FAMILY AND FRIENDS

A NEWSLETTER BROUGHT TO YOU BY THE ADRC OF EAGLE COUNTRY- RICHLAND COUNTY OFFICE

Dec 2026

The Greatest Gift - You!

It is the time of year that everyone starts thinking about gifts. This is also when many people start to stress about gifts. What to buy? How much to spend? Who to buy for? How will I pay for it all? Below is a reprint of the "Eight Gifts That Don't Cost a Cent" from "The Lemonade Principle" by Bernard Smalls. Take a moment to think about what is truly important this holiday season and give a gift only you can give; you!

THE GIFT OF LISTENING. But you must REALLY listen. No interrupting, no daydreaming, no planning your response. Just listening.
THE GIFT OF AFFECTION. Be generous with appropriate hugs, kisses, pats on the back and handholds. Let these small actions demonstrate the love you have for family and friends.

THE GIFT OF LAUGHTER. Clip cartoons. Share articles and funny stories. Your gift will say, "I love to laugh with you."
THE GIFT OF A WRITTEN NOTE. It can be a simple "Thanks for the help" note or a full sonnet. A brief, handwritten note may be remembered for a lifetime, and may even change a life.

THE GIFT OF A COMPLIMENT. A simple and sincere, "you look great in red," "you did a super job" or "That was a wonderful meal" can make someone's day.

THE GIFT OF A FAVOR. Every day, go out of your way to do something kind.

THE GIFT OF SOLITUDE... There are times when we want nothing better than to be left alone. Be sensitive to those times and give the gift of solitude to others.

THE GIFT OF A CHEERFUL DISPOSITION. The easiest way to feel good is to extend a kind word to someone, really it's not that hard to say, (Source: http://www.thereminder.com)

ADRC
Aging and Disability Resource Center of Eagle Country

Get in Touch With Us

221 West Seminary Street
Richland Center, WI 53581

PHONE
608-647-4616 | 877-794-2372

WEBSITE
AdrcEagleWI.org

EMAIL
resctr@co.richland.wi.us

HOURS
Monday-Friday
8:00am- 4:30pm

SPOTLIGHT ON: Caregiving at the Holidays



The holidays have a way of reminding us what matters most: time with the people we love. For family caregivers, however, the season can also bring extra responsibilities, busy schedules, and sometimes a little worry about how to make the holidays special for an older loved one.

The good news is that meaningful holiday memories do not require perfect decorations, elaborate meals, or packed calendars. Often, it's the simple moments that matter most. Looking through old photo albums, baking a favorite family recipe, listening to holiday music, or sharing stories from years gone by can bring joy and create lasting connections.

As we age, or as health needs change, some traditions may need to be adapted. A loved one may not have the energy for a large gathering or extensive preparations. That's okay. The goal isn't to celebrate exactly as you always have. It's to find new ways to enjoy the season together. A smaller gathering, a shorter visit, or bringing holiday traditions to a loved one's home can make the holidays more comfortable and enjoyable for everyone.

For older adults living with memory loss, familiar sights, sounds, and traditions can be especially meaningful. A favorite ornament, treasured recipe, or well-loved holiday song may spark conversation and bring back cherished memories.

5 Caregiving Tips for the Holidays

- Keep schedules simple. Too many activities can be overwhelming for both caregivers and older adults. Leave time for rest and quiet moments.
- Adapt traditions as needed. Focus on the spirit of the tradition rather than doing everything exactly as before.
- Include your loved one. Ask for their help wrapping gifts, sharing family stories, or choosing holiday music.
- Watch for signs of fatigue. Holiday excitement can be tiring. Pay attention to changes in energy levels and allow for breaks.
- Accept help. Family and friends are often willing to assist with meals, shopping, transportation, or visiting. Don't hesitate to say yes.

Most importantly, caregivers should remember to extend the same kindness to themselves that they give to others. Let go of perfection and focus on presence. Years from now, family members are unlikely to remember whether every task was completed. They will remember the laughter, the stories, and the time spent together.
This holiday season, celebrate the small moments. They are often the ones that become the memories families treasure most.

For information on a variety of caregiver supports contact the ADRC of Eagle Country's Richland County office located at 221 West Seminary Street, Richland Center, WI. You can also reach the ADRC by calling Monday - Friday, 8:00 am - 4:30 pm.

Cheesy Ham and Potato Soup

Creates: 8 servings Prep Time: 30 minutes Cooking Time: 30 minutes

Ingredients:

3 cups whole milk
⅓ cup butter
3 cups diced large potatoes
2 cups chicken broth
3 Tbsp chicken boullon
3 cloves minced garlic
2 cups shredded cheese
⅓ cup flour
½ diced medium onion
1 cup diced carrot
1 cup chopped celery
3 cups diced cooked ham

Recipe courtesy of:
recipesfromleftovers.com



Directions:

- Melt butter in a pot over medium heat. Add onions, carrots and celery – cook until tender – 3 -4 minutes
- Add ham and potatoes, cook for 2 minutes then add garlic and saute.
- Mix flour and cook for 3 minutes
- Stir in stock and bouillon, mixing all ingredients. Increase heat and bring to a boil until potatoes are tender- 10 minutes
- Reduce heat, add milk and stir until thick
- Add salt and pepper to taste
- Serve with crackers or bread









For ad info. call 1-800-950-9952 • www.lpicommunities.com Richland County Health & Human Services, Richland Center, WI 01-1412

Handwashing Week December 6-12



National Handwashing Week serves as an important reminder that proper hand-washing is one of the easiest and most effective ways to prevent the spread of illness. As communities continue to see cases of highly contagious diseases such as measles, practicing good hand hygiene remains an important part of protecting ourselves and others.

Measles spreads primarily through the air when an infected person coughs or sneezes, but germs from respiratory droplets can also contaminate surfaces. While vaccination remains the best protection against measles, regular hand-washing helps reduce the spread of many viruses and bacteria that cause illness throughout the year.

Health experts recommend washing hands with soap and running water for at least 20 seconds, especially before eating or preparing food, after using the restroom, after coughing or sneezing, and after being in public places. When soap and water are not available, an alcohol-based hand sanitizer containing at least 60% alcohol can be used.

Good hand hygiene protects not only your own health but also the health of those around you, including infants, older adults, and individuals with weakened immune systems who may be more vulnerable to serious illness.

During National Handwashing Week, take time to review proper handwashing practices with your family, coworkers, and community members. Along with staying up to date on recommended vaccinations, clean hands remain a simple but powerful tool for keeping our communities healthy.

Clean hands. Healthy habits. Stronger communities.

SENIOR DINING

Richland County has three Senior dining meal sites in the county. See the information below for each site:

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



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

Holiday Tunes

Away in a Manger
Choir of the Bells
Dominick the Donkey
Frosty the Snowman
Holly Jolly Christmas
Jingle Bell Rock
Jingle Bells
Let it Snow
Little Drummer Boy
Little St Nick
O Holy Night
Rudolph
Santa Baby
Silent Nigh
Silver Bells
The Christmas Song
The First Noel
Winter Wonderland

S	G	R	D	A	M	A	F	C	I	F	Z	Z	X	F	K	U	H	J	X
W	A	W	A	Y	O	B	R	E	M	M	U	R	D	E	L	T	T	I	L
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F	E	I	F	W	V	T	E	C	M	B	E	U	U	B	T	E	S	L	S
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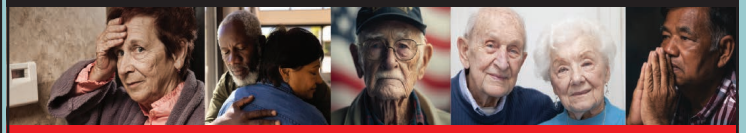
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*This site is fully accessible.

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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NUMBER IN HOUSEHOLD	GROSS INCOME LIMIT (1 MONTH)
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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	$8,312.33
8	$8,497.08

homeenergy+

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

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

December 2026

Richland County Senior Dining

Senior Dining
Fellowship, Food & Fun

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken Alfredo w/mushrooms Fettucine Noodles California Blend Veggies Peach Crisp	2 Pot Roast Baby Potatoes, Onions, & Carrots Chunky Applesauce WW Roll	3 Sloppy Joe on WW Bun Baked Beans Mandarin Oranges Carrot & Celery Sticks	4 Chicken Salad on Croissant Cream of Broccoli Soup w/Crackers Cheese Stick Fruit Cup
7 Italian Rigatoni Green Beans Pineapple Garlic Bread Stick	8 Chicken Chow Mein Brown Rice Chow Mein Noodles Tropical Fruit Fortune Cookie	9 Pork Loin Mashed Potatoes w/Gravy Peas & Carrots Apple WW Roll	10 Ring Bologna Mac & Cheese Brussel Sprouts Peaches	11 Baked Cod w/Tartar Sauce Baked Potato w/Sour Cream Broccoli Apricots WW Roll
14 Hamburger Steak w/Mushroom Gravy Mashed Potatoes Carrots Pineapple WW Roll	15 Lasagna Italian Blend Veggies Tropical Fruit Garlic Toast	16 Stuffed Chicken Breast w/Broccoli Dressing w/Gravy Hot Beets Peaches	17 Tator Tot Casserole Buttered Corn Fruit Cocktail WW Roll	18 ***Rockbridge Closed*** Ham, Broccoli, & Rice Casserole Tossed Salad w/Dressing Mandarin Oranges
21 Hamburger Stroganoff Seasoned Green Beans Apricots	22 Chicken Cordon Bleu Cheesy Potatoes Glazed Carrots Pears WW Roll	23 Baked Ham California Blend Vegetables Sweet Potatoes Cherry Cheesecake WW Roll	24 CLOSED 	25 CLOSED 
28 Spaghetti w/Meat Sauce Broccoli Tropical Fruit Garlic Toast	29 Country Style Ribs w/Sauerkraut Squash Scalloped Potatoes Banana WW Roll	30 Swiss Steak Mashed Potatoes w/Gravy Green Beans Fruit Cocktail WW Roll	31 CLOSED 	

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.

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

ADRC
Aging and Disability Resource Center of Eagle Country

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

SUN	MON	TUE	WED	THU	FRI	SAT
		1 9:30: Sheepshead 10:00: Alz Support Forget Me Not Group 1:00: Euchre Tournament	2 9:30: Haase 9:45: Gentle Chair Yoga 12:30: Pinochle 1:30: Mahjong	3 8-10:00: Community Coffee Club 9:00-Movie 12:30: Play 500	4 12:30: Haase	5 **CLOSED**
6 **CLOSED**	7 9:30-11:30: Play Bingo For Prizes 12:30: Phase 10 or 5 Crowns	8 9:30: Sheepshead 1:00: Euchre Tournament	9 9:30: Haase 9:45: Gentle Chair Yoga 12:30: Pinochle 1:30: Mahjong	10 8:00: Breakfast by Our House 9:00: Any Game 12:30: Play 500	11 12:30: Haase	12 **CLOSED**
13 **CLOSED**	14 9:30-11:30: Play Bingo For Prizes 12:30: Phase 10 or 5 Crowns	15 9:30: Sheepshead 1:00: Euchre Tournament	16 9:30: Haase 9:45: Gentle Chair Yoga 12:30: Pinochle 1:30: Mahjong	17 10:00: Richland Area Senior Citizen Christmas Party for Members Only 12:30: Play 500	18 12:30: Haase	19 **CLOSED**
20 **CLOSED**	21 9:30-11:30: Play Bingo For Prizes 12:30: Phase 10 or 5 Crowns	22 9:30: Sheepshead 10:00: Alz Caregiver Support 1:00: Euchre Tournament	23 9:30: Haase 9:45: Gentle Chair Yoga 12:30: Pinochle 1:30: Mahjong	24 **CLOSED** CHRISTMAS EVE	25 **CLOSED** MERRY CHRISTMAS	26 **CLOSED**
27 **CLOSED**	28 9:30-11:30: Play Bingo For Prizes 12:30: Phase 10 or 5 Crowns	29 9:30: Sheepshead 1:00: Euchre Tournament	30 9:30: Haase 9:45: Gentle Chair Yoga 12:30: Pinochle 1:30: Mahjong	31 **CLOSED** HAPPY NEW YEAR		

MEDICAID CHANGES COMING IN 2027

By the GWAAR Legal Services Team (for reprint)



You may have heard about the One Big Beautiful Bill Act or OBBBA that was signed into law by President Trump in 2025. One of the major changes in that law is to the Medical Assistance or Medicaid program. One change is that previously, when applying for most types of Medicaid programs, you would be able to ask for up to three months of retroactive coverage if you otherwise qualify. That is being changed to two months. However, the most significant change is the new "community engagement" requirement for BadgerCare+ recipients.

The community engagement (aka work) requirement begins for new applicants on January 1, 2027, and on March 1st for current members. It only applies to childless adults on the BadgerCare+ program. If this new requirement applies to you, you would have received a letter before September 1, 2026.

In a nutshell, the community engagement requirement means that BadgerCare+ members ages 19-64 must work, volunteer, or be enrolled in school or another work program at least 80 hours per month or have monthly income not less than the minimum wage times 80 hours ($580 currently).

However, you may be exempt from the community engagement/work requirement if you meet one of the following exemptions:

- Member of a Native American tribe
- Parent, guardian, caretaker relative, or family caregiver of a dependent child 13 years of age or younger or a disabled individual
- Veteran with a total disability rating
- Determined to meet the definition of "medically frail."

The definition of "medically frail" can include individuals who:

- Are blind or disabled (official disability determination)
- Have a chronic substance use disorder
- Have a disabling mental disorder
- Have a physical, intellectual, or developmental disability that significantly impairs their ability to perform one or more activities of daily living
- Have a serious or complex medical condition
- If you have any questions about meeting the community engagement requirement or meeting one of the exemptions, you can contact your local income maintenance (IM) consortium. To find the number for your local IM consortium, visit: https://www.dhs.wisconsin.gov/forwardhealth/imagency/index.htm and for more information on the new federal work requirement for Medicaid, visit: https://www.dhs.wisconsin.gov/medicaid/work.htm.

DCS Corner: Pam Kul-Berg



Pam Kul-Berg has served as a Dementia Care Specialist (DCS) with Wisconsin Aging and Disability Resource Centers for the past nine years, supporting individuals and families across eight counties. With more than 20 years of experience in dementia care, mental health, and neurodivergent support, she is dedicated to helping those living with dementia experience joy, purpose, dignity, and lives free from stigma.

Pam holds a master's degree in psychotherapy with an emphasis in Movement Therapy and Expressive Arts, along with a bachelor's degree in rehabilitative counseling. She receives ongoing advanced training through the Wisconsin Alzheimer's Disease Research Center and the Wisconsin Alzheimer's Institute. Her expertise includes evidence-based programs such as Powerful Tools for Caregivers, Savvy Caregiver, Dementia Friends, Boost Your Brain & Memory, and Teepa Snow's Getting to Know Dementia (GEMS). Pam is also certified in the D.I.C.E. approach for understanding and reducing behavioral symptoms of dementia and is an experienced support group facilitator.

A passionate advocate for community engagement, Pam helped launch Wisconsin's statewide conference, Bringing Hope and Light to the Dementia Journey, and has developed innovative programs in Richland and Crawford counties, including SPARK! at the Driftless Area Wetland Centre, Men's Shed, and a Giving Voice Choir.

Drawing on experience in skilled nursing, assisted living, mental health care, and expressive arts therapy, Pam brings a person-centered approach that honors each individual's abilities, strengths, and life story. She lives in the Driftless Area near Richland Center, Wisconsin, where she enjoys the beauty of rural life and connecting with her community.

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Highlighted Events December 2026





Men's Shed

WED DECEMBER 9TH11:00AM - 1:00PM

Are you a man over the age of 60? Join us for our monthly Men's Shed at the Willow Community Center. We will have a speaker, lunch and time for social connection. Contact the ADRC at 608-647-4616 to learn more.

Caregiver Support

TUESDAY DECEMBER 22ND 10:30 AM - 11:30 AM

We invite you to join the Richland Center Caregiver Support Group, a welcoming space to connect, share, and recharge. The group meets on the fourth Tuesday of each month at the Woodman Senior Center.

Harmony & Hope Choir

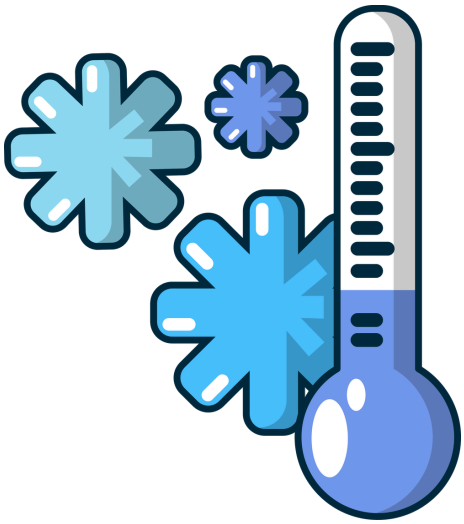
SUNDAY, DEC. 6TH 2:00 PM GRACE COMMUNITY CHURCH

The Harmony & Hope Choir will be holding a concert that is open to the public. Join us for an uplifting event filled with music, connection, and community.

Winter Weather Safety Checklist

As Wisconsin winter weather arrives, use this simple checklist to stay safe and prepared:

□ Wear warm layers, a hat, gloves, and sturdy shoes with good traction.
□ Keep walkways and steps clear of snow and ice.
□ Have an emergency kit with medications, food, water, flashlights, batteries, and extra blankets.
□ Check weather forecasts before traveling.
□ Limit outdoor time during extreme cold.
□ Watch for signs of frostbite or hypothermia.
□ Stay in touch with family, friends, and neighbors.
□ Keep ice melt, sand, or kitty litter near your door for added traction.



❄️ Winter Tip
A quick phone call to a friend or neighbor can brighten someone's day and help keep our community connected during the winter months.

Stay warm • Stay safe • Enjoy the season!

2027 Men's Shed

For reservations, transportation or information call the ADRC 608-647-4616

Richland County Men's Shed

Attention Men 60 and better!
Relax • Learn • Have Lunch

US Men's Shed Association®
SHOULDER TO SHOULDER

SHED INFORMATION

Willow Community Center-HWY 58 in Loyd

2nd Wednesday of each month 11:00 AM

2027 Dates

- 1/13, 2/10, 3/10, 4/14, 5/12, 6/9, 7/14, 8/11, 9/8, 10/13, 11/10, 12/8
- Speakers to be announced at December meeting

ADRC
Aging and Disability Resource Center of Eagle Country

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Richland County Office
221 W. Seminary Street
Richland Center, WI 53581



FREE
TAKE ONE
ISSUE: DEC 2026

Upcoming Area Events:

Mondays in December
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.

Tuesday, December 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.

Sunday, December 6th
Harmony & Hope Choir, a memory-friendly choir for joy, connection and belonging is hosting a concert at Grace Community Church at 2:00 pm. Come enjoy the work of this community group.For more information contact Pam at the ADRC, 608-548-3954.

Wednesday, December 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, Jeff Kersten will present on scams. Lunch is included in the event. Free transportation is also offered each month. For more information contact the ADRC at 608-647-4616.

Thursday, December 10th Free Tech Help is available the 2nd Thursday of the month from 2:00-4:00 at the Lone Rock Community Library.

Monday, December 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, December 18th
Rise N' Dine at the Phoenix for individuals 60 and better will be held on Friday, December 18th from 8:00 am-10:00 am featuring blueberry pancakes with butter and syrup, bacon and fresh fruit cup. Reservations are required no later than Monday, December 14th. To RSVP contact the ADRC at 608-647-4616.

Tuesday, December 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.

