

**Services Available
For Juneau County
Older Adults
and
Persons with
Disabilities**



**220 E La Crosse Street
Mauston, WI 53948
(608)847-9371
1-877-794-2372**

TOLL - FREE HOTLINES

Health Hotlines:

AARP Prudential	800-523-5800
Aging and Long Term Care	800-242-1060
Alzheimer's	800-621-0379
General Health..... Information	800-336-4797
Kidney Disease	800-638-8299
Liver Disease	800-223-0179
Medicare	800-633-4227
Medigap Hotline.....	800-242-1060
OMBUDSMAN..... (Nursing Home)	800-815-0015
Consumer Protection	800-422-7128
Social Security	800-772-1213

**AGING AND DISABILITY RESOURCE CENTER
STAFF**

Director of Aging Programs Heidi L. Randall
Adult Center Coordinator Patricia McCurdy
Clerk Typist II Karla Faulkner
Lead Information and Assistance Specialist..... Mary Murray
Information and Assistance Specialist..... Nickie Preuss
Elderly Benefit Specialist Cathy Spatola
Disability Benefit Specialist Barbara Gartland
Van Driver..... Jennifer Brereton
Camp Douglas Mealsite Sally Denter
Elroy Mealsite..... Karen Nelson
Lyndon Station Mealsite..... Betty Lackas
Mauston Mealsite Karie Puhl
Necedah Mealsite Amanda Crubaugh
New Lisbon Mealsite..... Nancy Nelsen
Wonewoc Mealsite Lucas Bender
New Lisbon/Camp Douglas Food Transport..... Julia Ritchart

JUNEAU COUNTY COMMITTEE ON AGING:

John Wenum, Chairman
Paul Tadda
Marge Strouse

ROBERT D. DYKMAN ADULT CENTER

Courthouse Annex
Mauston, WI 53948
Patricia McCurdy, Coordinator
(608) 847-9371

The Adult Center is open from 8:30 a.m. - 4:00 p.m. daily. Newspapers, magazines, books, puzzles, and community resources are also available at the center.

Cards
Bingo

Monday thru Thursday
Call 847-9371 for schedule

IMPORTANT NOTICE: AGE REQUIREMENTS

Adult Center activities are open to persons age 60 or over.

Meals for the elderly are for those age 60 or over, spouses of +60 participants on a donation basis, and for -60 person, with full cost of meal (\$8.84 required).

Escort service is open to persons age 60 and over, or disabled persons of any age.

**Please note: Information and Rates are subject to change.
Please call for current information.**

TAX PREPARATION

State, Federal, and homestead tax preparation is available for low and moderate income persons age 18 and over from February to April. Call the Adult Center at (608) 847-9371 to schedule an appointment.

CRAFT SALE

Handcrafted items made by Senior Citizens may be sold through sale booths at the Elroy Fair and at the annual Holiday Fair held at the Adult Center in late November through mid December.

Entry forms are available at the Adult Center. **Watch the newspaper for announcements.**

Ten percent of the gross sales amount is kept by the Committee on Aging for expenses, this includes the five and a half percent sales tax assessment. The balance is paid to the participants. Persons submitting articles for sale are also asked to assist in the sale booths.

HEALTH SCREENING

Blood pressure screenings, flu shots and foot health clinics are available at a variety of locations in the county. For dates in your area or for other information, contact the ADRC at (608) 847-9371.

LOW VISION SUPPORT

There is a display of low vision devices at the Adult Center in Mauston and the Camp Douglas mealsite located at the Camp Douglas Village Hall. Please contact the ADRC at (608)847-9371 or the Camp Douglas Meal Site Manager at (608)427-3287 with any questions.

AGELESS NEWSLETTER

Senior Citizens are informed about current programs in this publication. Copies are available at mealsites, banks, and at county senior club meetings. The AGELESS is also available on the Aging and ADRC web pages of the Juneau County website. <http://www.co.juneau.wi.gov/>

SENIOR FARMER'S MARKET PROGRAM

The Aging & Disability Resource center provides outreach and application materials for the Senior Farmer's Market Program. This USDA-based program is an income based program that provides food coupons to eligible seniors for the purchase of fresh fruits and vegetables from certified farmer's market and farm stands.

The program operates from June 1—October 31 and applications are available in June. Coupons are distributed at designated sites around the county and are on a first come, first served basis. The number of coupons available varies on an annual basis, so applications are required every year.

Farmers interested in becoming certified vendors to sell their products attend a brief orientation session and receive certification materials from the State of Wisconsin to participate in the program.

For more information call ADRC at 847-9371 or the UW-Extension Office at 847-9333.

VOLUNTEER OPPORTUNITIES

Volunteer opportunities exist in several program areas. If you would like to assist, please call the ADRC at (608) 847-9371.

ASSISTIVE TECHNOLOGY

Items are available and on display at the Aging & Disability Resource Center. Staff members can explain and demonstrate their use. Staff is also available to make presentations on assistive technology and all other services provided by the Aging & Disability Resource Center. Call the ADRC at 847-9371 to set up a presentation. Resource brochures and applications are available to browse at the Adult Center.

AGING AND DISABILITY RESOURCE CENTER

INFORMATION AND ASSISTANCE

Information about the various services for the elderly are available through the Aging and Disability Resource Center at (608) 847-9371.

If the information you need is not directly available, we will refer you to the Elderly Benefit Specialist, Disability Benefit Specialist, Department of Human Services, Area Agency on Aging, the State Bureau of Aging, or other resources that suit your needs.

LONG-TERM CARE SERVICES

Long-term care services are services or supports that a person may need due to a disability, getting older or a chronic illness that may limit their ability to do things they need to do throughout the course of a day. There is a large variety of long term care services available to help people do things independently or with support of someone else. These services could include but are not limited to bathing, getting dressed, making meals, medication management, and house cleaning. These types of services are not typically billable to insurance companies and are costly. There are currently two programs offered in Juneau County that will help to coordinate and pay for these types of services.

Family Care is one of the programs offered in Juneau County. Family care offers a team approach to long term care. You would be an active participant on your team that would assist you in determining what services you need, what is available, and where to get support. This team would also include, at least, you, a care manager and a registered nurse. You may also want to involve a family member, loved one, or a physician. Family Care also has a provider network from which it will select service providers. You may also choose to self-direct any part or all

of your services within the Family Care program. This will allow you more choice in who is providing the services and what services they are providing.

IRIS is the other program offered in Juneau County. IRIS stands for Include, Respect, I Self-direct. IRIS is a self-directed program. You will not have a team that helps you to setup your services. You will be given an individualized budget based on your needs. This budget is what you will use to buy services or supports you feel you need. You do not have a provider network to find providers from. You may want to employ a friend , neighbor, or a relative to provide services for you. You may also choose to employ a home health agency to provide services. You determine what services you need, when you need them, how often you need them, and who will provide them as long as you remain within your budget amount.

The IRIS and Family Care program have the same eligibility criteria. You must be found to be functionally eligible and you must have Medicaid or be eligible for Medicaid. If you are interested in finding out if you qualify for either of these programs please feel free to contact the Aging & Disability Resource Center at 608-847-9371 to set up a screening with one of the certified screeners.

ELDERLY BENEFIT SPECIALIST

A trained Elderly Benefit Specialist provides direct advocacy service to persons 60 years and over in the area of public benefits. They include: Social Security, SSI, Medicare, Medical Assistance, Health Insurance, etc. The Elderly Benefit Specialist has legal assistance back-up. There is no income limit for these services.

DISABILITY BENEFIT SPECIALIST

A trained Disability Benefit Specialist provides benefits counseling for adults ages 18 to 59 with physical disabilities, developmental disabilities, mental illness and/or substance use disorders. Some of the areas the Disability Benefit Specialist can help you with include but are not limited to: Medical Assistance, Social Security Disability Income, SSI, FoodShare, Private Health and Disability Insurance Issues, etc.

Donations are appreciated to extend both of these services. Call the Aging and Disability Resource Center at (608) 847-9371.

NATIONAL CAREGIVER SUPPORT PROGRAM

Funds are available for caregivers providing direct assistance to loved ones in their home. This funding source provides payment for services such as respite care, adult day care, transportation to respite and adult day care, information and assistance for caregivers, outreach services, caregiver training, adaptive aids and home modifications, grandparent assistance, and referrals to caregiver support groups.

Caregivers can contact the ADRC at (608) 847-9371 for an application and more detailed information. The focus of the program is to support caregivers in their role as direct service providers.

ALZHEIMER'S SUPPORT GROUP

This group is open to family and friends of persons affected by Alzheimer's or other dementias. The purpose is to promote mutual support and sharing; to encourage socialization; and to provide education about the disease and available community resources.

Meetings are held the 2nd Monday of the month at 1:30 p.m. at the Adult Center.

ALZHEIMER FAMILY AND CAREGIVER SUPPORT PROGRAM (AFCSP) is also administered by the Department of Aging. The program provides financial support to families to purchase supportive services for the person at home.

ELIGIBILITY:

- Annual family income at or below \$40,000.
- A written statement from your doctor that an irreversible dementia is present.

Applications for funding are available at the Dept. of Aging Office. For more information call:

- Heidi L. Randall (608) 847-9371 or
- Alzheimer's Assoc. of Greater WI
- La Crosse, WI 54603
- Phone # 608-784-5011
- Helpline # 800-272-3900

CHORE SERVICES

Limited funding is available for the payment of household chores and home maintenance for income eligible persons. Call (608) 847-9371 for more information.

JUNEAU COUNTY SENIOR NUTRITION PROGRAM

Meals are available for seniors through 7 congregate dining centers in the county. The suggested donation is \$3.75 for congregate and homebound meals. No one will be denied a meal if they are unable to donate toward the cost of the meal. However, the program depends on donations to maintain the service.

Meals for the elderly are for those ages 60 or over, spouses of +60 participants on a donation basis, and for -60 person, with full cost of the meal (\$8.84 required.)

All menus are approved by a registered Dietitian and comply with Federal, State and Local regulations for the *Title III* meal program.

Nutrition Education and Dietary Counseling is available by calling the Aging & Disability Resource Center at (608) 847-9371. Nutrition education programs are offered quarterly at all dining centers by the Family Nutrition Program Educator through the U.W. Extension office.

Home Delivered Meals are also served from all Nutrition Sites. Special diets are available, as well as frozen meals, for those who need them on weekends or holidays.

NOTE: All home delivered meals require an order from your attending physician.

Information about homebound meals is available at the ADRC office in the Courthouse Annex 847- 9371.

Reservations for meals should be made by noon the day before the meal is to be served (Noon Thursday for a meal on Monday).

Times listed are serving times

<u>Camp Douglas</u>	Community Hall
M-T-W-TH	11:30 - 12:15
Site Phone No.	427-3287

<u>Elroy</u>	Grace Lutheran Church
M-T-TH-FRI	11:30 - 12:15
Site Phone No.	462-5175

<u>Lyndon Station</u>	Beagle's Bar & Grill
M-T-W-TH	11:00 - 1:00
Site Phone No.	666-2423

<u>Mauston</u>	Adult Center, Courthouse Annex
M-T-W-TH	11:45 - 12:30
Site Phone No.	847-9371

<u>Necedah</u>	Village Hall
M-T-TH	12:00 - 12:45
Site Phone No.	547-3125

<u>New Lisbon</u>	New Lisbon Fire Dept.
M-T-W-TH	11:45 - 12:30
Site Phone No.	562-6592

<u>Wonewoc</u>	Bernie's Wagon Wheel II
T-W-FR	11:30 - 12:15
Site Phone No.	464-7217

JUNEAU COUNTY TRANSPORTATION PROGRAM

SENIOR CITIZEN'S BUS/VAN

Transportation for Senior Citizens of the Mauston area for doctor appointments, shopping, banking and other business is supplied by the **Senior Citizen's Bus/Van** from 8:00 a.m. - 10:00 a.m. and 1:30 p.m. - 3:30 p.m., Monday - Thursday.

The 14 passenger **Senior Citizen's Bus/Van** is available from 9:00 a.m. to 3:00 p.m. on alternating Fridays according to the following schedule. For more information on Friday trip destinations please call the Adult Center at (608) 847-9371. The bus is wheelchair accessible.

1 st Friday	Mauston
2 nd Friday	Wonewoc, Elroy, Union Center, Camp Douglas
3 rd Friday	Mauston
4 th Friday	Lyndon Station, New Lisbon, Necedah

REQUIRED MINIMUM FARES: BUS & VAN

- | | |
|---------------------------------------|-----------------|
| 1) In-town to the Nutrition Site only | \$.50 each way |
| 2) All other in-town trips | \$2.00 each way |
| 3) Friday shopping trips | \$7.00/day |

ESCORT SERVICE

Transportation for all parts of the County for persons 60 and over, or disabled persons of any age, is available through the help of volunteer ESCORT DRIVERS, and may be arranged through the Adult Center. Call (608) 847-9371 between 9:00 a.m. and 3:30 p.m. This includes medical appointments within 75 miles of Mauston (Madison, LaCrosse and Marshfield).

The **Escort Drivers** are also available for local shopping, banking, and other business.

Arrangements must be made at least 2 or 3 days ahead for local trips and at least 1 week ahead for out-of-town trips.

Funds are limited State law requires a fare from each person using escort services.

REQUIRED MINIMUM FARES:

- 1) In town to the Nutrition Site only .50 each way
- 2) In town trips other than Nutrition Site 2.00 each way
- 3) Out of town medical & shopping trips See Chart
- 4) All trips for non-elderly/non-disabled.
(Allowed only when space is open on
a trip with other elderly or handicapped) See Chart

ESCORT RATES

This is round trip from the drivers home and back

Up to 25 Miles	\$6.50
26 - 44 Miles.....	\$9.50
45 - 64 Miles.....	\$15.00
65 - 99 Miles.....	\$23.00
100 - 130 Miles.....	\$31.00
131 - 160 Miles.....	\$39.00
161 - 199 Miles.....	\$48.00
200 - 230 Miles.....	\$58.00
231 - 260 Miles.....	\$67.00

TRIPS NOT ALLOWED

- 1) Visiting relatives or friends
- 2) Visiting at hospital EXCEPT in the case of an
emergency call from the hospital
- 3) Funerals or funeral parlors
- 4) Church services or church meetings
- 5) Laundromats

**If more than one participant is transported on the same trip
they may split the required fare.**

For more information on rules, or to apply as an escort driver,
please call the Adult Center at 608-847-9371.

SERVICES PROVIDED BY OTHER ORGANIZATIONS

FOOD PANTRY

Anyone in the Juneau County area who needs food and is unable to buy it due to lack of resources may use the pantry once a month.

Locations and Days of Service:

Mauston 547-4171	Community Cares Building 1 Kennedy Street - Suite 7 Tuesday, Wednesday, Thursday 9:30 - 11:00 a.m.
New Lisbon 562-3807	Bethany Lutheran Church 618 W. River Street Thursday 9:00 - 11:30 a.m.
Necedah 565-2701	Necedah Food Pantry 1000 Farnam Drive Thursday 9:30 - 11:30 a.m.
Elroy 462-5398	Grace Lutheran Church 226 Erickson Street Thursday 1:00 - 2:00 p.m.
Wonewoc/Union Center 464-3998	Town of Wonewoc Hall Union Center 1 st Saturday 9:00 - 10:00 a.m.
Camp Douglas 427-6762	St. James Catholic Church 100 Bartell St. Last Thursday 9:00 - 11:00 a.m.

CENTRAL WISCONSIN COMMUNITY ACTION

Emergency food pantry, fuel assistance and weatherization.

Community Cares

1 Kennedy Street - Suite 4

Mauston, WI 53948

(608) 847-5988

Monday thru Friday from 8:00 a.m. to 4:30 p.m.

SOCIAL SECURITY ADMINISTRATION

For more information

Call (855) 686-1465 for an appointment.

**JUNEAU COUNTY DEPARTMENT
OF HUMAN SERVICES**

(608) 847-2400

JUNEAU COUNTY VETERAN'S SERVICE OFFICE

(608) 847-9385

WISCONSIN WELL WOMAN PROGRAM

You may be eligible if:

- ⌘ You are a woman, age 50-64 (high-risk-35-49).
- ⌘ You do not have health insurance, or your insurance does not cover basic checkups, or you are unable to pay deductibles or co-payments.
- ⌘ Your income meets guidelines.

You may be eligible for health checkups at no cost to you.

These may include screenings for:

- Breast and Cervical Cancer
- Osteoporosis
- Diabetes
- High Blood Pressure



Call the Juneau County Health Department at 847-9373 for more information or call the Wisconsin Women's Health Hotline at 1-800-722-2295.

HEALTH CARE

MEDICAL

HOSPITALS

Mile Bluff Medical Center:

Emergency Room.....	847-6161
Hess Memorial Hospital.....	847-6161
Urgent Care.....	847-6161
St. Joseph's Memorial Hospital & Urgent Care... ..	489-8000

CLINICS

Elroy Family Medical Center.....	462-8466
Mile Bluff Clinic.....	847-5000
UW Specialty Clinic.....	847-7355
Necedah Family Medical Center.....	565-2000
New Lisbon Clinic.....	562-3111
Wonewoc Gundersen Clinic.....	464-3111
St. Joseph's Family Clinic Elroy.....	462-4116
St. Joseph's Family Clinic — Wonewoc.....	464-3575

EYE HEALTH

Schaefer, John W.....	847-6264
Gundersen Lutheran Vision Center - Hillsboro.....	489-2451
Vision Care Associates - Tomah.....	372-4664

DENTAL HEALTH

Karas, Christopher J.	462-8282
McCormick, P. Michael.....	847-5614
Myhre, Wayne E.	489-2727
Newman, Dirk A.	847-5572
Rubash, Charles M.	562-5180
Wolfenden, Jay.....	489-3499
Scenic Bluffs Community Health Center.....	654-5157
Mauston Dental Center.....	847-6700
(accepts medical assistance)	

DOMESTIC ABUSE

Family Center, Inc.

A domestic abuse program providing safe shelter, legal advocacy, counseling, support groups, and treatment services. Works with men, women, and children. Located at 531 10th Avenue North, Wisconsin Rapids. **Call: 715-421-1511**

Hope House

A shelter program available to victims of domestic abuse and their children. Services include 24-hour crisis line, emergency shelter, support group with childcare, legal advocacy, transportation, option counseling information, and referrals. Serves Sauk, Columbia, Adams, Marquette, and Juneau Counties. **Call: 800-584-6790**

Passages

A program for victims of domestic violence. Serves Juneau County but is located in Richland Center. Provides 24-hour emergency shelter and crisis line plus support groups with childcare, information, and referrals. There is no charge for these services. **Call: Business Line: 608-647-6317 or Crisis Line: 800-236-HEAL (800-236-4325) [24 hour]**

Juneau County Department of Human Services

Provides 24-hour emergency services for emotional and family crises, including problems with alcohol, drugs, and child abuse. No charge for telephone call and crisis intervention.

Call: 847-2400 or (emergency) 608-847-6161

Emergencies on weekends, nights, or holidays, call Juneau County Sheriff's Department.

Call: 847-5649 or 911

LEGAL COUNSELING

Legal Action of Wisconsin **800-873-0927**
205 5th Ave S. Suite 300 or **608-785-2809**
LaCrosse WI 54601
Eligibility determined by income. Call to check these amounts.
Lawyer Referral/Information..... **800-362-9082**
State Bar of Wisconsin **608-257-3838**

SUICIDE HOTLINES

Suicide Prevention Hotline 24 hrs/7 days **800-SUICIDE**
or **800-784-2433**
or **www.suicidehotlines.com**
La Crosse **800-362-8255**
Madison **608-280-2600**
Wisconsin Rapids **715-421-2345**
Catholic Charities of La Crosse **888-212-4357**

COUNSELING AND SUPPORT

St. Clare Center **800-433-2688**
Provides 24-hour confidential free assessment and intervention services regarding alcohol and drug abuse. Out-patient group, individual, and family services.

Juneau County Dept. of Human Services **608-847-2400**
Provides counseling sessions for individuals, couples, and families; also group counseling. Cost is based on sliding scale according to family income.

Hess Hospital..... **608-847-6161**
Provides counseling for individuals, couples, and families. Counseling for domestic abuse, depression, anxiety, and stress. First visit is free. Medicare, Medicaid, insurance, or private pay. Hours are 8-4 or by appointment.

Juneau County Health Department..... **608-847-9373**

Franciscan Skemp Health Care, La Crosse **608-785-0940**
or **800-362-5454**

Aging and Disability Benefit Specialists **608-847-9371**

Catholic Charities **800-236-4673**

Lutheran Social Services..... **608-277-0610**

Grief Support Group: Sponsored by Hess Memorial Hospital. For more information, **call 608-847-6161, Extension 217.**

Stroke Support Group: For stroke survivors, their family, friends, and caregivers. For more information, **call 562-3215, Extension 400.**

Family and Friends Support Group: For the family and friends of nursing home residents. For more information, **call 847-6161, Extension 422.**

Fibromyalgia Support Group: For people suffering from Fibromyalgia. For more information, **call 847-6161.**

Alzheimer Support Group: See Page 10

Alcoholics Anonymous (AA) - A support group for anyone who has the desire to stop drinking. There are no dues and attendance is confidential. **Call: 800-362-8255**

AA/Al-Anon

- Mauston** Tuesday - 7:30 p.m.
Hess Memorial Hospital
- New Lisbon** Thursday - 7:30 p.m. Ruffner Hall
108 S. Washington
- Union Center** Tuesday - 7:30 p.m.
Knights of Columbus Hall
656 Division Street

AA

- Mauston** Friday - 7:30 p.m.
City Hall, 303 Mansion St.
- Elroy** Tuesday - 7:30 p.m.
United Methodist Church, Royall Dr.
- Kendall** Tuesday - 7:00 p.m., Lutheran Church
- Necedah** Tuesday - 7:00 p.m.
1106 S. Main Street -
St. James Lutheran Church
- New Lisbon** Saturday & Thursday 7:30 p.m. -
Ruffner Hall 108 S. Washington

SMOKING, DRUG, AND ALCOHOL ABUSE

- Juneau County Human Services, Mauston..... **608-847-2400**
- Al-Anon/Alateen **800-344-2666**
- Al-Anon/Alateen - HOTLINE..... **800-356-9996**
- Alcoholics Anonymous **608-222-8989**
- Alcohol (24 hours) Help Line..... **800-252-6465**
- Informational Website **www.alcoholics-anonymous.org**
- Narcotics Anonymous **800-240-0276**

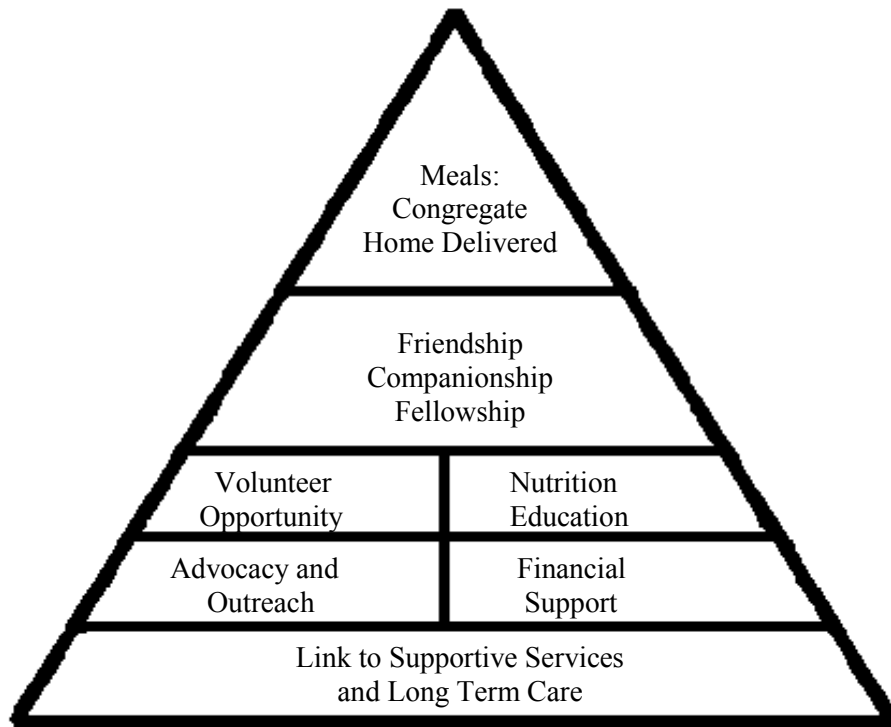
FINANCIAL ASSISTANCE

Medical Assistance	Mauston	608-847-2400
Income Assistance	Mauston	608-847-2400
Energy Assistance	Mauston	608-847-5988
Rental Assistance	Mauston	608-847-1124
Juneau County Housing Authority	Mauston	608-847-7309
Mauston Housing Authority	Mauston	608-847-4379
Provides housing information and rental assistance.		
Renewal Unlimited	Baraboo	608-356-8764
St. Vincent De Paul	Wis. Dells	608-254-4011
	Baraboo	608-356-4649
Community Action Council	Mauston	608-847-5988
	Wis. Dells	608-254-8353

MISCELLANEOUS

Mauston City Cab - Call 847-3008

Aging and Disability Resource Center



CHECK US OUT!

WE'RE HERE FOR YOU!