

Family

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Friends



A monthly newsletter brought to you by Richland County Health & Human Services and the Aging and Disability Resource Center of Eagle Country-Richland County Office

National Volunteer Appreciation Month “Celebrate Service”

April is National Volunteer Appreciation Month. Each year April is set aside throughout the country to recognize volunteers and how much their contributions to our communities are appreciated.



Volunteerism, in any aspect, creates a wave of positivity throughout our community. Richland County Health and Human Services salutes our volunteers who currently donate their time to assist with transporting people to medical appointments, delivering Meals on Wheels and providing congregate meals. Currently, we have over 70 volunteers donating time in these programs.

Volunteering one’s time not only makes significant impacts within communities, but also provides a great deal of personal impact. Individuals who volunteer feel more connected to others, it brings fun and fulfillment to your life and is good for your mind and body.

Volunteering helps to protect both your mental and physical health by reducing stress, improving depression, improving cognitive functioning by keeping your mind stimulated and gives you a sense of purpose.

We would like to thank all of our volunteers for the contributions they make to our community. We could not provide the high level of services we offer without them. If you are interested in learning more about available volunteer opportunities, please contact the ADRC by calling 608-647-4616.



Inside this Issue

Spotlight On	Pg 2
Medicare information	Pg 4
Menu	Pg 6
Senior Center Calendar	Pg 7
Brain Health Workshop	Pg 8
Hospice Care Myths	Pg 10



SPOTLIGHT ON: PUBLIC HEALTH

Richland County Public Health Department



Pictured left to right: Rose Welsh, Public Health Specialist; Betty Nigh, RN, BSN, Public Health Nurse; Brandie Anderson, RN, BSN, Public Health Officer/Public Health Nurse; Evan Ewing, Public Health Specialist; Troy Morris, Environmental Health Specialist

What things come to your mind when you hear Public Health? Perhaps after having lived through a pandemic you now think about Covid-19. Maybe you think about vaccines, including flu shots. You would be right to think about these things, however, there is so much more than these things. Public Health departments want to provide education and connecting to services that help make the community you live in a healthier place! Some examples of these concerns include environmental factors, your daily nutrition, communicable disease surveillance, and even being prepared for possible disasters.

The Richland County Public Health Department (pictured above) strives to improve the well-being and quality of life for Richland County residents through education and partnering with community organizations that share this vision. We regularly hold monthly vaccination clinics to assist in making sure vaccines are available for all in our community. We further provide TB skin tests for clients and employers. We ensure that water and radon kits are available to our community members to check on air and water quality in homes. Along with all of this we are an excellent resource for new parents in our community, providing information and scheduling home visits to ensure the well-being of women, children and families throughout Richland county.

This year Public Health Week is observed from April 1st through April 7th. We encourage you to think of how you can have an impact on Public Health in your community. Whether it is taking the time to plant a beautiful garden, taking walks with friends, cooking your family a healthy meal or even getting updated on your flu or tetanus vaccines. We all can make our community a healthier place to thrive and grow.

HEART HEALTHY FAMILY & FRIENDS RECIPE TO TRY



Eating Well: Apricot Glazed Chicken with Potatoes & Asparagus

Prep Time: 15 min **Cook Time:** 30 minutes **Yield:** 4 servings



Ingredients:

- 1 3/4 lbs bone in chicken thighs, skin removed
- 3/4 tsp salt, divided
- 1/4 tsp ground pepper
- 12 oz baby potatoes, halved
- 4 tsp extra virgin olive oil
- 1/4 c apricot jam
- 2 tsp toasted mustard seeds
- 1 tsp minced peeled fresh ginger
- 1 tsp curry powder
- 1 lb asparagus, trimmed
- 1/4 c chopped cilantro
- Lime wedges for service

Directions:

1. Preheat oven to 450 degrees
2. Arrange chicken on a large rimmed baking sheet. Sprinkle with 1/4 tsp salt and pepper. Toss potatoes with 2 tsp oil and 1/4 tsp salt in a medium bowl. Spread around the chicken. Roast for 15 minutes.
3. Meanwhile, combine jam, mustard seeds, ginger and

curry powder in a small bowl. Toss asparagus with the remaining 2 tsp oil and 1/4 tsp salt in the medium bowl.

4. After the first 15 minutes of roasting, stir the potatoes and add the asparagus to the pan in a single layer. Top the chicken with the jam mixture. Continue roasting until the vegetables are tender and an instant-read thermometer inserted in the thickest part of the chicken without touching bone registers 165°F, 15 to 18 minutes more. Sprinkle the chicken and vegetables with cilantro and serve with lime wedges, if desired.



Recipe Courtesy of: [Apricot Glazed Chicken with Potatoes & Asparagus \(eatingwell.com\)](http://Apricot Glazed Chicken with Potatoes & Asparagus (eatingwell.com))

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NATIONAL CANCER CONTROL MONTH

If you are like me, you may not have heard of National Control Month. This month-long dedication to cancer prevention is nothing new, in fact it was established by President Roosevelt in 1943. As the country fought World War II, the president realized that cancer was killing more people than the war. He wanted to bring light to this deadly enemy at home by declaring April as Cancer Control month.

Cancer is a leading cause of death in the US, second only to heart disease. Statistics show that 30-50% of all cancer cases are preventable. So what things can be done to bring down the number of cancer cases? Knowledge of the types of cancers and what symptoms they have is an excellent place to start. Knowing these symptoms can help out with early detection of cancers which greatly increases the rate of success for treatment.

Another excellent way to prevent cancers and reduce your risks is through lifestyle. Leading a healthy lifestyle with a balanced and healthy diet with moderate exercise is an excellent tool to combat cancers.

Next, we recommend you keep up with your

medical appointments and recommended screenings. Mammograms and colonoscopies are definitely not the top on our list of fun activities, but they are definitely at the top of the list for preventing associated cancers. In addition to screenings, the medical world is developing vaccines for certain types of cancers. We recommend asking your doctor if any of these vaccines would benefit you.

Last but certainly not least, reduce your exposure to risk factors. “What risk factors can I avoid?”, you might be thinking. While we all know that too much sun is a bad thing for many reasons, cancer is certainly at the top of those reasons. If you have events that take place outdoors try and take shade breaks or make sure to bring the sunscreen. Other factors to avoid would include using alcohol and tobacco products. Both of these substances have long histories of being bad for the body and will increase your risks for cancers.

Together, through these steps, we all can have an impact in the fight of this silent and deadly killer.

For more information visit www.cancer.gov

MEDICARE PREVENTATIVE HEALTH

The best way to stay healthy is to live a healthy lifestyle and prevent disease by exercising, eating well, keeping a healthy weight, and not smoking.

Medicare can help. Medicare pays for many preventive services to keep you healthy. For example, if you have Medicare Part B (Medical Insurance), you can get a yearly “Wellness” visit and many other covered preventive services, like colorectal cancer screenings and mammograms. Preventive services can find health problems early, when treatment works best. Preventive services include exams, shots, lab tests, and screenings. They also include programs for health monitoring, and counseling and education to help you take care of your own health.

“Your Guide to Medicare’s Preventive Services” isn’t a legal document. Official Medicare Program legal guidance is contained in the relevant statutes, regulations and rulings.

The information in this booklet describes the Medicare Program at the time this booklet was printed. Changes may occur after printing. Visit Medicare.gov or call 1-800-MEDICARE (1-800-633-4227) to get the most current information. TTY users can call 1-877-486-2048.

(Article courtesy of <https://www.medicare.gov/publications/10110-Your-Guide-to-Medicare-Preventive-Services.pdf>)

CHILD ABUSE PREVENTION MONTH: BUILDING A HOPEFUL FUTURE TOGETHER

April of each year is Child Abuse Prevention Month. It is a time for us to concentrate on how we can all come together to prevent child abuse by raising awareness to the issue. Five For Families.org encourages strengthening families by getting everyone in the family involved in different activities including household chores, playtime, family outings and more. Spending time together helps to strengthen family bonds.

Five For Families also encourages the following techniques to help reduce abuse:

- ◆ Helping kids understand feelings by showing them how to understand and manage their emotions. By modeling this skill they will be able to develop their ability to solve problems and it will help you manage your own emotions. Be present in the moment.
- ◆ Learning to support your child throughout each stage of development. It is important to remember parenting is hard and many times it is just trial and error. Learning parenting techniques will help with the setting of expectations and help them build the skills to have positive reactions to challenges.
- ◆ Remember the old adage “it takes a village?” Remember to stay connected to people who care. Build relationships with others to have a good support system. These social connections can help you recharge and work through problems in a healthy, safe way.
- ◆ Being a parent is hard so remember self care, especially during times of increased stress. Remember to remain flexible when things get really hard. We all have weaknesses and strengths, be aware of these and work on being kind to yourself and others. In times of stress remember to take a break.
- ◆ Know that it is ok to ask for help. This could be from family, friends, your doctor or other professionals. Understanding that it is ok to ask for help shows your child that it is ok to need support from others.

If you suspect child abuse, contact Richland County Health and Human Services at 608-647-8821. If someone needs immediate assistance call 9-1-1.



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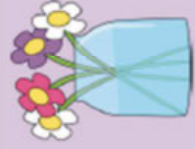
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Home Delivered Meals &
Dining Site Menu:
Germantown, Richland
Center, Rockbridge

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1	2	3	4	5
Ring Bologna Mac & Cheese Baked Beans Fruit Cup	Italian Meatloaf Loaded Mashed Potatoes Creamed Corn Brownie	Roasted Chicken Roasted Potatoes Squash Cranberry Salad	Roast Beef Mashed Potatoes w/Grvy Carrots Fruit Cup	Catch of the Day Sweet Potato Broccoli Coleslaw
8	9	10	11	12
BBQ Pulled Pork on Bun Vegetable Pasta Salad Pickled Beets Cookie	Shepherds Pie Copper Penny Salad Wheat Dinner Roll Ice Cream Cup	Hamburger Steak Mashed Potatoes w/Grvy Corn Angel Food w/Berries	Chicken Lasagna Broccoli French Bread Fruit Pie	Tuna Casserole Vegetables Fruit Cocktail BB Brownie
15	16	17	18	19
Ham Broccoli & Rice Casserole Carrots Fruit Jell-O Salad	Roasted Turkey Dressing w/Gravy Peas & Carrots Pumpkin Bars	Chili Mac Corn Bread Green Beans Fruit	Kielbasa & Sauerkraut Red Potatoes Wheat Dinner Roll 5 Cup Fruit Salad	Catch of the Day Lyonnaise Potatoes Cal. Blend Veggies Apple Slaw
22	23	24	25	26
Chicken Salad Sandwich Pasta Salad Pears Dessert Bar	Tater Tot Hot Dish Corn Wheat Dinner Roll Fruit	Lasagna Cal. Blend Veggies Garlic Toast Ice Cream	Grilled Chicken Breast Mashed Potatoes w/Grvy Peas Wheat Dinner Roll BB Brownie	Catch of the Day Baked Potato Creamed Peas Wheat Dinner Roll Strawberry Delight
29	30	<p>Richland Center: 608-647-2323</p> <p>Germantown: 608-983-2798</p> <p>Rockbridge: 608-649-3269</p>		
Italian Rigatoni Cut Green Beans Breadstick BB Brownie	Chicken Casserole Broccoli w/Cheese Warm Apple Slices			
		<p>RESERVATIONS REQUIRED AT ALL LOCATIONS by 1pm the business ay before.</p>		
		<p>NOTE: Meals are subject to change on occasion. All Meals include milk.</p>		



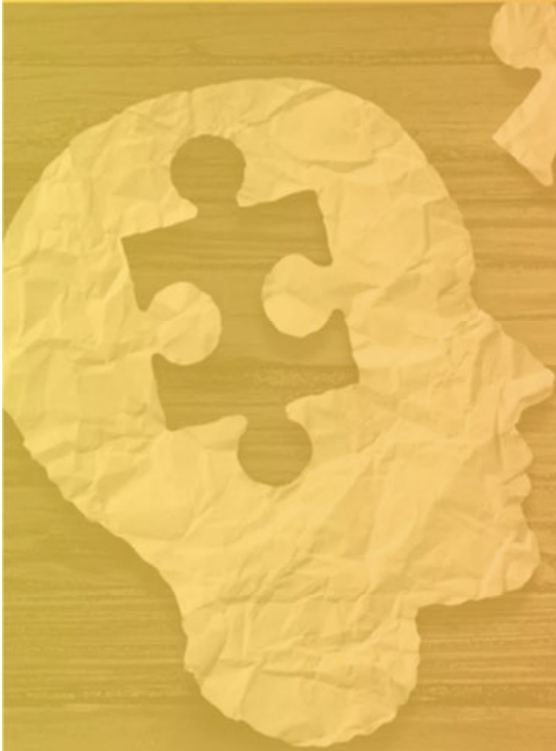
WOODMAN SENIOR CENTER
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HOURS: MONDAY THRU FRIDAY 8:00-5:00
APRIL 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>1 9:30-11:30-<u>Play Bingo for Prizes</u></p> <p>12:30-Phase "10" or 5 Crowns</p>	<p>2 9:30-<u>Sheepshead</u></p> <p>12:30-1:30-<u>Bingocize in the Meeting Room</u></p> <p>1:00-<u>Euchre Tournament</u></p>	<p>3 9:30-<u>Haase</u></p> <p>9:30-<u>Cribbage</u></p> <p>9:45-<u>Gentle Chair</u></p> <p><u>Yoga</u></p> <p>12:30-<u>Pinochle</u></p>	<p>4 8:00-10:00-<u>Community Coffee Club</u></p> <p>9:30-<u>Movie</u></p> <p>12:30-<u>Bingocize</u></p> <p>12:30-<u>Canasta</u></p>	<p>5</p> <p>12:30-<u>Haase</u></p>	<p>6</p> <p>CLOSED</p>
7	<p>8 <u>Your Choice Game in Morning</u></p> <p>12:30-5 Crowns or Phase "10"</p>	<p>9 9:30-<u>Sheepshead</u></p> <p>12:30-<u>Bingocize in the Meeting Room</u></p> <p>1:00-<u>Euchre Tournament</u></p>	<p>10 9:30-<u>Haase</u></p> <p>9:30-<u>Cribbage</u></p> <p>9:45-<u>Gentle Chair</u></p> <p><u>Yoga</u></p> <p>12:30-<u>Pinochle</u></p>	<p>11 9:30-<u>Rummikub</u> or any <u>Game</u></p> <p>No <u>Bingocize To Day</u></p> <p>12:30+<u>Canasta</u></p>	<p>12 9:30-<u>Play Bingo for Prizes</u></p> <p>12:30-<u>Haase</u></p>	<p>13</p> <p>CLOSED</p>
14	<p>15 9:30-11:30-<u>Play Bingo for Prizes</u></p> <p>12:30-<u>Your Choice Game</u></p>	<p>16 9:30-<u>Sheepshead</u></p> <p>12:30-<u>Bingocize</u></p> <p>1:00-<u>Euchre Tournament</u></p>	<p>17 9:30-<u>Haase</u></p> <p>9:30-<u>Cribbage</u></p> <p>9:45-<u>Gentle Chair</u></p> <p><u>Yoga</u></p> <p>12:30-<u>Pinochle</u></p>	<p>18 10:00-<u>Richland Area Senior Citizen Potluck</u></p> <p>12:30-<u>Bingocize</u></p> <p>2:00-<u>Rummikub</u></p>	<p>19</p> <p>12:30-<u>Haase</u></p>	<p>20</p> <p>CLOSED</p>
21	<p>22 9:30-11:30-<u>Play Bingo for Prizes</u></p> <p>12:30-5 Crowns or Phase "10"</p>	<p>23 9:30-<u>Sheepshead</u></p> <p>12:30-<u>Bingocize</u></p> <p>1:00-<u>Euchre Tournament</u></p>	<p>24 9:30-<u>Haase</u></p> <p>9:30-<u>Cribbage</u></p> <p>9:45-<u>Gentle Chair</u></p> <p><u>Yoga</u></p> <p>12:30-<u>Pinochle</u></p>	<p>25 9:00-<u>Bus Leaves for Diamond Jo Casino</u></p> <p>12:30-<u>Bingocize</u></p>	<p>26</p> <p>12:30-<u>Haase</u></p>	<p>27</p> <p>CLOSED</p>
28	<p>29 9:30-11:30-<u>Play Bingo for Prizes</u></p> <p>12:30-<u>Your Choice Game</u></p>	<p>30 9:30-<u>Sheepshead</u></p> <p>12:30-<u>Bingocize</u></p> <p>1:00-<u>Euchre Tournament</u></p>				

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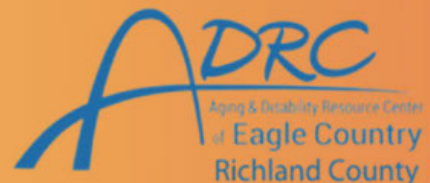
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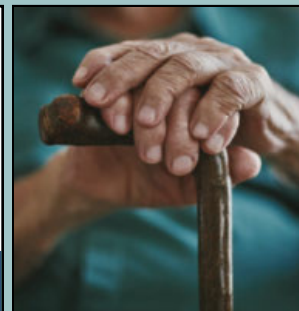
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HOSPICE CARE MYTHS

By the GWAAR Legal Services Team (for reprint)

When people think of the term “hospice,” many believe it means a person has given up on life or has just days to live. Many others think hospice is a type of facility, like a hospital or nursing home, that once a person enters they can never leave. However, hospice care is much different. The following are several common hospice care myths and the facts behind them.

Myth: Hospice is for people who have given up.

Fact: Hospice is for patients who are in the last phases of an incurable disease, but instead of focusing on curing an illness or prolonging death, the goal of hospice care is to relieve symptoms and give patients the best quality of life. The purpose of hospice care is to manage pain and other symptoms and to focus on the comfort and dignity of the person. And contrary to popular belief, research shows that in many cases, hospice care increases life expectancy, rather than decreases it.

Myth: Hospice is a place.

Fact: Hospice is rarely an actual location that people go to. Instead, the care almost always is provided where a person lives. Hospice patients are assigned a team of providers, such as a physician, registered nurse, home health aid, social worker, and chaplain. This team regularly checks in with the person, and works together to provide medical, emotional, spiritual and grief support to not only the patient but also their family.

Myth: People on hospice have to stop taking all medications.

Fact: This isn't always true. While it is true that hospice focuses on providing comfort rather than a cure, the decision to stop medication is usually left up to the patient. Depending on where people are in their diseases, it may be best to stop taking a medication that's a source of discomfort, but this is determined on a case-by-case basis. People are able to continue taking medications for pain and symptom control.

Myth: Once you sign up for hospice, there's no turning back.

Fact: Hospice doesn't mean a person is giving up control over their care or the ability to choose who provides it. A person can leave hospice and reapply at any time. For example, if a person on hospice wants to try a new drug trial or experimental therapy, they can always leave hospice and return at a later time, if needed.

Myth: You can only be on hospice for a limited amount of time.

Fact: Eligibility for hospice care requires that two physicians agree that the person has six months or less to live, however, this does not mean a person has to die within six months. If the person lives longer than six months but doctors continue to certify they're terminally ill, they'll receive hospice care for as long as needed.

For families that have used hospice care for loved ones, nearly all say they wished they'd known about it sooner. You do not have to wait for your doctors to bring it up – it is never too early to ask about hospice and what benefits it could provide.

RICHLAND COUNTY MEALSITES

Richland County Senior Dining meal sites are open for in-person dining. The Woodman Senior Center meal site will serve meals Monday through Friday at noon each day. For reservations, call 608-647-2323 and leave a message with your name, date, and number of meals. The Germantown Senior Dining meal site, located at St. Anthony's School (32497 County Highway V, Cazenovia) is open Wednesdays serving at 11:00. To reserve a meal, please call 608-983-2798. Rockbridge Bethlehem Community Center Senior Dining meal site (25500 Rockbridge School Street, Richland Center) is open Monday, Wednesday and Friday serving at 11:30. To reserve a meal, call 608-647-3900 or 608-649-3269. All reservations must be made by 1:00 PM the day prior.

The suggested donation for those age 60 and older is \$4.00.



CAREGIVER GPS

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 4/18 Behaviors & Symptoms secondary to dementia

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

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Richland County Health and Human Services
221 W. Seminary Street
Richland Center, WI 53581
Produced in conjunction with the Aging and
Disability Resource Center of Eagle Country
Richland Center Office



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ISSUE: APRIL 2024

Upcoming Area Events:

Mondays in April

Monday Coffee Connect: Virtual Support to *“Fill Your Caregiving Cup”* every Monday morning from 10 to 11 am. Connect with local dementia specialists virtually from the comfort of your home! Join to ask questions, gain support and brainstorm strategies to get through this time together. Come with a cup of coffee or tea to interact via Zoom Video. Register by calling Pam Kul-Berg, Dementia Care Specialist for the ADRC of Eagle Country at 608-548-3954.



Tuesday, April 2nd

Rides to the polls. The Richland County Transportation program offers rides to the polls. Reservations are needed no later than Monday, April 1st. To make a reservation contact Linda Batten at 608-647-4616.

Saturday, April 6th

The American Legion will be hosting it's annual Chili & Soup Supper with Pie Auction. The Supper is a free will donation. Pies will be auctioned off throughout the night. Proceeds will go towards building improvements. Serving starts at 4:30 pm until gone.

The AD German Warehouse Conservancy will host the Spring Fever Rummage Sale Saturday, April 6. The sale will be held from 8:00 to 2:00 at the 1912 Building in Richland Center. To participate in the sale of your vintage and artisan items in new or used condition, contact Jane Kintz at 608-553-2631

Monday, April 8th

Welcome to Medicare: The Aging and Disability Resource Center of Eagle Country, Richland office, is offering a free seminar to Richland County residents interested in learning more about Medicare. Kayla Williams, Richland County Elder Benefit Specialist, will help you learn about choices you may want to consider and decisions you need to make when you use Medicare. Reservations can be made by calling the ADRC at 608-647-4616 at least 5 days in advance of the seminar. If the seminar is full, you can sign up for a future date.

Tuesday, April 23rd

The Aging and Disability Resource Center of Eagle Country, Richland Center office is offering the **Richland Center Caregiver Support Group**. This group offers a chance to connect with local experts, family members and care partners who may be experiencing similar circumstances. The support group is held on the 4th Tuesday of the month at the Woodman Senior Center, 1050 Orange Street, Richland Center from 10:30 am –12:00 pm. To RSVP or for information, you may call the ADRC at 608-647-4616 or Pam, the Dementia Care Specialist at 608-548-3954.

