

# ADRC CONNECTIONS

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## FROM THE SUPERVISOR'S DESK

**By Brittany Borchardt**

This September, the Falls Free Wisconsin Coalition, ADRC of Dodge County, and the Dodge County Falls Prevention Coalition encourage everyone to add connection to their falls prevention toolbox. Strong social connections help us stay active, supported, and mobile as we age. Loneliness and social isolation can affect people of all ages but become more common as we grow older. Staying connected through meaningful relationships helps us feel supported and improves overall health. Strong social connections can reduce the risk of heart disease, stroke, dementia, depression, anxiety, and even falls.

### Simple ways to stay connected and reduce your risk of falling:

- Join a community exercise class at the TAG Center, YMCA of Dodge County, Watermark, or a Strong Bodies class—and invite a friend.
- Check in regularly with friends or neighbors.
- Ask someone you trust to accompany you to a doctor's appointment.
- Try a new activity or mobility tool, such as walking poles, together.
- Visit a congregate meal site for a healthy meal and social connection. (See page 5 for locations.)
- Go shoe shopping with a friend and choose safe, supportive footwear.
- Help family or friends schedule medication reviews or vision checks.
- Stay active together by walking, dancing, or stretching.

Small moments of connection can make a big difference, helping us stay healthy, confident, and steady.

Falls are common but are **not** a normal part of aging. According to the CDC, more than 1 in 4 adults age 65 and older falls each year. Staying connected to family, friends, and your community is an important way to maintain strength, mobility, and independence.

Visit **FallsFreeWI.org** for falls prevention tools and resources, including a balance and strength exercise guide. To learn about local programs or the Dodge County Falls Prevention Coalition, call the ADRC of Dodge County at **920-386-3580**.

**STAFF SPOTLIGHTS****Jill Weisensel**

Hello. My name is Jill Weisensel and I have been a float person in the Senior Dining Program for the ADRC for six years now. I was working a full-time accounting job and when my special needs daughter Maddy graduated from high school I decided to step back from my accounting position to be with her. I needed to find a job where I could work and also have Maddy with me. This was not an easy task. I found an advertisement looking for help for the Senior Dining Program and responded with my application. After a few interviews, I was hired and I was trained at all the dining sites around Dodge County. I also signed my daughter Maddy up as a volunteer with the county so she was able to go to the sites and help me pack food and also go to deliver food with me. It was definitely a win-win situation for me.

I absolutely love delivering food to those in need of the program. They always greet you with a smile (sometimes you get a grumpy Gus but I love to be extra happy for them) and they always look forward to seeing you each and every day. Many times this is the only contact these people have throughout the day so it really makes them happy to be able to interact with someone. Plus, it makes me feel good. Sometimes they just do a quick hello and other times they need to tell you a little story. I also love working at the sites with all the different and wonderful volunteers around Dodge County. It's just nice having a job where you truly are appreciated.

Outside of work, my husband, Tim, my daughter Maddy, and I like to go fishing and camping. I also love to do lots of crafting activities, going for walks and feeding my chickens. It has been a true pleasure working for the ADRC in this capacity and I hope to keep doing it for years to come.

**We are happy to have you and Maddy as part of the ADRC team!**

**ADRC STAFF****ADRC/Aging Services Supervisor**

Brittany Borchardt

**Aging and Disability Resource Specialists**

Jordan Eberhardt, Heather Ehrlich, Morgan Haen, Melissa Mata &amp; Kaelan Pieper

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**Community Health Educator**

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**Dementia Care Specialist**

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**Elder Benefit Specialist**

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**Nutrition Drivers**

Dallas Grosenick

**WE ARE ALWAYS HAPPY TO HELP!**

**If you would like to receive our quarterly Newsletter, please call 920-386-3580!**

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## Elizabeth Vander Galien

Elizabeth Vander Galien also known as, Buffy, is one of our dedicated volunteers who delivers meals on our Randolph Route. Buffy is a mom to a son, and three daughters. She has a grandson who she loves to babysit and spend time with. In addition to volunteering for the Senior Nutrition Program, Buffy also volunteers at a thrift store and works a few hours a week in homecare.



When asked what Buffy's favorite part about volunteering for the ADRC is, she said, "The best things about volunteering for the ADRC has been the people I have gotten to know through the years and the reward of giving back to my community." She has been instrumental in providing meals to seniors and covering extra days as needed when we are short staffed. The participants on the program enjoy visiting with her when she delivers their meals.

**We are so very grateful to have her as a volunteer for the Senior Nutrition Program!**



**Looking to give back and make a difference? We have a wide variety of opportunities for you to get involved such as:**

- Volunteer driver
- Medicare minute
- Meal delivery driver
- Kitchen helper
- Class facilitator
- And more!!!

To learn more, please call: **920-386-3580**



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## Disability Pride Month –History of the Disability Pride Flag

Submitted by Ashley Sanborn & Jennie Farmer,  
Disability Benefit Specialists

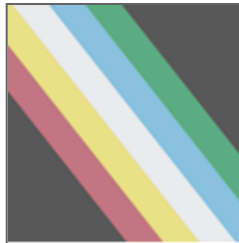
The Americans with Disabilities Act was signed into law by President George H.W. Bush on July 26, 1990. This landmark law prohibits discrimination against people with disabilities. Disability Pride initially started as a day of celebration on that year. The first official celebration of Disability Pride Month occurred in July 2015, which also marked the 25th anniversary of the ADA.

The original Disability Pride flag was created in 2019 by writer Ann Magill, who has cerebral palsy. Flags can raise awareness and are a symbol of solidarity, pride and acceptance, and the Disability Pride flag is no exception. Magill had attended an event for the 20th anniversary of the ADA and was disappointed that it was confined to the basement and grounds of an independent living center — instead of out in public. The experience motivated her to create a Disability Pride Flag.

The flag featured brightly colored zigzagging stripes over a black background. The zigzag represented how people with disabilities have to maneuver around all the barriers they face.

However, when viewed on the phone or a device, the design prompted symptoms in individuals with visually triggered disabilities. At the same time, the community offered suggestions. Magill refined the visual elements with these suggestions in mind. The new version straightened the strips and muted the colors. The stripes were also reordered to accommodate people with red-green colorblindness.

The flag is considered a collaborative design effort, with Magill saying the new design truly represents the community because the community came together to solve a problem. Magill has waived her copyright and entered this flag into the public domain, so that everyone is free to use and remix it.



Each color stripe has a meaning:

- \* Red - physical disabilities
- \* Gold - neurodiversity
- \* White - invisible disabilities and disabilities that haven't yet been diagnosed
- \* Blue - emotional and psychiatric disabilities, including mental illness, anxiety, and depression
- \* Green - for sensory disabilities, including deafness, blindness, lack of smell, lack of taste, audio processing disorder, and all other sensory disabilities
- \* The faded black background represents mourning and rage for victims of ableist (discrimination or prejudice in favor of people who are not disabled) violence and abuse.
- \* The diagonal band cuts across the walls and barriers that separate the disabled from society, also representing light and creativity cutting through the darkness.

(originally published by Columbia: Weinberg Family Cerebral Palsy Center) <https://www.weinberg.cuimc.columbia.edu/news/history-disability-pride-flag>

Please contact a Benefit Specialist at the ADRC of Dodge County if you have questions or need assistance in reviewing your plan benefits at:

**920-386-3580 or 800-924-6407 or by email at: [adrc@co.dodge.wi.us](mailto:adrc@co.dodge.wi.us)**

### Join Us For Good Food and Great Company!

Did you know that our Congregate Senior Dining Program offers more than just a delicious, nutritious meal? It's also a wonderful opportunity to connect with friends, meet new people, and enjoy a welcoming atmosphere right in your community.

Our dining sites are open to adults age 60 and older, providing balanced meals in a friendly setting where conversation and companionship are always on the menu. Whether you're looking to get out of the house, make new friends, or simply enjoy a freshly prepared meal without the hassle of cooking, we'd love to welcome you.

Visit us at one of our convenient locations:

- **Beaver Dam – Watermark** | 920-887-4639 ext. 702
- **Horicon – City Hall** | 920-485-3533
- **Hustisford – Fireman's Station** | 920-296-4630
- **Mayville – TAG Center** | 920-210-4196
- **Randolph – Greenview Apartments** | 920-296-6430
- **Reeseville – Senior Apartments** | 920-296-4037

**Reservations are required at least two serving days in advance.** Please call the location you plan to attend to reserve your meal and receive serving information.

Need a ride? **Transportation may be available.** Contact us at **920-386-3832** to learn about transportation options and determine if service is available in your area.

Whether you're a regular guest or considering your first visit, we invite you to experience all that our Congregate Senior Dining Program has to offer. Enjoy a nutritious meal, friendly conversation, and the opportunity to stay active and connected in your community. We look forward to welcoming you soon!

**Come for the meal... stay for the friendship!**

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## Medicare Helps Save Money

SUBMITTED BY JENNIE FARMER & AMANDA HIGGINS,  
DODGE COUNTY ELDER BENEFIT SPECIALISTS

### Medicare Open Enrollment Gives Opportunity to Save Money

Open enrollment for Medicare plans in 2027 is October 15 - December 7, 2026. This is the time for Medicare beneficiaries who are enrolled in Part C, Advantage plan or Part D, prescription drug plan to review their plan and determine if it is still the best one for them. Insurance companies can change their premiums, deductibles and co-pays and switching to a different plan may result in saving money!

If you have had changes in your medications this past year, it seems obvious that looking at different plans is a good idea. However, even if you have not had changes in your medication, sometimes the different pricing structure a plan has could mean the costs of the same drugs could increase. Likewise, a different company may offer better coverage for the same medication. Some people have saved hundreds of dollars in a year by switching to a different plan.

Insurance companies can also change their formularies (list of medications they cover) or change the way they cover your medication. In some cases, you may need to get prior authorization before your medication is covered. Sometimes, insurance companies will make you try an alternative drug before they cover the one your doctor chose. This is called step therapy. Another restriction to watch for is quantity limits, where you are limited to a certain number of pills each month. These are other reasons it is important to carefully review your plan each year.

People on Senior Care, Wisconsin's prescription drug plan, are not affected by this open enrollment period. They only need to renew their enrollment every 12 months. A renewal notice will be sent in the mail to the beneficiary. If you are on Senior Care and have changes to your medication, you may want to check on the cost of other plans to see if Senior Care is still the best option.

Free and unbiased assistance with plan comparisons can be obtained through the following resources:

- 1-800-MEDICARE or [www.medicare.gov](http://www.medicare.gov)
- Medigap Helpline (1-800-242-1060)
- Disability Drug Helpline (1-800-926-4862)
- Benefit Specialists at the ADRC of Dodge County (920-386-3580)

Another way to save money on prescription drugs is the Extra Help program. Extra Help reduces your drug costs by decreasing premiums, deductibles and co-pays based on your income and assets. If you are married and your income is less than \$2,705 per month with assets below \$33,100 or an individual with an income less than \$1,995 per month and assets below \$16,590, you may qualify. Your home and car do not count as assets. Call the Aging and Disability Resource Center (ADRC) of Dodge County with any questions or for more information.

Take time to review your insurance options and check to see if you might qualify for Extra Help. You just might end up with extra money in 2027!

New this Year- We are offering a community enrollment event! If you would like to review your Medicare Plan changes for 2027 and skip the wait, come and learn how to navigate the Medicare Plan Finder tool from the Benefit Specialists! On Tuesday, October 27 from 9am to 11am for those with a drug plan only and 1pm to 3pm for those with an advantage plan only. Located at: The Administration Building, 127 E. Oak Street -2nd Floor, Juneau. Call 920-386-3580 to reserve a computer.

If you have benefit-related questions, please contact the ADRC of Dodge County at:

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

Or email us at: [adrc@co.dodge.wi.us](mailto:adrc@co.dodge.wi.us)



## Come Join Us For...



## Powerful Tools FOR Caregivers



*Are you a caregiver looking for additional support?*

*Do you know someone struggling with the emotional burden of providing care?*

*Join Tonya, Dementia Care Specialist from the ADRC of Jefferson County and Candice, Caregiver Program Coordinator for the ADRC of Dodge County for this 6-week course.*

### Registration is Required

Open to Dodge and Jefferson County Caregivers

Call Tonya at: 920-675-4035  
or email at: [tonyar@jeffersoncountyiwi.gov](mailto:tonyar@jeffersoncountyiwi.gov)

A suggested contribution of \$10.00 is for the cost of the class

An evidence-based class series that helps caregivers care for themselves while providing for a friend or relative. These classes show that you become a better caregiver by taking care of your health and well-being.

Participants also receive a FREE copy of 'The Caregiver Handbook' developed specifically for this class!

### October 15 - November 19, 2026

Classes meet every Thursday  
Watertown Collective  
Community Room, Level 1  
672 Johnson Street  
Watertown 53094  
1:00 - 2:30pm



### Live Confidently. At Home.

Contact your local Aging and Disability Resource Center to learn about your long-term care options.

[tmgwisconsin.com](http://tmgwisconsin.com)  
(844) 864-8987



## A PARTNER FOR LOCAL CARE

Lakeland Care is a local option for Family Care Program services. Contact your local Aging and Disability Resource Center (ADRC) for more information.

[www.lakelandcareinc.com](http://www.lakelandcareinc.com)



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## The Power of Carbohydrates

Submitted by Rachel Ottery, Nutrition Program Coordinator

Carbohydrates, or carbs, serve as the primary energy source for our bodies. Found in everyday staples like breads, pastas, fruits, vegetables, milk, and beans, they are a vital part of a balanced diet. When we eat carbs, our bodies break them down into glucose to fuel our cells. In a healthy system, blood sugar levels rise after a meal, and the hormone insulin steps in to manage those levels. However, diabetes disrupts how insulin works, making it easier for blood sugar to spike. By eating a consistent amount of carbohydrates at every meal, you can actively manage your blood sugar levels and avoid extreme highs and lows.

### Setting Your Carbohydrate Targets

- **Aim for consistency:** Target 45 to 60 grams of carbohydrates at every major meal.
- **Count by portions:** Think of your meal plan in 15-gram increments to easily track totals.
- **Mix and match:** Combine three to four 15-gram portions to hit your target.

### What Does 15 Grams of Carbs Look Like?

- **Grains:** 1 slice of bread, 1 tortilla, or 1/3 cup of cooked pasta or rice
- **Breakfast items:** 1/2 cup of granola or 1/2 cup of cooked hot cereal
- **Fresh fruits:** 1 small apple, 1 small orange, or 1 small banana
- **Dairy:** 10 ounces of milk
- **Legumes and starches:** 1/2 cup of cooked beans, corn, or green peas
- **Vegetables:** 1/2 cup of cooked vegetables or 1 cup of fresh, raw vegetables

Managing your carbohydrate intake starts at the grocery store. By understanding how to read a nutrition label and choosing the right types of carbohydrates, you can maintain stable blood sugar levels and feel your best throughout the day.

### Decoding the Nutrition Facts Label

- **Check the serving size:** All nutrition data on the label is based strictly on this specific amount
- **Count the total servings:** Look at "servings per container" to see how many portions are in the entire package
- **Track total carbohydrates:** Focus on the "Total Carbohydrate" line, which bundles sugars, starches, and fiber together
- **Review the breakdown:** Use the bulleted list directly below the total carb count to see specific fiber and sugar details

### Choosing the Right Carbohydrates

- **Prioritize complex carbs:** Fill your plate with whole grains, brown rice, beans, potatoes, and whole fruits.
- **Digested slowly:** Complex carbs break down gradually, which helps keep your blood sugar stable.
- **Limit simple carbs:** Avoid or reduce your intake of juice, soda, cakes, and candy.
- **Prevent spikes:** Simple carbs absorb rapidly into the bloodstream, causing sudden blood sugar surges.

### The Power of Hydration

- **Drink plenty of water:** Staying hydrated plays a crucial role in managing your glucose levels.
- **Buffer absorption:** Water helps slow down how quickly your body absorbs carbohydrates.
- **Lower glucose spikes:** Consistent water intake directly aids in minimizing sudden post-meal blood sugar spikes.

#### **Did you know?**

Carbs come from more than bread and pasta—fruit, milk, and beans count too!

The Aging and Disability Resource Center (ADRC) of Dodge County is here to support healthy, active living. If you're interested in programs, resources, or activities that promote wellness and independence, please contact us at **920-386-3580** or visit **[www.co.dodge.wi.gov/adrc](http://www.co.dodge.wi.gov/adrc)** to learn more.

## Escherichia coli

Submitted by Olivia Gerritson, Community Health Educator

An Escherichia coli (E. coli) infection is a sickness you get from the E. coli bacteria. E. coli bacteria is found in many places like the intestines of people and animals. Most E. coli bacteria are harmless and are part of a healthy intestinal tract, but some can make people sick.

### What are the causes of an E. coli infection?

You can become infected when you swallow even a small amount of E. coli bacteria. This can happen from:

- Improperly cooked beef
- Uncooked vegetables
- Untreated drinking water
- Unpasteurized milk and milk products
- Transmitted from person-to-person through the fecal-oral route

### How do you prevent an E. coli infection?

- Wash your hands thoroughly
- Refrigerate or freeze perishable foods within 2 hours of cooking
- Wash fresh fruits and vegetables before eating
- Thoroughly cooking meat, especially ground beef, can destroy E. coli bacteria
- Keep cold foods at or below 40°F. Keep hot food at or above 140°F.

### Who is at risk for an E. coli infection?

Some people are more likely to get infected. Groups of people who are at increased risk for E. coli infection include:

- Very young children
- The elderly
- People with compromised immune systems
- International travelers

### Symptoms of E. Coli

- Diarrhea
- Fatigue
- Nausea
- Abdominal pain
- Vomiting
- Fever

Adapted from: [www.cdc.gov/ecoli](http://www.cdc.gov/ecoli)



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## Tips and Tricks to Raking Leaves

Falling temperatures may bring welcome cool air, but for many homeowners it also means an unwelcome chore is coming: gathering the leaves.

Managing fallen leaves can be a strenuous task, especially for older adults. Modifying your autumn yard care routine can protect your joints, save your energy, and still support your local backyard environment.

Here are some ways that can assist you in managing autumn leaves safely and efficiently:

### 1. Prioritize Ergonomic Tools

The right tools can significantly reduce physical strain on aging joints:

- **Wooden Handles:** Choose rakes with wooden handles. Wood absorbs tool vibrations better than aluminum or plastic, protecting arthritic wrists and hands.
- **Slim Grips:** Look for thinner handles that are easier to grip if you experience hand fatigue or wrist challenges.
- **Proper Length:** Use a long-handled rake to ensure you can stand upright. Avoiding bending or stooping protects your lower back and shoulders.

### 2. Work Smarter, Not Harder

Save your energy and protect your body by changing how and when you clean the yard:

- **Pace Yourself:** Divide the yard into small quadrants. Tackle just one section per day instead of trying to clear the whole lawn at once.
- **Let Nature Help:** Wait until all the leaves have fallen so you only have to manage them once. Never rake on windy days when leaves will scatter.
- **Use a Tarp:** Avoid lifting heavy bags. Rake leaves onto an inexpensive tarp and gently drag it across the grass to your compost pile or the curb.
- **Loading Tools:** Use hand-held leaf scoops and wide funnels to slide leaves into paper bags without having to constantly bend over.
- **Support Local Youth:** High school or middle school students looking for ways to volunteer or to make some income might post common community areas what they are willing to provide. You may also want to post what you are looking for. Social media outlets, neighbors, family friends, and local churches are good places to look and post.

### 3. Consider "Leaving the Leaves"

The easiest way to manage leaves is to simply leave them where they fall. This hands-off approach requires zero physical labor and does wonders for nature:

- **Natural Fertilizer:** Leaving a light layer of leaves on your lawn provides compost, feeds the soil, and helps your grass retain moisture.
- **Wildlife Shelter:** Instead of bagging leaves, gently sweep them under your existing bushes or into garden beds. Whole leaves provide vital winter shelter for beneficial butterflies and moths.
- **Feed the Birds:** Keeping leaves on the ground preserves habitats for insects. In the spring, 96% of backyard birds rely on these insects to feed their young, bringing beautiful birds right to your window.



## Shifting Gears for Autumn: Essential Tips for Safe Fall Driving

As the vibrant autumn leaves begin to turn and the air grows crisp, drivers face a unique and challenging shift in road conditions. The end of Daylight Saving Time means sunset arrives much earlier, suddenly plunging evening commutes into total darkness. Combined with unpredictable weather and heightened wildlife activity, fall is historically one of the most hazardous seasons on the road. Navigating these changes requires more than just standard caution—it demands proactive vehicle maintenance and a conscious adjustment of your behind-the-wheel habits. By understanding seasonal risks and preparing your vehicle, you can confidently protect yourself and your passengers all autumn long.

### **Navigating Decreased Visibility and Fog**

**Adjust your speed:** Drive at a pace that allows safe stopping within your headlight range.

**Maximize your sight:** Use high beams on empty roads to increase visibility by 28%.

**Dim lights responsibly:** Lower high-beam settings immediately for oncoming traffic or vehicles ahead.

**Combat heavy fog:** Switch to low beams so light does not reflect off moisture.

**De-fog your windshield:** Turn on the defroster or crack windows to equalize humidity.

**Keep glass spotless:** Clean your windshield inside and out to eliminate blinding glare.

**Inspect rubber seals:** Check your vehicle's weather stripping annually to prevent leaks.

### **Sharing the Road Safely with Wildlife**

**Scan ditch lines:** Stay extra vigilant for wildlife during sunrise and sunset hours.

**Prepare for November:** Animal-related insurance claims peak drastically during this specific month.

**Expect higher risks:** Drivers are 3.5 times more likely to hit deer in November.

**Watch small animals:** Look out for squirrels and chipmunks gathering roadside winter food.

**Never swerve abruptly:** Swerving can confuse animals or cause dangerous rollover accidents.

**Brake and hold:** Press brakes firmly and stay straight if a collision is unavoidable.

### **Understanding Your Insurance Coverage**

When an animal strike occurs, the resulting vehicle damage can quickly add up to thousands of dollars in repair bills. Understanding your auto policy before an accident happens ensures you will not be left paying out of pocket.

**Comprehensive coverage:** This optional policy tier generally pays for repairs from animal strikes.

**Liability only:** This basic level will not cover physical damage to your own vehicle.

**Deductible reminders:** Check your comprehensive deductible amount to know your exact out-of-pocket cost.

The Transportation Department at the Aging and Disability Resource Center of Dodge County is here to safely take you to your destinations. To schedule a ride, please call at least 5 business days in advance at **920-386-3832**.

Medical appointments are given priority.



## August is MedicAlert Awareness Month

Medical emergencies often strike without warning. When they do, a few seconds can change everything. If you are unconscious or unable to speak, first responders need accurate medical information immediately to treat you safely.

That is why August is recognized nationwide as MedicAlert Awareness Month, a campaign dedicated to the lifesaving importance of medical identification.

### The History Behind the Emblem

The movement began in 1956 after a near-fatal accident. When Linda Collins suffered a severe allergic reaction to a tetanus treatment, her father, Dr. Marion Collins, created an engraved bracelet to protect her in the future. Recognizing that others needed this same defense, he and his wife founded the non-profit MedicAlert Foundation.

What started as a single family's safety measure grew into the world's first universal medical ID system. In 1978, President Jimmy Carter declared the first National MedicAlert Week, and in 1996, the observance expanded into a full awareness month. Today, the foundation protects more than 4 million people globally with a system that connects a recognizable emblem to a 24-hour emergency hotline and medical database.

### Why Medical IDs Matter

The Centers for Disease Control and Prevention (CDC) estimates that 129 million Americans live with at least one major health condition. Furthermore, the MedicAlert Foundation reports that roughly 2.6 million people receive emergency care each year that could be improved with better, faster information.

Medical IDs bridge this critical communication gap. They instantly alert paramedics to vital health factors before treatment begins, including:

- Chronic conditions (diabetes, epilepsy, heart disease),
- Cognitive changes (dementia, Alzheimer's),
- Severe allergies (foods, medications, insect stings), and
- Current medications or implanted devices.

### How You Can Take Action This Month

MedicAlert Awareness Month is the perfect time to secure your own health or protect a vulnerable loved one. You can participate by taking these simple steps:

- **Enroll in a service:** If you live with a chronic condition, sign up for a medical ID to get your key health details engraved and stored securely.
- **Update your details:** Health statuses change. Review and update your existing medical ID or digital health profile to ensure medications and conditions are accurate.
- **Protect your family:** Speak with older relatives, especially those with heart conditions or dementia, about wearing an ID that can speak for them.
- **Educate your community:** Remind teachers, workplaces, and local first aiders to always look for medical bracelets or necklaces during an accident.
- **Spread the word:** Share survivor stories and campaign hashtags on social media, or donate to support the foundation's non-profit emergency infrastructure.

Prioritizing your health year-round leads to a safer, more fulfilling life. The Aging and Disability Resource Center (ADRC) of Dodge County is available to support your physical and mental well-being with local programs and resources. **Through a partnership with Public Health, we also offer free File of Life wallet cards and fridge magnets** to help keep your medical information accessible in an emergency.

To learn more and to obtain your free File of Life card, please contact the ADRC of Dodge County at **920-386-3580** or visit [www.co.dodge.wi.gov/adrc](http://www.co.dodge.wi.gov/adrc).

# *A Day with Lewy*

## **Lewy Body Dementia and the Caregiving Journey**

Presented by the Aging and Disability Resource Centers of Dodge, Fond du Lac, Green Lake, Jefferson, Marquette, Monroe, Waushara, and Winnebago Counties, in partnership with the Lewy Body Dementia Association, SSM Health, and Heidel House.

### **Thursday, October 8, 2026**



**8:00 am to 4:00 pm**



**Heidel House Hotel & Conference Center  
653 Illinois Avenue  
Green Lake**

**To Register, use the following link:**

<https://forms.cloud.microsoft/g/Whbtj17ccg?origin=lprLink>

**or scan this QR code:**



Questions can be directed to the  
Aging and Disability Resource Center  
of Dodge County at **920-386-3580**



## **Reach a hyperlocal audience.**

An advertisement in this newsletter is a highly effective way to promote your business to our community.



**Call 800.950.9952**



# August

WED., 05 | 10:30AM - 12:00PM

MCI Conversations Support Group –Online

THURS., 06 | 1:00 - 3:00PM

Stepping On –Beaver Dam

TUES., 11 | 2:00PM

Monarch Magic Memory Café –Hustisford

WED., 12 | 8:00 AM - 4:00PM

Bringing Hope & Light Conference –Medford

WED., 12 | 10:30 - 11:30AM

Minds and Voices –Online

WED., 12 | 1:30 - 3:30PM

Lewy Body Dementia Support Group –Online

WED., 12 | 1:00 - 2:00PM

ADRC Blue Heron Boat Tour –Horicon

THURS., 13 | 1:00 - 2:30PM

Spark! DCCA –Beaver Dam

THURS., 13 | 1:00 - 3:00PM

Stepping On –Beaver Dam

TUES., 18

ADRC Shopping Bus Trip

TUES., 18 | 10:00 - 11:00AM

Community Comment –95.3 WBEV Radio

TUES., 18 | 10:30AM - 12:00PM

Living with Dementia –Watertown

WED., 19 | 10:30AM - 12:00PM

MCI Conversations Support Group –Online

THURS., 20 | 10:00AM - 12:00PM

Summer Expressions Memory Café –Watertown

THURS., 20 | 1:00 - 3:00PM

Stepping On –Beaver Dam

TUES., 25 | 9:00AM

Medicare Basics & Beyond Class –Juneau

WED., 26 | 1:30 - 3:30PM

Lewy Body Dementia Support Group –Online

THURS., 27 | 10:00AM - 12:00PM

Dementia Awareness Coalition –Watertown

THURS., 27 | 1:00 - 3:00PM

Stepping On –Beaver Dam

THURS., 27 | 1:00 - 3:00PM

Healthy Living with Diabetes –Waupun

THURS., 27 | 2:30 - 4:30PM

Medicare Bingo –Juneau

# September

TUES., 01 | 4:00 - 6:00PM

Dodge & Jefferson Medicare Class –Watertown

WED., 02 | 10:30AM - 12:00PM

MCI Conversations Support Group –Online

THURS., 03 | 1:00 - 3:00PM

Healthy Living with Diabetes –Waupun

WED., 09 | 9:00AM

Medicare Basics & Beyond –Juneau

WED., 09 | 10:30 - 11:30AM

Minds and Voices –Online

WED., 09 | 1:30 - 3:30PM

Lewy Body Dementia Support Group –Online

THURS., 10 | 1:00 - 2:30PM

Spark! DCCA –Beaver Dam

THURS., 10 | 1:00 - 3:00PM

Healthy Living with Diabetes –Waupun

FRI., 11 | 9:30 - 11:30AM

Healthy Living with MCI –Beaver Dam

TUES., 15

ADRC Shopping Bus Trip

TUES., 15 | 10:00 - 11:00AM

Community Comment –95.3 WBEV Radio

TUES., 15 | 10:30AM - 12:00PM

Living with Dementia –Watertown

WED., 16 | 10:30AM - 12:00PM

MCI Conversations Support Group –Online

THURS., 17 | 1:00 - 3:00PM

Healthy Living with Diabetes –Waupun

WED., 23 | 1:30 - 3:30PM

Lewy Body Dementia Support Group –Online

THURS., 24 | 10:00AM - 12:00PM

Dementia Awareness Coalition –Watertown

THURS., 24 | 12:30 - 2:00PM

Caregiver Connection –Watertown

THURS., 27 | 1:00 - 3:00PM

Healthy Living with Diabetes –Waupun

MON., 28 | 8:00 - 9:00AM

Strong Bodies –Juneau

WED., 30 | 11:00AM - 12:00PM

ADRC Blue Heron Boat Tour –Horicon

## October

THURS., 01 | 9:00AM - 1:00PM

Senior Expo –Waupun

MON., 05 | 8:00 - 9:00AM

Strong Bodies –Juneau

WED., 07 | 8:00 - 9:00AM

Strong Bodies –Juneau

WED., 07 | 10:30AM - 12:00PM

MCI Conversations Support Group –Online

THURS., 08 | 1:00 – 2:30PM

Spark! DCCA –Beaver Dam

MON., 12 | 8:00 - 9:00AM

Strong Bodies –Juneau

MON., 12 | 3:00PM

Medicare Basics & Beyond Class –Juneau

WED., 14 | 8:00 - 9:00AM

Strong Bodies –Juneau

WED., 14 | 10:30 - 11:30AM

Minds and Voices –Online

WED., 14 | 1:30 - 3:30PM

Lewy Body Dementia Support Group –Online

THURS., 15 | 10:00AM - 12:00PM

Memory Café –Watertown

THURS., 15 | 1:00 - 2:30PM

Powerful Tools for Caregivers –Watertown

MON., 19 | 8:00 - 9:00AM

Strong Bodies –Juneau

TUES., 20

ADRC Shopping Bus Trip

TUES., 20 | 10:00 - 11:00AM

Community Comment –95.3 WBEV Radio

TUES., 20 | 10:30AM - 12:00PM

Living with Dementia –Watertown

WED., 21 | 8:00 - 9:00AM

Strong Bodies –Juneau

WED., 21 | 10:30 AM - 12:00 PM

MCI Conversations Support Group –Online

THURS., 22 | 4:30 - 6:30PM

Caregiver Connection –Beaver Dam

MON., 26 | 8:00 - 9:00AM

Strong Bodies –Juneau

WED., 28 | 8:00 - 9:00AM

Strong Bodies –Juneau

WED., 28 | 1:30 - 3:30PM

Lewy Body Dementia Support Group –Online



**HEIAR**

INSURANCE AND ESTATE PLANNING



- Confused about Medicare?
- Need help with planning retirement?
- What kind of life insurance is right for you?
- Wondering when to start Social Security?
- Questions about the Affordable Care Act?

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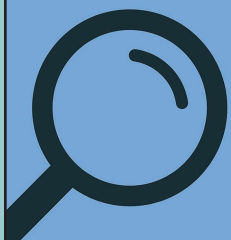


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## Adult Long-Term Care Functional Screen

By: Morgan Haen, Aging and Disability Resource Specialist

Have you heard of the Long-Term Care Functional Screen but aren't sure what it is or why it matters? This important assessment helps determine whether someone may qualify for Wisconsin's publicly funded long-term care programs while also identifying the supports they need to live as independently as possible. In this article, you'll learn what the LTC Functional Screen is, who completes it, and what to expect if you or a loved one decides to have one completed.

Wisconsin's Adult LTC Functional Screen was developed to provide an automated and objective way to determine the long-term care needs of elders and people with physical or intellectual/developmental disabilities. It also assesses eligibility for publicly funded programs. Such as Family Care, Partnership, or IRIS.

The use of the automated LTC Functional Screen began in October 2001 in five counties piloting the Family Care and Partnership Program. In 2002, use of the LTC Functional Screen expanded statewide to other LTC programs. The screen was developed with input from consumers, clinical practitioners, and other partners. In addition to this input, several studies were completed to test its validity and reliability.

Aging and Disability Resource Specialists at the ADRC complete an online certification to administer the LTC Functional Screen. They're also required to take and pass the Continuing Skills Test every two years to maintain certification.

The LTC Functional Screen is voluntary. However, it must be completed if an individual is interested in LTC programs. When someone consents to having the LTC Functional Screen completed, a Resource Specialist will meet with individuals to assess their needs. This includes a person's ability to complete both Activities of Daily Living (ADLs) and Instrumental Activities of Daily Living (IADLs).

### **ADLs include:**

- bathing,
- dressing,
- eating,
- mobility in home,
- toileting and
- transferring.

### **IADLs include:**

- meal preparation,
- medication administration and management,
- money management,
- use of a telephone and
- transportation.

The LTC Functional Screen also considers a person's cognition, behavior(s), diagnoses, medically-oriented tasks and employment; as well as indicators for mental health issues, substance use issues and other conditions that put a person at risk of institutionalization.

Once a person's LTC Functional Screen is entered and calculated, the Resource Specialist will know the level of care and functional eligibility the person met. People that meet functional eligibility must also qualify for a full benefit Medicaid before they can enroll in a LTC program.

If interested in the Long-Term Care program process, please contact the Aging and Disability Resource Center of Dodge County (**920-386-3580**) for more information.

## Autumn Squash Bisque with Ginger



**Prep time:** 15 minutes  
**Cook time:** 45 minutes  
**Makes:** 10 cups

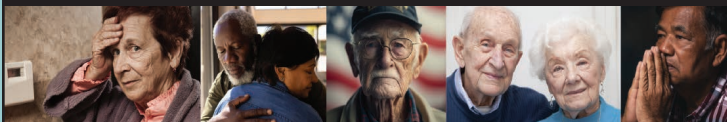
### Ingredients:

- 2 teaspoons vegetable oil
- 2 cups chopped onion
- 2 pounds squash, peeled, seeded, and cut into 2-inch cubes (4 generous cups)
- 2 pears, peeled, cored, and chopped, or 1 can (15 ounces) sliced pears, drained
- 2 cloves garlic, minced
- 1 teaspoon powdered ginger or 2 tablespoons fresh ginger peeled and chopped
- 1/2 teaspoon thyme
- 4 cups low-sodium chicken or vegetable broth
- 1 cup water
- 1 tablespoon lemon juice
- 1/2 cup plain nonfat yogurt

### Directions:

1. Rinse/scrub fruits and vegetables.
  2. Heat oil in a large pot over medium heat.
  3. Add onions and stir until softened, 3 - 4 minutes.
  4. Add squash, pears, garlic, ginger, and thyme. Stir while cooking for 1- 2 minutes.
  5. Add broth and water. Bring mixture to a boil, then reduce heat to low. Simmer with pot covered until squash is tender, about 35 - 40 minutes.
  6. Puree soup in a blender. Follow manufacturer's directions for pureeing hot liquids.
  7. Return soup to pot and heat through. Stir in lemon juice.
  8. Garnish each serving with a spoonful of yogurt.
  9. Enjoy!
- Refrigerate leftovers within 2 hours.

## Are High Energy Costs Putting the Squeeze on Your Limited Income?



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1

**Call 800-506-5596  
Locally 920-887-7990**

A) For questions or to schedule an appointment at our service center or outreach sites.  
B) To complete a WHEAP application by phone with our helpful and experienced staff.

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2

**You may now also apply online at [HEAT.HELP](http://HEAT.HELP)**

**107 Henry Street, Suite 1  
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\*This site is fully accessible.

For over 4 decades we have been responsible for providing government, utility supported and charitable energy assistance grants statewide to over 100,000 low income households annually.

Working closely with Dodge Co. HHS, other basic service providers and utilities-fuel vendors serving the area, we are committed to providing the highest level of assistance and services possible for those in need.



Our capable team is available to answer any questions you may have and assist you in applying for WHEAP or other resources that may be of help.

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| 5                                                                                                  | \$7,142.50                      |
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## NO NEW MEDICARE CARD

**Don't fall for the Scam!**



**Have you been told  
you need a new  
Medicare card?**

**STOP! It's a scam**



### Here's the truth?

- Medicare is NOT issuing plastic cards
- You do NOT need to "update" your Medicare Card
- Medicare will NEVER call or text you asking for your Medicare number

### Protect Yourself:

- Never give out your Medicare number to unexpected callers
- Hang up on anyone asking for personal information
- Report suspicious calls to Senior Medicare Patrol

**Wisconsin Senior Medicare Patrol**

**1-888-818-2611  
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**Stay Healthy and Independent By Checking Your Risk for a Fall**

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 more 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 response). If your total score is four or higher, you may be at higher risk of falling.

**Total Score:** \_\_\_\_\_

Visit [FallsFreeWI.org](http://FallsFreeWI.org) for tips to improve your strength, balance, and resilience and reduce your risk of falls. You can also contact the ADRC to learn about available resources or to register for one of our fall prevention classes.



# BRAIN GAMES

## Numbers, Numbers, Numbers

1. Letters of the alphabet
2. Wonders of the world
3. Signs of the zodiac
4. Cards in a deck (jokers included)
5. Piano keys
6. Baker's dozen
7. Holes on a golf course
8. Degrees in a right angle
9. Sides of a stop sign
10. Quarts in a gallon
11. The world's major oceans
12. Wheels on a unicycle
13. Varieties of Heinz products
14. Words that a picture is worth
15. Squares on a checkerboard

13  
57  
88  
90  
8  
1  
1,000  
7  
12  
18  
4  
64  
26  
54  
5

### Answer Key

- |       |           |
|-------|-----------|
| 1. 26 | 9. 8      |
| 2. 7  | 10. 4     |
| 3. 12 | 11. 5     |
| 4. 54 | 12. 1     |
| 5. 88 | 13. 57    |
| 6. 13 | 14. 1,000 |
| 7. 18 | 15. 64    |
| 8. 90 |           |

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To Our Friend:



Henry Dodge Office  
Building 199 County Road DF  
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