

Family

and

Friends

FREE

July 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

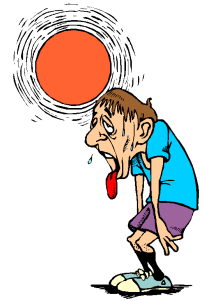
Wisconsin Heat Awareness

Heat can kill. That’s why Wisconsin Emergency Management, the Wisconsin Department of Health Services and the National Weather Service are reminding people of the dangers associated with extreme heat to promote community safety and health.

Summer heat waves have been the biggest weather-related killers in Wisconsin for the past 50 years, far exceeding tornadoes, severe storms and floods combined. Heat is also a major weather-related killer in the United States.

People at higher risk of a heat-related illness include:

- Older adults
- Infants and young children
- People with chronic heart or lung problems
- People with disabilities
- Overweight persons
- Those who work outdoors or in hot settings
- Users of some medications, especially those taken for mental disorders, movement disorder, allergies, depression, and heart or circulatory problems.



Many victims of heat-related deaths are socially isolated maintaining little contact with family and friends. This is why it is vitally important to check in on family, friends, and neighbors during extreme heat, especially those who are particularly vulnerable, like families with very young children, the elderly, and people who are on medications that could make them more susceptible to injury from extreme heat.

Symptoms of heat-related illness include:

Heat Cramps - cramps or muscle spasms in the abdomen, arms or legs. *Solution:* Stop activity. Cool down, drink clear juice or sports drink.

Heat Exhaustion - heavy sweating, paleness, muscle cramps, weakness, dizziness, headache, nausea, fainting. *Solution:* Cool down, seek medical attention.

Heat Stroke - extremely high body temperature, red, hot, dry skin, rapid pulse, throbbing headache, dizziness, nausea, confusion, unconsciousness. *Solution:* Call 911 and cool the victim with shower or hose until help arrives.



Inside this Issue

Spotlight On: Severe Weather Pg 2

UV Safety Month Pg 4

Meal site menu Pg 6

Senior Center Calendar Pg 7

Homeless Street Count Pg 8

Supporting Loved Ones' Pg 10



SPOTLIGHT ON: SEVERE WEATHER

Stay Safe This Summer: Prepare for Wisconsin's Severe Weather Season

Richland County, along with the Regional Southwest 7 Environmental Health Partnership, wants to remind you to be prepared for all types of severe weather that may come your way during the summer months. Common hazardous weather events in Wisconsin include thunderstorms, tornadoes, flooding, hail, and strong winds. Excessive heat is another form of extreme weather. Did you know that extreme heat causes more deaths annually than all other weather hazards combined in Wisconsin?

Extreme weather can bring both direct and indirect health risks during and after an event. Injuries can occur during storms, chronic conditions can be worsened, and the aftermath of a storm can lead to unhealthy living spaces and dangerous clean-up conditions. In addition, severe weather can cause stress and anxiety, impacting mental health.

Preparing for severe weather is the best way to prevent injuries and minimize negative health effects. Here are a few steps you can take to prepare:

Stay informed. Make sure you know when severe weather is approaching. Sign up for local alerts and warning systems that send notifications directly to your cell phone. Contact your local emergency management department if you haven't signed up already. You can also stay informed through local TV weather stations, radio forecasts, and reputable online weather services.

Have an emergency plan and supply kit. Create or update your household's severe weather plan. Does everyone in your home know the plan? If not, take time to review it together. Think about questions such as: Where would you go if a tornado was sighted? What would you do during a flash flood? How long can you safely go without electricity?

Prepare for safe cleanup. Make sure your tetanus vaccine is current, as cuts and puncture wounds from storm debris can lead to serious infection. Have proper protective gear ready for cleanup activities—such as gloves, sturdy shoes, eye protection, and masks—and take breaks to avoid overexertion.

Support your community. Severe weather preparedness is most effective when we work together. Consider volunteering with organizations such as the Medical Reserve Corps (MRC) or the Red Cross. Learn basic first aid and remember to check on neighbors before and after severe weather events—they may need extra help and support.

Severe weather events can appear when we least expect it, but with planning and preparation, we can all "weather the storm" with greater confidence.

For more information on severe weather events and preparedness, visit weather.gov, Ready.gov, and dhs.wisconsin.gov/climate/storms.



FAMILY & FRIENDS RECIPE TO TRY



Chicken Club Salad

Prep Time: 20 minutes **Cooking Time:** 10 minutes **Yield:** 6 servings



Ingredients:

- 8 ounces rotini noodles, cooked and drained
- 3/4 cup Italian style dressing
- 1/4 cup mayonnaise
- 2 cups chopped chicken (cooked)
- 12 slices crispy cooked bacon
- 1 cup cubed Muenster cheese
- 1 cup chopped celery
- 1 cup chopped green bell pepper
- 8 ounces cherry tomatoes, halved
- 1 avocado—peeled, pitted, and chopped

- Whisk Italian-style dressing and mayonnaise together in a large bowl. Stir pasta, chicken, bacon, Muenster cheese, celery, green bell pepper, cherry tomatoes, and avocado into dressing until evenly coated.



Directions:

- Bring a large pot of lightly salted water to a boil. Cook pasta in the boiling water, stirring occasionally until cooked through but firm to the bite, 10 to 12 minutes. Drain and rinse under cold water.



We're Hiring Ad Sales Executives

- Paid Training
- Full-time with Benefits

Visit www.lpicommunities.com/careers



Coming together to care for you

iCare
INDEPENDENT CARE HEALTH PLAN

INCLUSA
Life Defined by You

A Humana Company

icarehealthplan.org inclusa.org
800-777-4376 877-622-6700

Does your organization need a newsletter?
We'll cover the printing costs!




Learn more at lpicommunities.com

Never miss our publication!



Get each new issue delivered straight to your inbox.



Scan to subscribe on MyCommunityOnline.com

UV SAFETY MONTH

July is UV Safety Month and summer is now in full swing making it an important time to take steps to protect yourself from harmful ultraviolet (UV) radiation! Ultraviolet radiation comes from the sun and can cause damage to our skin, premature aging, damage to our eyes, melanoma and other forms of skin cancer. Having a sunburn is a short-term over-exposure to UVA and UVB rays. Some medications and medicines can make the skin more sensitive to UV rays such as antibiotics and/or products containing benzoyl peroxide.

While UV radiation can be harmful, there are a few ways you can protect yourself and they include:

- **Wearing protective clothing:** Cover your skin with breathable long-sleeved shirts and pants, hats with brims that provide shade for your face and sunglasses that provide UV protection.
- **Applying sunscreen:** Using sunscreen that has a sun protective factor (SPF) of at least 30 on all exposed areas of skin on your body including your ears, face and neck will provide protection.

Don't forget to reapply every couple of hours.

- **Find shade:** If outdoors, seek shade in the peak hours of UV exposure which are approximately 10 a.m. to 4 p.m.
- **Have regular skin exams:** Having your skin checked regularly by a medical provider can help identify any new or unusual growths. It is important to contact your medical provider if you notice anything unusual.



By following these tips, you are taking action to protect your skin from harmful UV rays which can greatly reduce your risk of skin cancer and other health issues caused by UV rays. This information does not replace advice given by your doctor so if you have questions or concerns related to your skin health and UV radiation, contact your medical provider.

SUMMER FOOD SAFETY

Summertime is upon us. It is important to remember that with warmer temperatures numerous food borne bacteria can multiply rapidly which increased the risk of illness. Symptoms may include cramps, diarrhea, nausea, headaches, fever and more. It is more dangerous for those under the age of 5, over the age of 60, and those with compromised immune systems.

To avoid illness, keep cold foods at 40 degrees or below and hot foods above 135 degrees. Do not use the same cutting board or utensils for raw meats, or fruits and vegetables. Rinse fruits and vegetables. Wash your hands prior to and after handling food and clean surfaces.

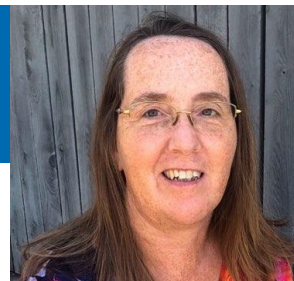


RICHLAND COUNTY MEAL SITES

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.



DCS CORNER: NEW EDUCATIONAL OPPORTUNITY



“Getting to Know Dementia”

For seven consecutive sessions, participants will start to appreciate what happens when a brain is changing due to some form of dementia, versus other factors, such as normal aging or a high-stress lifestyle. By learning about brain function and changes during dementia, we can begin to understand not only what is lost, but what is retained, to effectively provide that just right support.

Participants will be introduced to the “GEMS®” State model of the progression of dementia and learn how we can adapt our approach to create positive relationships. The concept of using visual, verbal, and touch cues to approach and connect with a person living in any state of dementia through the Positive Physical Approach™ will be demonstrated and practiced. Finally, we conclude with learning about how we, as care partners, can become advocates for people, as relationships and tasks of daily living are impacted.

This class will be offered through a partnership with the ADRC of Vernon County’s Dementia Care Specialist and the ADRC of Eagle Country’s Richland County Dementia Care Specialist programs. Register by contacting Teresa Gander at 608-637-5201 or Pam Kul-Berg at 608-548-3954.



The program will be offered weekly:
 August 3rd-September 28th
 from 2:00-4:00 pm at the
 Viola Methodist Church
 225 N. Washington St, Viola, WI



Advertise in Our Newsletter!

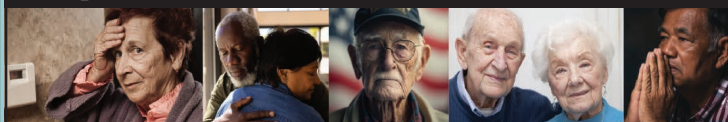
Contact Rob Witte

rwitte@4LPi.com

(800) 950-9952 x2501



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



ENERGY SERVICES FOR Richland COUNTY may be able to help!

2 Simple ways to apply for a WHEAP Energy Assistance Grant!

1

Call 800-506-5596
Locally 608-383-1103

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.

OR

2

You may now also apply online at **HEAT.HELP**

182 N Central Ave Suite 300, Richmond Center, WI 54880

*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 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.

2026 home energy+ NEW ENERGY ASSISTANCE GROSS INCOME GUIDELINES FOR THE PREVIOUS ONE MONTH

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	\$7,142.57
6	\$8,127.67
7	\$8,312.33
8	\$8,497.08



Don't delay, call us today! **605-383-1103**



CHRISTIAN SERVANTS HOME CARE

- > Respite Care
- > Supportive Home Care
- > Hospice Support
- > 24/7 Care

Karen Price
(920) 851-8100

karen.price@christianservantshomecare.com
christianservantshomecare.com

Elegant Monuments, LLC

A Division of Elegant Stone Products

Helping You Create Everlasting Memories



1050 Nelson Pkwy, Viroqua, WI
Mary Sime Sales Representative
(608) 306-3540
mary.elegantmonuments@gmail.com



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

July 2026

Richland County Senior Dining

Monday	Tuesday	Wednesday	Thursday	Friday
Comments, Questions or Concerns Please call the Nutrition Program at 608-647-4616 Reservation Required please call 1 business day prior.		1 Roasted Pork Mashed Potatoes w/Gravy Baby Carrots Tropical Fruit WW Roll	2 Grilled Brats on Bun Baked Beans Potato Salad Watermelon Cookie	3 Closed Independence Day
6 Chicken Ala King w/Veggies Biscuit Broccoli Spears Plum	7 Ham, Egg, & Cheese Bake Cubed Hash browns Mandrin Oranges Muffin	8 Kielbasa w/Kraut Baby Red Potatoes Calico Beans Mixed Fruit WW Roll	9 Swedish Meatballs Mashed Potatoes w/Gravy Beets Peaches WW Roll	10 Baked Cod w/Tartar Sauce Baked Sweet Potato Cut Green Beans WW Roll Chocolate Cake
13 Philly Steak & Cheese Bake Peas & Carrots Pineapple Tidbits WW Roll	14 Chicken Alfredo Broccoli Florets Garlic Toast Mandrin Oranges	15 Honey Glazed Ham Scalloped Potatoes Crinkle Cut Carrots Pears WW Roll	16 Beef Stew Biscuit Brussel Sprouts Apple Crisp	17 <i>Rockbridge Closed</i> Pulled BBQ Pork on a WW Bun Loaded Mashed Potatoes Baked Beans Apple Slices
20 Hamburger on Bun Lettuce, Tomatoes, Onions Roasted Potatoes Creamed Peas Lemon Bar	21 BBQ Ribs Lyonnaise Potatoes Buttered Lima Beans Apricots WW Roll	22 Boneless Chicken Thighs Dressing Gravy Squash Orange	23 Meatloaf Au Gratin Potatoes Mixed Vegetables Tropical Fruit WW Roll	24 Baked Cod w/Tartar Sauce Baked Potato w/Sour Cream Broccoli Peaches WW Roll
27 Salisbury Steak Mashed Potatoes w/Gravy Carrots Pears WW Roll	28 Italian Penne Pasta California Blend Veggies Garlic Bread Stick Fruit Cocktail	29 Ring Bologna Monterey Mac-N- Cheese Lettuce Salad w/Dressing WW Roll Banana	30 Goulash w/Kidney Beans Cut Green Beans Chunky Apple Sauce Corn Bread	31 Tuna Salad on WW Bread Carrot & Celery Sticks Apple Slaw Cookie

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.

Richland County Meal Sites

Germantown 608-983-2786/608-983-2798
 Richland Center 608-647-2323
 Rockbridge 608-649-3269/608-647-3900



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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9:30— <u>Haase</u> 9:45- <u>Gentle Chair</u> <u>Yoga</u> 12:30- <u>Pinochle</u>	2 8:00-10:00- <u>Community Coffee Club</u> 9:30- <u>Rummikub</u> 12:30- <u>Any Game</u>	3 CLOSED 4TH OR JULY HOLIDAY	4 CLOSED
5 CLOSED	6 9:30-11:30- <u>Play Bingo for Prizes</u> 12:30-5 <u>Crowns, Phase "10", or Sheepshead</u>	7 9:30- <u>Sheepshead</u> 10:00- <u>Remember Me Alz Support</u> 1:00- <u>Euchre Tournament</u>	8 9:30- <u>Haase</u> 9:45- <u>Gentle Chair</u> <u>Yoga</u> 12:30-1:30- <u>Bingocize</u> 12:30- <u>Pinochle</u>	9 9:30- <u>Mexican Train or Rummikub</u> 12:30- <u>Play 500</u>	10 12:30- <u>Haase</u>	11 CLOSED
12 CLOSED	13 9:30-11:15- <u>Bingo</u> 11:15- <u>Rivers Edge Presentation</u> 12:30-1:30- <u>Bingocize</u> 12:30- <u>Phase "10", or 5 Crowns</u>	14 9:30- <u>Sheepshead</u> 1:00- <u>Euchre Tournament</u>	15 9:30- <u>Haase</u> 9:45- <u>Gentle Chair</u> <u>Yoga</u> 12:30-1:30- <u>Bingocize</u> 12:30- <u>Pinochle</u>	16 10:00- <u>Richland Area Senior Citizen Potluck</u> 2:00- <u>Any Game</u>	17 12:30- <u>Haase</u>	18 CLOSED
19 CLOSED	20 9:30-11:30- <u>Play Bingo for Prizes</u> 12:15-1:15- <u>Bingocize</u> 12:30-5 <u>Crowns or Phase "10"</u>	21 9:30- <u>Sheepshead</u> 1:00- <u>Euchre Tournament</u>	22 9:30- <u>Haase</u> 9:45- <u>Gentle Chair</u> <u>Yoga</u> 12:15-1:15- <u>Bingocize</u> 12:30- <u>Pinochle</u>	23 8:00- <u>Breakfast by Our House</u> 9:30- <u>Rummikub or Mexican Train</u> 12:30- <u>Your Choice</u>	24 12:30- <u>Haase</u>	25 CLOSED
26 CLOSED	27 9:30-11:30- <u>Play Bingo for Prizes</u> 2:00-3:00- <u>Bingocize</u> 12:30- <u>Phase "10"</u>	28 9:30- <u>Sheepshead</u> 10:00- <u>Alz Caregiver Support</u> 1:00- <u>Euchre Tournament</u>	29 9:30- <u>Haase</u> 9:45- <u>Gentle Chair</u> <u>Yoga</u> 2:00-3:00- <u>Bingocize</u> 12:30- <u>Pinochle</u>	30 9:00- <u>Bus Leaves For Diamond Jo Casino</u>	31 12:30- <u>Haase</u>	

**Southwest Homeless Coalition, a member
of the Wisconsin Balance of State, is
participating In Wisconsin's Statewide
overnight Homeless Street Count
July 22nd - July 23rd**



**ARE YOU OR SOMEONE YOU KNOW
EXPERIENCING HOMELESSNESS?**

ON JULY 22ND AND JULY 23RD VOLUNTEERS
WILL BE OUT IN OUR COMMUNITY LOOKING
FOR INDIVIDUALS AND/OR FAMILIES WHO
ARE HOMELESS

VOLUNTEERS WILL BE PROVIDING
OUTREACH TO INDIVIDUALS WHO ARE
HOMELESS AND WILL OFFER RESOURCES

IF YOU ARE INTERESTED IN VOLUNTEERING
IN RICHLAND COUNTY CONTACT
ROXANNE AT THE ADRC: 608-647-4616

**FOR HOMELESS SUPPORT YOU MAY ALSO CALL:
608-732-7310
HALEY ELAM, COORDINATED ENTRY SPECIALIST**

Giving Voice

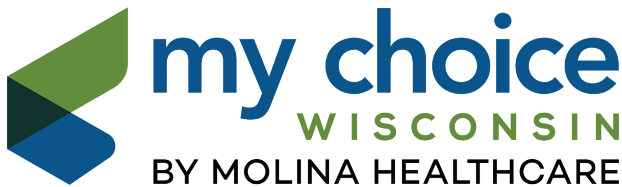
Dementia Friendly Choir



The Dementia Care Specialist for the ADRC of Eagle Country applied for, and received, a start-up grant to work with local partners to create a Giving Voice Choir. Our goal is to create inclusive spaces where singers feel a deep sense of belonging, safety and joy while fostering understanding and reducing stigma around dementia. Currently it is in the planning stages with choir practices starting in the fall.

If you are interested in being a part of the Giving Voice Choir, contact Pam Kul-Berg at 608-548-3954 or email her at pkulberg@juneaucountywi.gov

You can also go to the Giving Voice website for more information at www.givingvoicechorus.org



My Choice Wisconsin is a managed care organization that serves government-funded programs to seniors and adults with disabilities in over 50 Wisconsin counties.

Visit us today:
mychoicewi.org
1-800-963-0035

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

DHS Approved 4/22/2021

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide



SafeStreets

833-287-3502

Ridgeview Commons Richland Center 1-Bedroom

Rent based on 30% of Income
62+/Disabled Housing
Pet Friendly!
Call/Text 608-220-0252



The Phoenix Center
Bowling & Banquet Center
Richland Center, WI
608-649-7469
thephoenixcenterrc.com

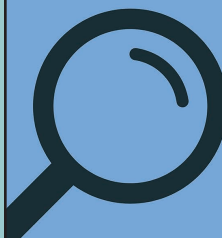
KRAUSE MONUMENT

Lasting craftsmanship and compassionate service since 1895.

Viroqua 608-637-7726 | Reedsburg 608-524-5355

Richland Center 608-647-8314

WHY WAIT? PRE-PLAN YOUR MONUMENT!



Advertise Here!

Increase visibility in your community.

SUPPORTING LOVED ONES' MENTAL HEALTH

By the GWAAR Legal Services Team (for reprint)

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Positive mental health allows people to realize their full potential, cope with the stresses of life, work productively, and make meaningful contributions to their communities.

When it comes to mental health and others, what we say and how we listen matters. Here is some advice on how to help someone open up about their mental health:

- **Listen attentively.** Listening attentively involves your full focus and consideration. Listen for what the person is telling you, but also what their body language might be telling you. If you are able to refer back to something they said later on, it not only shows you were listening, but that you care about the person and what they've shared with you. Make sure to put away all distractions (phone, games, etc.) and face the person you're speaking with. Look at them as they talk to you. Nod your head in understanding when appropriate, and gently inquire about something they brought up.
- **Ask open-ended questions.** Make sure the conversation is not full of questions the other person can answer with a simple yes or no. Instead, open up a space for understanding by asking open-ended questions like: "How have you been feeling lately? What have you been doing to cope? What do you want to do about that?" You can also express your concern and encourage the person to talk about what's going on by offering caring statements like: "You seem to be a bit quiet these days. What's been on your mind?" or "You don't seem like yourself lately. Is anything going on?"
- **Don't assume or make judgments.** Opening up and reaching out for help can be difficult. If you make assumptions and judgments in response, it can make it even harder for people to express themselves. Don't assume how a person feels, what they need, or what's going on with them. Instead, ask gently for clarification when you need some. If your friend or loved one tells you things that make you uneasy, or that you might not agree with, do your best to set aside all judgment. Expressing warm-hearted concern and offering support should always be the goal.
- **Find a way to help or get help.** Sometimes, you might be able to directly help the person you're concerned about. Maybe all they needed was to vent or have someone to talk to and help sort out their feelings. For some people, it might be helpful to send them positive text messages throughout the week or a brief telephone call whenever you get the chance.

However, there are some cases in which the ways you can help are limited. If a person is suicidal, for example, then you need to get help from those more equipped to handle the situation. Ask your friend or loved one if they want to get help, and offer them the resources to do so. Assure them there's nothing wrong with getting the help they need and that by doing so, they've taken the first step to feeling better. Sometimes, just hearing this will help lift some weight off their shoulders. Offering to take your friend or loved one to these helpful spaces, or to find the proper assistance, can go a long way.

Some tips for supporting positive mental health include:

- Connecting with others
- Staying positive
- Getting physically active
- Helping others
- Getting enough sleep
- Eating healthy foods
- Developing coping skills
- Getting professional help if you need it



Full article, as well as information on how to become a "Safe Person" available at: <https://ww.dhs.wisconsin.gov/mh/phlmhindex.htm>

July Word Search

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

JULY
 FOURTH
 STARS
 STRIPES
 RED
 WHITE
 BLUE
 INDEPENDENCE
 PARADE
 PICNIC
 SWIMMING
 LIBERTY
 FREEDOM
 FIREWORKS



WE ARE WHAT WE BELIEVE

A Family Owned,
Community Based Residence
In The Heart of Wisconsin

harvesthome48@yahoo.com

608-647-8205

875 West Side Drive
Richland Center, WI 53581

**FREE AD
DESIGN WITH
PURCHASE OF
THIS SPACE**

Call 800.950.9952



Social connections.
Compassionate care.
Peace of mind.

Contact Mandy today (608) 768-5815
aretzlaaff@ramchealth.org



No act of
kindness is
ever wasted

PRATT

FUNERAL & CREMATION SERVICE

608.647.4808

Funeral Directors
Serving Southwest WI

Mark Jelinek

Nick Hodge

prattfuneralservice.com

Support Our Advertisers!

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: JULY 2026

Upcoming Area Events:

Mondays in July

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 together. Come with a cup of coffee or tea to interact via Zoom. Register by calling Pam Kul-Berg, Dementia Care Specialist for the ADRC of Eagle Country at 608-548-3954.

Wednesdays in July

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

Wednesday, July 8th

Richland County Men’s Shed: A place for men aged 60 and better to come together for learning, a meal and time to socialize. This month, the Richland County Sheriff’s Department canine program will be the featured presenter. Lunch is included in the event. Free transportation is also offered each month. Please call the ADRC at 608-647-4616 to make a reservation and set-up transportation if needed.

Thursday, July 9th

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

Tuesday, July 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, July 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 more information, you may call the ADRC at 608-647-4616 or Pam, at 608-548-3954.

Monday, August 10th

Welcome to Medicare: The ADRC of Eagle Country, Richland County, offers a free seminar to residents interested in learning more about Medicare. Rose Welsh, EBS, 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.

While supplies last



IT'S SENIOR FARMERS' MARKET VOUCHER TIME!
CONTACT THE ADRC TODAY TO SEE IF YOU QUALIFY FOR A \$25 VOUCHER TO GET WISCONSIN GROWN FRUITS AND VEGETABLES!
608-647-4616
221 West Seminary Street, Richland Center



Use at any local farm market that accepts vouchers

