



# November

# Ageless

FREE

A Newsletter for Juneau County Seniors & Adults with Disabilities

## NOTES FROM CHAR NORBERG, DIRECTOR

Why did the cranberries turn red?  
*Because they saw the turkey dressing!*

The theme for National Caregiver Month 2016 is "Take Care to Give Care".

Each year the month of November is designated as National Family Caregivers Month. During this month we take time to recognize and honor family caregivers across the country. What does it mean to be a caregiver? Not everyone who is a caregiver does so for a living. In 2015 an estimated 34.2 million Americans provided care to an adult age 50 or older at no cost. In addition, family caregivers in the U.S spent an average of 20 hours per week caring for an ailing friend or family member. There is no single description for what it means to be a caregiver in America. Most often, being a family caregiver means providing dedicated, compassionate, quality care to a neighbor, friend or family member to help that person to remain living safely in the community for longer. Celebrating caregivers during the month of November helps to raise awareness of family caregiver issues, celebrate the efforts of family caregivers, educate people about caregiving and identifying with being a caregiver, and increase support for family caregivers.

The first rule of taking care of others: take care of yourself first. Caregiving can be a rewarding experience, but it is also physically and emotionally demanding. The stress of dealing with caregiving responsibilities leads to a higher risk of health issues among the nation's family caregivers. So as a family caregiver, remember to pay attention to your own physical and mental wellness, and get proper rest and nutrition. Only by taking care of yourself can you be strong enough to take care of your loved one. You really do need to "take care to give care!"

- **Caregiving can be a stressful job.** Most family caregivers say they feel stressed providing care for a loved one. With all of their caregiving responsibilities

- from managing medications to arranging doctor appointments to planning meals - caregivers too often put themselves last.
- **The stress of caregiving impacts your own health.** One out of five caregivers admit they have sacrificed their own physical health while caring for a loved one. Due to stress, family caregivers have a disproportionate number of health and emotional problems. They are twice as likely to suffer depression and are at increased risk for many other chronic conditions.
- **Proper nutrition helps promote good health.** Ensuring that you are getting proper nutrition is key to help maintain your strength, energy and stamina, as well as strengthening your immune system. Maintaining a healthy diet is one of the most powerful things you can do to take care of yourself and keep a positive attitude overall.
- **Ensuring good nutrition for your loved one helps make care easier.** As many as half of all older adults are at risk for malnutrition. Good nutrition can help maintain muscle health, support recovery, and reduce risk for re-hospitalization - which may help make your care of a loved one easier.
- **Remember: "Rest. Recharge. Respite."** People think of respite as a luxury, but considering caregivers' higher risk for health issues from chronic stress, those risks can be a lot costlier than some time away to recharge. The chance to take a breather, the opportunity to re-energize, is vital in order for you to be as good a caregiver tomorrow as you were today.

During National Family Caregivers Month we remind family caregivers that to be strong enough to care for your loved one, you must  
**Take Care to Give Care!**

# CENTER INFORMATION AND CONTACTS

## Our Mission

The Aging and Disability Resource Center of Eagle Country—Mauston is dedicated to working with adults and families who are affected by aging, disability, mental health or substance abuse issues, by providing information and access to services to enhance their quality of life.



## Aging & Disability Resource Center of Eagle Country--Mauston

### Contact Information

Phone ..... 608-847-9371  
Toll Free..... 877-794-2372  
Website ..... [www.adrceagle.org](http://www.adrceagle.org)  
Office Hours ..... Monday-Friday, 8:00am-4:30pm  
Address ..... 220 E. La Crosse Street  
Mauston, WI 53948

Find us on  **Juneau County ADRC of Eagle Country Mauston Office**

## Services Information & Assistance

### Transportation

The ADRC can connect you with access to transportation to reach your destination. Whether you need to get to a medical appointment or pick up groceries, the ADRC can provide you with a variety of options.

Contact us to see what is available in your area.

### Wellness and Prevention

The ADRC provides access to many evidence prevention programs through partnerships with local hospitals, clinics, senior centers and fitness centers. Contact our Mauston office for a listing of programs in your area.

## Staff:

**Director** .....Char Norberg  
**Lead Information & Assistance Specialist**.....  
.....Nickie Preuss  
**Information & Assistance Specialist**.....  
.....Mary Murray  
**Disability Benefit Specialist**.....  
.....Jessica Hoehn  
**Elder Benefit Specialist**.....Barb Gartland  
**Medicare Part D Benefit Specialist**.....  
.....Norma Phillips  
**Secretary II** ..... Karla Faulkner  
**Adult Center/Transportation Coordinator**.....  
.....Lynn Martin  
**OAA Support Coordinator**.....  
.....Angela Pokorney  
**Bus Driver** .....Amy Stuetzgen

~~~~~  
**Lynn Martin, Newsletter Editor** .....608-847-9371  
lmartin@co.juneau.wi.us  
**Volunteers**..... Norma Smith,  
Blanche Dallman, Carol Arens, Marilyn Walden,  
Norma Frank & Susan Ballayan



Are you in need of a walker, wheelchair or shower chair? The ADRC has a lending closet.

We offer you the use of an item for no fee and when you are no longer in need of the item, you return it to us so someone else can use it.  
Call us at 847-9371





# NOVEMBER 2016 EVENT CALENDAR



| SUNDAY                                                                                                                          | MONDAY                                                                                                        | TUESDAY                                                                                                                 | WEDNESDAY                                                                                                                         | THURSDAY                                                                                                                                                                                                             | FRIDAY                                                                                                                                                        | SATURDAY                                                                                                                |
|---------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                 |                                                                                                               | 1 <b>Foot Clinic—<br/>Mauston</b>                                                                                       | 2                                                                                                                                 | 3 <b>Sandwich<br/>Day</b><br>                                                                                                      | 4 <b>ADRC<br/>Caregiver<br/>Event</b><br>                                  | 5                                                                                                                       |
| 6 <b>Daylight<br/>Savings Time<br/>Ends</b><br> | 7                                                                                                             | 8 <b>Election Day</b><br>              | 9                                                                                                                                 | 10 <b>Foot<br/>Clinic—Elroy</b>                                                                                                                                                                                      | 11<br><br><b>Veterans' Day<br/>ADRC &amp; all<br/>mealsites<br/>CLOSED</b> | 12                                                                                                                      |
| 13                                                                                                                              | 14                                                                                                            | 15 <b>NL/Nec<br/>Community<br/>Supper 4:30-<br/>6pm<br/>at New Lisbon<br/>Community<br/>Center</b>                      | 16<br><br><b>Holiday Craft<br/>Fair Begins</b> | 17 <b>Homemade<br/>Bread Day</b><br>                                                                                             | 18                                                                                                                                                            | 19 <b>Mother<br/>Goose Day</b><br> |
| 20                                                                                                                              | 21 <b>Committee<br/>on Aging &amp;<br/>Disability<br/>Meeting<br/>9:30am Rm 1<br/>Courthouse<br/>Basement</b> | 22                                                                                                                      | 23                                                                                                                                | 24<br><br><b>Happy<br/>Thanksgiving<br/>ADRC and all<br/>mealsites<br/>CLOSED</b><br>Free Thanksgiving<br>meal at Moose<br>Lodge | 25<br><b>ADRC and all<br/>mealsites<br/>CLOSED</b>                                                                                                            | 26                                                                                                                      |
| 27                                                                                                                              | 28                                                                                                            | 29 <b>Square<br/>Dancing Day</b><br> | 30 <b>Elroy<br/>Community<br/>Supper<br/>4:30-6pm<br/>at Methodist<br/>Church</b>                                                 |                                                                                                                                                                                                                      |                                                                                                                                                               |                                                                                                                         |

## Senior Bus Trips For November



**1st Friday**—Mauston to **Reedsburg**

**2nd Friday**—No Bus Trip--

**Veterans Day**

**3rd Friday**—Lyndon Station, New Lisbon and Necedah to **Montello**

**4th Friday**—No Bus Trip--**Thanksgiving**

Lunch is Dutch treat. Cost is \$7. 50.

Please welcome Amy Stuetngen, who was recently hired as our new bus driver. The schedule for daily bus trips is included in the newsletter.

Call 847-9371 to schedule a ride.

## Foot Health Clinics

With a Certified Nail Technician



**1st Tuesday, November 1st**

9a.m.—noon

Juneau County Adult Center

Call 847-9371

**2nd Thursday, November 10th**

9 a.m.—noon

Elroy Grace Lutheran Church

Call 462-5175

Cost is \$25.

## Thanksgiving Trivia



1. Where did the pilgrims first land?  
Boston, New York, Plymouth or Washington

2. What was the name of the ship, which carried the pilgrims?

The Pinta, The Beagle, The Mayflower or The Fina

3. How many passengers were onboard?  
117, 102, 74 or 28

4. Who was the Captain of the ship, which carried the pilgrims?

Christopher Jones, John Smith, Thomas Williams or William Tell

5. How many days were the pilgrims aboard the Mayflower?

93, 74, 66, or 220

6. What was the name of the child that was born on the Pilgrim's ship?

Oceanus, Mary, Allanna or Bonnie

7. What was the name of the tribe which helped the pilgrims?

Cree, Iroquois, Wampanoag or Apache

8. Who was the chief of the Pakanoet?

Massasoit, Geronimo, Pocahontas or Sitting Bull

## *November Birthdays*

2—Betty Schmitz, 7—Karen Nelson,

9—Carol Arens, 10—Nancy Nelsen,

16—Harry Buttner, 23—Patricia White,

26—Janet Potter, 29—Norma Phillips

*If your birthday is not listed and you would like it listed, please contact our office.*

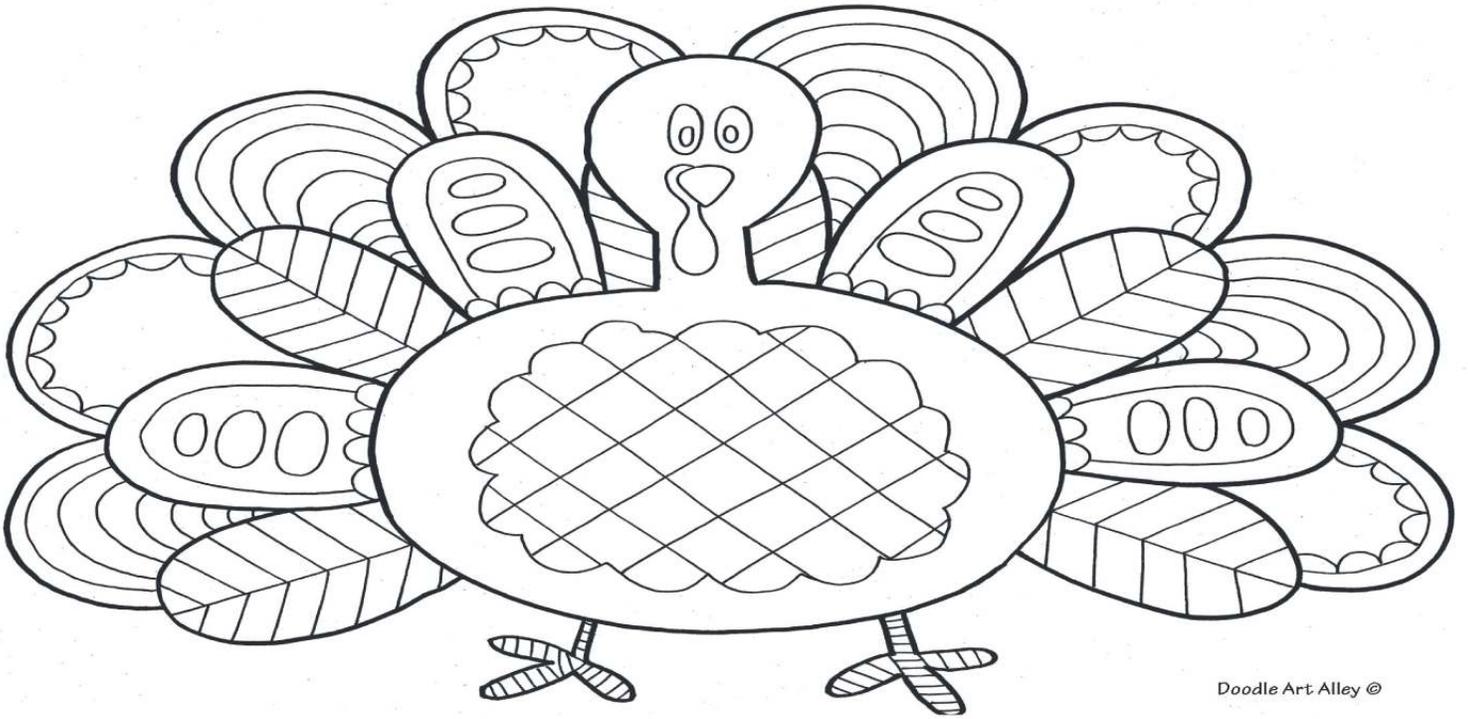
## Live Life Laughing!

Now that I am older  
I believe in the hereafter.

I know I'm here, but I can't  
remember what I'm after.



# COLORING PAGE



Doodle Art Alley ©

## Dr. Christopher Eckerman, DPM

Physician/Surgeon of the Foot and Ankle

Dr Eckerman, is seeing patients at two convenient locations:

**Mauston Clinic**  
Within PTWorks Physical Therapy 610 McEvoy Street, Mauston (conveniently located between McDonald's and Culver's)

**Reedsburg Clinic**  
Reedsburg Area Medical Center Specialty Group, 1104-21st Street, Reedsburg



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For more information please call or email: [psdirector@hotmail.com](mailto:psdirector@hotmail.com)

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# CAREGIVER ASSISTANCE NEWS

## Better Communication in Alzheimer's Care

Communication refers to the ability to speak, understand speech, read, write, and gesture. It is how we make contact with each other. *Nonverbal* messages are given through silence, body movements, or facial expression. As much as 90 percent of our



communication is nonverbal. Be aware that words can carry one message and the body another; people with dementia seem to be especially sensitive to the *tone* or *feeling* of your communication and that is what they will react to.

“Aphasia” (a-fa-zha) is a word for problems with language: it can affect speaking, understanding speech, reading, and writing. Aphasia is one of the problems associated with Alzheimer’s disease (AD). In the early stages of the disease, people have trouble thinking of common words while speaking or writing. In time, the ability to understand what others are saying also declines. While people with AD continue to be able to read, they eventually do not understand what they are reading. Communication problems get progressively worse over the course of the illness, until verbal communication becomes virtually impossible.

### Tips for Better Communication

- ✓ **Keep good eye contact.**
- ✓ **Don’t interrupt or distract** the person while he is talking.
- ✓ **Avoid criticizing**, correcting and arguing.
- ✓ **Focus on the feelings**, not the facts.
- ✓ **Approach the person from the front.** Tell him or her who you are.
- ✓ **Call the person by name.**
- ✓ Use **short, simple words** and sentences.
- ✓ **Ask one question** at a time.
- ✓ **Repeat information and questions.** If the person doesn’t respond, wait a moment. Then ask again. Try to rephrase and use other words.
- ✓ **Avoid quizzing.** “Do you remember when...?”
- ✓ **Break down instructions** into clear, simple steps.
- ✓ **Avoid confusing expressions.** If you ask the person to “Hop in!” He or she may take that as a literal instruction. Describe the action directly to prevent confusion. “Please come here. Your shower is ready.”

- ✓ **Avoid vague words.** Instead of saying “Here it is!”—try saying “Here is your sweater.”
- ✓ **Turn negatives into positives.** Instead of saying “Don’t go there,” try, “Let’s go to the dining room.”
- ✓ **Give visual cues.** To help demonstrate the task, while asking him or her to do the task, point or touch the item you want the person to use. Or, begin the task for the person.

## Communication Problems and Solutions at Each AD Stage

### Early Stage—Trouble Using and Understanding Words

- ⇒ Difficulty finding the right word to say or using familiar words repeatedly.
- ⇒ Lose their train of thought or take long pauses between words.
- ⇒ Have difficulty following conversations when there are many speakers.
- ⇒ Since memory for recent events has declined, they may repeat themselves because they don’t remember that they already have said something.

Help a person in the early stage have confidence to use his or her remaining verbal skills. Gently suggest the word he or she cannot find, or remind the person of what he or she was trying to say. If he or she prefers to have time to come up with the missing word or idea, wait patiently.

### Middle Stage—Trouble Expressing Feelings and Needs

- ⇒ Trouble sticking to a subject or forgetting what he or she was intending to say.
- ⇒ May use pat phrases that sound like regular social dialogue, but cover up an inability to say more complex things. “Hello, how are you? You look real good” may be repeated to each person he or she meets.

Avoid calling attention to memory problems and embarrassing him or her. As the illness progresses, it will have an impact on many aspects of daily life. Communication difficulties may appear more severe because the person may have hearing and vision loss as well as problems with judgment, impulse control, and planning. He may speak loudly on the bus, approach strangers as if they were long-lost relatives, and ask you why that lady over there is so fat.



# Food *SAFETY* Scraps

## Clean Out Your Fridge!

November 15th is National Clean Out Your Refrigerator Day. So ask yourself: how long has that ketchup bottle been in there, anyway? And that salsa that you bought last May for Cinco de Mayo? Wait -was that last May or the year before? Unless you make regular practice of cleaning your fridge, you probably have some unusual - possibly scary - stuff in there. Just because it's in the fridge doesn't mean it's still good. For example, do you have deli meat that you've had over a week? Deli meats are only good for about a

week. While most condiments are good for about a year, we still need to watch our use-by dates and make sure we don't keep old food. If you have a habit of pulling out raw meat and then not getting to cooking it, raw meat is only good for a couple days before it needs to be cooked or frozen. Eggs are good for 3-5 weeks after you bring them home, but they all have dates stamped on the cartons and those dates need to be monitored. Fresh produce is usually good until it gets rotten, moldy or wilted. But if the produce is

cut it's only good for a week. It's also important that the fridge itself is cleaned regularly. Good food isn't safe if it's in a dirty fridge. Use a mild detergent and hot soapy water or cleaning wipes to clean the surfaces and doors—inside and out. An open box of baking soda can help keep the odors reasonable.



"Better keep yourself clean and bright. You are the window through which you must see the world."

-George Bernard Shaw



Household refrigerators should also be kept at 41° or less, and freezers should be at 0°F or less. There should be thermometers in all fridges and freezers

## Did you Know?

Dairy products can absorb odors, which will alter their taste and smell

A solution of 1 cup of vinegar and 1 gallon warm water is also effective at cutting down odors

General Electric introduced its first refrigerator line in 1911, but it wasn't until after WWII with the introduction of Freon that the refrigerator/freezer came on the scene

# FUN & GAMES

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   |   | 1 |   | 6 | 3 |   | 8 |
| 3 |   | 9 | 2 | 5 | 8 |   | 4 |   |
| 4 | 1 |   | 9 |   | 3 |   |   |   |
| 2 | 9 |   |   | 3 |   | 8 | 7 |   |
| 5 | 3 |   |   |   |   |   | 6 | 2 |
|   | 7 | 4 |   | 9 |   |   | 3 | 1 |
|   |   |   | 3 |   | 5 |   | 2 | 9 |
|   | 5 |   | 7 | 1 | 4 | 6 |   | 3 |
| 6 |   | 3 | 8 |   | 9 |   |   |   |

## WHAT WAS THAT AGAIN?

Two elderly ladies had been friends for many decades. Over the years they had shared all kinds of activities and adventures. Lately, their activities had been limited to meeting a few times a week to play cards.

One day they were playing cards when one looked at the other and said, "Now don't get mad at me. I know we've been friends for a long time, but I just can't think of your name. I've thought and thought, but I can't remember it. Please tell me what your name is."

Her friend glared at her. For at least three minutes she just stared and glared at her. Finally she said, "How soon do you need to know?"

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# WONEWOC MENU

| TUESDAY                                                                                                                               | WEDNESDAY                                                                                                                                                                                      | THURSDAY                                                                                                                                          | FRIDAY                                                                                                                                     |
|---------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Nov 1</b><br/>Home Style Chili topped with Cheese &amp; Sour Cream<br/>Creamy Coleslaw<br/>Cornbread<br/>Fruit Crisp</p>        | <p><b>Nov 2</b><br/>Cheeseburger<br/>Deep Fried Potato Wedges<br/>Cottage Cheese<br/>Chilled Peaches</p>                                                                                       | <p><b>Nov 3</b><br/>BBQ Chicken<br/>Creamy Mashed Potatoes<br/>Gravy<br/>Corn<br/>Bread &amp; Butter<br/>Oatmeal Cookie</p>                       | <p><b>Nov 4</b><br/>Grill Fried Salmon Patty<br/>Tator Tots<br/>Creamed Peas<br/>Bread &amp; Butter<br/>Fruited Jell-O</p>                 |
| <p><b>Nov 8</b><br/>Baked Ham<br/>Scalloped Potatoes<br/>Green Beans<br/>Bread &amp; Butter<br/>Chilled Pineapple</p>                 | <p><b>Nov 9</b><br/>Meatloaf<br/>Creamy Mashed Potatoes and Savory Gravy<br/>Buttered Corn<br/>Bread &amp; Butter<br/>Spice Cake</p>                                                           | <p><b>Nov 10</b><br/>Fluffy Biscuits with Sausage Gravy<br/>Scrambled Eggs<br/>Seasoned Green Beans<br/>Tropical Fruit Salad<br/>Tomato Juice</p> | <p><b>Nov 11</b><br/><br/><b>Veteran's Day</b><br/><br/><b>All mealsites are Closed</b></p>                                                |
| <p><b>Nov 15</b><br/>Tender Roast Beef<br/>Mashed Potatoes &amp; Gravy<br/>Asparagus<br/>Bread &amp; Butter<br/>Peanut Butter Bar</p> | <p><b>Nov 16</b><br/>Creamy Ham and Potato Soup<br/>Side Salad<br/>Warm Biscuit<br/>Mandarin Oranges<br/>Cookie</p>                                                                            | <p><b>Nov 17</b><br/>Ring Bologna<br/>Baked Beans<br/>Mac N Cheese<br/>Bread &amp; Butter<br/>Chilled Pears</p>                                   | <p><b>Nov 18</b><br/>Deep Fried Cod<br/>French Fries<br/>Buttered California Blend<br/>Bread &amp; Butter<br/>Vanilla Pudding</p>          |
| <p><b>Nov 22</b><br/>Meatballs in Seasoned Gravy<br/>Creamy Mashed Potatoes<br/>Corn<br/>Bread Pudding<br/>Chilled Fruit Cocktail</p> | <p><b>Nov 23</b><br/><b><u>Thanksgiving Dinner</u></b><br/>Juicy Turkey<br/>Mashed Potatoes &amp; Gravy<br/>Green Bean Casserole<br/>Stuffing<br/>Dinner Roll &amp; Butter<br/>Pumpkin Pie</p> | <p><b>Nov 24</b><br/><br/><b>Thanksgiving Day</b><br/><br/><b>All mealsites are Closed</b></p>                                                    | <p><b>Nov 25</b><br/><br/><b>Closed</b><br/><br/><b>No Meals Served</b></p>                                                                |
| <p><b>Nov 29</b><br/>Bratwurst on a Bun<br/>Chips<br/>Pasta Salad<br/>Cream Cheese Bar</p>                                            | <p><b>Nov 30</b><br/>Spaghetti with Chicken Alfredo Sauce<br/>Texas Toast<br/>Coleslaw<br/>Chilled Mandarin Oranges</p>                                                                        | <p><i>Nov 10—Free Lunch for Veterans</i><br/><i>Nov 18—Euchre Tournament</i><br/><i>Crafting with Kevin—TBA</i></p>                               | <p><b>Bernie's Wagon Wheel II</b><br/><b>229 Center St.</b><br/><b>Wonewoc</b><br/><b>464-7217</b><br/><b>Serving Time 11:30-12:15</b></p> |

# MENU FOR MAUSTON, NECEDAH, CAMP DOUGLAS, NEW LISBON, AND LYNDON STATION

| MONDAY                                                                                                                                                                         | TUESDAY                                                                                                                                                                   | WEDNESDAY                                                                                                                       | THURSDAY                                                                                                                     |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|
| <p><b><u>Reminder</u></b><br/><b><i>Camp Douglas mealsite</i></b><br/><b><i>Tues &amp; Thurs</i></b><br/><b><i>New Lisbon mealsite</i></b><br/><b><i>Mon &amp; Wed</i></b></p> | <p><b>Nov 1</b><br/>Hamburger Gravy<br/>Mashed Potatoes<br/>Mixed Vegetable<br/>WW Bread or Roll<br/>Fruit Crisp</p>                                                      | <p><b>Nov 2</b><br/>Turkey Ala King<br/>Biscuit<br/>Broccoli &amp; Carrot Blend<br/>Fruit Pie</p>                               | <p><b>Nov 3</b><br/>Hamburger Patty on a<br/>Bun<br/>Potato Wedges<br/>Vegetable Blend<br/>Birthday Cake</p>                 |
| <p><b>Nov 7</b><br/>American Goulash<br/>Cabbage<br/>WW Bread or Roll<br/>Cookie</p>                                                                                           | <p><b>Nov 8</b><br/><b>Election Day</b><br/><b>(Necedah Closed)</b><br/>Beef Tips in Gravy Over<br/>Noodles<br/>Carrots<br/>WW Bread or Roll<br/>Orange</p>               | <p><b>Nov 9</b><br/>Baked Chicken<br/>Whipped Potatoes<br/>Gravy<br/>Corn<br/>WW Bread or Roll<br/>Peaches</p>                  | <p><b>Nov 10</b><br/>Cheesy Turkey Rice<br/>Bake<br/>Peas<br/>WW Bread or Roll<br/>Fruit Cocktail</p>                        |
| <p><b>Nov 14</b><br/>Bratwurst on a Bun<br/>Ketchup/Mustard<br/>Sauerkraut<br/>Potato Salad<br/>Banana</p>                                                                     | <p><b>Nov 15</b><br/>Meatloaf with Gravy<br/>Mashed Potatoes<br/>Peas &amp; Carrots<br/>WW Bread or Roll<br/>Cookie</p>                                                   | <p><b>Nov 16</b><br/>Hot Roast Beef<br/>Mashed Potatoes w/<br/>Gravy<br/>Squash<br/>WW Bread or Roll<br/>Rice Krispy Bar</p>    | <p><b>Nov 17</b><br/>Stuffed Cabbage<br/>Casserole<br/>White Rice<br/>Green Beans<br/>WW Bread or Roll<br/>Spiced Apples</p> |
| <p><b>Nov 21</b><br/>Tuna Noodle Casserole<br/>Peas<br/>WW Bread or Roll<br/>Fruit Salad</p>                                                                                   | <p><b>Nov 22</b><br/><b><u>Thanksgiving Special</u></b><br/>Turkey<br/>Mashed Potatoes w/Gravy<br/>Stuffing<br/>California Blend<br/>WW Bread or Roll<br/>Pumpkin Pie</p> | <p><b>Nov 23</b><br/>Pasta with Italian Meat<br/>Sauce<br/>Green Beans<br/>Creamy Coleslaw<br/>Garlic Toast<br/>Fruit Salad</p> | <p><b>Nov 24</b><br/><br/><b>Thanksgiving Day</b><br/><br/><b>All mealsites Closed</b></p>                                   |
| <p><b>Nov 28</b><br/>Salisbury Steak w/Gravy<br/>Mashed Potatoes<br/>Carrots<br/>WW Bread or Roll<br/>Pears</p>                                                                | <p><b>Nov 29</b><br/>Tator Tot Hot Dish<br/>Corn<br/>WW Bread or Roll<br/>Frosted Cake</p>                                                                                | <p><b>Nov 30</b><br/>Ring Bologna<br/>Baked Beans<br/>Macaroni &amp; Cheese<br/>WW Bread or Roll<br/>Cookie</p>                 | <p>Mauston -847-9371<br/>Necedah -547-3125<br/>Lyndon Station- 666-2423<br/>Camp Douglas &amp; New<br/>Lisbon -547-2213</p>  |

All menus are subject to change without notice.

# ELROY MENU

| MONDAY                                                                                                             | TUESDAY                                                                                                                                                                                | THURSDAY                                                                                                      | FRIDAY                                                                                                       |
|--------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|
| <p>Serving at 11:45A.M.</p> <p>Suggested Donation<br/>\$3.75</p> <p>Milk served each day<br/>Fresh Baked Rolls</p> | <p><b>Nov 1</b><br/>Meatloaf<br/>Garlic Mashed Potatoes<br/>Broccoli<br/>Fruit<br/>Dinner Roll</p>                                                                                     | <p><b>Nov 3</b><br/>Soup and Salad Bar<br/>(Variety of Soups &amp;<br/>Salads)<br/>Fruit<br/>Roll<br/>Bar</p> | <p><b>Nov 4</b><br/>Salmon Patties<br/>Creamed Peas<br/>Mashed Potatoes<br/>Fruit<br/>Roll</p>               |
| <p><b>Nov 7</b><br/>Tator Tot Casserole<br/>California Medley<br/>Fruit<br/>Roll<br/>Angel Food Cake</p>           | <p><b>Nov 8</b><br/><b>Election Day</b><br/>Baked Chicken<br/>Mashed Potatoes &amp; Gravy<br/>Green Bean Casserole<br/>Salad<br/>Fruit<br/>Cookie<br/>Roll</p>                         | <p><b>Nov 10</b><br/>Breaded Pork Chop<br/>Baked Potato<br/>Corn<br/>Fruit<br/>Roll<br/>Rhubarb Dessert</p>   | <p><b>Nov 11</b><br/><b>Veteran's Day</b><br/><b>All mealsites are Closed</b></p>                            |
| <p><b>Nov 14</b><br/>Ham<br/>Squash<br/>Peas<br/>Fruit<br/>Dinner Roll</p>                                         | <p><b>Nov 15</b><br/><b>Breakfast Menu</b><br/>French Toast Bake<br/>Bacon<br/>Hard Boiled Egg<br/>Fruit<br/>Coffee Cake</p>                                                           | <p><b>Nov 17</b><br/>Beet Tips Over Noodles<br/>Spinach<br/>Fruit<br/>Roll<br/>4-Layer Torte</p>              | <p><b>Nov 18</b><br/>Fish<br/>Macaroni Salad<br/>Coleslaw<br/>Roll<br/>Fruit</p>                             |
| <p><b>Nov 21</b><br/>Liver-N-Onions<br/>Scalloped Potatoes<br/>Green Beans<br/>Fruit<br/>Roll</p>                  | <p><b>Nov 22</b><br/><b><u>Thanksgiving Dinner</u></b><br/>Turkey &amp; Dressing<br/>Mashed Potatoes &amp; Gravy<br/>Carrot Casserole<br/>Cranberry Salad<br/>Roll<br/>Pumpkin Pie</p> | <p><b>Nov 24</b><br/><b>Thanksgiving Day</b><br/><b>All mealsites are Closed</b></p>                          | <p><b>Nov 25</b><br/><b>Closed</b><br/><b>No Meals Served</b></p>                                            |
| <p><b>Nov 28</b><br/>Chicken-N-Rice<br/>Carrots<br/>Salad<br/>Fruit<br/>Roll</p>                                   | <p><b>Nov 29</b><br/>Lasagna<br/>Lettuce Salad<br/>Vegetable<br/>Cottage Cheese<br/>Fruit<br/>Garlic Bread</p>                                                                         |                                                                                                               | <p><b>Grace Lutheran Church</b><br/><b>226 Erickson St.</b><br/><b>Elroy, WI</b><br/><b>608-462-5175</b></p> |

# WORD FIND

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

## WILDLIFE WATCH

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 CREATURES  
 CROCODILE  
 EGRET  
 ENVIRONMENT  
 FALCON  
 GARFISH  
 GEESE  
 HERON  
 ISLAND  
 JUNGLE  
 LODGE  
 MANGROVE  
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# BENEFIT SPECIALIST

## Medicare Open Enrollment Is Coming Soon—Add It To Your Fall Checklist

As fall sets in, the days get shorter and the nights get cooler, and Medicare open enrollment is right around the corner. Medicare Open Enrollment runs from October 15-December 7.

It's important that your health plan meets the changing demand in your life. Now's your chance to review your coverage and see if you need to make any changes for next year. Or, you may decide you're happy with the plan you have now. If that's the case, and the plan is still being offered next year, you don't need to do anything.

Over the next few months, look around—you'll find a wealth of information about your Medicare benefits, especially in these everyday places:

### In the mail

Look through your mail carefully—you may get important notices from your current plan, Medicare, or Social Security about changes to your coverage or any extra help you may get paying for prescription drugs.

Also, look for your Medicare & You handbook. It contains information about all of the Medicare plans in your area. If you decided to "go paperless," you'll get an email pointing you to Medicare.gov where you can get all the same information.

You'll also start to see brochures from companies that offer Medicare health and drug plans. Just remember, be smart about protecting your personal information and your identity—plans aren't allowed to call or come to your home without an invitation from you.

### On your computer

Comparing your plan choices is important. Our Medicare Plan Finder is ready with all of the 2017 health and drug plan cost information to make it as easy as possible. Enter the drugs you take to find out how you can lower your costs and review the plan's ratings to compare plan quality. If you find a plan that meets your needs, you'll be able to join the plan right online starting October 15. If you haven't used the Plan Finder before, check out our video to

help you get started.

### In your community

Take a moment as you enjoy these crisp mornings to review the Medicare information that's out there. You may find a local event—somewhere right around the corner with counselors to help you, like your State Health Insurance Assistance Program or local Aging and Disability Resource Center. Don't miss the chance to get personalized help if you need it.

As the days get shorter and the nights get cooler, enjoy the choice and control you have over your health care coverage. Just like fall, Medicare Open Enrollment only comes once a year.

By: Centers for Medicare & Medicaid Services  
[www.medicare.gov](http://www.medicare.gov)



## Medicare Open Enrollment: Are You Ready to Pick a Plan?

It's picking season—pumpkins, apples, Halloween candy...and a Medicare health or drug plan. Medicare Open Enrollment runs from October 15-December 7!

Picking a plan is an important and personal decision. Each person has a unique set of priorities. When you sit down to review your Medicare health and drug plan choices this year, keep track of the things you may want in a plan, and pick one that's right for you.

Here are some things to keep in mind while you consider your choices:

### Does the plan cover the services you need?

Future health care needs can be hard to predict, but changes happen. Make sure you understand what services and benefits you're likely to use in the coming year and find coverage that meets your needs. If you have other types of health or prescription drug coverage, make sure you understand how that coverage works with Medicare. And, if you travel a lot, look to see if your plan covers you when you're away from home.

No matter what plan you pick, you'll get these benefits:

- A discount of 60% on covered brand-name drugs if you reach the Part D prescription drug coverage gap (“donut hole”)
- A free yearly “wellness” visit, so you can sit down with your doctor and talk about your health concerns and the best ways to stay healthy
- A host of preventative tests and screenings—including cancer screenings—most at no cost to you

### What’s the cost?

The lowest-cost health plan option might not be the best choice for you—consider things like the cost of premiums and deductibles, how much you pay for hospital stays and doctor visits, and whether it’s important for you to have expenses balanced throughout the year.

### How about convenience?

Your time is valuable. Ask yourself these questions: Where are the doctors’ offices? What are their hours? Which pharmacies can you use? Can you get prescriptions by mail? Do the doctors use electronic health records or prescribe electronically?

### Quality is important!

Not all health care is created equal, and the doctors, hospitals and facilities you choose can impact your health. Open Enrollment is also a good time to ask yourself whether you’re truly satisfied with your medical care. Look for plans with a 5-star performance rating—the right expertise and care can make a difference.

Remember, even if you’re happy with your current plan, these answers might change from year to year, so it’s important to take the time to compare. The Medicare Plan Finder makes it easy to compare plans based on all of these factors, so you can pick a plan that meets your needs.

By Centers for Medicare & Medicaid Services  
[www.medicare.gov](http://www.medicare.gov)

## GUNDERSON LUTHERAN SENIOR PREFERRED ADVANTAGE PLAN UPDATE

The Gunderson Lutheran Senior Preferred Advantage plans will not be offered in Juneau County in 2017.

Current policyholder coverage will end December 31, 2016. If you do not take action before December 31, 2016 you will only be covered by Original (red, white, and blue card) Medicare starting January 1, 2017.

OPTIONS: (1) Join a new Medicare Advantage Plan anytime between October 15, 2016 and December 31, 2016. Coverage will **begin** January 1, 2017. If you are already enrolled in a separate prescription drug plan (i.e. WI Senior Care, VA) your prescription drug coverage will not be affected by this change. If you choose a plan after December 31, 2016, but before February 28, 2017, coverage will begin the **first day of the month** after your selection. Medicare Health plans may/may not include prescription drug coverage.

(2) Join a Medicare Supplement with Guaranteed Issue and **no** pre-existing clause. A Medicare Supplement Insurance (Medigap) policy, sold by private companies, can help to pay some of the gaps ( i.e. deductibles, copayments, coinsurance) in Original Medicare coverage. You may join a separate Medicare prescription drug plan, Wisconsin Senior Care or have VA benefits, or Tricare for Life.

### RESOURCES

Aging & Disability Resource Center of Eagle  
Country 608-847-9371  
Medicare 800-633-4227

Medigap helpline 800-242-1060  
Prescription Drug Helpline 855-677-2783  
Disability Rights WI Drug Helpline 800-926-4862  
Social Security Wisconsin Rapids 855-686-1465

### Don’t Fall—Be Safe

People with AD are at particularly high risk of falling. Problems with vision, perception and balance increase as AD advances, making the risk of a fall more likely.



# Wisconsin Council of the Blind & Visually Impaired

## National Family Caregivers Month: Insights and Suggestions for Those Who Care for Persons with Disabilities Every Day

By Kevin Damask, staff writer with the Wisconsin Council of the Blind & Visually Impaired

National Family Caregivers Month honors the compassionate family members, friends and neighbors, along with dedicated paid caregivers, who help a growing population of aging and disabled adults.

According to the National Care Planning Council, about 20 percent of people in the U.S. provide part-time or full-time care for someone in need. Formal caregivers serve as either volunteers or paid care providers hired through a service system. Informal caregivers tend to be family, friends, neighbors or church members who lend unpaid care to a disabled or aging person.

About 75 percent of caregivers are also still employed full or part-time and many have to readjust their work schedules, take on less hours, or accept an unpaid leave to provide care.

While many family members have a strong desire to serve as caregivers for their loved ones, it can be quite stressful. When working with someone with a visual impairment, there are specific tips that can reduce stress on the caregiver, as well as provide the best care possible for the individual with vision loss. Prevent Blindness lists four elements of success in living with low vision: tenacity, adaptability, support, and knowledge.

Tenacity represents the goal of finding new directions. If a caregiver is persistent in searching for valuable tools and resources to maintain a high level of care, the person receiving care should enjoy a good quality of life.

Adaptability reflects a desire to change how things are done. Most people have little or no control over how they lose their vision, but choices can be made to adapt to living with it.

Support highlights the importance of “cope-ability,” according to Prevent Blindness. For caregivers, providing understanding and assistance is very important when caring for someone with low vision.

Knowledge is the most effective defense against the effects of vision loss because it helps the caregiver provide better care when they know what resources to utilize.

Prevent Blindness lists 12 specific tips when caring for someone who is visually impaired:

1. Use contrasting colors and limit the number of colors to avoid confusion.
2. When writing, use a dark, bold pen or marker (not a pencil) and don't use cursive.
3. When using email in rich text, increase the font size to at least 16 points. Use fonts that are easier to read.
4. Spend time learning about low vision technology and devices.
5. Use simple ways to help the care recipient easily adapt their home for a safer environment.
6. Assist the recipient in “seeing” with their ears with descriptive accounts of locations, people and objects.
7. When serving a meal, use the “clock face” method to help the recipient find food on his or her plate.
8. Include the recipient in social gatherings and encourage him or her to participate in a support group.
9. When guiding the recipient, allow them to grasp your arm. While using stairs, proceed one step ahead.
10. While guiding to a seat, let the recipient touch the chair or bench first, to allow them to seat themselves.
11. Let him or her know that good nutrition and exercise are important for a healthy life.
12. A trained professional can also provide low vision rehabilitation services, which is vital for continuing care.

For more information, go to [www.preventblindness.org](http://www.preventblindness.org).

# RECIPE

## Sweet Potato & Black Bean Chili for Two

Recipe By: *EatingWell Test Kitchen*



### Ingredients

- 2 teaspoons extra-virgin olive oil
- 1 small onion, finely diced
- 1 small sweet potato, peeled and diced
- 2 cloves garlic, minced
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1/4 teaspoon ground chipotle chili (see Note)
- 1/8 teaspoon salt, or to taste
- 1 1/3 cups water
- 1 15-ounce can black beans, rinsed
- 1 cup canned diced tomatoes
- 2 teaspoons lime juice
- 2 tablespoons chopped fresh cilantro

### Directions

Heat oil in a large saucepan over medium-high heat. Add onion and potato and cook, stirring often, until the

onion is slightly softened, about 4 minutes. Add garlic, chili powder, cumin, chipotle and salt and cook, stirring constantly, until fragrant, about 30 seconds. Add water, bring to a simmer, cover, reduce heat to maintain a gentle simmer and cook until the potato is tender, 10 to 12 minutes. Add beans, tomatoes and lime juice; increase heat to high and return to a simmer, stirring often. Reduce heat to maintain a simmer and cook until slightly reduced, about 4 minutes. Remove from the heat and stir in cilantro.

Note: Chipotle peppers are dried, smoked jalapeno peppers. Ground chipotle can be found in the specialty spice section of most supermarkets.



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# MILE BLUFF MEDICAL CENTER

## SUPPORT GROUPS

**AL-ANON GROUP** - *For more information, call 608-562-5611.*

- Mondays, 7 pm, at Mile Bluff Medical Center in Mauston

### **PARKINSON'S SUPPORT GROUP**

*If interested in group meetings, call Arlene at 608-847-6893.*

**GRIEF SUPPORT GROUP** - *For more information, call 608-847-1285.*

This group offers support services to families and individuals who are coping with the death of a loved one. The group meets at 7 pm at Mile Bluff Medical Center in Mauston.

- Every other Thursday, November 3 - December 15

**AUTISM SUPPORT GROUP** - *For more information, call 608-847-1285.*

This group offers support services to families of children with autism.

- Tuesday, November 15, 7 pm, Mile Bluff Medical Center in Mauston

## SPECIAL EVENTS & SCREENINGS

**LOOK GOOD... FEEL BETTER®** - *For more information and to register, call 608-847-9877.*

Ladies currently receiving cancer treatments at any medical facility are invited to attend this free session to learn beauty techniques to help combat appearance-related side effects of treatments.

- Tuesday, November 1, 9-11 am, Mile Bluff Medical Center in Mauston

**FREE DIABETES AWARENESS EVENT** - *Call 608-847-1846 to RSVP.*

Learn about the importance of maintaining your eye health at this free event featuring Dr. Yao Liu and Mile Bluff's Diabetes Education Team!

- Thursday, November 3, Mile Bluff Medical Center in Mauston; 1:30 pm

**HEALTH FAIRS** - *Appointments are required for all tests.*

-**FREE** blood sugar and blood pressure screenings

-Total cholesterol tests (no fasting) for \$10, or lipid profile tests (12-hour fasting) for \$20

-Heart disease and diabetes risk assessments

- Thursday, November 17, 7 - 11 am, Necedah Family Medical Center

*Call 608-565-2000 for appointments.*

**LOVE LIGHT TREE CEREMONY** - *For more information, call 608-374-0250.*

Honor the memory of your loved one this holiday season with a Love Light. The event includes inspirational recitations, comforting songs and the reading of names of those who have passed and are being honored with a light.

- Sunday, November 27, 6:30 pm, Mile Bluff Medical Center in Mauston

## SAVE THE DATE

### **COMMUNITY BLOOD DRIVE**

*For more information and to register, call the Blood Center of Wisconsin at 1-877-232-4376.*

- Tuesday, December 20, 9 am - 2 pm, Mile Bluff Medical Center in Mauston

# DINING CENTER PAGE

Hello Everyone,

Hope all are doing just fine awaiting the dreaded white stuff to appear. We all have to admit that the first time it snows for the year, it's very pretty and the air smells so fresh.

We will be celebrating Thanksgiving at the Mauston mealsite on November 22nd. We hope to have a full house. It will be a traditional meal with turkey and all of the trimmings. Please call ahead, 608-547-2802, to let us know you will be joining us.

The craft fair will be starting on November 16th and ending on December 2nd. Please come down and see all the fine homemade items as well as the wonderful candies, pies, breads and cookies.

The foot clinic will be here on November 1st. Come down and treat your feet. We will have hot coffee for you when you arrive. This is the "tell a whopper of a buck story" month. How many of us can remember the big one that got away! If anyone in your family gets a nice buck, bring in a picture. You will get entered into the buck drawing for a free lunch at any of our seven mealsites.

Have a safe and wonderful month of November.

Karie Puhl, Mauston Site Manager



Elroy Senior Dining Center:

Are we all ready for the start of the holiday season? Once Thanksgiving is here, we just turn around and it is Christmas. It seems like Thanksgiving is getting to be a forgotten holiday. They already have Christmas decorations up in most of the stores. Let's not forget to take time and to be thankful for all that we have.

The Senior Bus leaves from Elroy on the second Friday of the month. Call the ADRC Office in Mauston at 847-9371 for more information and to reserve a seat. If you are interested in any trips, plan ahead and give the Mauston Office a call.

To everyone that has a birthday in November have a "Happy Birthday".

On November 22nd we will have our Thanksgiving Meal at the Elroy Mealsite. Come and join us for turkey, stuffing and all the trimmings. Call and let us know if you would like to attend.

We have a breakfast menu on the third Tuesday of each month and offer something different each month. In October we tried a Soup and Salad Bar, and it was enjoyed by many who said they liked it a lot. We offered four different soups and a variety of salads. We will be moving it to the first Thursday of each month. Come and try it, and let us know what you think of it.

Don't forget all the mealsites are in need of volunteers. If you have a couple of hours a week, we will gladly put you to work. It will give you a chance to get out and meet new people or maybe meet up with old friends. Give us a call at 462-5175 or stop in at any of the sites.

Bingo is played at the Elroy mealsite at 11a.m. every day that we are open. If you need a ride to the mealsite, call us and we will arrange for you to be picked up and taken back home after the meal. The Elroy Senior Nutrition Program invites all seniors age

60 and older to participate in the senior dining program. Meals are served at 11:45 a.m. on Monday, Tuesday, Thursday and Friday. Home-delivered meals are available; call the site in your area to find out how to qualify. Call the Elroy mealsite at 462-5175 with any questions. The suggested donation is \$3.75. Join your friends for a warm meal, friendship and fun.

Good Luck to all the deer hunters and have a safe hunting season. Happy Thanksgiving to everyone and enjoy the time spent with family and friends.

Karen Nelson, Elroy Site Manager



Howdy from New Lisbon & Camp Douglas mealsites.

October was plenty busy for us, and November is equally busy. Remember it is our civic duty and privilege as American citizens to vote on November 8th. Necedah participants, remember you are always welcome to come to another site on that day. We serve lunch right about 11:30am at Camp Douglas that Tuesday. Call me, Nancy, at 608-547-2213 to reserve your chair at a table.

November 11th is a very important day. Remember to thank the veterans you know. Their dedication to military service is a big reason why we have freedom to have a say in our government. Let's be grateful for all things good in our lives on Thanksgiving Day.

Remember, we play Bingo on Wednesdays in New Lisbon and Thursdays in Camp Douglas. All players are welcome!

Nancy Nelsen, Site Manager



Oh, Happy Fall!! I had never been so excited to have our first frost of the season as I was this year. The mosquitoes had to be frosted off! Now we can go for a walk or putter in the yard without being eaten alive. Phew!

October found us trying new activities here in Wonewoc and I'm happy to announce we really enjoyed crafting with Kevin. Our decorative pumpkins turned out really cute. We can't wait to see what kind of Thanksgiving craft he has for this month. In celebration of Veterans Day all Veterans will receive lunch free on Thursday, November 10th. Just my way of personally thanking each of you. I hope you will share stories with us of where and when you served. We will be hosting another Euchre Tournament on November 18th following lunch. Each day's menu and activity can be found on Facebook on the "You Might Be from Wonewoc if" page. Check it out!

Enjoy your Thanksgiving with family and friends.

Lunch is served Tuesday-Friday each week from 11:30am-noon at Bernie's Wagon Wheel in picturesque Wonewoc. If you or someone you care about is in need of a home delivered meal, please contact me at 479-1003.

Kristi Shore, Wonewoc Site Manager



Check out the Ageless newsletter online at:  
[www.co.juneau.wi.gov/adrc/](http://www.co.juneau.wi.gov/adrc/)



### National Caregiver Month

November is National Caregiver Month. We will be having our 2nd Annual Caregiver Event on Friday, November 4, 2016 at the Adult Day Center located in the ADRC at 220 La Crosse St, Mauston. This is an interactive, fun-filled day of information and education. It will run from 9am to 3pm. This is a free event with lunch, snacks and refreshments included. You can come alone or bring your loved one. We may be able to help with respite for the day if you will need it.

Some of our presenters this year will include:  
 Karen Patton, Mile Bluff Medical Center—Tai Chi  
 St. Croix Hospice  
 April Martell, UW Extension Office—Nutrition  
 Demonstration  
 Bank of Mauston—Identity Theft and Scam  
 Presentation

If you are a caregiver and/or care recipient and would like to join us, please call the ADRC at (608) 847-9371 to sign up by October 28, 2016.



**ADRC at 608-847-9371**  
**Any interested crafters, please contact the**  
**9:00am to 4:00pm**  
**Monday—Friday**  
**Nov 16th—Dec 2nd**  
**Crafts made by Area Seniors**  
**& Persons with Disabilities**  
**Adult Center**  
**Courthouse Annex Basement**  
**Mauston, WI**  
**Craft & Holiday Fair**

**Inspiration**  
*Whatever happens around you, don't take it personally...nothing other people do is because of you. It is because of themselves.*  
 ~Miguel Ruiz

Solution to puzzle on page 9.

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 7 | 2 | 5 | 1 | 4 | 6 | 3 | 9 | 8 |
| 3 | 6 | 9 | 2 | 5 | 8 | 1 | 4 | 7 |
| 4 | 1 | 8 | 9 | 7 | 3 | 2 | 5 | 6 |
| 2 | 9 | 6 | 5 | 3 | 1 | 8 | 7 | 4 |
| 5 | 3 | 1 | 4 | 8 | 7 | 9 | 6 | 2 |
| 8 | 7 | 4 | 6 | 9 | 2 | 5 | 3 | 1 |
| 1 | 8 | 7 | 3 | 6 | 5 | 4 | 2 | 9 |
| 9 | 5 | 2 | 7 | 1 | 4 | 6 | 8 | 3 |
| 6 | 4 | 3 | 8 | 2 | 9 | 7 | 1 | 5 |

Answers to Trivia page 4  
 1. Plymouth—The pilgrims were blown off course. 2. The Mayflower—The Mayflower had a crew of about 30. 3. 102—Two of the passengers died on board the ship. 4. Christopher Jones—Captain Jones died in March of 1622. 5. 66—The ship left on the 6th of September. 6. Oceanus—Oceanus Hopkins was born halfway across the Atlantic Ocean. 7. Wampanoag—They were also known as the Pakanoket. 8. Massasoit—Massasoit died in 1661.