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and

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OCTOBER
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

Be Prepared for the Medicare Open Enrollment Period October 15th-December 7th

Every year Medicare has an Open Enrollment Period (OEP) from October 15 to December 7. During this time period, you may change your Medicare enrollment. The list below outlines the changes available during OEP.

- 1) You can join a new Medicare Advantage Plan or Part D prescription drug plan;
- 2) Switch from Original Medicare to Medicare Advantage; or
- 3) Switch from Medicare Advantage to Original Medicare (with or without a Part D plan).

Understanding what Original Medicare covers is essential in helping you decide and compare the coverage options for Advantage Plans. You can use the Medicare & You Handbook found at <https://www.medicare.gov/publications/10050-medicare-and-you.pdf>.

Before OEP, there are a few things to do. In September, if you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan, you will receive an Annual Notice of Change (ANOC). The ANOC will have information about changes to coverage, benefits, costs, and service areas that your plan intends to make in the upcoming year. It's essential to review this document so that you understand what your plan will offer, enabling you to make a better-informed decision about whether it meets your needs. If you have questions about the notice, please contact your plan directly.

You can start by creating a list of essential features that you want your medical insurance plan to include. This list could help you determine whether you plan to travel and need your insurance coverage to be broader, whether your favorite provider is in-network, or if the closest pharmacy is in-network. These types of answers can help narrow down the type of plan you want and identify specific elements you would like to have included in your plan. It is also important to have a list of prescriptions you take and the providers you would like to continue seeing. These lists will help you narrow down your plan comparison and ultimately save you time when comparing plans.

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SPOTLIGHT ON: HEALTH LITERACY

October is Health Literacy Month. It is a time to highlight the importance of knowing where to find, how to understand and how to use health information to make informed decisions related to your health. It further emphasizes the need to know how to communicate with their providers and also to strive for their own good health.

Having health literacy skills helps to ensure:

- People are able to find health information
- People are able to understand their health information
- People are able to use health information to make informed decisions and are also able to follow the advice and instructions they receive from the physicians
- People are comfortable and able to communicate with their healthcare providers.



The Office of Disease Prevention and Health Promotion

(OASH) encourages people to recognize the importance of health literacy. It has been reported that people with low health literacy tend to be more likely to end up in the emergency room, have more hospital stays, less likely to follow treatment plans and have higher death rates. Being informed and taking the time to understand your care can make a big difference in your individual health outcomes.

Older adults many times have more medical services and have more chronic health conditions. For those who have low health literacy there is a direct correlation to poor health. Currently, older adults are the fastest growing age group in the nation. For many Medicare is a hard system to navigate which impacts them being able to choose a Medicare supplement or advantage plan that appropriately meets their individual needs. Choosing the wrong plan has been indicated in increased costs, failure to obtain medical treatment and poorer health outcomes.

As part of Medicare it is also important to ensure that you go for your annual wellness visit. This is a time to work with your provider to create a prevention plan, identify risks and update health records. This visit further helps to create a schedule for completing health screenings and services. Focusing on preventative care and creating a connection with your healthcare provider can help improve health literacy.

In an effort to ensure that older adults in our community receive information regarding options related to Medicare the ADRC offers a monthly “Welcome to Medicare” seminar. During this seminar, individuals who are getting close to Medicare age can learn about all of the different aspects of Medicare including:

- Supplements
- Advantage Plans
- Part D Drug coverage
- SeniorCare prescription coverage
- Medicare Savings plans
- Social Security Retirement

If you are interested in learning more about the Welcome to Medicare seminar, reach out to the ADRC of Eagle Country-Richland County office by calling 608-647-4616 or stop into the ADRC located at 221 West Seminary Street, Richland Center, WI.

FAMILY & FRIENDS RECIPE TO TRY



Prep & Cook Time: 40 minutes **Yield:** 6 servings
Food Network Butternut Squash Alfredo Pasta



Ingredients:

1. 3/4 cup heavy cream
2. 3 tablespoons butter, cut in small pieces
3. 1 lb butternut squash cubed (4 cups)
4. 1/2 teaspoon nutmeg
5. Salt to taste
6. 1 pound fettuccine
7. 2 ounces grated Parmesan (3/4 cup)

Directions:

1. Add the cream, butter, squash and 3/4 cup water to a medium saucepan and bring to a boil. Reduce to a simmer and continue cooking until the squash is tender when poked with a fork, about 15 minutes. Puree using an immersion blender until super creamy and smooth, 3 to 5 minutes. Season with the nutmeg and 1 teaspoon salt.
2. Meanwhile, bring a large pot of salted water to a boil. Add the pasta and cook until al dente according to the package directions. Reserve 1/2 cup starchy pasta water and drain the pasta. Stir the pasta and Parmesan

into the squash sauce and toss until well coated. Add the reserved pasta water 1 tablespoon at a time if needed to loosen the sauce. Serve with more Parmesan and grated nutmeg, if desired.



(Courtesy of foodnetwork.com)

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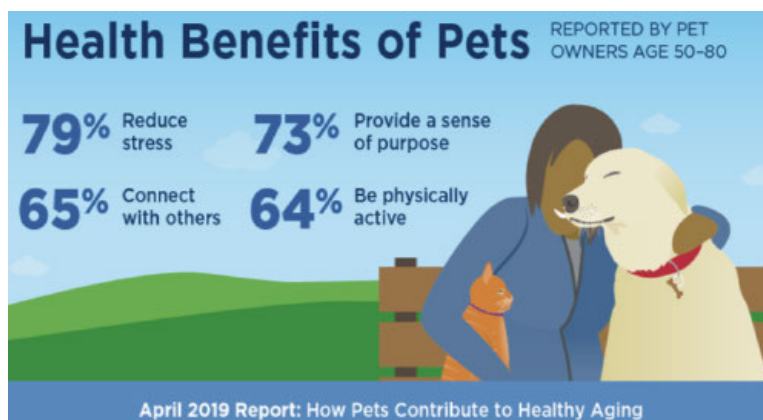
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PETS AND HEALTHY AGING

Many people of all ages enjoy having pets and treat them as members of the family. But did you know that having a pet may actually improve your health? Countless studies have shown that having a pet increases health and well-being, especially in older adults. Pets provide companionship that helps prevent loneliness and helps relieve stress, depression, and anxiety. Studies show that having a pet can even help lower blood pressure. Additionally, pets can help encourage their owners to stay active by requiring frequent walks and other cares and this, in turn, has shown to help increase strength and reduce falls in older adults.

There are many types of pets that are great for older adults. Small dog breeds can be great for those who live in apartments or smaller settings. Some breeds of dogs, such as poodles, do not shed and can be considered hypo-allergenic. Some smaller dogs can also be litter trained. Cats are also great pets for seniors as they are low maintenance and don't require quite as much attention as dogs. Other non-traditional pets such as rabbits, fish, and birds may be good options as well. Keep in mind though, that larger bird species live a long time and require specialized training and experience to properly care for. Additionally, birds are tamed wild animals, not domesticated, therefore they may be prone to bite – hard. However, smaller birds such as budgies (budgerigars) and cockatiels do not live as long, are less prone to biting, and are easier to care for. Finally, you may want to consider adopting an older pet. Older pets may be a good option as they are typically less energetic, sometimes are trained with simple commands, and usually have lower adoption fees.

There are organizations that may help older adults with adoption fees and other care needs. The Pets for the Elderly Foundation helps pay the fees to participating animal shelters throughout the United States for senior citizens (age 60 and over) who adopt a companion dog or cat from a participating shelter including pre-adoption veterinary exams and spay/neuter, if part of the adoption fee. The only participating shelter at this time in Wisconsin is Dane County Humane Society - 5132 Voges Road Madison, WI 53718 - 608.838.0413. You can visit their website at <https://www.giveshelter.org/>. You can also check the Pets for the Elderly Foundation website for updates on participating shelters <https://petsfortheelderly.org/>.



(Source: University of Michigan)

RICHLAND COUNTY MEAL SITES

Richland County has three Senior Dining meal sites throughout the county. The Woodman Senior Center meal site, 1050 N. Orange Street, Richland Center, 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.

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October 2025

Richland County Senior Dining



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Meatballs w/Mushroom Gravy Mashed Potatoes Carrots Pears WW Roll	2 Chicken Alfredo Steamed Broccoli Peaches	3 Hamburger on a Bun w/All the fixings Corn Apple Slaw BB Brownie
6 Scalloped Potatoes & Ham Green Beans Watermelon WW Roll	7 Cube Steak w/Diced Tomatoes Pears Fruit Cocktail Wheat Bread	8 Knockwurst Roasted Potatoes Red Cabbage Pears WW Roll	9 Chicken Chilli Baby Carrots Pineapple Orange Cake Corn Bread	10 Baked Cod Sweet Potatoes Steamed Broccoli Cold Apple Slices WW Roll
13 Ground Sirloin Steak Mashed Potatoes w/Mushroom Gravy Carrots Pears WW Roll	14 Chicken Chow Mein Brown Rice Chow Mein Noodles Pineapple Fortune Cookie	15 Polish Sausage w/Sauer Kraut Calico Baked Beans Red Skin Potatoes Fruit Cocktail WW Bread	16 Meatloaf Au Gratin Potatoes California Blend Vegetables Peaches WW Roll	17 Chicken Salad on Croissant BLT Salad Mixed Fruit Carrots & Celery
20 Salisbury Steak Mashed Potatoes w/Gravy Carrots Pears WW Roll	21 Italian Rigatoni Mixed Vegetables Tropical Fruit Bread Stick	22 Baked Ham Butternut Squash Green Bean Casserole Pineapple Chunks WW Roll	23 Hamburger Stroganoff Corn Peaches Cookie	24 Salmon Loaf w/White Sauce Red Potatoes Steamed Broccoli Three Bean Salad WW Roll
27 Chicken Tetraxini California Blend Vegetables Fruit Cup Garlic Toast	28 Pot Roast Mashed Potatoes w/Gravy Green Beans Mandarin Oranges WW Roll	29 Spaghetti w/Meat Sauce Wheat Pasta Broccoli Florets Apricot Halves	30 BBQ Chicken Drum Roasted Root Vegetables Diced Pears WW Roll	31 Goulash w/Kidney Beans Cream Corn Hot Cinnamon Apple Slices Pumpkin Bar

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.

Richland County Meal Sites:

Germantown 608-983-2786 or 608-983-2798
Richland Center 608-647-2323
Rockbridge 608-649-3269 or 608-647-3900

Meals subject to change on occasion without notice.
ADRC 608-647-4616 or 877-794-2372

Reservation Required please call 1 business day
prior.



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

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

RESPIRATORY VIRUS PREVENTION

Did you know that there were an estimated 75 million people who had a flu-related illness in the US during the 2023-2024 flu season? While October brings with it lots of fun activities like visiting orchards, watching football, and pumpkin carving, it is also the time of year when respiratory virus activity increases.

In the fall/winter, these viruses become quite prevalent due to environmental conditions like dry air, immune susceptibility as prior infections & vaccinations wane over the year and spending more time indoors with less ventilation. New variants of the COVID-19 virus continue to emerge, making it important to consider the latest COVID-19 vaccine and to monitor CDC vaccine recommendations. While vaccines are one of the most effective ways to prevent getting sick this year, there are other precautions you can take, and they include:

- Avoiding close contact with people who are sick
- Covering your nose and mouth when coughing and sneezing
- Avoiding touching your face (eyes, nose, & mouth)
- Washing hands for at least 20 seconds

If you have a weakened immune system, you may be at an increased risk for serious illness from respiratory viruses. The cold and flu share similar symptoms however it would be uncommon for a cold to cause a fever, headache, and/or extreme exhaustion. Some common respiratory symptoms to monitor for this fall/winter include:

- Sore throat
- Runny nose
- Cough
- Fever
- Headache
- Fatigue
- Body aches

It is important to talk to your provider about which vaccines will be right for you this season. If you are interested in getting a vaccine at Richland County Health and Human Services, call 608-647-8821 and ask for Public Health. Take the right steps to keep you and your family healthy this fall!



WHITE CANE DAY IS OCTOBER 15TH

White Cane Safety Day is nationally recognized on October 15 every year. This date and the weeks surrounding it offer opportunities to educate the driving public to the challenges the blind and visually impaired community faces on a daily basis just by doing something as ordinary as crossing the street.

People who are blind or visually impaired can be identified by a cane or walking stick that is white in color or white trimmed with red that is held in an extended or raised position or who are using a service animal. There are over 200,000 individuals who are blind or visually impaired in Wisconsin.

Wisconsin statute s346.26(1) states (1) **An operator of a vehicle shall stop the vehicle before approaching closer than 10 feet to a pedestrian who is carrying a cane or walking stick which is white in color or white trimmed with red and which is held in an extended or raised position or who is using a service animal, as defined in s . 106.52 (1) (fm), and shall take such precautions as may be neces-**

sary to avoid accident or injury to the pedestrian.

The fact that the pedestrian may be violating any of the laws applicable to pedestrians does not relieve the operator of a vehicle from the duties imposed by this subsection.

Please help us help those who have vision loss to be able to travel safely in our communities by spreading awareness of White Cane Safety



OPEN ENROLLMENT—CONTINUED FROM PG 1

Then, starting in October, you can begin to compare plans. It's important to take the time to review your options to ensure that you get the most out of your Medicare benefits. A video is available below on how to use the Plan Finder tool to find and compare plans. During this time, you can also find more information about Medicare and your options at <https://www.medicare.gov/medicare-and-you>. The Medicare & You handbook provides a wealth of information about Medicare, including enrollment procedures, your rights, and protections under the Program.



Enroll before December 07, 2025 in the plan that best fits your health coverage needs. Once you have enrolled, your plan coverage will begin January 1, 2026. If you didn't enroll in a new plan, any changes to your current plan will take effect on January 1, 2026. If you aren't happy with the choices that you made during OEP, you can make changes. From January 1 to March 31, 2026, you can drop your Advantage Plan and switch to another Advantage Plan or switch to Original Medicare. If you switch to Original Medicare, you will be able to join a Medicare drug plan or Part D plan. If you make a change, your coverage will start the first day of the month following enrollment.

If you find that you need assistance during the OEP, there are several options available to you, listed below:

- Contact the Medigap Helpline at 1-800-242-1060
- Contact the Medigap Part D & Prescription Drug Helpline at 1-855-677-2783
- Contact our Elder Benefit Specialist at 608-647-4616

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EXPECTED DEATH

When someone dies, the first thing to do is nothing. Don't run out and call the nurse. Don't pick up the phone. Take a deep breath and be present to the magnitude of the moment.

There's a grace to being at the bedside of someone you love as they make their transition out of this world. At the moment they take their last breath, there's an incredible sacredness in the space. The veil between the worlds opens.

We're so unprepared and untrained in how to deal with death that sometimes a kind of panic response kicks in. "They're dead!"

We knew they were going to die, so their being dead is not a surprise. It's not a problem to be solved. It's very sad, but it's not cause to panic.

If anything, their death is cause to take a deep breath, to stop, and be really present to what's happening. If you're at home, maybe put on the kettle and make a cup of tea. Sit at the bedside and just be present to the experience in the room. What's happening for you? What might be happening for them? What other presences are here that might be supporting them on their way? Tune into all the beauty and magic.

Pausing gives your soul a chance to adjust, because no matter how prepared we are, a death is still a shock. If we kick right into "do" mode, and call 911, or call the hospice, we never get a chance to absorb the enormity of the event. Give yourself five minutes or 10 minutes, or 15 minutes just to be. You'll never get that time back again if you don't take it now.

After that, do the smallest thing you can. Call the one person who needs to be called. Engage whatever systems need to be engaged, but engage them at the very most minimal level. Move really, really, really, slowly, because this is a period where it's easy for body and soul to get separated.

Our bodies can gallop forwards, but sometimes our souls haven't caught up. If you have an opportunity to be quiet and be present, take it. Accept and acclimatize and adjust to what's happening. Then, as the train starts rolling, and all the things that happen after a death kick in, you'll be better prepared.

You won't get a chance to catch your breath later on. You need to do it now.

Being present in the moments after death is an incredible gift to yourself, it's a gift to the people you're with, and it's a gift to the person who's just died. They're just a hair's breadth away. They're just starting their new journey in the world without a body. If you keep a calm space around their body, and in the room, they're launched in a more beautiful way. It's a service to both sides of the veil.

(Article Courtesy of: Sarah Kerr, Ritual Healing Practitioner and Death Doula)



Caregiver Boot Camp

November 14, 2025

9:30am - 3:00pm

Caregiver Boot Camp is a FREE educational program for family members and others coping with one of the many forms of Dementia. Presented by a local Dementia Care Specialist and an ADRC representative. Topics covered include: Dementia 101, Dementia Live, Tough Conversations, Question and Answer, Community Resources and Caring for the Caregiver.



Richland Center Community Center
1050 N Orange St
Richland Center, WI 53581

Registration
Required by
November
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To register or for additional questions call Pam: 608-548-3954

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Upcoming Area Events:

Mondays in October

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 October

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 until October 8th

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

Thursdays in October

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

Tuesday, October 7th

Forget Me Not, an ADRC Support Group, meets the first Tuesday of each month. 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.

Monday, October 13th

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.

Wednesday October 15th

The Legion’s Ladies Auxiliary are hosting a Soup and Potato supper at the American Legion Building in Richland Center at 4:30 pm on October 15th.

Saturday, October 25th

A “Veterans Hosting Trick or Treat” event will be held on Saturday, October 25th from 1:00 pm-3:00pm at the American Legion Building by the Flag Park in Richland Center. Also attending will be the mini donkeys, Miss Purdy & Nestor, weather permitting.

Tuesday, October 28th

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.