



May 2024 Eagle News & Views

Dear Friends,

Welcome May! We are so excited here at the ADRC to celebrate not only Older American month, but also this is ADRC Month!

This year's theme for Older American Month is Powered by Connection, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. We will explore the vital role that connectedness plays in supporting independence and aging in place by combatting isolation, loneliness, and other issues.

There are many opportunities to connect with others via social media or through virtual classes. If you haven't already taken our Sip N Swipe class, this is a perfect avenue to help you learn how to use your smart phone to connect to your loved ones. Be on the lookout for a future class.

Please check out page 18 for many fun events and learning experiences coming up in June. Also check out page 7 with information on our upcoming picnic! We want to see you all there! Call ahead to reserve your spot for a meal and/or a ride.

As always, stay safe, enjoy the weather, and stay connected with those you love.

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 for 1pm appt.), \$2 charge

Second Harvest-Patch Grove 2nd Tuesday of the month, 11:15 P/U, \$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
MAY 28TH!**

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

608-326-0235

FREE MOVIE & REFRESHMENTS



**FEATURED FILM:
MR. ROGERS**



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

**Next Movie:
Harold and Maue (1971)
Friday, May 3rd
7 PM**

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

May Is Older Americans Month

Celebrating Older Americans Month: Powered by Connection

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by a federal agency, the Administration for Community Living (ACL), OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving the older adults in our communities.

This year's theme, "Powered by Connection," focuses on the profound impact that meaningful connections have on the well-being and health of older adults — a relationship underscored by the [U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community](#).

It's not just about having someone to chat with, it's about the transformative potential of community engagement in enhancing mental, physical, and emotional well-being. By recognizing and nurturing the role that connectedness plays, we can mitigate issues like loneliness, ultimately promoting healthy aging for more Americans.

How can community groups, businesses, and organizations mark OAM?

- Spread the word about the mental, physical, and emotional health benefits of social connection through professional and personal networks.
- Encourage social media followers to share their thoughts and stories of connection using hashtag #PoweredByConnection to inspire and uplift.
- Promote opportunities to engage, like cultural activities, recreational programs, and interactive virtual events.
- Connect older adults with local services, such as counseling, that can help them overcome obstacles to meaningful relationships and access to support systems.
- Host connection-centric events or programs where older adults can serve as mentors to peers, younger adults, or youths.

What can individuals do to connect?

- Invite more connection into your life by finding a new passion, joining a social club, taking a class, or trying new activities in your community.
- Stay engaged in your community by giving back through volunteering, working, teaching, or mentoring.
- Invest time with people to build new relationships and discover deeper connections with your family, friends, colleagues, or neighbors.

For more information, visit the official [OAM website](#) and follow ACL on [X](#), [Facebook](#), and [LinkedIn](#). Join the conversation on social media using the hashtag #OlderAmericansMonth.



Photo Courtesy of Pixabay.com

Did you Know...

Rhubarb is actually a vegetable not a fruit.

Both rhubarb and asparagus are perennials, meaning they regrow every year on their own.

EAT WELL, AGE WELL. May – Rhubarb and Asparagus

May is [blood pressure awareness month](#)! Rhubarb is a spring vegetable that is high in Vitamin K and Vitamin C, as well as anthocyanins, a plant pigment that help reduce blood pressure. While the *leaves are toxic*, the stalk is known for its sourness that pairs well with a variety of foods. Enjoy as a sauce with meats, in pies and other desserts, or compotes and jams. Tidbit, the redder the stalk, the sweeter the flavor.

- Storage: Stores ~1 week when wrapped in the refrigerator
- Preparation: Remove leaves if present and wash the stalk well. Asparagus is an iconic spring vegetable that is best eaten fresh.

Asparagus is high in many vitamins and minerals, as well as inulin, a prebiotic that aids in digestion. It also has antioxidant and anti-inflammatory properties making it a healthy side to any meal.

- Storage: Asparagus does not store for long, so eat rapidly. For short-term storage, place upright in a tight bundle in a cup of water in the refrigerator.
- Preparation: Trim the end of each spear before eating or cooking. Thin stalks are the most tender. Can be roasted, grilled, steamed, or eaten raw. Try grilling it with some olive oil, herbs, and pepper. Do not overcook!

Picnic

at the

Town Hall

WEDNESDAY, JUNE 5TH

5pm at Seneca Town Hall

Come join the Aging & Disability Resource Center of Eagle Country -Crawford County Office at the Seneca Town Hall to talk about the needs of those aging in our community. There will be a light supper starting at 5 pm with a free will donation.

Free transportation will be provided. Please call the office at 608-326-0235 to pre-register for your ride and this event.

<https://www.crawfordcountyywi.gov/departments/adrc>





Jody Eick
Meal's Coordinator

May Menu

Questions?
Reservations?
Cancellations?

Call

326-0235

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>For meal site reservations, please call by 2 p.m. the business day before.</p>	<p><i>Menus are subject to change</i></p>	<p>1 Sliced Ham w/Apple glaze Glazed carrots Baked Beans Strawberry Shortcake WW Roll</p>	<p>2 Homemade Vegetable Pizza Garden Salad Mixed Fruit Lemon Bar</p>	<p>3 Salmon Patties Potato Pancakes Pea & Cheese Salad Fresh Vegetables w/Dip Pears</p>
<p>6 Chili Dog on WW Bun Potato Salad Fresh Vegetables with Dip Banana Cookie</p>	<p>7 Beef Pot Roast Almond Green Beans Pears Banana Pudding WW Roll</p>	<p>8 Baked Cod with Panko Crust Coleslaw Baked Potato Fresh Summer Berries WW Roll</p>	<p>9 Ravioli with Meat Sauce Caesar Salad Tropical Fruit Mix Garlic Bread</p>	<p>10 BBQ Pork on WW Bun Baked Beans Roasted Broccoli Mixed Fruit Chef's Choice Desert</p>
<p>13 Egg Salad Sandwich Roasted Garlic Potatoes Green Beans Creamed Cucumbers Sunshine Salad</p>	<p>14 Honey Glazed Salmon Asparagus Cowboy Caviar Brown Rice Jello with Fruit</p>	<p>15 Hot Beef Sandwich Mashed Potatoes w/ gravy Glazed Carrots Corn Chef's Choice Desert</p>	<p>16 Chicken Spinach Salad Fresh Fruit Chef's Choice Desert WW Roll</p>	<p>17 Pork Chops w/pork gravy Roasted Sweet Potatoes Cauliflower Summer Fruit Salad WW Roll</p>
<p>20 Taco Salad Spanish Rice and Beans Pears Rice Krispie Bar</p>	<p>21 Turkey Meat Loaf Mashed Potatoes w/ gravy Green Beans Fruit Cholate Chip Cookie Bar WW Roll</p>	<p>22 BBQ Chicken Baked Sweet Potato Baked Beans Fruit Chef's Choice Desert WW Roll</p>	<p>23 Beef Teriyaki Brown Rice Mixed Vegetables Pineapple Cookie</p>	<p>24 Brat on WW Bun Bacon Ranch Salad Baked Beans Peaches Brownie</p>
<p>27 CLOSED</p>	<p>28 Hamburger with Tomatoes, Lettuce, and Pickle Potato Wedges Cottage Cheese Salad</p>	<p>29 Chef's Choice</p>	<p>30 Herbed Chicken and Gravy Roasted Potatoes Green Beans Mixed Fruit Chef's Choice Desert WW Roll</p>	<p>31 BBQ Sandwich Party Potatoes Macaroni Salad Snickers Caramel Apple Salad</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 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

MAY is...**Mental Health Awareness Month** a great opportunity to shine a spotlight on the importance of mental health and the urgent need for increased awareness and support. Adults with disabilities report experiencing frequent mental distress almost 5 times as often as adults without disabilities and often lack adequate mental health programs tailored to their unique needs, highlighting the disparities individuals with disabilities face in accessing mental health services and the urgent need for more inclusive and accessible support systems. (information obtained from the web-based article "Mental health awareness month is opportunity for disability community" by Dr. Robin Lanzi from University of Alabama at Birmingham, 5/17/2023)

National Center on Health, Physical Activity and Disability (NCHPAD) offers the following free program to strengthen your mental health and well-being:

GROWTH Growing Resilience Out of Wellness and Thoughtful Habits

Our 6-week program, GROWTH, focuses on fundamental strategies to nurture your mental health and mental well-being for individuals with an existing disability or a recent diagnosis.

Program Highlights

- **Mental Health and Awareness:** Understand mental health, distress signs and effective responses.
- **Build Connections:** Establish meaningful connections within oneself, with others, and with supportive coping strategies and resources.
- **Holistic Self-Care Practices:** Learn mindfulness, meditation, gratitude and various self-care techniques.
- **Navigating Emotions and Perspectives:** Explore creative strategies and tools for managing thoughts and emotions.
- **Understanding Ableism and Advocacy:** Gain insights into ableism's impact on mental well-being and how advocacy and connection can offer support.

Who can join the program?

GROWTH is open to anyone living with a mobility limitation who is interested in learning about mental health and wellness through meaningful conversations, activities and shared resources.

How much does the program cost?

It doesn't cost anything except your time. Two hours and thirty minutes each week for 6 consecutive weeks.

How do I sign up for GROWTH?

First you need to [join NCHPAD Connect](#). Once you join NCHPAD Connect and fill out our questionnaire, our team will work with you directly to get you enrolled.

<https://www.nchpadconnect.org/growth/>

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 5/16 Communication Skills

Thursday 6/20 Traveling & Other Undesired Activities

Thursday 7/18 Legal & Financial Planning

Thursday 8/15 Home Safety & Assistive Devices



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

DOWN PAYMENT ASSISTANCE

FUNDS AVAILABLE

We want to help you to purchase your own home! Eligible households may receive up to **\$16,500** as a 0% interest, deferred loan toward down payment and standard closing costs.

Eligibility requirements include:

- Household income at or below 80% of county median
- First-time home buyer
- Complete Home Buyer Education course

HCRI funds up to \$10,000:

- Household member has a permanent disability
- Any location in Wisconsin

AHP funds up to \$6,500:

- Household income at or below 60% of county median
- Rural communities across Wisconsin

Contact our Housing Counseling team for more information:



(608) 251-4446 x7
info@movin-out.org



Just for You

From your Elder Benefit Specialist, Ashley Greene



Alphabet Soup: HRAs vs. HSAs vs. FSAs

By the GWAAR Legal Services Team (for reprint)

Health reimbursement accounts (HRAs), health savings accounts (HSAs), and flexible spending accounts (FSAs) all provide ways for consumers to save money on healthcare costs. However, there are some big differences between these types of accounts, and it's important to understand these differences.

	Health Savings Accounts (HSAs)	Health Reimbursement Accounts (HRAs)	Flexible Spending Accounts (FSAs)
How do you get it?	You must have a high deductible health plan. The IRS sets the minimum deductible amount for a plan to qualify.	If your employer offers a plan with an HRA, you will get the HRA when you sign up for the plan.	FSAs are established through your employer when you enroll in benefits. It is not connected to a health plan.
Who funds it?	You contribute pre-tax money via payroll deductions. The IRS sets contribution limits every year. Your employer and other people may also contribute if they choose. Unused money rolls over from year to year, and there is no limit to how much you can save over time.	An HRA is funded by your employer.	You contribute via payroll deductions. Some employers may also contribute. You generally have to use your FSA money within one benefits year – it does not roll over.

How can you spend the money?	You can spend the money on qualified medical expenses as defined by the IRS.	You can use your HRA for approved premium costs and out-of-pocket medical expenses.	You can spend the money on qualified medical expenses as defined by the IRS. There is a limit to how much you can spend in a benefits year.
What happens when you leave your job?	Once you open an HSA, the account is yours forever. You can take it with you when you leave your job.	The money in the HRA belongs to your employer, so you can't take an HRA with you when you leave your job.	Your employer keeps the funds when you leave your job or if you do not use the money within the benefits year.
What are the tax advantages?	Contributions and account interest are tax-free.	The HRA is tax-free for you and your employer.	The money you contribute to your FSA is tax-free.
Are they affected by Medicare enrollment?	You are no longer allowed to make contributions, and contributions may not be made on your behalf, once you enroll in Medicare. You may continue to spend the money that is already in your HSA after Medicare starts.	The HRA is not affected if you enroll in Medicare.	Your FSA is not affected if you enroll in Medicare. <input type="checkbox"/>



Kelli Brooks

Information & Assistance

From your ADRC Specialists

Melissa Goodman



The Health Benefits of Fishing

By the GWAAR Legal Services Team (for reprint)

Opening day for fishing in Wisconsin is traditionally the first Saturday in May – May 4th for 2024. However, season dates can vary depending on what kind of fish you are fishing for and in which body of water you are fishing. You can refer to [The Guide To Hook And Line Fishing Season Dates, 2024-2025](#), for specifics of where you plan to fish and what you plan to fish for.

There are many physical and mental health benefits of fishing, not just for older adults, but for everyone. Below are just a few examples of the many benefits of fishing:

- Fishing helps reduce stress. Fishing can be very relaxing and help people connect with nature. It is shown to be an excellent stress-reliever.
- Fishing helps increase socialization and reduce isolation and loneliness. There are many social connections to be made by fishing, from meeting others at the nearby fishing hole, to connecting with folks at the local bait shop. Fishing gives folks an opportunity to share and connect with others.
- Fishing helps improve balance, coordination, and lowers the risk of falling. Fishing, and the act of casting the pole, reeling in the fish, and other related activities are excellent ways to improve balance and coordination. Regular fishing has been shown to be an excellent way to help prevent falls in older adults. Fishing also helps maintain hand-eye coordination and manual dexterity through activities like tying the line to the hook, baiting the hook, and reeling in the fish.
- Fishing is great, low-impact exercise. Whether you walk to find your favorite fishing hole, row your boat in the lake, or just cast your pole, you're getting a great, low-impact, full-body workout.
- Fishing is shown to help improve mental stimulation and cognition. Enjoying a hobby is a great way to keep your mind sharp and active. Fishing, in particular, is wonderful for building patience and concentration.

You don't even need to have a boat to fish. There are countless shore fishing spots in Wisconsin that provide great fishing opportunities. There are also many accessible fishing spots for individuals with disabilities. These accessible fishing piers are designed to accommodate wheelchairs, are wider to offer enough room for turning around, and have lower railings and

fishing rod holders. For more information about accessible fishing in Wisconsin, visit: <https://dnr.wisconsin.gov/topic/OpenOutdoors/AccessFish> And for a map of these sites, visit: https://dnr.wisconsin.gov/sites/default/files/topic/Fishing/AnglerEd_AccessibleShoreFishingSites.pdf

Finally, a reminder that a license is required to fish in Wisconsin except for children under 16 years of age and those born before 1927. Everyone else must purchase a fishing license. An annual fishing license is \$20, but for adults over 65, there is a discounted license available for \$7. You can purchase fishing licenses at certain retailers, DNR service stations, or at gowild.wi.gov. For more information about fishing licenses, visit: <https://dnr.wisconsin.gov/topic/Fishing/outreach/FishingLicenses>

May is National Stroke Awareness Month

By the GWAAR Legal Services Team (for reprint)

Strokes can happen to anyone, regardless of age. If you've had one stroke, you're at higher risk of having another one. Read on to learn more about the warning signs of a stroke. Recognizing the warning signs of a stroke and calling 911 immediately may affect whether someone recovers from a stroke or faces long-term disability or even death.

When you spot a stroke warning sign, act F.A.S.T.!

- **F** = Face Drooping. Does one side of the person's face droop, or is it numb? Ask the person to smile – is the smile uneven?
- **A** = Arm Weakness. Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- **S** = Speech Difficulty. Is the person's speech slurred?
- **T** = Time to call 911! Stroke is an emergency. Call 911 immediately, and keep track of the time when any symptoms first appeared.

Other stroke symptoms may include sudden:

- Numbness or weakness of the face, arm, or leg, especially on one side of the body;
- Confusion, including trouble speaking or understanding speech;
- Trouble seeing in one or both eyes;
- Trouble walking, dizziness, loss of balance or coordination; and
- Severe headache with no known cause.

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

SAVE THE

DATE

Dementia Live

June 20th and 21st

At Crossing Rivers Hospital

Experience a real-life look living with dementia.

Sign up by calling the ADRC at 608-326-0235.

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."

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.*



SAVE THE DATE

AGING ADVOCACY DAY 2024

Tuesday, May 14, 2024 | Madison, WI



Join us for the 8th annual Aging Advocacy Day!

Advocates from around the state will gather to help educate state legislators about issues affecting older adults and caregivers in Wisconsin!

No experience necessary; training is provided.

Morning training at the Best Western Premier Park Hotel, 22 S. Carroll St., Madison; and **Afternoon visits** with your legislators/key staff members at the Wisconsin State Capitol.

We will also be working with local aging network partners to schedule and host follow up in-district meeting opportunities over the summer of 2024.

Make a difference. Let your voice be heard.

Contact: Janet Zander
1414 MacArthur Rd.
Madison, WI 53714

janet.zander@gwaar.org

(608) 228-7253

#WIAgingAdvocacyDay

#WIAAD24

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!**

Camping Trip

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

BACKPACK

BIKING

BIRD

BONFIRE

BULLFROG

CAMPER

CANOE

COOLER

CRICKETS

EXPLORE

FISHING

FLASHLIGHT

FOLDING CHAIRS

GHOST STORIES

GRILL

HANGING OUT

HIKE

LANTERN

MARSHMALLOW

MOSQUITO

MOUNTAINS

NATIONAL PARK

NATURE

OUTDOORS

OUTHOUSE

PORTABLE STOVE

RELAXING

ROUGHING IT

S'MORE

SINGING

SLEEPING BAG

SWIMMING

TENT

TOGETHER

TRAILER

WOODS

To answer the trivia question, look for a word or phrase that is hidden in the puzzle, but not in the word list.

Trivia: What National Forest Service mascot warns campers about the dangers of forest fires and teaches strategies for preventing them?

Answer: _____