

Family

FREE

and

Friends

May 2026

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

May is Older Americans Month “Champion Your Health”

Each year in May we celebrate Older Americans Month. This year the theme is “Champion Your Health,” which highlights prevention, wellness, and self-care. It is a time for older adults to take charge of their health and maintaining independence.

The ADRC’s Aging Unit receives Older Americans Act funding for programs that focus on nutrition, exercise, prevention, in-home services and caregiver supports. These programs are geared towards individuals who are 60 and better or are caregivers of individuals who are 60 and better.

The ADRC’s Health Promotion program receives a small amount of funding to provide evidenced-based programs to individual over 60. Currently ADRC staff provide Bingocize, Powerful Tools for Caregivers and Boost Your Brain and Memory. Along with these offerings, the ADRC partners with the Symons Recreation Complex to offer Tai Chi and Strong Bodies. All of these offerings are meant to improve physical and cognitive functioning and also encourage socialization.

Along with Health Promotion, the ADRC also provides Caregiver Support programs meant to provide assistance to caregivers. These programs can pay for in-home services, respite, and provide for a wide range of other needs. The goal is to support caregivers to reduce burnout and promote the health and well-being of both the caregiver and care recipients.

Finally, the ADRC also receives funding to provide the Elder Nutrition Program. This program provides 1/3 of the daily recommended nutritional value through offering congregate meal options, Meals on Wheels, and the Rise N’ Dine program to individuals who are 60 and better. Not only do people receive a meal they are able to socialize and engage in meaningful activities at the meal sites. Meals on Wheels provides more than a meal, it provides social connection with drivers and a safety check for participants. These services provide a way for people to meet nutritional and emotional needs. Meals are offered at a suggested contribution rate to individuals who are 60 and better.



Inside this Issue

Spotlight On	Pg 2
ADRC Month	Pg 4
Meal site menu	Pg 6
Senior Center Calendar	Pg 7
Men’s Shed	Pg 8
Stay Tick Free RC	Pg 10



SPOTLIGHT ON: SENIOR LIFE SOLUTIONS

A Lifeline for Older Adults: Senior Life Solutions at The Richland Hospital & Clinics

Aging can bring many positive experiences, such as spending more time with family or enjoying retirement. However,



it can also bring difficult transitions, including the loss of loved ones, chronic health concerns, increased isolation, or major life adjustments. Nearly one in four older adults suffers from mental health challenges such as anxiety or depression. The Senior Life Solutions program at the Richland Hospital in Richland Center helps older adults navigate these challenges through compassionate, structured mental health care delivered close to home.

What is Senior Life Solutions?

Senior Life Solutions is an intensive outpatient group therapy program created specifically for adults aged 65 and older who may be experiencing depression, anxiety, or other emotional challenges related to life changes that often occur with aging. Patients begin with a confidential and comprehensive assessment to determine the most appropriate care plan. Treatment includes group therapy sessions, individual counseling, family therapy, medication education and management, and aftercare planning to support continued progress.

The Senior Life Solutions team includes a board-certified psychiatrist who meets with patients, program director Haley Fosterling, RN, therapists Robin Hosemann, LPC, Kristine Olson, LCSW, and office and patient coordinators Robin Anderson and Lisa Anderson.

Who Can Make a Referral?

One of the most important aspects of the program is its accessibility. Anyone can make a referral to Senior Life Solutions. Referrals may come from physicians, other healthcare providers, family members, friends, or even the individuals themselves. This open referral process helps ensure that older adults who may be struggling emotionally can receive help as early as possible.

By providing specialized behavioral health services for seniors, the Richland Hospital and Clinics Senior Life Solutions program plays a vital role in supporting the mental health, independence, and quality of life of older adults throughout the Richland Center community and surrounding areas. Learn more by calling (608) 647-6321.



FAMILY & FRIENDS RECIPE TO TRY



Prep Time: 20 minutes **Cook Time:** 10 minutes **Yield:** 4 servings
Taste of Home: Farmer's Market Street Tacos



Ingredients:

- 2 bunches bok choy, halved
- 1 medium zucchini, cut into 3 inch sticks
- 1/2 pound fresh asparagus
- 2 medium ripe avocados, peeled and quartered
- 1 bunch green onions
- 2 jalapeno peppers, halved and seeded
- 2 tablespoons olive oil
- 1/2 teaspoon kosher salt
- 1/2 teaspoons pepper
- 8 mini corn tortillas
- Fresh cilantro leaves
- Optional: pickled red onions, lime wedges, slices radishes and salsa verde

Directions:

1. Prepare grill for medium-high heat. Brush bok choy, zucchini, asparagus, avocados, green onions and jalapenos with olive oil; sprinkle with salt and pepper. Transfer to a greased grill rack.

2. Grill, covered, or broil 4 in. from heat until vegetables are crisp-tender and slightly charred, 4-5 minutes, turning occasionally. Grill tortillas until warmed and slightly charred, 30-45 seconds per side. Cut vegetables to desired sizes; serve in tortillas with cilantro and toppings of your choice.



(Recipe courtesy of: [Farmers Market Street Tacos Recipe: How to Make It](#))



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MAY IS ADRC MONTH

May of each year is a time to recognize Aging and Disability Resource Centers (ADRC's) across the state. Wisconsin has an ADRC in each county and tribe. The ADRC is a vital resource for Wisconsin residents. They provide a wide array of services offering information and assistance to individuals related to aging and disabilities. The goal is to connect individuals with services and resources to meet their needs.

Information provided is unbiased in nature and is tailored to an individual's unique circumstance. Our goal is to provide reliable information to customers related to their needs. Service areas provided by ADRC's include:

- ◆ Information and Assistance: ADRC Specialists offer unbiased information about local services, programs and benefits available to older adults and individuals with disabilities.
- ◆ Long-Term Care Options Counseling: ADRC Specialists assist people in exploring long-term care options, whether for in their home or in a residential setting.
- ◆ Benefit Specialists: ADRC's provide guidance on programs such as Medicaid, Medicare, and Social Security, assisting people in understanding their options and eligibility.
- ◆ Dementia Care Support: Specialized support for individuals with dementia and their families.

Individuals can access our local ADRC in a variety of ways:

- ◆ In-person: the local ADRC is located at 221 West Seminary Street, Richland Center.
- ◆ By phone: call the ADRC at 608-647-4616 to get assistance with questions.
- ◆ Home Visits: ADRC staff provide home visits for people who may have difficulty traveling.

Other programs that are provided by the ADRC include:

- ◆ Richland County Elder Nutrition Program—provides congregate and home delivered meals to individuals over the age of 60. Meals meet 1/3 of the daily nutrition requirements and are offered on a contribution based system.
- ◆ Richland County Transportation program offers driver escort and wheel chair transportation to medical appointments, shopping and for personal business. Rates are based on miles traveled.
- ◆ Health Promotion programming: The ADRC offers evidenced based health promotion programs including Bingocize, Powerful Tools for Caregivers and Boost Your Brain and Memory. We also partner with Symons Recreation Complex to provide Tai Chi and Strong Bodies.
- ◆ Caregiver Support programs: The ADRC has programs available to assist caregivers who are caring for older adults at home. These programs provide a range of services including caregiver education, respite services, in home care and more.

For more information regarding any of the ADRC's services contact us by stopping in or calling us at 608-647-4616.

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 contribution for those age 60 and older is \$4.00-\$6.00.



DCS CORNER



Meet Pam Kul-Berg, the ADRC of Eagle Country-Richland and Crawford County Dementia Care Specialist (DCS). Pam is employed by the ADRC of Eagle Country and is responsible for assisting individuals and families in Crawford and Richland Counties who are living with dementia to continue to be active in their community and remain in their homes for as long as possible.

The DCS ensures that ADRC staff are knowledgeable about dementia and are prepared to meet the needs of the people they serve in a supportive, helpful manner. She also works closely with community members and caregivers providing a wide array of services and programs.

Who Should Contact the DCS?

- Anyone who is experiencing changes in their memory, thinking or communication abilities or providing support and assistance to someone who is experiencing these changes.
- Caregivers who are overwhelmed with the prospect of caring for their loved ones.
- People with early memory loss interested in being proactive to remain as healthy and independent as possible and engaged in meaningful activities.
- Volunteers who are interested in helping the community become dementia friendly.
- Businesses that would like to improve customer service skills when interacting and communicating with someone with dementia.
- Individuals interested in Brain Health activities.

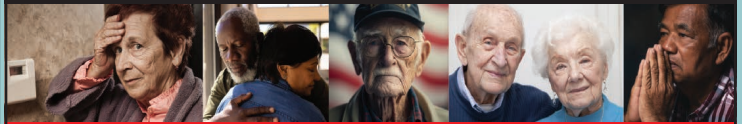
If you are interested in meeting with Pam or would like to learn more about brain health call the ADRC at 1-877-794-2372.

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Contact Todd Benz

tbenz@4LPi.com
(800) 950-9952 x9518

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1

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Locally 608-383-1103**

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B) To complete a WHEAP application by phone with our helpful and experienced staff.

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2

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*This site is fully accessible.

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Working closely with Richland 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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NUMBER IN HOUSEHOLD	GROSS INCOME LIMIT (1 MONTH)
1	\$3,201.75
2	\$4,186.92
3	\$5,172.08
4	\$6,157.33
5	\$7,142.50
6	\$8,127.67
7	\$8,312.33
8	\$8,497.08



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May 2026

Richland County Senior Dining

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Richland County Meal Sites Germantown 608-983-2786/608-983-2798 Richland Center 608-647-2323 Rockbridge 608-649-3269/608-647-3900</p> <p>Reservation Required please call 1 business day prior.</p>				<p>1 Baked Cod w/Tartar Sauce Baked Potato w/Sour Cream Peas & Carrots Apple Sauce WW Roll</p>
<p>4 Hamburger Stroganoff w/Mushrooms Broccoli Peaches WW Roll</p>	<p>5 Chicken Breast Mashed Potatoes w/Gravy Hot Beets Pears WW Bread</p>	<p>6 Sweet & Sour Pork over White Rice Oriental Vegetables Mandarin Oranges Fortune Cookie</p>	<p>7 Tator Tot Casserole w/Green Beans Steamed Carrots Mixed Fruit WW Roll</p>	<p>8 Chicken Salad on Croissant Veggie Ranch Pasta Salad Fresh Melon</p>
<p>11 Rotini w/Meat Sauce Lettuce Salad w/Dressing Buttered Corn</p>	<p>12 Sloppy Joes on WW Bun Baked Beans Coleslaw Cookie</p>	<p>13 Roast Pork Loin Mashed Potatoes w/Gravy Green Beans Mixed Fruit WW Roll</p>	<p>14 Baked Chicken Sweet Potato Bake Brussel Sprouts Apple Slices WW Roll</p>	<p>15 Baked Cod Loin w/Tartar Sauce Redskin Potatoes Broccoli Pineapple WW Roll</p>
<p>18 Kielbasa w/Sauer Kraut Baby White Potatoes Apricots WW Roll</p>	<p>19 Chicken Alfredo California Blend Veggies Mixed Fruit Bread Stick</p>	<p>20 Sliced Ham Au Gratin Potatoes Broccoli Spears Peaches WW Roll</p>	<p>21 Hamburger Steak in Mushroom Gravy Mashed Potatoes Baby Carrots Pears WW Roll</p>	<p>22 Sloppy Joe on a Bun Roasted Potatoes Calico Beans Tropical Fruit</p>
<p>25 CLOSED MEMORIAL DAY</p>	<p>26 WW Spaghetti in Meat Sauce Lettuce Salad w/Dressing Garlic Bread Banana</p>	<p>27 Monterey Chicken Breast Rice Pilaf Mixed Vegetables Pineapple BB Brownie</p>	<p>28 Pot Roast w/Gravy Baby White Potatoes Carrot Coins Fruit Cocktail WW Roll</p>	<p>29 Tuna Casserole w/Peas Broccoli Peaches</p>

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



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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<u>1</u>	<u>2</u>
					<u>12:30-Haase</u>	CLOSED
3	<u>4 9:30-11:30-Play Bingo for Prizes</u> <u>12:30-Phase "10" or 5 Crowns</u>	<u>59:30-Sheepshead</u> <u>10:00-Remember Me ALZ Support</u> <u>1:00-Euchre Tournament</u>	<u>6 9:30-Haase</u> <u>9:45-Gentle Chair Yoga</u> <u>12:30-Pinochle</u>	<u>7 8:00-10:00- Community Coffee Club</u> <u>9:00-Bus Leaves for Diamond Jo Casino</u>	<u>8</u> <u>12:30-Haase</u>	CLOSED
10	<u>11 9:30-11:30-Play Bingo For Prizes</u> <u>12:30-2:30-Bingo with Agrace</u>	<u>12</u> <u>9:30-Sheepshead</u> <u>1:00-Euchre Tournament</u>	<u>13 9:30-Haase</u> <u>9:45-Gentle Chair Yoga</u> <u>12:30-Pinochle</u>	<u>14 9:30-Rummilub or 5 Crowns</u> <u>12:30-2:00-Bingo with Senior Solutions</u>	<u>15</u> <u>12:30-Haase</u>	CLOSED
17	<u>18 9:30-11:30-Play Bingo for Prizes</u> <u>12:30-Phase "10" or 5 Crowns</u>	<u>19</u> <u>9:30-Sheepshead</u> <u>1:00-Euchre Tournament</u>	<u>20 9:30-Haase</u> <u>9:45-Gentle Chair Yoga</u> <u>12:30-Pinochle</u>	<u>21 10:00-Richland Area Senior Citizen Potluck</u> <u>2:00-Any Game</u>	<u>22</u> <u>12:30-Haase</u>	CLOSED
24	<u>25</u> CLOSED MEMORIAL DAY	<u>26 9:30-Sheepshead</u> <u>10:00-Caregiver Support</u> <u>1:00-Euchre Tournament</u>	<u>27 9:30-Haase</u> <u>9:45-Gentle Chair Yoga</u> <u>12:30-Pinochle</u>	<u>28 8:00-Breakfast by Our House</u> <u>9:30-Movie</u> <u>12:30-500 Card Game</u>	<u>29</u> <u>12:30-Haase</u>	CLOSED
31	CLOSED					

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month 11:00 AM

SUMMER DATES

- May 13th
- June 10th
- July 8th
- August 12th

**For Reservations or Information Call the ADRC
at at 608-647-4616**

Giving Voices

DEMENTIA FRIENDLY CHOIR

Looking for parties interested in helping plan a Giving Voices Choir.

- Our community has an opportunity to start a Giving Voices choir and is looking for interested parties to help get the ball rolling and make it a reality.
- Our goal is to create inclusive spaces where singers feel a deep sense of belonging, safety, and joy, while also fostering greater understanding and reducing stigma around dementia.

We are looking for a choir director and piano accompanist as well as volunteers and those interested in being part of a planning committee. Training and methodology for facilitating this choir will be given by the Giving Voices organization.

- The goal is to have a choir that will begin meeting weekly this fall.

If interested Contact Pam at
608-548-3954
pkulberg@juneaucountywi.gov



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STAY TICK FREE IN RC THIS SPRING AND SUMMER

May is Lyme Disease Awareness Month! In Wisconsin, there are three types of tick that can spread disease, and they include the deer tick, wood tick, and the lone star tick. Nearly all illnesses spread by ticks in WI are from the deer tick. Ticks feed on blood of humans or animals, and their saliva can contain germs which can transmit disease. The longer that a tick attached, the more chance of spreading disease, making tick removal an important prevention measure.

Tick Bite Prevention

The following tick bite prevention measures can be utilized this Spring/Summer, especially if you spend time outdoors:

- **Wear the right clothing:** Wear a long-sleeve shirt, pants, and tall socks while outdoors. Tucking your pant legs into your socks can provide extra protection, making it more difficult for ticks to climb onto your skin. Wearing light-colored clothing can make it easier to see ticks crawling on you.
- **Use bug spray:** Use insect repellent with 20% or more DEET on exposed skin and clothing. Treating your clothing with a chemical called permethrin can also be effective.
- **Perform daily tick checks:** Check your entire body for ticks after being outdoors, even if you were only in your yard.
- **Take a shower:** Take a shower or bath within two hours after coming indoors. This can help you find and wash off any ticks on your body.
- **Prevent ticks on your animals:** Check your pets for ticks daily if they spend time outdoors and talk to a veterinarian about the correct tick preventative for your pet.
- **Create a tick free environment in and around your yard:** Keeping up with your yard maintenance like regular mowing, clearing brush, leaves, etc. can be helpful to keep the ticks out. Deer can carry ticks so avoid feeding deer and attracting them into your yard.



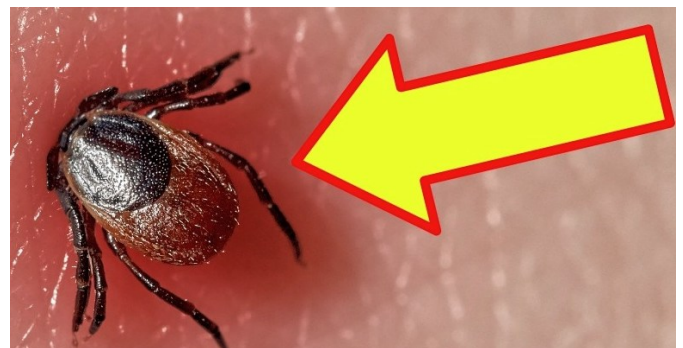
Tick Bite Removal

Ticks are very small, and depending on their life stage, could be as small as a poppy seed, making them difficult to spot. If you do find a tick that is imbedded in your skin, it is important to:

- Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible
- Pull upward with steady, even pressure, avoid twisting or jerking
- Clean the bite area and your hands with rubbing alcohol, iodine scrub, or soap and water
- Call your doctor if you get a fever or rash following a tick bite

If mouthparts remain in the skin after removing most of the tick, leave them alone, as attempting to remove them may result in infection. The mouth parts will likely fall out in a few days. Some common removal methods to avoid include using heat to remove the tick, petroleum jelly, and/or nail polish. It is best to remove the tick as soon as possible.

For more information on fighting the bite this year, visit <https://www.dhs.wisconsin.gov/fight-bite/index.htm>



MAY WORD SEARCH



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

- FLOWERS
- BLOSSOM
- BUTTERFLY
- SPRING
- SUNNY
- PICNIC
- RAINBOW
- LADYBUG
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ISSUE: MAY 2026

Upcoming Area Events:

Mondays in May

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 May

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.

Monday, May 11th

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, May 12th

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.

Wednesday, May 13th

Richland County Men’s Shed. A place for men aged 60 and better to come together for learning, a meal and time to socialize. Call the ADRC at 608-647-4616 to make a reservations.

Wednesdays in May, starting May 13th

The Richland Area Farmer’s Market is held each Wednesday from 12:00-4:00 on the corner of Court and Orange Streets in Richland Center.

Thursday, May 14th

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

Tuesday, May 26th

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.



spring things.