Resilient Caregiving: An Educational Event for Caregivers

Thursday, November 7th
3:00—7:30 PM
Kickapoo Corners
607 US Hwy-61, Readstown WI

Agenda

3:00-3:30: Registration, Networking & Reviewing Resources

3:30-5:30: SPEAKER Sara Wrobel, Before the After
Assisting Anyone to Prepare, Copy & Communicate Their Final Wishes With Their Loved Ones

5:30: Buffet Style Meal (included with registration)

6:00-7:30: SPEAKER Tom Kidd
Balancing Your Life as a Care-Taker Personally, Professionally, Family-Wise...it’s about TIME!

Free for family caregivers.

For registration, please call the Aging and Disability Resource Center of Vernon County at 608-637-5201 or 1-888-637-1323.
Re-energize Yourself!

No one can anticipate what it will take to care for another person. It starts out with little things, and then slowly progresses to more and bigger things. Pretty soon you find yourself spending an enormous amount of time and energy taking care of someone else. The responsibility becomes overwhelming. You no longer seem to have time for what you used to enjoy, and it feels selfish to try to fit those things in. You are exhausted, resentful, frustrated and alone. And on top of everything, no matter how much you do, it still doesn’t seem like enough. It has become difficult to feel good about yourself and your life.

The above scenario is real to many people. If you are in a situation like this, you are experiencing caregiver burnout. These are normal feelings, but they are signs of stress and must be addressed. It is time to put your own needs on your priority list! Maintaining your energy and vitality is important to you and those around you.

You can fight burnout by talking to someone about your feelings, letting go of thinking you must do it all, taking care of your physical health, continuing meaningful social activities, and regularly taking time to care for YOU.

Everyone has their own unique way of re-energizing. It may be a walk, coffee with a friend, reading a book, exercising, playing piano, listening to music, meditation or anything that gives you energy and makes you feel refreshed. Find the things that give you a boost and make it a priority to do them regularly.

Carving out time for yourself can be a challenge but is important to do. Consider asking (or paying) someone to take over for you to give you some respite, then use that time to “re-energize.” Be purposeful in using snippets of time (during their nap, favorite show or other independent activity) to do something for you instead of washing dishes or cleaning. Allow friends and neighbors to help you. Be open to moving your schedule around to accommodate things you enjoy.

In the busyness of your life as a caregiver, one of the best things you can do is to make time to re-energize yourself. Scheduling a time every day or week to do something you love will benefit not only you, but the person you are caring for and everyone else in your life. Find ways to re-energize so you can be the best caregiver you can be!

Jane Mahoney
Caregiver Support Specialist
Greater Wisconsin Agency on Aging Resources
Get Ready for MEDICARE 2020!

Look For the “Medicare and You 2020” Booklet that should be mailed to your home in early October 2019. This book gives information on:

⇒ Medicare Parts A and B – covered benefits including preventive care
⇒ Medicare Part C – includes list of Medicare Advantage or Health Plans
⇒ Medicare Part D – includes list of all drug plans approved for 2020

Remember all Medicare Advantage and Part D plans are for the calendar year only. During this year’s Open Enrollment Period between October 15th and December 7th you can decide to either stay with your current plan, switch to a different plan, join for the first time, or withdraw from all plans for 2020 and just keep Medicare Parts A & B.

Read ALL the materials sent by your current plan! Watch for a mailing called “Annual Notice of Change” in late September that will give you important information effective January 2020 such as changes in premiums, co-pays, deductibles, covered services and drugs.

Anticipate lots of literature, mail and phone calls from all the other insurance companies who will want you to enroll in their plan. Advertising for Advantage and Part D plans starts on October 1st. Medicare supplements can advertise all year-round. Be sure to pay special attention for letters from Social Security Administration and Center for Medicare Services.

Make sure the plan you choose:

⇒ Covers your prescription drugs and works with your pharmacy
⇒ Explains the monthly premium, the annual deductible (if any), the co-payments, the services covered, and what benefits are offered in the drug plan coverage gap
⇒ Includes your doctors and medical providers if choosing an Advantage or Health plan

Contact the Plan you’re interested in, by phone or at their website, if you have questions or if you decide to enroll with them. You can also enroll directly with Medicare at 1-800-MEDICARE (1-800-633-4227) or on their website www.medicare.gov. Medicare has trained customer service agents available 24 hours a day, 7 days a week, except for holidays.

Be Patient. If you have questions or need assistance, call the Aging & Disability Resource Center at 608-637-5201 or toll-free at 1-888-637-1323 to schedule an appointment. Or contact the Wisconsin Medicare Prescription Helpline at 1-855-677-2783 (ages 60+) or the Disability Rights Wisconsin Part D Helpline at 1-800-926-4862 (age 18-59).

It is better to enroll earlier, than to wait until the last minute!

Shelley Matson, Vernon County, Elder Benefit Specialist
Energy Assistance 2019-2020

NOW ACCEPTING APPLICATIONS

WHO IS ELIGIBLE FOR ENERGY ASSISTANCE AND WEATHERIZATION ASSISTANCE?

Your household may be eligible for the Wisconsin Home Energy Assistance Program (WHEAP) and Weatherization Assistance Program (WAP) based on a number of factors. If your household gross income is less than the amount shown on the following chart, you may be eligible for a benefit or services. Applications for both programs are accepted at your local WHEAP agency.

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<tr>
<th>Household Size</th>
<th>One Month</th>
<th>Three Months</th>
<th>Annual Income</th>
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The Home Energy Plus Program uses a previous three month income test which is annualized to determine program income eligibility.

Income for people who are self-employed, farmers, or seasonal workers is based on federal income tax forms for the previous year.

Apply By:
- Phone: 608-637-5210
- Request a mailed application
- Or call to schedule an appointment

Cindy Harter - WHEAP Coordinator cindy.harter@vernoncounty.org
Cheryl Pinkham – WHEAP Coordinator cheryl.pinkham@vernoncounty.org

Starting October 1, 2019 you may be eligible for Crisis and/or Furnace Assistance:

Crisis Assistance

If you have received a disconnect notice from your heating vendor, or your tank is at 20% or less and do not have enough money to cover the entire purchase, you may also be eligible for Crisis Assistance to help assist with the payment.

To be eligible for any heating related crisis payment or for any Public Benefits (electric) crisis payment
- Household Must have paid on their heating bill at least $25 in the previous three (3) months.
- Household Must have paid on their electric bill at least $25 in the previous three (3) months.

Furnace Assistance: WHEAP emergency heating system assistance can provide services to eligible home owners if the furnace or boiler stops operating during the heating season. Call 608-637-5210 if you are experiencing a no heat situation during regular business hours 8:30 am – 4:30 pm, for afterhours call the Vernon County Sheriff's Dept. 608-637-2123.
Volunteers Wanted and Needed
For the Board on Aging and Long Term Care
Can you give some of your time?

The Volunteer Ombudsman Program recruits, screens, trains, and supports volunteers to be an advocate for residents who are aged 60 and older living in the nursing home. Volunteers Ombudsmen make unannounced visits to their assigned facility once a week between the hours of 8:00AM and 8:00PM. This weekly visit provides a valuable opportunity for residents to share concerns, ideas, and talk with someone who does not work at the facility; an important role for volunteers is to listen to residents, empower them to speak up on their own and/or be their voice!

The Volunteer Ombudsman Program promotes residents’ rights and can be a voice for the residents who maybe don’t have family or visitors. The residents look forward to the weekly visits and talks with their Volunteer Ombudsman.

Our Volunteer Ombudsmen have said that they get more out of being an advocate in the program than they give, but we at the State of Wisconsin Board on Aging and Long Term Care know it is a win-win for everyone!

For more information please contact Jenny Knudson, Volunteer Coordinator at 608-789-6366 or 800-815-0015
Upcoming Minibus Trips

Thursday, October 24, 2019
Fall Color Tour & Apple Orchard
Visit Sunrise Orchards in Gays Mills while enjoying a scenic tour of the changing autumn leaves and beautiful Wisconsin views. Minibus will stop for lunch.

Thursday, October 31, 2019
Senior Shopping Day in Onalaska
Shop at the Mall, Target, Woodman’s, Aldi, Michael’s Hobby Lobby, and more. The minibus will take you to multiple stops in the main Onalaska shopping area. Just request your locations and we’ll drop you close to the door and pick you back up at your requested time.

Thursday, November 21, 2019
Senior Shopping Day in Onalaska
Shop at the Mall, Target, Woodman’s, Aldi, Michael’s Hobby Lobby, and more. The minibus will take you to multiple stops in the main Onalaska shopping area. Just request your locations and we’ll drop you close to the door and pick you back up at your requested time.

Friday, November 22, 2019
Holiday Fair at La Crosse Center
The area’s most spectacular craft show! Enjoy the annual Holiday Fair at the La Crosse Center. The mini bus will also stop for lunch. Admission is $2.00 per adult.

Call 608-637-5201 or 1-888-637-1323 for reservations or more information.
Each trip is $7.00-$12.00 per person depending on location. You are responsible for your own lunch and any purchases or services.
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**Fares:**
- $7.00 - La Crosse, Richland Center
- $12.00 - Madison
- $3.00 - Hillsboro in town

A handicapped-accessible minibus for 1 wheelchair and 8 other passengers is available.

Call 608-637-5201 or 1-888-637-1323 for reservations.

*Schedule subject to change, contact the ADRC for information and reservations.*
Winter Weather Preparation

Prepare Your Home

Step 1: Assemble an Emergency Supply Kit
- Prepare to heat your home during a power failure
  - Do not use a gas stove, charcoal or gas grill, or electric generator inside to heat your home, as this may cause carbon monoxide poisoning.
  - Dry firewood for a fireplace or wood stove, or
  - Kerosene for a kerosene heater
- Furnace fuel (coal, propane, or oil)
- Electric space heater with automatic shut-off switch and non-glowing elements
- Blankets
- Matches
- Multipurpose, dry-chemical fire extinguisher
- First aid kit and instruction manual
- Flashlight or battery-powered lantern
- Battery-powered radio
- Battery-powered clock or watch
- Extra batteries
- Non-electric can opener
- Snow shovel
- Rock salt
- Special needs items (diapers, hearing aid batteries, medications, etc.)

Step 2: Stockpile Food and Water
- Stock three days worth of non-perishable food items
- Store one gallon of water per person for three days

Step 3: Winterize Your Home
- Install a smoke detector and a battery-operated carbon monoxide detector; before winter begins, test the detectors. Insulate your exterior water lines to prevent freezing pipes; insulate attics and walls; install storm windows and insulated doors.
- Install a thermometer in a frequently visited location and check the indoor temperature regularly
- Have your chimney, furnace, and other heating utilities inspected by a professional before the winter season begins.

Prepare Your Car

Step 1: Have Essentials in Your Car
Assemble an emergency supplies kit and place it in your car in a plastic tote with a lid.
- First aid kit
- A can and waterproof matches (to melt snow for water)
- Windshield scraper
- Booster cables
- Road maps
- Cell phone and charger
- Toolkit
- Bag of sand or cat litter
• Battery-operated radio
• Emergency flare and whistle
• Tow rope
• Tire chains (only legal when used for safety)
• Shovel
• Container of water and high-calorie canned or dried food and a can opener
• Flashlight and extra batteries
• Canned compressed air with sealant (for emergency tire repair)
• Brightly colored cloth
• Extra gas
• Emergency numbers and cash in a Ziploc bag
• Extra winter clothes or blankets

**Step 2: Winterize Your Car**

• Have your vehicle regularly serviced following the manufacturer’s suggestions
• Maintain high antifreeze levels and use wintertime windshield washer fluid. These supplies can be found at your local automotive retail store
• Replace worn tires
• If possible, keep your gas tank close to full in order to prevent ice formation.
The Aging & Disability Resource Center of Vernon County provides meals at Senior Dining Centers for those age 60 and older and for their spouses (regardless of age) on a donation basis. The suggested donation is $3.50 per meal. Persons under age 60 are welcome and are asked to pay full price ($11.00). No eligible person is denied a meal due to inability to pay.

Senior Dining Centers require reservations unless noted below.

**COON VALLEY SENIOR DINING CENTER**
Marsha Mabb, Center Manager
Coulee View Apartments, 98 Hiawatha St.
Coon Valley, Phone 637-5201
Serving Monday thru Thursday @ 11:15

**Tues, Oct. 1** – Hot dog on a bun, seasoned wedges, baked beans, banana, lemon bar.
**Wed, Oct. 2** – Roasted turkey, sweet potato casserole, diced beets, buttered wheat bread, mandarin oranges, cookie.
**Thurs, Oct. 3** – BBQ chicken thighs, loaded mashed potatoes, green peas, buttered dinner roll, diced peaches, pie.
**Mon, Oct. 7** – Lasagna, cauliflower, buttered wheat bread, applesauce, cookie, fruit juice.
**Tues, Oct. 8** – Chili w/ beans, corn bread w/ butter & honey, creamy coleslaw, banana, butterscotch pudding dessert.
**Wed, Oct. 9** – Roasted pork loin, scalloped potatoes, coined carrots, buttered dinner roll, diced pears, brownie.
**Thurs, Oct. 10** – CLOSED FOR STAFF TRAINING
**Mon, Oct. 14** – Hot turkey open-faced sandwich, mashed potatoes & gravy, stewed tomatoes, diced pears, lemon poppyseed cake.
**Tues, Oct. 15** – Tater tot casserole, whole kernel corn, buttered dinner roll, applesauce, cherry crisp, fruit juice.
**Wed, Oct. 16** – BBQ riblet, rosemary red potatoes, Italian blend vegetables, buttered wheat bread, pineapple tidbits, cookie.
**Thurs, Oct. 17** – Batter fried cod, baked potatoes w/ sour cream, baby carrots, buttered wheat bread, banana, pie.

**DE SOTO SENIOR DINING CENTER**
Bill Trammell, Center Manager
Bright Spot Restaurant, 118 Mill Park
De Soto, Phone 648-3514
Serving Monday thru Thursday @11:30 A.M.

**Mon, Oct. 21** – Chicken strips w/ dipping sauce, baked beans, pickled beets, buttered wheat bread, diced peaches, frosted white cake.
**Tues, Oct. 22** – Meatloaf, mashed potatoes w/ gravy, scalloped corn, buttered wheat bread, diced pears, applesauce cake.
**Wed, Oct. 23** – Roasted chicken, baked potato w/ sour cream, succotash, buttered dinner roll, banana, 7 layer bar.
**Thurs, Oct. 24** – Broiled cod w/ tartar, American fried potatoes, coined carrots, dinner roll, pineapple tidbits, pie.
**Mon, Oct. 28** – Sliced roast beef, mashed potatoes w/ gravy, green beans, buttered dinner roll, applesauce, carrot cake.
**Tues, Oct. 29** – Chicken parmesan w/ penne pasta, Sicilian blend vegetables, garlic breadstick, mandarin oranges, cream cheese brownie.
**Wed, Oct. 30** – Pulled pork on a bun w/ BBQ sauce, baked beans, potato chips, strawberries, cookie.
**Thurs, Oct. 31** – HAPPY HALLOWEEN! Stuffed chicken, mashed potatoes & gravy, coined carrots, buttered wheat bread, banana, Halloween dirt cup.

Whole wheat bread or roll offered daily.

**Tues, Oct. 1** – Boiled ham, carrots, potatoes, cabbage, applesauce, brownie.
**Wed, Oct. 2** – Beef tips, boiled potatoes, creamy kidney bean salad, orange slices, chocolate pudding.
Thurs, Oct. 3 – Hot turkey sandwich w/ gravy, mashed potatoes, tossed salad, cranberry sauce, pie.
Mon, Oct. 7 – Ham & scalloped potatoes, baked beans, peaches, cookie.
Tues, Oct. 8 – Boiled bologna, mashed potatoes & gravy, creamed corn, fruit juice, mandarin orange cake.
Wed, Oct. 9 – Lasagna, green beans, fruit, carrot cake.
Thurs, Oct. 10 – CLOSED FOR STAFF TRAINING
Mon, Oct. 14 – Goulash w/ beans & stewed tomatoes, tossed salad w/ spinach, pears, cookie.
Tues, Oct. 15 – Sub sandwich, macaroni salad, pears, fruit crisp.
Wed, Oct. 16 – Egg salad sandwich, potato soup, peaches, pumpkin pie.
Thurs, Oct. 17 – Meatloaf, au gratin potatoes, creamed corn, tropical fruit, bar.
Mon, Oct. 21 – Spaghetti w/ meat sauce, tossed salad w/ spinach, peaches, garlic bread, cookie.
Tues, Oct. 22 – Roast beef, potatoes, carrots, oranges, pistachio fluff.
Wed, Oct. 23 – Tacos w/ fixings, creamed corn, applesauce, carrot cake.
Thurs, Oct. 24 – Sloppy joe sandwich, fried potatoes, baked beans, pineapple, pumpkin bar.
Mon, Oct. 28 – Roast pork w/ gravy, au gratin potatoes, cabbage, orange slices, cookie.
Tues, Oct. 29 – Lasagna, carrots, tossed salad w/spinach, banana, cherry cheesecake.
Wed, Oct. 30 – Chicken, baked potato, green beans, applesauce, peanut butter bar.
Thurs, Oct. 31 – HAPPY HALLOWEEN!
Cheeseburger, fried potatoes, creamy kidney bean salad, mixed fruit, Jell-O cake.

HILLSBORO DINING CENTERS
Hannah Robaczewski, Senior Dining Center Manager
The Eagleview, 400 Water Ave
Hillsboro, Phone 608-489-8155
Serving Monday - Thursday @ 12:00 P.M.

Soup and salad bar is available to those who prefer it to the printed menu and to those without reservations.

Tues, Oct. 1 – Pork chop w/ mushroom gravy, mashed potatoes, butternut squash, wheat dinner roll, pineapple tidbits, vanilla pudding.
Wed, Oct. 2 – Beef tips over noodles, spinach salad w/ ranch dressing, steamed corn, wheat bread, mandarin oranges, apple cake.
Thurs, Oct. 3 – Spaghetti & meatballs, steamed broccoli, breadstick, sliced peaches, pumpkin pie square.
Mon, Oct. 7 – Sloppy joe, steak fries, carrot sticks & dip, fresh fruit, chocolate pudding.
Tues, Oct. 8 – Baked chicken, mashed potatoes & gravy, corn, wheat bread, pineapple tidbits, carrot cake w/ cream cheese frosting.
Wed, Oct. 9 – Ham & cheese sandwich, tossed salad w/ ranch dressing, navy bean soup, peaches, Rice Krispy bar.
Thurs, Oct. 10 – CLOSED FOR STAFF TRAINING
Mon, Oct. 14 – Baked ham w/ pineapple slices, scalloped potatoes, Brussel sprouts, wheat bread, orange sherbet.
Tues, Oct. 15 – Sliced roast pork, steamed baby red potatoes, carrots, whole wheat dinner roll, apple crisp.
Wed, Oct. 16 – Meat lasagna, tossed salad w/ ranch dressing, wheat breadstick, pears, chocolate chip cookie.
Thurs, Oct. 17 – Beef stew, broccoli salad, wheat biscuit, fresh fruit cup, pumpkin bar.
Mon, Oct. 21 – Cheeseburger on a bun, roasted baby reds, cowboy caviar, tropical fruit.
On The Menu

**Tues, Oct. 22** – Scalloped potatoes & ham, steamed corn, spinach salad w/ ranch dressing, corn bread muffin, sliced strawberries, angel food cake.

**Wed, Oct. 23** – Baked tilapia, baked potato w/ sour cream, steamed broccoli, wheat bread, mandarin oranges, brownie.

**Thurs, Oct. 24** – Meatloaf, mashed potatoes & gravy, steamed carrots, wheat bread, peaches, oatmeal raisin cookie.

**Mon, Oct. 28** – Beef & bean burrito w/ Spanish rice, cucumber salad, corn bread muffin, fruit & yogurt parfait.

**Tues, Oct. 29** – BBQ pork sandwich, harvest moon blend vegetables, green beans, cantaloupe, peanut butter cookie.

**Wed, Oct. 30** – Tater tot casserole, tossed salad w/ ranch dressing, corn, wheat bread, strawberries, angel food cake.

**Thurs, Oct. 31** – **HAPPY HALLOWEEN!** Sliced turkey breast, mashed potatoes & gravy, steamed broccoli, wheat dinner roll, fruit cocktail, snickerdoodle cookie.

**Wed, Oct. 9** – Roasted pork loin, scalloped potatoes, coined carrots, buttered dinner roll, diced pears, brownie.

**Thurs, Oct. 10** – CLOSED FOR STAFF TRAINING

**Mon, Oct. 14** – Hot turkey open-faced sandwich, mashed potatoes & gravy, stewed tomatoes, diced pears, lemon poppyseed cake.

**Tues, Oct. 15** – Tater tot casserole, whole kernel corn, buttered dinner roll, applesauce, cherry crisp, fruit juice.

**Wed, Oct. 16** – BBQ riblet, rosemary red potatoes, Italian blend vegetables, buttered wheat bread, pineapple tidbits, cookie.

**Thurs, Oct. 17** – Batter fried cod, baked potatoes w/ sour cream, baby carrots, buttered wheat bread, banana, pie.

**Mon, Oct. 21** – Chicken strips w/ dipping sauce, baked beans, pickled beets, buttered wheat bread, diced peaches, frosted white cake.

**Tues, Oct. 22** – Meatloaf, mashed potatoes w/ gravy, scalloped corn, buttered wheat bread, diced pears, applesauce cake.

**Wed, Oct. 23** – Roasted chicken, baked potato w/ sour cream, succotash, buttered dinner roll, banana, 7 layer bar.

**Thurs, Oct. 24** – Broiled cod w/ tartar, American fried potatoes, coined carrots, dinner roll, pineapple tidbits, pie.

**Mon, Oct. 28** – Sliced roast beef, mashed potatoes w/ gravy, green beans, buttered dinner roll, applesauce, carrot cake.

**Tues, Oct. 29** – Chicken parmesan w/ penne pasta, Sicilian blend vegetables, garlic breadstick, mandarin oranges, cream cheese brownie.

**Wed, Oct. 30** – Pulled pork on a bun w/ BBQ sauce, baked beans, potato chips, strawberries, cookie.

**Thurs, Oct. 31** – **HAPPY HALLOWEEN!** Stuffed chicken, mashed potatoes & gravy, coined carrots, buttered wheat bread, banana, Halloween dirt cup.

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**LA FARGE SENIOR DINING CENTER**
Coreen Hofschulte, Center Manager
Kickapoo Haven, 106 Main Street
La Farge, Phone 637-5201
Serving Monday thru Thursday @11:30 A.M.

**Tues, Oct. 1** – Hot dog on a bun, seasoned wedges, baked beans, banana, lemon bar.

**Wed, Oct. 2** – Roasted turkey, sweet potato casserole, diced beets, buttered wheat bread, mandarin oranges, cookie.

**Thurs, Oct. 3** – BBQ chicken thighs, loaded mashed potatoes, green peas, buttered dinner roll, diced peaches, pie.

**Mon, Oct. 7** – Lasagna, cauliflower, buttered wheat bread, applesauce, cookie, fruit juice.

**Tues, Oct. 8** – Chili w/ beans, corn bread w/ butter & honey, creamy coleslaw, banana, butterscotch pudding dessert.
Tues, Oct. 1 – Chili, grilled cheese sandwich, tossed salad, fresh fruit cup.
Wed, Oct. 2 – Taco Salad w/ tortilla chips, banana.
Thurs, Oct. 3 – BBQ ribs, baked potato, wheat dinner roll, coleslaw, fresh fruit.
Fri, Oct 4 – Open faced turkey sandwich, mashed potatoes, peas & carrots, fresh melon, fruit crisp.
Tues, Oct. 8 – Salisbury steak, boiled potatoes, wheat dinner roll, Catalina carrots, fresh melon.
Wed, Oct. 9 – Lemon cod, seasoned rice, mixed vegetables, creamy cucumber salad, fresh fruit, cheesecake.
Thurs, Oct. 10 – CLOSED FOR STAFF TRAINING
Fri, Oct 11 – BBQ pork sandwich, steak fries, 4 bean salad, fresh berries, chocolate pudding.
Tues, Oct. 15 – Beef tips over noodles, broccoli cranisalad, corn, melon cup, apple crisp.
Wed, Oct. 16 – Baked chicken, mashed sweet potatoes, wheat dinner roll, California vegetable blend, banana pudding, birthday cake.
Thurs, Oct. 17 – Parmesan crusted pork chop, seasoned rice, mixed vegetables, carrot cake salad, fresh fruit, cheesecake.
Fri, Oct 18– Meatloaf, mashed potatoes, wheat dinner roll, baked beans, watermelon, fresh fruit.
Tues, Oct. 22 – Chicken tenders, pasta salad, sweet potato fries, marinated vegetable salad, fresh melon.
Wed, Oct. 23 – Ham steak, baby red potatoes, wheat dinner roll, mixed vegetables, pineapple rings, oatmeal raisin cookie.
Thurs, Oct. 24 – Meatballs w/ gravy, wheat dinner roll, mashed potatoes, roasted carrots, fresh berries, yogurt fruit parfait.
Fri, Oct 25 – Salmon loaf, rice pilaf, cheesy cauliflower, peas, fresh fruit cup.
Tues, Oct. 29 – Ranch chicken, au gratin potatoes, steamed carrots, wheat dinner roll, strawberries, fruit pie.
Wed, Oct. 30 – Spaghetti w/ meat sauce, garlic breadstick, peas, Italian romaine salad, grapes.
Thurs, Oct. 31—HAPPY HALLOWEEN! Roast turkey, mashed potatoes, wheat dinner roll, broccoli Normandy, fresh fruit, lemon bar.

VIROQUA SENIOR DINING CENTER
Judy Williams, Center Manager
Park View Manor, 200 Park View Court
Viroqua, Phone 637-5201
Serving Monday thru Thursday @11:30 A.M.

Tues, Oct. 1 – Glazed baked ham, hash brown bake, sliced carrots, wheat roll, kidney bean salad, mint brownie.
Wed, Oct. 2 – Smothered chicken breast, scalloped potatoes, stewed tomatoes, corn bread, Jell-O fruit salad.
Thurs, Oct. 3 – Meatloaf, boiled potatoes, green beans, wheat bread, fruit cobbler.
Mon, Oct. 7 – Roast beef, roasted potatoes & onions, honey butter squash, wheat bread, frosted chocolate cake, banana.
Tues, Oct. 8 – Ring bologna, baked beans, coleslaw, hot cinnamon apples, wheat bread.
Wed, Oct. 9 – Chicken cordon bleu bake, diced beets, honey bran muffin, pumpkin bar.
Thurs, Oct. 10 – CLOSED FOR STAFF TRAINING
Mon, Oct. 14 – Chili w/ beans, green beans, corn bread, iced cinnamon roll, mixed fruit.
Tues, Oct. 15 – Glazed baked ham, garlic mashed potatoes, sautéed cabbage, wheat roll, chocolate peanut butter bar, sliced oranges.
Wed, Oct. 16 – Lasagna, tossed garden salad, corn, garlic breadstick, carrot cake.
Thurs, Oct. 17 – Brown sugar pork & apples, baked potato, glazed carrots, wheat bread, fruit crisp, pears.

Mon, Oct. 21 – Seasoned chicken thigh, baked potato, yellow squash, wheat roll, apple crisp.

Tues, Oct. 22 – Swiss steak, au gratin potatoes, confetti baked beans, wheat bread, strawberry shortcake.

Wed, Oct. 23 – Spaghetti w/ meat sauce, rutabagas, tossed garden salad, wheat breadstick, vanilla ice cream, mixed fruit.

Thurs, Oct. 24 – Roasted turkey & gravy, mashed sweet potatoes, creamed peas, marble rye bread, chocolate chip cookie, cranberry sauce.

Mon, Oct. 28 – Liver & onions, home fries, baked beans, wheat bread, chocolate cake w/ peanut butter frosting, mandarin oranges.

Tues, Oct. 29 – Goulash, corn, broccoli, wheat bread, pumpkin pudding.

Wed, Oct. 30 – Fried chicken, baked sweet potato, coleslaw, corn bread, peach pie.

Thurs, Oct. 31 – HAPPY HALLOWEEN! Hearty beef stew, diced beets, biscuit, S’more bar, banana.

Tues, Oct. 8 – Chili w/ beans, corn bread w/ butter & honey, creamy coleslaw, banana, butterscotch pudding dessert.

Wed, Oct. 9 – Roasted pork loin, scalloped potatoes, coined carrots, buttered dinner roll, diced pears, brownie.

Thurs, Oct. 10 – CLOSED FOR STAFF TRAINING

Mon, Oct. 14 – Hot turkey open-faced sandwich, mashed potatoes & gravy, stewed tomatoes, diced pears, lemon poppyseed cake.

Tues, Oct. 15 – Tater tot casserole, whole kernel corn, buttered dinner roll, applesauce, cherry crisp, fruit juice.

Wed, Oct. 16 – BBQ riblet, rosemary red potatoes, Italian blend vegetables, buttered wheat bread, pineapple tidbits, cookie.

Thurs, Oct. 17 – Batter fried cod, baked potatoes w/ sour cream, baby carrots, buttered wheat bread, banana, pie.

Mon, Oct. 21 – Chicken strips w/ dipping sauce, baked beans, pickled beets, buttered wheat bread, diced peaches, frosted white cake.

Tues, Oct. 22 – Meatloaf, mashed potatoes w/ gravy, scalloped corn, buttered wheat bread, diced pears, applesauce cake.

Wed, Oct. 23 – Roasted chicken, baked potato w/ sour cream, succotash, buttered dinner roll, banana, 7 layer bar.

Thurs, Oct. 24 – Broiled cod w/ tartar, American fried potatoes, coined carrots, dinner roll, pineapple tidbits, pie.

Mon, Oct. 28 – Sliced roast beef, mashed potatoes w/ gravy, green beans, buttered dinner roll, applesauce, carrot cake.

Tues, Oct. 29 – Chicken parmesan w/ penne pasta, Sicilian blend vegetables, garlic breadstick, mandarin oranges, cream cheese brownie.

Wed, Oct. 30 – Pulled pork on a bun w/ BBQ sauce, baked beans, potato chips, strawberries, cookie.

Thurs, Oct. 31 – HAPPY HALLOWEEN! Stuffed chicken, mashed potatoes & gravy, coined carrots, buttered wheat bread, banana, Halloween dirt cup.
Viroqua Over 50 Club
Important Dates

Thursday, October 10th—
11:00am Board Meeting
11:30am Potluck

Tuesday, October 22nd—
1:00pm Fun Days

For more information, call Betty Bolton 608-637-8843.

Living Well with Chronic Conditions
Workshop

Wednesday’s—October 16th through November 20th
9:00 am—11:30 am
Lawton Memorial Library
118 N Bird St, La Farge

Call ADRC of Vernon County to register at 608-637-5201.
The staff at the Aging and Disability Resource Center would like to thank everyone who participated in the Vernon County Fair this year! A very special thank you to Whiskey Chiken, Potluck Pickers, and Music for All for providing entertainment in the Senior Building and to Megan Fortun for organizing the day!
The following is a list of support groups in October. Feel free to visit any of these without reservations.

**Alzheimer’s Support Group**  
October, 2019 from 4:00-5:00 pm  
Location: 2nd Floor Fellowship Room  
Maplewood Terrace  
620 S Garfield Ave., Viroqua

**Grief Support Forum**  
October 21, 2019 from 10:00-11:30 am  
Location: Viroqua Medical Office Building  
Conference Room C  
407 South Main St. Viroqua

**Fibromyalgia and Chronic Pain Support Group**  
October 17, 2019 at 1:00 pm  
Location: Vernon Memoria Hospital - Taylor Conference Room, Lower Level

**Diabetes Support Group & Education**  
October 29, 2019 at 3:00 pm  
Location: VMH Wellness Center  
1130 Nelson Parkway, Viroqua.  
October 25, 2019 at 10:30 am  
Location: Gundersen St. Joseph’s, Eagleview Rm
Halloween Word Search

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G T M P H L O T A L B A S E A
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PUMPKIN
SPOOKY
WITCH
CANDY
GHOST
MONSTER
SCARY
TRICK OR TREAT
COSTUME
HALLOWEEN
MUMMY
SKELETON
VAMPIRE
Importance of Fluids

As we age, the risk for dehydration increases. As one gets older, their thirst tends to decrease. Consuming adequate amounts of fluid is essential for our body as fluid intake prevents constipation, aids in digestion of food, promotes kidney function and can prevent fatigue.

Fluid intake needs vary from person to person depending on size, gender, medical conditions and medications that one is taking. The general guideline of 8 glasses of water a day is adequate for most adults. Although, a good rule of thumb is to drink whenever you are thirsty or hungry.

There are several signs and symptoms associated with dehydration. Symptoms of mild dehydration can include weakness, dry skin, dizziness, headaches, cramping, inability to urinate or deep yellow urine, cracked or dry lips, dry mouth, cramping, and headaches. Serious signs of dehydration might include dry or sunken eyes, low blood pressure, severe cramping and muscle aches, rapid breathing, and wrinkling or poor elasticity to the skin. If you are experiencing any of these symptoms, you should consult your doctor.

The following tips are ways to increase fluid intake and prevent dehydration.

- Take a bottle of water with you when you are out and about.
- Keep a glass of water with you at chairside and bedside.
- Add fresh fruit or a splash of fruit juice to give your water extra flavor.
- In between each bite of a meal, take a sip of water, milk, or juice.
- Drink a full glass of water when taking medications.
- Eat soups with meals or as a snack.
- Have a popsicle or gelatin as a snack.
- If exercising, drink a glass of water before and after you exercise.
- Drink more fluids if you are vomiting or have diarrhea.
- Drink a glass of water every morning when you wake up.
- Drink through a straw.
- If you are avoiding fluid intake due to a urinary concern, please consult your doctor for proper treatment.
- If working outside or sweating, make sure to increase your fluid intake.
Upcoming October Events

October 4-6 – Viroqua Fall City-Wide Rummage Sales
October 6 – Skogdalen Meatball Dinner, 11:00-1:00, Skodgalen Lutheran Church
October 12 – Bethel Home & Services Annual Outdoor Quilt Show, Maplewood Viroqua
October 14 – Human Service Committee Meeting, 9am Erlandson Building
October 15 – Medicare Open Enrollment begins
October 19 – Family & Children’s Center, A Night Out on the Town: Paint the Town Purple Event, Viroqua VFW
October 25 & 26 – Ghoulees in the Coulees, Norskedalen
October 26 – Fall Bazaar, 10:00-1:00, Skogdalen Lutheran Church
October 31 – Happy Halloween!