

# Family *and* Friends

FEBRUARY 2026

*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*

## THE MEN'S SHED IS COMING TO RICHLAND COUNTY!

The ADRC of Eagle Country's Richland County office is teaming up with the Willow Community Center in Loyd to start a Men's Shed. A Men's Shed is a community-based "hub" where older men gather to share and learn new information, have a light meal, socialize and attend interesting presentations based on a wide variety of topics. The goal is to offer camaraderie and meaningful engagement for men, with activities chosen by members.



Research has shown that strong social connections are crucial for men's health. Having connections significantly reduces the risks of depression, heart disease, cognitive decline and more. The Men's Shed offers a place for men to come together to socialize and support each other.

Join us for the first Richland County Men's Shed which will be held on Wednesday, March 11th from 11:00 am-2:00 pm at the Willow Community Center in Loyd. Our first speaker will be local radio host, Phil Nee. Individuals interested in attending or have questions can reach out to the ADRC at 608-647-4616.



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# SPOTLIGHT ON: UNDERSTANDING SOCIAL SECURITY NOTICES

If you receive Social Security Administration (SSA) benefits you understand how many notices are sent and how confusing they can be. Trying to understand SSA notices can be frustrating. Here is a general guide illustrating the types of notices that SSA sends and why they send them. If you have specific questions about your notice, you should contact your local SSA field office by visiting <https://www.ssa.gov/locator/>, or reach out to your local Aging and Disability Resource Center (ADRC) by visiting <https://www.dhs.wisconsin.gov/adrc/contacts.htm>.

## Notice Content

Let's look at the basic construction of an SSA notice. There is a heading identifying the SSA program you are being contacted about. For example, it may say "Supplemental Security Income" or "Retirement, Survivors and Disability Insurance." Then, the notice will state the reason for contacting you or the purpose of the letter. It will inform you of any decision SSA has made and why they made that decision. It can include information about your benefit status, payment amount, and when the payment will be paid. Any actions that you should take will be included. The notice will also explain what your next steps should be if you disagree with the information in the notice. They will also include how to contact SSA if you have questions or how to submit the information they are requesting. The specific content of the notice is tied to the benefit/s you receive and the purpose of the notice.

## Why Does SSA Send Notices

Notices from SSA are sent to notify you of changes to your benefits or eligibility. This means SSA will notify you if your benefits are increasing or decreasing, ending or beginning, or if you have been overpaid. Notices are sent when you appeal or waive an SSA decision. A notice may be sent to inform you of your rights and responsibilities pertaining to your eligibility in a benefit program. If you receive a notice from SSA you should not ignore it. SSA is contacting you to tell you important information about your benefits and you should read them as soon as you can to avoid interrup-

tion of your benefits.

## What To Do When You Get a Notice

- 1) Read the notice carefully
- 2) Identify the program they are referring to
  - a. Usually in the heading found at the top of the notice.
- 3) Determine the purpose of the notice
  - a. Are they contacting you to get more information?
  - b. Are they informing you of a change to your benefit amount or eligibility?
  - c. Are they informing you of a decision of an appeal or waiver?
- 4) Identify your rights
  - a. Do you have a right to appeal the decision or determination?
  - b. Do you have a right to submit more information before a decision is made?
- 5) Identify your responsibilities
  - a. Are you required to submit more information, like pay stubs or bank statements?
- 6) Identify deadlines
  - a. Is there a deadline for submitting an appeal?
  - b. Is there a deadline for submitting more information?



Understanding SSA notices can help you avoid interruptions to your benefits. If you receive a notice from SSA you should open it immediately because it will contain deadlines for appeals, waivers, or submission of additional information. Remember if you don't understand what your notice is about or you have questions reach out to SSA directly or contact your local ADRC for help.

*(Article courtesy of GWAAR legal services team)*

# FAMILY & FRIENDS RECIPE TO TRY



Prep Time: 5 minutes Cook Time: 15 minutes Yield: 4 servings



## Ingredients:

1 (8 ounce) package egg noodles  
1 pound ground beef  
1 (10.5 ounce) can cream of mushroom soup  
1 tablespoon garlic powder  
1/2 cup sour cream  
Salt and pepper to taste

## Directions:

1. Sauté ground beef in a large skillet over medium heat until brown and crumbly; 5-10 minutes.
2. Fill a large pot with lightly salted water and bring to a rapid boil. Cook egg noodles at a boil until tender yet firm to the bite, 7-9 minutes. Drain and set aside.
3. Drain and discard any fat from the cooked beef. Stir condensed soup and garlic powder into the

beef. Simmer for 10 minutes, stirring occasionally.

4. Remove beef from the heat. Add egg noodles and stir to combine. Stir in sour cream and season with salt and pepper.



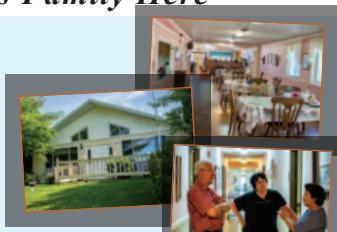
(Courtesy of [allrecipes.com](http://allrecipes.com))

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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.



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Richland County Health & Human Services, Richland Center, WI

A 4C 01-1412

# MEDICARE CARDIOVASCULAR SCREENING

It's important to take care of your heart to help prevent a stroke or heart attack. High blood pressure, high LDL cholesterol and smoking are key risk factors for heart disease, according to the Center for Disease Control and Prevention (CDC). The CDC also estimates about half of Americans have at least one of these risk factors. The good news is that taking steps such as aspirin therapy, quitting smoking and regularly checking your blood pressure and cholesterol levels can reduce your risk for heart related conditions.

- Medicare beneficiaries can have free cardiovascular screening every five years. The screening includes a total cholesterol test, a cholesterol test for high density lipoproteins and a triglycerides test. Your healthcare provider will also talk with you about other things you can do to lower your risk for heart disease. Take advantage of free preventive screenings to keep you healthier and also to reduce future health care costs for yourself and the public. More information about Medicare's Preventive Services can be found at [www.medicare.gov](http://www.medicare.gov).



You can also contact the ADRC of Eagle Country's Richland Center office regarding questions with Medicare coverage at 221 West Seminary Street, Richland Center, or call 608-647-Change in behavior or personality.

*Article courtesy of GWAAR*

## SIGNS OF POSSIBLE ELDER FINANCIAL ABUSE

The following is a non-exhaustive list of signs that may point to financial abuse:

- Unpaid bills or termination of utilities
- Social isolation
- The elder has a "new friend" that will not allow them to go places without him/her and the new friend appears to have access to their finances
- Lack of personal comforts they previously enjoyed
- Change in financial behavior
- Change in legal documents such as revocation of a prior Power of Attorney and execution of a new POA
- Altered legal document (s) such as adding a successor agent to the Power of Attorney for finances doc-

- ument after it is executed
- Missing property
- Unusual account transfers
- Evidence of other types of abuse
- Change in behavior or personality.

If you suspect someone is being exploited contact Adult Protective Services located within Health and Human Services at 608-647-8821.

### THE DANGERS OF ELDER FINANCIAL ABUSE

*(Article courtesy of GWAAR)*

## 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.**

A yellow rectangular graphic with a red heart in the top right corner. The words "Senior" and "Lunch" are written in a black, sans-serif font, stacked vertically in the center of the graphic.

# COULD A MEDICARE SAVINGS PROGRAM HELP YOU?

For many Medicare beneficiaries, it can be difficult to make your Social Security check stretch enough to buy groceries, medications, pay the electric bill, insurance bill, phone bill and rent. Do you worry about how you will pay your bills? Would an extra \$202.90 in the bank each month help? Perhaps the Medicare Savings Program can help you!

Medicare Savings Programs are designed to help people who have limited income and assets. If you are qualified, your Medicare Part B premium is paid for you. That is a savings of over \$202.90 per month! In certain cases, the deductible and co-pays are also covered.

In order to qualify for a Medicare Savings Program you need to meet income and asset guidelines. If you are single, your income must be less than \$1,760 per month with assets below \$9,950. If you are married, your income must be less than \$2,379 per month with assets below \$14,910. If you are anywhere close to these limits, call the ADRC of Eagle Country, 608-647-4616, to make an appointment, because some funds may not be counted toward that limit.

In addition, if you qualify for a Medicare Savings Program, you can also get a reduced premium and lower deductible and co-pays for your Medicare Part D insurance through a program called "Extra Help". That could save you more money each month on your prescription medications!

For more information or assistance with benefits, please contact the ADRC of Eagle Country-Richland County office located at 221 West Seminary Street, Richland Center, 608-647-4616.



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

## February 2026

### Richland County Senior Dining

Monday	Tuesday	Wednesday	Thursday	Friday
2 Salisbury Steak Mashed Potatoes w/Gravy Broccoli Peaches WW Roll	3 Goulash w/Beans Green Beans Chunky Applesauce Breadstick	4 Grilled Chicken w/Mushroom Gravy Brown Rice Mixed Vegetables Pineapple Tidbits	5 Roasted Pork Mashed Potatoes w/Gravy Baby Carrots Tropical Fruit WW Roll	6 Tuna Casserole Italian Blend Vegetables Apple Slaw Cookie
9 Chicken Ala King California Blend Vegetables Plum Biscuit	10 Ham, Egg, Spinach & Cheese Bake Cubed Hashbrowns Mandarin Oranges Muffin	11 Kielbasa w/Sauer Kraut Red Skin Potatoes Calico Beans Mixed Fruit WW Roll	12 Swedish Meatballs Mashed Potatoes w/Gravy Beets Peaches WW Roll	13 <i>Valentines</i> Meal Glazed Salmon Baked Sweet Potatoes Cut Green Beans Cherry Chocolate Cake WW Roll
16 Honey Glazed Ham Scalloped Potatoes Broccoli Pineapple Tidbits WW Roll	17 Chicken, Pork Sausage Pasta Stewed Tomato's Cornbread Banana Pudding	18 <i>Ash</i> <i>Wednesday</i> Baked Cod w/Tartar Sauce Baked Potato w/Sour Cream Crinkle Carrots Pears WW Roll	19 Beef Stew Brussel Sprouts Apple Crisp Biscuit	20 Vegetarian Chili w/Beans Cottage Cheese Fresh Apple Slices Cornbread WW Crackers
23 Hamburger on Bun Lettuce, Tomato, Onion Roasted Potatoes Creamed Peas Lemon Bar	24 BBQ Ribs Lyonaise Potatoes Buttered Lima Beans Apricots WW Roll	25 Boneless Chicken Thighs Dressing w/Gravy Squash Mandarin Oranges	26 Meatloaf Au gratin Potatoes Mixed Vegetables Tropical Fruit WW Roll	27 Baked Cod w/Tartar Sauce Baked Potato w/Sour Cream Broccoli Spears Peaches 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 608-983-2786/608-983-2798

Richland Center 608-647-2323

Rockbridge 608-649-3269/608-647-3900

**Reservation Required please call 1 business day prior.**

**\*Menu subject to change without notice.**

**ADRC 608-647-4616.**



WOODMAN SENIOR CENTER  
 1050 N. ORANGE ST., RICHLAND CENTER, WI 647-8108 EXT. 3  
 HOURS: MONDAY THRU FRIDAY 8:00-4:30  
 February 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>1</i> CLOSED	<i>2</i> 9:30-12:30- <u>Play</u> <u>Bingo for Prizes</u> <i>3</i> 9:30- <u>Sheepshead</u> 10:00- <u>Remember</u> Me Alz. Sup. <u>12:30-5 Crowns</u> <u>or Sheepshead</u>	<i>4</i> 9:30- <u>Haase</u> <u>Community</u> <u>Coffee Club</u> 9:15-Movie on <u>the Big Screen</u> <i>5</i> 8:00- <u>Community</u> <u>Coffee Club</u> 9:15-Movie on <u>the Big Screen</u> <i>6</i>				<i>7</i> CLOSED
<i>8</i> CLOSED	<i>9</i> 9:30-11:30- <u>Play</u> <u>Bingo for Prizes</u> <i>10</i> 9:30- <u>Sheepshead</u> <u>1:00-Euchre</u> <u>Tournament</u> <i>11</i> 9:30- <u>Haase</u> <u>9:45-Gentle</u> <u>Chair Yoga</u> <i>12</i> 9:30- <u>Pinocchio</u>	<i>12</i> 9:30- <u>Haase</u> <u>9:45-Gentle</u> <u>Chair Yoga</u> <i>13</i> 8:00- <u>Breakfast</u> <u>by Our House</u> 9:15-Movie on <u>the Big Screen</u> <i>14</i>				CLOSED
<i>15</i> CLOSED	<i>16</i> 9:30-11:30- <u>Play</u> <u>Bingo for Prizes</u> <i>17</i> 9:30- <u>Sheepshead</u> <u>1:00-Euchre</u> <u>Tournament</u> <i>18</i> 9:30- <u>Haase</u> <u>9:45-Gentle Chair</u> <u>Yoga</u> <i>19</i> 10:00- <u>Richland Area</u> <u>Senior Citizen</u> <u>Group Potluck</u> <i>20</i> 12:30- <u>Haase</u> <u>2:00-Any Game</u>					<i>21</i> CLOSED
<i>22</i> CLOSED	<i>23</i> 9:30-11:30- <u>Play</u> <u>Bingo for Prizes</u> <i>24</i> 9:30- <u>Sheepshead</u> 10:00- <u>Caregiver Sup</u> <u>Group</u> <u>12:30-5 Crowns</u> <u>or</u> <u>Phase “10”</u> <u>5 Crowns</u>	<i>25</i> 9:30- <u>Haase</u> <u>9:45-Gentle Chair</u> <u>Yoga</u> <i>26</i> 9:30- <u>Rummikub</u> or <u>Mexican Train</u> <i>27</i> 12:30- <u>Haase</u> <u>12:30-Your Choice</u> <u>Game</u>				<i>28</i> CLOSED



# Take a NOURISH Step!



A Sweet Reminder This February: Check In on Prediabetes Risk



## Did you Know?

80% of people with prediabetes don't know they have it!

### What is Prediabetes?

Prediabetes is high blood sugar levels that don't quite meet the criteria for a diabetes diagnosis, but could mean a higher risk for diabetes in the future.

**Prediabetes is identified by at least one of the following criteria:**

- Fasting blood sugar of 100 mg/dL to 125 mg/dL
- A blood sugar of 140 mg/dL to 199 mg/dL within 2-hours of a meal
- A1C of 5.7% to 6.4%



### Why is it a big deal?

- People with prediabetes have a **50% risk of developing diabetes** within 5 years and have an **elevated risk** of developing:
  - Chronic kidney disease
  - Heart disease
  - Stroke
- Lifestyle changes and medications may have a big impact on reducing the risk of diabetes development in individuals with prediabetes.



### Preventing and Managing Prediabetes

Exercising, healthy eating, avoiding smoking, and managing blood pressure are reported to be the most effective lifestyle approaches for managing prediabetes and preventing type 2 diabetes.

**Exercise:** Engage in at least 150 minutes per week of a moderate activity such as walking.

**Healthy Eating:** Eat a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats.

**Healthy Habits:** Avoid smoking, decrease alcohol consumption, and focus on water intake.

**Managing Blood Pressure:** Focus on a balanced diet, reduce salt intake, and manage stress levels.

### Importance of Hydration



Staying hydrated helps maintain steady blood sugar levels.

**\*NOURISH stands for: Nutrient-Rich Foods, Omega-3s & Healthy Fats, Understand, Recipes, Increase Protein & Fiber, Sugar & Sodium Awareness, and Hydrate.**

## 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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# FEBRUARY IS NATIONAL HEART MONTH

February is American Heart Month! Did you know that heart disease is the leading cause of death within the United States? Many middle-aged and young adults have one or more risk factors for heart disease, such as diabetes, high blood pressure, high cholesterol, are a smoker, and/or are overweight. If you have multiple risk factors at once, your risk of heart disease increases. The good news is that there are actions you can take to prevent heart disease.

Changes to your lifestyle can improve your heart health. Making small changes over time will add up and they don't have to occur all at once. Some actions to improve your heart health include:

**Engaging in physical activity:** Aim for 2.5 hours of physical activity each week---that's just 30 minutes a day, 5 days a week. In addition, it is beneficial to do muscle strengthening exercises 2 days a week. It's important to enjoy the physical activity you are doing so make it fun by inviting family, friends, and members of your community to join.

**Maintain a healthy weight:** It is helpful to identify someone else who has a similar goal and engage in healthy activities with them, for example, walking or cooking a healthy meal together. If you are overweight, even a small loss of 5-10% helps your health.

**Eat a nutritious diet:** The National Heart, Lung, and Blood Institute (NHLBI) recommends adopting a DASH (Dietary Approaches to Stop Hypertension) Eating Plan which is a flexible & balanced eating plan to create heart-healthy eating for life. The plan recommends:

Eating vegetables, fruits, & whole grains

Including fat-free or low-fat dairy products, fish, poultry, beans, nuts, and vegetable oils

Limiting foods that are high in saturated fat, such as fatty meats, full-fat dairy products and tropical oils like coconut, palm kernel, and palm oils

Limiting sugar-sweetened beverages & sweets

**Quit smoking:** Social supports can be very helpful when trying to quit smoking. By calling 1-800-QUIT-NOW (1-800-784-5669), you can get connected to a quit line with a trained counselor.

**Manage stress:** Engaging in relaxing activities like walking, yoga, physical activity, and/or meditation can help manage your stress which helps your heart health. Talking to a mental health provider or someone you trust can also help manage stress.

**Get 7-9 hours of quality sleep:** Sleep is important for our heart health, and it is recommended to obtain 7-9 hours of sleep each night. Remind family and friends to turn off screens before bed and establish a regular bedtime each night. Getting a 30-minute dose of sunlight each day can also help with your sleep schedule.

**Know your numbers:** Keeping a log of your blood pressure, weight goals, physical activity, and your blood sugar (if you have diabetes), will help you stay on a heart-healthy track.

Research indicates that having close relationships with family, friends, and our community, makes us healthier. The NHLBI states that we are more successful at meeting our health goals when we work on them with others. You don't have to make these changes alone and feeling connected to others with positive, close relationships benefits our overall health.





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LACE  
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RED  
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N	M	G	L	J	X	K	C	D	N	A	E	T	O	U
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## **Upcoming Area Events:**

### **Mondays in February**

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 February**

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 February**

The Richland Center Winter Market is held each Wednesday from 12:00-4:00 at the Richland Center Community & Senior building.

### **Tuesday, February 10th**

Forget Me Not, an ADRC Support Group, meets monthly 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, February 12th**

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.

### **Monday, February 9th**

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.

### **Thursday, February 19th**

State of Homeless Presentation by the Southwest Wisconsin Homeless Coalition. Learn more about the current status of homelessness in Southwest Wisconsin. Thursday, February 19th 1:00 pm-3:00 pm in conference room A/B at the Community Services Building, 221 West Seminary Street, Richland Center WI, 53581.

### **Tuesday, February 24th**

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.