



July 2024 Eagle News & Views

Dear Friends,

As we transition into the heart of summer, I am delighted to connect with you through our July edition of Eagle News and Views. July is certainly a month of celebrations, including one of the biggest on July 4th honoring our country's birth.

July 4th serves as a reminder that freedom often comes at a price and requires the willingness to step outside our comfort zones, challenge the status quo, and confront the risks that come with protecting freedom, cultivating opportunity, and **advocating for change**.

We here at the Aging & Disability Resource Center would like to remind our older adults and those adults with disabilities to let their voices be heard. We know that with the growing aging population, increased costs, and limited government funding, we will need your help in advocating at a federal, state, and local level for increased and continuation of funding for programs that our department operates. If you have questions on who to contact, or what are the major topics for discussion, please reach out to our office.

Now, we are really hoping that many of you can get out in the sunshine, enjoy some nice warm weather, and eat a hotdog or two. Please check out all of the fun trips we have planned and call our office with any questions! We look forward to hearing from you.

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.



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, 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
JULY 23RD!**

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

608-326-0235

FREE MOVIE & REFRESHMENTS

FEATURED FILM:
OPPENHEIMER



MOVIE NIGHT

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

Next Movie:
The Best Years of Our Lives (1946)
Friday, July 12
7 PM

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

SENIOR FARMERS MARKET VOUCHERS AVAILABLE

For more information contact the
ADRC at 608-326-0235

- Vouchers available on a first come first serve basis
- Eligible participants must be age 60 and over or 55 and over if Native American
- Participants must be residents of Crawford County
- Participants must have a monthly household income that meets program eligibility guidelines
- If needed, you can authorize your rep/proxy to apply on your behalf.



In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.



Photo Courtesy of Pixabay.com

Did you Know...

A cucumber's flavor comes from the seed.

A zucchini contains more potassium than a banana.

EAT WELL, AGE WELL. July – Cucumbers and Zucchini

Cucumbers, a summer squash, are rich in essential vitamins and minerals such as potassium, folate, and vitamins K and C. They are composed of approximately 95% water, contributing to hydration, and aiding in the prevention of constipation and irregular bowel movements. To increase nutrient intake, it is recommended to consume cucumbers with their peel intact.

- **Storage:** Rinse with water, pat dry, place in a bag, and refrigerate for about one week.
- **Preparation:** Once harvested, they can be used in many ways such as pickling, in snacks and salads, or as a garnish, all of which are easy to prepare.

Zucchini, a type of summer squash that belongs to the same plant family as melons and cucumbers, is rich in both water and fiber. A single cup of baked zucchini contains approximately 6% of the daily recommended fiber intake. The fiber content in zucchini, like cucumbers, aids in alleviating constipation, lowering cholesterol levels, supporting bowel health, and regulating blood sugar levels.

- **Storage:** Zucchini should be stored in a ventilated bag without being washed, as it thrives in dry conditions and can last up to two weeks.
- **Preparation:** Zucchini can be prepared using various methods, such as sauteing in a skillet for a quick and delicious dish, baking in an oven, grilling, or smoking for a rich and smoky flavor.

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!





Jody Eick
Meal's Coordinator

June Menu

Questions?
Reservations?
Cancelations?

Call
326-0235

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 Taco Salad Spanish Rice and Beans Pears Rice Krispie Bar</p>	<p>2 Turkey Meat Loaf Mashed Potatoes w/ gravy Green Beans Fruit Cholate Chip Cookie Bar</p>	<p>3 Baked BBQ Chicken Baked Sweet Potato Baked Beans Fruit Chef's Choice Desert</p>	<p>4 CLOSED </p>	<p>5 Brat on WW Bun Bacon Ranch Salad Baked Beans Peaches Brownie</p>
<p>8 Brown Sugar Glazed Pork Tenderloin Brown Rice/Pepper Salad Roasted Cauliflower Fruited Gelatin</p>	<p>9 Open Faced Turkey Sandwich Mashed Potatoes w/ gravy Corn Carrots Strawberries</p>	<p>10 Salmon Patties Potato Pancakes Pea & Cheese Salad Fresh Vegetables w/ Dip Pears</p>	<p>11 Herbed Chicken and Gravy Roasted Potatoes Green Beans Mixed Fruit Chef's Choice Desert</p>	<p>12 BBQ Sandwich Party Potatoes Macaroni Salad Snickers Caramel Apple Salad</p>
<p>15 Creamy Chicken, Green Bean, & Rice Casserole Cooked Carrots Pears Cookie</p>	<p>16 Hot Ham & Cheese w/gravy Sandwich Baked Beans Fresh Veggies w/Dip Banana</p>	<p>17 Swedish Meatballs w/gravy Mashed Potatoes Peas WW Roll Birthday Cake</p>	<p>18 Savory Baked Chicken Baked Sweet Potato Roasted Broccoli Summer Fruit Mix WW Roll</p>	<p>19 Granny Smith Tuna Salad Sandwich Garden Vegetable Soup Mandarin Oranges Rice Krispie Bar</p>
<p>22 Chef's Choice Menu</p>	<p>23 Chicken with Pineapple Glaze Brown Rice Mixed Vegetables Peaches Chef's Choice Desert</p>	<p>24 Sliced Ham w/Apple glaze Glazed carrots Baked Beans Strawberry Shortcake WW Roll</p>	<p>25 Homemade Vegetable Pizza Garden Salad Mixed Fruit Lemon Bar</p>	<p>26 Hamburger with Tomatoes, Lettuce, and Pickle Potato Wedges Cottage Cheese</p>
<p>29 Chili Dog on WW Bun Potato Salad Fresh Vegetables with Dip Banana Cookie</p>	<p>30 Beef Pot Roast Almond Green Beans Pears Banana Pudding WW Roll</p>	<p>31 Baked Cod with Panko Crust Coleslaw Baked Potato Fresh Summer Berries WW Roll</p>	<p><i>Menus are subject to change</i></p>	
				<p>For meal site reservations, please call by 2 p.m. the business day before.</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

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 UNCLEANED 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



Disability Pride Month – July

Disability Pride Month was born from the passage of the Americans with Disabilities Act (ADA)—a crowning bipartisan achievement for the disability community! This month we recognize the tremendous progress we’ve made improving the lives of people with disabilities since the ADA’s passage on July 26, 1990.

Disability pride has been described as “accepting and honoring each person’s uniqueness and seeing it as a natural and beautiful part of human diversity.”

The Disability Pride Flag created by Ann Magill, a member of the disability community. Ann wanted to symbolize various aspects of living with disability, so each part of the flag has powerful significance.

- **Black Background:** represents individuals with disabilities that have lost their lives due to not only their illness, but also negligence, suicide, and eugenics.
- **Colors of Flag:** representing a different aspect of disability or impairment.
 - **Red:** Physical Disabilities
 - **Yellow:** Cognitive and Intellectual Disabilities
 - **White:** Invisible and Undiagnosed Disabilities
 - **Blue:** Mental Illness
 - **Green:** Sensory Perception Disabilities

The ADRC serves adult individuals living with any of these disabilities. Resources and assistance with benefits are provided to support health and overall well-being. We celebrate these diversities and express our gratitude for all of your contributions to our community!!

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 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

Prairie du Chien Parks & Recreation Department Presents:

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

Hospital Observation Status

--What Medicare beneficiaries need to know

People often think that if they are in the hospital and stay overnight in a hospital room they are an “inpatient”. But that is not always the case. Hospitals provide observation care for patients who are not well enough to go home but not sick enough to be admitted. This care is considered an outpatient service. The hospitalization can include short-term treatment and tests to help doctors decide whether the patient meets the medical criteria for admission. So even if you stay in a hospital overnight you could be considered an outpatient.

Why does it matter? Your hospital status (“inpatient” or “outpatient”) affects how much you pay for hospital services (like x-rays drugs and lab tests) and may also affect whether Medicare will cover care you get in a skilled nursing facility (SNF) following your hospital stay.

Medicare Part A provides coverage for a hospitalization only when you are an inpatient. If you are in the hospital under observation status you are considered an outpatient and Medicare Part A pays nothing. Medicare Part B covers outpatient hospital services after you pay your deductible, co-insurance and copayments. Generally, this means you pay a copayment for each individual outpatient service you receive.

In addition, be aware that the prescription drugs you get in an outpatient setting, sometimes called “self-administered drugs”, aren’t covered by Part B. And for safety reasons, many hospitals have policies that don’t allow patients to bring prescription drugs from home. If you have Medicare Prescription drug coverage, Part D, these drugs may be covered in certain circumstances. You’ll likely need to pay out-of-pocket for these drugs and submit a claim to your drug plan for reimbursement. For further information and to request an “out-of-network pharmacy claim form”, be sure to call your Part D plan.

Sometimes observation care extends over two or more days, but—remember—that does not mean you are an inpatient. If you receive observation services for more than 24 hours, the hospital is required to give you a written notification, known as Medicare Outpatient Observation Notice (MOON), that tells you that you are an outpatient, as well as an oral explanation of the notice and the financial implications.

It is also important to note that your hospital status will determine whether you will be able to obtain Medicare coverage in a nursing home after your hospital stay. Original Medicare only covers skilled nursing home care for patients who have had a three-day “inpatient” hospital stay—“observation status” does not count toward the 3-day stay.

More information about Part A and Part B coverage can be found in your “Medicare and You” handbook or by calling 1-800-MEDICARE. For local assistance with Medicare or other benefit programs contact Ashley Greene at the ADRC by calling 608-326-0235.



SAVE THE DATE

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.

The ADRC of Eagle Country, The Northeast Iowa Area Agency on Aging, and the Driftless Area Wetland Centre in Marquette, Iowa have teamed up to bring **SPARK!** To this area. **SPARK!** will be hosted at the Driftless Area Wetland Centre in Marquette, IA on the **THIRD Tuesday** of each month starting at **10am**.

The first **SPARK!** Program will begin on **September 17th at 10am** at the Driftless Area Wetland Centre, 509 Highway 18 W, Marquette, IA, 52158. Save your spots by calling 563-873-3537.

If you are interested in becoming a **volunteer** for the **SPARK!** Program a special training will be held on August 26th, 2024. Please call 608-326-0235 to register by 8/19/24 for the training.





Kelli Brooks

Information & Assistance

From your ADRC Specialists

Melissa Goodman



Preventing Heat Exhaustion and Heat Stroke and Recognizing the Warning Signs

By the GWAAR Legal Services Team (for reprint)

As the temperature rises, so does the risk of heat-related illnesses like heat exhaustion and heat stroke. Recognizing the warning signs and understanding the differences between these conditions can help keep you safe and healthy all summer long.

Heat Exhaustion

Heat exhaustion occurs when the body overheats, often due to strenuous activity in hot, humid weather. Symptoms include:

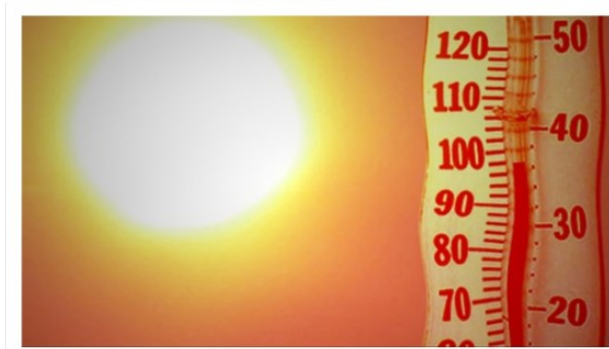
- Heavy sweating
- Cold, pale, and clammy skin
- Muscle cramps
- Fast, weak pulse
- Fatigue, weakness, or dizziness
- Headache
- Nausea or vomiting
- Dark urine or decreased urination

If left untreated, heat exhaustion can escalate to heat stroke, so it is essential to seek shade, rest, loosen your clothing, and hydrate immediately, when you first experience symptoms. Get medical help right away if you are throwing up, your symptoms worsen, or your symptoms last longer than one hour.

Heat Stroke

Heat stroke is more severe and occurs when the body's temperature rises to 103°F or higher. It can cause damage to the brain, kidneys, and muscles. Warning signs include:

- High body temperature
- Headache
- Dizziness
- Nausea
- Hot, dry, damp, or red skin
- Rapid heartbeat
- Confusion, agitation, or unconsciousness
- Seizures



Continue on Page 17

Heat stroke is a medical emergency and requires immediate medical attention, so call 911 if you suspect you or someone else is suffering from this life-threatening condition! In addition, move the person to a cool place, and help lower their body temperature by putting cool cloths or ice on them. Do NOT give the person anything to drink unless they are fully awake and alert and sitting completely upright. Otherwise, doing so could cause them to choke and aspirate.

Prevention Is Key

To avoid heat-related illnesses, on hot, humid days, be sure to stay hydrated, wear light-colored and breathable clothing, and take breaks in cool, shaded areas. Additionally, never leave children or pets in hot cars. Be sure to also check on neighbors at high risk, such as the elderly or those with chronic health conditions. If you or someone you know is at high risk and is living in a home without air conditioning, be sure they at least have a fan. In addition, on very hot days, suggest they go to a local shelter that has air conditioning.

Most communities offer shelters with air conditioning where members of the public can go to stay cool on particularly hot days.

Conclusion

Knowing the signs of heat exhaustion and heat stroke and taking steps to prevent them can make all the difference when it comes to enjoying a safe and healthy summer. Remember to stay cool, stay hydrated, and stay informed.

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!**

Bringing Hope & Light to the Dementia Journey

A full day conference hosted by Dementia Care Specialists (DCS) and partners across Wisconsin. Designed to empower the community, those living with dementia and their family/caregivers with the tools and supports to provide meaning and purpose. Multiple sessions are designed, led by and for people living with mild cognitive impairment (MCI) or dementia.

Free Admission. Donations are welcome.

Inquire about Free Onsite Respite

Keynote Speakers:
Dr. Natali Edmonds
Sheri Fairman

Two Panels: Caregivers
People Living with MCI and Dementia

Have Fun, Engage, Increase Quality of Life, and Connect with Others

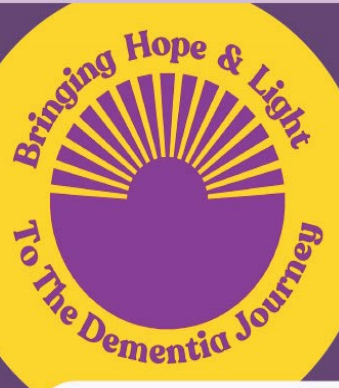
Learn from Experts, Gain Skills, Tools, Build Your Network, and Gain More Understanding

Exhibitors with Services and Supports From Across Wisconsin

Tuesday, August 6, 2024

8:00am - 4:00pm

 **UW-Stevens Point**



For Questions Call:
920-386-3580

Register at:

<https://www.co.dodge.wi.gov/registration>

Or Scan:



Disclaimer: The ADRC is unbiased and does not endorse any organization, product or service.

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

UPCOMING CLASSES

SEPT 9TH

PALS PHYSICAL ACTIVITY FOR LIFELONG SUCCESS

Seneca Town Hall

STEPPING ON

Crawford County Administration Building

SEPT 10TH

SEPT 4TH

BOOST YOUR BRAIN AND MEMORY

Prairie du Chien Library





COME WALK WITH US!

Join A Walking Group!

Everyone is welcome! Meet new people!
Walk at your own pace, we won't rush you!



During this 8-week program, you will receive short health education lessons and encouragement to stay motivated; daily walking schedules are provided to log your progress and keep track of your goals!

WALKING GROUP LOCATIONS:

<p>Prairie du Chien Tuesdays 5:00 p.m. Beginning July 16th LaRiviere Park (Trail walk) 62048 Vineyard Coulee Rd., Prairie du Chien, WI</p>	<p>Prairie du Chien Thursdays 9:00 a.m. Beginning July 11th Prairie du Chien Memorial Library 125 S Wacouta Ave., Prairie du Chien, WI</p>	<p>Seneca/Lynxville Wednesdays 9:00 a.m. Beginning July 10th July: Seneca Town Hall 21041 Town Hall Rd., Seneca, WI August: Lynxville Community Center Lynxville Community Center, 475 Bench St., Lynxville, WI</p>	<p>Gays Mills Thursdays 5:30 p.m. Beginning July 11th Lions Club Shelter 400 WI-171 Trunk Gays Mills, WI</p>	<p>Soldiers Grove Thursdays 6:30 p.m. Beginning July 11th Lions Club Shelter Intersection Pine St. & Church St. Soldiers Grove, WI</p>
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REGISTRATION IS FREE

Walking group locations & times along with registration can be found at crawfordcountywi.org/health under "Programs & Services" or call (608) 326-0229.

Free registration connects you with ongoing support to be active.
Once registered, you will receive an e-mail to get you started.



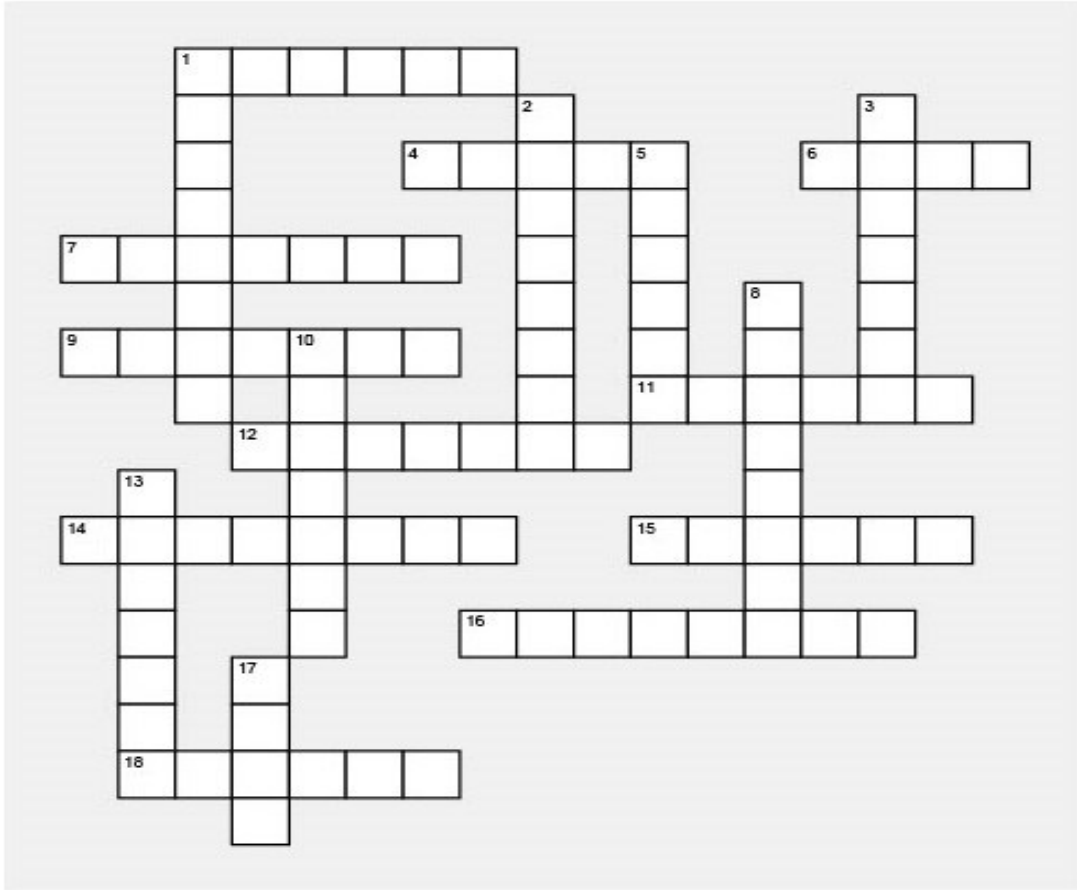
Get the motivation you need to get active!

Sponsored by





Summer Crossword



ACROSS

- 1) Beachgoer's pride
- 4) Surfer's hangout
- 6) Dog days month
- 7) Rod & reel sport
- 9) Disk you whisk
- 11) Make a bed?
- 12) Roughing it, perhaps
- 14) Treat on a stick
- 15) Alfresco meal
- 16) Parlor treat
- 18) Bermuda _____

DOWN

- 1) Beach attire
- 2) Worker's respite
- 3) Not indoors
- 5) Tramping on the trail
- 8) Outdoor cookout
- 10) Lake activity
- 13) Ballpark fare
- 17) Summer cooler

