



# January 2025 Eagle News & Views



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  
**Vacant**, 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** 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**

PRAIRIE DU CHIEN MEMORIAL LIBRARY  
PRESENTS

## TUESDAY AFTERNOON MOVIES



FEATURED FILM:

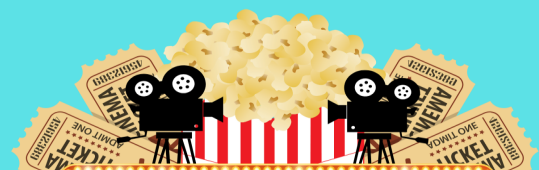
**ONE LIFE**

**FREE MOVIE AND REFRESHMENTS**

NEXT MOVIE:

**JANUARY 28TH**

FOURTH TUESDAY OF THE MONTH AT 1 P.M.



## MOVIE NIGHT

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

**Next Movie:**

**Klute (1971)**

**Friday, January 10th**

**7 PM**

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

# 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.



## Volunteers Needed!!

We are looking for compassionate and friendly people to join our volunteer team. We'll provide the training and support to help you learn new skills.

Tax assistance will once again be provided starting in February of 2025. However, we need help! For more information on how to sign up to become a volunteer reach out to **Joanne Wolf at 608-412-2888**.



Photo Courtesy of Pixabay.com

### Did you Know...

Research shows that slowly adding additional beans to your diet will reduce the incidence of flatulence over time.

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Rinsing canned beans reduces the sodium by 41%!

## EAT WELL, AGE WELL. January- Bean and Soup Month

Beans and Soup go together perfectly and can provide warmth, comfort, and nutrition during our chilly WI winter months. According to the USDA Food Patterns, beans are considered both a protein and a vegetable! As we age, we need protein at each meal to help keep our muscles strong and we all need more vegetables in our diets, so beans are a win-win!

- Beans are an excellent source of fiber and are an affordable form of protein. In addition, they contain many nutrients that are important for a healthy diet include iron, potassium, calcium, and magnesium.
- Many varieties are gluten-free, dairy-free, and some are vegetarian. Be sure to read labels!
- Beans' high fiber content and low-glycemic index means they are great for people with diabetes. In fact, the *American Diabetes Association refers to them as Superstar Foods!*
- Canned beans make it easy to add more plant-based foods to your diet and reduce meat intake, lowering daily caloric and cholesterol intake and saving you money.
- Canned beans are affordable, always in season and always ready to use.

***"Knock, knock. Who's there? Bean. Bean who? It's bean awhile since I've seen you."***

If it's been a while since you visited your local Senior Dining location stop by and say hi!

## Chili For Two

Thick and hearty stove top chili recipe that is the perfect amount for two people.

### Ingredients

- 1/2-pound ground beef
- 1/4 cup chopped onion
- 1 garlic clove, minced
- 16 ounces chili beans, undrained
- 14.5 oz. diced tomatoes, undrained
- 1 1/2 teaspoons chili powder
- 1/2 teaspoon ground cumin



### Instructions

1. In a large saucepan, add the ground beef and onion and cook over medium heat until the meat is cooked through and no longer pink. Add the minced garlic and cook just until fragrant, approximately 1 minute. Drain and return the mixture to the pan.
2. Add the chili beans, diced tomatoes, chili powder and cumin to the pot. Reduce the heat to medium low to bring the mixture to a simmer. Cover and let the chili simmer for 15 minutes, stirring occasionally.
3. Serve warm with desired toppings. Suggested toppings: diced onion, diced jalapeno, sour cream, cheese, diced cilantro.

### Notes

- If you like spicy chili, be sure to use spicy chili beans and add in 1/4 teaspoon or more of ground cayenne pepper.
- Add more variety by adding in other types of beans, like black, kidney, butter, pinto, etc.
- Make this recipe a day or two ahead to get the most flavor. Then reheat on the stove or in the microwave until warmed through.
- If you have extra beans, you can freeze cooked or opened canned beans for longer storage. Use a freezer-quality container. Cover beans with cooking liquid or water, leaving room for expansion. Use within 2 to 3 months for best quality.
- Recipe provided by [iCookfortwo.com](https://iCookfortwo.com) visit the site for more recipes.


**Check out more Recipes at:** <https://foodhero.org/beans> and <https://cannedbeans.org/>



**Jody Eick**  
Meal's Coordinator

# January Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Please make cancellations for home delivered meals by 8:30 a.m.</b></p>	<p><i>Menus are subject to change</i></p>	<p><b>1</b> Closed</p> 	<p><b>2</b> Open Faced Turkey Sandwich Mashed Potatoes w/Gravy Corn Pineapple</p>	<p><b>3</b> Hearty Pork &amp; Squash Stew Side Salad Fruit Chef's Choice Desert</p>
<p><b>6</b> Herbed Chicken and Gravy WW Roll Roasted Potatoes Green Beans Mixed Fruit</p>	<p><b>7</b> Goulash Baked Broccoli Apple Slices Pumpkin Spice Coffee Cake WW Roll</p>	<p><b>8</b> Hot Ham &amp; Cheese W/Gravy Sandwich Mashed Potatoes Mixed Vegetables Mandarin Oranges</p>	<p><b>9</b> Beef Pot Roast Hot Cinnamon Apples WW Roll Dump Cake</p>	<p><b>10</b> Fish Chowder Garden Salad French WW Bread Pears Chef's Choice Desert</p>
<p><b>13</b> Savory Baked Chicken Roasted Squash Roasted Broccoli WW Roll Brownie</p>	<p><b>14</b> Poor Mans' Lobster Mashed Potatoes w/ gravy Glazed Carrots Orange WW Roll</p>	<p><b>15</b> Roasted Vegetable Casserole Three Bean Salad Mixed Fruit Rice Krispie Bar</p>	<p><b>16</b> Beef Teriyaki Brown Rice Mixed Vegetables Fruit Chef's Choice Desert</p>	<p><b>17</b> Ham Potato Soup Autumn Chopped Salad WW Roll Apple Crisp</p>
<p><b>20</b> Closed</p>	<p><b>21</b> Salisbury Steaks Mashed Potatoes w/ Gravy Roasted Broccoli Pears WW Roll Cookie</p>	<p><b>22</b> Turkey Shepards Pie Almond Green Beans Fruit WW Roll</p>	<p><b>23</b> Baked Cod with Panko Crust Roasted Potatoes Mixed Vegetables Mixed Fruit WW Roll</p>	<p><b>24</b> Tater Tot Casserole Garden Salad Pears WW Roll Chef's Choice Desert</p>
<p><b>27</b> Chef's Choice</p>	<p><b>28</b> Beef Stroganoff Roasted Broccoli Peaches Cookie</p>	<p><b>29</b> Scalloped Potatoes and Ham Mixed Peas/Carrots Hot Cinnamon Apples WW Roll</p>	<p><b>30</b> Lemon Parsley Cod w/Lemon Butter Parmesan Lemon Herb Roasted Potatoes California Veggies Fruit</p>	<p><b>31</b> Beef Taco Salad Tortilla Chips Tropical Fruit Chef's Choice Desert</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-\$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.



Sudoku #1

						2	9	3
2		9	8	7	6			
1	4						7	
9	2					5		
		6	9				3	
	8		5		1			
3			6	8			1	9
4	9	1		2			8	
6				1		3		

Sudoku #2

			3			7		4
2					5	3		6
		6	2	4	7			
		5						7
4	2	7	9		1	8	6	3
				7		9	5	
		1		3	8	4		2
		2		1		6	3	8
	6	8		2	4	5	1	9

## 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!**



# Thank you to everyone who participated in our Elf to Elder Program!

With your help we were able to provide gifts to 68 Elders in Crawford County.

A special thank you to UFP for donating stockings full of goodies to all recipients and to the Picket Fence for the bag of goodies for all.

Thank you to Bluffview Elementary School, Pete's Hamburgers, and People's State Bank for your generous cash donations.

*thank 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

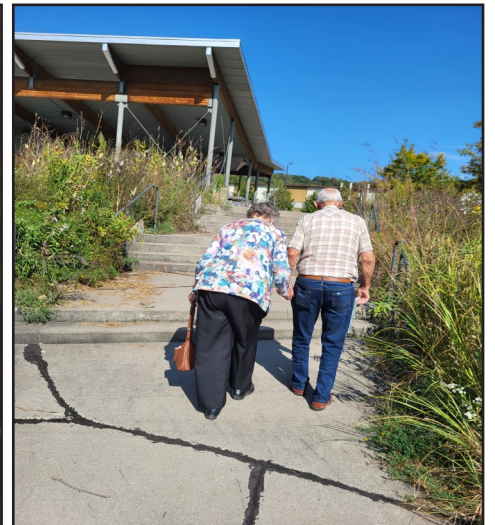
Marquette, IA

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



## Navigating the Upcoming Medicare General Enrollment Period and the Medicare Advantage Open Enrollment Period

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

In January 2025, two important annual Medicare enrollment periods will kick off: the Medicare General Enrollment Period (GEP) and the Medicare Advantage Open Enrollment Period (OEP). It is important that consumers understand the GEP and Medicare Advantage OEP so that they can make good choices for their health care.

Let's discuss each in turn:

### **Medicare General Enrollment Period:**

Each year, from January 1 through March 31, the Medicare GEP provides individuals with the opportunity to sign up for Medicare Part B if they did not already enroll during their Initial Enrollment Period (IEP) or during a Part B Special Enrollment Period. Beneficiaries who have to pay a premium for Medicare Part A are allowed to sign up for Part A during the GEP if they did not enroll during their IEP. Most people do not have to pay a premium for Part A and can enroll in it at any time after they become eligible for Medicare. Individuals who sign up for Part A or Part B during the GEP may have to pay a penalty for late enrollment.

When a person signs up for Part A or Part B during the GEP, their coverage begins the first day of the following month. So, if someone signs up for Medicare Part B in February, their coverage would start on March 1.

If a person has to pay a premium for Part A and they sign up for Part B during the GEP, they can also join a Medicare Part D drug plan after they sign up for Part B. They will have 2 months to join a drug plan after signing up for Part B. Their drug coverage will start the month after the plan receives their enrollment request.

If an individual already has Part A coverage and signs up for Part B for the first time during the GEP, they can also join a Medicare Advantage Plan. Their coverage will start the first day of the month after signing up for the Medicare Advantage Plan.

Special Note: If the GEP ends on a Saturday, Sunday, or legal holiday, Social Security will allow beneficiaries to [enroll at its offices the following Monday \(or first regular workday\)](#). In addition to in-person enrollment, Social Security will honor a written enrollment request, as long as it is stamped by the last day of the GEP (March 31).

## Medicare Advantage Open Enrollment Period:

January 1 through March 31 is also the annual Medicare Advantage OEP. This is a time when someone who already has a Medicare Advantage Plan can switch to a different Medicare Advantage Plan, with or without drug coverage. An individual can also drop their Medicare Advantage Plan and go back to Original Medicare. If they return to Original Medicare, they can also join a Medicare Part D drug plan.

An individual can only make one change during the OEP, and any changes they make will be effective the first of the month after the plan receives their request. If a person is returning to Original Medicare and joining a separate Medicare Part D drug plan, they do not have to contact their Medicare Advantage Plan to disenroll. The disenrollment will happen automatically when they join the drug plan.

Note that certain actions **cannot** be taken during OEP. These include:

- An individual who does not already have a Medicare Advantage Plan on January 1 cannot enroll in one for the first time during OEP. So, for example, a person with Original Medicare cannot switch to a Medicare Advantage Plan during the OEP.
- Individuals with special types of Medicare plans, such as Medicare Savings Accounts, cost plans or Programs of All-Inclusive Care for the Elderly (PACE), cannot make changes, including dropping their plan or switching to a different plan, during OEP.
- Individuals with Original Medicare cannot join a separate Medicare drug plan during OEP.
- Persons with a stand-alone Medicare prescription drug plan cannot switch or drop their Part D plan during OEP. □



# Medicare Costs for 2025

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

The Centers for Medicare & Medicaid Services (CMS) recently released the 2025 premiums, deductibles, and coinsurance amounts for Medicare Part A and Part B as well as the 2025 income-related monthly adjustment amounts for Part B, Part B-ID, and Part D.

## Medicare Part A Costs

Most Medicare beneficiaries do not have a Part A premium because they paid Medicare taxes while working for long enough to qualify for premium-free Part A. This usually means they worked for at least 10 years. People who do not qualify for premium-free Part A may be able to buy it by paying a monthly premium. In 2025, the premium will either be \$285 or \$518 each month, depending on how long a beneficiary or beneficiary's spouse worked and paid Medicare taxes.

Part A covers inpatient hospitalizations, skilled nursing facility care, hospice, inpatient rehabilitation, and some home health care services. The Part A inpatient hospital deductible covers the first 60 days of inpatient hospital care in a benefit period. Beneficiaries must pay a coinsurance amount for additional days of hospital care. For skilled nursing facility care, beneficiaries do not pay anything for the first 20 days, but they must pay a daily coinsurance for days 21 through 100. In 2025, these costs will be as follows:

- Inpatient hospital deductible: \$1,676
- Daily hospital coinsurance for 61st-90th day: \$419
- Daily hospital coinsurance for lifetime reserve days: \$838
- Skilled nursing facility daily coinsurance for 21st-100th day: \$209.50

## Medicare Part B Costs

Part B covers physicians' services, outpatient hospital services, some home health care services, durable medical equipment, and some other services that are not covered by Part A. In 2025, beneficiaries enrolled in Part B will pay a monthly premium of \$185. In addition, they will pay an annual deductible of \$257.

Individuals whose full Medicare coverage ended 36 months after a kidney transplant and who do not have other insurance that covers immunosuppressive drugs, may enroll in the Part B Immunosuppressive Drug (Part B-ID) benefit. This benefit only covers immunosuppressive drugs. It does not cover any other items or services. In 2025, beneficiaries enrolled in Part B-ID will pay a monthly premium of \$110.40.

Continue on page 17

## Income-Related Monthly Adjustment Amounts for Part B, Part B-ID, and Part D

Beneficiaries who are on Medicare and who have higher incomes may have to pay a higher monthly premium amount for their Part B, Part B-ID, and prescription drug coverage. These higher premiums are called “Income-Related Monthly Adjusted Amount” (IRMAA). Fewer than 5 percent of people with Medicare will pay an IRMAA, so most people are not affected.

Whether a beneficiary must pay an IRMAA depends on the beneficiary’s tax filing status and yearly income from two years ago. That means that in 2025, an IRMAA will be based on the beneficiary’s 2023 tax return, as shown in the table below.

<b>If your yearly income in 2023 was:</b>			<b>You pay each month (in 2025) for <u>Part B</u></b>	<b>You pay each month (in 2025) for <u>Part B-ID</u></b>	<b>You pay each month (in 2025) for <u>Part D</u></b>
<b>File individual tax return</b>	<b>File joint tax return</b>	<b>File married &amp; separate tax return</b>			
\$106,000 or less	\$212,000 or less	\$106,000 or less	\$185.00	\$110.40	Plan premium
above \$106,000 up to \$133,000	above \$212,000 up to \$266,000	Not applicable	\$259.00	\$184.00	\$13.70 + plan premium
above \$133,000 up to \$167,000	above \$266,000 up to \$334,000	Not applicable	\$370.00	\$294.50	\$35.30 + plan premium
above \$167,000 up to \$200,000	above \$334,000 up to \$400,000	Not applicable	\$480.90	\$404.90	\$57.00 + plan premium
above \$200,000 and less than \$500,000	above \$400,000 and less than \$750,000	above \$106,000 and less than \$394,000	\$591.90	\$515.30	\$78.60 + plan premium
\$500,000 or above	\$750,000 or above	\$394,000 or above	\$628.90	\$552.10	\$85.80 + plan premium



Kelli Brooks

# Information & Assistance

From your ADRC Specialist



Susan Myers

## We Are All Aging

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

Ageism negatively affects many Americans daily. Ageism is the discrimination of a person solely because of their age. Negative stereotypes and harmful prejudice about age fuel this discrimination. That discrimination affects how people see themselves and their place in society. Those views dramatically impact mental, social, and physical well-being. Ageism comes in many forms and shows up in many places. People experience ageism throughout their everyday experiences. Ageism is found in media, medical care, policies, and societal norms. Many people are at risk of experiencing the negative impact that ageism has on their daily lives.

Employment is an area of daily life where ageism frequently manifests. People are discriminated against when they are overlooked for jobs or promotions because of their age. This discrimination and prejudice can affect finances, job security, and a person's feeling of purpose and belonging. This type of discrimination is less obvious because employers don't usually say they won't hire or promote a person due to their age. The work environment isn't the only place where ageism is present.

Ageist stereotypes are also present in medical care and medical care policies. This type of discrimination can result in very dangerous outcomes. We have most recently seen the dangers of medical ageism during COVID-19. Policies prescribed that critical life-saving ventilators were to be prioritized by age. This left many older people without life-saving medical care because they were older. Ageism is an important topic that should be critically acknowledged and addressed to prevent dangerous policies from being enforced. While medical ageism is obviously dangerous, not all dangers of ageism are as easy to spot.

The dangers of ageism in media are less obvious. Negative age stereotypes are represented in movies, television, and commercials. When these negative ideas and characterizations bombard an individual, it affects how they see themselves, their abilities, and their place in society. These ageist stereotypes are hard to ignore and affect a person's mental and physical health. The negative stereotypes represented in media affect not only the age group being negatively represented but also how other people perceive that age group and their abilities. The media perpetuates ageism and the negative effects it has on certain age groups.



Ageism affects us all because everyone is aging. Eliminating ageist ideas is essential to everyone's well-being. To help eliminate ageism, you should be vigilant in identifying harmful ageist stereotypes, prejudice, and discrimination within yourself and society. Once you begin to take notice of ageism, you can reframe how you speak about people, their age, and their place in society. If we only look at a person's age to determine who they are and their capabilities, we ignore all the other aspects that make that person who they are and what they bring to the table. We have to reprogram our thinking and judgment to push out ageist stereotypes, prejudice, and discrimination.

One way to reprogram our thinking is to reframe how we talk about a person's age. You can start reframing how you talk about age by removing ageist terms from your vocabulary. Some words you can eliminate are "elderly and senior" because of their negative associations. Then replace those words with terms like "older person" or be more inclusive by saying "we or us." The most important thing you can do to combat ageism and its dangerous and harmful effects is to be aware of it and educate yourself on ways to reframe the way you talk and think about age.

#### Ageism advocacy and information

- Ageism reframing [Quick-Start-Guide 24.pdf](#)
- Best Practices for reframing ageism [RAI-Communication-Best-Practices-Guide.pdf](#)
- Administration for Community Living [Let's Rethink How We Talk About Aging | ACL Administration for Community Living](#)
- Ageism Information [Ageism.org | Comprehensive Ageism Information & Education](#)



# WINTER

## word search

Can you find all the words related to winter?

z	v	r	y	e	n	x	w	t	y	x	p	v	e	s
y	x	a	e	v	x	i	s	a	e	b	f	w	w	e
s	n	e	t	t	i	m	u	f	s	y	o	e	n	o
k	h	b	w	i	h	s	x	g	e	m	a	o	c	m
l	p	r	u	e	v	r	n	a	n	t	q	l	t	c
i	i	a	d	x	m	f	r	o	e	e	j	s	r	s
s	f	l	g	b	f	m	s	r	w	n	p	e	f	i
n	d	o	l	i	u	l	f	m	f	f	o	y	t	l
o	k	p	w	f	b	g	g	g	v	q	l	j	y	b
w	k	i	f	s	l	e	d	d	i	n	g	a	v	h
m	b	s	l	f	s	l	p	b	a	a	c	i	k	v
a	j	w	r	r	q	n	s	x	a	y	o	k	g	e
n	t	a	b	l	a	n	k	e	t	t	u	g	j	e
h	c	h	m	v	p	r	e	b	m	z	g	t	f	k
s	u	s	x	m	m	r	v	h	q	o	h	m	j	y

blanket

earmuffs

polar bear

snowflake

boots

mittens

scarf

snowman

cough

penguin

sledding

sweater