



# August 2024 Eagle News & Views

Dear Friends,

August is a month to celebrate a good harvest and a good summer! So, with that, please remember that our agency is still taking donations of uncleaned, uncut produce to be utilized in our central kitchen. When you are harvesting your bounty of tomatoes and peppers and wondering what to do with it all, please reach out to our office! We have several different drop-off locations.

I encourage you all to check out the many classes that our office will have starting in the month of September! Please remember that each class has limited space, so if something looks interesting, reach out soon. All our classes are free, but any contributions accepted.

With that, I leave you with this fun summer joke – please see the answer on page 12.

What did the pig say on a hot summer day?

See you at the center,

**Roby Fuller**



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.



## *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.



## *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



## *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



## *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.



## *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, 1pm appt. time needed with Crossing Rivers.), \$2 charge

**Farmers Market/Concerts on the River** Every Thursday, 5:45 pickup \$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**

PRAIRIE DU CHIEN  
MEMORIAL LIBRARY  
PRESENTS

## TUESDAY AFTERNOON MOVIES

Fourth Tuesday of the Month at 1 pm.



**NEXT MOVIE  
AUG 27TH!**

FREE ADRC transportation for those 60+ Call today to reserve your seat!

608-326-0235

FREE MOVIE & REFRESHMENTS



FEATURED FILM:  
**BARBIE!**



**THE GAYS MILLS LIBRARY HOSTS  
"MOVIE NIGHT AT THE LIBRARY"  
ON THE FIRST FRIDAY OF THE MONTH!**

**Next Movie:  
Sweet Lorraine (1987)  
Friday, August 9th  
7 PM**

FRESH POPCON AND REFRESHMENTS PROVIDED BY THE KICKAPOO EXCHANGE NATURAL FOODS COOP AT SPECIAL LOW PRICES

**FREE**

# SEPTEMBER NUTRITION EDUCATION Cooking for 1 or 2

Sept. 12th @ 11:45 am  
Gays Mills  
Community Center  
16381 WI-131  
Gays Mills, WI

Sept. 13th @ 11:45 am  
Hoffman Hall  
1600 South Waucouta  
Ave.  
Prairie du Chien, WI  
53821

Free cooking class and education on cooking for one or two people and how to preserve food that you don't use.

## WANT \$45 WORTH OF OF FRESH PRODUCE FOR FREE?

- Are you a Crawford County Resident?
- Are you 60 or older? (Native American's can participate at age 55 and older.)
- Does your household meet income guidelines posted below?

Household Size	Yearly	Monthly	Weekly
1	\$27,861	\$2,322	\$536
2	\$37,814	\$3,152	\$728
3	\$47,767	\$3,981	\$919
4	\$57,720	\$4,810	\$1,110

If you answered yes to all 3 questions, the ADRC will be distributing Senior Farmer's Market Vouchers Thursday, August 15th at the Prairie du Chien Farmers Market from 4-7.

For questions or to make arrangements to pick vouchers up at the ADRC office ☎ 608-326-0235.



Photo Courtesy of Pixabay.com

### Did you Know...

Red bell peppers are the sweetest because they've had the most time to ripen.

Tomatoes aren't always red; they can be yellow, pink, purple, black, and white.

## EAT WELL, AGE WELL. August – Peppers and Tomatoes

Peppers come in a variety of colors, shapes, sizes, and flavors. Bell peppers (yellow, green, orange, red, and even purple) are great additions to salads, soups, and pasta dishes. Hot peppers (jalapeños, serranos, and habaneros) provide extra spice and heat to dishes. They contain varying amounts of capsaicinoids (phytochemicals) which are responsible for the spiciness in hot peppers. Peppers are rich in potassium and vitamins A, C, and K.

- **Storage:** Peppers should be kept in a plastic bag inside the vegetable drawer of a refrigerator. Don't wash them before placing them in the refrigerator. They may also be canned, frozen, or pickled.
- **Preparation:** Bell peppers may be steamed, grilled, stuffed, roasted, air-fried, or eaten raw. Hot peppers can be roasted, grilled, stuffed, or eaten raw. ***Always use caution with handling hot peppers to avoid skin, mouth, and eye irritation.***

Tomatoes are a major source of lycopene, an antioxidant that has been correlated with improved health outcomes including reduced heart disease and cancer. Although they are generally eaten and prepared with vegetables, tomatoes are technically a fruit.

- **Storage:** For more freshness, store stem-side down on paper towels in an open container. Ripe tomatoes can last a few days.
- **Preparation:** Can roast, grill, pan-fry, and stew tomatoes.

**FREE**

# FARMERS MARKET TRANSPORTATION

## AVAILABLE

**Where To: Ferryville Farmers Market  
Sugar Creek Park-Ferryville, WI**

Limited space available. Call the ADRC  
at 608-326-0235 for all the details  
including pick up times.

### DATES:

- June 22nd
- July 27th
- August 24th
- September 28th
- October 12th

**Free music and other fun things during  
these dates.**

**Call today to reserve your spot!**





Questions?  
Reservations?  
Cancelations?

Call

608-326-0235

# August Menu

**Jody Eick**

**Meal's Coordinator**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
For meal site reservations, please call by 2 p.m. the business day	<i>Menus are subject to</i>	<b>Please make cancellations for home delivered meals by 8:30 a.m.</b>	<b>1</b> Ravioli with Meat Sauce Caesar Salad Tropical Fruit Mix Garlic Bread	<b>2</b> BBQ Pork on WW Bun Baked Beans Roasted Broccoli Mixed Fruit Chef's Choice Desert
<b>5</b> Egg Salad Sandwich Roasted Garlic Potatoes Green Beans Creamed Cucumbers Sunshine Salad	<b>6</b> Honey Glazed Salmon Asparagus Cowboy Caviar Brown Rice Jello with Fruit	<b>7</b> Hot Beef Sandwich Mashed Potatoes w/gravy Glazed Carrots Corn Chef's Choice Dessert	<b>8</b> Chicken Spinach Salad Fresh Fruit Chef's Choice Desert WW Roll	<b>9</b> Pork Chops w/pork gravy Roasted Sweet Potatoes Cauliflower Summer Fruit Salad
<b>12</b> Taco Salad Spanish Rice and Beans Pears Rice Krispie Bar	<b>13</b>  <b>Picnic Day</b>	<b>14</b> Baked BBQ Chicken Baked Sweet Potato Baked Beans Fruit	<b>15</b> Beef Teriyaki Brown Rice Mixed Vegetables Pineapple Cookie	<b>16</b> Brat on WW Bun Bacon Ranch Salad Baked Beans Peaches Brownie
<b>19</b> Brown Sugar Glazed Pork Tenderloin Sweet Potato Roasted Cauliflower Pears WW Roll	<b>20</b> Open Faced Turkey Sandwich Mashed Potatoes w/ gravy Corn Carrots Strawberries	<b>21</b> Salmon Patties Potato Pancakes Pea & Cheese Salad Fresh Vegetables w/Dip Birthday Cake	<b>22</b> Herbed Chicken and Gravy Roasted Potatoes Green Beans Mixed Fruit WW Roll	<b>23</b> BBQ Sandwich Party Potatoes Macaroni Salad Snickers Caramel Apple Salad
<b>26</b>  <b>Chef's Choice</b>	<b>27</b> Hot Ham & Cheese w/gravy Sandwich Baked Beans Fresh Veggies w/ Dip Banana	<b>28</b> Swedish Meatballs w/gravy Mashed Potatoes Peas Pineapple Sheet Cake WW Roll	<b>29</b> Savory Baked Chicken Baked Sweet Potato Roasted Broccoli Summer Fruit Mix WW Roll	<b>30</b> Granny Smith Tuna Salad Sandwich Garden Vegetable Soup Mandarin Oranges Rice Krispie Bar

# 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-\$6.00. 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

## 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







# News for You

## Amy Eastlick, Disability Benefit Specialist

### Medicaid Purchase Plan and the return of premiums due

The Medicaid Purchase Plan (MAPP) offers Medicaid health care coverage to adults with disabilities who work or want to work. With MAPP, you can:

- Earn more income and have more assets than other Medicaid programs for people with disabilities.
- Save earnings in Independence Accounts, helping you reach personal and financial goals.

MAPP benefits are the same as those for other Medicaid members. If you are enrolled in MAPP, you may also be eligible to get long-term care services and supports through Family Care, Family Care Partnership, PACE (Program of All-Inclusive Care for the Elderly), IRIS (Include, Respect, I Self-Direct), or the Children's Long-Term Support program.

To qualify for MAPP, you must:

- Be at least 18 years old.
- Be a resident of Wisconsin.
- Be a U.S. citizen or qualifying immigrant.
- Be determined disabled by the Disability Determination Bureau.
- Have an adjusted family income of 250% of the [federal poverty level](#) (FPL) or less, based on your family size.
- Have individual assets of \$15,000 or less.

- Meet the MAPP work requirement.

A work requirement means you have to engage in a work activity to get and keep your program benefits.

- Pay a monthly premium, if required.

Your premium amount is determined by your gross monthly income. If your total gross monthly income is above 100% [federal poverty level](#) (FPL), you will have to pay a monthly premium to keep your MAPP benefits.

Premiums are based only on your income before taxes and other deductions—not the income of other people in your household.

If your gross monthly income is below 100% FPL, you will not have to pay a monthly premium.

MAPP is not a family health care plan. Any members of your family who are not eligible for MAPP may be able to get health coverage through BadgerCare Plus or another Wisconsin Medicaid program.

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

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

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

**Thursday 9/19 Knowing When to Ask for Help**

**Thursday 10/17 Difficult Discussions**

**Thursday 11/21 The Holidays Can Still be Fun**

**Thursday 12/19 Self-Care & Other Sanity Savers**



## **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**

## 2024 FREE SUMMER MUSIC SERIES

# Concerts On The River



Our Sponsors



### SUMMER LINE UP OF GREAT LOCAL MUSICIANS INCLUDE...



- June 6** **CROOKED WILLOW BAND** - Rooted in friendship, Crooked Willow has been performing since 2013 around the Driftless Region. A mixture of old-time music, Jazz inspired tunes, Americana covers, and unique Pop covers combines to make a tasty musical cocktail.
- June 13** **SMOKING GUN SHOWDOWN** - Established in 2015, Smoking Gun Showdown is a country/rock band performing all your favorites! This concert will be held at the Fire Association Shelter. (6:00 pm start)
- June 20** **16 STRINGS AND A STICK** - Crisse is back with her fiddle and Mark "Tunes" Glassbrenner with his guitar and they will get your toes tapping and your hands clapping playing a mix of Country, Celtic, Bluegrass and Gospel!
- June 27** **LAZLO WEED** - We play roots acoustic rock and blues. It's high energy but not loud. It's rootsy but not dated. Check us out on YouTube.
- July 11** **BIG BLUE SKY** - Their musical style includes the influence of folk, bluegrass, blues, and reggae. This 4-piece bands musical writing comes from the inspiration of wild places and a celebration of our natural heritage.
- July 18** **GTP ROCK** - Get ready to ROCK with this three-piece band from Iowa, as they bring you music, you're sure to know from the 70's, 80's, and 90's! You won't be able to resist jumping up and dancing as they crank it up and play your favorites!
- July 25** **KRIS LAGER BAND** - As part of the Bluefest this concert will be held at the grounds and free to public. (6:30 pm start). No carry-ins of food or drinks.
- August 1** **DRIFTLESS MAGNOLIAS** - formed in June 2023 consisting of Chellanie and Tisha. We play covers and original music consisting of old and new country also interacting with the crowd.
- August 8** **TED & ALICE MILLER** - An award-winning husband and wife Folk/Americana songwriting duo that hails from Northeast Nebraska. Living in the Midwest countryside lends itself to songwriting inspired by the native landscape and nature as much as it does the ebb and flow of life in rural communities.
- August 15** **NICE GUYS AND THE DIRTY MIND** - The area's top Rock cover band plays a variety of your favorite songs by The Beatles, The Doobie Brothers, Eagles, Queen, and many more!
- August 22** **TAVERN STRING BAND** - "More Legend than Band." An eclectic mix of outlaw country, obscure classics and clever originals performed by a group of local ne'er do wells. "Bring your dancing shoes!"

We will be offering free concerts with the area's top musical talents. Those planning on attending are encouraged to bring family and friends with blankets, lawn chairs, and snacks as you'll really enjoy these casual evenings of entertainment Thursday Nights 6:30-8pm at Lawler Park Gazebo. For more information contact the PDC Parks & Recreation Dept. at 608-326-7207.

The ADRC of Eagle Country is excited to once again offer transportation for the elderly and disabled to the FREE Concerts on the River & the Prairie du Chien Farmers Market.

Transportation Cost: \$1.00 per participant

Reservations: Please call at least a week in advance to reserve your ride.



# Just for You

## From your Elder Benefit Specialist, Ashley Greene

### ELIGIBILITY FOR SOCIAL SECURITY SPOUSE'S BENEFITS

Social Security Article for Reprint

Social Security helps you secure today and tomorrow with financial benefits, information, and tools that support you through life's journey. If you don't have enough Social Security credits to get benefits on your own record, you may be able to receive benefits as a spouse. Your spouse must be receiving benefits for you to get benefits on their record. If your spouse does not receive retirement or disability, you'll have to wait to apply on your spouse's record.

In addition, to be eligible for spouse's benefits, you must be one of the following:

- 62 years of age or older.
- Any age if you have a child who is younger than 16 in your care or has a disability and is entitled to benefits on your spouse's record.

If you wait until you reach full retirement age to receive benefits, you'll receive your full spouse's benefit amount, which is up to one-half the amount your spouse receives. You'll also get your full spouse's benefit if you are under full retirement age, but care for a child and one of the following applies:

- The child is younger than age 16.
- The child has a disability and is entitled to benefits on your spouse's record.

If you receive retirement on your own record, we will pay that amount first. If your benefits as a spouse are higher than your own benefit, you will get a combination of benefits that equals the higher spouse's benefit.

Consider this example: Sandy is eligible for a monthly retirement benefit of \$1,000 and a spouse's benefit of \$1,250. If she waits for Social Security until her full retirement age, she will receive her own \$1,000 retirement benefit. We will add \$250 from her spouse's benefit, for a total of \$1,250 a month. Sandy only gets an additional spouse's benefit because her own benefit is less than half her spouse's full retirement age benefit.

Want to apply for either your retirement or your spouse's benefits or both? Are you at least 61 years and 9 months old? If you answer yes to both, visit [www.ssa.gov/benefits/retirement](http://www.ssa.gov/benefits/retirement) to get started today.

Are you divorced from a marriage that lasted at least 10 years? You may be able to get benefits on your former spouse's record. For more information, please visit our website at [www.ssa.gov/planners/retire/divspouse.html](http://www.ssa.gov/planners/retire/divspouse.html).

# Don't let a fall cramp your style!

One in four people age 65 or older has a fall each year. You don't have to be one of them.

## Take a Stepping On workshop!

Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. In just seven weeks, you'll learn:

- ▶ To identify and remove or avoid fall hazards in your home and outside
- ▶ How vision, hearing, medication, and footwear affect your risk of falling
- ▶ Strength and balance exercises you can adapt to your individual level
- ▶ To get back on your feet the right way if you do fall

**Stepping On has been  
researched and proven  
to reduce falls  
by 31%!**

## In-Person Free Workshop

September 10<sup>th</sup> – October 15<sup>th</sup>  
Tuesdays

9:00 am – 11:00 am at

Crawford County Administrative Building, Room 130

Pre-registration required by calling 608-326-0235.



Stepping  
On

wiha  
Wisconsin Institute  
for Healthy Aging  
wihealthyaging.org



Kelli Brooks

# Information & Assistance

From your ADRC Specialists

Melissa Goodman



## The Health Benefits of Gardening

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

Although not everybody has a green thumb, getting out to plant seeds and pull weeds can have benefits beyond fresh food and bountiful blossoms. Studies show that gardening and spending time in green spaces reduces depression and anxiety and has positive effects on people with dementia. Other benefits include increased levels of Vitamin D and improved strength and balance. People who participate in community gardening activities enjoy greater social interaction and increased intake of fresh fruits and vegetables.



Gardening can help reduce stress because it leads you to focus on the process and not dwell on other concerns. As a result, it reduces levels of the stress hormone cortisol. Gardening is also considered a low-to-moderate level physical activity that improves cardiovascular health and can burn between 90 and 160 calories per hour.

People without yard or garden space available can still reap the benefits by growing plants in containers or finding a community gardening opportunity through resources like agricultural extension offices or the [American Community Gardening Association](#). So get growing! ☐



# SPARK!

CREATIVE ENGAGEMENT PROGRAMS *for* PEOPLE  
WITH MEMORY LOSS *and* THEIR CARE PARTNERS

## JOIN US!

**When:** Third Tuesday of every month

**TIME:** 10am to 11:30am

**WHERE:** The Driftless Area Wetlands Centre, 209 Highway 18 W,  
Marquette, IA 52158



## 2024 SPARK! Schedule

Welcome to the Driftless Area Wetlands Centre  
September 17<sup>th</sup>

Birds of the Driftless Area  
October 15<sup>th</sup>

The Science of Seed Saving  
November 19<sup>th</sup>

A Driftless Christmas Celebration  
December 17<sup>th</sup>

(Please register for each class by calling 608-326-0235 or 563-873-3537)



## 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

**SAVE THE DATE**

## Medicare Ads and Scams

Two presentations

**October 16th**

Crawford County Administrative Building  
UW Conference room, Suite 236



## 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: August 6th, October 8th, & December 10th



**Next Medicare Workshop  
August 6th!**



# JOIN OUR BOOST YOUR BRAIN & MEMORY CLASS!



Cather Design  
Institute on Aging

Research has confirmed that people of all ages—even those in their 80s—can improve cognitive function and even reduce their risk of Alzheimer’s Disease and other dementias through certain lifestyle behaviors.

**8 WEEK CLASS RUNS  
SEPT. 4TH -OCT. 23RD**

**2:00 PM - 3:30 PM**

**PRAIRIE DU CHIEN  
MEMORIAL LIBRARY  
125 S. WACOUTA AVE.  
PRAIRIE DU CHIEN, WI  
53821**

## WHAT YOU’LL LEARN:

- Help you remember things better
- Be more organized
- Pay closer attention
- Reduce your stress

**THE CLASS IS FREE OF CHARGE  
BUT PRE-REGISTRATION IS  
NECESSARY BY CALLING THE  
ADRC AT 608-326-0235**



# PLANNING AHEAD

*an end-of-life planning curriculum for all ages*



## Participants will learn about

- Handling Financial Changes
- Advance Medical and Legal Directives
- Estate Planning
- Choices in End-of-Life Care
- Life Wishes
- Understanding Grief

*developed by UW-Madison Division of Extension faculty and staff*

**Sign Up today!**

***This course fills up fast...***

**Tuesdays: September 10, 17, 24**

**October 1, 8, 15, 22**

**2:00 – 3:30 PM**

Crawford County Administration Building  
225 North Beaumont Road, Suite 236  
Prairie du Chien, WI

**REGISTER BY FRIDAY, SEPTEMBER 6TH BY  
CALLING CRAWFORD COUNTY ADRC AT  
608-326-0235**



**Extension**

UNIVERSITY OF WISCONSIN-MADISON  
CRAWFORD COUNTY



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