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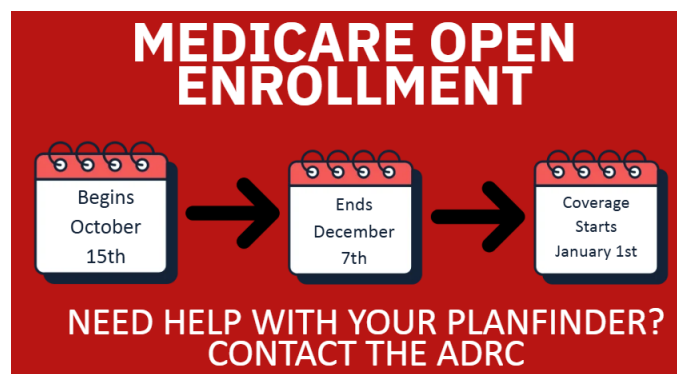
October 2026



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

Medicare Open Enrollment October 15th - December 7th

Medicare Open Enrollment runs from **October 15th to December 7th**, and is the time for Medicare beneficiaries to review their current coverage to make sure it still meets their needs. Plans change yearly; premiums, prescription coverage, provider networks and out-of-pocket costs can all shift. Even if you're satisfied with your current plan, a quick review can help ensure you're not paying more than you need to. Armed with the right information you can make informed choices regarding your plans. If you change plans they will go into effect on January 1, 2027.



The Aging & Disability Resource Center (ADRC) of Eagle Country's Richland County office offers free, unbiased, confidential assistance to help you navigate these choices. Our Benefit Specialists can run and compare plans, explain changes, and help you understand your options so you can make confident, informed decisions.

Whether you're exploring new plans or simply want to review your current coverage, the ADRC is here to support you every step of the way. We recommend that people reach out early as Open Enrollment is a busy time of year. The ADRC will stop taking plan finder forms Wednesday, November 25th, to ensure that our specialists are able to get all requests completed before the December 7th deadline.

For more information, or to make an appointment, contact the ADRC at 608-647-4616.



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SPOTLIGHT ON: MEDICARE SUMMARY NOTICES

Understanding your Medicare costs can be challenging and can become even more challenging when trying to decipher a Medicare Summary Notice or MSN. If you have Original Medicare, every six months you're mailed an MSN that explains how your medical claims were processed. You can also access your MSN online by logging into your Medicare.gov account. You should review the MSN because the notice contains information about your benefits, your out-of-pocket costs, and your right to appeal coverage determinations you don't agree with.

Generally, the MSN will include:

- ◆ What services were provided
- ◆ What Medicare paid
- ◆ What you may be billed
- ◆ When the service was provided
- ◆ The provider
- ◆ Your deductible
- ◆ Your right to appeal
- ◆ The appeal deadline
- ◆ A count of how many days of inpatient/Skilled Nursing Facility care you received
- ◆ The benefit period
- ◆ It will state whether Medicare approved the service
- ◆ General definitions



To really understand an MSN, you need to have a general understanding of what Medicare covers and your out-of-pocket costs. If you are covered under Original Medicare, you will receive an MSN for your Part A, or hospital insurance, and your Part B, or medical insurance, claims. Part D, or drug coverage, will be described in the Explanation of Benefits from your Part D plan and will not be found on the MSN. It's important to note that your MSN will not include your premium costs and only reflects medical claims submitted to Medicare for coverage.

First, let's look at a couple of terms that are used to describe Medicare coverage. The first term is deductible, which is a fixed amount you pay out-of-pocket for medical services until your coverage kicks in and Medicare begins to pay a percentage of the service cost. The next term, co-insurance, is the percentage of the service cost that you pay out-of-pocket after you meet your deductible. The amount of co-insurance billed depends on the cost of the service and percentage Medicare pays for that service. The terms above describe your out-of-pocket costs, which can also be called cost-sharing. A link to a fact sheet outlining basic Original Medicare coverage is linked below along with a link to the Medicare and You Handbook for more information about Medicare coverage.

It is important to note that your out-of-pocket costs will be higher for services not covered by Medicare and services provided by providers that haven't agreed to Medicare assignment. You should review your MSN and provider bills to ensure your out-of-pocket costs are correct. For example, if your provider bills you for the entire amount of a service, the provider could have made a mistake when they billed Medicare or the service was not covered under Original Medicare. When you look at the MSN, you can see that the service was denied because it was a service not covered by Medicare. If you believe the service should be covered, you can appeal the coverage determination found on the MSN.

It's important to read through the notice to ensure that the information is correct and that the provider billed the service appropriately. The MSN provides information on how to appeal and the deadline to submit the appeal. If you need help determining if the coverage decision is correct or help moving forward with an appeal, you can call your local ADRC or 1-800-MEDICARE.

Resources:

- ◆ 2026 Medicare Costs found at <https://www.medicare.gov/publications/11579-medicare-costs.pdf>.
- ◆ Medicare Summary Notice information found at <https://www.medicare.gov/basics/forms-publications-mailings/mailings/costs-and-coverage/medicare-summary-notice>.
- ◆ Medicare & You found at <https://www.medicare.gov/publications/10050-medicare-and-you.pdf>.
- ◆ ADRC of Eagle Country-Richland County office, 608-647-4616, 221 West Seminary Street, Richland Center.

(Article Courtesy of the GWAAR Legal Team)

FAMILY & FRIENDS RECIPE TO TRY



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



Taste of Home Apple Cider Pork Chops

Directions:

2 tablespoons olive oil
6 boneless pork loin chops (3/4 inch thick)
1 garlic clove minced
1 tablespoon Dijon mustard
1 teaspoon honey
1/2 teaspoon apple pie spice
1/2 ground pepper
1/4 teaspoon dried thyme
1/4 teaspoon salt
1 cup apple cider
1 tablespoon plus 1 teaspoon cornstarch
2 tablespoons water
Minced fresh parsley

apple cider. Pour over pork chops. Reduce heat to medium-low; cook, covered until a thermometer reads 145 degrees, 4-6 minutes. Remove from skillet; let rest for 5 minutes.

3. In a small bowl, mix cornstarch and water until smooth; stir into cider mixture in skillet. Return to a boil, constantly stirring until thickened (1-2 minutes). Pour over chops, sprinkle with fresh parsley.



Directions:

1. In a large skillet, heat olive oil over medium heat. Brown pork chops on both sides.
2. In a small bowl, combine next 7 ingredients; stir in

(Recipe courtesy of [Apple Cider Pork Chops Recipe](#))



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MEASLES IN OLDER ADULTS

Measles is a highly contagious virus that has been increasing in parts of the state, including into numerous counties touching Richland County. While many people think of measles as primarily a childhood disease, **older adults can be at risk too**, especially if they were never vaccinated or if their immunity has weakened over time.

Measles spreads easily through coughing and sneezing, and the virus can linger in the air for up to two hours. Complications can be very serious and can include pneumonia, dehydration, or swelling of the brain. Older adults are more vulnerable to these complications.

Common Symptoms of Measles

- High fever
- Cough
- Runny nose
- Red, watery eyes
- Tiny white spots inside the mouth (called Koplik spots)
- Rash that usually starts on the face and spreads down the body

Symptoms typically appear 7–14 days after exposure but could take as long as 21 days. If you develop symptoms or believe you may have been exposed, contact your healthcare provider right away.

Prevention Tips for Older Adults

- Check your immunity. If you're unsure whether you received the MMR vaccine or had measles in childhood, ask your healthcare provider. A simple blood test can determine immunity.
- Consider vaccination. If you are not immune, the MMR vaccine offers safe and effective protection.
- Reduce exposure. During outbreaks, limit time in crowded public places and avoid close contact with individuals who are sick.
- Practice good hygiene. Wash hands frequently, cover coughs and sneezes, and avoid touching your face. Masking is also a good idea if you will be in crowded areas.
- Stay informed. The Richland County Health Department is continuously monitoring the situation.



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: LIVING AT HOME WITH DEMENTIA



Most people with dementia are still living at home. This can be both comforting and challenging. For many individuals, remaining in a familiar environment helps reduce confusion, maintains routines, and supports emotional well-being. Home offers familiarity, personal history, and a sense of independence that can be deeply meaningful.

As dementia progresses, however, daily tasks may become more difficult. Memory loss, changes in judgment, and decreased problem-solving skills can make activities like cooking, managing medications, or navigating the home environment less safe. Because of this, successful home living often requires thoughtful support and practical adjustments.

Caregivers and family members play a crucial role. Simple strategies such as clear labeling, removing tripping hazards, creating structured routines, and using helpful tools like medication organizers can make a big difference. Regular check-ins, social engagement, and ensuring nutritious meals also support overall health.

Getting connected with a variety of services including in home services, dementia-friendly programs, and like Aging and Disability Resource Centers (ADRCs), can provide guidance and hands-on help. These supports allow individuals to stay at home longer while maintaining dignity and quality of life.

Living at home with dementia is possible—and often beneficial—when the environment is safe, support systems are strong, and care plans adapt to changing needs.

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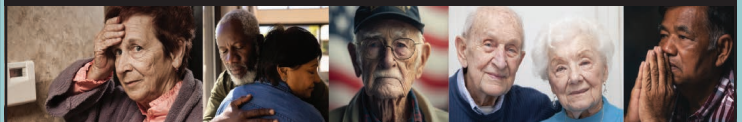
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1

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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.

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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.

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2	\$4,186.92
3	\$5,172.08
4	\$6,157.33
5	\$7,142.50
6	\$8,127.67
7	\$9,312.33
8	\$8,497.08

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

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

October 2026

Richland County Senior Dining

Senior Dining



Fellowship, Food & Fun

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Richland County Meal Sites</u> 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 Ring Bologna Garlic Roasted Potatoes Red Cabbage Pears WW Roll	2 Chicken Casserole w/Spinach Diced Carrots Fruit Cocktail BB Brownie
5 Meatballs w/Mushroom Gravy Mashed Potatoes Green Beans Peaches WW Roll	6 Liver & Onion or Beef Patty Roasted Potatoes Calico Beans Banana Rye Bread	7 Pork Loin Mashed Potatoes w/Gravy Carrots Tropical Fruit WW Roll	8 Meatloaf w/Lentils Au gratin Potatoes Mixed Vegetables Applesauce WW Roll	9 Baked Fish w/Tartar Sauce Broccoli Baked Sweet Potato Pears WW Roll
12 Stuffed Chicken Breast w/Broccoli & Cheese Rice Pilaf Hot Beets Pineapple	13 Beef Tips w/Gravy Mashed Potatoes Stewed Tomatoes Peaches WW Roll	14 Baked Boneless Chicken Dressing w/Gravy Glazed Carrots Cranberries	15 Lasagna Broccoli Cottage Cheese & Peaches Garlic Bread Stick	16 Pulled BBQ Pork on WW Bun Baked Beans Roasted Potatoes Mandarin Oranges
19 Hamburger Steak Mashed Potatoes w/Gravy California Blend Veg. Peaches WW Roll	20 Pork Ribs w/Kraut Redskin Potatoes Navy Beans w/Bacon Apricots WW Roll	21 Spaghetti w/Meat Sauce Lettuce Salad w/Drsg Green Beans Banana Garlic Toast	22 Chunky Chicken Gumbo Broccoli Spears Apple Slices WW Roll	23 Baked Fish w/Tartar Sauce Baby Carrots Baked Potato w/Sour Cream Tropical Fruit WW Roll
26 Hamburger Stroganoff Peas & Carrots Fruit Cocktail WW Roll	27 Sloppy Joe on WW Bun Winter Blend Mandarin Oranges	28 Chicken Ala King Biscuit Mashed Potatoes Brussel Sprouts Peaches	29 Closed Due to Training	30 Goulash w/Beans Buttered Corn Fruit Cup Halloween Treat

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
October 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 8:00-10:00- <u>Community Coffee</u> <u>Club</u> 9:15- <u>Movie on the</u> <u>Big Screen</u> 12:30- <u>500</u>	2 12:30- <u>Haase</u>	3 <u>1:00-Euchre</u> <u>Tournament</u>
4	5 9:30- <u>Play Bingo for</u> <u>Prizes</u> 12:30- <u>Phase 10 or</u> <u>5 Crowns</u>	6 9:30- <u>Sheepshead</u> 10:00- <u>Forget Me Not</u> <u>Alz. Support</u> 1:00- <u>Euchre</u> <u>Tournament</u>	7 9:30- <u>Haase</u> 9:45- <u>Gentle Chair</u> <u>Yoga</u> 12:30- <u>Pinochle</u> 1:30- <u>Mahjong</u>	8 9:30- <u>Mexican</u> <u>Train or Rummikub</u> 12:30- <u>Play 500</u>	9 12:30- <u>Haase</u>	10 CLOSED
11	12 9:30-11:15- <u>Play</u> <u>Bingo for Prizes</u> 11:15- <u>Rivers Edge</u> <u>Presentation</u> 12:30- <u>5 Crowns or</u> <u>Phase 10</u>	13 9:30- <u>Sheepshead</u> 1:00- <u>Euchre</u> <u>Tournament</u>	14 9:30- <u>Haase</u> 9:45- <u>Gentle Chair</u> <u>Yoga</u> 12:30- <u>Pinochle</u> 1:30- <u>Mahjong</u>	15 10:00- <u>Richland</u> <u>Area Senior Citizen</u> <u>Potluck</u> 1:30- <u>500</u>	16 12:30- <u>Haase</u>	17 CLOSED
18	19 9:30-11:30- <u>Play</u> <u>Bingo for Prizes</u> 12:30- <u>Phase 10 or 5</u> <u>Crowns</u>	20 9:30- <u>Sheepshead</u> 1:00- <u>Euchre</u> <u>Tournament</u>	21 9:30- <u>Haase</u> 9:45- <u>Gentle Chair</u> <u>Yoga</u> 12:30- <u>Pinochle</u> 1:30- <u>Mahjong</u>	22 8:00- <u>Breakfast</u> <u>by Our House</u> 9:15- <u>Movie on the</u> <u>Big Screen</u> 12:30- <u>Play 500</u>	23 12:30- <u>Haase</u>	24 CLOSED
25	26 9:30- <u>Play Bingo</u> <u>for Prizes</u> 12:30- <u>Play 5 Crowns</u> <u>or Phase 10</u>	27 9:30- <u>Sheepshead</u> 10:00- <u>Alz Caregiver</u> <u>Support</u> 1:00- <u>Euchre</u> <u>Tournament</u>	28 9:30- <u>Haase</u> 9:45- <u>Gentle Chair</u> <u>Yoga</u> 12:30- <u>Pinochle</u> 1:30- <u>Mahjong</u>	29 9:00- <u>Bus Leaves for</u> <u>Diamond Jo Casino</u> 12:30- <u>500</u>	30 12:30- <u>Haase</u>	31 CLOSED

HOME IMPROVEMENT LOANS AND GRANTS ARE AVAILABLE FOR LOW-INCOME RURAL HOMEOWNERS

USDA Rural Development (RD) provides low-income and senior rural homeowners the ability to apply for loans and grants to make health and safety improvements and/or to modernize their homes. The USDA offers these programs because it believes that helping individuals to stay in their homes and to maintain their homes in good repair strengthens families and helps them to build savings and wealth over time. This, in turn, helps to support and develop strong communities and local economies.



Here is what to know if you would like to apply for a USDA RD loan or grant:

Eligibility Criteria

To qualify for the programs, you must:

- ♦ Own **and** occupy the home
- ♦ Be unable to obtain affordable credit elsewhere
- ♦ Meet certain income threshold for your county
- ♦ Be at least age 18 and older for a loan or age 62 or older for a grant
- ♦ Live in a qualifying rural area. You can utilize the USDA Eligibility Site to enter your specific address to see if you qualify

Loan Information

The maximum loan amount for which an owner can qualify is \$40,000

- ♦ Loans must be used to repair, improve, or modernize homes or to remove health and safety hazards
- ♦ Loans have a term of 20 years
- ♦ Loan interest rate is fixed at 1%
- ♦ Full title service is required if the total outstanding balance on the loan exceeds \$25,000

Grant Information

- ♦ The maximum lifetime grant amount is \$10,000, except in presidentially declared disaster areas in which they have a \$15,000 lifetime limit.
- ♦ Grants must be used to remove health and safety hazards
- ♦ Grants must be repaid if the property is sold in less than 3 years

Loans and grants can be combined for up to \$50,000 in assistance. Applications for the program are accepted through your local Rural Development office year-round. Approval times depend on funding availability in your area. You can speak with a local USDA home loan specialist in your area for help with the application.

More information about the USDA RD loan and grant programs can be found on the USDA RD's website at <https://www.rd.usda.gov/programs-services/single-family-housing-programs/single-family-housing-repair-loans-grants-35#overview>.

Resources:

County income limits found at <https://www.rd.usda.gov/media/file/download/504-program-summary-july-2026fm.pdf>.

USDA Eligibility Site found at <https://eligibility.sc.egov.usda.gov/eligibility/welcomeAction.do?pageAction=sfpd>.

Rural Development local offices found at <https://www.rd.usda.gov/contact-us/state-office-contacts>.

WI Rural Development Site found at <https://www.rd.usda.gov/wi>.

More information can be found at <https://www.rd.usda.gov/programs-services/single-family-housing-programs/single-family-housing-repair-loans-grants-35#overview>

(Article courtesy of the GWAAR Legal Services Team)

Ride the Bus to the Apple Orchards



Gays Mills

October 8th

Oakwood Fruit Farm

October 15th

Pick-up at 9:30 return to
Richland Center by 3:30 pm

Contact the ADRC of Eagle Country-
Richland County for more information
or to reserve your spot: 608-647-4616



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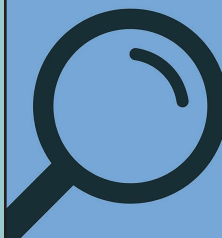
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01-1412

RESPIRATORY VIRUS PREVENTION

Did you know that according to the CDC there were an estimated 32-57 million people who had flu-related illnesses in the US during the 2025-2026 flu season? While October brings with it lots of fun activities like going to orchards, watching your favorite football team, and carving pumpkins, it is also the time of year when respiratory virus activity generally increases.

In the fall/winter, these viruses become quite prevalent due to environmental conditions like dry air, immune susceptibility as prior infections & some vaccinations wane over the year and spending more time indoors with less ventilation. New variants of the COVID-19 virus continue to emerge, making it important to consider the latest COVID-19 vaccine and to monitor CDC vaccine recommendations. These recommendations include checking your vaccination status on the Flu, COVID, RSV, and MMR vaccines with either your provider or through the Wisconsin Immunization Registry (WIR). While vaccines are one of the most effective ways to prevent getting sick this year, there are other precautions you can take, and they include:

- Avoiding close contact with people who are sick
- Covering your nose and mouth when coughing and sneezing
- Avoiding touching your face (eyes, nose, & mouth)
- Washing hands for at least 20 seconds

If you have a weakened immune system, you may be at an increased risk for serious illness from respiratory viruses. The cold and flu share similar symptoms however it would be uncommon for a cold to cause a fever, headache, and/or extreme exhaustion. Some common respiratory symptoms to monitor for this fall/winter include:

- Sore throat
- Runny nose
- Cough
- Fever
- Headache
- Fatigue
- Body aches



It is important to talk to your provider about which vaccines will be right for you this season. If you are interested in getting a vaccine at Richland County Health and Human Services, call 608-647-8821 and ask for Public Health. Take the right steps to keep you and your family healthy this fall!

K N N M G W H N A E W Q Y G N
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HALLOWEEN WORD SEARCH

BATWINGS	GHOUL		
BLACK	GOBLINS		
BONES	HALLOWEEN		
BROOM	HAUNTED		
CAT	HOOT	PUMPKIN	
CAULDRON	MONSTER	SCARY	
COSTUMES	MOON	SCREECH	WEBS
CREEPY	MUMMY	SKELETON	WEREWOLF
DRACULA	NIGHT	SPIDER	WITCH
FRIGHTEN	OWL	SPOOKY	ZOMBIE
GHOSTS	POTIONS	VAMPIRE	



VOTING IN WISCONSIN'S NOVEMBER ELECTIONS

Wisconsin's general election is on November 3, 2026. Online registration is available up to 20 days before the election you wish to vote in. Otherwise, you can register in-person up to and including the day of the election. To register in-person, you must bring a driver's license or state-issued identification card AND a proof of residence document such as a utility bill with your name and address on it. More information on what qualifies as a proof of residence document is available here: <https://elections.wi.gov/resources/voter-guides/proof-residence-por-vs-proof-identification-poi>. Then, you only need your driver's license or state-issued identification card to get your ballot – either absentee or at your polling location.

You can register to vote, or if you are already registered, you can check your registration status here: <https://myvote.wi.gov/en-us/>. On this site, you may also request an absentee ballot, find out your polling location, see what is on your ballot, and more. If you do not have access to a computer or the internet, you can call or visit your city or municipal elections clerk for assistance.

If you need assistance to vote due to a disability, you have rights. First, all Wisconsin voters are eligible to request a mail-in absentee ballot for any reason. You may also indicate that you are indefinitely homebound or in an institution due to age, illness, or disability and receive mail-in ballots for every election going forward.

All polling places must have accessible voting equipment and must honor any request to vote curbside in your vehicle. If you need additional accommodations, you may request them from your municipal clerk. For more information on disability voting rights, visit: <https://disabilityvote.org/>.

As an additional note the ADRC of Eagle Country's Richland County office is offering free rides to the polls on Tuesday, November 3rd. If you are interested in a ride contact the ADRC at 608-647-4616. Please note that reservations need to be made by Friday, October 30th. The ADRC will offer transportation for both ambulatory and non-ambulatory passengers.

(Article Courtesy of the GWAAR Legal Team)

 Harvest A Guest Home 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	REMINISCE ADULT DAY SERVICES at Reedsburg Area Senior Life Center Social connections. Compassionate care. Peace of mind. Contact Mandy today (608) 768-5815 aretzlaff@ramchealth.org  No act of kindness is ever wasted	PRATT FUNERAL & CREMATION SERVICE 608.647.4808 Funeral Directors Serving Southwest WI <i>Mark Jelinek</i> <i>Nick Hodge</i> prattfuneralservice.com
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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: OCTOBER***

Upcoming Area Events:

Mondays in October

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 October

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.

Two Thursdays in October

The Richland County Transportation program is offering free bus rides to the Gays Mills Apple Orchards on October 8th and to Oakwood Fruit Farm on October 15th. The bus will leave Richland Center by 9:30 and return no later than 3:30. Contact the ADRC at 608-647-4616 for more information or to reserve your spot.

Saturday, October 3rd

Caz, Cars, & Coffee will be held Saturday, October 3rd from 8:00 am-11:00 am on east Main Street. It is a casual car meet with no fees or prizes. Coffee is provided and vendors will be onsite selling baked good and produce.

Tuesday, October 6th

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 October 7th

The final Richland Area Farmers’ Market of the year will be held Wednesday, October 7th from 12:00-4:00 on the corner of Court and Orange Streets in Richland Center.

Thursday, October 8th

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

Monday, October 12th

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.

Wednesday, October 14th

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, Rose Welsh will be featured discussing Medicare Open Enrollment. 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.

Friday, October 16th

Rise N’ Dine at the Phoenix for individuals 60 and better will be held on Friday, October 16th from 8:00 am-10:00 am featuring egg bake with ham, cheese & vegetables, milk and juice. Reservations are required no later than Monday, October 12th.

Tuesday, October 27th

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.