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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

April is Volunteer Appreciation Month “Volunteers Make Waves”

Every April we celebrate volunteers. It is a time to honor the valuable contributions volunteers make in our communities. Volunteers make significant impacts in the lives of many people in our local communities. At its core volunteering helps to build strong, resilient communities. Opportunities are all around including volunteering for the parks, hospital, schools, the ADRC and more.

Volunteering has been proven to boost your well-being through reducing stress, increasing happiness and improving both mental and physical health. When choosing where to volunteer think of the following:

- What are you interested in? Align your volunteer work with your interests.
- Find something local that will be flexible with your schedule.
- Consider what your personal strengths and skills are, and look for opportunities that utilize those.
- Sign up and commit. The longer you wait the less likely you will follow through.

Once you find the right fit, you will most likely find great fulfillment that volunteering offers. Without volunteers donating their time to causes they care about, many programs would not be able to do what they do. Volunteering provides powerful social connections and creates a deep sense of camaraderie and community

If you have an interest in volunteering there are many different places to volunteer. The ADRC has numerous opportunities to volunteer including:

- Driver Escorts for the Transportation program. Receive mileage reimbursement and take trips that fit into your schedule.
- Home Delivered Meal drivers. Sign up to deliver meals based on your availability.
- Assist with Medicare part D open enrollment. Work with ADRC Benefit Specialists to help people find plans during open enrollment.

For more information contact the ADRC at 608-647-4616.



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SPOTLIGHT ON: PUBLIC HEALTH WEEK

This year National Public Health Week is observed from April 7th through April 13th. We encourage everyone to think about the impact of how public health essential services have made a difference in the health and well-being of your family, friends, & community.

When you hear someone mention Public Health, what do you think of? Perhaps you think about vaccines that prevent contagious diseases like influenza, tetanus, or the measles, maybe you recall the recent COVID-19 pandemic, or you think of home nursing visits by the “county nurse”. Public Health departments provide education and connections to essential services that help make the community a healthier, happier and safer place for all. Examples of these services include response to environmental health & safety concerns, childhood lead poisoning education & prevention, communicable disease surveillance, prevention, & education, TB skin testing, preventing tickborne diseases & respiratory illnesses, rabies & animal bite investigations, home nursing visits for new babies and families, childhood & adult immunizations for populations that are uninsured and underinsured, community health education, emergency preparedness, and more.



Additionally, the Richland County Public Health Department aims to improve the wellbeing and quality of life for its residents through education and partnering with community organizations. Along with this the county is required to create a Community Health Improvement Plan (CHIP). The most recent plan was implemented in 2023 and as a part of this plan public health staff facilitate a monthly mental health workgroup and provide education to our community through social media, radio, & community meetings.

Completing all of these tasks is no easy feat. Our local public health unit is comprised of Brandie Anderson, BSN, Public Health Manager, Betty Nigh BSN, Public Health Nurse, Evan Ewing, MPS, CHES: Public Health Specialist and Brandon Alexander, BS, Public Health Specialist, Richland County HHS would like to thank each of our Public Health staff for all of their work in our community. We are thankful each of you are here working to make our community a safe and healthy place to live.

Brandie began her career in 1997 in the US Army as a medic and has been a nurse since 2001. She started her career in public health in 2014 and her areas of interest include communicable disease case management and more recently, environmental health concerns, specifically indoor health concerns. Working in a small public health unit, she is especially grateful for the caring and capable public health unit staff who work with her. In her spare time, she enjoys spending time with family, baking, playing piano, gardening, running the occasional 5K, & swimming.

Evan has been working in the health and wellness space since 2014, beginning his career as a personal trainer/health coach working in a variety of settings including commercial gyms and healthcare facilities. After completing a year of service with AmeriCorps in the WI Health Corps in 2018, Evan earned his MPH degree and has been working for Richland County since 2023. Evan’s professional areas of interest are health education/promotion, community engagement, chronic disease prevention, and communicable disease case investigation. Outside of work Evan enjoys spending time with family, weight training, and playing disc golf.

Brandon is new to the role of Public Health Specialist and new to the field of Public Health since August of 2024, and previously studied for and worked in the field of mental health. Brandon’s areas of interest are environmental health case management, communicable disease cases, and childhood lead prevention. In his spare time, Brandon enjoys walking outside, watching TV shows and movies, listening to music, and any and all things pop-culture or trivia-oriented.

Betty began her career as a Registered Nurse in 1987 and worked in the hospital, clinic and home health setting until 2006 when she began her Public Health career. She has enjoyed providing education on medications, home safety, Maternal Child visits and disease prevention through immunizations, fall prevention, and resource education. In her spare time, she enjoys spending time with her family, especially playing with her 3 adorable grandchildren.

FAMILY & FRIENDS RECIPE TO TRY



Prep Time: 20 minutes **Cook Time:** 15 minutes **Yield:** 4 servings
Taste of Homes Lemony Parsley Baked Cod



Ingredients:

3 tablespoons minced fresh parsley
2 tablespoons lemon juice
1 tablespoon grated lemon zest
1 tablespoon olive oil
2 garlic cloves, minced
1/4 teaspoon salt
1/8 teaspoon pepper
4 cod fillets (6 ounces each)
2 green onions, chopped
lemon wedges

Directions:

1. Preheat oven to 400°. In a small bowl, mix

the first 7 ingredients. Place cod in an ungreased 11x7-in. baking dish; top with parsley mixture. Sprinkle with green onions.

2. Bake, covered, until fish flakes easily with a fork, 10-15 minutes.

3. Garnish with fresh lemon wedges and serve with your favorite side dish.



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BRINGING HOPE & LIGHT

Save the Date!

2nd Annual Conference:
Bringing Hope & Light to the
Dementia Journey

Keynote Speaker: Jolene Brackey
Author of Creating Moments of Joy

On site respite available



Date:
August 13, 2025



Time:
8:30a.m.-3:30p.m.

Location:

**First Free Church
123 Mason St.
Onalaska, WI 54650**

Registration information coming soon!



RICHLAND COUNTY MEAL SITES

Richland County has three Senior Dining meal sites throughout the county. The Woodman Senior Center meal site serves meals Monday through Friday at 11:30 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 is located at St. Anthony's School (32497 County Highway V, Cazenovia) and is open Wednesdays serving at 11:00. To reserve a meal, please call 608-983-2798. The Rockbridge Bethlehem Community Center 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.

SPRING INTO BETTER HEALTH

After a long winter, the signs of spring are sprouting up all around us. Now is a good time to focus on your health so you can enjoy all that this season has to offer. Taking advantage of Medicare preventive benefits is the perfect way to spring into better health!

Preventive services can help you prevent illnesses and detect health problems early, when treatment works best. People with Medicare have access to a wide range of preventive tests and screenings, most at no extra cost. If you're new to Medicare, a "Welcome to Medicare" preventive visit is covered during the first 12 months you are enrolled in Part B. The visit includes a review of your medical and social history as well as education and counseling about preventive services, including certain screenings, shots and referrals for other care, if needed. Once you've had Part B for longer than 12 months, you can get a yearly "Wellness" visit to develop or update a personalized prevention plan based on your current health and risk factors. Note: The **Wellness visit is not the same as an annual physical exam.**

You pay nothing for the "Welcome to Medicare" visit

or yearly "Wellness" visit if your doctor or other health care provider accepts Medicare assignment. If additional tests or services are performed during the same visit that aren't covered under the preventive benefit, you may have to pay coinsurance, and the Part B deductible may apply.

**Preventive
Care**

Medicare also covers screening tests for breast cancer, diabetes, heart disease, obesity management, and osteoporosis, just to name a few. You can find a complete list of Medicare-covered preventive services in your *Medicare and You* handbook or on the Medicare website at www.medicare.gov. Talk to your doctor about what screenings and shots are right for you.

For local assistance with Medicare questions or other health insurance counseling, contact the ADRC of Eagle Country, Richland County office at 608-647-4616.

By the GWAAR Medicare Outreach Team—for reprint

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APRIL





MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>7 BBQ Pulled Pork on Bun Baked Beans Beets Cookie</p> 	<p>1 Meatloaf Loaded Mashed Potatoes Squash Brownie</p>	<p>2 Roasted Chicken Roasted Potatoes Creamed Corn Cranberry Salad</p>	<p>3 Roast Beef Mashed Potatoes w/Grvy Carrots Fruit Cup</p>	<p>4 Catch of the Day Sweet Potato Broccoli Coleslaw</p>
<p>14 Ham Broccoli & Rice Casserole Carrots Fruit Salad</p>	<p>8 Shepherds Pie Copper Penny Salad Wheat Dinner Roll Ice Cream Cup</p>	<p>9 Hamburger Steak Mashed Potatoes w/Grvy Corn Angel Food w/Berries</p>	<p>10 Chicken Lasagna Broccoli French Bread Fruit Pie</p>	<p>11 Catch of the Day Lyonnaise Potatoes Cal. Blend Veggies Apple Slaw</p>
<p>21 Chicken Salad Sandwich Cold Pasta Salad Pears Dessert Bar</p>	<p>15 Roasted Turkey Dressing w/Gravy Peas & Carrots Pumpkin Bars</p>	<p>16 Chili Mac w/Kidney Beans Corn Bread Green Beans Fruited Jell-O Salad</p>	<p>17 Kielbasa & Sauerkraut Red Potatoes Wheat Dinner Roll 5 Cup Fruit Salad</p>	<p>18  CLOSED GOOD FRIDAY</p>
<p>28 Italian Penne Pasta Cut Green Beans Breadstick</p>	<p>22 Tater Tot Hot Dish Corn Wheat Dinner Roll Fruit</p>	<p>23 Lasagna Cal. Blend Veggies Garlic Toast Ice Cream Cup</p>	<p>24 Grilled Chicken Breast Mashed Potatoes w/Grvy Peas Wheat Dinner Roll BB Brownie</p>	<p>25 Catch of the Day Baked Potato Creamed Peas Wheat Dinner Roll Strawberry Delight</p>
<p>29 Chicken Ala King Broccoli w/Cheese Warm Apple Slices Biscuit</p>	<p>30 Ring Bologna Mac & Cheese Baked Beans Fruit Cup</p>	<p>RESERVATIONS REQUIRED AT ALL LOCATIONS by 12:00pm the business day before: Richland Center: 608-647-2323 Germantown: 608-983-2798 Rockbridge: 608-649-3269 NOTE: Meals are subject to change on occasion. All Meals include milk.</p>		

WOODMAN SENIOR CENTER
1050 N. ORANGE ST., RICHLAND CENTER, WI 647-8108 EXT. 3
HOURS: MONDAY THRU FRIDAY 8:00-4:30
April 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Stop in to work on a puzzle, read the paper, and enjoy a cup of coffee.		<u>7</u> 9:30-Sheepshead 1:00-Euchre Tournament	<u>2</u> 9:30-Haase 9:45-Gentle Chair Yoga 12:30-Pinochle	<u>3</u> 8:00-10:00-Community Coffee Club 9:15-Movie on the Big Screen 12:30-Any Game	<u>4</u> 12:30-Haase	<u>5</u> CLOSED
<u>6</u> CLOSED	<u>7</u> 9:30-11:30-Play Bingo For Prizes 12:30-5 Crowns, Phase "10" or Sheepshead	<u>8</u> 9:30-Sheepshead 1:00-Euchre Tournament	<u>9</u> 9:30-Haase 9:45-Gentle Chair Yoga 12:30-Pinochle	<u>10</u> 9:00-Bus Leaves for Diamond Jo Casino	<u>11</u> 12:30-Haase	<u>12</u> CLOSED
<u>13</u> CLOSED	<u>14</u> 9:30-Play Bingo for Prizes 12:30-Phase "10" or 5 Crowns, 1:00-Cribbage Lessons	<u>15</u> 9:30-Sheepshead 1:00-Euchre Tournament	<u>16</u> 9:30-Haase 9:45-Gentle Chair Yoga 12:30-Pinochle	<u>17</u> 8:00-Richland Area Senior Citizen Potluck 9:00-Rummikub or Your Choice 12:30-Sheepshead	<u>18</u> CLOSED GOOD FRIDAY	<u>19</u> CLOSED
<u>20</u> CLOSED HAPPY EASTER	<u>21</u> 9:30-Play Bingo for Prizes 12:30-Sheepshead, Phase "10" or 5 Crowns	<u>22</u> 9:30-Sheepshead 1:00-Euchre Tournament	<u>23</u> 9:30-Haase 9:45-Gentle Chair Yoga 12:30-Pinochle	<u>24</u> 9:15-Movie on the Big Screen 12:30-Your Choice Game	<u>25</u> 12:30-Haase	<u>26</u> CLOSED
<u>27</u> CLOSED	<u>28</u> 9:30-Play Bingo for Prizes 12:30-Sheepshead or Phase "10" 1:00-Cribbage Lessons	<u>29</u> 9:30-Sheepshead 1:00-Euchre Tournament	<u>30</u> 9:30-Haase 9:45-Gentle Chair Yoga 12:30-Pinochle			

PRESS RELEASE FROM SOCIAL SECURITY: REINSTATEMENT OF OVERPAYMENT RECOVERY RATE

The Social Security Administration (SSA) announced it will increase the default overpayment withholding rate for Social Security beneficiaries to 100 percent of a person's monthly benefit. The Office of the Chief Actuary estimates this change will result in an increase in overpayment recoveries (i.e., a program savings) of about \$7 billion in the next decade.



“We have the significant responsibility to be good stewards of the trust funds for the American people,” said Lee Dudek, Acting Commissioner of Social Security. “It is our duty to revise the overpayment repayment policy back to full withholding, as it was during the Obama administration and first Trump administration, to properly safeguard taxpayer funds.”

The agency strives to pay the right person the right amount at the right time, and issues correct payments to most beneficiaries. When an overpayment does occur, the agency is required by law to seek repayment.

As of March 27, the agency will begin mailing notices about the new 100% withholding rate, rather than the recent adjustment of just 10%. **The withholding rate change applies to new overpayments related to Social Security benefits. The withholding rate for current beneficiaries with an overpayment before March 27 will not change and no action is required. The withholding rate for Supplemental Security Income overpayments remains 10 percent.**

People who are overpaid after March 27 will automatically be placed in full recovery at a rate of 100% of the Social Security payment. If someone cannot afford full recovery of their overpayment, they can contact Social Security at 1-800-772-1213 or their local office to request a lower rate of recovery.

Additionally, people have the right to appeal the overpayment decision or the amount. They can ask Social Security to waive collection of the overpayment, if they believe it was not their fault and can't afford to pay it back. The agency does not pursue recoveries while an initial appeal or waiver is pending.

For more information about overpayments and appeal rights,
visit www.ssa.gov.



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 U T W R D G N O G P Y A W T R
 M C E E R V B X C O T D E T Z
 X W R E A U H V X B A N R U P
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CHANGING RELATIONSHIPS IN CAREGIVING

There are many challenges and changes that occur as you start caring for a loved one. One of the most impactful is a change in your relationship with the person you are caring for and with other family members.

If you are caring for an aging parent, you find yourself in a role-reversal situation, taking care of the person who used to take care of you. It may feel awkward to be the one taking charge and making decisions for the person you call mom or dad.

And conversely, your parent may be resistant to your help; either embarrassed or frustrated by their lack of independence or unwilling to let their "child" take care of them.

If you are caring for your spouse, the relationship that was once an equal partnership now turns into a caregiver/care-receiver relationship. You have spent years sharing the day to day tasks, but now you are the one left to make decisions and run the household. And your spouse may no longer be able to express feelings of love to you, leaving a huge gap in what was once an intimate relationship.

There may also be changes in relationships with other family members. Each person has a different idea of what's best for the person needing care which can lead to disagreements. And there may be a lack of awareness about how difficult it is for the main caregiver, resulting in hurt feelings and unrealistic expectations.

Whatever your situation is, as a caregiver you will be coping with changing relationships which will undoubtedly be emotionally difficult. Here are some things that can help you adjust to these changes.

Adjust your perceptions and expectations of the person receiving care. Try to understand what his current needs and capabilities are and accept him as he is now. Letting go of the way things used to be can be painful, but it is necessary to adjust to what is real now. If he is treating you differently, remember that he's not doing it on purpose, it is a result of his disease/condition.

Encourage the person receiving care to be as independent as possible. Don't automatically do things for her. Find out what she can do and help her do as much she can on her own. Not only will this lighten your load, but it also increases her self-confidence and self-worth.

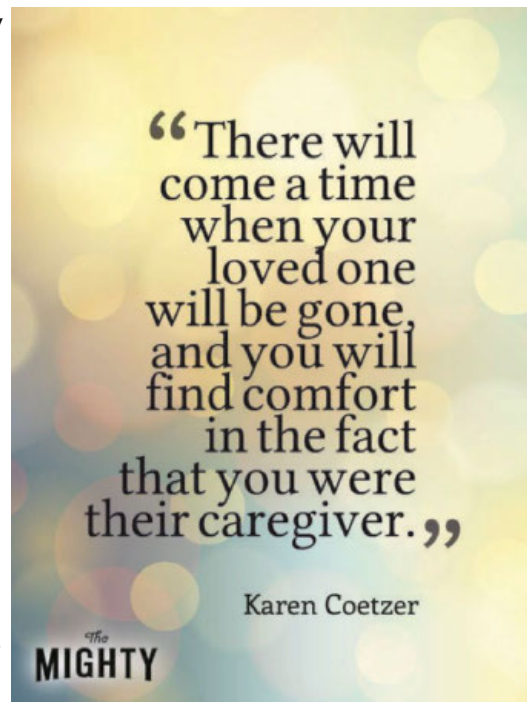
Hold a family meeting to help define roles in the caregiving situation. Setting aside time for everyone to communicate their thoughts and ideas creates a feeling of teamwork. Involving all family members in a plan of action helps disperse the tasks needed to be done and creates an understanding of each person's role.

Talk about how you are feeling. Sharing your emotions with someone you trust can be very healing.

Bottling up your feelings and trying to look stoic will not help. A support group is a safe place to share your emotions with others who are experiencing similar feelings, and you may also learn coping techniques as well.

The most important thing to remember is that these relationship changes are normal, as are the feelings of fear, guilt and anger. Once you've accepted these changes you will be ready to move on and make sense of your new relationships and find peace and satisfaction in your caregiving role.

(Article courtesy of GWAAR)



CHILD ABUSE PREVENTION MONTH

April is Child Abuse Prevention Month. This month and throughout the year, Richland County Health and Human Services Child and Youth Services unit encourages all individuals and organizations to support family strengthening efforts in Wisconsin. Children do well when their parents do well. Research shows that positive childhood experiences in nurturing environments provide fertile ground for children's physical and mental health, learning, and social skills. We can build healthier, safer, and thriving communities for our children if we work together to collaboratively support children and families. Community members can support one another by:



- Taking time to talk to parents in your neighborhood – get to know them.
- Sharing local resources with families.
- Advocating for legislation and funding which support family programs within your community.
- Donating new or gently used clothing and toys to programs that support families with children.
- Bringing a meal or groceries to a family with young children.
- Organizing a family fun event such as a family story night, game, or movie night.

To learn more about family strengthening and for more ideas how to become involved, visit:

- Five For Families: fiveforfamilies.org
- Child Abuse and Neglect Prevention Board: preventionboard.wi.gov

To report potential child abuse or neglect please contact Child and Youth Services at 608-647-8821.

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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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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.



Tuesdays in April

Tech Help Tuesday will be held every Tuesday at the Brewer Public Library from 9:00 to Noon. Get basic help with all apps and devices. Walk-ins are welcome. Appointments can be scheduled by calling the Brewer Public Library at 608-647-6444. There is no charge for this service.

Wednesdays in April

The Winter Market will be held each Wednesday at the Richland Center Community and Senior Center from Noon until 4:00 pm.

Saturday, April 12th Wisconsin Singers from the University of Wisconsin-Madison will take the stage at River Valley High School Saturday, April 12, at 7:00. The event will open with performances from the River Valley High School Choir and features RVHS Choir alum Nicholas Daniel. Wisconsin Singers is also choreographed by RVHS alum Michael Stanek. Tickets are priced at \$15 for adults and \$10 for RV Students or Seniors. Tickets are available in advance at bit.ly/3EJ174j or at the door.

Monday, April 14th

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. Rose Welsh, 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. Make reservations by calling the ADRC at 608-647-4616 at least five days in advance of the seminar. If the seminar is full, you can sign up for a future date.

Tuesday, April 22nd

The ADRC of Eagle Country, Richland County 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 the 4th Tuesday of the month at the Woodman Senior Center, 1050 Orange Street, Richland Center 10:30 am –11:30 am. To RSVP or for information, you may call the ADRC at 608-647-4616 or Pam, the Dementia Care Specialist at 608-548-3954.



spring things.