

## 2026 Jackson County Women In History Honored



On Wednesday, March 4, Jackson County held its 31st Annual Women in History ceremony. Five honored women of Jackson County were selected to receive the 2026 Women in History award for their influence, service, and dedication to the citizens of Jackson County. Back Row: Jackson County Sheriff Duane Waldera, Bev Kirschner, Kathy Boe, Kathleen Clemons, Jackson County Board Chair Jeff Amo. Front Row: Connie Gates, Edith Kling.

## May Is Older Americans Month

*Written by Susan Krolow, SMP Volunteer Coordinator*

Each May, we recognize Older Americans Month, a time to celebrate the contributions, strength, and resilience of older adults in our communities. Established in 1963, this observance reminds us of the vital role older adults play in shaping families, neighborhoods, and organizations. Older adults bring a lifetime of experience, wisdom, and perspective. They serve as volunteers, mentors, caregivers, and advocates—sharing their time and talents in ways that strengthen our communities and enrich the lives of others. Older Americans Month is also a reminder of the importance of connection and engagement at every stage of life. Staying involved and connected supports well-being and helps build strong, vibrant communities for all generations. This May, we invite you to take a moment to celebrate the older adults in your life—thank a volunteer, listen to a story, or simply reach out. Aging is not about slowing down; it's about continuing to make a difference.

### Community & Cuisine – Dinner After Five

From forest to table, join us for the magic of maple. Hosted by the ADRC's Senior Nutrition Program.

Must be 60 or older, or you may attend if with a spouse who is 60 or older. Suggested contribution of \$5.50

Registration Required: 715-284-3978

#### — The Art of Maple Syrup —

Our evening will include a short presentation, dinner and socialization. We will be talking about this centuries-old craft that blends nature, patience, and tradition. Where every drop reflects skill and seasonal timing. Leave the evening with some new ideas and a full belly!

**Thursday, May 21<sup>st</sup> | 5:00 PM**  
**Jackson Co. DHHS | 421 County Road R, BRF WI**



Questions?  
Give us a call at 715-284-3978



# Save the Date ★ ADRC

Aging and Disability Resource Center of Jackson County

## JACKSON COUNTY'S 3rd Annual Senior Health Fair

**June 4th 10:00AM - 2:00PM**  
**Black River Falls Middle School**

★ Large Variety of Exhibitors

★ Special Presentations

★ Light Lunch

★ Door Prizes

**Open to the public, regardless of age or disabilities**

★ *"In June, We Wear Purple"* ★

## Drug Take Back Day

Drug Take Back Day events provide a safe, convenient, and responsible means of disposal, while also educating the community about the potential misuse and consequences of improper storage and disposal of medications. **The Jackson County Sheriff's Office is hosting a Drug Take Back event on Saturday, April 25th from 9AM to 12PM at the ERT Building at 23 Harrison Street in Black River Falls, Wisconsin.** If you miss or are unable to attend this event, you can still safely dispose of your unused or expired medications through a Medication Drop Box. Medication Drop Boxes can be a safe, effective, and convenient way to dispose of medications, while also preventing unused medications from being stolen, misused, abused or accidentally ingested. For a list of Medication Drop Boxes near you please visit <https://dhs.wisconsin.gov/opioids/safe-disposal.htm>.







Aging and Disability Resource Center  
of Jackson County

# ADRC ADVISORY COMMITTEE MEMBERS NEEDED



## Open Positions

2 community members to represent the following demographics:

- Ho-Chunk Nation Tribal Member 60+ years old
- Individual 60+ years old



Request a volunteer application now by calling the ADRC at 715-284-3978



# Thank You for BEE-ING the Sweetest Volunteers!

Now we know what all the BUZZ is about – our amazing Volunteers! Thank you for sharing your time, energy and talents. Your dedication makes a difference and we are grateful for what you do.

Thanks for BEE-ing part of our HIVE





Aging and Disability Resource Center  
of Jackson County



# SAVE THE DATE

## AGING *Gracefully*

### WHEN

May 20<sup>th</sup>, 2026  
9:00am – 2:30pm

### WHERE

Interfaith Volunteers  
Black River Falls, WI

### WHAT

Topics: falls prevention, scams and spam, oral health, visual impairment resources, hobbies as we age





Aging and Disability Resource Center  
of Jackson County



SERVICES FOR PEOPLE  
WITH DISABILITIES

# Assistive Technology Learning Lab

Explore tools and technologies that can make everyday tasks easier and more accessible. Whether you're looking for solutions for your self, a family member or someone you support, this hands- on learning lab offers a welcoming space to explore assistive devices.

April 21<sup>st</sup>

ADRC -  
421 County Road R  
Black River Falls

9am - 5pm

No prior experience needed, just bring your curiosity.  
All community members welcome

## Thank You!

The Aging & Disability Resource Center of Jackson County wants to extend a thank you to those who have donated to help continue its effective community service to individuals with disabilities and older adults and their families.

Carol Haugen in Memory of Bill Galster

# ADRC ACCESS HOUR

2026  
0000



1ST TUESDAY  
EVERY MONTH



BLACK RIVER FALLS  
PUBLIC LIBRARY



TIME  
12:00 - 1:00 PM

PROGRAM STAFF AVAILABLE:  
May - Adult Protective Services  
June - Aging Programs  
July - Disability Benefits Specialist



Aging and Disability Resource Center  
of Jackson County

0000 If you are unavailable for the walk in time above, schedule an appointment by calling: 715-284-3978



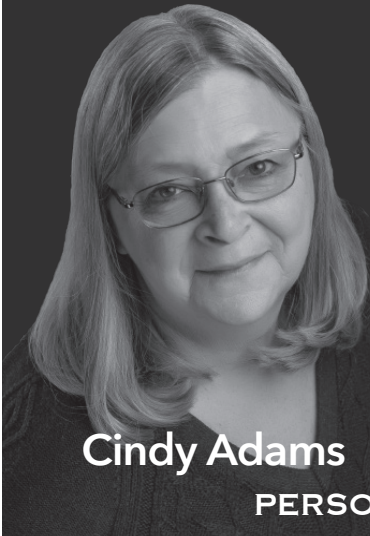
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# PEOPLE SINCE 1907

# S E R V I N G











# Remember The Roller Rink!



This photo should bring back lots of memories! These unidentified individuals were getting their skates on at The Thunderbird Roller Rink in downtown Hatfield. The Roller Rink, originally called “The Pavillion” was built by Joe Hannus in 1921. It was placed on large springs and when people enjoyed skating or dancing, the floor would bounce and make it fun and easy to keep in step. It was the only one like it in Wisconsin, and, probably, in the United States. If you would like to know more about the Roller Rink and the community of Hatfield, originally named Frankville, stop in at the History Room in the Black River Falls Public Library. Perhaps someone can identify those in the photo, too. (Photo from the Betty Epstein Photo Collection.)

## Supporting Healthy Aging from the Inside Out: Why Gut Health Matters

Amy Gunderson, RD, CD, WIC/Dietitian Jackson County Public Health

*Wisconsin Institute for Healthy Aging*

Protecting our health often means focusing on heart health, mobility, memory, and independence. But one powerful and often overlooked factor connects them all: gut health.

The gut microbiome — the trillions of bacteria living in our digestive tract — plays a critical role in digestion, immune function, inflammation regulation, metabolism, and even brain health. A diverse and balanced gut microbiome helps regulate blood sugar, supports cardiovascular and immune health, and keeps your digestive system working well.

This is very important as we age. Chronic inflammation and metabolic imbalances are key drivers of many chronic conditions. A healthy gut can help reduce inflammation, strengthen the immune system, and support metabolic health — all essential for maintaining resilience and independence.

**How Whole, Minimally Processed Foods Help**

One of the simplest and most effective ways

to support gut health is to eat **whole, minimally processed** foods. Highly processed foods are often low in fiber and high in added sugars and refined ingredients. Research has linked high consumption of ultra-processed foods with increased risk of cardiovascular disease and other chronic conditions.

Whole foods provide the fiber and nutrients that feed beneficial gut bacteria and help your microbiome thrive.

**Key Takeaways for Healthy Aging**

- **Eat a variety of whole foods:** Vegetables, fruits, whole grains, lean proteins (like fish, chicken or turkey breasts, eggs, tofu, and/or legumes), and healthy fats (such as olive oil, avocado, nuts, and some dairy) support a diverse and healthy gut microbiome.
- **Choose balanced dietary patterns:** Overall eating patterns support gut health better than focusing on single “superfoods” or supplements.
- **Minimize ultra-processed foods:** Packaged and highly processed foods can reduce microbial diversity and promote inflammation.
- **Each person has unique food preferences and potential sensitivities:** It is helpful to explore what is best for your individual health by working with a dietitian in order to determine your unique situation and dietary requirements.

Dietary patterns rich in whole, minimally processed foods are consistently associated with lower risk of heart disease, diabetes, and other chronic conditions — all central to healthy aging.

**Bottom Line**

Healthy aging isn’t just about adding years to life — it’s about adding life to years. While each person has unique nutritional needs, nourishing your gut with whole, minimally processed foods is a simple, practical, evidence-based step toward staying active, engaged, and independent.

### Beneficially Speaking



with  
**Megan Gerardy**  
Jackson County  
Elder Benefit  
Specialist

## Avoid a Medicare Part D Late Enrollment Penalty

By the GWAAR Legal Services Team

If you do not enroll in a Medicare Part D plan when you become eligible you could receive a late enrollment penalty or LEP. If after your initial enrollment period, you fail to enroll in a Medicare Part D plan or do not enroll in creditable coverage for a continuous 63 days or more you will receive a LEP. This penalty increases every month that you go without Part D coverage after the 63 days. This penalty will attach to your Part D premium and will remain attached to your premium as long as you have a Part D plan. Below is an example of how the LEP is calculated.

**Example:**

If you did not enroll in a Medicare Part D plan until 15 months after you became eligible for Medicare and you did not have creditable coverage, you would pay a 15% LEP in addition to your monthly Part D premium. This LEP is calculated using the national base beneficiary premium. For 2026 the national base beneficiary premium is \$38.99.

\$38.99 (2026 national base beneficiary premium)  
X 0.15 (15% penalty)  
\$ 5.85 (round to the nearest \$0.10)  
\$ 5.90 is the LEP attached to your monthly Part D premium.

The good news is that you have a few options to eliminate the LEP or avoid one altogether. You can enroll in creditable coverage instead of a Part D plan. Creditable coverage is coverage that pays for or covers, at a minimum, the same as a standard Medicare Part D plan. This coverage can come from some employer plans, military-related coverage, or you can sign up for SeniorCare. SeniorCare is creditable coverage that offers prescription drugs at reduced prices. This program will give you the creditable coverage you need to avoid a LEP.

Another option is to enroll in Extra Help. This program helps with Part D costs for low-income individuals. This program pays for premiums, deductibles, and copays for Medicare Part D plans. It also offers prescriptions at a lower cost. The program will eliminate a LEP.

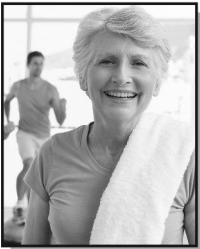
One last option is to appeal the LEP. If you disagree with a LEP decision, you can request a reconsideration based on the reason indicated on the LEP notice from your Part D plan. You will need to fill out the Part D Late Enrollment Penalty Re-Consideration form. The Medicare contractor will review the appeal and send notice of their decision, usually within 90 days.

Remember if you want to avoid a Part D LEP, you can enroll in a plan during your initial enrollment period. If you cannot afford this option, you can enroll in Extra Help, SeniorCare, or look at other creditable coverage options. If you receive a LEP and disagree, you have the option to appeal. Always review documents pertaining to health-care coverage to ensure you avoid a lapse of coverage or unexpected costs.

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www.rivercountryfitness.com  
rcfgym@gmail.com





# Community & Cuisine: Cooking for 1 and 2



On February 19th, the ADRC hosted the quarterly Community & Cuisine: Dinner after 5 with the focus being on cooking for 1 or 2. Cooking a big meal or even preparing a favorite old recipe can seem daunting as you know you will have leftovers. Lyn Gates presented cooking for 1 or 2, and during her presentation we learned tips and tricks on how to reduce recipe sizes and what to do with our leftovers. We did have a little homework for our guests, as they learned how to divide a lasagna and apple crisp recipe in half. Thank you to all who were able to join us, we look forward to seeing you at our next Community & Cuisine: Dinner after 5!

### Donation Designation Form

I want to help the Aging & Disability Resource Center of Jackson County continue its effective community service to individuals with disabilities and older adults and their families. Please designate this donation:

In Memory of: \_\_\_\_\_ In Honor of: \_\_\_\_\_

I want my donation to go to the following program(s):

☐ Home Delivered Meal Program

☐ Community Education & Outreach Programs

☐ Senior Dining Program

It is ok to acknowledge my donation in the 60 Forward:      Yes      No

Please send receipt to: \_\_\_\_\_

Address: \_\_\_\_\_

Checks should be made payable to: ADRC of Jackson County  
421 County Rd. R  
Black River Falls, WI 54615



## Welcome to... PINE VIEW TERRACE



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- Spacious and private one-bedroom and two-bedroom apartments designed with today's 65+ generation in mind.
- Freedom to live your life with the security of knowing you have a team of experienced caregivers onsite 24/7 who are always "there" for optional personal care services or should you find yourself needing emergency assistance.

**Learn how life at Pine View Terrace is filled with opportunities to create purpose, fulfillment and friendships with added peace of mind for you and your loved ones.**

**For information, to join our waiting list, or to schedule a tour, please contact 715-284-7077**

404 County Road R • Black River Falls, WI 54615





## Groceries to Go

Jackson County Interfaith Volunteer Caregivers will continue to partner with Hansen's IGA to deliver Groceries to Go to the elderly.

Instead of calling Hansen's you should have your order ready when you call Interfaith on Tuesday. Interfaith will email the orders to Hansen's to save time and groceries will still be delivered on Wednesday.





# SENIOR PROGRAMS

Programs and opportunities for those 55+, with limited income, for the following counties: Buffalo, Jackson, Juneau, La Crosse, Monroe, Pepin, Trempealeau, and Vernon

### Foster Grandparent

- ✓ Looking for classroom tutors
- ✓ No experience necessary
- ✓ Paid stipend, mileage, and meal allowance

### Senior Employment (WISE)

- ✓ Paid work experience and training
- ✓ Transportation assistance
- ✓ Mock interviews and resume assistance

[workforceconnections.org](https://workforceconnections.org)

 608-789-5620



# Caring for an Aging Parent was a successful event



The ADRC and Interfaith had a successful Caring for an Aging Parent event on March 24th. This event included a presentation of resources and programs that may be helpful to individuals who are or who may be caring for an aging parent, other family member or friend. A big highlight of the evening was the large table of take-home materials and information on topics such as: benefits, nutrition, transportation, caregiving, housing, advocacy, and related services from numerous community partners. Thank you to everyone who was able to join us and to the community partners who were able to share their materials with us.



Contact Carly today for more information.

715-284-4321  
[carly@tfhnorth.com](mailto:carly@tfhnorth.com)

Pre-planning your funeral arrangements may feel overwhelming with the amount of things to think about. Our knowledgeable and trusted staff is here to help answer those difficult questions.



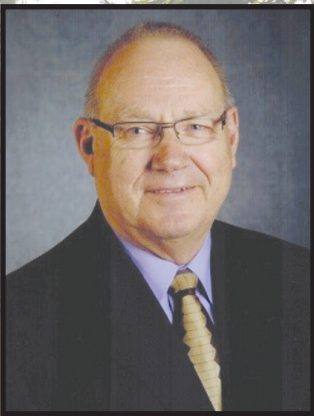
Taking control of the important things feels good and provides peace of mind for you and your family that your final wishes are granted.



# DISABILITY ADVOCACY DAY



Advocates gathered at the state capitol on March 19th for Disability Advocacy Day to meet with legislators to push for continued funding of long-term care programs such as Family Care, IRIS, and CLTS, which help reduce reliance on unpaid family caregivers. Support for these programs helps prevent unpaid family caregivers from having to leave the workforce to fill service gaps and reduces reliance on costly, more restrictive institutional care.



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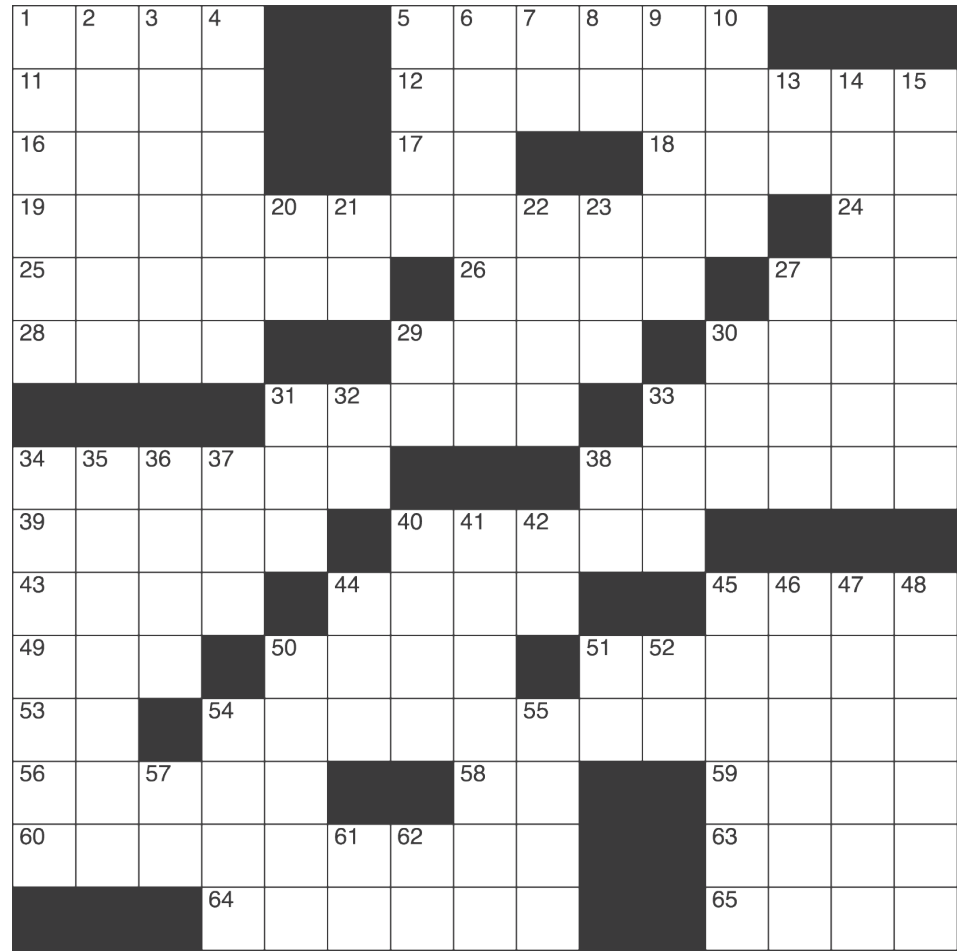
Please clip and mail this ad to receive more information  
Cremation Society of Wisconsin  
535 S Hillcrest Pkwy, Altoona, WI 54720

# YOUR LIBRARY TO GO

offers materials to people in Jackson County who find it difficult to get to the library. If you are homebound for various reasons and would like a volunteer to bring items to you, register with Interfaith Caregivers at 715.284.7058.







- CLUES ACROSS
1. “Bird of Paradise” constellation

5. Red Sox WS winner Bronson

11. Whirl

12. The State Dept. has a notable one

16. Energy, style and enthusiasm

17. Part of the mind

18. Mountainous country

19. Type of beverage

24. Atomic #109

25. Opposite of falsities

26. Female sheep

27. Rocky peak

28. Sensitive information sharing environment

29. Ethnic group of Thailand

30. Patron saint of Rome Philip

31. Psychedelics

33. Japanese pine
34. Have an impact on

38. Violent disorder

39. A French river

40. Early Mesoamerican civilization

43. Messenger ribonucleic acid

44. Musician Clapton

45. Ancient Greek sophist

49. Largest English dictionary (abbr.)

50. Valley

51. A way to unwind

53. Atomic #93

54. Recommending

56. Indigo bush

58. Larry and Curly’s pal

59. Off-Broadway theater award

60. Fencers

63. Small Eurasian deer (pl.)

64. Relating to songbirds

65. A way to assign

Solution on page 10.



- CLUES DOWN
1. Some are “secret”

2. Intestinal openings

3. Distant planet

4. Assembly possessing high legislative powers

5. Genus of typical owls

6. One with distinctively colored hair

7. Red cross

8. An alternative

9. Abominable snowmen

10. About ear

13. The opening letters

14. Feeling of regret

15. Atomic #39

20. Luteinizing hormone

21. Atomic #55

22. Carries a debt

23. Albanian monetary unit

27. Semitic abjad letter

29. Yes

30. Negative

31. Earn a perfect score

32. Connecticut

33. Partner to cheese

34. Snack nuts

35. Quadruped’s body part

36. Locate

37. Pitching statistic

38. “\_\_\_, myself and I”

40. Utah city northwest of Provo

41. Football players in the trenches

42. One who runs the show

44. Wood

45. Performing artists

46. Slang for a cut

47. More breathable

48. Most crafty

50. Provokes into action

51. University of Dayton

52. Sodium

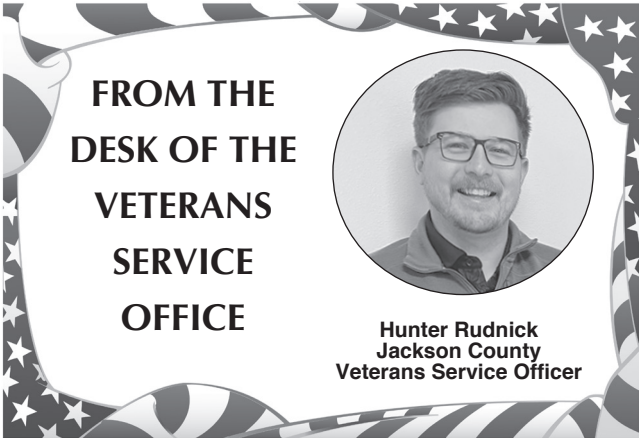
54. Large fish of the mackerel family

55. Not one

57. \_\_\_ and behold

61. Sports highlight show

62. “The Great Lakes State”



**Military Funeral Honors:  
A Final Tribute to Service**

Military Funeral Honors are one of the most meaningful ways our nation expresses gratitude to those who served. It is the final tribute a grateful country can provide to a veteran and their family.

Any service member who dies while on active duty, or any veteran who was discharged under conditions other than dishonorable, are eligible to receive Military Funeral Honors, a United States burial flag, and a VA grave marker. Veterans who have been convicted of a capital offense are not eligible for these benefits.

When planning a funeral, the Funeral Director handles the arrangements for military honors. They will contact the appropriate organization to perform the ceremony, so families do not need to make those arrangements themselves. If a family member wishes to participate in the ceremony or perform Taps, that should be discussed with the Funeral Director ahead of time. It is also helpful when veterans share their funeral wishes with loved ones in advance, as this can make the planning process easier during a difficult time.

A traditional military funeral often includes an Honor Squad, the playing of Taps, and the formal presentation of the folded American flag to the next of kin. In our area, these honors are most often provided by local veterans’ organizations such as the American Legion and the Veterans of Foreign Wars. The ceremony typically includes three rifle volleys and the sounding of Taps. The order of events may vary slightly, but each ceremony reflects the same respect and military tradition.

The VA provides one burial flag per veteran. If additional flags are desired, they must be purchased privately. The flag is presented to the veteran’s next of kin, beginning with the surviving spouse, followed by children, parents, and other relatives according to order of precedence.

Finally, many residents have asked about the burial flags displayed at the Jackson County Courthouse. These flags belong to deceased Jackson County veterans whose families chose to have them displayed publicly rather than kept at home. Families who would like to have a flag displayed may contact the Jackson County Veterans Service Office. The cost is \$35 for the display box and \$7.50 for the engraved nameplate.

Families are also encouraged to contact the Jackson County Veterans Service Office after the passing of a veteran. There may be additional federal, state, or county benefits available to surviving spouses or dependents, including burial reimbursements, dependency and indemnity compensation, pension benefits, or other supportive programs. While funeral honors are an important part of recognizing a veteran’s service, they are only one of several benefits that may be available. Our office is here to guide families through the process and ensure they receive every benefit to which they may be entitled during a difficult time. The Jackson County Veterans Service Office can be reached at 715-284-0225.



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### Beneficially Speaking

with  
**Megan Olson**  
Jackson County  
Disability Benefit  
Specialist

## What is the ABLE Age Adjustment Act?

The ABLE Age Adjustment Act amends Section 529A of the Achieving a Better Life Experience (ABLE) Act to allow more individuals who have a disability to become eligible for an ABLE account effective January 1, 2026. The age of eligibility expands to allow individuals who have a disability that began before age 46 (instead of before the age of 26) to be ABLE-eligible. The ABLE Age Adjustment Act extends opportunities of financial empowerment for people with disabilities.

### Why is this Important?

Millions of individuals with disabilities, including Veterans, whose disability began between age 26 to before age 46 were previously excluded from opening an ABLE account. The increase in the age of disability will allow additional people to:

- Save money in a tax-advantaged account.
- Maintain eligibility for crucial public benefits while building assets.
- Gain financial independence and security.

### Key Benefits of an ABLE Account

1. **Tax Advantages:** Investment growth is tax-free and withdrawals for qualified disability expenses are not considered income by means tested benefit programs;

2. **Asset Protection:** Up to \$100,000 of savings in an ABLE account is not counted toward the Supplemental Security Income (SSI) resource limit. Any amount of ABLE savings up to the ABLE plan's limit does is not a countable resource for FAFSA, HUD, SSDI, SNAP, Medicare or Medicaid.

3. **Financial Flexibility:** ABLE accounts can be used for a broad range of expenses including housing, education, transportation, healthcare, employment support and more.

### New ABLE Eligibility

Beginning January 1, 2026, individuals who meet the following criteria can open an ABLE account:

1. **Disability Onset:** The disability must have occurred before age 46 and
2. **Severity of Disability:** The individual must have a severe disability that meets the Social Security Administration's (SSA) criteria defined as resulting in marked functional limitations which have lasted or can be expected to last for at least 12 months. An individual does not have to be receiving nor previously received benefits to be eligible. Employment status and income has no effect on eligibility for an ABLE account.

### Prepare Now

1. **Verify Your Eligibility:** Check that your disability onset occurred before age 46. If you have not received a benefit based on disability

from Social Security Administration since before age 46, you must request that your doctor sign a disability statement indicating that the disability began before age 46. You may use this sample ABLE Account Disability Certification Form for this purpose. Keep this documentation in your records.

2. **Research State ABLE Plans:** Use the three ABLE National Resource Center's comparison tools to learn about and compare ABLE plans. Many plans allow non-residents to enroll in their plan. Explore your state's ABLE plan first with the Select a State Program tool and use the State Plan Search tool to compare plan features such as fees, investment options and state-specific tax benefits to find a plan that best meets your needs.

3. **Select An ABLE Plan:** Only one ABLE account may be opened per individual. Visit How Do I Choose a Plan to learn more about choosing a plan that best meets your needs. Most accounts are opened online. ABLE plans allow authorized representatives to assist people with their ABLE account although the person with the disability is always the ABLE account owner. An ABLE account may be opened at any age.

4. **Compile Information:** To facilitate an easy online enrollment process, visit How Do I Open An Account. The ABLE account is always opened in the name of the person who has the disability. Gather information such as account owner's date of birth, mailing address, email address, social security or tax identification number, mother's maiden name, your primary disability, and as applicable, identify who you want to designate as an authorized representative (if any) and know the status and type of your social security benefits, if you receive them. You can start the online enrollment process by filling out a portion of your ABLE plan application but wait to click submit until January 1, 2026.

5. **Open Your ABLE Account:** As millions of people are ringing in the new year on January 1, 2026, you can celebrate your new opportunity for financial stability by submitting your online application and opening your new ABLE account. ABLE account owners report that the enrollment process is simple and takes less than 15 minutes to complete.

Information sourced from ABLE National Resource Center - [ablenrc.org](http://ablenrc.org)



### OPTIONS COUNSELING

By Lori Holmgreen, Britton Unverzagt  
and Ashley Gerber

## What is the long-term care Ombudsman program?

Federal law requires (45 CFR 1321 and 1324) each state to have a Long-term Care Ombudsman Program headed by a State Long-term Care Ombudsman. As defined by the Older Americans Act, the mission of the Long-term Care Ombudsman Program is to seek resolution of problems and advocate for the rights of clients with the goal of enhancing quality of life and quality of care.

What is an Ombudsman?  
An Ombudsman works with individuals and their families to protect and promote the rights of Long-term care consumers, while also working with Long-term care service providers to define and achieve the highest standards possible.

Who do Ombudsmen serve?  
Ombudsmen have unrestricted authority to advocate on behalf who receive their long-term care services as residents or tenants of a licensed or certified Long-term care setting such as: adult family home, community-based residential facility, residential care apartment complex, or nursing home. Ombudsmen also advocate for people who receive home and community-based services through one of the state's Long-term care programs: Family Care, Family Care Partnership, and IRIS.

How can Ombudsmen help?  
Ombudsmen services are free and confidential and provide the following support:

- Answer questions or provide information on consumer rights
- Seek ways to resolve issues through informal strategies (negotiation with MCOs or IRIS agencies; technical assistance to support self-advocacy)
- Assist in filing complaints for formal appeals and grievances
- Provide technical assistance or representation for administrative hearings
- Work collaboratively with the Wisconsin Department of Health Services (DHS) on due process problems or on issues that impact enrollees
- Provide education at community forums or presentations about the Ombudsman program and consumer rights in Family Care and IRIS (for outreach requests, contact us at 608-267-0214)

Who can contact an Ombudsman?  
Anyone may call an Ombudsman, but the Ombudsman's only client is the long-term care consumer. All interactions are confidential. There are two Ombudsman programs that assist with Long-term care consumers. The age of the consumer determines which program to refer to:

Ages 18-59  
Disability Rights Wisconsin  
1-800-928-8778  
  
Ages 60+  
Board on Aging and Long-Term Care  
1-800-815-0015  
<https://disabilityrightswi.org/program/family-care-and-iris-ombudsman-program/>

<https://boaltc.wi.gov/Pages/Ombudsman.aspx>

### Maple-Sage Roasted Vegetables

Ingredients:  
4 cups winter squash (acorn, Butternut), peeled and cubed  
4 medium parsnips, peeled and cubed  
1 pound sweet potatoes, peeled and cubed  
2 Tbsp sunflower oil  
2 Tbsp fresh sage, minced (or 2 tsp dried sage)  
1/2 tsp salt  
2 Tbsp maple syrup  
2 Tbsp vinegar

Steps:  
Preheat oven to 425 degrees F and grease or line two baking sheets.  
Toss squash, parsnips and sweet potatoes with oil, sage and salt in a large bowl.  
Spread evenly on the baking sheets and roast for 20 min.  
Mix maple syrup and vinegar. Drizzle over vegetables, toss gently and roast 10 more minutes until tender and caramelized.  
Serve warm, garnish with extra sage or toasted seeds if desired.

### Interfaith Volunteers

Open  
Tuesdays &  
Thursdays  
10:00AM -  
3:00 PM



time for you

RESPIRE PROGRAM

A respite day program for those experiencing memory loss that provides stimulating activities and social interactions while giving caregivers time for you.

For more information or to schedule an intake visit, call Interfaith at 715-284-7058  
1451 Tyler St., Black River Falls, WI 54615  
[www.jcivc.org](http://www.jcivc.org) • [interfaith@jcivc.org](mailto:interfaith@jcivc.org)



# Earth Day

## April 22



# Always Protecting Someone



**Britney Carrillo**



**Tanner Patzner**

**Jackson County Adult Protective Services**

## Building a Neighborhood Support Network for Seniors

By Onward Living HQ

As communities across the country continue to grow older, many people are thinking about how to help older adults remain safe, connected, and independent. Today, millions of Americans over the age of 65 prefer to “age in place,” meaning they want to remain in their own homes rather than move into care facilities. While independence is important, aging can also bring challenges such as limited mobility, transportation barriers, and social isolation. Building a neighborhood support network is one way communities can help seniors continue living safely and with dignity.

Simple acts of neighborhood support can make a meaningful difference. Offering a ride to the grocery store, helping with yard work, delivering a meal, or stopping by for a short visit can provide both practical help and valuable companionship. These small actions help reduce loneliness and ensure that seniors remain connected to the people and places they care about.

Neighborhood support networks do not need large budgets or formal programs to succeed. Often, they begin with a small group of volunteers who share a desire to help. By organizing a few dedicated neighbors, communities can create a system where people check in on seniors, assist with errands, and help connect them with local resources when needed. Establishing a simple communication system, such as a phone tree or regular check-in schedule, can help ensure that seniors have someone they can call if they need assistance.

Transportation and meal support are two of the most valuable services neighbors can provide. As some older adults stop driving, everyday errands and medical appointments can become difficult. Volunteer drivers or coordinated ride schedules can help seniors stay active and maintain important routines. Similarly, sharing home-cooked meals or organizing occasional meal deliveries can help ensure seniors receive proper nutrition while also providing opportunities for friendly interaction.

Regular social opportunities are also important. Community gatherings, such as potluck dinners, coffee meetups, or walking groups create welcoming spaces where seniors can spend time with others. These activities strengthen community bonds and remind older adults that their experience, knowledge, and presence are valued.

Community awareness also plays an important role in protecting older adults. Sometimes neighbors are the first to notice when someone may be struggling with isolation, health challenges, or difficulty caring for themselves. Knowing where to turn for guidance can make a difference. Programs like Adult Protective Services provide support when adults may be experiencing abuse, neglect, or self-neglect, while organizations such as Greater Wisconsin Agency on Aging Resources help connect communities with education, resources, and tools that support healthy aging.

At its heart, building a neighborhood support network is about strengthening the sense of community that many towns already value. When neighbors look out for one another, seniors are better able to remain independent, families feel reassured, and communities become safer and more connected places for people of all ages. Even small efforts can have a lasting impact, reminding older adults that they remain an important and respected part of the community.

## JACKSON COUNTY SENIOR MEAL SITES

**BLACK RIVER FALLS**  
Home-Delivered  
11 a.m. to 1 p.m.  
(Monday through Friday)

**MELROSE  
L & M CAFÉ**  
608-488-2611  
Monday through Thursday  
11 a.m. to 1 p.m.

**MERRILLAN  
MERRILLAN CAFÉ**  
715-333-9200  
Monday through Friday  
11 am. to 1 p.m.

**TAYLOR  
TAYLOR GENERAL  
STORE & CAFÉ**  
715-662-2225  
Monday through Friday  
11 a.m. to 1 p.m.

**MILLSTON  
TK’S 400 CLUB**  
Wednesday through Thursday  
11 a.m. to 1 p.m.

**For Home Delivered Meals or more information, contact the ADRC of Jackson County**  
**715-284-3978.**

# The Power of Staying Connected

Wisconsin Institute for Healthy Aging

We know that healthy aging includes caring for our relationships as much as our bodies. Social connection means talking with friends, spending time with family, and feeling like we belong. Strong social ties are linked to better health and longer life. A recent research brief notes that strong social support has been shown to slow biological aging and help people stay healthier longer.

### Why Social Connection Helps Us Thrive

As we age, staying connected becomes even more important. Loneliness and social isolation are linked to increased risk of heart disease, depression, and cognitive decline. Regular face-to-face contact may help reduce feelings of loneliness more effectively than phone or online contact. When we share time with others, we feel supported, valued, and happier, and that positive mood helps to stay engaged in life.

### Everyday Ways to Build Connection

Connection can happen in many simple ways. You might call a friend, have lunch with a neighbor, join a class, or help out at a local event. (See more ideas at Connect with Others.) Even small acts like saying hello or sharing a story can lift someone’s spirits. Making time for meaningful conversations and group activities helps keep minds active and hearts full.

### A Wisconsin Effort to Help Everyone Connect

The Wisconsin Coalition for Social Connection works to make social connection a priority for older adults and people with disabilities. The coalition brings together community groups, service providers, and individuals to share ideas and programs that help people build relationships and feel a sense of belonging. Learn more about the benefits of staying connected on our partner website: <https://connectwi.org>

### A Simple Step Today

Healthy aging is not just about diet or exercise. It also includes nurturing friendships and community ties. Reach out to someone today, join a local event, or invite a neighbor for coffee. Every connection we make can help us feel happier, healthier, and more energized. Together, we can build communities where everyone has a chance to age well and stay connected.

# WHAT IS 2-1-1

By the GWAAR Legal Services Team  
In 2000, the Federal Communications Commission (FCC) designated 211 as the 3-digit number for information and referrals to social services and other assistance. In Wisconsin, 211 is powered by eight regional contact centers. These regional contact centers and the counties they serve are listed below. To get help, you can contact one of these regional centers directly or simply dial 211 on your landline or cellphone. You can also access 211 services by texting your zip code to 989211 or by visiting <https://211wisconsin.communityos.org/>.

- Aging & Disability Services
  - Child & Youth
- Clothing & Household Goods
  - Domestic Violence / Sexual Assault
- Employment, Education & Income Assistance
  - Food
  - Health & Dental
- Hotlines, Helplines & Warmlines

- Housing & Shelter
- Human Trafficking Survivors & Victims
- Legal & Law Enforcement
  - Mental Health
- Previously Incarcerated Individuals
  - Substance Use
  - Tax Assistance
  - Transportation
    - Utilities
    - Veterans
  - ...and more!

211 Wisconsin Collaborative 608-246-8272  
Counties served: Buffalo, Chippewa, Crawford, Douglas, Eau Claire, Florence, Forest, Grant, Jackson, La Crosse, Langlade, Marinette, Menominee, Monroe, Oconto, Richland, Shawano, Trempealeau, Vernon

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4TH ANNUAL  
JACKSON  
COUNTY

Save the Date!

Wellness

EXTRAVAGANZA



Scan the QR code for more details!

Find us on 



Healthy me, healthier us!

Hosted by:



FREE FOOD • THERAPY ANIMALS  
BOUNCE HOUSES • HAIR TINSEL  
INTERACTIVE LEARNING STATIONS  
ARRIVE ALIVE SIMULATION  
BINGO • MUSIC • and much more!

Free food while supplies last.  
Children under 12 must be accompanied by an adult.

Wednesday, May 13 @ 4:30 - 7:30 PM

MILT LUNDA MEMORIAL ARENA • 388 MELROSE STREET, BRF, WI 54615

Jackson County Mini Bus

Out-of-Town Trips

Third Friday every other month - Tomah (\$5.00)

8:00 a.m. – Leave Black River Falls

Walmart, Aldi, Goodwill, Dollar Tree, Lunch

2:15 p.m. – Return to Black River Falls

Third Friday every other month - Eau Claire (\$5.00)

8:00 a.m. – Leave Black River Falls

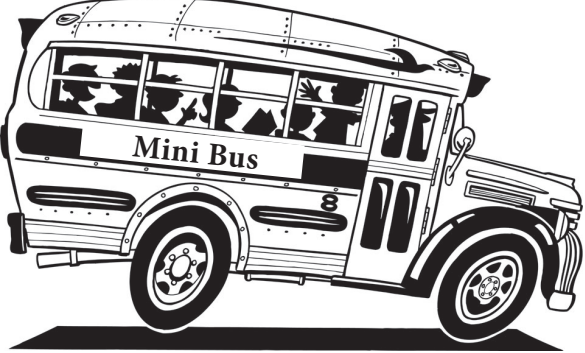
9:30 a.m. – Kohl’s, Goodwill, Target

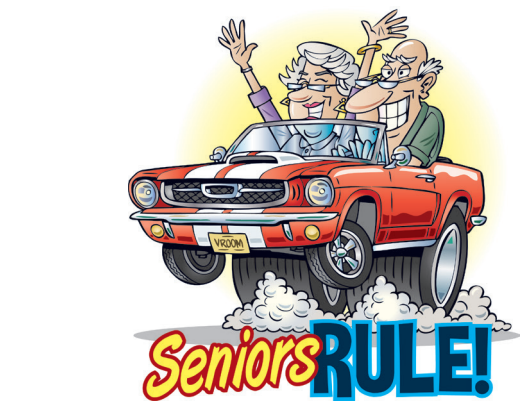
10:30 a.m. – 1:30 p.m. – Oak Wood Mall

2:00 p.m. - Family Restaurant - Osseo

2:30 p.m. – Return to Black River Falls

Please call 715-284-4301, ext. 391 to set up a ride and give two days notice.





BITES AGAINST ABUSE

World Elder Abuse Awareness Day

SAVE THE DATE

06.15.26

Corner of Water St. & Harrison St.

Come hungry! Food trucks will be on site with food available for purchase while we come together to learn the signs of elder abuse and support the protection of older adults in our community.

More information about participating food trucks coming soon.



#WEAAD is June 15th



Brought to you by: Jackson County Adult Protective Services,  
Bolton Refuge House, Ho-Chunk Nation Social Services -  
Domestic Abuse and Adult Protection and Prevention

Emergency Preparedness



Cindy Jefson  
Jackson County  
Emergency Management  
Coordinator



Flood Safety Awareness Week in Wisconsin was March 9 -13

As winter thaws and spring rains falls, the changing of seasons signals more than just warmer days – it marks an increase for flooding to occur. To encourage everyone in the state to be prepared, Gov. Evers declared March 9 -13 as Flood Safety Week in Wisconsin.

Take time now to understand flood risks in your area and learn the steps to take protect your-selves, loved ones and property from floods.

- Know your flood risk. Assess the potential for flooding on your property if you live in a flood plain, near a body of water, or have a basement. Plan with your family for what you will do if the floodwaters begin to rise.
- Consider flood insurance. Most homeowner, renter, and business insurance policies generally do not cover flooding. Don’t wait until it’s too late. Most flood coverage requires 30 days to take effect. Find more information about flood insurance options at <https://www.floodsmart.gov/>.
- Move valuables or mementos out of the basement and store them in waterproof containers.
- Elevate or flood-proof your washer, dryer, water heater, and HVAC systems. Relocate electrical outlets to three feet above the floor.
- Have copies of important documents (personal identification like passports and birth certificates, medical records, insurance policies, and financial documents) in a waterproof container.
- Build a “Go Kit.” Include items such as food, water, cash, and medications.
- Make an emergency plan. If you can’t make it home or need to leave quickly, identify a meeting place for your family. Make a list of emergency numbers and important contacts.
- Keep water out of and away from your house. Clean gutters regularly, direct downspouts away from your foundation, repair cracks in your foundation, improve grading so water flows away from your house, and cover window wells. When flooding occurs, keep the following steps in mind:
  - Stay up to date on the forecast. Identify multiple ways to receive alerts about dangerous weather conditions and potential flooding, such as a NOAA Weather Radio, trusted local news outlets, and mobile weather apps. Jackson County uses NIXLE to push out emergency alerts, to subscribe to receive real-time alerts and advisories, simply text any zip code to 888777 or you can access it <https://local.nixle.com/register> anyone can join.
  - Never drive or walk through flooded areas. Just six inches of fast-moving water can sweep adults off their feet, while just 12 inches can carry away a small car or 24 inches for larger vehicles. Moving water is not the only danger, your vehicle could potentially stall when driving through floodwater. Flooding could potentially impact your health as well. Avoid entering flood-waters, which can contain bacteria from human and animal waste, sharp objects, hazardous chemicals, downed power lines, and other dangerous items. If your home floods, follow cleaning and disinfection guidelines to avoid mold growth



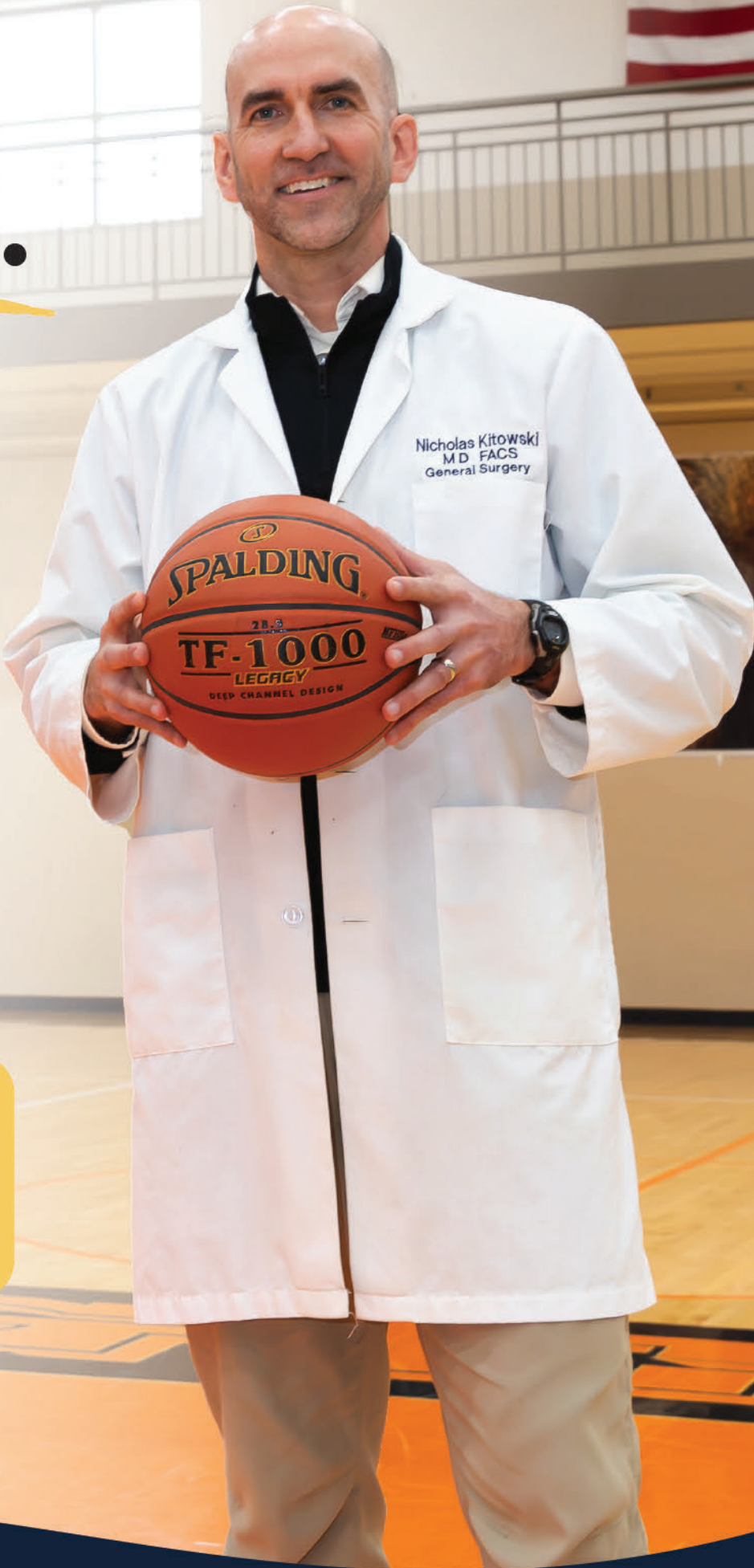


# Coach. Father. Surgeon.

You can see me on the court coaching basketball, and you can see me for your surgery. Because I'm a coach, a father, and a surgeon.

I've been proud to provide colonoscopies, hernia repairs, gallbladder removals, and more to my community for more than 15 years.

At Black River Health, I'm part of a small-town team with big-time care.



Call to schedule  
**(715) 284-1900**



**Black River Health**

711 W Adams St, Black River Falls, WI 54615  
blackriverhealth.com