

ADRC Connections

Fall Issue NEWSLETTER 2023



From the Supervisor's Desk

By Jackie DeLaRosa and Brittany Borchardt

Greetings,

With fall comes change- the days get a little shorter, the air gets cooler, and the leaves start to change color. It really is a beautiful season. This fall there are some exciting changes happening at the ADRC as well!

The nutrition program has partnered with the Juneau Kwik Trip to pilot a new meal option for the Juneau route participants. Participants are provided a tasty Kwik Trip take home meal twice a week. With this new partnership we are delivering a hot meal three days a week and on Mondays and Wednesdays, with the hot meal, participants receive the Kwik Trip meal to warm up on Tuesday's and Thursday's.

We've partnered with UW-Extension and the Juneau Park & Rec to bring the Strong Bodies Program to Juneau! Strong Bodies is an 8-week strength training program held twice a week for approximately an hour. The class is geared towards aging adults and offers an array of physical health benefits including increased balance, strength and wellness while reducing your chance of falls! It also offers a great opportunity for social connectedness by creating a sense of belonging. Our first session starts October 3rd at the Juneau Community Center.

Earlier this year the ADRC was awarded an opportunity to participate in the Independent Living Supports Pilot program, a grant opportunity made possible under the American Rescue Plan Act through WI DHS. This pilot program provides funding to qualifying individuals to help improve one's ability to stay in their own home, potentially easing the increased burden on Wisconsin's long-term care system as our population ages. Funds can be used for one-time periodic services or continuing services, depending on the participants need. To be eligible for this pilot, participants must be a resident of Dodge County and a U.S. citizen or eligible immigrant, be over the age of 18, NOT enrolled in Medicaid long-term care programs or living in a licensed or certified residential facility, earn less than 300% of the federal poverty level, have at least one eligible functional need or a qualifying diagnosis if under 55. In September, we were able to roll this pilot program out and start enrolling participants!

We're very excited to share these changes and provide increased opportunities for the residents of Dodge County. So, as the leaves start to transform into those beautiful colors, so do the ever changing colorful and vital services that we take pride in offering to our communities. If you have any questions or would like to participate in any of these programs or other programs offered through the ADRC, give us a call at 920-386-3580.



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Connecting you with Supports & Services

**The ADRC and
Aging Programs in
Dodge County are just a
phone call away!**

**920-386-3580
800-924-6407**

**199 County Rd DF
Juneau, WI 53039**

www.co.dodge.wi.gov

Aging & Disability Resource Center of Dodge County

Staff Directory

ADRC/Aging Supervisor	Brittany Borchardt
Aging/Nutrition/Transportation Supervisor	Jackie DeLaRosa
Aging & Disability Resource Specialists.....	Diane Coulter, Jordan Eberhardt, Heather Ehrlich, Karlee Holland, Morgan Leistikow & Vicki Zimmerman
Caregiver Program Coordinator	Kaelan Pieper
Community Health Educator	Olivia Gerritson
Dementia Care Specialist	Rob Griesel
Dining Site Coordinators	Donna Gudex-Kamrath, Judy Hedstrom, Carrie Klipfel, Rose Newman, Marcey Sage, Jill Weisensel, Linda Zastrow & Joan Zehner
Disability Benefit Specialist	Jennie Farmer & Ashley Sanborn
Elder Benefit Specialist	Jennie Farmer & Amanda Higgins
Nutrition Program Coordinator	Hannah Rohlinger
Program Assistants	Edica Feuerhammer, Jessica Krueger, & Rachel Lee
Transportation Program Coordinator	Elaine DeBlare
Van Drivers	Bill Benedon, Keith Braunschweig, JJ Johnson, Greg Maier, Dave Pasewald & Melanie Siegel
Nutrition Drivers	Dallas Grosenick & Fred Roethle



Staff Spotlight



Rachel Lee has been welcomed into the ADRC as the new Program Assistant! Rachel is a go getter and has taken on numerous tasks since starting in May. She enjoys helping deliver meals and filling in at the senior dining meal sites when needed. She has an associate degree in hotel-restaurant management and has experience in the hotel & restaurant industry along with hands on experience in the catering world.

Rachel is also an active Real Estate Agent in Dodge County and surrounding areas on the Amy Hopfinger & Co Team with EXP Realty specializing in senior home sales and first-time home buyers. In her free time, she enjoys spending time with her family and friends, coaching youth sports, spending time outdoors, and volunteering her time or participating in community events.

Volunteer Spotlight

We would like to spotlight our volunteer Transportation Driver Wayne Bahr. Wayne has been a valued part of our team for almost 5 years. He will begin his 6th year of driving next month! Talk about dedication! When asked what prompted him to become a volunteer, he explained how his neighbor told him about what we do and said, "I know you would like it." His neighbor was right. He knew there were people who needed rides and figured it was better than just sitting around the house. Wayne's witty response to his favorite thing about driving was, "making sure I make it out of the car alive!" Wayne enjoys driving; he loves the long trips the best as he gets to see more of the countryside and the ever-changing landscape. With all the rides, he finds pleasure in the conversations and life stories that he hears. Some are sad and some are funny, but all are unique and personal.

Wayne, on behalf of the ADRC of Dodge County...**THANK YOU** for being part of our team and helping you fellow residents of Dodge County!!



JOIN US FOR LUNCH!



Help us give back to the wonderful volunteers that serve our community!



On Wednesday, **November 1, 2023** BOTH Boondock's and Herbie's Coffee Camper will be at the Henry Dodge Office Building - 199 County Road DF, Juneau from **10a-1p** to offer delicious BBQ AND coffee/espresso and smoothies to any Dodge County employees AND THE COMMUNITY!

Both are going to donate 10% of their proceeds to the 2024 annual Volunteer Recognition event!

Let's all get together with food, drinks, friends (potentially new) and support local businesses while raising some funds to give back to our phenomenal volunteers!



THANK YOU Boondock's & Herbie's!



Stay Healthy and Independent by Checking Your Risk For a Fall

Falls are not a natural part of aging. Even if you're healthy or have talked with your health care provider, it's important to check your risk. There are many steps you can take to prevent a fall. Answer 12 simple questions to get your falls risk score.

- 1- I HAVE FALLEN IN THE PAST YEAR. YES (2) / NO (0)
PEOPLE WHO HAVE FALLEN ONCE ARE LIKELY TO FALL AGAIN.
- 2- I USE OR HAVE BEEN ADVISED TO USE A CANE OR WALKER TO GET AROUND SAFELY. YES (2) / NO (0)
PEOPLE WHO HAVE BEEN ADVISED TO USE A CANE OR WALKER MAY ALREADY BE MORE LIKELY TO FALL.
- 3- SOMETIMES I FEEL UNSTEADY WHEN I AM WALKING. YES (1) / NO (0)
UNSTEADINESS OR NEEDING SUPPORT WHILE WALKING ARE SIGNS OF POOR BALANCE.
- 4- I STEADY MYSELF BY HOLDING ONTO FURNITURE WHEN WALKING AT HOME. YES (1) / NO (0)
THE NEED TO STEADY YOURSELF IS A SIGN OF POOR BALANCE.
- 5- I AM WORRIED ABOUT FALLING. YES (1) / NO (0)
PEOPLE WHO ARE WORRIED ABOUT FALLING ARE MORE LIKELY TO FALL.
- 6- I NEED TO PUSH WITH MY HANDS TO STAND UP FROM A CHAIR. YES (1) / NO (0)
USING YOUR ARMS TO HELP STAND IS A SIGN OF WEAK LEG MUSCLES, A MAJOR REASON FOR FALLING.
- 7- I HAVE SOME TROUBLE STEPPING UP ONTO A CURB. YES (1) / NO (0)
TROUBLE STEPPING ONTO A CURB IS A SIGN OF WEAK LEG MUSCLES.
- 8- I OFTEN HAVE TO RUSH TO THE TOILET. YES (1) / NO (0)
RUSHING TO THE BATHROOM, ESPECIALLY AT NIGHT, INCREASES YOUR CHANCE OF FALLING.
- 9- I HAVE LOST SOME FEELING IN MY FEET. YES (1) / NO (0)
NUMBNESS IN YOUR FEET CAN CAUSE STUMBLES AND LEAD TO FALLS.
- 10- I TAKE MEDICINE THAT SOMETIMES MAKES ME FEEL LIGHT-HEADED OR MORE TIRED THAN USUAL. YES (1) / NO (0)
SIDE EFFECTS FROM MEDICINES CAN SOMETIMES INCREASE YOUR CHANCE OF FALLING.
- 11- I TAKE MEDICINE TO HELP ME SLEEP OR IMPROVE MY MOOD. YES (1) / NO (0)
SIDE EFFECTS FROM MOOD OR SLEEP MEDICINES CAN SOMETIMES INCREASE YOUR CHANCE OF FALLING.
- 12- I OFTEN FEEL SAD OR DEPRESSED. YES (1) / NO (0)
SYMPTOMS OF DEPRESSION SUCH AS NOT FEELING WELL OR FEELING SLOWED DOWN, ARE LINKED TO FALLS.

Add up your score (using the numbers next to yes / no). If you scored a four or more, you may be at higher risk of falling. You may find one of our fall prevention classes helpful, such as Stepping On or Strong Bodies. Contact the ADRC at **920-386-3580** for more information on upcoming classes. Visit **www.fallsfreewi.org** for tips to reduce your risk of falling.

This checklist, distributed by the National Council on Aging, was developed by the Greater Los Angeles VA Geriatric Research Education Clinical Center and affiliates and is a validated fall risk self-assessment tool (Rubenstein et al. J Safety Res; 2011: 42(6)493-499). <https://fallsfreewi.org/for-professionals/promotional-resources/>



Community Health News

Submitted by Olivia Gerritson,
Community Health Educator



Is it the flu, a cold, or COVID-19?

The common cold, flu, and COVID-19 are respiratory illnesses caused by different viruses. They can all cause similar symptoms. If you have symptoms, a health care provider can determine the cause of your illness and help you take steps to feel better.

A cold is often milder than the flu. The flu and COVID-19 have similar symptoms, but COVID-19 spreads more easily and symptoms tend to be more severe. It's also more common to have a change in your sense of smell or taste with COVID-19.

People with the flu can have fever, chills, dry cough, general aches and pains, and a headache. They feel very tired. Sore throat, sneezing, stuffy nose, or stomach problems are less common. What some people call "stomach flu" is not influenza. Learn more about the differences between the flu, a cold and COVID-19.

The chart below shows common symptoms of the three illnesses. Not everyone will have these symptoms. Your symptoms may be more or less severe, or you may only have a few. If you feel sick, stay home and call a health care provider.

Common Symptoms of a Cold, the Flu, and COVID-19

Learn more at
www.nia.nih.gov/flu



*Symptoms may vary based on new COVID-19 variants and vaccination status.

Common Symptoms*	Cold	Flu	COVID-19
Fever and/or chills		✓	✓
Headache		✓	✓
Muscle pain or body aches		✓	✓
Feeling tired or weak		✓	✓
Sore throat	✓	✓	✓
Runny or stuffy nose	✓	✓	✓
Sneezing	✓		
Cough	✓	✓	✓
Shortness of breath or difficulty breathing		✓	✓
Vomiting and diarrhea		✓	✓
Change in or loss of taste or smell			✓



Your Benefit News

Submitted by Amanda Higgins & Jennie Farmer,
Dodge County Elder Benefit Specialists



Time to Review your Medicare Plan Prepare Early This Year!

Do you have a Medicare Prescription Drug (Part D) or an Advantage (Part C) plan? Every year Part D and Part C plans change their cost and benefits. Even if you are taking the same medications, the amount you pay for them may change in 2024! The plan's premiums, deductibles, co-pays and providers may change yearly.

What can you do about this? All Medicare beneficiaries should check their plan annually during Medicare's Open Enrollment Period (OEP) that runs from **October 15th - December 7th**. This is the time to understand if your current plan will cost more or less than other plans for 2024. If your current plan is no longer the best plan, you are able to enroll into a different plan that will suit your needs better.

Make sure you have appropriate coverage for 2024. You can compare plans on Medicare's website. Medicare beneficiaries in Dodge County can also receive free, unbiased assistance comparing plans from the Benefit Specialists at the Aging and Disability Resource Center (ADRC).

Prepare early. The ADRC has a packet with instructions to help get you organized. For assistance from the Elder or Disability Benefit Specialists, call the ADRC. Other unbiased assistance is available through the following resources:

- 1-800-MEDICARE or www.medicare.gov
- Medigap helpline:
1-800-242-1060
- Disability Drug Helpline:
1-800-926-4862 (no age restrictions)
- WI Medigap Prescription Drug Helpline:
1-855-677-2783

Medicare supplements (aka Medigap policies) do not participate in the OEP. Similarly, those who have SeniorCare are not affected by the OEP. SeniorCare will mail a renewal notice when your renewal is due. If you are on SeniorCare and have had medication changes, you may want to check the cost of other Medicare plans to see if SeniorCare is still the best option for you.

A flyer for an 'OEP Worksheet Assistance Workshop' is shown on a clipboard. The flyer has a white background with blue and orange text. It includes the ADRC logo, the title 'OEP Worksheet Assistance Workshop', a question 'Struggle with completing paperwork for your Medicare Open Enrollment session?', an offer of help from a Dodge County Benefit Specialist, the date and time 'Monday, October 16th 1 pm - 3 pm', and the location 'Dodge County Human Services Building - Rm G46'. Below the main flyer is a smaller blue box with the SHIP logo, a list of benefits (local, unbiased, free, confidential, knowledgeable, in-person or virtual), a 'MEDICARE EXPERTS' badge with 'SCREENED', 'TRAINED', and 'CERTIFIED' checkboxes, the dates 'Medicare Open Enrollment is October 15 - December 7', and a list of topics: 'Understanding costs and coverage', 'Comparing options', and 'Completing the enrollment process'. At the bottom, it states 'NO BENEFIT COUNSELING WILL OCCUR ON THIS DATE'.

Medicare Open Enrollment packets will be available by request starting October 3rd. If you are interested in a packet, call the ADRC at 920-386-3580 (800-924-6407) or email us at hsagingunit@co.dodge.wi.us

Submitted by Ashley Sanborn & Jennie Farmer,
Dodge County Disability Benefit Specialists

Medicare Coverage of Mental Health and Addiction Treatment

What is mental health care?

Mental health care refers to services and programs intended to help diagnose and treat mental health and illnesses. A mental illness or mental health condition affects your thinking, feeling, or mood. Some examples include depression, anxiety, and schizophrenia. Some also consider addiction, like opioid use disorder and alcoholism, to be mental health conditions. Mental health conditions are typically not the result of any single event or circumstance. Rather, they are complicated conditions involving multiple factors. More than 50% of people will be diagnosed with a mental health condition at some point in their life.

 Outpatient care	 Prescription drugs	 Inpatient care
Medicare Part B covers outpatient mental health care, including but not limited to: ✓ Individual and group therapy ✓ Substance use treatment ✓ Activity therapies, like art or dance therapy ✓ Annual depression screening ✓ Opioid treatment program (OTP) services If you have Original Medicare, you usually owe a 20% coinsurance. If you have a Medicare Advantage Plan, contact your plan for costs.	Medicare Part D covers prescription drugs needed for mental health treatment, through either a: ✓ Stand-alone Part D plan ✓ Medicare Advantage Plan Before joining a plan, make sure that it covers your medications. Part D plans are required to cover many drugs used to treat mental health conditions. This includes all antidepressant, anticonvulsant, and antipsychotic medications, with limited exceptions.	Medicare Part A covers inpatient mental health care in: ✓ General hospitals ✓ Psychiatric hospitals General and psychiatric hospitals have the same out-of-pocket costs, which include the Part A deductible and daily coinsurances after 60 days of inpatient care. Contact your Medicare Advantage Plan for exact costs and rules. Medicare only covers up to 190 days of inpatient care at a psychiatric hospital in your lifetime. This limit does not apply to general hospitals.

Who should I contact if I need help related to my mental health care?

Your doctor: Talk to your doctor about your mental health challenges and what care is best for you. Your doctor may be able to recommend mental health specialists to you.

988 Suicide and Crisis Lifeline: Call or text 988 for 24/7 support. Counselors can help when you are in crisis, as well as provide resources for you.

Medicare: If you have Original Medicare, you can call 1-800-MEDICARE (633-4227) or go to Medicare.gov to find mental health care providers in your area.

Medicare Advantage Plan: If you have a Medicare Advantage Plan, contact the plan directly to find providers who are in network and learn about costs or restrictions.

Part D plan: Contact your plan to see if your prescription drugs are covered. If they are not, you and your doctor can request an exception or file an appeal.

State Health Insurance Assistance Program (SHIP): Contact your SHIP for individualized assistance with your Medicare coverage costs. **LOCAL CONTACT: 920-386-3580** or hsagingunit@co.dodge.wi.us

Senior Medicare Patrol (SMP): Contact your SMP if you believe you have experienced potential Medicare fraud, abuse, or errors. **LOCAL CONTACT: 1-800-818-2611** or smp-wi@gwaar.org

Caregiver Corner

Submitted by Kaelan Pieper,
Caregiver Program Coordinator

I've partnered with Rob Griesel, Dementia Care Specialist, to provide some great opportunities for Dodge County Family Caregivers. Both of these events are being offered FREE of charge. We have been busy planning and hope to see you all there!

Caregiver Day of Respite

Everyone deserves a little time to themselves, especially caregivers! We recognize that often times that's easier said than done so we are hosting a Respite Day on **November 7th** from **10a-2p** at the **Mayville Public Library**. This is an opportunity for you to drop your loved one off for lunch and activities while you enjoy the day- whether it's relaxing at home, getting some holiday shopping done, running errands or enjoying time with friends.

You deserve it!

For more information or to register contact **(920)386-3580**.

Register by October 30th.

RESERVATIONS ARE LIMITED.

Holiday Party

Join us for our annual Holiday Party at **Old Hickory Golf Course** on **December 5, 2023** from **11a-2p**. Lunch will be provided. We have some fun activities planned. This is a great time to connect and socialize with other caregivers and their loved ones!

Free gift wrapping will be offered again this year, so bring those presents and let us help check one of those tasks off your 'to-do' list!

For more information or to register contact **(920)386-3580**.

Register by November 27th.

RESERVATIONS ARE LIMITED.



MEET MELVIN!

Melvin is a Companion Pet, designed to bring comfort, companionship and fun to elder loved ones. With realistic fur and pet-like sounds - and sensors that respond to petting and hugs with familiar pet-like actions. Do you like Melvin? Would you be interested in "fostering" an animal like him?

Here at the ADRC we have a wonderful Dementia Lending Closet where individuals can temporarily "foster" a cat or dog to see if it fits their liking before purchasing one of their very own!

Along with animals, the Dementia Lending Closet has adaptive equipment, art supplies, musical instruments, games, cognitive puzzles, and activities for either an individual or group. Call us at (920)386-3580 to find out more.

When coming to the ADRC, don't forget to say, "Hi" to our new family member, Melvin!



? Brain Exercises ?

Would you Rather...

take a one-week trip to the foreign country of your choice

OR

take a four-week trip around your own country?

be given \$1,000,000 now

OR

be given \$50 a month for the rest of your life?

shout all the time

OR

whisper all the time?

be able to freeze time

OR

travel in time?

be a superhero

OR

or be invisible?

What's the Phrase?

SECRET



SPOT

**R
ROAD
A
D**

Answer key:

Top Secret, Banana Split, Hole-in-one
Hot spot, Cross road



Transportation Station

Submitted by Elaine DeBlare,
Transportation Program Coordinator



Planning for Transportation

Why plan for transportation? Transportation plays an essential role in the maintenance of good health. Appropriate, accessible transportation is key to living a quality life that meets your personal, family, and social needs.

Transportation alternatives also give family and other caregivers a break, if needed. Making smart transportation decisions helps you maintain control of your daily life, so you can take care of your health. Transportation is necessary for daily living activities, such as:

- Getting to medical appointments
- Grocery shopping
- Visiting family and friends
- Going on recreational outings



What kind of transportation assistance do you need?

One of the first steps is to discuss your transportation needs. Talk with your physician and health care providers about the type of transportation you will need following your medical appointment. Ask your physician or health care providers if they can suggest transportation options. Talk with your family, friends or caregivers about how they may be able to help you with your transportation needs. The following questions may help you choose the best way to meet your transportation needs:

- Has the change in your health affected your ability to climb stairs, drive, or bend to get into car seats?
- Will it be safe for you to drive yourself?
- Do you feel comfortable asking family and friends to help you?
- If a relative or caregiver gives you a ride, can you get into the vehicle? Do you need a stepstool to get into the vehicle? Is there a grab handle?
- Are you familiar with public or private transportation options (e.g., buses, volunteer drivers, paratransit vehicles, taxis, church or service agency vans) in your area?
- Do you have health issues that might affect your use of public transportation? For example, are you able to ride with others? Can you ride for up to an hour or more? Are you able to travel alone? Will you be able to use stairs, lifts, or ramps to enter a vehicle or to reach your destination?

Additionally, these considerations should also be taken into account when making transportation choices. Consider your health:

- Will you need to use a cane, walker, crutches, or wheelchair?
- Will you need door-to-door-through-door service?

How to find available transportation?

- Dial local 211 or 311 telephone service (if available in your area). Follow the instructions for transportation options.
- Search the internet for public and private transportation options. Identify available services and schedule options. In your search, use the name of your town and state with these keywords: transit, transportation, transportation assistance, and volunteer drivers.
- Contact local centers for independent living.
- Contact your agency on aging or the Eldercare Locator to find out about transportation options for older adults.
- If you are a veteran, contact a local Veterans Service Organization.

Hopefully, you won't need transportation assistance, but if you do, you will be well prepared.

(Information for article obtained from <http://www.nadtc.org/wp-content/uploads/NADTC-Planning-for-Transportation-After-Medical-Services-Rural-Edition-PDF.pdf>)

Keeping You Safe

How to Avoid a Scam



Block unwanted calls and text messages. Take steps to block unwanted calls and to filter unwanted text messages.

Don't give your personal or financial information in response to a request that you didn't expect. Honest organizations won't call, email, or text to ask for your personal information, like your Social Security, bank account, or credit card numbers.

If you get an email or text message from a company you do business with and you think it's real, it's still best not to click on any links. Instead, contact them using a website you know is trustworthy. Or look up their phone number. Don't call a number they gave you or the number from your caller ID.

Resist the pressure to act immediately. Honest businesses will give you time to make a decision. Anyone who pressures you to pay or give them your personal information is a scammer.

Know how scammers tell you to pay. Never pay someone who insists that you can only pay with cryptocurrency, a wire transfer service like Western Union or MoneyGram, a payment app, or a gift card. And never deposit a check and send money back to someone.

Stop and talk to someone you trust. Before you do anything else, tell someone — a friend, a family member, a neighbor — what happened. Talking about it could help you realize it's a scam.

Report Scams to the Federal Trade Commission.

If you were scammed or think you saw a scam, tell the FTC at [ReportFraud.ftc.gov](https://reportfraud.ftc.gov) or by calling the FTC's Consumer Response Center at 877-382-4357..





SENIOR DINING

O C T	2 Swedish Meatballs Mashed Potatoes Peas & Carrots	3 Chix Cacciatore Pattie Baked Potato Creamy Cuke Salad	4 Country Fried Steak Mashed Potatoes Green Beans	5 Smoked Sausage Calico Bean Cass. Broccoli Cuts	6 BBQ Pork Cutlet Baby Red Potatoes Baby Carrots
	9 Chopped Steak in Burg/Mush. Sauce Mashed Potatoes	10 Escalloped Pot. & Ham Calif. Blend Veg.	11 Roast Turkey Mashed Potatoes Carrots	12 Beef Stew Cole Slaw	13 Breaded Fish Filet Baked Beans Spinach Salad w/Rasp. Vin.
	16 Orange Chicken Pattie Baked Potato Mixed Vegetables	17 Salisbury Steak Mashed Potatoes Swiss Spinach	18 Meatballs in Honey Mustard Sauce Three Bean Salad	19 Hungarian Goulash Corn	20 Meatloaf Baby Red Potatoes Peas & Carrots
	23 Pork Steak Mashed Potatoes Pickled Beet Salad	24 Chix, Broccoli & Rice Casserole Raw Baby Carrots	25 Swiss Steak Mashed Potatoes Corn	26 Beef Frank on Bun White Bean Salad Broccoli Cuts	27 Chicken Pattie Mashed Potatoes Mixed Vegetables
	30 Hawaiian Meatballs Baked Potatoes Calif. Blend Veg.	31 Pork Loin Mashed Potatoes Baby Carrots			

VOLUNTEERS



NEEDED!



The Dodge County Nutrition Program is looking for Meals on Wheels drivers to deliver lunch to homebound seniors:

- In Juneau on Fridays
- In Horicon on Fridays
- In Beaver Dam on Wednesdays and Thursdays
- In Lomira on Tuesdays, Wednesdays & Fridays

For more information on how to volunteer,
Call 920-386-4578





NUTRITION NEWS

Submitted by Hannah Rohlinger,
Nutrition Program Coordinator



Eat Well, Age Well October - Apples



We all know the saying, "an apple a day keeps the doctor away." This saying originated in 1866 in Wales in a publication. The original saying was "Eat an apple on going to bed and you'll keep the doctor from earning his bread." The saying reappeared in 1913 in its current form. Through the ages, the apple has come to symbolize health and healthy habits. Let's look at the nutritional components an apple provides.

Apples may lower cholesterol and blood pressure. They can also aid in digestion and stabilize blood sugar. Why? Apples contain both soluble and insoluble fiber. The soluble fiber in apples become gelatinous when it mixes with water in your digestive tract. It makes you feel full, slows down the absorption of nutrients, and prevents spikes in blood sugar. Soluble fiber also helps lower your levels of cholesterol. The insoluble fiber in apples can help move food through your system to help prevent constipation. Apples contain vitamin C and antioxidants which can support a healthy immune system.

Be sure to eat the apple peel to get all the health benefits. In making apple pie, try it with the skins on, you might be surprised how great it tastes!

Joke:

What do you call a grouchy apple?
A crab apple!



Did you Know...

There are about 300 apple orchards in Wisconsin?
Want to find the closest to you?

Visit The Wisconsin Apple Growers Association
website: <https://www.waga.org/Member-Orchards>

They have other useful information as well,
<http://www.waga.org/>



Dementia Friendly Dodge

By Robert Griesel,
Dementia Care Specialist



Dodge County Dementia Care Specialist Participating in Statewide Initiative to Provide Creative Care Resources to Family Caregivers

TimeSlips, a non-profit organization founded in Wisconsin, is working with 31 Dementia Care Specialists (DCSs) from 29 Aging and Disability Resource Centers across the state, to provide them additional resources for the network of people living with dementia and the caregivers they serve.

For over 25 years, TimeSlips has been at the forefront of the creative aging movement, inspiring caregivers, families, and communities to reimagine aging and dementia. Through their evidence-based programs and resources, TimeSlips empowers individuals to connect, engage, and build empathy, ultimately challenging the stigma that many people living with memory loss face.

In this project, called "The Creative Care Institute for Dementia Care Specialists", TimeSlips share innovative communication techniques that allow for more enriching care partnerships between people with memory loss and those who care for them. This partnership provides DCSs with both physical and virtual tools to distribute their network of family caregivers.

Here is how you can take advantage of the free TimeSlips resources:

Friends & Family Training

This free 45-minute online training provides you with an introduction to TimeSlips and creative communication techniques that you can weave into your daily care practices to create more meaningful moments of connection. Designed with friend and family caregivers in mind, this training focuses on one-on-one care scenarios. To access the training module, please visit: <https://www.timeslips.org/trainings/individual-training/families/>

Monthly Virtual Friends & Family Gathering

Attend a virtual Friends & Family gathering via Zoom. These events are free and open to everyone, but registration is required. To sign up, visit our events page: <https://www.timeslips.org/get-involved/events/> and check out our Upcoming Events page in this Newsletter on page #15 along with future Newsletters.

Imagination Kits

These Kits contain creative prompts for storytelling and conversations that are fun and accessible for all! Books are available to rent free of charge at the ADRC of Dodge County by contacting DCS, Rob Griesel.

Dodge County Dementia Care Specialist, Rob Griesel is thrilled to have this opportunity to partner with TimeSlips and the Medical College of Wisconsin, which is funded by Advancing a Healthier Wisconsin Endowment. If you have any questions about this initiative or accessing any of the resources above, please contact Rob Griesel at rgriesel@co.dodge.wi.us or call 920-386-4308.



Join us in our mission to bring meaning & purpose
into the lives of elders through creative engagement

UPCOMING EVENTS

Give us a call at the ADRC for more information or to register: **920-386-3580**

October



- Oct. 2: Dementia Caregiver Coffee Group 10a-11a -ONLINE
Spark! 4p-5p -Imagine That Art Studio, Waupun
- Oct. 3: Strong Bodies 9a-10a -Juneau Community Center, Juneau
- Oct. 4: Healthy Living with Diabetes 1p -Tag Center, Mayville
MCI Conversations Support Group 10:30a-12p -ONLINE
- Oct 10: Medicare Basics & Beyond 9a-12p -Juneau
- Oct. 11: Lewy Body Dementia Support Group 1:30p-3:30p -ONLINE
Healthy Living with Diabetes 1p -Tag Center, Mayville
- Oct. 13: Spark! 1p-2:30p -Unmasked Expressive Therapies, Beaver Dam
- Oct. 16: Dementia Caregiver Coffee Group 10a-11a -ONLINE
Spark! 1p-2:30p -Horicon Marsh, Horicon
- Oct. 18: Living Well w/Chronic Conditions 10:30a-12p -Watermark, Beaver Dam
MCI Conversations Support Group 10:30a-12p -ONLINE
- Oct. 19: Spark! 1-2:30p -Dodge County Center for the Arts, Beaver Dam
- Oct. 25: Lewy Body Dementia Support Group 1:30p-3:30p -ONLINE
Living Well w/Chronic Conditions 10:30a-12p -Watermark, Beaver Dam
- Oct. 26: A Day with Lewy 8a-4p -Johnson Creek Conference Center, Johnson Creek

November



- Nov. 1: Living Well w/Chronic Conditions 10:00a-12p -Watermark, Beaver Dam
MCI Conversations Support Group - 10:30a-12p -ONLINE
Boondock's & Herbie's Coffee Camper 10a-1p -Juneau
- Nov. 6: Dementia Caregiver Coffee Group 10a-11a -ONLINE
Spark! 4p-5p -Imagine That Art Studio, Waupun
- Nov. 8: Living Well w/Chronic Conditions 10:00a-12p -Watermark, Beaver Dam
Lewy Body Dementia Support Group 1:30p-3:30p -ONLINE
- Nov. 10: Spark! 1p-2:30p -Unmasked Expressive Therapies, Beaver Dam
- Nov. 15: Living Well w/Chronic Conditions 10:00a-12p -Watermark, Beaver Dam
MCI Conversations Support Group 10:30a-12p -ONLINE
- Nov. 16: Spark! 1p-2:30p -Dodge County Center for the Arts, Beaver Dam
- Nov. 20: Dementia Caregiver Coffee Group 10a-11a -ONLINE
Spark! 1p-2:30p -Horicon Marsh, Horicon
- Nov. 22: Living Well w/Chronic Conditions 10:00a-12p -Watermark, Beaver Dam
Lewy Body Dementia Support Group 1:30p-3:30p -ONLINE

December



- Dec. 4: Dementia Caregiver Coffee Group 10a-11a -ONLINE
Spark! 4p-5p -Imagine That Art Studio, Waupun
- Dec. 6: MCI Conversations Support Group - 10:30a-12p -ONLINE
- Dec. 8: Healthy Living w/MCI 9:30a-11:30a -Watertown Library
Spark! 1p-2:30p -Unmasked Expressive Therapies, Beaver Dam
- Dec. 13: Lewy Body Dementia Support Group 1:30p-3:30p -ONLINE
- Dec. 18: Dementia Caregiver Coffee Group 10a-11a -ONLINE
Spark! 1p-2:30p -Horicon Marsh, Horicon
- Dec. 20: MCI Conversations Support Group 10:30a-12p -ONLINE
- Dec. 21: Spark! 1p-2:30p -Dodge County Center for the Arts, Beaver Dam
- Dec. 27: Lewy Body Dementia Support Group 1:30p-3:30p -ONLINE

Aging and Disability
Resource Center (ADRC)

920-386-3580

800-924-6407

FAX: 920-386-4015

hsagingunit@co.dodge.wi.us

Aging and Senior Dining

920-386-3580

Transportation

920-386-3832



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Dodge County ADRC



Find us on the web:

www.co.dodge.wi.gov

ADRC Recipe Box

Broccoli Cheddar Soup

Nutrition Facts

4 servings per container
Serving size 1 cup (308g)

Amount per Serving
Calories 180

% Daily Value*

Total Fat 7g 9%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 200mg 9%

Total Carbohydrate 19g 7%

Dietary Fiber 2g 7%

Total Sugars 7g

Includes 0g Added Sugars 0%

Protein 10g

Vitamin D 1mcg 6%

Calcium 217mg 15%

Iron 1mg 6%

Potassium 481mg 10%

Vitamin A 367mcg 41%

Vitamin C 38mg 42%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients:

- 1 cup chopped onion
- 1 cup shredded carrot
- 1 1/2 teaspoons butter
- 2 cups broth (any type)
- 2 cups chopped broccoli
- 1 cup milk
- 1/4 cup flour
- 1/2 cup shredded cheddar cheese
- 1/8 teaspoon pepper



Directions:

1. In a medium saucepan over medium– high heat, saute onion & carrot in butter until onions begin to brown. Add broth & broccoli. Simmer until broccoli is tender, 5-7 minutes.
2. In another container, slowly stir the milk in to the flour until smooth. Stir the milk mixture in to the soup. Bring to a boil & continue stirring until slightly thickened, 3-5 minutes.
3. Add cheese & pepper. Heat over low heat until cheese is melted. Serve hot and ENJOY!



TO OUR FRIEND:

Henry Dodge Office Building
199 County Road DF
Juneau, WI 53039

