



RESOURCE CONNECTIONS

December 2023



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.

Happy Holidays From the ADRC staff

As we start the holiday season our staff wanted to share their favorite tradition or memory. It is so nice to share our traditions and memories with people all year round but sharing during the holidays gives a person that warm glowing feeling inside. We hope you enjoy ours.

Wendy—Administrative Assistant: One memory I have is decorating the tree with my brother. My mom always wanted tinsel on the tree. I can remember taking each strand and lacing it on a limb while my brother would grab a clump and toss it up in the air towards the tree. Mom would come in frustrated saying, “One at a time, one at a time! Scott you have to re-do yours.” I still laugh at the memory.

Amy—Transportation Coordinator: Lutefisk! It only gets cooked in our house once a year—it even has it’s own pan—as to not stink up the good pans. My husband likes to reheat the leftovers in the work microwave so they get a good whiff too!

Teresa—Dementia/Caregiver Specialist: Best Christmas tradition: watching the movie “The Polar Express” with my daughter.

Brenda—Unit Manager: Baking day with mom making lefse, rosettes, church window cookies.

Jessica—Nutrition Coordinator: Having chick pox at Christmas time is my most memorable event when I was younger. My favorite tradition is getting together each year and baking cookies with my friends.

Beth—Social Worker: A fond Christmas memory is of watching family make goodies to be eaten at Christmas such as krumkake, sandbakkels and lefse.

Lynette—Disability Benefits Specialist: Hmm.. I would say my favorite Christmas memory was in 2002, when I spent the Christmas holiday in the hospital because we welcomed our son Garrett to the world. The best Christmas gift that keeps on giving.

Katie—Elder Benefits Specialist: Setting up for Xmas the day after Thanksgiving. It is usually all weekend long. And will be more work this year as I will be decorating Home & Office.

Social Security Benefits Increase in 2024



More than 71 million Americans will see a 3.2% increase in their Social Security benefits and Supplemental Security Income (SSI) payments in 2024. On average, Social Security retirement benefits will increase by more than \$50 per month starting in January.

Federal benefit rates increase when the cost-of-living rises, as measured by the Department of Labor's Consumer Price Index (CPI-W). The CPI-W rises when inflation increases, leading to a higher cost-of-living. This change means prices for goods and services, on average, are higher. The cost-of-living adjustment (COLA) helps to offset these costs.

Social Security Administration (SSA) will mail COLA notices throughout the month of December to retirement, survivors, and disability beneficiaries, SSI recipients, and representative payees. But if you want to know their new benefit amount sooner, you can securely obtain your Social Security COLA notice online using the Message Center in your personal *my Social Security* account at www.ssa.gov/myaccount. *You can access this information in early December, prior to receiving the mailed notice. Benefit amounts will not be available before December.*

If you prefer to access their COLA notice online and not receive the mailed notice, you can log in to your personal *my Social Security* account at www.ssa.gov/myaccount to opt out by changing your preferences in the Message Center. *You can update your preferences to opt out of the mailed COLA notice, and any other notices that are available online. Do you know you can*

receive a text or email alert when there is a new message waiting for you? That way, you always know when SSA have something important for you – like your COLA notice.

“Social Security and SSI benefits will increase in 2024, and this will help millions of people keep up with expenses,” said Kilolo Kijakazi, Acting Commissioner of Social Security.

January 2024 marks when other changes will happen based on the increase in the national average wage index. For example, the maximum amount of earnings subject to Social Security payroll tax in 2024 will be higher. The retirement earnings test exempt amount will also change in 2024. Learn more at www.ssa.gov/news/press/factsheets/colafacts2024.pdf.

You can find more information about the 2024 COLA at www.ssa.gov/cola.

Keep up to date with news from Social Security Administration by subscribing to their monthly newsletter at <https://www.ssa.gov/news/newsletter/>

Information courtesy of Social Security November 2023 Newsletter

Budget Friendly Holiday Recipes

When you think of the holiday season, if you're like me, you think of the delicious food. When you think of food, you may think of the food costs have been going up. High food costs can put a strain on many families, especially around the holiday season. Delicious food doesn't have to break the bank, here are budget friendly recipes that you could make for your next holiday party.

(You may already have some of the ingredients at home which can help you save money!)

*Pricing per serving estimated based on Wal-Mart prices

Pull-Part Christmas Tree (Serves 8)

This fun appetizer will be the hit of the party and it's so easy to make!

Ingredients

- 1 package refrigerated pizza dough (\$3.64)
- Egg wash (1 egg whisked with 1 tbsp water) (\$0.12)
- 7 mozzarella sticks (\$2.26)
- 3 tbsp. butter, melted (\$0.37)
- 3 tbsp. finely grated Parmesan (\$0.37)
- 1 tbsp. Thinly sliced basil (\$0.50)
- 1 tbsp. chopped parsley (\$0.10)
- 1 tbsp. chopped rosemary (\$0.50)
- Marinara, warmed (for serving) (\$0.81)



Directions

Preheat oven to 425 degrees F. Line a large baking sheet with parchment paper. Cut mozzarella sticks into 1" pieces and set aside.

On a floured surface, divide pizza dough into two pieces. Stretch and roll each piece of dough into a long rectangle, then cut dough into 2" squares (you'll need 33 total).

Wrap a dough square around each piece of mozzarella, forming a tightly sealed ball. Place balls seam-side down on the baking sheet in the shape of a Christmas tree (they should be touching). Brush egg wash on dough balls and bake until golden, 15 to 20 minutes.

Meanwhile, whisk together melted butter, Parmesan and herbs. Brush on baked pizza balls.

Serve warm with marinara for dipping.

Price Per Serving: ~\$1.08/serving

Recipe From <https://www.delish.com/uk/cooking/recipes/a29261684/pull-apart-christmas-tree-recipe/>

Cauliflower Stuffing (Serves 6)

A great way to add more veggies to your plate and a fun twist on stuffing this holiday season.

Ingredients

- | | |
|--|---|
| 4 tbsp. butter (\$0.49) | Freshly ground black pepper |
| 1 onion, chopped (\$0.86) | 1 tbsp. freshly chopped parsley (\$0.10) |
| 2 large carrots, peeled and chopped (\$0.30) | 2 tbsp. freshly chopped rosemary (\$0.50) |
| 2 celery stalks, chopped or thinly sliced (\$0.30) | 1 tbsp. freshly chopped sage (or 1 tsp. ground sage) (\$0.05) |
| 1 small head cauliflower, chopped (\$2.87) | ½ cup vegetable or chicken stock (\$0.12) |
| 1 ½ cups button mushrooms, chopped (\$2.08) | |
| Salt | |

Continued on next page

Califlower Stuffing continued

Directions

In a large pan over medium heat, melt butter. Add onion, carrot, and celery and sauté until soft, 7 to 8 minutes.

Add cauliflower and mushrooms and season with salt and pepper. Cook until tender, 8 to 10 minutes more.

Add parsley, rosemary, and sage and stir until combined. Pour over stock and cook until totally tender and liquid is absorbed, 10 minutes.

Price Per Serving: ~\$1.27/serving

Recipe from <https://www.delish.com/uk/cooking/recipes/a29695937/cauliflower-stuffing-recipe/>



Slow Cooker Turkey Breast (Serves 2-6)

No need to fire up the oven for your turkey this year; try this slower cooker recipe that can feed a crowd.

Ingredients

1 bone-in, skin-on turkey breast, room temperature (\$13.72)

2 tbsp. packed light brown sugar (\$0.07)

1 tbsp. chilli powder (\$0.05)

1 tbsp. smoked paprika (\$0.05)

1 tsp. garlic powder (\$0.05)

Salt

Freshly ground black pepper

½ cup low-sodium chicken stock (\$0.12)

2 tbsp. honey (\$0.32)

¼ cup soy sauce (\$0.21)

2 tbsp. freshly chopped parsley (\$0.20)



Directions

Grease a large slow cooker with cooking spray. Roll a large piece of aluminium foil into a rope and then fold the rope into an oval. Place in slow cooker, creating a rack for the turkey.

In a small bowl, whisk together brown sugar, chilli powder, paprika, and garlic powder. Pat turkey dry with paper towels and season generously with salt and pepper. Press sugar mixture all over turkey, then place in slow cooker, breast side up.

Whisk together chicken stock, honey and soy sauce and pour into bottom of the slow cooker.

Cook on low for 3-4 hours, until a thermometer inserted into thickest part of the breast reads 165°F.

Remove turkey from slow cooker. To crisp up the skin, transfer turkey to a rimmed baking tray and grill until golden, 3 to 4 minutes. Let rest 15 minutes before slicing and serving. Garnish with parsley and serve.

Price Per Serving: ~\$2.46/serving (six servings)

Recipe from <https://www.delish.com/uk/cooking/recipes/a34367330/crockpot-turkey-breast-recipe/>

ADRC of Vernon County

Contact Information:

Phone: 608-637-5201 or 888-637-1323

Address: 402 Courthouse Square

Viroqua WI 54665

Office Hours: Monday—Friday

8:30am—4:30pm

Office Staff:

Brenda Olson—ADRC Director

Beth Brendel—Social Worker

Teresa Gander—Dementia Care Specialist

Katie Skolos—Elder Benefit Specialist

Lynette Peterson—Disability Benefit Specialist

Jessica Hanson—Nutrition Coordinator

Amy Emerson—Transportation Coordinator

Wendy Anderson—Administrative Assistant

New Face to the ADRC of Vernon County

Hello, my name is Katie Skolos. I am the new Elder Benefit Specialist with ADRC of Vernon County.

Prior to this position I worked with Vernon County for almost 7 years as an Economic Support Specialist working with the Elder, Blind & Disabled and those needing Long Term Care.

I am looking forward to meeting & continuing to work with the residents in Vernon County.

Family Caregiver Supports & Resources:



Care Partner Support Groups

In Person Options

1st Monday of the Month 10:00-11:00am

Maplewood Terrace (lower level) | 620 Garfield Ave, Viroqua

December 4, 2023

January 8, 2024

February 2, 2024

3rd Thursday of the Month 1:00-2:00pm

Soldiers Grove Library | 102 Passive Sun Drive, Soldiers Grove

December 21, 2023

January 18, 2024

February 15, 2024

Online Options

Thursday Evenings (specific to Dementia)

Every Thursday 7:30-8:30pm

3rd Tuesday of the Month 2:00-3:00pm

December 19, 2023

January 16, 20234

February 20, 2024

NEW! MCI and Early Stage Dementia Group

McIntosh Library | 205 South Rock Ave, Viroqua WI

Group for people with Mild Cognitive Impairment (MCI) or early stage dementia.

Last Monday of the Month at 10:00am. Call Teresa at 608.637.5201 to sign up.

January 29, 2024

February 26, 2024

These groups are a safe place to share stories, struggles, successes, & problem solve with others in similar situations.



Making healthy lifestyle choices may reduce your risk of dementia.

We don't yet know for certain what, if anything, can prevent dementia, but there may be steps you can take to help reduce your risk.



Control high blood pressure



Sleep well



Eat a healthy diet



Keep physically active



Connect with family and friends

Learn more about these steps and other healthy lifestyle changes you can make at www.alzheimers.gov/can-i-prevent-dementia.



Reducing Holiday Stress

It's time for the holidays once again; decorating, shopping, parties, family gatherings, presents, greeting cards...and the list goes on and on. While many people look forward to the hustle and bustle of the season, others see the holidays as a time of stress, chaos, and sadness.

People who have experience changes due to Alzheimer's, stroke or other medical conditions may feel a great deal of loss during the holidays. Those who are caring for these loved ones may feel overwhelmed by trying to keep up holiday traditions while continuing to provide care. They may also be uncertain about gathering with friends and family for fear the changes in physical health, behavior and personality may make others uncomfortable.

If you are experiencing anxiety over the upcoming holiday season it is important to realize that these feelings are normal, and you are not alone. There are ways to reduce stress during the holiday season. Please take a moment to contemplate what you can do to better manage your life during this busy season.

Adjust your expectations

Ask for Help

Prepare family and friends before getting together

Keep the needs of your loved one in mind

Be good to yourself

~ Adapted from GWAAR

We can help you make healthy lifestyle choices in 2024...

Think of joining one of these classes or groups in 2024

Boost Your Brain and Memory: Have you ever wondered if there were way to take care of your brain as you age? The Boost Your Brain & Memory class focuses on a variety of lifestyle factors that impact brain health and memory strategies. Class Topics: Physical Activity, Emotional Health, Cognitive Activity, Nutrition, Spiritual Activity, & Social Engagement.

Powerful Tools for Caregivers: You may not even think of yourself as a caregiver - you're simply helping someone you love. But when the stresses and difficulties that often come with caregiving become overwhelming, it's important to take care of yourself too. just six weeks, Powerful Tools for Caregivers can help you identify and manage the physical, emotional and financial challenges that family caregiving can present and connects you with other caregivers who are facing some of the same feelings and problems you may be facing.

Managing Stress: Stress is the reaction we experience when the demands placed on us are too much to cope with. While some stress can be positive, too much stress can affect us in negative ways both physically and emotionally. At this workshop learn ways to manage, reduce, identify signs & sources stress, and learn to make an action plan.

Care Partner Support Groups: Groups offer a safe place where any negative emotions about caregiving can be expressed and validated (like anger, frustration, and grief), helping participants feel they are not alone. Family Caregivers can gather ideas on how others deal with the everyday challenges of caring for a loved one during each of the stages of dementia. We offer both in person and virtual options.

MCI & Early Stage Dementia Support Groups: This group is for folks with mild cognitive impairment and early stage dementia. This group will be held in-person and offers a safe place for folks to share emotions, both positive and negative, discuss challenges and how to overcome them.

Lending Library: The ADRC has books regarding caregiving and dementia available at our office. Stop by and browse the selection.

Safety Resources: Carbon Monoxide Alarm and Door Chimes available at our office.

Family & Friends CPR/AED

Offered by Viroqua Park & Rec. Dept. &
Vernon Co. Over 50

Saturday, December 2, 9 – 11 am. at Bethel
Home Fellowship Hall
624 S. Rock Ave. Viroqua.

A fun and stress-free learning experience to
equip individuals with the knowledge and
skills to provide care in emergency situations.

Registration deadline is Mon. Nov. 27. Call
Carrie at Vernon Co. Over 50, 608-627-1850 or
at [https://viroqua.recdesk.com/Community/
Program](https://viroqua.recdesk.com/Community/Program).



***MAKING CONNECTIONS
BETWEEN YOU AND
YOUR COMMUNITY
SERVICES***



The Aging & Disability Resource Center of Vernon County provides meals at Senior Dining Centers for those age 60 and older.

The suggested donation is:
\$5.00 per congregate/home delivered meal

DE SOTO SENIOR MEALS

Butch Ghelf, Center Manager
Bright Spot Restaurant, 118 Mill Park
De Soto, Phone 648-3514
Serving Monday thru Thursday @11:30 A.M.

Monday	Tuesday	Wednesday	Thursday
<p>**Attention—Due to supply shortages, menu items may change without notice. We apologize for the inconvenience. Thank you.**</p>	<p>Senior meal reservations and cancellations must be received by 8am the day of the meal.</p>		
<p>4 Chicken/gravy over biscuits, mixed vegetables, dessert</p>	<p>5 Spaghetti and meat sauce tossed salad, garlic bread, dessert</p>	<p>6 Hamburger steak mashed potatoes w/ gravy Jello fruit</p>	<p>7 Vegetable beef soup cheese sandwich fruit dessert</p>
<p>11 BBQ pork baked potato stewed tomatoes dessert</p>	<p>12 Beef and noodles carrots Fruit dessert</p>	<p>13 Fish cheesy potatoes baked beans fruit dessert</p>	<p>14 Chicken dumpling soup cheese sandwich Fruit dessert</p>
<p>18 Ham, mashed potatoes w/gravy broccoli blend fruit cookie</p>	<p>19 Lasagna salad garlic bread fruit dessert</p>	<p>20 Chicken scalloped potatoes carrots fruit dessert</p>	<p>21 Chili with beans corn bread stewed tomatoes fruit dessert</p>
<p>25 Merry Christmas! Meal site Closed</p>	<p>26 Merry Christmas! Meal site Closed</p>	<p>27 Fish baked potato baked beans fruit dessert</p>	<p>28 Hamburger stew w/ mixed vegetables baking powder biscuit fruit dessert</p>

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HILLSBORO SENIOR MEALS

Gundersen St. Joseph's, 400 Water Ave
Hillsboro, Phone 608-637-2501
Serving Monday - Thursday

Monday	Tuesday	Wednesday	Thursday
<p>**Attention—Due to supply shortages, menu items may change without notice. We apologize for the inconvenience. Thank you.**</p>	<p>Senior meal reservations and cancellations must be received by 8am the day of the meal.</p>		
<p>4 Cheeseburger steak fries baked beans Peaches raspberry sherbet</p>	<p>5 Scalloped potatoes w/ham steamed corn spinach salad w/ranch Bread Strawberries w/angel food cake</p>	<p>6 Baked tilapia baked potato w/sour cream brussels sprouts Bread mandarin oranges brownie</p>	<p>7 Meatloaf mashed potatoes w/ gravy, steamed carrots Bread fruit cocktail peanut butter cookie</p>
<p>11 Beef & bean burrito Spanish rice shredded romaine, tomato, onion, salsa cucumber salad corn muffin chocolate pudding</p>	<p>12 BBQ pork sandwich tater tots steamed carrots Cantaloupe peanut butter cookie</p>	<p>13 Shepherd's pie spinach salad/ranch dressing Corn Bread peach quick cake</p>	<p>14 Open faced turkey sandwich mashed potatoes w/ gravy Broccoli, Roll fruit cocktail vanilla ice cream</p>
<p>18 Taco salad shredded romaine, tomato, onion, green pepper tortilla chips Pears pumpkin bar</p>	<p>19 Chicken breast w/gravy rice/ancient grain blend four bean salad mandarin oranges sugar cookie</p>	<p>20 Chicken strips mashed potatoes w/ gravy Carrots, Bread pineapple upside down cake</p>	<p>21 Roast beef baked potato w/sour cream brussels sprouts bread, fresh fruit cup raspberry sherbet</p>
<p>25 Merry Christmas! Meal site Closed</p>	<p>26 Merry Christmas! Meal site Closed</p>	<p>27 Chicken broccoli rice casserole Bread mandarin oranges brownie</p>	<p>28 Spaghetti & meatballs steamed broccoli bread stick apple cake</p>

WESTBY SENIOR MEALS

Jane , Center Manager
 United Methodist Church,
 202 E State St Westby
Phone 637- 5201
 Serving Monday thru Thursday
 @ 11:30 am

LA FARGE SENIOR MEALS

Anne, Center Manager
 Kickapoo Haven, 106 Main Street
 La Farge,
Phone 637-5201
 Serving Mon—Thurs
 @11:30 am

READSTOWN SENIOR MEALS

Claudia, Center Manager
 Valley View Apartments,
 520 N. 4th St. Readstown,
Phone 637-5201
 Serving **Tuesday thru Friday @11:00**
 A.M.

Monday	Tuesday	Wednesday	Thursday	Friday Readstown Only
Attention—Due to supply shortages, menu items may change without notice. We apologize for the inconvenience. Thank you.	Senior meal reservations and cancellations must be received by 8am the day of the meal.			1 Turkey BLT (bacon, lettuce & tomato) on wheat wrap Pears macaroni salad carrots & dip cookie
4 Scalloped potatoes w/ham vegetable blend roll apricots chocolate pudding	5 Creamy chicken over biscuit w/mixed vegetables lettuce salad w/ French dressing snicker apple salad	6 Hot pork mashed potatoes corn coleslaw cherry cobbler	7 Potato/hamburger casserole green beans roll Applesauce blueberry dump cake	8 Chicken noodle soup crackers salami & cheese sandwich fruit cocktail cookie
11 Baked ziti w/Italian sausage Caesar salad fruit fluff garlic breadstick	12 Swedish meatballs mashed potatoes squash roll apple cobbler	13 Waffle sticks w/syrup sausage patty scrambled eggs w/ onions & peppers V8 juice	14 Loaded baked potato (pork, cheese, sour cream) kidney bean salad apple slices brownie	15 Chili w/beans crackers, cornbread broccoli & dip rotini pasta salad, butterscotch pudding
18 Shephard's pie w/ veggies pineapple tidbits roll fruit dessert	19 Baked chicken legs potato salad BBQ baked beans roll angel food cake w/ strawberries	20 Pot roast mashed potatoes w/ gravy creamed spinach peaches cottage cheese, roll	21 Bake ham au gratin potatoes stuffing green bean casserole cranberry sauce pie	22 Turkey & bacon wrap w/lettuce & tomato pea & cheese salad chips, pears no bake cookie
25 Merry Christmas! Meal site Closed	26 Merry Christmas! Meal site Closed	27 Chicken stuffing bake steamed broccoli apricots roll raspberry bar	28 Beef stroganoff over noodles wax beans fresh fruit blueberry buckle dessert	29 Hamburger w/ lettuce & tomato BBQ baked beans carrots & dip New Year's treat

The Aging & Disability Resource Center of Vernon County provides meals at Senior Dining Centers for those age 60 and older.

The suggested donation is:
\$5.00 per congregate/home delivered meal

VIROQUA SENIOR MEALS

Janet Hohn, Manager Parkview Manor, 200 Parkview Ct, Viroqua
Serving Mon—Thurs @ 11am

Monday	Tuesday	Wednesday	Thursday
<p>**Attention—Due to supply shortages, menu items may change without notice. We apologize for the inconvenience. Thank you.**</p>	<p>Senior meal reservations and cancellations must be received by 8am the day of the meal.</p>		
<p>4 Beef Tips in Gravy Over Mashed Potatoes Creamed Peas Wheat Bread/Butter Applesauce Cake</p>	<p>5 Chicken Stir Fry w/ Stir Fry Vegetables Rice Fruited Gelatin w/ Whipped Topping</p>	<p>6 Taco Casserole Refried Beans Carrots Fritos Sliced Oranges</p>	<p>7 Pulled Pork Mac & Cheese Brussel Sprouts Berry & Banana Cup w/ Whipped Topping</p>
<p>11 Homemade Meatloaf Mashed Potatoes & Gravy Broccoli Wheat Bread/Butter Blueberry Pie</p>	<p>12 Ham & Scalloped Potatoes Edamame Dinner Roll/Butter Peach Cobbler</p>	<p>13 Chicken Parmesan Garlic Pasta Mixed Vegetables Mandarin Orange Fluff</p>	<p>14 Fish Sticks w/ Tartar Sauce Cheesy Mashed Potatoes Carrots Sweet Roll/Butter Fruited Gelatin</p>
<p>18 BBQ Chicken Sandwich Baked Beans Coleslaw Cinnamon Baked Apples</p>	<p>19 Spanish Beef & Rice w/ Tomatoes Cauliflower Wheat Bread/Butter Mandarin Oranges</p>	<p>20 Loaded Baked Potato (Diced Ham, Cheese, Sour Cream) Broccoli Dinner Roll/Butter Cherry Cheesecake</p>	<p>21 Creamed Chicken Over a Biscuit Peas & Carrots Blueberry Crisp</p>
<p>25 Merry Christmas! Meal site Closed</p>	<p>26 Merry Christmas! Meal site Closed</p>	<p>27 Cranberry Glazed Chicken Rice California Blend Vegetables Lemon Bar</p>	<p>28 Popcorn Shrimp Garlic Chive Mashed Potatoes Three Bean Salad Wheat Bread/Butter Strawberry Fluff</p>

January Virtual Book Club: We meet the last Tuesday of the Month at Noon

Letters from Madelyn: Chronicles of a Caregiver by Elaine Sanchez

Madelyn Kubin was a seventy-year-old Kansas farm wife. She appeared to be fragile because of her thinning white hair, macular degeneration, osteoporosis, congestive heart failure, and severe hearing loss. But when her husband Quentin suffered a debilitating stroke, she was forced to summon physical, emotional, and spiritual strengths she didn't know she possessed in order to care for him at home.

She managed her isolation, loneliness, and stress by going to her computer, disengaging her emotional monitor, and writing letters to her daughter Elaine. Madelyn's story of faith, courage, and love is told through her unflinchingly honest and surprisingly funny letters written in real time over the course of six-and-a-half years. She wrote unabashedly about her anger, guilt, depression, and grief.

Hillsboro Public Library Book Club: 819 High Ave, Hillsboro WI

Letters from Madelyn: Chronicles of a Caregiver by Elaine Sanchez

We will meet at the library, **Wednesday, February 21st**

Books are available at the Library.

Register by stopping by the library or calling Jackie at 608.489.2192.

Madelyn Kubin was a seventy-year-old Kansas farm wife. She appeared to be fragile because of her thinning white hair, macular degeneration, osteoporosis, congestive heart failure, and severe hearing loss. But when her husband Quentin suffered a debilitating stroke, she was forced to summon physical, emotional, and spiritual strengths she didn't know she possessed in order to care for him at home.

Call Teresa to learn more about caregiver supports and resources in Vernon County.

Available for individual or family meetings.

608.637.5201 or teresa.gander@vernoncounty.org

N K S L I P U H O F D B
 A X T C Z S M L E R S W
 Y P F B U K D I J N O H
 M Z R S C A R F T L C E
 S N O W J T H S P T K D
 F G Z I C E V N A B S M
 O K E X T U C O L D H Q
 R B N A Y I T W Z P F S
 T Q O D U A G M E L T K
 S C P O H B F A J A N I
 U W I N T E R N K Y G X
 Z A H F M S L E D O B P



boots	hat	plow	slip
coat	ice	scarf	snow
cold	melt	skate	snowman
forts	mitts	ski	socks
frozen	play	sled	winter



Celebrations and Gatherings

Healthy eating is important at every stage of life, including celebrations and gatherings. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:

Serve up variety

At your next event, create a colorful buffet table that includes a variety of foods from all the food groups.

Cheers to good health

Serve water or unsweetened iced tea with fresh mint leaves. Offer seltzer water with a splash of 100% fruit juice or a wedge of lemon or lime.

Make activity part of the fun

Laugh, mingle, dance, and play games. Have fun walking and talking with family and friends after a special meal.

Rethink dessert

Offer a combination of fresh and dried fruit. Put out fixings for guests to make their own trail mix with a combination of peanuts, dark chocolate chips, and dried fruits.

Reduce food waste

Manage leftovers by packing them for guests to take home, adding them to soups or salads, and including extra veggies in omelets, sandwiches, or stews.

Try a twist on a dish

Substitute unsweetened applesauce for butter when baking, or use low-fat milk when a recipe calls for cream. Experiment with low-salt herbs and spices.

The benefits of healthy eating add up over time, bite by bite.

Courtesy of USDA My Plate website

Caregiving in Wisconsin



19% of Wisconsinites provided caregiving to a friend or family member who has a health problem or disability

36% of caregivers are taking care of their parents/in-laws
18% of caregivers are taking care of their spouse
10% of caregivers are taking care of a child

Caregivers are diverse

57% of caregivers are female
43% of caregivers are male

The average age of caregivers in Wisconsin is 60

Caregiving is time-consuming



The average caregiver provides an average of 19 hours per week

Caregivers provide skilled labor

76% of caregivers reported managing household tasks
40% of caregivers reported assisting with personal care tasks

Caregivers help with a variety of needs

- Helping with daily needs such as eating, bathing, and dressing
- Managing medications and care
- Assisting with mobility needs
- Managing money
- Helping care for home

Caregiving in Wisconsin



54%

54% of caregivers are in the workforce

26%

26% of caregivers have children under 18 in the household

Many caregivers are **informal caregivers** - they are not paid to take care of their care recipient

Caregivers may have jobs, young children, or other responsibilities. They must balance these roles with caregiving.

Help Support Caregivers

Guide caregivers to national, state, and local support services and organizations such as:

- Their local Aging and Disability Resource Center
- Extension's educational programs for caregivers, families, and individuals across the lifespan
- The Wisconsin Family Caregiver Support Alliance

Learn about other actions you can take to support caregivers from the US Recognize, Assist, Include Support, and Engage (RAISE) Act Family Caregiving Advisory Council.

Scan this QR Code for links to these caregiver resources:





The ADRC of Vernon County is pleased to announce 2 trips to the La Crosse Rotary Lights on our Mini Bus!!

Mini Bus Trips to La Crosse Rotary Lights!!

December 14th & 18th

- ❖ Pick up spots include Viroqua Wal-Mart & Hansen's IGA in Westby
- ❖ Bus arrives at the Viroqua Wal-Mart at 4:00 and Westby IGA at 4:15
- ❖ If you live in town the bus will stop and pick you up at your home
- ❖ We will stop at Culver's for those who wish to eat before returning home
- ❖ Cost is \$7.00 a person round trip

Please call the ADRC of Vernon County at 608-637-5201 or 1-888-637-1323

to reserve your spot.

ALL ARE WELCOME!!!







DECEMBER



2023

VERNON COUNTY MINIBUS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
* All bus routes will run based on community need. Call early to reserve a spot.				1 Viroqua 8:30 Westby 8:45 Coon Valley 9:00 Chaseburg 9:15 Stoddard 9:30 Arr: La Crosse 10:00
4	5	6 HILLSBORO IN-TOWN SERVICE (9:00 – 3:00)	7	8 (based on need) Viroqua 8:30 Westby 8:45 Coon Valley 9:00 Chaseburg 9:15 Stoddard 9:30 Arr: La Crosse 10:00
11	12 Viroqua 8:00 Viola 8:15 LaFarge 8:30 Hillsboro 9:00 Arr: Richland Center 10:00	13 HILLSBORO IN-TOWN SERVICE (9:00 – 3:00)	14 <i><u>Rotary Lights</u></i> <i><u>Special Trip</u></i> 	15 Viroqua 8:30 Westby 8:45 Coon Valley 9:00 Chaseburg 9:15 Stoddard 9:30 Arr: La Crosse 10:00
18 <i><u>Rotary Lights</u></i> <i><u>Special Trip</u></i> 	19 Viroqua 8:00 LaFarge 8:30 Hillsboro 9:00 Ontario 9:20 Arr: La Crosse 10:00	20 HILLSBORO IN-TOWN SERVICE (9:00 – 3:00)	21	22 (based on need) Viroqua 8:30 Westby 8:45 Coon Valley 9:00 Chaseburg 9:15 Stoddard 9:30 Arr: La Crosse 10:00
25 <u>No Minibus Service</u>	26 <u>No Minibus Service</u>	27 HILLSBORO IN-TOWN SERVICE (9:00 – 3:00)	28	29 Viroqua 8:30 Westby 8:45 Coon Valley 9:00 Chaseburg 9:15 Stoddard 9:30 Arr: La Crosse 10:00

Please call the ADRC to schedule or for more information.

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

Schedule subject to change contact the ADRC for information and reservations.



Aging & Disability Resource Center
402 Courthouse Square, Banta Building
Viroqua, WI 54665
608-637-5201 or 1-888-637-1323

Vernon County

Upcoming December Events

December 2nd— KVR Holiday Happening 12pm—5pm

December 23rd—Historic Temple showing It's a Wonderful Life 3pm—5pm

December 25th & 26th - All Vernon County Offices and Senior Dining sites are closed for the Holiday