



September 2024 Eagle News & Views

Dear Friends,

Well, here we are in September already. Kids are going back to school and fall weather is upon us. I hope you all had a wonderful summer and are gearing up for apple season and football!

Also, September is another month of final harvest for your vegetable bounty. Please remember that if you have extra, we can take produce donations for our central kitchen! Please drop them off at either meal site, the local office, or the kitchen. We appreciate all donations!

Once again, we are celebrating September and Falls Prevention Month. Falls continue to remain the leading cause of injury and death for older Americans. Falls threaten seniors' safety and independence. What can you do to prevent and educate yourself on not falling? Check our page 20 for our upcoming Stepping on Class. Class size is limited so call early to register.

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** Monday and Friday (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



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

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



PRAIRIE DU CHIEN MEMORIAL LIBRARY
PRESENTS
**TUESDAY AFTERNOON
MOVIES**



FEATURED FILM:

THE BOYS IN THE BOAT

FREE MOVIE AND REFRESHMENTS

NEXT MOVIE:

SEPTEMBER 24

FOURTH TUESDAY OF THE MONTH AT 1 P.M.



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

Next Movie:

New in Town (2009)

Friday, September 6th

7 PM

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

SAVING LIVES FOR GENERATIONS



SPANISH FLU • POLIO • MEASLES

INFLUENZA • RSV • COVID-19

GET VACCINATED THIS FALL



Talk to your doctor about which vaccines are right for you.

NEED TRANSPORTATION? CONTACT THE HEALTH DEPARTMENT



CRAWFORDCOUNTYWI.GOV

225 N. BEAUMONT RD. PRAIRIE DU CHIEN

PHONE: 608-326-0229



PROTECTION FROM SEVERE
ILLNESS & DISEASE



BUILD YOUR IMMUNE
SYSTEM



REDUCE YOUR RISK OF
HOSPITALIZATION



Did you Know...

Shiitake mushrooms were not grown in the United States until 1972, when a ban on importing live shiitake cultures was lifted.

Image by [Connie Tucker](#) from [Pixabay](#)

EAT WELL, AGE WELL. Shiitake Mushrooms

Shiitake (pronounced shee-ta-kay) mushrooms have large umbrella-shaped caps that are dark brown. If you've eaten button or portobello mushrooms, you'll find shiitakes taste savory and almost meat-like. They are popular in stir-fries, risotto, soups, and other recipes. Shiitake mushrooms are cholesterol-free, fat-free, a good source of fiber, and low in sodium. They may help boost your immune system and lower cholesterol. They also have anti-inflammatory properties and are high in antioxidants.

- **Where to Purchase:** Most large grocery stores or Asian markets will carry them. Look for thick caps that curl downward slightly. Avoid mushrooms that look slimy or dried out.
- **Washing:** Avoid submerging them in water as they'll absorb it and become spongy. Instead, wipe the caps off with a damp paper towel and give them a brief rinse under cool running water. Shake or spin them dry to remove excess moisture afterward.
- **Storage:** They often come on a tray with plastic wrap. They should be removed from this packaging and stored in a paper bag as soon as you get home. Wrapping your shiitake mushrooms in a paper towel will also help absorb some excess moisture and make them last longer. Fresh shiitake mushrooms stored in a paper bag should last for about a week in the refrigerator.

Learn more about shiitake and other mushrooms at: grocycle.com

Beneficial Bites

Awesome Apples

Health Benefits

Apples are a good source of fiber which helps regulate the digestive system. They also are a good source of Vitamin C which is essential for immune function, growth, development, and wound healing.

Varieties

There are thousands of varieties of apples produced throughout the world; several less common varieties include:

Winesap, Arkansas Black, Suncrisp, Gana, Galloway, Sommerfield, Alexander, Almata, Mantet, Cameo, Margil, Melon, Melba, Gavin, and Fortune.

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!



FREE

SEPTEMBER NUTRITION EDUCATION Cooking for 1 or 2

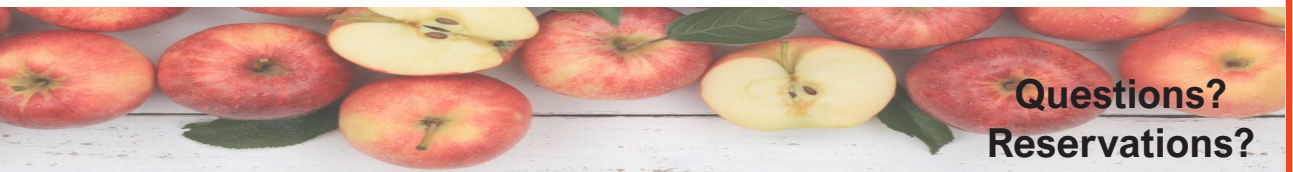
Sept. 12th @ 11:45 am
Gays Mills
Community Center
16381 WI-131
Gays Mills, WI

Sept. 13th @ 11:45 am
Hoffman Hall
1600 South Waucouta
Ave.
Prairie du Chien, WI
53821

Free cooking class and education on cooking for
one or two people and how to preserve food that
you don't use.




Jody Eick
Meal's Coordinator



September Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED	3 Chicken with Pineapple Glaze Brown Rice Mixed Vegetables Peaches Chef's Choice Dessert	4 Sliced Ham w/Apple glaze Glazed carrots Baked Beans Strawberry Shortcake WW Roll	5 Homemade Vegetable Pizza Garden Salad Mixed Fruit Lemon Bar	6 Hamburger with Tomatoes, Lettuce, and Pickle Potato Wedges Cottage Cheese Salad
9 Chili Dog on WW Bun Potato Salad Fresh Vegetables with Dip Banana Cookie	10 Beef Pot Roast Almond Green Beans Pears Banana Pudding WW Roll	11 Baked Cod with Panko Crust Coleslaw Baked Potato Mixed fruit WW Roll	12 Ravioli with Meat Sauce Caesar Salad Tropical Fruit Mix Garlic Bread	13 BBQ Pork on WW Bun Baked Beans Roasted Broccoli Fresh Summer Berries Chef's Choice Dessert
16 Egg Salad Sandwich Roasted Garlic Potatoes Green Beans Creamed Cucumbers Sunshine Salad	17 Honey Glazed Salmon Asparagus Cowboy Caviar Brown Rice Jello with Fruit	18 Hot Beef Sandwich Mashed Potatoes w/ gravy Glazed Carrots Corn Birthday Cake	19 Chicken Spinach Salad Fresh Fruit Chef's Choice Desert WW Roll	20 Pork Chops w/pork gravy Roasted Sweet Potatoes Cauliflower Summer Fruit Salad WW Roll
23 Taco Salad Spanish Rice and Beans Pears Rice Krispie Bar	24 Turkey Meat Loaf Mashed Potatoes w/ gravy Green Beans Fruit Cholate Chip Cookie Bar WW Roll	25 Baked BBQ Chicken Baked Sweet Potato Baked Beans Fruit Chef's Choice Dessert	26 Beef Teriyaki Brown Rice Mixed Vegetables Pineapple Cookie	27 Brat on WW Bun Bacon Ranch Salad Baked Beans Peaches Brownie
30 Chef's Choice Menu		Please make cancellations for home delivered meals by 8:30 a.m.	<i>Menus are subject to change</i>	For meal site reservations, please call by 2 p.m. the business day

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



Let's do Lunch

The ADRC will be providing transportation to our Hoffman Hall meal site for \$1!

Call today to reserve your spot
608-326-0235.

Wednesday, September 4th & 18th

*Meal is a suggested contribution of \$4-\$6.

GAYS MILLS APPLE ORCHARD TRIPS

SEPTEMBER 24TH & OCTOBER 8TH

ENJOY A TRIP TO THE ORCHARDS,
FOLLOWED BY LUNCH AT OUR
GAYS MILLS MEAL SITE.

TRANSPORTATION - \$2

MEAL COST - \$4

BUS DEPARTS AT 9 AM

SPACE IS LIMITED, SO RESERVE YOUR
SEAT TODAY BY CALLING 326-0235



News for You

Amy Eastlick, Disability Benefit Specialist



MAKE YOUR PLAN TO VOTE: November 5, 2024 – fall general election

STEP 1: Check your voter registration status at myvote.wi.gov

STEP 2: Register or re-register (if you moved since the last election)

- Deadline to register online or by mail: October 16
- Deadline to register in person: November 1
- Register at your polling place: November 5

- Register online at myvote.wi.gov, or by mail, or in-person at your clerk's office, or at your polling place on Election Day.
- To register online, you need a WI driver's license or WI ID Card.
- Don't have a valid WI State ID or Driver's License? Complete a registration form. Mail it to your clerk with a Proof of Residence document with your name and current address, such as a utility bill, bank statement, or a bill or letter from a government agency with your current name and address.

STEP 3: VOTE ABSENTEE:

To vote by mail, 1st request an absentee ballot ASAP.

- Online: Request an absentee ballot at myvote.wi.gov. Use your smartphone to take a picture of your WI ID or WI Driver's License and upload it with your application.
- By Mail: Can't request online? Mail your completed absentee ballot request to your clerk with a copy of your photo ID.
- By Email: Email your clerk to request an absentee ballot. Include your name, voting address, and a copy of your photo ID.
- In-Person: Complete the request form at your clerk's office.

2nd Carefully follow the directions to ensure your vote will be counted. Use a black

- pen. • Complete your absentee ballot in the presence of a witness, who is not a candidate, is at least 18 years old, and is a US citizen. The witness must verify that you completed the absentee ballot but should not see your choices. Need a witness? Check with your clerk. • Put your absentee ballot in the return envelope and seal it. • Your witness must sign the return envelope on the line marked "Signature of Witness" and must also write their address. • Sign and date the return envelope on the line "Signature of Voter".

VOTE: IN PERSON

Election Day, 7:00 AM - 8:00 PM: You may register and vote at your polling place. Find your polling place at myvote.wi.gov

Have a Voting Question??

Contact your Municipal Clerk: myvote.wi.gov/en-US/MyMunicipalClerk

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

Let's Celebrate Public Transportation!

Have you ever wondered what it was like to ride the SMRT bus? Are you looking to get out of the house? If you are 60+ or a disabled adult, you may come into the ADRC office in the month of September and request your free ticket to try out the SMRT bus! You can ask questions and get all the information to have a pleasant trip.

SMRT (Scenic Mississippi Regional Transit) Bus

What? The SMRT bus is a commuter bus system for Crawford, Vernon, Monroe and La Crosse Counties. The SMRT buses are handicapped accessible with bike carriers. Wireless internet is available. Free transfers are available from one bus to the next on your one-way trip. The bus started in 2012 and has grown steadily in routes, stops and ridership. In 2018 we added the Green routes and Monroe County. Future expansion is planned.

Who? Anyone can ride the SMRT bus

When? Runs weekdays, Monday- Friday, excludes some holidays

Where: 1-6 stops daily with 3 stops in Prairie du Chien, 2 stops in Viroqua, 2 stops in Tomah and 9 stops in La Crosse. Stops along the route are typically on demand, but there are single stops in many communities such as Ferryville, West Salem, Sparta, Westby and many others

Gundersen employees can ride for free when showing their employee badge. MCHS employees, Western Employees and students can ride for \$1.00 each way by showing their badge. MCHS patients can also ride the bus for \$1.00 by showing an appointment card or letting the bus driver know that you have an appointment and being dropped off at a MCHS site.

The Red Bus -three routes that all start in Prairie du Chien, Lynxville, Ferryville, De Soto, Genoa, Stoddard to La Crosse, returns to Prairie du Chien by stopping at the same locations. There is an early morning route, a mid-day route and an afternoon route.

The Blue Bus -three routes that all start in Viroqua, Westby, Coon Valley to La Crosse. Returns to Viroqua through Coon Valley and Westby, same three route times.

The Yellow Bus - four routes that all start in Viroqua, stops in Westby, Coon Valley to La Crosse. returns to Viroqua through Coon Valley and Westby. There are two morning routes, a mid-day route and an afternoon route.

The Green Bus – three routes loop from Tomah - La Crosse in the morning, noon and in the afternoon.

Questions about schedules and routes, contact Running, Inc. 877-444-6543

<http://ridesmrt.com/>

[\(20+\) Ride SMRT | Facebook](#)



Call toll free: (877) 444-6543





Just for You

From your Elder Benefit Specialist, Ashley Greene



Medicare Coverage of Vaccines

By the GWAAR Legal Services Team (for reprint)

Vaccines play an important role in preventing illness. However, knowing if and when Medicare pays for vaccines can be confusing. Most vaccines that your doctor recommends will be covered by your Medicare prescription drug plan. Medicare prescription drug plans are required to cover most commercially available vaccines. The only exceptions are the vaccines for flu, pneumonia, hepatitis B, and COVID-19, which are covered by Part B.

Vaccine	Medicare Coverage	Coverage Rules
Influenza (flu)	Part B	Part B pays for (and recommends) one shot every flu season. Additional flu vaccines may be covered if considered medically necessary.
Pneumonia	Part B	Part B pays for one shot, recommended for all adults aged 65+ and younger adults with chronic health conditions.
Hepatitis B	Part B	Part B covers the series of three shots for high- or medium-risk individuals, including those with hemophilia, end stage renal disease, diabetes, and other chronic conditions that lower resistance to infection. (A prescription drug plan may cover the vaccine for someone who does not satisfy Part B coverage criteria. Contact your drug plan for more information.)
COVID-19	Part B	Part B covers FDA-approved COVID-19 vaccines and the administration of the vaccines at no cost to beneficiaries if the provider accepts assignment.
Shingles	All Medicare prescription drug plans must cover	Two doses of Shingrix, separated by 2 to 6 months are recommended for healthy adults 50 years and older. Check with your plan to find out specific rules for administration and payment.

RSV	All Medicare prescription drug plans must cover	One dose of Abrysvo, Arexvy, or mResvia is recommended for adults 60 years and older. Check with your plan to find out specific rules for administration and payment.
Tdap (Tetanus, Diphtheria, Pertussis/Whooping Cough)	All Medicare prescription drug plans must cover	One dose of Tdap followed by booster every 10 years for all adults. Check with your plan to find out specific rules for administration and payment.

Medicare covers all recommended vaccines with no cost-sharing for beneficiaries. If you have Original Medicare, you will not pay any out-of-pocket costs for vaccines covered by Part B if your provider accepts assignment. Medicare Advantage plans are required to cover Part B vaccines without applying deductibles, copayments, or coinsurance if you meet the criteria for coverage and see an in-network provider.

For vaccines covered by your Medicare prescription drug plan, check with your plan for information about how the plan covers vaccines and where you must receive the vaccine. ☐

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: October 8th, & December 10th



Medicare Ads and Scams

Two presentations

October 16th

Crawford County Administrative Building
UW Conference room, Suite 236



Next Medicare Workshop October 8th!



Kelli Brooks

Information & Assistance

From your ADRC Specialists

Melissa Goodman



FoodShare and Farmers Markets

By the GWAAR Legal Services Team (for reprint)

Late summer and fall are the most bountiful seasons at our Wisconsin farmers markets. However, individuals using the FoodShare program may feel left out from visiting these markets for fresh, local food. Many people are surprised to learn that most farmers markets accept FoodShare benefits from their Quest cards. Spending your FoodShare benefits at your local farmers market lets you directly support people in your community. And with farmers markets, you know the people in your community that you are supporting directly.

Here are some tips for using FoodShare benefits at farmers markets:

1. Locate the Information Stand at your market.
2. The attendant will swipe your Quest card and give you vouchers or tokens – sometimes \$2 in vouchers for every \$1 in FoodShare dollars.
3. Locate stands with signs that say “EBT accepted here.”
4. Exchange tokens or vouchers for fresh produce.

You can find a farmers market anywhere in Wisconsin here: [WI Farmers Market Association - Find a farmers market \(wifarmersmarkets.org\)](http://wifarmersmarkets.org)

For general information about using FoodShare at farmers markets, as well as links to flyers and infographics, visit: <https://healthyliving.extension.wisc.edu/articles/how-to-shop-with-snap-benefits-at-wisconsins-farmers-markets/>

In addition, the Senior Farmers Market Nutrition Program (FMNP) is available to anyone 60 or older or who lives with someone 60 or older. Native Americans can join at 55 or older. To join, individuals must also meet low-income rules and live in a county that is part of Senior FMNP. The Senior FMNP is available from June 1 through October 31.

More information about this program and where to join is available here: [WIC: Senior Farmers Market Nutrition Program | Wisconsin Department of Health Services](#) □

How to use your Quest card at the farmers' market



Talking To Your Doctor About Falls: 6 Tips for Helpful Conversations

More than one in four older adults falls each year, but only half tell their doctor. It is important for your doctor to know about any health problems, including concerns about balance and falls. Get the most out of your conversations with these six tips.

- 1. Write a list of things you want to talk about.** Before your appointment, create a list of health topics you want to talk about, including balance and falls. The outline will help you remember your conversation points and questions.
- 2. Ask for a falls risk assessment.** If you have fallen, have trouble walking, or feel unsteady, talk to your doctor about having a falls risk assessment.
- 3. Talk about other specialists.** Ask your doctor if you would benefit from seeing a physical therapist, occupational therapist, or other specialists to help improve balance, strength, medication use, nutrition, vision, and hearing to reduce your risk of falls.
- 4. Be honest about your concerns.** Tell your doctor if you have fallen and share as many details as possible. The more your doctor knows, the more they can help you.
- 5. Take notes—and ask for notes!** Bring a notepad and pen to write down any important information your doctor shares with you. This helps to remind you of information shared during the appointment.
- 6. Ask your doctor questions.** If there is anything you do not understand, ask your doctor again. Repeating information back to the doctor will help you remember and let the doctor know you understand the information.

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

Christmas
Right Here

A family holiday event
hosted by
Partners of
Crossing Rivers Health

Livin' Well
Wellness Fair



A collaborative community event sponsored
by Aging & Disability Resource Center
of Eagle Country and
Crossing Rivers Health

Saturday, December 7, 2024 • 10 a.m. - 1 p.m.
Held at CROSSING RIVERS HEALTH
37868 US Hwy 18 | Prairie du Chien, WI

Save The Date

CAREGIVER BOOTCAMP



9:30 a.m. - 3:00 p.m.
Prairie du Chien Library

Sip N Swipe Cafe

"A smartphone beginner basics class"



Designed to help:

- Those new to technology
- Those who have a smart phone, but are not sure how to use it
- Classes are available for Android and Apple Phones

18 (Please bring your smart phone with you to class)

Free classes:

October 1st, 8th, 15th, and
22nd
Prairie du Chien Library

10:00-11:30am Android Training

*For more information or to register
contact ADRC at :
608-326-0235. Registration is required
and spots are limited.*

*Please also provide what type of android
phone you have prior to class.*



Thank you to our ADRC drivers for all your hard work and dedication serving the residents of Crawford County!

MEDICAL/SHOPPING DRIVERS

Cynda - 3 years



Renee- 1 year



Dennis -8 years



Rick - 6 years



Harry - 3 years



Jon - 1 year



Peggy - 3 years



Laura - 1 year



Felicia- 5 months



Mike - 1 year



Not Pictured: Deanna- 2 months

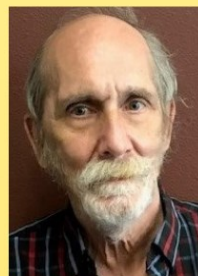
Tim - 10 years



Kymm-3 months



Dave - 4 years



Deb - 4 years



Kylie- 3 monthss



MEALS DRIVERS

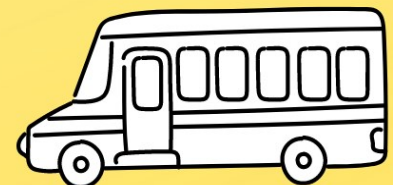
Jeff-1 year



Pam- 1 month



John- 8 years



PLANNING AHEAD

an end-of-life planning curriculum for all ages



Participants will learn about

- Handling Financial Changes
- Advance Medical and Legal Directives
- Estate Planning
- Choices in End-of-Life Care
- Life Wishes
- Understanding Grief

developed by UW-Madison Division of Extension faculty and staff

Sign Up today!
This course fills up fast...

Tuesdays: September 10, 17, 24
October 1, 8, 15, 22
2:00 – 3:30 PM

Crawford County Administration Building
225 North Beaumont Road, Suite 236
Prairie du Chien, WI

REGISTER BY FRIDAY, SEPTEMBER 6TH BY
CALLING CRAWFORD COUNTY ADRC AT
608-326-0235



An EEO/AA employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and the Americans with Disabilities Act (ADA) requirements.



CREATIVE ENGAGEMENT PROGRAMS FOR PEOPLE
WITH MEMORY LOSS and THEIR CARE PARTNERS

JOIN US!

When: Third Tuesday of every month

TIME: 10am to 11:30am

WHERE: The Driftless Area Wetlands Centre, 209 Highway 18 W,
Marquette, IA 52158



2024 SPARK! Schedule

Welcome to the Driftless Area Wetlands Centre
September 17th

Birds of the Driftless Area
October 15th

The Science of Seed Saving
November 19th

A Driftless Christmas Celebration
December 17th

(Please register for each class by calling 608-326-0235 or 563-873-3537)



JOIN OUR BOOST YOUR BRAIN & MEMORY CLASS!



Research has confirmed that people of all ages—even those in their 80s—can improve cognitive function and even reduce their risk of Alzheimer's Disease and other dementias through certain lifestyle behaviors.

**8 WEEK CLASS RUNS
SEPT. 4TH - OCT. 23RD**

2:00 PM - 3:30 PM

**PRAIRIE DU CHIEN
MEMORIAL LIBRARY
125 S. WACOUTA AVE.
PRAIRIE DU CHIEN, WI
53821**

WHAT YOU'LL LEARN:

- Help you remember things better
- Be more organized
- Pay closer attention
- Reduce your stress

**THE CLASS IS FREE OF CHARGE
BUT PRE-REGISTRATION IS
NECESSARY BY CALLING THE
ADRC AT 608-326-0235**



Don't let a fall cramp your style!

One in four people age 65 or older has a fall each year. You don't have to be one of them.

Take a Stepping On workshop!

Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. In just seven weeks, you'll learn:

- ▶ To identify and remove or avoid fall hazards in your home and outside
- ▶ How vision, hearing, medication, and footwear affect your risk of falling
- ▶ Strength and balance exercises you can adapt to your individual level
- ▶ To get back on your feet the right way if you do fall

**Stepping On has been
researched and proven
to reduce falls
by 31%!**

In-Person Free Workshop

**September 10th – October 15th
Tuesdays
9:00 am – 11:00 am at**

Crawford County Administrative Building, Room 130

Pre-registration required by calling 608-326-0235.

