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September 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

September is Healthy Aging Month “Curiosity Has No Age Limit”

Healthy Aging Month is observed every September and celebrates growing older while taking charge of your physical, mental, social, and financial well-being. It's a reminder that it's never too late to build new habits, explore new interests, and stay engaged in life.

This year's theme, “**Curiosity Has No Age Limit**,” encourages everyone to remain active and inquisitive. Staying curious helps us stay connected, maintain purpose, and enjoy a better quality of life. Here are some simple ways to stay engaged:

- Learn something new or try a new hobby
- Travel to new places or explore locally
- Be active with daily movement
- Eat a balanced, nutritious diet
- Keep your mind sharp with reading, puzzles, or skill-building activities
- Stay socially connected with family, friends, and your community
- Keep up with your preventive care and regular check-ups

Curiosity supports healthy aging for all of us. To help you stay active and involved, the ADRC offers several local opportunities:

- **Rise N' Dine at the Phoenix:** 3rd Friday of each month, 8:00–10:00 am
- **The Men's Shed:** 2nd Wednesday of each month, 11:00 am–1:00 pm
- **Tai Chi, Strong Bodies, and SAIL** in partnership with Symons Recreation
- **Caregiver Support Groups**

For more information or to sign up for any of these opportunities, contact the ADRC at 608-647-4616.



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SPOTLIGHT ON: MEDICAID WORK REQUIREMENTS

H.R. 1 Medicaid Work Requirements

By the GWAAR Legal Services Team (for reprint)

With the passing of H.R. 1, aka the One Big Beautiful Bill, as many as 63,000 Wisconsinites face a loss of their health care coverage because of the new federal work requirements. While this is scary and overwhelming, there are steps people can and should take right now to prepare for the future. Continue reading below to learn more about who will be impacted by the work requirements, when the work requirements begin, how to comply, and what this means for you.



Who? Wisconsin's Medicaid waiver program, BadgerCare+, provides Medicaid coverage to childless adults ages 19-64 whose income is 100% or less than the federal poverty level. These individuals will need to comply with the work requirements in order to maintain their BadgerCare+ coverage. Importantly, people with a disability determination from the Social Security Administration, people enrolled in a Wisconsin Medicaid long-term care program like Family Care or IRIS, and people receiving Supplemental Security Income are exempt from the work requirement, meaning they do not have to comply.

When? States must implement the work requirements by January 1, 2027, and must notify individuals affected by the work requirements at least 3 months prior to the implementation. That means Wisconsin must notify affected individuals by October 1, 2026. However, the Wisconsin Department of Health Services (DHS) has indicated that they will send notifications to affected individuals by August or September 2026.

How? There are many ways an individual can comply with the work requirements. In fact, the phrase 'work requirements' is a bit misleading. 'Work' can include school, volunteering, work training programs, or paid employment. Affected individuals must complete either 80 hours of qualifying work per month or have monthly income of \$580 (the federal minimum wage x 80).

- **New BadgerCare+ applicants:** After January 1, 2027, new applicants will need to meet the work requirements in the month before they submit an application. For example, someone applying for BadgerCare+ for the first time in May 2027 will need to have met the work requirements in April 2027 to qualify.
- **Current BadgerCare+ members:** Current members' compliance will depend on their renewal date. At their renewal, they must show that they met the work requirement for at least one month since they were last approved. For example, someone renewing their BadgerCare+ coverage in May of 2027, will need to show that they met the work requirement in one month between June 2026 and May of 2027.

What does this mean?

Review your coverage now! Knowing whether you will need to meet the work requirement can help avoid a gap in coverage. DHS has a helpful screening tool, which lets you determine whether you may need to comply with the new work requirements: <https://www.dhs.wisconsin.gov/medicaid/work-tool.htm>.

- **Be on the lookout for mail from DHS and your County Consortium!** Wisconsin will be providing notices to those impacted by the work requirements in the coming months.

Make sure your County Consortium has your up-to-date address! If you need to update your address, you can do so via the Access app, calling the consortium, or submitting an Information Change Report (form F-10183).

For more information, visit:

<https://www.dhs.wisconsin.gov/medicaid/work.htm>

<https://www.dhs.wisconsin.gov/medicaid/medicaid-reconciliation-2025.pdf?utm>

FAMILY & FRIENDS RECIPE TO TRY



Prep Time: 10 minutes Cooking Time: 0 minutes Yield: 2 servings
Ultimate Spicy Cheddar & Apple Fall Veggie Sandwich
By Ambitious Kitchen



Ingredients:

2 slices sourdough bread (or your favorite bread)
1-2 ounces slice sharp cheddar cheese
1 tablespoon grainy Dijon mustard
1-2 teaspoons honey
10 slices pickled jalapenos
5-6 thin slices of red onion
1/4 honeycrisp apple, thinly sliced
1/2 cup kettle potato chips
1/4 cup arugula

Directions:

1. Place both slices of bread on a small baking sheet and broil on high, 1-2 minutes, or until lightly browned.
2. Remove baking sheet from oven, turn bread over. Cover only one piece of bread with sliced cheese and return to broiler for another 1-2 minutes until the cheese is melted.

3. Remove pan from oven and top melted cheese with pickled jalapenos. Spread the plain slice of bread with Dijon mustard, then drizzle honey on top. Top with apples slices, red onion, arugula and kettle chips.
4. Carefully close the sandwich and gently press down until the chips crunch. Slice in half and enjoy!
5. If you want to increase protein add your favorite meat to the sandwich (turkey or chicken are great choices).

(Courtesy of Ambitious Kitchen)



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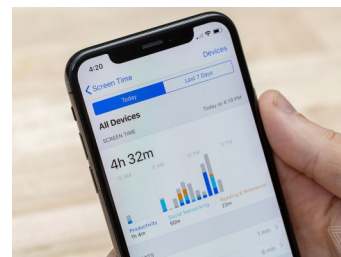
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SCREEN TIME CAUSES CONCERNS IN SOME OLDER ADULTS

By the GWAAR Legal Services Team (for reprint)

While many of us are familiar with concerns about too much screen time (use of TVs, tablets, smartphones and other technology) among children, some people are expressing concerns that older adults are at risk of becoming similarly tech-addicted. The reality, of course, is that the use of technology varies by individual, and technology has enhanced the lives of older adults in a variety of ways.



An [NPR article](https://www.npr.org/2026/02/25/nx-s1-5644991/screen-addiction-technology-elderly) (<https://www.npr.org/2026/02/25/nx-s1-5644991/screen-addiction-technology-elderly>) noted that most older adults use technology to keep current with news and get information. The use of tech also allows adults who can't leave home easily or regularly to socialize, engage with the outside world, and find community. Of course, with the use of technology comes the potential for scams, misinformation, and addiction.

Business Insider's "[The modern American retirement is online](https://www.businessinsider.com/retired-baby-boomers-spending-time-online-tech-obsession-ai-2026-6)" (<https://www.businessinsider.com/retired-baby-boomers-spending-time-online-tech-obsession-ai-2026-6>) delves into some of the issues with spending too much time using technology. The article notes that older Americans spend over four hours a day using screens. "My wife gets a little bit jealous when I spend too much time on the computer," Rezendes says. Prioritizing online activities can be harmful to our physical and emotional health and may jeopardize relationships with others.

Robot-assisted care has the potential to alleviate some of the caregiver crisis the U.S. is experiencing, and there are hopes that Artificial Intelligence (AI) and other "age tech" may help slow cognitive decline. Technology brings costs and benefits with its use, as this paragraph from the Business Insider article illustrates: "Study after study shows [loneliness continues to grow](https://jamanetwork.com/journals/jama/fullarticle/2827710) (<https://jamanetwork.com/journals/jama/fullarticle/2827710>) among [older Americans](https://www.hhs.gov/sites/default/files/surgeon-general-social-connection-advisory.pdf) (<https://www.hhs.gov/sites/default/files/surgeon-general-social-connection-advisory.pdf>). According to AARP, 40% reported feeling lonely last year, up from 35% in 2018. Tech may be partly to blame, as an increasing number of older Americans are addicted to their phones — [one survey](https://www.addictionresource.net/) (<https://www.addictionresource.net/>) found that 40% of the over 2,000 respondents ages 59 to 77 felt discomfort when pulled away from their devices."

Like anything, finding a balance is key. If you find yourself losing track of time and realizing you've been on a screen for hours, or you're turning down opportunities to get out in the community and see people face to face so that you can spend time on your phone or computer, you may benefit from some adjustments to your screen time. YMCA of the North created some tips for healthy screen use, such as setting limits and creating a schedule, prioritizing real world activities, protecting your eyes, and being mindful of screen use. Find more tips here: <https://www.ymcanorth.org/wellness/posts/finding-balance-managing-screen-time-senior>.

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: BRAIN HEALTH



Maintaining Brain Health– “A Critical Part of Healthy Aging”

A key part of healthy aging is maintaining strong brain health. Supporting your brain begins with taking care of your overall well-being—regular physical activity, balanced nutrition, mental stimulation, social connection, and attention to medical needs all play important roles.

Move Your Body for Your Mind

Physical activity is one of the most effective ways to improve brain health. Brisk walking, swimming, fitness classes, or any movement you enjoy can make a difference. Aim for 30 minutes of activity most days. If that feels challenging, even a 10-minute walk after meals can help improve blood flow to the brain and support cognitive function.

Feed Your Brain Well

What you eat matters. A diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats provides essential nutrients for brain function. Leafy greens, berries, nuts, and fatty fish are especially beneficial and may help reduce the risk of dementia.

Keep Your Mind Engaged

Learning new things, staying socially active, and challenging your brain with reading, puzzles, or new skills help maintain cognitive strength. These activities support memory, problem-solving, and overall mental wellness.

Care for Your Whole Self

Sleep, managing stress, and protecting your head from injury are also crucial. Together, these healthy habits strengthen brain resilience and support long-term cognitive health.

For more information regarding brain health contact Pam Kul-Berg, DCS, at 608-548-3954.

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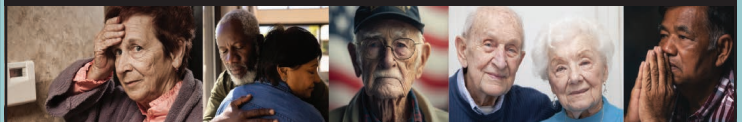
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Richland County Health & Human Services, Richland Center, WI

01-1412

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

September 2026

Richland County Senior Dining

Senior Dining



Fellowship, Food & Fun

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Roast Turkey Dressing w/Gravy Mixed Vegetables Pumpkin Bar Cranberries	2 Salisbury Steak w/Gravy Mashed Potatoes Carrots Pears WW Roll	3 Chicken Tetrazzini Broccoli Tropical Fruit Garlic Toast	4 Brat w/Kraut on WW Bun Baked Beans Lettuce Salad w/Drsg Whole Apple
7 Labor Day Closed	8 Beef Patty w/Gravy Mashed Potatoes Green Beans Mandrin Oranges WW Roll	9 Grilled Chicken Breast Cheesy Potatoes Peas & Carrots Peaches WW Roll	10 Pork Loin Squash Calico Beans Mixed Fruit WW Roll	11 Baked Fish w/Tartar Sauce Baked Potato w/Sour Cream California Blend Veg. Apple Slaw WW Roll
14 Stuffed Chicken Breast Sweet Potato Broccoli Tropical Fruit WW Roll	15 Beef Tips w/Mushroom Gravy Mashed Potatoes Cut Green Beans Peaches WW Roll	16 Cube Steak w/Tomatoes Baby Red Potatoes Pears WW Roll	17 Kielbasa w/Kraut Baby White Potatoes Carrots Fruit Cocktail WW Roll	18 Hamburger Patty on Bun Roasted Potatoes 3 Bean Salad Banana *Rockbridge closed
21 Chicken Leg & Thigh Mashed Potatoes w/Gravy Baby Carrots Applesauce WW Roll	22 Italian Rigatoni Broccoli Pears Garlic Toast	23 Chicken Fried Rice w/Vegetables Egg Roll Pineapple Fortune Cookie	24 Sloppy Joe w/Lentils On WW Bun Au Gratin Potatoes Pistachio Salad w/fruit	25 Baked Fish w/Tartar Sauce Sweet Potato French cut Beans Orange WW Roll
28 Baked Ham Squash Baked Beans Peaches WW Roll	29 Egg Scramble w/Pepper & Onion Hashbrowns Mandrin Oranges Blueberry Muffin	30 Tater Tot Hot Dish w/green beans Corn Tropical Fruit WW Roll	Comments, Questions or Concerns Please call the Nutrition Program at 608-647-4616	

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

Reservation Required please call 1 business day prior.



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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<u>1</u> 9:30-Sheepshead 1:00-Euchre Tournament	<u>2</u> 9:30-Haase 9:45-Gentle Chair Yoga 12:30-Pinochle	<u>3</u> 8:00-10:00- Community Coffee Club 9:15-Movie on the Big Screen 12:30-500	<u>4</u> 12:30-Haase 12:30-Bingocize	<u>5</u> CLOSED
<u>6</u> CLOSED	<u>7</u> CLOSED LABOR DAY	<u>8</u> 9:30-Sheepshead 10:00-Forget Me Not Alz. Support 1:00-Euchre Tournament	<u>9</u> 9:30-Haase 9:45-Gentle Chair Yoga 12:30-Bingocize 12:30-Pinochle	<u>10</u> 9:00-Bus Leaves for Diamond Jo Casino 12:30-500	<u>11</u> 12:30-Haase 12:30-Bingocize	<u>12</u> CLOSED
<u>13</u> CLOSED	<u>14</u> 9:30-Play Bingo 11:15-Rivers Edge Presentation 12:30-Phase 10 or 5 Crowns 12:30-Bingocize	<u>15</u> 9:30-Sheepshead 1:00-Euchre Tournament	<u>16</u> 9:30-Haase 9:45-Gentle Chair Yoga 12:30-Bingocize 12:30-Pinochle	<u>17</u> 10:00-Richland Area Senior Citizen Potluck 1:30-500	<u>18</u> 12:30-Haase	<u>19</u> CLOSED
<u>20</u> CLOSED	<u>21</u> 9:30-11:30-Play Bingo for Prizes 12:30-5 Crowns or Phase 10	<u>22</u> 9:30-Sheepshead 10:00-Alz Caregiver Support 1:00-Euchre Tournament	<u>23</u> 9:30-Haase 9:45-Gentle Chair Yoga 12:30-Pinochle	<u>24</u> 9:15-Movie on the Big Screen 12:30-500	<u>25</u> 12:30-Haase	<u>26</u> CLOSED
<u>27</u> CLOSED	<u>28</u> 9:30-11:30-Play Bingo for Prizes 12:30-Phase 10 or 5 Crowns	<u>29</u> 9:30-Sheepshead 1:00-Euchre Tournament	<u>30</u> 9:30-Haase 9:45-Gentle Chair Yoga 12:30-Pinochle			

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Future Choir Practices will
be held Thursdays
10:00am - 11:30am
Sept. 17 - Dec. 6th

Sing Along Open House



The Alzheimer's Association is hosting three Summer Celebrations across the state and has chosen Richland Center as one of its summer party sites. Come to the celebration for music, pizza and to learn about their Do What You Love to End Alzheimer's campaign!



THE ALZHEIMER'S ASSOCIATION
PRESENTS:
DO WHAT YOU LOVE TO END
ALZHEIMER'S

Summer Celebration

WEDNESDAY, SEPTEMBER 2ND

5 PM - 8:30 PM

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Autumn Puzzles

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D R A V W A U L S E A N R O C
E U T S R P C Y X R A D E Y H
R U F W L A S O E A U T U M N
Y E L L O W H C R E G N A R O
Q L J C G N R Q Y N R P T U X
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GOURDS
HARVEST
LEAVES
ORANGE
ORCHARD
PUMPKIN
RAKING
SCARECROW
SEASON
SQUASH
YELLOW

Can you unscramble the Autumn words?

1. vhtsear
2. aveesl
3. cesowirac
4. lowlye
5. binrefo
6. dcoham
7. aker
8. racon
9. isrqeulr
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11. ganreo
12. lfal
13. hqssau
14. owbm
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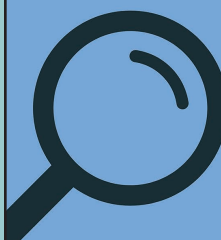
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Richland County Health & Human Services, Richland Center, WI

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SHED INFORMATION

Willow Community
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2nd Wednesday of each
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FALL DATES

- 
- 9/9 - Author Gary Jones
 - 10/14 - Rose Welsh -
Medicare open enrollment
 - 11/11 - John Sumwalt
 - 12/19 - Jeff Kersten - scam
presentation

***For reservations or information call the ADRC
at 608-647-4616***

ENERGY ASSISTANCE

The Wisconsin Home Energy Assistance Program (WHEAP) provides assistance for heating costs, electric costs, and energy crisis situations. Operating with federal and state funding, the program provides assistance to approximately 225,000 Wisconsin households annually. Most types of fuel are eligible to receive assistance. Whether you use wood, propane, natural gas, electricity, or fuel oil to heat your home, energy assistance is available if you qualify.

Heating Assistance WHEAP assistance is a one-time payment during the heating season (October 1-May 15). The funding pays a portion of the heating costs, but the payment is not intended to cover the entire cost of heating a residence. The amount of the energy assistance benefit varies depending on a variety of factors, including the household's size, income, and energy costs. In most cases the energy assistance benefit is paid directly to the household energy supplier.

There is also **Crisis Assistance** and **Furnace Assistance** available. Both programs require the household to meet eligibility requirements. Crisis Assistance will provide assistance if you have no heat, have received a disconnect notice from the heating vendor, or are nearly out of fuel and do not have the money to purchase more. Furnace Assistance can provide services if the furnace or boiler stops operating during the heating season. Heating system assistance includes payment for repairs, or in some situations your residence may qualify for a total replacement of a non-operating furnace or boiler.

How to Apply Your household may be eligible for Wisconsin Home Energy Assistance Program (WHEAP) services based on a number of factors. However, if the gross income for your household is less than the maximum amount, you might be eligible to receive assistance. Households must complete a Home Energy Plus application through the local WHEAP agency.

The local WHEAP agency for Richland County is Energy Services, located at 182 N. Central Ave, Ste 300, Richland Center, WI. You can also call them at 608-383-1103 for more information.

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Produced in conjunction with the Aging and
Disability Resource Center of Eagle Country
Richland Center Office



FREE
PLEASE TAKE
ISSUE: SEPTEMBER

Upcoming Area Events:

Mondays in September

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.

Tuesdays in September

The Brewer Public Library offers Tech Help Tuesday every week at no cost. Come in for personal help with your devices. You may walk-in or call for a specific time. For more information contact the Brewer Public Library at 608-647-6444.

Wednesdays in September

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.

Tuesday, September 1st

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, September 2nd

The Alzheimer’s Association is hosting a Summer Celebration at the Phoenix Center from 5:00 pm-8:30 pm. Only three sites were chosen throughout the state for this event. Come to learn more about the Do What You Love to End Alzheimer’s campaign and enjoy free music, pizza and one free drink.

Wednesday, September 9th

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, author Gary Jones will be featured. 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, September 10th

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

Monday, September 14th

The ADRC of Eagle Country, Richland County, offers “Welcome to Medicare” 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.

Friday, September 18th

Rise N’ Dine at the Phoenix for individuals 60 and better will be held on Friday, September 18th from 8:00 am-10:00 am featuring French toast with strawberries, whipped topping, sausage links, milk and juice. Reservations are required no later than Monday, September 14th.

Tuesday, September 22nd

Caregiver Support Group to give caregivers a chance to connect with local experts, family members and care partners who may be experiencing similar circumstances is held the 4th Tuesday of the month at the Woodman Senior Center, 1050 Orange Street, Richland Center 10:30 am –11:30 am. For more information contact the ADRC at 608-647-4616. To RSVP contact Pam at 608-548-3954.