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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

Tips for Maintaining a Healthy Brain

Research indicates that lifestyle choices have significant impact on long term brain health. Though we cannot control all risk factors, like age and heredity, we can make a positive impact with our lifestyle choices. Eating healthy, getting regular exercise, keeping your brain engaged and staying socially connected may help reduce your risk of Alzheimer's or other dementia. Implementing these tips can help make a difference in your brain health. Incorporating a healthy diet into our lives is beneficial at any age.



- Eat a balanced diet with lots of colorful fruits and vegetables high in antioxidants.
- Foods that may be especially good for your brain include: Green leafy vegetables, blueberries, broccoli and cauliflower.
- Eat healthy fats found in nuts and certain fish, such as salmon or tuna. Fish high in omega-3 fatty acids may also be especially beneficial.
- Limit the amount of high fat, sugary or salty food you eat.
- Drink in moderation. Some research suggests that moderate amounts of red wine may contain healthy antioxidants.

Staying physically active is healthy for your heart and your brain. The brain needs oxygen and a healthy blood supply to work at its best. Thirty minutes of exercise five or more times a week is recommended. The exercise does not need to be strenuous. Find something that you enjoy and can fit into your own lifestyle. For example:

- Walk or bike instead of drive
- Take the stairs rather than the elevator
- Dancing can be healthy and fun
- Swimming is a great low-impact exercise
- Tai Chi or yoga can help improve balance and flexibility-reach out to Symons Recreation to see when the next Tai Chi or Strong Bodies class is. They are offered in Richland Center, Muscoda and La Farge.

Challenging your brain is a great way to stay sharp. Find things that interest you and are fun. People who engage in social activities may be less vulnerable to depression and research has shown it may keep the brain healthy.



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SPOTLIGHT ON: COLD WEATHER PRECAUTIONS

Before the snow and bitter cold weather of winter rears its ugly head, you should prepare to ensure it's a safe winter. You should know how cold weather affects your health to help you make better choices about how to prepare. Your preparation should include hypothermia and frostbite prevention, preparing your home for the cold weather, and preparing for power outages. A little preparation now can help to ensure you have a warm winter.

Winters in Wisconsin can be cold and understanding how that cold could affect your health is critical. Some medical conditions like diabetes, thyroid issues, arthritis and even memory issues can make staying warm more difficult. Some medications can also affect your body temperature. Talk to your doctor to understand your health risks in cold weather. To help combat the cold you can keep extra blankets and sweaters around your home and pack extra blankets and coats in your car for when you are out. Make sure you know the weather for that day and wear appropriate outdoor coverings. Let others know where and when you will be out in cold weather. Keep your cellphone charged or know where a phone can be located if you are out. Pack an extra pair of clothes to stay dry and keep a rain jacket and umbrella in your car to prepare for wet weather.

If you find yourself outside in the cold you need to know how to identify frostbite and hypothermia to prevent injury or health issues. Frostbite and hypothermia can occur when your body temperature drops and if you go out into cold temperatures without the proper coverings. Frostbite usually affects your nose, ears, hands and feet. Bring extra hats, gloves, socks, and scarves when you are out in cold weather to cover exposed skin. The skin of those areas may change color and become painful. These beginning signs of frostbite can alert you to get out of the cold. You could have permanent tissue damage so you should contact your healthcare provider or seek immediate medical help if symptoms worsen.

Hypothermia can lead to serious health issues like an irregular heartbeat, heart failure, and damage to your kidneys and liver. As hypothermia affects your brain you can become disoriented and not realize you are in danger. Early warning signs include cold feet and hands, a puffy or swollen face, pale skin, shivering or shaking, slowed or slurred speech, and feeling sleepy, angry, or confused. If your body temperature does not improve you may experience stiff or jerky movement in your limbs, a slow heartbeat or breathing, loss of consciousness, and even death. Hypothermia is a serious medical emergency, and you should call 911 right away and find a place to get out of the cold.

Exposure to the cold outdoors is easy to predict, but many people don't think about how to protect themselves from the cold indoors. It starts with ensuring that your home is insulated properly. Prepare your home before the cold

weather comes by checking weather stripping around doors and windows to keep the cold weather out and the warm air in. You can also use rolled up towels at the bottom of doors to help insulate. Keep curtains and blinds shut to insulate the windows. Layer clothing and keep blankets around the house. Have your furnace serviced before the cold weather hits to ensure it works properly. You don't want to have long periods without heat in your home.



Many people use fuel burning fireplaces or space heaters to stay warm. If you use those items ensure that you have carbon monoxide monitors to prevent carbon monoxide poisoning. Using those items in a home that is all sealed up could cause carbon monoxide to build up in the home. Carbon monoxide is a colorless and odorless gas that can build up without you knowing. Some warning signs that you are experiencing carbon monoxide poisoning are headaches, weakness, nausea or vomiting, dizziness, confusion, blurred vision, and loss of consciousness. If you are concerned about your exposure get out of the house and seek immediate medical attention. Fireplaces and heaters can also be a fire risk so make sure you know how to use them properly and ensure they are in working order before use.

Lastly, prepare for power outages especially during colder months. Prepare an emergency kit to keep you safe during outages. Have blankets, jackets, gloves, socks, scarves, and hats available. Keep a few doses of critical medications handy but ensure they are stored properly and aren't out of date. Include canned or nonperishable foods and include a can opener to open that food. Have at least a few gallons of clean water available to help keep you hydrated. Have flashlights, batteries, and a first aid kit. You may also want a solar or battery-operated radio to keep track of the weather. Being prepared can help keep you safe until the power comes back on.

The winter weather can be brutal in Wisconsin but you can help keep yourself safe by preparing for it. Know how the cold affects your health. Keep yourself covered when outdoors and know the symptoms of hypothermia and frostbite. Finally, know how to prepare your home for the cold weather and power outages. Prepare now before the coldest days of winter are upon us to stay safe this winter.

(Article courtesy of the GWAAR Legal Services Team)

FAMILY & FRIENDS RECIPE TO TRY



Prep Time: 20 minutes Yield: 8 servings
Garlic Butter Baked Chicken Thighs by Delish



Ingredients:

3 lb. (6-8) bone-in skin-on chicken thighs
Salt to taste
Black pepper to taste
1/2 cup butter, softened to room temperature
5 cloves garlic, minced
Zest of 1 lemon
1 Tbsp. fresh thyme
1 lemon cut into rounds
1 Tbsp chopped parsley

Directions:

1. Preheat oven to 425°. Pat chicken thighs dry with paper towel and season all over with salt and pepper.
2. In a medium bowl stir together butter, garlic, lemon zest, and thyme. Rub butter mixture all over chicken thighs, including under the skin.
3. Place lemon rounds, potatoes, and chicken thighs in a 9"-x-13" baking dish and bake until

thighs register 160°F on an instant-read thermometer, about 35 minutes. If you'd like the skin more crisp, broil on high for 1 to 2 minutes until golden. Garnish with parsley before serving, if desired.

4. Serve with your favorite sides and enjoy!



(Courtesy of: [Best Garlic Butter Baked Chicken Thighs Recipe — How To Make Garlic Butter Baked Chicken Thighs](#))

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Get local help with your Medicare questions.

I'm Teresa Goplin, a licensed sales agent in Richland Center, WI. When it comes to Medicare, it's important to consider all of your options. What works well for your neighbor may not be the best fit for you. I know the ins and outs of Medicare, and I'm ready to answer your questions and help you find a plan that fits your needs.

It's time to take advantage.



Teresa Goplin
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Richland County Health & Human Services, Richland Center, WI

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NATIONAL RADON ACTION MONTH

January not only marks the beginning of a new year, but it is also National Radon Action Month! Radon is a dangerous gas that you can't smell or see and is naturally produced from rocks & soil in the ground. Radon can enter your environment from cracks or gaps under your home, leading to high levels within the home. Estimates from the Environmental Protection Agency suggest that 21,000 lung cancer deaths each year are attributable to radon, with 1 in 15 homes in the United States containing high levels of radon. Cigarette smokers who are exposed to high levels of radon are 10 times more likely to develop lung cancer than nonsmokers who live in homes with high levels of radon. Exposure to high levels of radon for extended periods of time can increase the risk of danger for an individual. However, the good news is that there are steps you can take to reduce your risk.



An important preventative step you can take to reduce your risk of dangerous radon exposure is to obtain a radon test kit and test the level of radon within your home. Radon test kits can be obtained at the Richland County Health & Human Services building. To get the most accurate test results, follow these general guidelines:

Testing should be conducted in a regularly used room on the lowest level of the home for example, a living room, playroom, den, and/or bedroom
Humidity and drafty conditions can impact the test results, so avoid testing in a kitchen, bathroom, or laundry room
Do not disturb the test sampler during testing

It is recommended to conduct a follow-up test if you receive results of 4 picocuries per liter or higher on your initial test. Radon mitigation may be necessary if you receive two test results, each greater than or equal to 4 picocuries per liter.

If your radon test results indicate elevated radon levels, reaching out to a radon expert can be a great first step, as they may recommend simple, low-cost solutions. The number provided below will connect you with a radon expert in Wisconsin. Radon mitigation contractors may be necessary for larger issues related to your home's foundation.

Health issues caused by radon are preventable, pick up your test kit now to get started!

Radon Experts: 1-888-569-7236



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-\$6.00.

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All Meals include 1% or Low-Fat Chocolate Milk. Lactose Free available by Request.

January 2026

Richland County Senior Dining



Monday	Tuesday	Wednesday	Thursday	Friday
			1 CLOSED Happy New Year!	2 Baked Cod Baked Potato w/Sour Cream Baby Carrots Pears WW Roll
5 Hamburger Stroganoff Green Beans Peach Crisp	6 Lasagna Italian Blend Vegetables Tropical Fruit Salad Garlic Bread Stick	7 Grilled Chicken Breast w/Sauce Rice Pilaf w/Lentils Swiss Spinach Pineapple Slaw	8 Ring Bologna Mac-N-Cheese Peas & Carrots Fresh Fruit	9 Tuna Casserole California Blend Vegetables 5-Cup Fruit Salad
12 Cheeseburger Casserole Pea's Fruit Cup Cookie	13 Roast Pork Loin Scalloped Potatoes Squash Spiced Apple Rings WW Roll	14 Meatloaf Mashed Potatoes w/Gravy Carrot Coins Peaches WW Roll	15 Baked Chicken Stuffing w/Gravy Broccoli Cranberry Fruit Fluff	16 Sloppy Joe on a WW Bun Roasted Potatoes Baked Beans Mandarin Oranges
19 CLOSED Martin Luther King Day	20 Chicken Chow Mein Brown Rice Chow Mein Noodles Pineapple Chunks Fortune Cookie	21 Hamburger Steak Mushroom Gravy Mashed Potatoes Green Beans BB Brownie WW Roll	22 Pot Roast Roasted Root Vegetables Baby Carrots Pear Halves WW Roll	23 Baked Cod w/Tartar Sauce Sweet Potatoes Broccoli Spears Chunky Applesauce WW Roll
26 Scalloped Potatoes & Ham California Blend Mandarin Oranges WW Roll	27 Polish Sausage w/Kraut Creamed Baby Potatoes Calico Beans Carrot Cake WW Roll	28 Chicken Cordon Bleu Rice Pilaf w/Vegetables Baby Carrots Fruited Yogurt	29 Spaghetti w/Meatballs Italian Blend Vegetables Apricot Halves Garlic Toast	30 Tater Tot Casserole w/Green Beans Hot Beets Ceasar Salad w/Dressing WW Roll

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
JANUARY 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<i>1</i> CLOSED HAPPY NEW YEAR	<i>2</i> 12:30-Haase	<i>3</i> CLOSED
<i>4</i> CLOSED	<i>5</i> 9:30-11:30-Play Bingo For Prizes 12:30-5 crowns or Sheepshead	<i>6</i> 9:30-Sheepshead 1:00-Euchre Tournament	<i>7</i> 9:30-Haase No Yoga Today 12:30-Pinochle	<i>8</i> 8:00-Community Coffee Club 9:15-Movie on the Big Screen 12:30-Any Game	<i>9</i> 12:30-Haase	<i>10</i> CLOSED
<i>11</i> CLOSED	<i>12</i> 9:30-11:30- Play Bingo For Prizes 12:30-Phase "10" or 5 Crowns	<i>13</i> 9:30-Sheepshead 1:00-Euchre Tournament	<i>14</i> 9:30-Haase 9:45Gentle Chair Yoga 12:30-Pinochle	<i>15</i> 10:00-Richland Area Senior Citizen Potluck 2:00-Any Game	<i>16</i> 12:30-Haase	<i>17</i> CLOSED
<i>18</i> CLOSED	<i>19</i> CLOSED MARTIN LUTHER KING DAY	<i>20</i> 9:30-Sheepshead 1:00-Euchre Tournament	<i>21</i> 9:30-Haase 9:45-Gentle Chair Yoga 12:30-Pinochle 5:30-Grief Sup.	<i>22</i> 8:00-Breakfast By Our House 9:15-Movie 12:30-Your Choice Game	<i>23</i> 12:30-Haase	<i>24</i> CLOSED
<i>25</i> CLOSED	<i>26</i> 9:30-11:30- Play Bingo For Prizes 12:30-5 Crowns or Sheepshead	<i>27</i> 9:30-Sheepshead 1:00-Euchre Tournament	<i>28</i> 9:30-Haase 9:45-Gentle Chair Yoga 12:30-Pinochle	<i>29</i> 9:30-Rummikub 12:30-Any Game	<i>30</i> 12:30-Haase	<i>31</i> CLOSED

TOP HEALTHY NEW YEAR'S RESOLUTIONS

And just like that 2026 is here. Many of us make New Year's resolutions each year. What are your resolutions for this year? Maybe they are to work on getting healthier so you can feel better and be more active for years to come.

The American Geriatrics Society recommends the following resolutions for older adults to help become more healthy.



Eat fruits, vegetables, whole grains, fish, low-fat dairy and healthy fats. As we get older we may need less calories but we still need healthy foods. Eat at least five servings of fruits and vegetables daily. Remember that a variety of colors matters. Eat dark green, bright yellow and orange choices like spinach, carrots, oranges. Remember to include nuts, beans, and whole grains.

Be active. Physical activity is important. If you have health conditions check with your doctor to ensure that you are doing activities that are safe for you. Remember the ADRC partners with Symons Recreation to offer Tai Chi and Strong Bodies. The ADRC also offers Bingocize as well. These contribution based group exercise activities are low impact and have shown great success in improving peoples balance, strength, mood and more.

See you doctor regularly. Remember to schedule you annual Medicare wellness visit to discuss health screenings and more.

Quit Smoking. If you smoke, quit, it's never too late. You can reduce your risk of many health problems, have more energy and sleep better if you quit.

Limit alcohol intake. Drinking too much can increase depression, increase fall risk, interact with medications and cause other health issues.

Guard against falls. Wisconsin has the highest fall related death rates for older individuals in the country. Exercising helps reduce the risk. This can include going for walks, strength training, water activities and more. Remove fall risk items such as throw rugs. Ensure that there are grab bars in the bathroom and use night lights to ensure proper lighting.

Give your brain a workout. The old adage of use it or lose it is true. Do puzzles, socialize, engage in new activities. The more you use it, the better it will work.

Speak up when you feel down or anxious. It has been reported that 1 in 5 older adults suffer from depression or anxiety. Some signs of this include sadness, tiredness, loss of appetite, or pleasure doing things you once enjoyed. You may also see changes in sleep patterns, be irritable, and isolating yourself from others. Talk to your doctor if you are experiencing any of these.

Make sure you get enough sleep. Older adults needs at least 7-8 hours of sleep each night. Try to avoid naps during the day which may disrupt your sleep at night.

Staying active is a great New Years resolution. There are many ways to do this in our community. Stay connected through joining an exercise class, go to one of the three meal sites for lunch and fellowship, volunteer for a cause that is important to you, and stay connected with family and friends.

For more information about volunteer opportunities at the ADRC, exercise programs and meal site locations contact the ADRC by calling 608-647-4616 or stopping into the office at 221 West Seminary Street, Richland Center.

(Source: www.americangeriatrics.org)

INCLEMENT WEATHER REMINDER

Winter Is here

Richland County's primary focus is to provide safe services to those we serve. In case of inclement weather the Nutrition and Transportation programs may have to cancel services. Please listen to WRCO AM 1450 or FM 100.9 for updates. You may also call the ADRC at 608-647-4616 for updates.



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For more information on your long-term care options, contact your local ADRC.

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SUPPORT GROUP OPPORTUNITY

"Forget Me Not" Support Group

Do you have a medical diagnosis with any form of early mild cognitive Impairment?

Are you curious how to handle memory issues?

If this is you, join us to ask questions, gain support, and brainstorm strategies to navigate this time of our life together!

Join us Monthly

First Tuesday of the month

in Richland Center

Register ahead by calling
Pam Kul-Berg:
608-548-3954



ALZHEIMER FAMILY CAREGIVER SUPPORT PROGRAM

Are you caring for a loved one with Alzheimer's disease, or another irreversible dementia? Are you wondering where to go for support? Reach out to the ADRC to learn more about the Alzheimer's Family Caregiver Support (AFCSP) Program. This Wisconsin based program was created in 1985 in response to the increased number of families caring for loved ones at home who have dementia.

The goal of this program is to support caregivers and help ensure that individuals living with dementia are able to remain active, living in their own homes or in their communities as long as possible. To accomplish this support for caregivers is provided through offering funding for a variety of services. These include, but are not limited to:

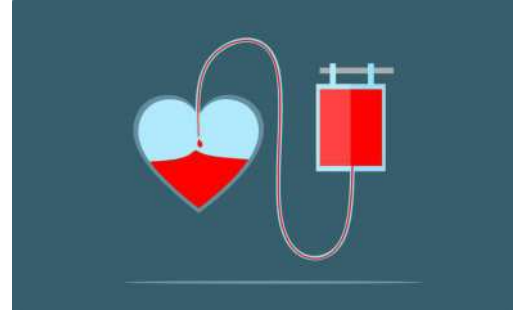
- Offering support groups, options for self-care for the caregiver including respite
- In-home services, transportation, adult day care
- A variety of goods and services such as nutrition supplements, meals, durable medical equipment, personal emergency response systems and more.

For more information, reach out to the ADRC of Eagle Country-Richland County office by calling 608-647-4616 or stopping in to the office located at 221 West Seminary Street, Richland Center, WI.

NATIONAL BLOOD DONOR MONTH

According to the American Red Cross, winter is “one of the most difficult times of year to collect enough blood products to meet patient needs.” This is due to people having busy holiday schedules, illnesses, and bad weather often which results in canceled blood drives.

Canceled blood drives is one of the reasons that National Blood Donor Month, which started in January of 1970, is such an important month. Donating blood saves lives and improves health for many people. According to the World Health Organization, “blood is the most precious gift that anyone can give to another person — the gift of life. A decision to donate your blood can save a life, or even several if your blood is separated into its components — red cells, platelets and plasma.” Below are ways to observe National Blood Donor Month.



1. Donate. If you are able to. Not just in honor of National Blood Donor Month, but in the simple spirit of providing help to those who need it.
2. Inspire. National Blood Donor Month can inspire people to donate which inspires others to donate.
3. Know your blood type.

Remember that someone needs blood every few seconds within the United States. If you are able to donate it is a gift that saves lives.

For more information contact your local Red Cross for donation sites at www.redcross.org.

(Source: National Today)

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Produced in conjunction with the Aging and
Disability Resource Center of Eagle Country
Richland Center Office

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ISSUE: JANUARY 2026

Upcoming Area Events:

Mondays in January

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 January

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.

Tuesday, January 6th

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.

Thursday, January 8th

Free tech help is available the 2nd Thursday of the month from 2:00-4:00 at the Lone Rock Community Library. Walk-ins are welcome.

Tuesday, January 20th

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. RSVP 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, January 27th

The ADRC of Eagle Country-Richland County 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.

January Bucket List

Frame some of last years photos



Start a “my favorite part of today” journal



Gift flowers to yourself



Tidy your room for the new year



Grow a new houseplant



Send someone a hand written letter



Reread a favorite book



Go for a brisk morning walk

