



# April 2024 Eagle News & Views

Dear Friends,

Let's welcome April with some even warmer temperatures! We have had such a wonderful mild winter and early spring, and we would love to see that through the month of April as well!

We again want to take the month of April to honor and appreciate all our volunteers that help our organization provide the many services to our customers! Without all of them, the work we have accomplished in our agency would just not get done. Check out page 6 to see all the wonderful volunteers that help our agency!

Do you have a couple hours a day, week, or month? Are you interested in giving back to your community? Look no further and reach out to our office to best see what would suit your interests!

Now that spring is here, I encourage you all to try something new and exciting! Attend one of the monthly movies at the Prairie du Chien Library, take a friend and go have lunch at one of our meal sites! And don't forget to visit us at the Public Health Wellness Fair in Gays Mills on April 20<sup>th</sup>. See page 18 for more details on that.

As always, be well and see you at the center!

**Roby Fuller**



## SAVE THE DATE

Community Picnic  
Information Session

DATE: June 5th

Time: 5:00 pm

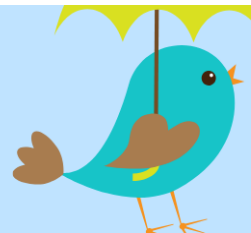
Location: Seneca Community Building

Free dinner for the first 50 to sign up!

Free transportation will be available.

RSVP BY CALLING 608-326-0235

Serving Crawford County Seniors, Adults with Disabilities  
and their Families and Caregivers



## **Staff:**

**Roby Fuller**, Director  
**Jacob Schneider**, Administrative Assistant  
**Jody Eick** Home Delivered Meals Coordinator  
**Melissa Goodman**, ADRC Specialist  
**Kelli Brooks**, ADRC Specialist  
**Ashley Greene**, Elder Benefit Specialist  
**Amy Eastlick**, Disability Benefit Specialist  
**MaryAnn Haug**, Registered Dietitian  
**Pam Kul-Berg**, Dementia Care Specialist  
**Kirsten Martin**, Lead Cook



225 N. Beaumont Road, Suite 117  
Prairie du Chien, WI 53821  
Open Monday – Friday 8am – 4:30pm

## **Contact ADRC**

Phone.....608-326-0235 or 877-794-2372  
Fax.....608-326-1150  
Email.....ccadrc@co.crawford.wi.gov  
Web.....adrceaglewi.org  
Facebook...Crawford County ADRC –  
Prairie du Chien Office



## ***Help Finding Services*** *ADRC Specialist*

Make decisions that are right for you.

- Want to stay independent & live where you want?
- Looking for help with housekeeping, bathing, or transportation?
- Need to understand a dementia diagnosis?
- Helping care for a loved one and need answers & stress relief?

ADRC staff listen to your unique situation.

They focus on your wants and needs. Staff provide unbiased options, so you can make informed decisions.



## ***Money Matters*** *Elder & Disability Benefit Specialist*

Explore private and/or government benefit options. Benefit Specialists provide information & assistance, education, and advocacy for a variety of programs, such as:

- Medicare
- Medicaid
- Prescription drug assistance
- Social Security benefits
- Benefit appeals & denials



## ***Food - Meals*** *Nutrition Program - Homebound Meals*

Stay connected with friends & meet new ones over a delicious lunch at a community cafe. Get healthy eating tips at educational classes throughout the year. Lunch can be delivered at home for qualifying, homebound older adults or adults with disabilities.



## ***Transportation*** *We will get you there!*

Transportation is door-to-door service with 48-hour advance notice for scheduling. Sit back and relax while one of our caring drivers takes you shopping, to an out of town medical appointment or out for lunch at one of our meal sites.



## ***Help Build Your Community*** *Make a Difference & Give Back*

As a non-profit organization, ADRC's mission would not be possible without the generous support from community members just like you.

- Get Involved: Share a skill with different volunteer opportunities
- Make Your Dollar Count- No amount too small
- Loan Closet- Donate home medical equipment
- Advocate- Let your voice be heard



## ***Stay Healthy, Stay Active*** *Learn More - Grow Strong - Have Fun*

Add laughter, independence, friends, and energy to your life!

- Improve Your Health- Understand a diabetes diagnosis
- Stay Safe- Reduce your risk of falls
- Have Fun- Try a new hobby or take a trip around the community

Exercise classes, support groups, workshops, and more, there is so much to do at ADRC!

## **MISSION STATEMENT:**

***To provide older adults and people with physical or intellectual/development disabilities the resources needed to live with dignity and security, and achieve maximum independence and quality of life. The goal of the ADRC is to empower individuals to make informed choices and to streamline access to the right and appropriate services and supports.***

# ADRC TRANSPORTATION

## SCHEDULE

**Medical Rides** (out of town) M-F, \$20-\$40 charge

**PdC Shopping** Every Thursday, 9am pickup, \$1 charge

**Northern Shopping** 1st and 3rd Tuesday, 9am pickup, \$4 charge

**Crossing Rivers Healthy Hearts** M, W, F (12:30pm pickup for 1pm appt.), \$2 charge

**Second Harvest-Patch Grove** 2nd Tuesday of the month, 11:15 P/U, \$1 charge

*1st come, 1st serve. Minimum riders required.*



Available to Crawford County Residents 60+ & disabled adults.

**CALL JACOB AT  
608-326-0235  
TO SCHEDULE  
A RIDE TODAY!**



## Cab Subsidy Program

Discounted Coulee Cab punch cards available for Crawford County residents age 60 years and older and adults with disabilities.



Receive a \$20 Coulee Cab Punch Card for the low cost of \$11.50.

**PHONE: 608-326-0235**

## Soup and Salad Supper!

The ADRC will be providing transportation to Ferryville for their Monthly Soup & Salad Supper on April 11th! Transportation cost is \$4. Please call 608-326-0235 to reserve your spot, space is limited.



Ferryville Village Hall  
5:00 PM to 7:00 PM

Meals are freewill donation with proceeds going towards Village Hall Improvements

Sponsored by Ferryville Vision and Promotion Board

## SAVE THE DATE

**FREE  
JUNE**

### *NUTRITION EDUCATION*

Gays Mills  
Community Center  
16381 WI-131  
Gays Mills, WI  
Thursday, June 13th  
11:45 am

Hoffman Hall  
1600 S. Wacouta Ave.  
Prairie du Chien, WI  
Friday, June 14th  
11:45 am

*Please come and learn all there is to know about eggs! Join us at either location. Enjoy some free recipes and samples.*



# APRIL IS NATIONAL PECAN MONTH

## PECANS Unshelled

- Pecans contain more than 19 vitamins and minerals including: vitamin A, vitamin E, folic acid, calcium, magnesium, phosphorus, potassium, several B vitamins and zinc just to name a few.
- Pecans are also a natural, high-quality source of protein (9 grams per cup) and energy (685 calories per cup) that contains very few carbohydrates and no cholesterol. Pecans are also naturally **sodium-free**, rich in antioxidants and a good source of heart-healthy monounsaturated fats.
- As stated above pecans are rich in monounsaturated. This means by adding pecans to your diet, may decrease total cholesterol, and LDL cholesterol (bad cholesterol) and increase HDL(good cholesterol).

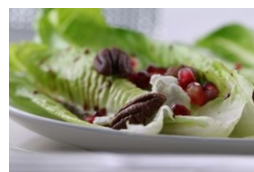


## What's NUTS about PECANS

- ◆ Pecan trees usually range in height from 70 to 100 feet, but some trees grow as tall as 150 feet or higher. Native pecan trees – those over 150 years old – have trunks more than three feet in diameter.
- ◆ Some of the larger pecan shellers process 150,000 pounds of pecans each day. That's enough to make 300,000 pecan pies!
- ◆ The U.S. produces about 80 percent of the world's pecan crop.
- ◆ It is speculated that pecans were used to produce a fermented intoxicating drink called "Powcohicora" (where the word "hickory" comes from)
- ◆ Pecans known to most as nuts are actually not nuts at all but a botanical fruit known as "drupe".

### TRY PECANS IN

Salads  
Desserts  
Crust for meats  
Pasta



## OVERCOME SUGAR CRAVINGS

SUGAR! You've all heard about the studies linking added sugars to common chronic conditions like obesity, diabetes, and heart disease, and others. It's important to be more aware of the foods in your diet that are high in added sugar and to take reasonable and practical steps to eat less of those foods. Did you know that our body actually craves sugar? If we are eating sugar regularly, our bodies expect and, in turn, desire it. When we eat sugar, our brain releases dopamine, the pleasure hormone, making it more likely for us to want more sugar at that moment AND later on. Our blood sugar levels also rise when we eat sugar. When our blood sugar drops, we feel fatigued and hungry, often for something sugary, which restarts the cycle. Here are some tips to overcome sugar cravings:

- **Follow an overall healthy eating pattern.** Eating a variety of whole grains, fruits, vegetables, protein, and unsaturated fats consistently will increase your feelings of fullness. Whole grains and fruits have carbohydrates and natural sugars that can satisfy your sugar needs.
- **Eat regularly throughout the day.** Going too long without eating can increase cravings for sugary foods. Try to eat every 3-5 hours, and plan for healthy snacks between meals.
- **Substitute added sugars for natural sugars.** Snack on fruit to satisfy a sugar craving rather than a food item with lots of added sugar. Fruits also have fiber that will help you feel fuller longer. Pair your fruit with a small portion of nuts or seeds for some healthy fat and protein for an even more filling snack.
- **Replace any associations.** You may unconsciously associate certain actions with a sugary indulgence. If you're in the habit of eating a candy bar after lunch, you will quickly crave that sugar kick with every lunch. Replace the candy bar with a short walk outside or 5-minutes of stretching and create a new habit.
- **Limit temptations.** Replace sugar-filled food items in your fridge, freezer, and pantry with healthy alternatives. If you have sugary foods on-hand, you are more likely to succumb to your craving.
- **Have one bite.** Giving in and having just one bite could satisfy your craving. Chew that bite slowly and savor the taste. This takes planning and discipline to avoid eating your normal portion. Using the candy bar example, maybe you buy one candy bar and cut it into small pieces and only pack one small piece in your lunch.
- **Indulge on occasion.** Once you feel a little more control over your cravings, it's okay to indulge. Eating a small bowl of your favorite ice cream every so often can be just enough to satisfy you and prevent you from craving it all the time. When you do indulge, be mindful of your portions.

Parts of this article were shared from Eat Smart Move More Eat Less. Check out their website for more great eating and moving tips <https://esmmweighless.com/> AND don't forget, you don't have to make a bunch of big changes all at once! Start small with a "tiny" goal to make your desired changes more manageable! Take Good Care Everyone!

In honor of Volunteer Appreciation Month, we would like to thank our amazing volunteers for all their hard work and dedication. You are greatly appreciated.



Deb Fishler



Kelly Buetow



Gretchen Munson



Deborah Reed



Alice Kirschbaum



Linda Munson



Janet Finn



Peggy Harris



Marilyn Nies



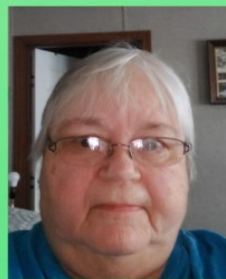
Kare Dresang



Ed Block



Carolyn Sand



Karen Lindh



Patricia Cook

Not Pictured:  
Nancy Black  
Bill Rempe  
Alice Roling  
Dale Roling  
Cheryl DuCharme

### When asked, "Why do you Volunteer?"

" I spend some of my time each week volunteering for a number of reasons. I have been a busy person my whole life and when I retired, I quickly realized that I would need to have something on my calendar each week to look forward to and get me out of the house. I also knew I wanted to be connected to the community, to meet people and to put effort toward things that our town feels are important. I am a happier and healthier person because I volunteer and hopefully my time volunteering is helpful to others." - Marilyn Nies

"Volunteering gets me out of the house and into my community. I see new places, meet different people, and share common interests. I feel I'm helping others live their best life."-Kelly Buetow



**Jody Eick**  
**Meal's Coordinator**

# April Menu

**Questions?**  
**Reservations?**  
**Cancelations?**  
**Call**  
**326-0235**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Hot Dog/Chili Dog on WW bun Potatoe Salad Fresh Vegetables with dip Banana  Cookie	<b>2</b> <p style="text-align: center;"><b>Closed for staff training</b></p>	<b>3</b> Hot Beef Sandwich w/ww bread Mashed Potatoes w/ gravy Glazed Carrots Corn Chef's Choice Desert	<b>4</b> Chicken Pot Pie Chef's Choice Vegetable Pears Zucchini Cake	<b>5</b> Pork Chops w/pork gravy Roasted Sweet Potato Cauliflower Peach Cobbler WW Roll
<b>8</b> Beef Teriyaki Brown Rice Mixed Vegetables Pears Rice Krispie Bar	<b>9</b> Vegetable Baked Ziti Garlic Bread Side Salad Fruit Chef's Choice Desert	<b>10</b> Baked BBQ Chicken Mashed Potatoes W/gravy Baked Beans Fruit Chef's Choice Desert	<b>11</b> Beef Stroganoff Roasted Root Vegetables Corn Fruit WW Roll	<b>12</b> Poor Man's Lobster Baked Potato Green Beans Blueberry Crisp WW Roll
<b>15</b> Roasted Pork Loin w/Apple Glaze Parsley Potatoes Carrots WW Roll Fruited Gelatin with Banana	<b>16</b> Beef Barley Soup Fresh Broccoli Salad with Bacon and Nuts Cottage Cheese Peaches Cookie	<b>17</b> Traditional Tuna Noodle Casserole Garlic Bread 4 Bean Salad Applesauce Birthday Cake	<b>18</b> Corn Crisped Chicken Mashed Potatoes W/chicken gravy Mixed vegetable blend Fruit	<b>19</b> BBQ Sandwiches on ww bun Garden Salad Baked Beans Banana Cream Dessert
<b>22</b> <p style="text-align: center;"><b>Chef's Choice</b></p>	<b>23</b> Hot Ham & Cheese w/gravy sandwich Baked Beans Fresh Veggies & Dip Banana	<b>24</b> Glazed Meatloaf Baked Sweet Potato Peas WW Bread Fruit	<b>25</b> Lemon Parsley Cod w/lemon Butter Sauce Baked Potato w/SC Vegetable Blend Rye Bread Apple Pie	<b>26</b> Oven Roasted Chicken w/ mushroom gravy Roasted potatoes Green Beans Pears
<b>29</b> Beef Tips w/Gravy Mashed Potatoes Green Beans WW Roll Mixed Fruit <div style="background-color: black; color: white; width: 20px; height: 20px; display: flex; align-items: center; justify-content: center; margin-top: 5px;">7</div>	<b>30</b> Chicken and Penne Pasta Brussel Sprouts Garlic Bread Peaches Chef's Choice Dessert	<b>29</b> <p style="text-align: center;"><b>For meal site reservations, please call by 2 p.m. the business day before.</b></p>	<b>28</b> <p style="text-align: center;"><i>Menus are subject to change</i></p>	<b>29</b> <p style="text-align: center;"><b>Please make cancellations for home delivered meals by 8:30 a.m.</b></p>

# Join us for lunch!

Senior Nutrition sites provide nutritious meals, companionship and connectivity to services to everyone age 60+.

Meals are served Monday -Friday  
at 11:30 a.m.

There is not a specific charge for those 60 and better.  
Suggested contribution is \$4.00.  
Quest Card or FoodShare can be used  
for a meal contribution.

Reservations are required by 2 p.m.  
the previous business day.

608-326-0235

## Meals Site Locations

Hoffman Hall  
1600 S Wacouta Ave  
Prairie du Chien

Gays Mills  
Community Center  
16381 WI-131  
Gays Mills

\*Photos are of meals served at meal site.



Tuna Noodles & Salad



Pork Loin & Gravy



Garlic Rosemary Beef Roast



Chef's Salad & Garden Vegetable Soup



In honor of opening day...

**JOIN US FOR A**

*Baseball  
Lunch Party!*

APRIL

**01**

2024

**HOFFMAN HALL  
&  
GAYS MILLS  
COMMUNITY CENTER**

MONDAY

**11:30**

AM

REMEMBER TO RESERVE YOUR SPOT BY 2 PM THE DAY PRIOR  
WITH THE MEAL SITE HOST OR CALLING 608-326-0235



There will be no Home  
Delivered Meals and both  
meals sites are closed

**April 2nd**

**due to staff training.**

Sorry for any inconvenience.





# News for You

## Amy Eastlick, Disability Benefit Specialist



# Autism Acceptance Month

The Connection Is You™



## What is Autism?

Autism Spectrum Disorder (ASD), is a complex, lifelong developmental condition that typically appears during early childhood and can impact a person's **social skills, communication, relationships, and self-regulation**. The Autism experience is different for everyone. It is defined by a certain set of behaviors and is often referred to as a "spectrum condition" that affects people differently and to varying degrees.

While there is currently no known single cause of Autism, early diagnosis helps a person receive resources that can support the choices and opportunities needed to live fully.



Relationships



Communication



Self-Regulation



Social Skills

## Autism Signs & Characteristics

- Repetitive behaviors, movements, or phrases
- Lack of response to normal stimuli (i.e. his/her name, visual cues)
- Atypical verbal communication or non-speaking
- Difficulty understanding or expressing feelings
- Avoiding eye contact

## #CelebrateDifferences

The Autism Society's mission is to create connections, empowering everyone in the Autism community with the resources needed to live fully. This Autism Acceptance Month, **you can be the connection** to help us fulfill our mission.

- Educate yourself and share resources
- Take action through advocacy
- Connect to a local Autism Society affiliate
- Attend an Autism Society event
- Host a fundraiser
- Donate, every dollar helps
- Connect by using the hashtag, **#CelebrateDifferences**

For support, or to learn more, call 1-800-3-Autism or email [info@autism-society.org](mailto:info@autism-society.org). [www.AutismSociety.org](http://www.AutismSociety.org)

PRAIRIE DU CHIEN  
MEMORIAL LIBRARY  
PRESENTS

# TUESDAY AFTERNOON MOVIES

Last Tuesday of the Month at 1 pm.



**NEXT MOVIE  
APRIL 23RD!**

FREE ADRC  
transportation  
for those 60+  
Call today to  
reserve your  
seat!  
608-326-0235

FREE MOVIE  
&  
REFRESHMENTS



FEATURED FILM:  
**THE HILL**

## Prairie du Chien Caregiver Support Group

4th Tuesday of the month

10:00 - 11:30 AM

Hoffman Hall 1600 S.  
Wacouta Ave.  
Prairie du Chien, WI



Connect with local experts, family members, and care partners who may be experiencing similar circumstances. We share stories, struggles and successes, as well as local resources.

For more information or to join please call  
Jeanne Jordie at 608-306-2486

## HAVE EXTRA PRODUCE?

### DONATIONS WELCOMED

DO YOU LIKE TO GARDEN BUT ALWAYS HAVE TOO MUCH? IF YOU HAVE AN ABUNDANCE OF PRODUCE AND DON'T KNOW WHAT TO DO WITH IT, PLEASE CONSIDER DONATING TO THE ADRC CENTRAL KITCHEN! OUR PROGRAM FEEDS SENIORS IN OUR COMMUNITY. ENJOY A HOBBY WHILE GIVING BACK!

DROP OFF ANY UNCLEARED OR UNCUT PRODUCE TO

The ADRC Kitchen  
730 N State Street  
Prairie du Chien  
Mon-Fri  
8 am-2pm

ADRC  
225 N Beaumont  
Suite 117  
Prairie du Chien  
Mon-Fri  
8 am-4:30 pm

Gays Mills  
Community Center  
16381 WI-131,  
Gays Mills  
Mon-Fri  
10:30am -1pm





# CAREGIVER SUPPORT GROUP

Connect with local experts and caregivers. Share stories, struggles and successes, as well as local resources.



## JOIN US AT THE SOLDIERS GROVE LIBRARY

**EVERY 3RD THURSDAY  
OF THE MONTH  
STARTING FEB. 16  
1:00 PM - 2:00 PM**

To Join please call:  
**608-548-3954**

**Caregiver GPS Webinar Series: Learn how to navigate the caregiving journey.**

**Third Thursday of the month | Noon-1:00pm | 2 Ways to Join:**

Email [danedcs@countyofdane.com](mailto:danedcs@countyofdane.com) to get the webinar link **OR**

Watch the webinar with a group at the Soldiers Grove Library. Dementia Care Specialists will be on hand to answer additional questions.

### **Webinar Topics:**

**Thursday 4/18 Behaviors & Symptoms secondary to dementia**

**Thursday 5/16 Communication Skills**

**Thursday 6/20 Traveling & Other Undesired Activities**

**Thursday 7/18 Legal & Financial Planning**

**Thursday 8/15 Home Safety & Assistive Devices**



# Just for You

## From your Elder Benefit Specialist, Ashley Greene

### New Law Would Allow SeniorCare Recipients to Receive 100-Day Medication Refills

By the GWAAR Legal Services Team (for reprint)

On December 6, 2023, Wisconsin Governor Tony Evers signed into law Senate Bill 263 (now Wisconsin Act 71), which could allow SeniorCare participants to purchase 100-day supplies for certain prescription drugs. During the COVID-19 pandemic, SeniorCare participants had been allowed to purchase 100-day refills of certain medications, instead of the 34-day supply that had previously been allowed. Those changes were only temporary, however, and expired in December 2022. Now, thanks to the new law, the approximately 100,000 individuals around the state who participate in SeniorCare may once again be able to take advantage of the benefits that come with the ability to purchase larger refills at one time.

For background purposes, the SeniorCare program extends Medicaid eligibility through Title XIX to cover prescription drugs as a necessary primary health care benefit. The SeniorCare program provides assistance to Wisconsin seniors in the purchase of prescription drugs. To be eligible for SeniorCare benefits, a person must pay an annual program enrollment fee, reside in Wisconsin, be at least 65 years of age, and not be a recipient of Medical Assistance. Seniorcare does not have a household income limit, but members with income over 240% of the federal poverty level will have a spenddown.

All SeniorCare members pay an annual \$30 enrollment fee. Enrollees with incomes at or below 160% of the federal poverty level pay no other out-of-pocket costs besides co-pays of \$5 for generic drugs and \$15 for brand-name drugs, while those who fall into one of three higher income range categories must meet certain spenddown or deductible requirements. After any spenddown or deductible requirement is met, these members pay co-pays of \$5 for generic drugs and \$15 for brand-name drugs.

If implemented, Wisconsin Act 71 would provide several important benefits to SeniorCare enrollees and healthcare providers, including:

- Saving money on prescription drug co-pays. Individuals enrolled in SeniorCare currently pay a \$15 co-pay for three 34-day supplies for generic drugs. Under the provisions of Wisconsin Act 71, however, they would only have one co-pay of \$5 for a 100-day supply. Brand-name drugs currently require a co-pay of \$45 for three 34-day supplies; under the new law, SeniorCare participants would only have one co-pay of \$15 for a 100-day supply of a brand-name drug.
- Fewer trips to the pharmacy to pick up medications. This would especially benefit seniors who live in rural areas and often have to travel great distances to reach a pharmacy.
- Improved medication compliance, due to having better access to prescription drugs at home. Taking prescriptions as recommended is a critical factor in managing chronic health conditions. This, in turn, can lead to a reduced need for emergency interventions and hospitalizations, ultimately lowering healthcare costs for both individuals and healthcare institutions.
- Alleviating administrative burdens on healthcare providers and pharmacists by not requiring them to have to renew and refill prescriptions as often, allowing them more time to devote to patient care.

Before Wisconsin Act 71 can be implemented, however, the Wisconsin Department of Health Services (DHS) may apply for and receive a waiver of federal Medicaid laws from the Federal Secretary of Health and Human Services that would allow SeniorCare pharmacy providers to dispense certain medications in amounts up to a 100-day supply, as prescribed by a physician. It is unclear how long it could take for DHS to receive a waiver.

Even if a waiver is granted, however, some medications would not be eligible for the 100-day refills but would instead still require a monthly renewal. DHS would make this determination based on factors such as clinical considerations, safety, and costs.

If implemented, the new law would be a step towards creating a more accessible, efficient, and cost-effective healthcare system. It would also hopefully reduce the strain on physicians, pharmacists, and other healthcare providers and contribute to better health outcomes overall.

## SeniorCare Coverage of Respiratory Syncytial Virus Vaccines

By the GWAAR Legal Services Team (for reprint)

You may have heard about the new respiratory syncytial virus (RSV) vaccines for older adults. RSV is a respiratory virus that typically causes cold-like symptoms in healthy adults and older children but can lead to more serious illness, like pneumonia, as well as hospitalizations and even death in very young children and older adults. The new vaccines will help protect older adults against severe illness from RSV. Talk to your healthcare provider about whether the RSV vaccine is right for you and any other vaccines you might need to help prevent illness.

As of September 5, 2023, SeniorCare covers RSV vaccines for SeniorCare members when the vaccine is administered in a pharmacy. Prior authorization is not required for these vaccines. If you have other health insurance, your pharmacy should bill that insurance first before submitting the claim to SeniorCare. If your pharmacy is unable to provide the RSV vaccine for you, pharmacy staff should refer you to another pharmacy that can provide the vaccine.

Please note that adult BadgerCare Plus and Medicaid members must receive the RSV vaccine at their doctor's office. BadgerCare Plus and Medicaid will not cover the RSV vaccine if it is administered at a pharmacy.

## Welcome to Medicare Presentation Schedule

Welcome to Medicare is a 90 Minute presentation that reviews Medicare benefits, costs, coverage options, prescription options, and programs that help with costs. The presentation is open to anyone looking to learn general Medicare Information.

Registration is required by calling 608-326-0235.

Location: Crawford County Administrative Building, Room 130

Time: 1:30-3:00 pm

Dates: April 9th, June 11th, August 13th,

October 8th, December 10th



**Next Medicare Workshop  
April 9th!**

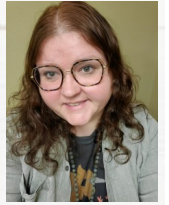


**Kelli Brooks**

# Information & Assistance

From your ADRC Specialists

**Melissa Goodman**



## **Hospice Care Myths**

*By the GWAAR Legal Services Team (for reprint)*

When people think of the term “hospice,” many believe it means a person has given up on life or has just days to live. Many others think hospice is a type of facility, like a hospital or nursing home, that once a person enters they can never leave. However, hospice care is much different. The following are several common hospice care myths and the facts behind them.

**Myth: Hospice is for people who have given up.**

**Fact:** Hospice is for patients who are in the last phases of an incurable disease, but instead of focusing on curing an illness or prolonging death, the goal of hospice care is to relieve symptoms and give patients the best quality of life. The purpose of hospice care is to manage pain and other symptoms and to focus on the comfort and dignity of the person. And contrary to popular belief, research shows that in many cases, hospice care increases life expectancy, rather than decreases it.

**Myth: Hospice is a place.**

**Fact:** Hospice is rarely an actual location that people go to. Instead, the care almost always is provided where a person lives. Hospice patients are assigned a team of providers, such as a physician, registered nurse, home health aid, social worker, and chaplain. This team regularly checks in with the person, and works together to provide medical, emotional, spiritual and grief support to not only the patient but also their family.

**Myth: People on hospice have to stop taking all medications.**

**Fact:** This isn’t always true. While it is true that hospice focuses on providing comfort rather than a cure, the decision to stop medication is usually left up to the patient. Depending on where people are in their diseases, it may be best to stop taking a medication that’s a source of discomfort, but this is determined on a case-by-case basis. People are able to continue taking medications for pain and symptom control.

**Myth: Once you sign up for hospice, there’s no turning back.**

**Fact:** Hospice doesn't mean a person is giving up control over their care or the ability to choose who provides it. A person can leave hospice and reapply at any time. For example, if a person on hospice wants to try a new drug trial or experimental therapy, they can always leave hospice and return at a later time, if needed.

**Myth: You can only be on hospice for a limited amount of time.**

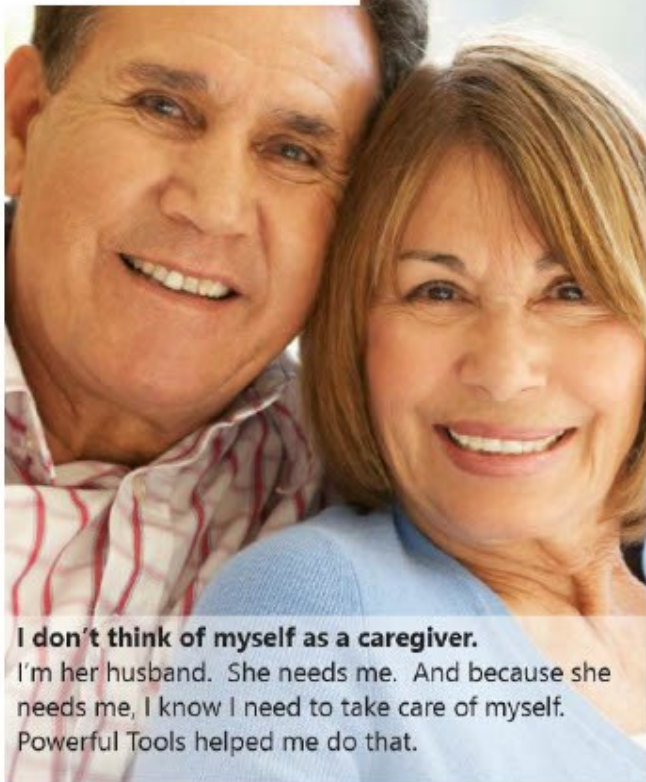
**Fact:** Eligibility for hospice care requires that two physicians agree that the person has six months or less to live, however, this does not mean a person has to die within six months. If the person lives longer than six months but doctors continue to certify that they're terminally ill, they'll receive hospice care for as long as needed. For families that have used hospice care for loved ones, nearly all say they wished they’d known about it sooner. You do not have to wait for your doctors to bring it up – it is never too early to ask about hospice and what benefits it could provide.

For more information, visit:

<https://leadingage.org/common-myths-of-hospice-care-debunked/>

<https://www.npr.org/2023/12/28/1221648271/hospice-care-myths-jimmy-carter-end-of-life>

## Powerful Tools FOR Caregivers



### **I don't think of myself as a caregiver.**

I'm her husband. She needs me. And because she needs me, I know I need to take care of myself. Powerful Tools helped me do that.

**There's a Powerful Tools for Caregivers workshop starting soon near you!**

**2024**

**When: April 3rd- May 8th  
6 Consecutive Wednesdays**

**Time: 9:30 am-11:30pm**

### **Where:**

**Prairie du Chien Library  
125 S. Wacouta Ave.  
Prairie du Chien, WI 53821**

**To register or for more**

**Information contact:**

**ADRC of Eagle Country  
225 N. Beaumont Rd., Suite 117  
Prairie du Chien, WI 53821  
608-326-0235**

# Caregiving is rewarding.

**But it can be challenging too.**

Caring for someone with an injury or illness — such as dementia, cancer, heart disease, Parkinson's disease, stroke or others — can be physically, emotionally and financially demanding.

**Taking care of yourself is important.**

Powerful Tools for Caregivers (PTC) can show you the way!

## **What is Powerful Tools for Caregivers? And why should I take it?**

Powerful Tools focuses on **your** well-being. The class meets once a week for six weeks and has been studied and shown to help family caregivers:

- Reduce stress, guilt, anger, and depression and improve emotional well-being
- Manage time, set goals, and solve problems
- Master caregiving transitions and be part of decision-making
- Communicate effectively with the person needing care, family members, doctors, and other helpers
- Find and use community resources

**ADRC**  
of Eagle Country

Join us and begin

planning **AHEAD** for the end of this life

### What is Planning AHEAD?

Planning AHEAD is a 7-session course (90 minutes each) that guides participants through the topics on the right.

This course features a free workbook to help people with the tasks and decisions associated with end-of-life.

### Who is the program for?

This program is for people who:

- Are interested in planning for the end of life to make things easier for family members
- Have lost a loved one
- Are in the process of losing a loved one and are dealing with the transition

### When is the program?

**IN-PERSON**  
**JOINING VIRTUAL CLASS**

**THURSDAYS: APRIL 4 - MAY 16**  
**10:45 AM - 12:15 PM**

**GAYS MILLS COMMUNITY CENTER**  
**16381 STATE HIGHWAY 131, BOARD ROOM**  
**GAYS MILLS, WI**

**REGISTER BY FRIDAY, MARCH 29 BY CALLING**  
**CRAWFORD COUNTY ADRC AT 608-326-0235**

**"ask the ADRC about the lunch option"?**

### *planning* **AHEAD** **PROGRAM TOPICS**



Getting Started



Handling Financial Changes



Advance Medical and Legal Directives



Estate Planning



Choices in End-of-Life Care



Final Wishes



Understanding Grief



**Extension**  
UNIVERSITY OF WISCONSIN-MADISON

**ADRC**  
Aging & Disability Resource Center  
of Eagle Country  
Serving Crawford, Juneau and Richland Counties





## Full Circle

We shall not cease from exploration  
And at the end of all our exploring  
Will to be to arrive where we started  
And know the place for the first time.  
T.S. Eliot From "Little Gidding," 1943.

The windshield wipers could barely keep up with the torrent of rain slashing across the windshield as my brother drove around the back of Old West Paint Creek Lutheran Church. I was anxious to see the relatively new extension of the graveyard as I knew where all my family members were buried near the front of the church. But I wasn't prepared for the emotional impact it would have on me to see how many of our old farm neighbors and friends whose names were etched in granite, pass by me, one by one. With each name, came a flood of memories. How quietly kind many of these souls had been to me when I was young. And, of course as a young person whose life was totally focused on growing up as soon as possible, I took all that they gave me for granted. Now, with tears flowing as fast as the rain, I silently thanked each of them for the kindness and grace they gave me without hesitation, without expecting anything in return. That small, insular Norwegian-American community gave me a foundation, a foothold, a way of seeing the world that I could accept or modify as I grew older. And, for that, I have always been grateful.

By Nancy P. Swenson



# HEALTH & WELLNESS

RESOURCES FAIR

# 2024

**Saturday  
April 20**

9:00am - 12:00pm

Gays Mills Community Building  
16381 WI Hwy 131, Gays Mills WI

**FREE EVENT | FREE DOOR PRIZES | FREE BP CHECKS  
OVER 30 VENDORS**

## Contact Us

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(608) 326-0231  
mhorner@co.crawford.wi.gov

Crawford County Health &  
Human Services  
(608) 326-0229