeat the steps one more time or until the cups are filled, ending with one final crumble of the crust crumb on top. Serve immediately with your favorite dippers, or chill until served.

(Courtesy of foodnetwork.com)

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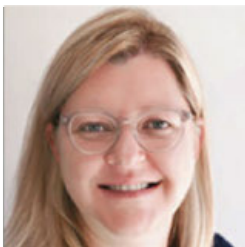
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Richland County Health & Human Services, Richland Center, WI A 4C 01-1412

WORLD RABIES DAY

September 28th is World Rabies Day! Rabies is a deadly virus that can be spread to humans and animals through the bites or scratches of animals infected with rabies. Rabies is almost always fatal once symptoms develop. Within the United States, the animals most likely to be found with rabies include bats, racoons, foxes, and skunks. The development of the rabies vaccine for domestic animals has helped in preventing rabies among our cats and dogs.

If you are an animal owner, it is very important to ensure that your pet is up to date for its rabies vaccine. Rabies vaccines are usually given every 1-3 years. If you are unsure of your animal's rabies vaccine history, be sure to reach out to your animal's veterinarian. Even if you are a very proactive animal owner, your animal could be involved in an animal bite, making it important to follow these four tips to prevent rabies and animal bites:



Vaccinate: Keep your pets up to date on their rabies vaccine. It is recommended every 1-3 years for dogs and cats.

Be cautious: Do not approach, pet, handle, or feed wild animals. It is always best practice to ask owners for permission to pet their animals.

Proactive ownership: Keep control of pets by supervising dogs and keeping cats indoors. Spaying or neutering your pets may also help in preventing bites.

Supervise: Do not leave children unattended around animals. Dogs like to chase, making it important not to run past them. Do not let your animals run at large outside your home.

If you are bit or scratched by someone's pet, or a wild animal, it is important to clean the bite/scratch immediately with soap and water. If the owner is with the animal, be sure to obtain their name, address, and contact information along with a description of the animal, if possible. The owner can inform you on the rabies vaccination status of the animal, which may impact your decision to initiate medical treatment. If you are bit by a wild animal such as a bat, racoon, fox, skunk, etc. seek medical attention immediately, as you will likely need to begin the rabies vaccine series.

For questions related to medical treatment recommendations surrounding rabies, please contact your medical provider. By following these prevention measures, we can keep our community rabies free!

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 12:00 PM the day prior.



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



Autumn Puzzles



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



Can you unscramble the Autumn words?

1. vhtsear _____
2. aveesl _____
3. cesowrrac _____
4. lowlye _____
5. binrefo _____
6. dcohar _____
7. aker _____
8. racon _____
9. isrqeulr _____
10. alpep _____
11. ganreo _____
12. lfal _____
13. hqssau _____
14. owbm _____
15. edcni _____



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SEPTEMBER

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <i>Labor Day</i>	2 Grilled Chicken Breast w/Sauce Sweet Potatoes Cut Green Beans Orange WW Roll	3 Meatloaf Au gratin Potatoes Creamed Peas Watermelon WW Roll	4 Goulash w/Kidney Beans Peas & Carrots Fruit Cocktail Garlic Bread Cookie	5 Baked Cod Oven Roasted Potatoes Broccoli Chunky Applesauce WW Roll
8 Spaghetti w/Meat Sauce California Blend Vegetables Mandarin Oranges Bread Stick	9 Ham, Broccoli, & Rice Casserole Cut Green Beans Tropical Fruit Salad WW Roll	10 Swiss Steak Mashed Potatoes w/Gravy Mixed Vegetables Frosted Carrot Cake WW Roll	11 Baked Chicken Thighs Stuffing w/Gravy Baby Carrots Peaches and Pears	12 Tator Tot Casserole with Green Beans Applesauce WW Roll BB Brownie
15 Chicken Cordon Bleu Rice Pilaf Broccoli Pears WW Roll	16 Lasagna Italian Blend Vegetables Peaches Garlic Bread	17 Kielbasa w/Sauer kraut Red Skinned Potatoes Calico Beans WW Roll Oatmeal Raisin Cookie	18 Roast Pork loin Mashed Potato w/Gravy California Blend Veg. Fruit Salad Wheat Bread	19 Hamburger Stroganoff Peas & Carrots WW Roll Strawberry Delight
22 Grilled Brats on a Wheat Bun Baked Beans Melon Cup Blonde Brownie	23 Shepherd's Pie Lettuce Salad Fruit Salad WW Roll	24 Baked Ham Sweet Potatoes California Blend Veg. Mandarin Oranges Corn Bread	25 Roast Beef Mashed Potatoes/Gravy Crinkle Cut Carrots Fruit Salad WW Roll	26 Chicken Casserole Broccoli Pineapple Upside Down Cake WW Roll
29 Ring Bologna Monterrey Jack Macaroni & Cheese Peas & Carrots Mixed Fruit	30 Country Style Pork Ribs Lyonnaise Potatoes Baked Beans Apple Slices WW Roll	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.

**RESERVATIONS
REQUIRED AT ALL
LOCATIONS by
12:00pm the
business day before.**

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<u>1</u> CLOSED LABOR DAY	<u>2</u> <u>9:30-Sheepshead</u> <u>1:00-Euchre</u> <u>Tournament</u>	<u>3</u> <u>9:30-Haase</u> <u>9:45-Gentle Chair</u> <u>Yoga</u> <u>12:30-Pinochle</u> <u>12:30-1:30-Bingocize</u>	<u>4</u> <u>8:00-Community</u> <u>Coffee Chb</u> <u>9:15-Movie on the</u> <u>Big Screen</u> <u>12:30-Your Choice</u> <u>Game</u>	<u>5</u> <u>12:30-Haase</u> <u>12:30-1:30-Bingocize</u>	<u>6</u> CLOSED
<u>7</u> CLOSED	<u>8</u> <u>9:30-11:30-Play</u> <u>Bingo for Prizes</u> <u>12:30-1:30-Bingocize</u> <u>1:30-Your Choice</u>	<u>9</u> <u>9:30-Sheepshead</u> <u>1:00-Euchre</u> <u>Tournament</u>	<u>10</u> <u>9:30-Haase</u> <u>9:45-Gentle Chair</u> <u>Yoga</u> <u>12:30-1:30-Bingocize</u> <u>12:30-Pinochle</u>	<u>11</u> <u>9:15-Movie on the</u> <u>Big Screen</u> <u>12:30-Rummikub or</u> <u>Your Choice</u>	<u>12</u> <u>12:30-Haase</u>	<u>13</u> CLOSED
<u>14</u> CLOSED	<u>15</u> <u>9:30-11:30-Play</u> <u>Bingo for Prizes</u> <u>12:30-Phase "10" or</u> <u>5 Crowns</u>	<u>16</u> <u>9:30-Sheepshead</u> <u>1:00-Euchre</u> <u>Tournament</u>	<u>17</u> <u>9:30-Haase</u> <u>9:45-Gentle Chair</u> <u>Yoga</u> <u>12:30-Pinochle</u>	<u>18</u> <u>10:00-Richland</u> <u>Area Senior Citizen</u> <u>Potluck</u> <u>1:30-Sheepshead or</u> <u>Rummikub</u>	<u>19</u> <u>12:30-Haase</u>	<u>20</u> CLOSED
<u>21</u> CLOSED	<u>22</u> <u>9:30-11:30-Play</u> <u>Bingo for Prizes</u> <u>12:30-5 Crowns or</u> <u>Phase "10"</u>	<u>23</u> <u>9:30-Sheepshead</u> <u>1:00-Euchre</u> <u>Tournament</u>	<u>24</u> <u>9:30-Haase</u> <u>9:45-Gentle Chair</u> <u>Yoga</u> <u>12:30-Pinochle</u> <u>5:30-Comp. Friends</u> <u>Grief Support</u>	<u>25</u> <u>9:00-2:00-Living 50</u> <u>Event Sponsored By</u> <u>The Shopping News</u>	<u>26</u> <u>12:30-Haase</u>	<u>27</u> CLOSED
<u>28</u> CLOSED	<u>29</u> <u>9:30-11:30-Play</u> <u>Bingo for Prizes</u> <u>12:30-Phase "10" or</u> <u>Sheepshead</u>	<u>30</u> <u>9:30-Sheepshead</u> <u>1:00-Euchre</u> <u>Tournament</u>				

The Aging and Disability Resource Center's
Nutrition Program
Presents:



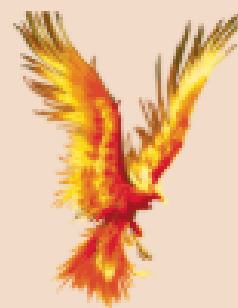
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at the phoenix

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8AM - 10 AM**

\$5.00 SUGGESTED CONTRIBUTION

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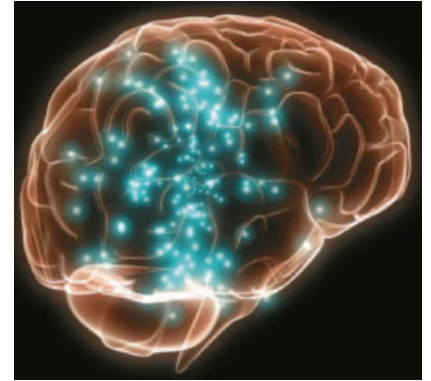


100 South Orange Street, Richland Center, WI 53581

BENEFITS OF PLAYING TRIVIA GAMES FOR OLDER ADULTS

Playing trivia games is a really fun way to connect and spend time with family and friends of any age; however, playing trivia can be especially beneficial for older adults. Trivia games can help improve memory and cognition, reduce stress and anxiety levels, improve problem solving skills, improve mood, help increase overall knowledge, and be an amazing social activity.

There are many ways to play trivia. First, you can watch TV shows such as “Jeopardy,” “The Floor,” or any other number of trivia shows on television and play along. There are also trivia-based board games such as Trivial Pursuit, Bezzerwizzer, Wits and Wagers, and others. Trivial Pursuit, for example, has many different versions including a “Baby Boomer” version and niche versions such as Star Wars or Disney. There are also websites and apps where you can play trivia games. Finally, you may be able to find in-person trivia games in your area.



In-person trivia games are sometimes hosted at bars, but not always. You may be able to find a trivia night in your town that is hosted at a bowling alley, restaurant, coffee shop, or senior center. In-person trivia games are usually team-based, but many allow people to play solo. Many times, if someone comes to a trivia night solo, they can join another team, which is a great way to make new friends. Some trivia nights have a limit on how many people can join per team, and some do not. Almost all local trivia nights are free and include prizes for winning teams. To find an in-person, team trivia game in your area, use your favorite internet search engine and type “trivia near me.”

(GWAAR Legal Services Team)

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The Richland County Transportation Program's Driver Escort service proudly provides rides to medical appointments for individuals who are older or disabled. Drivers receive reimbursement for their mileage and drive based on their schedules.

Each year the program provides around 5,000 one way trips helping Richland County residents receive the medical care they need to be able to remain in their homes and in our community. Contact the ADRC today for more information.



DRIVERS NEEDED!

- Drive based on your availability
- Receive mileage and meal reimbursement
- Make a difference in your community

For more information, contact
the Richland County
Transportation Program

 **608-647-4616**




Aging and Disability Resource Center
of Eagle Country

Your Bridge to Support

SSA ENDING PAPER CHECKS SEPTEMBER 30, 2025

An executive order signed by President Trump in March 2025 directs the federal government to stop issuing paper checks for all payments by September 30, 2025. Instead, all federal departments and agencies must switch to electronic funds transfer (EFT) methods, like direct deposit, debit or credit card payments, digital wallets, and real-time transfers. This means that Social Security and Supplemental Security Income (SSI) payments must be made electronically beginning in October 2025.



This change will affect the nearly 494,000 beneficiaries who were still receiving paper Social Security checks as of June 2025. Many of these beneficiaries are over age 80, live in rural locations without internet access, or have intellectual or physical disabilities. While these individuals should not lose benefits, it may lead to a delay in getting benefits if they have difficulty switching to direct deposit or the Direct Express card program, which allows beneficiaries to receive their Social Security and SSI benefit payments on a prepaid debit card. You can learn more about how to receive benefits electronically here: <https://www.ssa.gov/deposit/>.

Under the executive order, exceptions may be made for people without access to a bank account or electronic payments or for some emergency payments. For more information, please call the Department of the Treasury at 855-290-1545. You may also print a waiver form here: https://godirect.gov/gpw/resources/docs/FS_Form_1201W.pdf.

For more information about the transition to electronic payments, please see the SSA blog post here: <https://blog.ssa.gov/social-security-to-fully-transition-to-electronic-payments/>. (GWAAR Legal Services Team)

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Richland County Health and Human Services
221 W. Seminary Street
Richland Center, WI 53581
Produced in conjunction with the Aging and
Disability Resource Center of Eagle Country
Richland Center Office



FREE
PLEASE TAKE
ISSUE: SEPTEMBER 2025

Upcoming Area 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.



Tuesdays in September

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 September

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

Thursdays in September

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

Tuesday, September 2nd

Forget Me Not, an ADRC Support Group, meets the first Tuesday of each month from 10:30 to Noon. Forget Me Not is a supportive group of people curious about how to handle their memory issues while having a medical diagnosis with any form of early mild cognitive impairment. To register, or for more information, call Pam Kul-Berg at 608-548-3954.

Wednesday, September 3rd

The Richland County Care Coalition will assist people with creating their Power of Attorney for Healthcare documents from 4:00 pm-6:00 pm at the Community Services Building. Contact the ADRC at 608-647-4616 to make an appointment.

Monday, September 8th

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, September 23rd

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.

