



March 2025 Eagle News & Views

Hello Crawford County!

I would like to introduce myself to you as the new ADRC Director for Eagle Country Crawford County. I am truly thrilled to be here, and I am ready to work hard to serve the residents of this beautiful area!

For the past eight years, I have worked for the ADRC of Southwest Wisconsin in the Grant County office. The first three years I worked as an ADRC Specialist, and the last five I spent as the ADRC Supervisor, which included coordinating our caregiver support programming. I have a strong passion for all the work involved with ADRC and Aging programs.

ADRCs play such an important role in supporting individuals to be independent, live with dignity, and meet their goals. As I write this, I have only been here a handful of days, but I can already see what an asset the staff in this office are to the county and the population we serve. It is truly an honor to be in this position, and I look forward to continuing to support the amazing work being done here every day.

Outside of my role at the ADRC, I live in rural Fennimore with my husband, our two boys, and our beautiful dog. We enjoy spending time together outside, cheering on the Brewers every game we can catch, being active, and we continue to remodel the home we bought during the pandemic. While I reside in Grant County, I have many fond memories growing up playing baseball and softball in Wauzeka, Prairie du Chien, and Eastman.

I encourage you to reach out to me or stop in if you'd like to discuss our programs.

Wishing everyone the best in health, happiness, and safety as we move forward!

Nicole Baumeister



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

Staff:

Nicole Baumeister, 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



MOVIE NIGHT

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

**Next Movie:
Far from Heaven (2002)
Friday, March 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:

TWISTER

FREE MOVIE AND REFRESHMENTS

NEXT MOVIE:
MARCH 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

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



Next Medicare Workshop April 8th!

Take a NOURISH Step!



Celebrating Connection, Nutrition, & the Power of Listening

March FUN Days!

3-2: Dr. Seuss Day

What's your favorite book?

3-2 to 8: Celebrate Your Name Week

What does your name mean or symbolize?

3-17 to 23:

Act Happy Week

Do something that makes you happy!

3-20: Story Telling Day

Share a story with someone.

More at

brownielocks.com

March brings a unique opportunity to celebrate how we connect with others and care for our well-being. *Listening Awareness Month* reminds us that active listening strengthens relationships and fosters understanding. In alignment, *Food Connects Us: National Nutrition Month*® highlights the role of shared meals in building community while nourishing our bodies. Meanwhile, *Hearing Awareness Week* emphasizes the importance of hearing health in maintaining meaningful communication. (See Resources on page 2).

Together, these observances encourage us to prioritize our health, savor the moments that bring us together, and truly listen—to others and our bodies.

March Featured Foods

March is Peanut, Quinoa & Frozen Foods Month. Healthy Fats Day is March 21st.

Peanuts are a nutrient-rich snack with healthy fats, protein, fiber, vitamins, minerals, and antioxidants. Watch the portion size; they are high in calories.

Quinoa (pronounced keen-waa) A gluten-free, complete protein grain. High in fiber, and heart-healthy nutrients. Find **recipes** at <https://foodhero.org/recipes/recipe-categories/quinoa>

Frozen Food NOURISH Steps Tips.



Compare the Sodium, Saturated Fat, and Added Sugar on frozen food labels. (Understand)

Frozen fruits & veggies without added salt or sugar are as healthy as fresh!

Add frozen veggies to rice dishes. (Increase Fiber, Nutrient Rich)

***NOURISH stands for: Nutrient-Rich Foods, Omega-3s & Healthy Fats, Understand, Recipes, Increase Protein & Fiber, Sugar & Sodium Awareness, and Hydrate.**

Try Frozen Fruit Yogurt

Ingredients

- 4 cups Frozen Fruit*
- 1 Cup Plain or Vanilla Greek Yogurt
 - Note: You can use regular yogurt but the protein content will be lower.



***NOURISH Step**
Look for frozen fruit
without added sugar.

Directions

1. Wash your hands before starting.
2. Add frozen fruit and yogurt to blender or food processor and blend until creamy, about 2 to 4 minutes.
3. Store in the freezer up to 1 month.

Recipe adapted from [FoodHero.org](https://www.foodhero.org)

Healthy Fats Word Scramble

1. OVDCOAA _____
2. IFHS _____
3. ESLTDNUA TNSU _____
4. IVOEL LIO _____
5. CALBAERO NAUT _____
6. SONLMA _____
7. ELFWRNSOU SEDSE _____

Learn more about healthy fats at

<https://www.heart.org/en/healthy-living/healthy-eating>

Hydration Tip:

In recognition of National Bubble
Week (March 17- 22) try
Carbonated flavored water this
month.

They are calorie-free and often
made with natural essences.
They may help relieve indigestion
and promote feelings of fullness.
They are a great substitute for
sugary sodas!



Resources:

- National Nutrition Month <https://www.eatright.org/national-nutrition-month>
- WI Coalition for Social Connection <https://connectwi.org/>
- WI Office of Deaf & Hard of Hearing <https://www.dhs.wisconsin.gov/odhh/index.htm>

Answers to Word Scramble:

Avocado, Fish, Unsalted Nuts, Olive Oil, Albacore Tuna, Salmon, Sunflower Seeds



If you want more pep, take a NOURISH Step!
For more information visit: gwaar.org/nourishstep
GWAAR Nutrition Team Pam VanKampen, RDN, CD 3/25





March Menu

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



Jody Eick
Meal's Coordinator

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Salisbury Steaks Mashed Potatoes w/ Gravy Roasted Broccoli Pears WW Roll Cookie	4 Vegetable Soup Three Bean Salad Mixed Fruit Rice Krispie Bar	5 Beef Teriyaki Brown Rice Mixed Vegetables Fruit	6 Turkey Shepards Pie Almond Green Beans Fruit WW Roll	7 Ham Potatoes Soup Autumn Chopped Salad WW Roll Apple Crisp
10 Baked Cod with Panko Crust Roasted Potatoes Mixed Vegetables Mixed Fruit WW Roll	11 Beef Stroganoff Roasted Broccoli Peaches Cookie	12 Scalloped Potatoes and Ham Mixed Peas/Carrots Hot Cinnamon Apples WW Roll	13 Stuffed Peppers and Rice Mexican Street Corn Bake Garlic Bread Tropical Fruit	14 Tatter Tot Casserole Garden Salad Pears Chef's Choice Dessert WW Roll
17 Rueben Casserole Boiled Red Potatoes Glazed Carrots Fruit Mint Chocolate Bar	18 Hot Beef Mashed Potatoes w/ Gravy Glazed Carrots Orange Fruit Fluff	19 Chicken Broccoli Alfredo Bread Sticks Peaches Birthday Cake	20 Sweet and Sour Pork Brown Rice and Peppers Pilaf Peas Pears WW Roll	21 Hearty Pork and Squash Stew Side Salad Fruit Banana Bar
24 Chef's Choice	25 Meat Loaf Au gratin Potatoes Mixed Vegetables Pears WW Roll	26 Sausage Gravy Over Biscuits Vegetable Scrambled Eggs Juice Cinnamon Roll	27 Lemon Pepper Baked Chicken Roasted Sweet Potatoes Peas Waldorf Salad	28 Spaghetti with Turkey Meatballs Cesar Salad Mixed Fruit Garlic Bread Bar
31 Goulash Baked Broccoli Apple Slices Pumpkin Spice Coffee Cake WW Roll	<i>Menus are subject to change</i>	Please make cancellations for home delivered meals by 8:30 a.m.		For meal site reservations, please call by 2 p.m. the business day before.

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

Friends of the Prairie du Chien Library

BOOK SALE

*March 13 (Friends Only)

4pm - 6pm

*March 14

9am - 5pm

*March 15

9am - 12pm



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!



News for You
Brittney Mainwaring
Disability Benefit Specialist

Pets, Service Animals, and Emotional Support Animals in Rental Housing

By the GWAAR Legal Services Team (for reprint)

As a general matter, when it comes to pets such as dogs, cats, snakes, hamsters, and fish, private landlords can choose to allow or disallow pets in their units at their discretion. They can also impose breed restrictions, require pet-owning tenants to purchase renter's insurance and sign a pet addendum to the lease, charge additional rent and deposits, and withhold actual damages caused by the pet from security deposits at move-out. Also, if a lease prohibits pet ownership, a landlord is permitted to bring an eviction action against a tenant if they have an unauthorized pet.

Pets should not be confused with service animals or emotional support animals (ESA), however. A service animal is defined under the federal [Americans With Disabilities Act](#) to include a dog or miniature horse that is “individually trained to do work or perform tasks for the benefit of an individual with a disability, including a physical, sensory, psychiatric, intellectual, or other mental disability.”

ESAs are also called “companion animals” or “assistance animals.” Unlike service animals, they do not require specific training and may be considered reasonable accommodations under fair housing law if a tenant has a disability and there is a disability-related need for the animal. ESAs are defined under Wisconsin law in [Wis. Stat. 106.50\(1m\)\(im\)](#) as “an animal that provides emotional support, well-being, comfort, or companionship for an individual but that is not trained to perform tasks for the benefit of an individual with a disability.”

Neither service animals nor ESAs are pets. Rather, they are best thought of as a reasonable accommodation for a disability. Except in limited circumstances (discussed below), the law requires landlords to allow tenants to have an ESA or service animal if the person has a documented disability and there is a disability-related need for the animal. In fact, it could constitute [unlawful discrimination](#) for a landlord to refuse to rent to, evict, require a fee from, or harass a prospective or current tenant based solely on the tenant having an ESA or service animal.

A landlord can require a tenant to provide documentation from a medical provider that:

- the individual has a disability, unless the disability is evident (e.g., the person has a visual disability and is walking with a mobility cane), and
- the animal is necessary to treat that disability.

A landlord cannot require an individual to reveal what kind of disability they have or to prove that their animal has been specifically trained.

If a tenant has an ESA or service animal, the landlord cannot charge them any sort of pet fee or special pet deposit for the animal. However, if the animal causes damage to the premises, [Wisconsin law](#) allows the landlord to charge a tenant for the actual damage caused.

A landlord can deny a request for a tenant to keep an ESA or service animal in a rental unit under limited circumstances, including:

- If the landlord lives in the unit, and they or an immediate family member are allergic to the animal.
- Allowing the animal would cost the landlord an unreasonable amount of money or would require unreasonable changes to the unit or the services offered on the property.
- The tenant is not disabled, does not have a disability-related need for the animal, or the tenant fails to provide the required documentation.
- The specific animal poses a direct threat to a person's health or safety or would cause substantial physical damage to the property, and those risks cannot be eliminated or reduced by another reasonable accommodation.
 - For example: A landlord could not deny a request for an ESA simply because the animal was a German shepherd, but the landlord could deny the request if there was evidence that the specific German shepherd had caused significant property damage at a previous apartment.





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

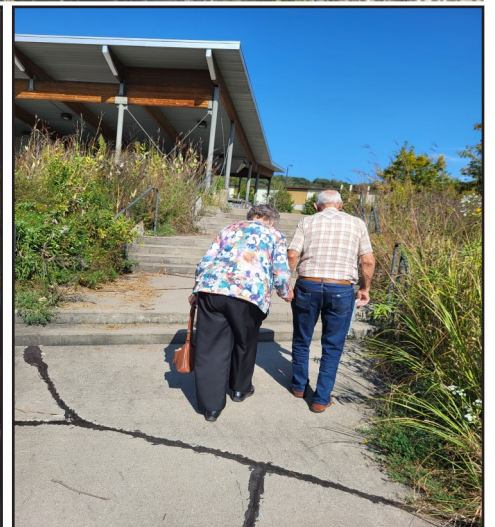
509 US 18
Marquette, IA

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

What is Wisconsin SeniorCare Prescription Drug Assistance Program?

By the GWAAR Legal Services Team (for reprint)

SeniorCare in Wisconsin is a prescription drug assistance program available to Wisconsin residents who are 65 years of age or older. There is no asset or resource limit for SeniorCare and there is no income limit either. However, a person's income will determine what level of SeniorCare they will be placed in.

SeniorCare levels are:

Level 1 is for individuals or couples who have income at or below 160% of the federal poverty level (FPL). For 2025, the annual amount is \$25,040 per individual or \$33,840 per couple. The benefits in Level 1 are as follows:

- No deductible or spenddown.
- \$5 co-pay for each covered generic prescription drug.
- \$15 co-pay for each covered brand name prescription drug.

Level 2a is for individuals who have income above 160% FPL but below 200% FPL. For 2025, these annual amounts are between \$25,040 to \$31,300 per individual and \$33,840 to \$42,300 per couple. The benefits in Level 2a are as follows:

- \$500 deductible per person.
- Pay the SeniorCare rate for drugs until the \$500 deductible is met.
- After \$500 deductible is met, pay a \$5 co-pay for each covered generic prescription drug and a \$15 co-pay for each covered brand name prescription drug.

Level 2b is for individuals who have income above 200% FPL but below 240% FPL. For 2025, these annual amounts are between \$31,300 to \$37,560 per individual and \$42,300 to \$50,760 per couple. The benefits in Level 2b are as follows:

- \$850 deductible per person.
- Pay the SeniorCare rate for most covered drugs until the \$850 deductible is met.
- After \$850 deductible is met, pay a \$5 co-pay for each covered generic prescription drug and a \$15 co-pay for each covered brand name prescription drug.

Level 3 is for individuals or couples who have income above 240% FPL. For 2025, the annual amount is \$37,560 or higher per individual and \$50,760 or higher per couple. The benefits in Level 3 are as follows:

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- Pay retail price for drugs equal to the difference between the member's income and \$36,144 per individual or \$49,056 per couple. This is called “spenddown.”
- Covered drug costs for spenddown will be tracked automatically. During the spenddown, there is no discount on drug costs.
- After spenddown is met, meet an \$850 deductible per person.
- Pay SeniorCare rate for most covered drugs until the \$850 deductible is met.
- After the \$850 deductible is met, pay a \$5 co-pay for each covered generic prescription drug and a \$15 co-pay for each covered brand name prescription drug.

You can enroll in SeniorCare at any time by submitting an application fee of \$30 for an individual or \$60 for a couple. The application requires you to provide a good faith estimate of your annual gross income. If your income goes up midyear, there is no need to do a new application, but if your income goes down, you may want to do a new application if it will put you in a lower level. You would just need to submit a new application and application fee. You must also do a renewal and pay the application fee each year to remain enrolled in SeniorCare.

SeniorCare does count as creditable coverage. This means that, as long as you are enrolled in SeniorCare, you will not have a Part D late enrollment penalty accruing. If you do want to enroll into a Part D plan, you may be able to do it at any time of the year if you are in levels 2b or 3 or if you have another special enrollment period (SEP). Additionally, you can use SeniorCare if you already have a Medicare Part D drug plan – the Part D plan will just pay first. However, you cannot have SeniorCare if you are enrolled in a Medicaid program. An additional consideration is that if you travel out-of-state, you will likely not find a pharmacy able to bill SeniorCare. You also cannot submit claims yourself – they have to be submitted by a participating pharmacy.

If you are interested in applying for SeniorCare, the application and instructions are here: <https://www.dhs.wisconsin.gov/library/collection/f-10076>. You must then return the completed application form and \$30 fee to:

SeniorCare
PO Box 6710
Madison, WI 53716-0710

Finally, if you have any questions, you can contact SeniorCare Customer Service at 800-657-2038.



Join us and begin

planning **AHEAD** for the end of this life

What is Planning AHEAD?

Planning AHEAD is a 7-session course (90 minutes each) that guides participants through the topics on the right.

This course features a free workbook to help people with the tasks and decisions associated with end-of-life.

Who is the program for?

This program is for people who:

- Are interested in planning for the end of life to make things easier for family members
- Have lost a loved one
- Are in the process of losing a loved one and are dealing with the transition

When is the program?

IN-PERSON
JOINING VIRTUAL CLASS

THURSDAYS: APRIL 10 - MAY 22
10:45 AM - 12:15 PM

Crawford County Administration Building
225 North Beaumont Road
Conference Room 236
Prairie du Chien, WI 53821

**REGISTER BY FRIDAY, APRIL 4 BY CALLING
CRAWFORD COUNTY EXTENSION OFFICE AT
608-326-0223**

planning **AHEAD** PROGRAM TOPICS



Getting Started



Handling Financial
Changes



Advance Medical
and Legal Directives



Estate Planning



Choices in
End-of-Life Care



Final Wishes



Understanding Grief



Extension
UNIVERSITY OF WISCONSIN-MADISON

Beginner-Level Exercise Class for SENIORS



Please join us if...

- 1) You are over the age of 60 and
- 2) You exercise less than 60 minutes each week

LOCATION

Hoffman Hall
1600 S Wacouta Ave., Prairie du Chien, WI 53821

TIME

Beginning March 17th, every Monday, Wednesday, and Friday afternoon for 10 weeks!

Monday 2:00-3:00, Wednesday 2:00-3:30,

Friday 2:00-3:00.

COST

Free for all seniors!

TO REGISTER

Contact the ADRC, Prairie du Chien Office at (608) 326-0235.

10-Week Program

Group Exercise + Lifestyle Class

Exercise 60 minutes
Mondays, Wednesdays, and
Fridays+ 30-minute lifestyle
class after exercise on
Wednesdays

6-Month Follow-Up Phone Call with Free Consultation

Have Fun and Get Healthier

A Successful Program Based on the Latest Research

Sign up today, free for all
seniors!



HOFFMAN
HALL

wiha
Wisconsin Institute
for Healthy Aging

CAARN
Community Academic
Aging Research Network



Kelli Brooks

Information & Assistance

From your ADRC Specialist



Susan Myers

Protect Yourself this Flu Season

By the GWAAR Legal Services Team (for reprint)

There are easy ways to help protect yourself from the flu and other respiratory illnesses during the winter months. These are just suggestions to help you avoid the flu, and you should always talk to your medical provider to decide what precautions are safe for you. Follow these simple everyday precautions to prevent the spread of and exposure to illnesses in general.

If you are sick, you should limit contact with others. If you can, staying home will help prevent the spread of illnesses. If you can't stay home, wearing a mask can help reduce the spread. Covering up will slow the spread of illnesses and help protect vulnerable populations. Avoiding contact with others that are sick will also lower your risk. Staying home is an easy way to prevent the spread of illnesses.

Covering coughs and sneezes will also help prevent the spread of illnesses. You should always cover your mouth and nose with a tissue or the crook of your arm. Covering sneezes and coughs is essential even if you don't feel sick. You can be contagious without symptoms, and due to the incubation periods, you may be contagious days before symptoms show up. Cover your coughs and sneezes to stop the spread of illnesses.

Washing your hands is an easy way to slow the spread of illnesses. It's important to wash your hands often, using soap and water. You can use alcohol-based hand sanitizer if you don't have access to soap and water. When you are out in public and touching surfaces, washing your hands is an easy way to help prevent from getting sick or spreading illnesses.

To help prevent illness, avoid touching your eyes, nose, and mouth. Many illnesses are spread through these areas, which is also why masks are helpful. If you have to touch those areas, wash your hands first. If you are sick, touching your face could also spread your illness. Avoid touching areas on your face when you are out in public to prevent illness.

Finally, getting vaccines for the flu and other everyday illnesses can help prevent you from getting sick. Vaccines help reduce the spread of these illnesses and may lessen the severity of your symptoms if you get sick. The decision to vaccinate should be discussed with your doctor. If you need assistance finding low-cost or free vaccinations, you can look on the [Wisconsin Department of Health Services](#) to find out if you are eligible. Do your part to help reduce the spread of illnesses this winter.

Test Your Home for Radon

By the GWAAR Legal Services Team (for reprint)

The Wisconsin Department of Health Services (DHS) and Gov. Tony Evers are encouraging Wisconsinites to test their home for radon. Exposure to radon gas is the second leading cause of lung cancer, and the leading cause of lung cancer for non-smokers. An estimated 21,000 lung cancer deaths per year among non-smokers are caused by radon, according to the U.S. Environmental Protection Agency and Surgeon General.

Radon is an odorless radioactive gas that is naturally present in the ground. It can enter buildings through the foundation. Any house or building can be at risk for high radon levels, including apartments and businesses. “About one out of every ten homes in Wisconsin has high radon levels. Any home, whether old, new, with or without a basement can have radon,” said Gov. Tony Evers. “Since you cannot smell, taste, or see radon, the only way to know if you have high radon levels is to test for it. Test kits are available to help protect you and your family from radon exposure.”

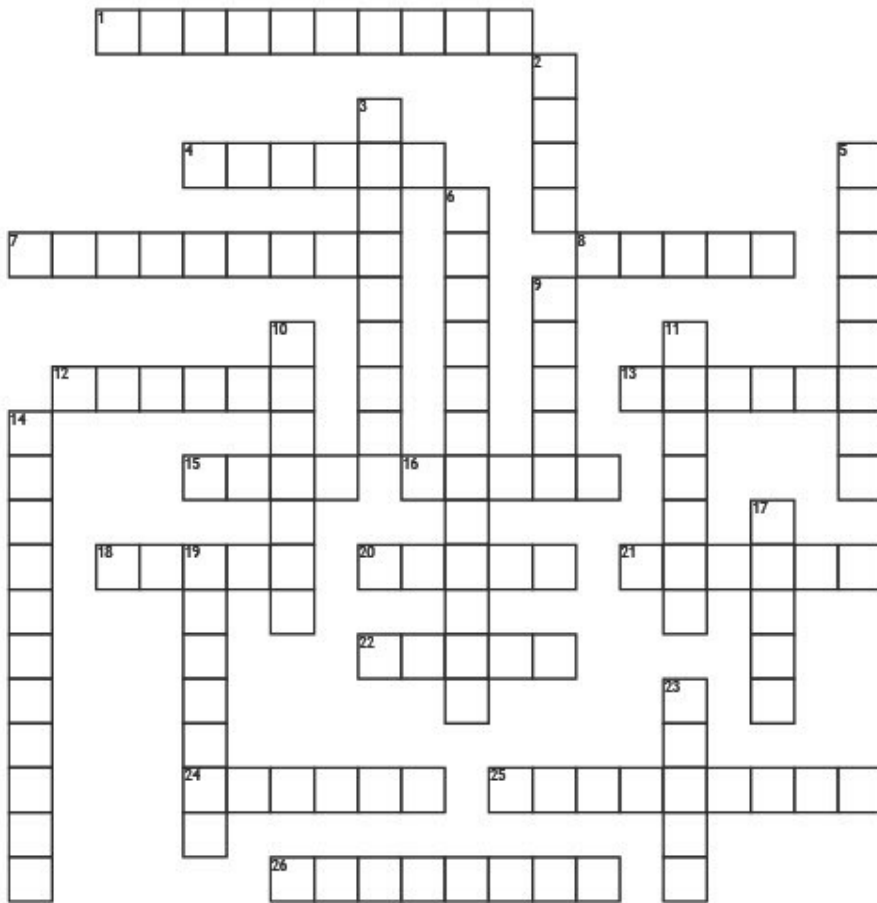
Tests kits that measure radon concentrations in the air are available at hardware stores and local public health agencies. Reduced-cost test kits are available through Radon Information Centers (RIC) in Wisconsin. To find a RIC, please see: <https://www.dhs.wisconsin.gov/radon/infocenters.htm>. There are also nationally certified contractors who can measure radon concentrations in your home: <https://www.dhs.wisconsin.gov/radon/radon-proficiency.htm>.

If you find that the radon levels in your home are high, there are more than 100 radon mitigation contractors in Wisconsin who are nationally certified to install radon mitigation systems. Thousands of these systems are installed in existing homes in Wisconsin each year. You can find a contractor here: <https://www.dhs.wisconsin.gov/radon/radon-proficiency.htm>. If the cost of radon mitigation is a barrier for you, you can contact your local RIC or speak with local public health department experts at 1-888-LOW-RADON (1-888-569-7236) to discuss available options.

For more information, please see: <https://www.dhs.wisconsin.gov/radon/index.htm>.



St. Patrick's Day



Across

1. A mischievous elf in Irish Folklore
 4. A branch of the Indo-European languages that was spread widely over Europe in the pre-Christian era.
 7. To publicly party
 8. The Celtic language of Ireland
 12. A plant of the genus *Trifolium*
 13. March in a procession
 15. Something likened to the metal in brightness or preciousness
 16. A month of a year
 18. Resembling the color of growing grass

20. An occasion on which people can assemble for social interaction and entertainment
 21. A staple food of Ireland
 22. Occurring by chance
 24. A story about mythical or supernatural beings or events
 25. An inherited pattern of thought or action
 26. Another word for 3-leaf clover

Down

2. Invoke upon
 3. A humorous verse form of 5 anapestic lines with a rhyme scheme aabba.
 5. A special kind of clover
 6. Christian missionary and bishop in Ireland

9. Any art that invokes supernatural powers
 10. Achieved independence from the UK in 1921
 11. An arc of colored light in the sky caused by refraction of the sun's rays by rain
 14. The day of the month of St Patrick's day
 17. A small being, human in form, playful and having magical powers
 19. Highly valued as a gemstone
 23. A form of money