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Friends



A monthly newsletter brought to you by Richland County Health & Human Services and the Aging and Disability Resource Center of Eagle Country-Richland County Office

Public Health Week 2026 *Prevent. Promote. Protect.*

This year National Public Health week is observed from April 6th through April 12th. As we celebrate this year's Public Health week, take a moment to recognize how much public health has improved our daily lives, protected our families, and expanded our life spans. You might not even realize all of the amazing things that public health has done for you! Public health prepares for possible disasters, uses surveillance to help protect you from communicable diseases, helps keep our environment a safe place to live and play, and even works to improve your nutrition and access to healthy foods.

This week is also a chance to honor the Public Health workers who show up for us every day to help strengthen our community and keep us safe and healthy. We have so much to thank them for!

- Brandie Anderson**, RN, BSN, Local Health Officer, Public Health Manager, Public Health Nurse
- Betty Nigh**, RN, BSN, Public Health Nurse
- Evan Ewing**, MPH, CHES, Public Health Specialist
- Brandon Alexander**, BS, Public Health Specialist

Public health is all about ensuring that everyone has access to the resources, knowledge and support that are needed to live healthier lives. The Richland County Public Health Department offers a variety of services to help keep our community safe. Monthly vaccination clinics are held to assist in making sure vaccines are available for everyone in our community. TB skin tests are provided for clients and employers. Water and radon kits are available to community members to check the water and air quality in their home.

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SPOTLIGHT ON: ADVANCED DIRECTIVES

April 16 is National Healthcare Decisions Day! This movement became nationally recognized in 2008 to help raise awareness of the importance of advance care planning, to empower people to draft advance planning documents, and to encourage discussions with family members and medical professionals about healthcare wishes. In general, Wisconsin doesn't automatically allow family members to make decisions, so having advanced directives in place is the best way to ensure that the person has a say in who their decision-maker is and what types of decisions they can make. The law on advance care planning documents and authority varies by state. In Wisconsin, practitioners typically recommend the following documents:

- o Power of Attorney for finances
- o Power of Attorney for healthcare
- o Living Will (optional)
- o Authorization for Final Disposition

Advanced directives can be executed with or without an attorney. While the basic forms are available online for free, an attorney can provide legal advice and counseling based on the person's specific circumstances to make sure their wishes can be carried out as desired.

Powers of Attorney

Powers of attorney (POAs) provide authority for someone to make financial and/or healthcare decisions for another person. Powers of attorney documents are valid once they are signed, but the agent does not have authority to act on behalf of the principal until the document is activated. Healthcare POA are usually activated if the individual becomes incapacitated. Financial POAs can be activated immediately or upon a future event. A POA agent's authority ends if the document is deactivated or revoked. The agent's authority also ends at the person's death. A Power of Attorney for Health Care does not need to be notarized, but it must be witnessed by two disinterested witnesses. Disinterested means the witnesses are not:

- o The agent
- o Related to the person
- o Financially responsible for the person's care
- o An heir

A healthcare provider/facility or employee who is currently providing care to the person, unless they are a social worker or chaplain – these two types of health care employees may serve as witnesses.

A Power of Attorney for Finances & Property typically does need to be notarized before banks and other financial institutions will accept it.

Living Will/Declaration to Health Care Professionals

A living will is similar to a Power of Attorney for Health Care, but has some important differences. A Living Will allows the person to specify their wishes for end-of-life

care, like whether feeding tubes or other life-sustaining treatment should be used. It directs the person's providers to carry out wishes if the person is incapacitated and cannot decide for themselves. It does not grant authority to an agent and it does not allow any other decisions.

A POA for Health Care document can also grant an agent authority to make these decisions. A Living Will can serve as a helpful backup, though, in case agents are ever unable or unwilling to make these decisions. A Living Will also typically stays in place if a guardian is ever needed and can provide guidance to the guardian. Like a POA for Health Care, the Living Will must be witnessed by two witnesses.

Authorization for Final Disposition

The Authorization for Final Disposition allows a person to indicate their funeral, burial/cremation preferences in writing and appoint a representative to carry out those wishes upon their death. If no representative is appointed, Wisconsin law indicates that a surviving spouse, adult child, parent, adult sibling, or guardian (in that order) can make funeral/burial decisions on behalf of a decedent. It can be witnessed by two witnesses or signed in front of a notary. The representative does not need to sign at the same time as the individual, but do need to sign before they can act. [The Guardianship Support Center's website](https://gwaar.org/guardianship-resources) (<https://gwaar.org/guardianship-resources>) includes links to forms, more information on advance directives, and Do-It-Yourself Guides. The Department of Health Services also has the statutory forms for all of these documents available on its [website](#).

Myth-busting false beliefs about POAs:

1. I do not need a POA because my spouse or family can make decisions on my behalf.

a. Wisconsin is not currently a "next of kin" state, meaning that family members do not have inherent authority to make decisions solely based on their relationship with you. Authority must be given to a person through a POA or guardianship.

2. I do not need a POA until I am older or sick.

a. Too often, people wait until it is too late to do advance planning. If a person no longer has capacity to execute a POA document, a court may need to appoint a guardian. All adults over the age of 18 should create a POA.

3. Once I create a POA, I'm set for life.

a. POA documents are not locked in stone. They can be revoked or re-executed at any time. The Wisconsin Medical Society recommends that advance planning documents be reviewed if any of the 4 "d's" occur:

- i. **Death** if any agents named pass away.
- ii. **Decade** if it's been more than 10 years since you drafted or reviewed your documents.
- iii. **Divorce** if you get a divorce after drafting your POA—in Wisconsin, if you named your spouse, your POAs may be revoked.
- iv. **Disease** if you become sick.

FAMILY & FRIENDS RECIPE TO TRY



Prep Time: 15 minutes **Cook Time:** 30 minutes **Yield:** 18 servings
Eating Well Whole Wheat Strawberry Muffins



Ingredients:

- 1 ½ cups unsweetened applesauce
- 1 cup granulated sugar
- ½ cup neutral oil, such as canola *or* avocado
- 3 cups white whole-wheat flour
- 2 ¼ teaspoons baking soda
- ¾ teaspoon salt
- 2 cups chopped strawberries

Directions:

1. Preheat oven to 350 degrees F. Line 18 (1/2-cup) muffin cups with paper liners.
2. Whisk applesauce, sugar and oil in a large bowl. Add flour, baking soda and salt; whisk until combined. Gently fold in strawberries. Divide the batter among the prepared muffin cups.
3. Bake the muffins until the tops spring back when touched lightly and a toothpick inserted in the center comes out clean, 22 to 28 minutes. Let

cool in the pan for 5 minutes, then turn out onto a wire rack to cool completely.

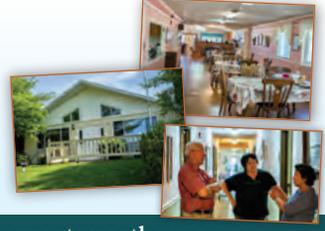


(Courtesy of: eating well.com)

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Get local help with your Medicare questions.

I'm Teresa Goplin, a licensed sales agent in Richland Center, WI. When it comes to Medicare, it's important to consider all of your options. What works well for your neighbor may not be the best fit for you. I know the ins and outs of Medicare, and I'm ready to answer your questions and help you find a plan that fits your needs.

It's time to take advantage.



Teresa Goplin
Licensed Sales Agent
608.647.2114, TTY 711
teresa@goplininsurance.com
www.MyUHCagent.com/teresa.goplin



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HOW TO SPOT AI

It seems like nowadays, artificial intelligence, or AI-generated content, is everywhere you look online. It can be frustratingly hard to decipher whether or not an image or video is real or was generated using AI. Below are some tips to try to help you spot AI.

Bad hands, facial, or other body features – One sign of AI is if hands have the wrong number of fingers or proportions. Other body proportions may also look “off.” Also, the human face is naturally asymmetrical, but AI often produces symmetrical faces. That is another red flag.

Repeating patterns and textures - Another common characteristic that you’ll find in AI-generated content is repeated patterns where you would normally expect randomness or chaos. You’ll often see this in hair and fur, foliage, wood, and other similar textures that should have a chaotic quality up close but have the appearance of repetition at a distance.

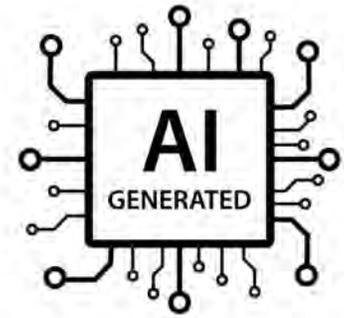
Misshapen text, unrecognizable logos, or inconsistencies in fine details – AI image generators are notoriously bad at imitating text or logos. If you see a car with a brand logo you don’t recognize, that is a red flag. Another example would be a clock without hands or numbers.

Light rays, reflections, refraction, and shadows – AI can be good at mimicking reality, but it’s not necessarily good at simulating reality. That is, it can make details such as reflections and shadows look plausible, but it can’t simulate what they would actually look like if the light was obeying the basic laws of physics. So, look for shadows where there should not be any or vice versa, or light where there is no light source.

To spot AI-generated videos, you would use the same concepts above. Additionally, AI videos might have unnatural or impossible content. For example, a video of a small dog carrying a giant tree through a front door, is most definitely AI.

AI-generated text or writing may have a repetitive structure or predictable phrasing that is overused. It might also be overly vague or specific and contain factual errors. AI may also use uncommon or incorrect punctuation such as overuse of semi colons or dashes.

If you are still concerned that text or images may be AI, there are websites and apps you can use to help detect AI-generated content. An example of one tool for images is <https://wasitai.com/>. Another website is <https://www.aiornot.com/> where you can check for AI in images or text. For text only, you can use <https://gptzero.me/> or a similar website to detect AI-generated content.



RICHLAND COUNTY MEAL SITES

Richland County has three Senior Dining meal sites throughout the county. The Woodman Senior Center meal site serves meals Monday through Friday at 11:30 each day. For reservations, call 608-647-2323 and leave a message with your name, date and number of meals. The Germantown Senior Dining meal site is located at St. Anthony's School (32497 County Highway V, Cazenovia) and is open Wednesdays serving at 11:00. To reserve a meal, please call 608-983-2798. The Rockbridge Bethlehem Community Center meal site (25500 Rockbridge School Street, Richland Center) is open Monday, Wednesday and Friday serving at 11:30. To reserve a meal, call 608-647-3900 or 608-649-3269. All reservations must be made by 12:00 PM the day prior.

The suggested donation for those age 60 and older is \$4.00-\$6.00.



PUBLIC HEALTH WEEK—CONTINUED

A word from the Richland County Public Health Department: Our staff was asked two questions, “What’s one thing you wish you could tell our community about public health?” or “What does public health mean to you?”



“It is important to me to ensure that we keep people healthy & safe. I say that over and over again in so many different situations, and regardless of the complex definitions of public health, that is the mindset I use when engaging with clients, families, businesses, schools, and the community.”

“Public Health is a community effort to promote health through disease prevention focusing on education across the life span, promoting immunizations, clean water and environment. Public health can provide screenings to assist with referrals to a variety of community resources.”

“Public health impacts each and every person within the community in ways that we may not always realize whether that is access to clean water, walkable trails and bike paths, vaccine preventable diseases, etc., we all rely on the public health system to live out our best lives. It is so important that we, as a community, work together to create positive changes. Together we are capable of doing more than we think!”

“Public health means exactly what the name implies, in that our bottom line is the health of our public.”

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*This site is fully accessible.

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4	\$6,157.33
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6	\$8,127.67
7	\$9,312.33
8	\$8,497.08

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All Meals include White or Low-Fat Chocolate Milk. Lactose Free available by Request.

April 2026

Richland County Senior Dining

Monday	Tuesday	Wednesday	Thursday	Friday
Richland County Meal Sites Germantown 608-983-2786/608-983-2798 Richland Center 608-647-2323 Rockbridge 608-649-3269/608-647-3900 Reservation Required please call 1 business day prior.		1 Meatballs w/Mushroom Gravy Mashed Potatoes Carrots Pears WW Roll	2 Pasta w/Sausage, Peppers, Tomatoes Cut Green Beans Fruit Fluff Garlic Toast	3 GOOD FRIDAY  CLOSED
6 Scalloped Potatoes & Ham Green Beans Mandrin Oranges WW Roll	7 Cube Steak w/Diced Tomatoes Peas Fried Potatoes Fruit Cocktail Sourdough Bread	8 Ring Bologna Garlic Mashed Potatoes Red Cabbage Pears WW Roll	9 Chunky Chicken Gumbo Baby Carrots Pineapple Orange Cake Cheese Bread Stick	10 Baked Cod w/Tartar Sauce Sweet Potato California Blend Veggies Tropical Fruit WW Roll
13 Salisbury Steak Mashed Potatoes w/Gravy Peas & Carrots Peaches WW Roll	14 Chicken Chow Mein White Rice Chow Mein Noodles Pineapple Fortune Cookie	15 Beef Tips w/Mushrooms & Onions over Pasta Buttered Corn Tropical Fruit	16 Roast Pork Loin Squash Baked Beans Mandrin Oranges WW Roll	17 <u>Rockbridge Closed</u> Chicken Casserole w/Spinach Cut Green Beans Applesauce WW Roll
20 Beef Stew Biscuits Cottage Cheese w/Fruit Cookie	21 Richland County Meal Sites Closed No Home Delivered Meals	22 Meatloaf Au Gratin Potatoes Peas & Carrots Tropical Fruit WW Roll	23 Grilled Chicken Breast Rice Pilaf Hot Beets 5 Cup Fruit Salad	24 Sloppy Joes on a Whole Wheat Bun Carrot Coins Pinto Beans w/Bacon & Onions Banana
27 Brat w/Bun Hot German Potato Salad 3 Bean Salad Orange	28 Beef Roast Potatoes, Onions, & Carrots Peaches WW Roll	29 Lasagna w/Spinach Cut Green Beans Tropical Fruit Bread Stick	30 BBQ Chicken Legs Roasted Potatoes California Blend Veggies Pears WW Roll	

All menu items are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact and thus cannot offer a substitution item.

Comments, Questions or Concerns Please call the Nutrition Program at 608-647-4616

*Menu subject to change without notice.

WOODMAN SENIOR CENTER
1050 N. ORANGE ST., RICHLAND CENTER, WI 647-8108 EXT. 3
HOURS: MONDAY THRU FRIDAY 8:00-4:30
April 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9:30-Haase 9:45-Gentle Chair Yoga 12:30-Pinochle	2 8:00-10:00- Community Coffee Club 10:00-Mexican Train 12:30-Any Game	3 GOOD FRIDAY CLOSED	4 CLOSED
5 HAPPY EASTER	6 9:30-11:30-Play Bingo for Prizes 12:30-Phase "10" or 5 Crowns	7 9:30-Sheepshead 10:00-Remember Me ALZ Support 1:00-Euchre Tournament	8 9:30-Haase 9:45-Gentle Chair Yoga 12:30-Pinochle	9 9:30-Any Game 12:30-5 Crowns, Sheepshead , or Rummikub	10 12:30-Haase	11 CLOSED
12 CLOSED	13 9:30-11:30-Play Bingo for Prizes 12:30-Phase"10" or 5 Crowns	14 9:30-Sheepshead 1:00-Euchre Tournament	15 9:30-Haase No Yoga Today 12:30-Pinochle 5:00-Grief Sup.	16 10:00-Richland Area Senior Citizen Potluck 2:00-Any Game	17 12:30-Haase	18 CLOSED
19 CLOSED	20 9:30-11:30-Play Bingo for Prizes 12:30-Phase "10" or Sheepshead	21 9:30-Sheepshead 1:00-Euchre Tournament	22 9:30-Haase No Yoga Today 12:30-Pinochle	23 8:00-Breakfast by Our House 9:15-Movie on The Big Screen 12:30-Your Choice Game	24 12:30-Haase	25 CLOSED
26 CLOSED	27 9:30-11:30-Play Bingo for Prizes 12:30-Phase "10" or 5 Crowns	28 9:30-Sheepshead 10:00-Care Giver Support 1:00-Euchre Tournament	29 9:30-Haase 9:45-Gentle Chair Yoga 12:30-Pinochle	30 9:00-Movie on the Big Screen 12:30-Your Choice Game		

APRIL IS VOLUNTEER APPRECIATION MONTH



April is National Volunteer Appreciation month. Volunteering is one of the most rewarding things you can do. Finding the right volunteer option is important. The Richland County Health and Human Services has opportunities in its ADRC Nutrition, ADRC Transportation, Public Health, and Elder Benefit Specialist Programs. For more information contact the ADRC, located within Health and Human Services at 608-647-4616.

For countless years Richland County Nutrition Program volunteers and Transportation volunteer drivers and bus drivers have continued to provide vital services to our community. They have helped ensure that people can remain in their own homes through providing home delivered meals and needed transportation to get to medical appointments and complete their personal business.

Richland County Health and Human Services thanks each of our volunteers for their continued dedication to our community!

From our volunteers, we often hear that giving their time not only provides help to others but also helps them. Between hearing from them and research regarding volunteering here are some reasons volunteering is beneficial:

- **Gain confidence.** Volunteering can help you gain confidence by giving you the chance to try something new and build a real sense of achievement.
- **Make a difference.** Volunteering can have a real and valuable positive affect on people, communities and society in general.
- **Meet people.** Volunteering can help you meet different kinds of people and make new friends.
- **Be part of a community.** Volunteering can help you feel part of something outside your friends and family.
- **Learn new skills.** Volunteering can help you learn new skills, gain experience and sometimes even qualifications.
- **Take on a challenge.** Through volunteering you can challenge yourself to try something different, achieve personal goals, practice using your skills and discover hidden talents.
- **Have fun!** Volunteers have a great time, regardless of why they do it.

If you are interested in volunteering for the Richland County Nutrition or Transportation Programs, or are interested in learning about other volunteer opportunities at Richland County Health and Human Services please contact the ADRC at 608-647-4616



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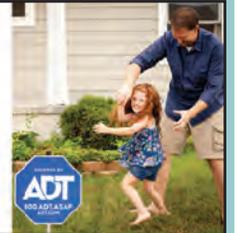
For more information on your long-term care options, contact your local ADRC.

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Powerful Tools FOR Caregivers

Caregiving is rewarding. But it can be challenging too.

Taking care of yourself is important and Powerful Tools for Caregivers can show you the way!

Powerful Tools focuses on YOUR well-being. The class meets once a week for six weeks and has been studied and shown to help family caregivers:

- Reduce stress, anger, and depression and improve emotional well being
- Manage time, set goals, and solve problems
- Master caregiving transitions and be part of decision-making
- Communicate effectively with the person needing care, family members, doctors, and other helpers
- Find and use community resources

REGISTRATION IS REQUIRED
Call Pam: 608-548-3954

In-Person Workshop

May 5 - June 9

Runs for six Tuesdays

**Richland Center Community Center
Conference Room**

4:00pm - 5:30pm



RICHLAND COUNTY MEN'S SHED

"Shoulder to Shoulder"

Join other men, aged 60 and better for conversation a light lunch and learning

**11:00 AM
2ND WEDNESDAY
OF EACH MONTH**

Willow Community Center
31401 Community Street
Cazenovia, WI
(HWY 58 in Loyd)

Call the ADRC to Register

608-647-4616

Men that attend say "I feel better about myself!"

An attendee stated "this was fun!" I had a great meal and enjoyed my time learning and talking



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



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Richland County Health and Human Services
221 W. Seminary Street
Richland Center, WI 53581
Produced in conjunction with the Aging and
Disability Resource Center of Eagle Country
Richland Center Office



FREE
PLEASE TAKE
ISSUE: APRIL 2026

Upcoming Area Events:

Mondays in April

Monday Coffee Connect: Virtual Support to “*Fill Your Caregiving Cup*” every Monday morning from 10 to 11 am. Connect with local dementia specialists virtually from the comfort of your home! Join to ask questions, gain support and brainstorm strategies to get through this time together. Come with a cup of coffee or tea to interact via Zoom Video. Register by calling Pam Kul-Berg, Dementia Care Specialist for the ADRC of Eagle Country at 608-548-3954.



Tuesdays in April

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

Wednesday, April 1st

The Richland County Care Coalition is providing assistance to people to create or update their Power of Attorney for Health Care documents. Free assistance will be available on Wednesday, April 1st from 4pm-6pm at the Community Services Building (HHS), 221 West Seminary Street, Richland Center. Call the ADRC at 608-647-4616 to sign-up.

Wednesday, April 8th

Richland County Men’s Shed, a program to improve the health, well-being and social connects of men 60 and better will meet at the Loyd Community Center, 31401 Community Street, on Wednesday, April 8th at 11:00 am. Enjoy a local speaker, lunch and time to share your interests and skills. Contact the ADRC at 608-647-4616 for more information and to register. Free transportation is available.

Thursday, April 9th

Free tech assistance is available the 2nd Thursday of the month from 2:00-4:00 at the Lone Rock Community Library.

Monday, April 13th

Welcome to Medicare: The ADRC of Eagle Country, Richland office, offers a free seminar to residents interested in learning more about Medicare. Rose Welsh, Elder Benefit Specialist, will help you learn about choices you may want to consider and decisions you need to make when you use Medicare. RSVP by calling the ADRC at 608-647-4616 at least five days in advance of the seminar. If the seminar is full, you can sign up for a future date.

Tuesday, April 14th

Forget Me Not, an ADRC Support Group, meets monthly from 10:30 –12:00. Forget Me Not is a support group of people curious about how to handle their memory issues while having a medical diagnosis with any form of early mild cognitive impairment. To register, or for more information, call Pam Kul-Berg at 608-548-3954.

Tuesday, April 28th

The ADRC of Eagle Country-Richland County offers a monthly Caregiver Support Group which gives caregivers a chance to connect with local experts, family members and care partners who may be experiencing similar circumstances. The group is held the 4th Tuesday of the month at the Woodman Senior Center, 1050 Orange Street, Richland Center 10:30 am –11:30 am. To RSVP or for information, you may call the ADRC at 608-647-4616 or Pam, at 608-548-3954.