



February 2025 Eagle News & Views

Sweetheart Lunch

FEBRUARY 14TH



Bring your sweetheart to lunch at one of our meal sites for Valentine's Day!

Lunch served at 11:30 a.m.

Menu:

Spaghetti with Turkey Meatballs
Cesar Salad
Mixed Fruit
Garlic Bread
Dessert

\$4.00 to \$6.00 suggested contribution

Reservations required by calling 608-326-0235.

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

Staff:

Vacant, Director
Jacob Schneider, Administrative Assistant
Jody Eick Home Delivered Meals Coordinator
Susan Myers, ADRC Specialist
Kelli Brooks, ADRC Specialist
Ashley Greene, Elder Benefit Specialist
Brittney Mainwaring, 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 Monday and Friday (12:30pm pickup, 1pm appt. time needed with Crossing Rivers.), \$2 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



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

**Next Movie:
Isn't It Romantic (2019)
Friday, February 7th
7 PM**

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

PRAIRIE DU CHIEN MEMORIAL LIBRARY
PRESENTS
**TUESDAY AFTERNOON
MOVIES**



FEATURED FILM:

THELMA

FREE MOVIE AND REFRESHMENTS

NEXT MOVIE:
FEBRUARY 25TH
FOURTH TUESDAY OF THE MONTH AT 1 P.M.

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



CAREGIVER SUPPORT GROUP

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.



JOIN US AT THE
SOLDIERS GROVE LIBRARY
102 PASSIVE SUN DRIVE
SOLDIERS GROVE

EVERY 1ST & 3RD THURSDAY
OF THE MONTH
1:00 PM - 2:00 PM

Contact:
Pam 608-548-3954
or
Teresa 608-637-5201



VOLUNTEERS

NEEDED

Are you interested in helping out your community? Do you like to cook and work in a kitchen?

The ADRC is in need of volunteers to help out at our central kitchen. One day or a few hours a week can make a true difference to our program. Reach out to the ADRC office today at 608-326-0235.



St. Patrick's Day Parade

MARCH 15TH
10:00 A.M.

The ADRC staff will be passing out swag and treats!

Hope to see you there!



Image by Lori Dunn from Pixabay

Did you Know...

In ancient civilizations including Egypt, Greece and Rome, barley was a staple crop. And up until roughly the 16th century, barley was the most important grain of Western Europe.

Barley was the model for the size of an inch. In 1324, King Edward II of England standardized the measurement as “three grains of barley, dry and round, placed end to end lengthwise.”

EAT WELL, AGE WELL. February- Barley

February is Whole Grain and American Heart Month. According to a 2022 report by American Health Rankings.org, ~20% or 1 in 5 adults aged 65 in WI have cardiovascular disease and ~60% have high blood pressure.

Cardiovascular disease refers to several conditions resulting from plaque building up in arteries, including coronary artery disease, chest pain, heart attacks, and strokes. **Heart disease was the leading cause of death in the United States in 2020.** Risk factors for cardiovascular disease include high blood pressure, high cholesterol, obesity, physical inactivity, unhealthy diet, diabetes, smoking, excessive alcohol consumption, high levels of stress, and a family history of heart disease or stroke.

Adding Barley and whole grains to your diet can help. Barley is cholesterol free, and rich in potassium, folate, iron, B vitamins, and other nutrients that support cardiovascular function.

The fiber in barley can help manage blood pressure and reduce cholesterol levels. Whole barley has a lower glycemic index, keeping your energy more constant and providing a sense of fullness over a longer period. It, along with other whole grains, is associated with heart healthfulness and is widely recommended for reducing the risk of heart disease and Type 2 diabetes. Barley is a delicious addition to soups, salads, baked goods, entrées, and more!

Beef Barley Soup For Two

In 30 minutes, you can enjoy this nourishing soup.

Ingredients

- 2 tablespoons each chopped carrot, celery, and onion
- 1 teaspoon vegetable oil
- 1 cup water
- 1 cup reduced-sodium beef broth
- 1/2 cup cubed cooked roast beef, hamburger or you can omit. You can also substitute with beans or whatever leftover meat you have.
- 1/2 cup canned diced tomatoes (look for reduced sodium versions)
- 1/4 cup quick-cooking barley
- 2 tablespoons frozen peas
- 1/4 teaspoon salt or salt-free herb blend
- 1/4 teaspoon dried basil
- 1/4 teaspoon dried oregano
- 1/4 teaspoon pepper

Directions

- In a small saucepan, sauté the carrot, celery, and onion in oil until tender. Add the remaining ingredients; bring to a boil. Reduce heat; cover and simmer for 15-20 minutes or until barley is tender, stirring occasionally.

Recipe adapted from <https://www.tasteofhome.com/recipes/beef-barley-soup-for-2/>

Check out more Barley Recipes at: <https://wholegrainscouncil.org/recipes>

How to Cook Barley: https://www.themediterraneanandish.com/wprm_print/47340

Read more about this history of barley, nutrition information, and more at <https://wholegrainscouncil.org/whole-grains-101/grain-month-calendar/barley-%E2%80%93-february-grain-month>





Jody Eick
Meal's Coordinator

February Menu

Questions?
Reservations?
Cancelations?
Call
608-326-0235

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Hot Beef Sandwich Mashed Potatoes W/Gravy Glazed Carrots Orange Carrot Cake National Carrot Cake Day	4 Chicken Broccoli Alfredo Bread Sticks Peaches Apple Dump Cake	5 Stuffed Peppers and Rice Mexican Street Corn Bake Garlic Bread Tropical Fruit	6 Sweet and Sour Pork Brown Rice and Peppers Pilaf Peas Pears WW Roll	7 Bone-In Chicken w/ Mushroom Gravy Mashed Potatoes w/gravy Corn Oranges
10 Lemon Pepper Baked Chicken Roasted Sweet Potatoes Waldorf Salad WW Roll	11 Meat Loaf Au Gratin Potatoes Mixed Vegetables Pears WW Roll	12 Sausage Gravy over Biscuits Vegetable Scrambled Eggs Juice Cinnamon Roll	13 Open Faced Turkey Sandwich Mashed Potatoes w/Gravy Corn Pineapple	14 Spaghetti with Turkey Meatballs Cesar Salad Mixed Fruit Garlic Bread Bar
17 Herbed Chicken and Gravy WW Roll Roasted Potatoes Green Beans Mixed Fruit	18 Goulash Baked Broccoli Apple Slices Pumpkin Spice Coffee Cake WW Roll	19 Hot Ham & Cheese w/Gravy Sandwich Mashed Potatoes Mixed Vegetables Birthday Cake	20 Beef Pot Roast Hot Cinnamon Apples WW Roll Dump Cake	21 Hearty Pork & Squash Stew Side Salad Fruit Chef's Choice Desert
24 Chef's Choice	25 Savory Baked Chicken Roasted Squash Roasted Broccoli WW Roll Brownie	26 Poor Mans' Lobster Mashed potatoes w/gravy Glazed Carrots Oranges WW Roll	27 Chicken Enchiladas Roasted Corn & Black Bean Salsa Tortilla Chips Tropical Fruit	28 Fish Chowder Garden Salad French WW Bread Pears Chef's Choice Desert
For meal site reservations, please call by 2 p.m. the business day before.		<i>Menus are subject to change</i>	Please make cancellations for home delivered meals by 8:30 a.m.	

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

HOME DELIVERED MEAL CANCELLATIONS DURING SEVERE WEATHER

We try very hard to deliver in spite of the weather. Please be patient with our drivers as delays may happen. Every now and then a storm is too much for even our courageous drivers. In winter, we may have high snowdrifts and icy roads. To ensure delivery of your meals, please arrange to have your sidewalk and driveway shoveled by the time of delivery. Our drivers cannot deliver if your walkways and driveways are hazardous.

If you hear a school closing announcement in your area, meals will not be delivered that day.

We will also let you know by announcing it on the radio: WPRE 94.3, Prairie du Chien, WVRQ 102.3, Viroqua, and on the television WKBT News Channel 8, La Crosse. You may also phone Crawford County Aging & Disability Resource Center at 608-326-0235 and they will be able to tell you.

Be sure to fill your cupboard and freezer with your favorite "emergency" foods for the winter months. Canned soups, fruits and vegetables, and other easy to prepare items are some ideas for you. They will do until a hot meal can be again brought to your door. We will try to always remind you the day before if we think we may need to close due to weather.



News for You

Brittney Mainwaring

Disability Benefit Specialist

Don't Overlook Your Mental Health

By the GWAAR Legal Services Team (for reprint)

Mental health is an essential aspect of your overall health and well-being. Mental health has gained more acceptance over the years, but as we get older, mental health is often overlooked. It often gets overlooked due to ageism, stigmas, communication barriers, and wrongful attributions to cognitive decline. Mental health is important for all individuals, no matter their age. Taking care of your mental health is just as important as eating right and exercising. It's helpful to take a deeper look at why mental health issues are overlooked to ensure people receive the care they need.

Mental health issues often get overlooked because symptoms are wrongfully attributed to cognitive decline in older people. Family and caregivers attribute symptoms like mood swings, lack of energy, trouble remembering things, or isolation as symptoms of getting older. These symptoms could be mental health issues and should not be ignored. Discuss these symptoms with a doctor to see if they could be mental health-related to help them receive care if needed.

Another reason mental health symptoms are overlooked is due to stigmas. Many older individuals lived in a time that didn't acknowledge mental health. Feelings and mental health were not talked about or even taken seriously. This means mental health may be a touchy subject, and they may deny symptoms to avoid talking about an uncomfortable topic. This makes it even more important for caretakers and family members to be mindful when discussing mental health topics with their loved ones.

Ageism is another reason that mental health may be overlooked in older individuals. Many people assume that older individuals want to be alone or don't want to do the things they used to do because they are getting older. These misconceptions can be harmful. When we dismiss mental health symptoms because someone is older, we risk poor health outcomes. The harmful stereotypes and assumptions associated with ageism can affect whether a person receives the care they need.

Lastly, communication barriers contribute to mental health issues being overlooked in older people. These barriers may exist due to being isolated and not having access to someone who can help them get care. Sometimes, communication barriers come from a lack of healthcare providers or caregivers being trained on proper ways to screen for mental health issues in older individuals. Some people may not know how to talk about their mental health. These communication barriers prevent people from accessing the mental health care they need.

Mental health issues can be overlooked for many reasons. Mental health has been seen as a weakness and a stigma for many years, creating gaps in treatment access, education, and awareness. There is a more

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significant gap for older individuals, but understanding the reasons mental health is overlooked can help bring to light the importance of acceptance, education, and awareness. Our overall health and well-being is dependent on our mental health and should be taken seriously.

Additional Mental Health Resources

- o [988 Lifeline](#)—If you are in a mental health crisis, dial 988 to receive immediate support.
- o [SAMHSA Mental Health](#)—Substance Abuse and Mental Health Services Administration has a webpage with helpful information and resources.
- o [FindTreatment.gov](#)—This website provides a search option to find local mental health providers. Some providers accept Medicare and Medicaid.
- o [National Council on Aging— Mental Health Resources & Support](#)—National Council on Aging provides general mental health information.
- o [National Institute of Mental Health](#)—Provides general information and resources on mental health.

Meet the newest member of our team!

Hey there! My name is Brittany, I'm the new Disability Benefit Specialist for Eagle Country Crawford County. I love the mission of The Aging & Disability Resource Center so much that I am coming with eleven years of experience! Previously I was an ADRC Specialist as well as the Health & Wellness Prevention Coordinator with the ADRC located in Iowa County. I enjoy helping people get connected to resources and services within the community.

My husband and I grew up in towns nearby and felt the drive to get back to the area to be closer to family to raise our children. We enjoy taking our dog for walks, swimming, playing board games, and going on trips. Now that we will be closer to family, we are looking forward to more time and adventures with them.

I'm looking forward to meeting and working with you!





SPARK!

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

Programs take place on the
third Tuesday of each month
from 10:00-11:30am

Winter 2025

January 21 - Winter Wonderland

February 18 - Starry Night

March 18 - Food from Nature

Driftless Area Wetlands Centre

509 US 18

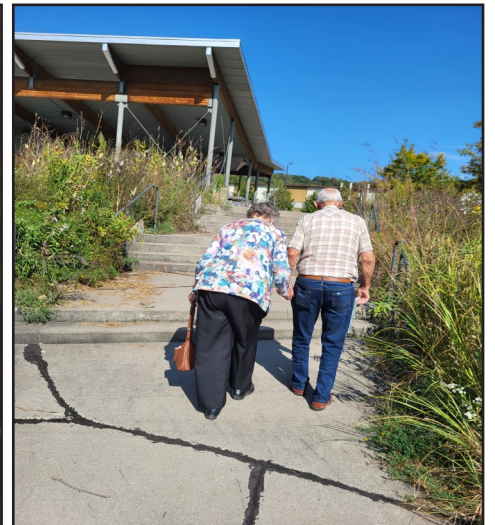
Marquette, IA

Call Alicia: 563-873-3537 or
driftlessareawetlandcentreia@gmail.com

SPARK! is a cultural program for people with memory loss and their care partners. SPARK! brings people experiencing memory loss together for an hour of learning, fun, and friendship.

SPARK! Programs are designed to keep participants actively engaged in their communities by providing experiences that stimulate new conversations, offer peer support, and inspire creativity through creative engagement, workshops, and programs. SPARK! Programs are always FREE for families experiencing memory loss to attend together.

Free to participants and caregivers. Registration is required.
Call 563-873-3537





Just for You

From your Elder Benefit Specialist,
Ashley Greene



Troubleshooting Your Drug Coverage After the Fall Medicare Open Enrollment Period

By the GWAAR Legal Services Team (for reprint)

Are you experiencing issues with your new Medicare drug coverage after the Medicare Fall Open Enrollment Period? If so, read on to learn more about what to do.

First, read your current plan documents carefully. Make sure that your preferred pharmacy is in-network and that your current medications are included in the plan's formulary. You may find that your medications are not on the plan's formulary or that there may be coverage restrictions, like a prior authorization or step therapy requirement. In addition, make sure you understand the costs of your plan, including the premium, deductible, copay or coinsurance, and out-of-pocket maximums. Remember that medication pricing shown in the Medicare Planfinder is not a guarantee, and prices will likely change throughout the year.

Issue: No Coverage at the Pharmacy in January

If a medication you have been taking is no longer covered when you fill your prescription in January, you may need a transition refill. This is a one-time 30-day supply of a medication you were taking before switching plans or before your plan changed its coverage at the beginning of the new calendar year. A transition refill lets you get temporary coverage for drugs that are not on your plan's formulary or that have coverage restrictions. You can only request a transition refill for drugs you were already taking before switching plans or before your plan changed its coverage. Transition refills are not for new prescriptions.

All standalone Part D plans and Medicare Advantage plans with prescription drug coverage must provide transition refills. When you use a transition refill, the plan must send you a written notice within three business days explaining that the supply was temporary. You should work with your doctor to find a new drug that is on the plan's formulary or for help obtaining coverage for a medication with coverage restrictions.

Issue: No Coverage at the Pharmacy in February

If you received a transition refill in January, you may find that the same medication is not covered in February. This could be because the medication is not on the plan's formulary or because there are coverage restrictions like a prior authorization or step therapy requirement. You should check the plan's formulary to determine what the problem is. If the medication is not on the formulary, you will need to work with your doctor to switch to a similar drug that is on your plan's formulary. You could also work

with your doctor to request a “formulary exception” from the plan, which means that you ask the plan to cover your medication even though it is not on the formulary. Your doctor will need to explain why it is medically necessary for you to take this medication instead of similar medications that are on the formulary.

If a medication requires prior authorization, you must first get approval from the plan for it to be covered. Your plan will likely have a form for your doctor to fill out with an explanation of why this medication is medically necessary.

If your plan has a step therapy requirement, you will first need to try a different or less expensive drug that treats your condition to see if it will be effective for you. You should work with your doctor to do this. If the less expensive medications are not effective for you, your doctor will need to explain this to the plan in order for your preferred medication to be covered.

Issue: Plan is Covering your Medication, but your Coinsurance or Copayment is Expensive

You may find that your coinsurance is more expensive than you expected. This may be because the retail price of your medication has increased. If your plan requires you to pay coinsurance for a medication, that means that you pay a certain percentage of that medication’s price. If the price goes up during the year, your coinsurance dollar amount will also increase. If you have a copayment, on the other hand, you will pay a set dollar amount each time you fill the prescription instead of a percentage, which means that what you pay at the pharmacy does not depend on the medication’s retail price.

Your medication may also be more expensive than you expected if the medication is on a higher tier. Plans use tiers to categorize prescription drugs on their formulary. Higher tiers are more expensive. Each plan sets its own tiers, and plans may change their tiers from year to year. If you cannot afford your copay or coinsurance, talk to your pharmacist and doctor about whether your medication is in a higher tier than similar medications on the formulary. If so, you can work with your doctor to request a tiering exception. This means that you ask the plan to cover your medication as if it was in a lower, and less expensive tier on the formulary. Your plan should have a form for your doctor to fill out. Your doctor will need to explain why the less expensive medications for treatment of your condition will not work for you.

Issue: Plan not Showing Low-Income Subsidy (Extra Help)

Some people are eligible for the Low-Income Subsidy (LIS) because they are dually enrolled in Medicare and Medicaid, enrolled in a Medicare Savings Program, an SSI beneficiary, or enrolled in the federal Extra Help program. People who are eligible for LIS pay low copays for their medications at the pharmacy. If you have LIS, and you think that you are being charged higher copays than you should be, you will need to show proof of your LIS status to your plan. This could be the notice you received when you became eligible for Medicaid or the letter you received from the Social Security Administration telling you that you are eligible for the federal Extra Help program. Contact your local Aging and Disability Resource Center for assistance from a benefit specialist in providing proof of your LIS status to your plan. The plan should

update your records quickly after receiving this proof. If you have tried the suggestions described above, and your plan still does not work for you, you may need to switch plans. If you are in a Medicare Advantage plan that does not meet your needs, consider switching plans during the Medicare Advantage Open Enrollment Period between January 1-March 31. People who are enrolled in Advantage plans can use this period to switch Advantage plans or drop an Advantage plan and return to Original Medicare. Those who drop an Advantage plan will have a special enrollment period (SEP) to enroll in a standalone Part D plan. If you would like to switch or drop your Advantage plan after March 31, you will need a special enrollment period (SEP). You can learn more about SEPs [here](#).

If your standalone Part D plan does not meet your needs, you will need an SEP to switch plans. If you are eligible, you can also consider enrolling in other creditable drug coverage, which means that it is expected to pay, on average, at least as much as Medicare drug coverage. [Wisconsin SeniorCare](#) is one example of creditable drug coverage.

For assistance with your drug coverage options, please contact your local [Aging and Disability Resource Center](#).

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: February 11th, April 8th, June 17th, August 19th,
October 14th, and December 9th



Next Medicare Workshop February 11th!



TAX-AIDE

The AARP Tax-Aide program will help prepare 2024 federal, state and Wisconsin Homestead Tax Credit income tax returns for Crawford County residents.

AARP COUNSELORS WILL NOT BE ABLE TO ASSIST A PERSON WHO:

- ✔ File a business income tax schedule C if income is over \$5000 (along with a few other stipulations)
- ✔ Persons who are using filing status "Married Filing Separately"
- ✔ A married person qualifying as "Head of Household"
- ✔ A person whose divorce became final during 2023
- ✔ No farm taxes
- ✔ No IOWA Taxes
- ✔ No gambling winnings from out of state (i.e. Iowa)

Appointments are limited and start February 13th



CONTACT US TO SCHEDULE AN APPT.

608-326-0235



Kelli Brooks

Information & Assistance

From your ADRC Specialist



Susan Myers

What the Lifeline Program Is and How to Sign Up

By the GWAAR Legal Services Team (for reprint)

What is Lifeline?

Lifeline is a program that provides qualified low-income Wisconsin residents with affordable access to essential telecommunications services by discounting the cost of phone, cellular, and internet services. Lifeline is a voice-based benefit, however, so while the discount can be applied to bundled internet and voice service, voice service must be included as part of the package for a Lifeline discount to be provided. Discounts range from \$5.25 to \$18.50 per month, depending on the type of service you have. Your service provider can tell you the exact amount of your discount. Tribal members living on Tribal land are eligible for a further discount of \$25 and have additional qualifying programs.

Who is Eligible for Lifeline?

To be eligible for Lifeline, your income must be at or below 135% of the Federal Poverty Guidelines, or you must participate in one of the following programs:

- Medicaid
- FoodShare
- Supplemental Security Income (SSI)
- Federal Public Housing Assistance (Section 8)
- Veterans and Survivors Pension Benefit

In addition, only one person per household may receive a Lifeline discount. If you live with someone who has Lifeline but is not a part of your household, you may still qualify. Complete the Household Worksheet at LifelineSupport.org.

You can check your eligibility for Lifeline online by going to the FCC Lifeline National Verifier website. The National Verifier website is connected to federal databases and can determine if you are enrolled in a qualifying program listed above. If you do not participate in a qualifying program, you must provide proof that you meet the income guidelines in order to be eligible for Lifeline.

How Can You Sign Up for Lifeline?

To get Lifeline, you have two options. You can start by first qualifying for the service through Lifeline. You can receive proof that you qualify either by going online to the FCC Lifeline National Verifier website and receiving a code or by mailing in a paper application to Lifeline. Once you receive proof that you qualify for Lifeline, you can choose a participating phone or internet company in your area and apply the Lifeline discount to new or existing service.

Alternatively, you can start by just reaching out directly to a local participating service provider and asking them to help you find out if you are eligible to sign up for the program.

For Additional Information

For additional information on Lifeline in Wisconsin, visit <https://psc.wi.gov/Pages/ForConsumers/Lifeline.aspx>, or call the Wisconsin Internet & Phone Helpline at (608) 267-3595, Monday through Friday, from 7:45 a.m. to 4:30 p.m. You can request an interpreter if you need assistance in a different language. For additional information about Lifeline at the federal level, you can visit lifelinesupport@usac.org, or call (800) 234-9473, Monday through Friday, from 10 a.m. to 10 p.m.



**Human Development &
Relationships Institute**
DIVISION OF EXTENSION
UNIVERSITY OF WISCONSIN-MADISON

WISE WISCONSIN

Virtual Learning Series



Join us on Wednesdays at 9am from February 5th - March 12th! This free series will have sessions on the following topics:

- **February 5:** Renovate Today, Stay Tomorrow:
How to Successfully Age in Place
- **February 12:** The Wisconsin Naturalist Program
- **February 19:** Inflation's Impact on Finances
- **February 26:** 8 Dimensions of Wellness
- **March 5:** The Art of Caregiving
- **March 12:** Edible Landscaping

To register, go to:
<https://go.wisc.edu/85171v>



**Contact, Sara Richie,
Life Span Program
Manager, at
sara.richie@wisc.edu
with questions about
the series.**

For archived recordings and program descriptions, go to:
<https://aging.extension.wisc.edu/programs/wise-wisconsin-program/>

VALENTINE'S DAY

WORD SEARCH PUZZLE

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.

Find and circle each word.

W Q J C L S U C
D R Z L Q A C Y C T I D
Q O T M Q L O Y F E J P E R G Q
K S R E W O L F Q M S C S L W P N A N W
E R E Y J D Q A X S B N T K W A A A P E Q
B J L S S F L E S C A R D L G R R T H V H
P T Q R T P A I B M A A T D B R E U W R N
L O N J F F K Y O E J O M J G O D H L B R
Q R E F I D H R H F D I P U C W T P T F L
S A M G W E T A L O C O H C Y D I F D
O S H E V E X P O Q A T T J D X A I W
A H O E W H P P P F N J A N B Z Y
C L W W Y I M M D F E E A A O G R
S F N P I N K A E S W D C U W
R R I O I Q T C E E O H O
D I P C L E T R L R O
N E E Y Q I P R E
Z N W P O W Y
A D X N M
G S X
L

ADORE
AFFECTION
ARROW
CANDY
CARD
CHOCOLATE
CUPID
DATE
DAY

FLOWERS
FRIENDS
GIFTS
HAPPY

HEART
HUG
JEWELRY
KISS

LOVE
NICE
PINK
POEM
PRESENT
RED
ROMANCE
ROSE
SWEETHEART