The Aging and Disability Resource Center of Vernon County provides resources, assistance, and information in the community to promote the highest quality of life for individuals.

AARP Safe Driving Course

Thursday, February 20th
10:00am—2:00pm
Vernon County Sheriff’s Department
Conference Room

$15 for AARP Members
$20 for non-members

Please call the ADRC of Vernon County for reservations or for more information 608-637-5201
Caregivers Have Rights, Too!

It happens gradually. She needs a little help balancing the checkbook and there are bills on the counter not getting paid. The layer of ice on roads and sidewalks leaves you nervous about a fall so you stop for her groceries and accompany her to appointments. You notice that her floors are dirty and there is a laundry basket of clothes waiting to be washed. You do more and more for her and soon find yourself making daily phone calls or visits to help. You have become a caregiver. Your mother could not live at home alone without your help.

The next things you notice involve your own life – when is the last time I had lunch with my friends? When did I start eating fast food so often? I used to love going for walks, but how long has it been? And why do I feel so grumpy, angry and frustrated? The answers are enmeshed with your new “job” that you didn’t realize you had.

Caregiving is like another job. You choose to do it and truly want to do it. But when you put your own life and needs on the backburner, you can run into trouble. Caregiving can consume your time, thoughts and energy and it can chip away at your physical and emotional health. But don’t dismay, you can be a healthy caregiver! You have rights as a caregiver and following these rights will keep you healthy and help you give better care to your loved one, too.

If you are a caregiver, please know that you have the right to:

- Take care of yourself without any feelings of guilt. By maintaining your own health, you will be happier, healthier and a better caregiver for your loved one!
- Continue having a life of your own – one that does not include your role as a caregiver. Make it a priority to keep doing the things you love, knowing that you are also doing all you can for your loved one.
- Feel and express the strong emotions that caregiving produces. It is normal to feel anger, fear, loss and depression. Acknowledge these feelings and find someone to talk to about them.
- Refuse feelings of guilt that may be put upon you by your loved one or others. Do not allow yourself to be manipulated by guilt or other negative feelings.
- Accept the positive feelings - appreciation, love, forgiveness, gratitude – bestowed on you by your loved one and others who see your difficult task. Caregiving is hard work and you should feel happy and proud to be a caregiver.
- Seek help from others, whether from friends and relatives or paid help. No one can do it all. Accept help in order to maintain your own life and individuality. You will need this life to return to when your days of being a caregiver ends.

If you need help finding resources for home care services, support groups or other caregiving issues, please call the Aging and Disability Resource Center of Vernon County at 608-637-5201 or 1-888-637-1323.

Jane Mahoney
Older American’s Act Consultant – Caregiver Support Specialist
Greater Wisconsin Agency on Aging Resources
How Your Income Might Be Affecting Your Medicare Premiums

If you are on Medicare and you have higher income, you may have to pay a higher monthly premium for your Part B and prescription drug coverage. These higher premiums are called “Income-Related Monthly Adjusted Amount” (IRMAA). Fewer than 5 percent of people with Medicare will pay IRMAA, so most people are not affected.

Whether you have to pay an IRMAA depends on your tax filing status and yearly income from two years ago. That means that in 2020 your IRMAA will be based on your 2018 tax return, as shown in the table below.

<table>
<thead>
<tr>
<th>If your yearly income in 2018 (for what you pay in 2020) was:</th>
<th>You pay each month (in 2020) for Part B</th>
<th>You pay each month (in 2020) for Part D</th>
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<tr>
<td>File individual tax return</td>
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<td>$87,000 or less</td>
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<td>Your plan premium + $12.20</td>
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<td>From $109,001 to $136,000</td>
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<td>From $136,001 to $163,000</td>
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<td>From $163,001 to $499,999</td>
<td>$462.70</td>
<td>Your plan premium + $70.00</td>
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<td>$500,000 or above</td>
<td>$491.60</td>
<td>Your plan premium + $76.40</td>
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<td>File joint tax return</td>
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<td>File married &amp; separate tax return</td>
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If you believe that your IRMAA is wrong, the Social Security Administration (SSA) may recalculate it. However, this will usually happen only if you have had a life-changing event. SSA considers these situations to be life-changing events:
1. Death of a spouse
2. Divorce or Annulment
3. Marriage
4. Loss of Pension
5. You or your spouse stopping work or reducing the number of hours you work
6. Involuntary loss of income-producing property due to a natural disaster, disease, fraud, or other circumstances
7. Receipt of settlement payment from a current or former employer due to the employer’s closure or bankruptcy

You may also ask SSA to recalculate your IRMAA if you filed an amended tax return, if the IRS provided incorrect income information to SSA, or if there is a more recent tax return available.

If you have an IRMAA in 2020 and you experienced one of these life-changing events, contact an Elder Benefit Specialist. You will need to show proof that a life-changing event occurred. For example, if you recently got married, you should be prepared to show your marriage certificate. If SSA finds that your IRMAA was incorrect, you will be refunded for any higher premiums that were already paid (the difference between the IRMAA premium and the standard premium amount).
Oral Health

Improving Your Health with Oral Care

Your overall health and your oral health are closely linked. As you age, your risk of having poor oral health increases. Infections in your teeth and the structures supporting them, like your gums, can increase risks for many illnesses. These include heart disease, diabetes, cancer, and stroke as well as infections like pneumonia. In turn, these illnesses and some medicines may increase risks to your oral health.

Older adults with disability, cognitive impairment, visual problems, arthritis, or dry mouth are more likely to have poor oral health.

Most older adults have some type of oral health problem. These problems may cause you pain, tooth and bone loss, difficulty with eating, malnutrition, infections, and changes in your overall health. Also, you may feel embarrassment and anxiety about your appearance and smile, which could affect your willingness to socialize with others.

Fortunately, you can take steps to help prevent these problems and improve your oral health.

Prevent Oral Health Problems

You may be able to prevent poor oral health if you:

- Brush your teeth thoroughly twice a day
- Use dental aids or adaptive dental tools (electric toothbrush, flossing/water flossing)
- Get treatment for decay and other infections in your mouth
- Get dental screenings and exams
- Talk to your doctor about some of the medications you are on. Some may cause darkened teeth, dry mouth, or other conditions, and may require a change in dental treatment.

Get Oral Health Services

The federal Community Health Center program provides preventive dental services to people with little access to care. Centers must provide care to people of all ages on a sliding fee scale based on their ability to pay. About 1,400 health centers operate some 10,000 service delivery sites in every U.S. state, the District of Columbia, Puerto Rico, the Virgin Islands, and the Pacific Basin. Locate a health center.

Find additional information about government resources available through the Health Resources and Services Administration (HRSA).

ACL.gov

ACL is an operating division of the U.S. Department of Health and Human Services.
**Appointments are available for AARP tax aide**

Vernon County residents call the Aging and Disability Resource Center to schedule your appointment.

608-637-5201 or 1-888-637-1323

**Limited dates and times available**

Dates: February 20, 27
March 5, 12, 19, 26
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<td>HILLSBORO IN-TOWN SERVICE</td>
<td>Senior Shopping</td>
<td>Viroqua 8:30</td>
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<tr>
<td>Westby 8:45</td>
<td>LaFarge 9:15</td>
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<td>Day in Onalaska</td>
<td>Westby 8:45</td>
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<td>Hobby Lobby, etc.</td>
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Fares:
- $7.00 - La Crosse, Richland Center
- $12.00 - Madison
- $3.00 - Hillsboro in town

RESERVATIONS ARE REQUIRED FOR ALL OF OUR TRANSPORTATION SERVICES. CALL 637-5201 OR 1-888-637-1323

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.
Upcoming Minibus Trips

Thursday, February 6, 2020
Lunch at Piggy’s in La Crosse
Enjoy a delicious lunch at Piggy’s Restaurant in Downtown La Crosse. All you can eat soup & salad bar for $10, or order off the lunch menu.

Thursday, February 27, 2020
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, March 6, 2020
International Festival of Owls in Houston, MN
Enjoy seeing a diversity of owls including a live Snowy Owl.
10:00-4:00 Live owls on display
11:00-Live Owl Program: The Travels of Mini Hooston
2:00-Live Owl Program: Owl Detectives
Admission: $10

Thursday, March 26, 2020
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.

** April: Wisconsin Dells Trip**

** May: Greenhouse Outing**
Disability Advocacy Day
Tuesday, March 24, 2020, 9:30am - 3:30pm
Monona Terrace, 1 John Nolen Ave, Madison, WI

SAVE THE DATE FOR DISABILITY ADVOCACY DAY!

Registration WILL OPEN February, 2020

Disability Advocacy Day is a day-long event focused on connecting Self-Advocates with their legislators to talk about issues that matter to them. Attendees are expected to participate in the full day of activities.

REGISTRATION INFORMATION

- Register Fee: $10 per person.
- Order a lunch (optional) $10
- YOU MUST REGISTER TO PARTICIPATE. Direct Care Workers attending to assist you for the day must register for this event.
- Use your HOME/VOTING address to register. Business addresses or PO Boxes are not allowed.
- **NO ON-SITE REGISTRATION OR WALK-INS.**

AGENDA AT A GLANCE

9:30: Check in: Monona Terrace, One John Nolen Drive, Madison
Stop by Voting Resource table. Spring Statewide Election April 7

10:30: Briefing on Survival Coalition’s current issues, planning time and lunch

12:15: Rally at the State Capitol Rotunda (3 blocks away)

1:00-3:00: Attend Legislative visits

3:00-3:30: Check out and debrief after your visit at the Capitol

EVENT REMINDERS:

- Participants support Survival Coalition’s mission to maximize community inclusion for all people w/disabilities.
- Participants must attend the 10:30 a.m. briefing at the Monona Terrace Convention Center.
- Attend your legislative visits at the scheduled time with your group.

**COMING SOON!** REGISTRATION AND EVENT INFORMATION WILL BE AVAILABLE AT [WWW.SURVIVALCOALITIONWI.ORG](http://WWW.SURVIVALCOALITIONWI.ORG)
Fall Prevention Workshop
Tuesday’s, February 18—March 31
9:00—11:00 am
Stoddard Methodist Church, 900 Broadway Street
Stoddard, WI
Please call the ADRC of Vernon County for more information
608-637-5201
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 $4.00 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 in ability to pay.

**Senior Dining Centers require reservations unless noted below.**

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

**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.
*Home Delivery for DeSoto, Genoa, Retreat, & Stoddard areas*

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**Mon, Feb 3**— Chili w/ beans, cornbread w/ honey, creamy coleslaw, applesauce, crème puffs w/ caramel sauce.
**Tues, Feb 4**— Sloppy joe on bun, California blend vegetables, baked beans, pineapple tidbits, cookie.
**Wed, Feb 5**— Roasted BBQ chicken, rosemary potatoes, carrots, dinner roll, mandarin oranges, lemon bar.
**Thurs, Feb 6**— Swedish meatballs over parmesan noodles, whole kernel corn, wheat bread, diced pears, pie.
**Mon, Feb 10**— Salisbury steak, mashed potatoes w/ gravy, cream corn, wheat bread, applesauce, blueberry crisp w/ topping.
**Tues, Feb 11**— Lasagna, cauliflower, dinner roll, banana, cookie, fruit juice.
**Wed, Feb 12**— Cheesy ham & hash brown bake, Monte Carlo blend vegetables, wheat bread, diced pears, butterscotch pudding dessert.
**Thurs, Feb 13**— Batter fried cod, garlic herb potatoes, green beans, wheat bread, pineapple tidbits, brownie w/ powdered sugar.
**Mon, Feb 17**— Fried chicken, scalloped potatoes, carrots, dinner roll, banana, glazed lemon cake.

**Tues, Feb 18**— Tater tot casserole, carrots, dinner roll, fresh fruit salad, cookie, fruit juice.
**Wed, Feb 19**— Baked chicken breast, harvest moon vegetables, baked beans, wheat bread, apple slices, fruit & yogurt parfait.
**Thurs, Feb 20**— Beef tips w/ gravy, boiled potatoes, kidney bean salad, wheat bread, strawberries, pie w/ topping.
**Mon, Feb 24**— Stuffed chicken, mashed potatoes w/ gravy, island vegetable blend, wheat bread, diced peaches, bread pudding w/ caramel sauce.
**Tues, Feb 25**— Ham & scalloped potato casserole, broccoli, dinner roll, diced pears, cookie.
**Wed, Feb 26**— Roasted pork loin, au gratin potatoes, sliced beets, wheat bread, banana, pudding cup.
**Thurs, Feb 27**— Broiled cod w/ tartar sauce, twice baked potato, carrot sticks w/ dip, wheat bread, pineapple tidbits, Rice Krispy bar.

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**Mon, Feb 3**— Meatballs, mashed potatoes, beets, strawberry shortcake, fruit juice.
**Tues, Feb 4**— Boiled ham, carrots, potatoes, cabbage, applesauce, brownie.
**Wed, Feb 5**— Beef tips, boiled potatoes, creamy kidney beans, orange, chocolate pudding.
**Thurs, Feb 6**— Hot turkey w/ gravy, mashed potatoes, green beans, cranberry sauce, pie.
**Mon, Feb 10**— Ham & scalloped potatoes, baked beans, peaches, cookie.
Tues, Feb 11 — Boiled bologna, mashed potatoes & gravy, creamed corn, fruit juice, mandarin orange cake.
Wed, Feb 12 — Lasagna, green beans, fruit, carrot cake.
Thurs, Feb 13 — Roast beef, boiled potatoes, cabbage, pineapple, pie.
Mon, Feb 17 — Goulash w/ beans & stewed tomatoes, tossed salad w/ spinach, pears, cookie.
Tues, Feb 18 — French toast w/ strawberries, breakfast egg bake, fruit cup.
Wed, Feb 19 — Ham sandwich, potato salad, peaches, pumpkin pie.
Thurs, Feb 20 — Meatloaf, au gratin potatoes, creamed corn, tropical fruit, bar.
Mon, Feb 24 — Spaghetti w/ meat sauce, tossed salad w/ spinach, peaches, garlic bread, cookie.
Tues, Feb 25 — Roast beef, potatoes, carrots, orange, pistachio fluff.
Wed, Feb 26 — Tacos w/ fixings, creamed corn, applesauce, carrot cake.
Thurs, Feb 27 — Chicken tenders, fried potatoes, baked beans, pineapple, pumpkin bar.

Mon, Feb 3 — Grilled chicken breast, roasted baby reds, green beans, wheat bread, tropical fruit, chocolate cupcake.
Tues, Feb 4 — Pork chop w/ mushroom gravy, mashed potatoes, butternut squash, wheat dinner roll, pineapple tidbits, vanilla pudding.
Wed, Feb 5 — Baked tilapia, spinach salad w/ ranch dressing, steamed corn, wheat bread, mandarin oranges, pumpkin pie square.
Thurs, Feb 6 — Spaghetti w/ meatballs, steamed broccoli, bread stick, sliced peaches, apple cake.
Mon, Feb 10 — Sloppy joes, steak fries, carrot sticks & dip, fresh fruit, chocolate pudding.
Tues, Feb 11 — Baked chicken, baked potato w/ sour cream, baked beans, cornbread muffin, pineapple tidbits, carrot cake w/ cream cheese frosting.
Wed, Feb 12 — Chicken fajita salad, baked tortilla chips, peaches, Rice Krispy bar.
Thurs, Feb 13 — Swiss steak, mashed potatoes & gravy, Brussel sprouts, wheat bread, pears, lemon cake.
Mon, Feb 17 — Baked ham w/ pineapple slices, scalloped potatoes, Brussel sprouts, wheat bread, orange sherbet.
Tues, Feb 18 — Lasagna, tossed salad w/ Italian dressing, wheat bread stick, pears, chocolate chip cookie.
Wed, Feb 19— Sliced turkey, mashed potatoes & gravy, butternut squash, bread stuffing, cranberry apple salad, yellow cupcake.
Thurs, Feb 20— Beef stew, broccoli salad, wheat biscuit, fresh fruit cup, pumpkin bar.
Mon, Feb 24— Cheeseburger on a bun, roasted baby reds, steamed broccoli, wheat dinner roll, tropical fruit, yellow cake w/ chocolate frosting.
Tues, Feb 25— Scalloped potatoes & ham, steamed corn, 4 bean salad, cornbread muffin, sliced strawberries, angel food cake.
Wed, Feb 26— Baked tilapia, baked potato w/ sour cream, spinach salad, wheat bread, mandarin oranges, peanut butter bar.
Thurs, Feb 27— Meatloaf, mashed potatoes & gravy, steamed carrots, wheat bread, peaches, oatmeal raisin cookie.

Mon, Feb 10— Salisbury steak, mashed potatoes w/ gravy, cream corn, wheat bread, applesauce, blueberry crisp w/ topping.
Tues, Feb 11— Lasagna, cauliflower, dinner roll, banana, cookie, fruit juice.
Wed, Feb 12— Cheesy ham & hash brown bake, Monte Carlo blend vegetables, wheat bread, diced pears, butterscotch pudding dessert.
Thurs, Feb 13— Batter fried cod, garlic herb potatoes, green beans, wheat bread, pineapple tidbits, brownie w/ powdered sugar.
Mon, Feb 17— Fried chicken, scalloped potatoes, carrots, dinner roll, banana, glazed lemon cake.
Tues, Feb 18— Tater tot casserole, carrots, dinner roll, fresh fruit salad, cookie, fruit juice.
Wed, Feb 19— Baked chicken breast, harvest moon vegetables, baked beans, wheat bread, apple slices, fruit & yogurt parfait.
Thurs, Feb 20— Beef tips w/ gravy, boiled potatoes, kidney bean salad, wheat bread, strawberries, pie w/ topping.
Mon, Feb 24— Stuffed chicken, mashed potatoes w/ gravy, island vegetable blend, wheat bread, diced peaches, bread pudding w/ caramel sauce.
Tues, Feb 25— Ham & scalloped potato casserole, broccoli, dinner roll, diced pears, cookie.
Wed, Feb 26— Roasted pork loin, au gratin potatoes, sliced beets, wheat bread, banana, pudding cup.
Thurs, Feb 27— Broiled cod w/ tartar sauce, twice baked potato, carrot sticks w/ dip, wheat bread, pineapple tidbits, Rice Krispy bar.

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.

Mon, Feb 3— Chili w/ beans, cornbread w/ honey, creamy coleslaw, applesauce, crème puffs w/ caramel sauce.
Tues, Feb 4— Sloppy joe on bun, California blend vegetables, baked beans, pineapple tidbits, cookie.
Wed, Feb 5— Roasted BBQ chicken, rosemary potatoes, carrots, dinner roll, mandarin oranges, lemon bar.
Thurs, Feb 6— Swedish meatballs over parmesan noodles, whole kernel corn, wheat bread, diced pears, pie.
Tues, Feb 4— Ranch chicken, wheat dinner roll, butternut squash, au gratin potatoes, berries, melon cup.

Wed, Feb 5— BBQ pork ribs, wheat dinner roll, sweet potatoes, coleslaw, fresh fruit.

Thurs, Feb 6— Open faced turkey sandwich, mashed potatoes, green beans, marinated vegetable salad, grapes.

Fri, Feb 7— Chili, grilled cheese sandwich, seven layer sandwich, fresh fruit cup.

Tues, Feb 11— Creamed chicken, wheat biscuit, peas & carrots, fresh fruit, pumpkin bar.

Wed, Feb 12— Spaghetti w/ meat sauce, garlic breadstick, peas, Italian romaine salad, grapes.

Thurs, Feb 13— Parmesan crusted pork chop, wheat dinner roll, baked potato, coleslaw, banana pudding.

Fri, Feb 14— Scalloped potatoes & ham, wheat dinner roll, kale berry salad, squash soup, apple pie.

Tues, Feb 18— Salisbury steak, wheat dinner roll, mashed potatoes, roasted carrots, coleslaw, fresh fruit.

Wed, Feb 19— Baked chicken, wheat dinner roll, coleslaw, mashed sweet potato, California vegetable blend, fresh melon, birthday cake.

Thurs, Feb 20— Meatballs w/ gravy, wheat dinner roll, mashed potatoes, broccoli Normandy, grapes, apple crisp.

Fri, Feb 21— Baked cod, seasoned rice, peas, zucchini salad, fresh fruit, monster cookie.

Tues, Feb 25— Herb pork loin, wheat dinner roll, green beans w/ tomatoes, au gratin potatoes, fresh fruit.

Wed, Feb 26— Chicken tortellini, green beans, mandarin spinach salad, banana, brownie.

Thurs, Feb 27— Roasted turkey, butternut squash, creamy cucumber salad, grapes, lemon bar.

Fri, Feb 28— Fish sandwich, French fries, coleslaw, fresh melon, fruit crisp.
Wed, Feb 19— Smothered chicken breast, scalloped potatoes, stewed tomatoes, cornbread, Jell-O fruit salad.
Thurs, Feb 20— Meatloaf, boiled new potatoes, green beans, wheat bread, fruit cobbler.
Mon, Feb 24— Roast beef, roasted potatoes & onions, honey butter squash, wheat bread, frosted chocolate cake, banana.
Tues, Feb 25— Ring bologna, baked beans, coleslaw, hot cinnamon apples, wheat bread.
Wed, Feb 26— Chicken cordon bleu bake, diced beets, honey bran muffin, pumpkin bar.
Thurs, Feb 27— Beef meatballs, mashed potatoes & gravy, cream style corn, wheat bread, lemon bar, pineapple tidbits.

Mon, Feb 10— Salisbury steak, mashed potatoes w/ gravy, cream corn, wheat bread, applesauce, blueberry crisp w/ topping.
Tues, Feb 11— Lasagna, cauliflower, dinner roll, banana, cookie, fruit juice.
Wed, Feb 12— Cheesy ham & hash brown bake, Monte Carlo blend vegetables, wheat bread, diced pears, butterscotch pudding dessert.
Thurs, Feb 13— Batter fried cod, garlic herb potatoes, green beans, wheat bread, pineapple tidbits, brownie w/ powdered sugar.
Mon, Feb 17— Fried chicken, scalloped potatoes, carrots, dinner roll, banana, glazed lemon cake.
Tues, Feb 18— Tater tot casserole, carrots, dinner roll, fresh fruit salad, cookie, fruit juice.
Wed, Feb 19— Baked chicken breast, harvest moon vegetables, baked beans, wheat bread, apple slices, fruit & yogurt parfait.
Thurs, Feb 20— Beef tips w/ gravy, boiled potatoes, kidney bean salad, wheat bread, strawberries, pie w/ topping.
Mon, Feb 24— Stuffed chicken, mashed potatoes w/ gravy, island vegetable blend, wheat bread, diced peaches, bread pudding w/ caramel sauce.
Tues, Feb 25— Ham & scalloped potato casserole, broccoli, dinner roll, diced pears, cookie.
Wed, Feb 26— Roasted pork loin, au gratin potatoes, sliced beets, wheat bread, banana, pudding cup.
Thurs, Feb 27— Broiled cod w/ tartar sauce, twice baked potato, carrot sticks w/ dip, wheat bread, pineapple tidbits, Rice Krispy bar.

WESTBY SENIOR DINING CENTER
Kevin Gross, Center Manager
Westby United Methodist Church, 202 E. State St.
Westby, Phone 637-5201
Serving Monday thru Thursday @11:30 A.M.

Mon, Feb 3— Chili w/ beans, cornbread w/ honey, creamy coleslaw, applesauce, crème puffs w/ caramel sauce.
Tues, Feb 4— Sloppy joe on bun, California blend vegetables, baked beans, pineapple tidbits, cookie.
Wed, Feb 5— Roasted BBQ chicken, rosemary potatoes, carrots, dinner roll, mandarin oranges, lemon bar.
Thurs, Feb 6— Swedish meatballs over parmesan noodles, whole kernel corn, wheat bread, diced pears, pie.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<td>10</td>
<td>11</td>
<td>12</td>
<td>13 Board Meeting 11am Pot Luck 11:30am @ Church of Christ</td>
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The “Over 50 Club” is looking to increase its membership. For questions or information call Betty Bolton 637-8443
JOB SERVICE

PROVIDING EMPLOYMENT SERVICES AT A LIBRARY NEAR YOU

ASSISTANCE WITH:
- Enhance Your Job Search
- Career Counseling
- LinkedIn Use and Development
- Applying for Unemployment
- Job Center of Wisconsin Website
- Resume Writing
- Interview Preparation
- Networking

PROVIDED BY:
Myron Daubert ph: 608-789-5637
Licensed Career Counselor
State of WI-DWD-Job Service
2615 East Avenue South, La Crosse, WI
myron.daubert@dwd.wisconsin.gov

Individual appointments can be scheduled at your convenience by contacting Myron and he will schedule to meet at ANY Winding Rivers Library! Walk-in library schedule over to the right.

EMPLOYMENT SERVICES: MONTHLY LIBRARY SCHEDULE

VIROQUA
1st Tues. 10am to 1pm

WONEWOC
1st Wed. 10am to 12pm

PRAIRIE DU CHIEN
1st Thurs. 10am to 12pm

WHITEHALL
2nd Tuesday 1pm to 3pm

BLACK RIVER FALLS
2nd Wed. 10am to 1pm

TOMAH JOB CENTER
2nd Thurs 9am to 11am

MAUSTON
4th Wed. 10am to 12pm

ALMA
4th Thursday 10am to 12pm

WWW.JOBCENTEROFWISCONSIN.COM
The following is a list of support groups in February. Feel free to visit any of these without reservations.

<table>
<thead>
<tr>
<th>Support Group</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td><strong>Alzheimer’s Support Group</strong></td>
<td>February 3, 2020</td>
<td>2:00–3:00 pm</td>
<td>2nd Floor Fellowship Room, Maplewood Terrace, 620 S Garfield Ave., Viroqua</td>
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<tr>
<td></td>
<td>March 2, 2020</td>
<td>2:00-3:00 pm</td>
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<tr>
<td><strong>Grief Support Forum - Cooking for One</strong></td>
<td>February 17, 2020</td>
<td>10:00-Noon</td>
<td>The Bland Bekkedal Center for Hospice Care, 705 Arena Drive, Viroqua</td>
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<tr>
<td><strong>Fibromyalgia and Chronic Pain Support Group</strong></td>
<td>February 20, 2020</td>
<td>1:00 pm</td>
<td>Vernon Memoria Hospital - Taylor Conference Room, Lower Level</td>
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<tr>
<td><strong>Diabetes Support Group &amp; Education</strong></td>
<td>February 25, 2020</td>
<td>3:00-4:00 pm</td>
<td>Viroqua Medical Office Building, Conference Room B, 407 South Main St., Viroqua</td>
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<tr>
<td></td>
<td>February 26, 2020</td>
<td>10:30-11:30 am</td>
<td>Eagleview Room, Gundersen St. Joseph’s Hospital, 400 Water Ave, Hillsboro</td>
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Nutrition Facts Label

You may have noticed that the “Nutrition Facts Label” looks slightly different and is easier to read. In May of 2016, the U.S. Food and Drug Association (FDA) revised the requirements for the Nutrition Facts Label to make it easier for consumers to read and understand. Since issuing the new regulations, companies have been changing their label, with most labels being changed by January 2020.

**WHATS NEW**

**Nutrients:** Vitamin D and Potassium have replaced Vitamin A and Vitamin C on the label. This is listed as both actual amount as well as percent daily value.

**Added Sugars:** Added sugars are not listed on the label as percent daily value. Added sugars are sugars that are added during the processing of the food item.

**Calories:** Darker and larger letters make calories easy to identify.

**Servings:** The servings size is now listed in larger and dark letters. Serving size has been updated to reflect average amount often consumed.

**Foot Note:** New footnote better explains the meaning of % daily value. % daily value shows the percentage of your nutrition needs for that nutrient that are being met by consuming that food, based on a 2000 calorie diet.
Vernon County

Upcoming February Events

February 6—Lunch at Piggy’s in La Crosse Special Mini bus Trip
February 14—Happy Valentine’s Day
February 17—Human Service Committee Meeting 9am Erlandson Building
February 18—Stepping on Workshop Begins, See page 9
February 20—AARP Safe Driver Course 10am-2pm, Sherriff’s Department Conference Room
February 24—Nutrition Advisory Committee Meeting 3pm Banta Building
February 27—Senior Shopping Day Mini Bus Trip