



June 2024 Eagle News & Views

Dear Friends,

Where has the start of summer gone? I can hardly believe it is June already. I hope you are all enjoying the warmer weather and fun outdoor events! I invite you all to check out page 12 and call our office to register for the Dementia Live Event located at Crossing Rivers Health! Call our office today to pre-register for your spot. You will gain valuable knowledge on dementia and how to have a better and more enjoyable communication and interaction experience with someone who has dementia.

We have many fun trips planned through our office for those looking to get out and about this summer. We will be doing farmers market trips to the Ferryville Farmers Market and trips to the Concerts on the River. Space will be limited, so please call early to reserve your spots!

Also, remember that we are currently taking any produce donations at our Central Kitchen, Gays Mills Meal Site, Hoffman Hall meal site, or the ADRC office. If you haven't already planted your garden, I encourage you to plant an extra row! Gardening is a great summer activity to keep you moving.

I leave you with this fun summer joke:

Which letter of the alphabet is the coolest?

Find the answer on page 18.

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*

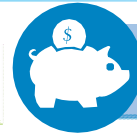
Stay connected with friends & meet new ones over a delicious lunch at a community cafe. Get healthy eating tips at educational classes throughout the year. Lunch can be delivered at home for qualifying, homebound older adults or adults with disabilities.



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

Last Tuesday of the Month at 1 pm.



**NEXT MOVIE
JUNE 25TH!**

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

608-326-0235

FREE MOVIE & REFRESHMENTS



FEATURED FILM:
TAKE THE LEAD



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

Next Movie:

The Adventures of Pricilla, Queen of the Desert (1994)

Friday, June 7th

7 PM

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



Photo Courtesy of Pixabay.com

Did you Know...

Not only the leaves, but the flowers of arugula are edible.

Unlike many veggies, cooking kale doesn't decrease any of its nutritional value.

EAT WELL, AGE WELL. June – Arugula and Kale

June is Alzheimer's and brain awareness month! Arugula is a leafy green plant that is packed with vitamins, minerals, as well as antioxidants, molecules that fight free radicals in the body. Specifically, arugula is an excellent source of omega-3 fatty acids, as well as vitamins A and C, which may protect the brain from degenerative diseases such as Alzheimer's.

- **Storage:** Wrap the stems of bunched arugula with damp paper towels. Store both leaves and bunches in a plastic bag in the refrigerator for up to 2 days.
- **Preparation:** Carefully handle arugula to avoid bruising. It is crucial to wash the leaves thoroughly in cold water to remove any trapped soil or grit, and then dry them completely with a kitchen towel.

Kale comes in a variety of colors, flavors, and textures: redbor is characterized by its deep purple, curly leaves; red Russian has blue-green and purple leaves with a semi-sweet taste; and Siberian has large green leaves. It also contains a variety of nutrients including fiber, and folate, as well as vitamins K, C, and A.

- **Storage:** Kale can be stored for 5-7 days raw; cooked for 5 days; and frozen for 8 months.
- **Preparation:** Remove the stem from the center of the kale leaf. Chop or tear the kale into pieces. Larger pieces can be used for soups and stews, while smaller pieces are great for salads and pasta. Wash the kale thoroughly and massage it to make it more tender.

FREE

FARMERS MARKET TRANSPORTATION

AVAILABLE

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

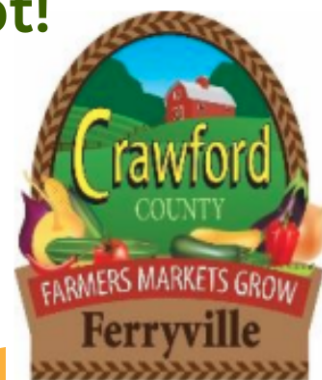
Limited space available. Call the ADRC
at 608-326-0235 for all the details
including pick up times.

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!



Pathways to Housing

LOCATION:

PRAIRIE DU CHIEN PUBLIC LIBRARY
125 S WACOUTA AVE
PRAIRIE DU CHIEN WI 53821

Time:

PRESENTATION: 5:00-5:45
Q&A: 5:45 - 6:00

SNACKS AND BEVERAGES
DOOR PRIZES &
DAYCARE PROVIDED!

✓ **Wed, June 5**

Understanding your Financial Health:

Basic Financial
Information and Credit
Building or Repair

✓ **Wed, June 12**

Being a Good Renter:

Completing Rental Applications
Landlord's screening process,
Can you afford to rent – Being a
good tenant – Rental
Agreements, Communications
and Maintenance

✓ **Wed, June 19**

Homeownership:

How to achieve
Homeownership, down
payment assistance
programs, loan programs

Couleecap

your local community *action* program



RSVP:

RSVP is appreciated if child care is needed.
Contact Jann at 608-326-2463 or Sheri at
608-326-3500 ext 6012 to RSVP.





Jody Eick
Meal's Coordinator

June Menu

Questions?
Reservations?
Cancelations?
Call
326-0235

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Creamy Chicken, Green Bean, & Rice Casserole Cooked Carrots Pears Cookie	4 Hot Ham & Cheese w/gravy Sandwich Baked Beans Fresh Veggies w/Dip Banana	5 Swedish Meatballs w/ gravy Mashed Potatoes Peas Pineapple Sheet Cake WW Roll	6 Savory Baked Chicken Baked Sweet Potato Roasted Broccoli Summer Fruit Mix WW Roll	7 Granny Smith Tuna Salad Sandwich Garden Vegetable Soup Mandarin Oranges Rice Krispie Bar
10 Beef Tips w/gravy Mashed Potatoes Green Beans Mandarin Oranges WW Roll	11 Chicken with Pineapple Glaze Brown Rice Mixed Vegetables Peaches Chef's Choice Desert	12 Sliced Ham w/ Apple glaze Glazed carrots Baked Beans Strawberry Shortcake WW Roll	13 Homemade Vegetable Pizza Garden Salad Mixed Fruit Lemon Bar	14 Hamburger with Tomatoes, Lettuce, and Pickle Potato Wedges Cottage Cheese Salad
17 Chili Dog on WW Bun Potato Salad Fresh Vegetables with Dip Banana Cookie	18 Beef Pot Roast Almond Green Beans Pears Banana Pudding WW Roll	19 Baked Cod with Panko Crust Coleslaw Baked Potato Fresh Summer Berries WW Roll	20 Ravioli with Meat Sauce Ceasar Salad Tropical Fruit Mix Garlic Bread	21 BBQ Pork on WW Bun Baked Beans Roasted Broccoli Mixed Fruit Chef's Choice Desert
24 Chef's Choice	25 Honey Glazed Salmon Asparagus Cowboy Caviar Brown Rice Jello with Fruit	26 Hot Beef Sandwich Mashed Potatoes w/gravy Glazed Carrots Corn Chef's Choice Desert	27 Chicken Spinach Salad Fresh Fruit Chef's Choice Desert WW Roll	28 Pork Chops w/pork gravy Roasted Sweet Potatoes Cauliflower Summer Fruit Salad WW Roll
<i>Menus are subject to change</i>		For meal site reservations, please call by 2 p.m. the business day before.		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.
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

ABELISM: BE AWARE, BE AN ALLY...

BE AWARE: What is ableism?

Discrimination against people with disabilities, intentional or unintentional, based on the idea that people with disabilities are imperfect, inferior and need fixing.

The world we live in is ableist. Society wasn't designed to be supportive of people with disabilities. One attempt to correct this was the need to pass the Americans with Disabilities Act to protect and support the rights of individuals with disabilities. Even with this, you most likely witness examples of ableism every day....here are some examples:

- X Unavailability of accommodations
- X Segregating individuals with disabilities into separate schools or living facilities
- X Talking with a person with a disability like they are a child
- X Or worse yet, talking/inquiring about that person to someone else instead of them directly
- X Use of an accessible bathroom stall or closer parking space when it is not necessary
- X Speaking of a disabled person's life experiences as inspiring or tragic
- X Assuming people have to have a visible disability to be disabled
- X Holding a meeting or event in an inaccessible venue
- X Using restraint or seclusion to respond to behavior
- X Invading an individual's personal space in an effort to "help"
- X Using language like "retarded, lame, crazy, psycho" or "it's like the blind leading the blind" or "my ideas fell on deaf ears"

BE AN ALLY:

- ✓ Assume ability – be open to varying expressions of it.
- ✓ Regard all behavior as communication
- ✓ Support self-determination: making decisions about our own lives with appropriate resources and support
- ✓ Listen up! Acknowledge and respect individual experiences with disabilities.
- ✓ Don't assume you know someone's needs – ask!
- ✓ Support the voices of people with disabilities – respect the time and space needed for expression.
- ✓ Avoid pity! Value each person's ability with equal worth.
- ✓ Include people with disabilities in conversations where decisions are made
- ✓ Language matters! Use words that encourage and build up!
- ✓ Respect and honor requests for accommodations.
- ✓ Incorporate accessibility in your event planning
- ✓ Always get permission to enter someone's personal space or touch their assistive devices or service animal
- ✓ Support businesses that offer inclusive work and consumer environments
- ✓ Apologize if you realize you have disregarded someone's dignity

"We need to make every single thing accessible to every single person with a disability."

– Stevie Wonder

"There is no greater disability in society, than the inability to see a person as more."

– Robert M. Hensel

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



DEMENTIA LIVE™

*Experience a real-life
look living with dementia*

DementiaLive™ is an innovative program where community members can experience the challenges of living with Dementia.

Using specialized gear in a safe, experiential setting, DementiaLive™ provides participants a real-life simulation of dementia. Participants gain greater awareness and understanding of the constant struggles affecting persons with dementia.

Space is limited, register early!

June 20th and 21st

Held at

**Crossing Rivers Health
Prairie du Chien, WI**

45 Minute Time Spots

Registration required
by contacting the
ADRC of Eagle Country
– Prairie du Chien

at

1-877-794-2372 or 608-326-0235

Space is limited, register early!


Crossing Rivers Health


Aging & Disability Resource Center
of Eagle Country
Prairie du Chien Office


© AGE-u-cate®
Training Institute

DEMENTIA
Live®



Just for You

From your Elder Benefit Specialist, Ashley Greene

New Medicare Coverage Rules for Beneficiaries with Substance Use Disorders

By the GWAAR Legal Services Team (for reprint)

The Centers for Medicare & Medicaid Services (CMS) recently released its Physician Fee Schedule (PFS) and Outpatient Prospective Payment System (OPPS) final rules for Calendar Year (CY) 2024 that provide new coverage options for substance use disorder treatment. These important new changes took effect on January 1, 2024, and are intended to improve access to, and the quality of, behavioral healthcare and substance use disorder treatment for Medicare beneficiaries.

Some highlights of the new rules, as well as areas of concern, include:

- **Billing and Treatment by Mental Health Counselors & Marriage and Family Therapists.** Previously, mental health counselors and marriage and family therapists were prohibited from billing Medicare. Under the new rules, however, they can now officially enroll in Medicare, treat beneficiaries with substance use disorders and mental health conditions, and can bill Medicare independently for the services they furnish. The new rules define “mental health counselor” broadly to include licensed and certified professional counselors, addiction counselors, and alcohol and drug counselors – as well as other similar practitioner titles used by states – who (1) have a master’s or doctor’s degree in counseling, (2) are licensed or certified by the state in which they provide services, and (3) have performed at least 2 years or 3,000 hours of supervised clinical experience after obtaining their degree. Like clinical social workers, these practitioners will be reimbursed at 80% of the lesser of the actual charge or 75% of the PFS rate for psychologists. According to the American Counseling Association, approximately 200,000 new counselors will be able to enroll in Medicare as a result of this final rule.

Concerns:

⇒ While allowing more providers to enroll in Medicare will expand beneficiary access to counselors, the discriminatorily low reimbursement rate (75% of the PFS, compared to the 85% that non-physician medical practitioners receive) may prevent this change from achieving its full potential.

⇒ In addition, not all states have master’s or doctorate level addiction or alcohol and drug counselors, further contributing to disparate access to substance use disorder counseling across the nation.

- **Peer Support Specialists & Community Health Workers Addressing Social Determinants of Health.** In an effort to address significant behavioral health staffing shortages, especially in rural areas, the new rules provide more flexibility regarding the type of practitioners who can provide behavioral health care services to Medicare beneficiaries. Although CMS does not have the statutory authority to allow peer support specialists and community health workers to bill Medicare, the new rules provide new service codes that will enable these individuals to address the social determinants of health (SDOH) needs of Medicare beneficiaries, while working under the supervision of certain Medicare providers. Because the new rules do not require supervision of the behavioral health services to be on-site, they provide billing practitioners with the flexibility to partner with community-based organizations that employ peers and community health workers, to better help meet their patients’ needs.

Concerns:

⇒ Under the new rules, only providers who can bill Evaluation and Management (E/M) codes along with psychologists can initiate and bill for the new SDOH services. As a consequence, mental health counselors, clinical social workers, and marriage and family therapists are excluded.

⇒ Under the new rules, the billing provider must be the one to initiate these services; in practice, however, peers and community health workers often serve as the initial point of entry for individuals with mental health conditions and substance use disorders to get the care they need.

- **Coverage for Intensive Outpatient Treatment.** Medicare has historically covered, and will continue to cover, services such as psychiatric hospitalization for people with acute psychiatric needs, partial hospitalization (PHP) (a service that allows a patient to get inpatient hospital-level treatment during the day), and outpatient therapy. Sometimes, however, patients need a more intense service than traditional outpatient therapy but less than the hospital-level care a hospitalization would provide. This intermediate level of care is referred to as an “intensive outpatient program” (IOP). Under the new rules, substance use disorder treatment can now be covered for beneficiaries as an IOP in certain settings, including hospital outpatient departments, community mental health centers, federally qualified health centers, rural health clinics, and opioid treatment programs (OTPs).

Coverage of IOP will build on the existing PHP benefit, which can only be delivered in hospital outpatient departments and community mental health centers. PHP is a structured outpatient program for patients who need a minimum of 20 hours of therapy and other substance use disorder and mental health services in a week and who would otherwise require inpatient hospitalization. IOP is for patients who need a minimum of 9 hours, but no more than 20 hours, and does not require the beneficiary to otherwise need hospitalization. As a result of the new rules, both IOP and PHP can now be covered for Medicare beneficiaries with a mental health or a substance use disorder diagnosis, and services may be delivered by mental health or substance use disorder professionals.

Concerns:

- ⇒ Despite the new rules, freestanding substance use disorder treatment facilities are still not covered by Medicare, even though these facilities are the setting in which most individuals with substance use disorders receive IOP and PHP services.
- ⇒ Under the new rules, IOP coverage in OTPs is limited to individuals with opioid use disorders. Medicare beneficiaries with other substance use disorders, including alcohol use disorder, which is the most prevalent condition, will not have access to this essential level of care.

- **Increases in Reimbursement Rates.** The new rules provide for reimbursement rate increases for a number of substance use disorder and mental health services, including psychotherapy codes, behavioral health integration codes, and the bundled office-based substance use disorder codes. These changes are intended to more accurately value the amount of work that goes into delivering substance use disorder services amidst the ongoing mental health crisis and opioid public health emergency.

Concerns:

- ⇒ Many believe that the new reimbursement rates are still too low and that additional rate increases and structural reforms are necessary to meet the increasing demand for mental health and substance use disorder services and close the discriminatory reimbursement gap between these and medical services.

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: June 11th, August 13th,
October 8th, & December 10th



**Next Medicare Workshop
June 11th!**



Information & Assistance

From your ADRC Specialists

Melissa Goodman



HISTORY OF WORLD ELDER ABUSE AWARENESS DAY

World Elder Abuse Awareness Day, or WEAAD, is an annual initiative launched on June 15, 2006, by the International Network for the Prevention of Elder Abuse and the World Health Organization. In its 66/127 resolution, the United Nations General Assembly designated that date as World Elder Abuse Awareness Day, a day in which the entire world voices its opposition to any form of abuse of the older generation.

WHY WORLD ELDER ABUSE AWARENESS DAY IS IMPORTANT

A. Older Americans may be unable to advocate for themselves

Many seniors are not in a place to stand up for themselves, whether it's because they're physically frail or because they're scared of speaking up and fear repercussions. It's crucial for all of us to be on the lookout for signs of elder abuse, and to speak up if something seems wrong.

B. Seniors deserve our respect and our attention

In so many cultures, elders are revered—and rightfully so. Their experiences, memories, and perspective on life are valued for the lessons that younger folks can learn. And if older people aren't encouraged to pass along the skills and wisdom they have accumulated during their lives, then the culture as a whole suffers. We owe it to older generations to ensure that their so-called Golden Years are not tarnished by neglect.

C. It reminds us to look out for each other

It's easy to see bad things and not say anything—whether that's senior abuse or a mugging on the street. But this holiday reminds us just how important it is to look after, and look out for, our fellow humans. It reminds us to exercise compassion on a daily basis, and care about others rather than just ourselves.

Continue on Page 17

Elder Abuse Quiz:

1. One out of _____ elders experiences abuse in their lifetime.
 - A. 10
 - B. 20
 - C. 50
2. Elder abuse occurs mainly _____.
 - A. on vacation
 - B. at home
 - C. in the community
3. A majority of abusers are _____.
 - A. strangers
 - B. relatives
4. Only one in about _____ cases of abuse are reported.
 - A. 5
 - B. 12
 - C. 23
5. In the following list, _____ could be signs of abuse: weight loss, poor hygiene, depression, unexplained bruises, changes in behavior, unpaid bills, and intentional self-isolation.
 - A. none of these
 - B. some of these
 - C. all of these

Answers: 1. (A) 2. (B) 3. (B) 4. (C) 5. (C)

Elder and adult-at-risk abuse includes physical abuse, financial exploitation, emotional and sexual abuse, neglect, and self-neglect. To report suspected abuse and neglect, contact Crawford County Health and Human Services at 608/326-0248. After 4:30 p.m. on weekdays, weekends and holidays contact the Prairie du Chien Police Department at 608/326-2421 or the Crawford County Sheriff's Department at 608/326-0241 or call 911 in the event of an emergency.

Save the DATE

BRINGING HOPE & LIGHT
TO THE DEMENTIA
JOURNEY

Tuesday, August 6th, 2024
at UW Stevens Point

A full day educational Conference, with individual tracks for Caregivers, Professionals and People Living with Dementia or Mild Cognitive Impairment (MCI)

"Contact Rob Griesel at rgriesel@co.dodge.wi.us for information on different support opportunities and sponsorship."

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

FREE
JUNE

NUTRITION EDUCATION

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

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

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



Beneficial Bites

Eggs: The Perfect Protein
So versatile, so affordable, so Amazing



So what DO eggs have to offer?

- Offer 13 vitamins and minerals and 6 grams of protein at a mere 70 calories
- Eggs are a complete protein
- Anti-oxidant properties
- Contain vitamin D, folic acid, selenium and choline
- Helps eat less throughout the day while maintaining energy and preserving muscle mass
- Nutritionally, brown and white eggs are pretty much the same. Egg color depends on the hens laying them.
- When buying eggs, if there's a 7 cent or less increase per dozen, then the larger size is the better deal because you get more egg for your money.

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.

Prairie du Chien Parks & Recreation Department Presents:

2024 FREE SUMMER MUSIC SERIES

Concerts On The River



Enjoy a night out!

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 in Prairie du Chien.**

When: Thursday nights 6:30-8pm
June 6th - August 22nd

Where: Lawler Park Gazebo, PDC, WI

Transportation Cost: \$1.00 per participant

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

