

We hope you enjoy this newsletter and find it helpful. If you have any feedback or wish to be added to our email distribution list, please send an email to ADRC@countyofdane.com or call us at 608-240-7400

New Features in *Resource Wise*!

Call for Volunteers! Since volunteering is so beneficial and makes such a great impact on our community, we'll try to feature many of the ADRC's Community Partners and their biggest needs for volunteers.

Focus on Adaptive Equipment. There are some clever and necessary products available to help people with disabilities and limitations maintain participation and independence. The simplest product or equipment might be the one that helps improve quality of life. Take a look!

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On Grace...

Our newsletter previously declared that we were back, like a phoenix! We weren't. We've suggested we've arrived on the other side of the pandemic – like Evel Knievel jumping over the Snake River Canyon on his rocket motorcycle. We're not. We've touted our resilience, beating the blues, and hyped Hygge (if you recall our last edition, Hygge is a concept of enjoying the simple pleasures that bring you comfort).

But we're still feeling anxious, to be honest.

It seems like each day brings about something unexpected, in some not-so-pleasant ways. COVID 19 remains unpredictable, with over one million deaths. War in the Ukraine. Heartbreaking mass shootings. Racial injustice. Politics. Global warming. The worldwide economy. Things are undeniably difficult right now.

In hard times, our response to the unexpected and unpredictable is one thing we can control. And showing grace is one of the best responses anyone can decide to have.

Have grace with yourself. Remember, no one is perfect. Forgive yourself for mistakes. Be gentle with you. Its okay if you're feeling anxious, on edge, stressed, traumatized, and exhausted.

Have grace with others. Give your compassion, your kindness and your love to people you know and those you don't know. Have grace – whether someone deserves it or not. To some degree, everyone is stressed, traumatized and exhausted. People are going to be inconsistent in how they think, feel, and behave – but they probably are trying their best. Do your best to respond in a calm, supportive and encouraging manner with one another. It truly helps.

We're giving ourselves some grace at the ADRC, too. We will try our best to create a quarterly newsletter this year. We're keeping hope that the doors to our Aging & Disability Resource Center are going to stay open to the public. If not, things will still be okay. ADRC phones and emails are working and we are here for your needs, we're here to help, and listen if you find yourself needing a bit of grace.

Roll out those lazy, hazy, crazy days of summer!

“Everything good, everything magical, happens between the months of June and August.”

– author Jenny Han. It looks like we may be able to enjoy a few more summertime activities this year, along with a little more togetherness! Here are some suggestions for keeping busy and having fun in Dane County over the next few months (and maybe making a little magic!)

Find Fireworks for the Fourth of July! See Page 14. **Take a Hike!** See Pages 9 and 19.

Grow Something! See Page 9. **Festivals, Fishing and More!** Check out the events on Page 15. **Stay Safe!** See Page 11. **Want a good book delivered to you?** Read Page 16.





Lingo Buster: LGBTQ+



What does LGBTQ+ mean?

Lesbian - A woman whose enduring physical, romantic, and/or emotional attraction is to other women. Some lesbians may prefer to identify as gay or as gay women.

Gay - The adjective used to describe people whose enduring physical, romantic, and/or emotional attractions are to people of the same sex. Sometimes lesbian is the preferred term for women.

Bisexual - A person who has the capacity to form enduring physical, romantic, and/or emotional attractions to those of the same gender or to those of another gender. People may experience this attraction in differing ways and degrees over their lifetime. Bisexual people need not have had specific experiences to be bisexual; in fact, they need not have had any experience at all to identify as bisexual.

Transgender - An umbrella term for people whose gender identity and/or gender expression differs from what is typically associated with the sex they were assigned at birth. People under the transgender umbrella may describe themselves using one or more of a wide variety of terms — including transgender. Many transgender people are prescribed hormones by their doctors to bring their bodies into alignment with their gender identity. Some undergo surgery as well. But not all transgender people can or will take those steps, and a transgender identity is not dependent upon physical appearance or medical procedures.

Queer - An adjective used by some people whose sexual orientation is not exclusively heterosexual. Typically, for those who identify as queer, the terms lesbian, gay, and bisexual are perceived to be too limiting and/or fraught with cultural connotations they feel don't apply to them. Some people may use queer, or genderqueer, to describe their gender identity and/or gender expression. Once considered a pejorative term, queer has been reclaimed by some LGBTQ people to describe themselves; however, it is not a universally accepted term even within the LGBTQ community, so it is best to only use this term if you are sure your audience embraces it.

Questioning - Sometimes, when the Q is seen at the end of LGBT, it can also mean questioning. This term describes someone who is questioning their sexual orientation or gender identity.

Additional terminology used by the LGBTQ community:

Non-binary is an identity embraced by some people who do not identify exclusively as a man or a woman. Non-binary people may identify as being both a man and a woman, somewhere in between, or as falling completely outside of these categories. While many also identify as transgender, not all non-binary people do. Non-binary can also be used as an umbrella term encompassing identities such as agender, bigender, genderqueer, or gender fluid. Some people who are non-binary may use gender-neutral pronouns such as they/them.

Asexual - Often called "ace" for short, asexual refers to a complete or partial lack of sexual attraction or lack of interest in sexual activity with others. Asexuality exists on a spectrum, and asexual people may experience no, little, or conditional sexual attraction.

Cisgender - A term used to describe a person whose gender identity aligns with those typically associated with the sex assigned to them at birth. It is insensitive to use the term "normal" for someone who is cisgender. This implies that people who are not cisgender are "abnormal." In short, sexuality, gender identity, and gender expression each fall on a spectrum and that is why there are so many different identities that people may have. LGBTQ pride is about embracing those identities and allowing people to be themselves and live their lives authentically.

By the GWAAR Legal Services Team

June is LGBTQ Pride Month

By the GWAAR Legal Services Team

June is LGBTQ Pride Month in the United States. The month of June was chosen to commemorate the Stonewall riots of 1969. The term “pride” is used to promote the self-affirmation, dignity, equality, and increased visibility of lesbian, gay, bisexual, and transgender (LGBTQ) people as opposed to shame, isolation, and social stigma previously felt, and still being felt, by many LGBTQ persons.

Known as the “Mother of Pride”, Brenda Howard coordinated the first LGBT Pride march and sparked the idea for a week of events around Pride Day. These events then developed into the annual LGBT celebrations held every June.



Pick Pickleball!

Pickleball is one of the fastest-growing sports in America. It’s a mix of tennis, badminton and ping-pong.

The rules are simple, and the game is easy for beginners to learn, so it’s good for all ages and skill levels. It’s much easier on the body than many other athletic activities and doesn’t require a lot of strength. Pickleball is a good sport for seniors and people with physical and intellectual/developmental disabilities.

It’s played on a court with a net (much smaller than a tennis court), with hard paddles (bigger than a ping pong paddle, smaller than a tennis racquet) with a whiffle-like plastic ball. It can be played either single style (2 people) or doubles (4 people). Rules are adaptable for wheelchairs. Equipment is provided at some courts, while a cheap racquet to buy is about \$10, and balls run about \$7 for three. Get out and give the game a try. Pickleball is a fun and social activity! (And by the way, the game was named after the inventor’s dog, Pickles!)



Learn more about the game and [rules](https://www.usapickleball.org/) adopted by the [USA Pickleball Association](https://www.usapickleball.org/) [https://usapickleball.org/](https://www.usapickleball.org/)

Capital Area Pickleball Association: <https://www.capareapb.com/>. Dedicated to the promotion of the sport of Pickleball; serving Dane County Wisconsin



There are multiple places to play Pickleball throughout Dane County, both private and public.

See the private court listings on page 19.

Madison Parks:

Garner Park: Madison’s only dedicated pickleball courts, opened in 2016!

The following Madison parks have tennis courts lined for pickleball:

Brittingham Park

Door Creek Park

Elver Park

Heritage Heights Park

Kennedy Park

Nakoma Park

Norman Clayton Park

Northland Manor Park

Richmond Hill Park

Tenney Park

Walnut Grove Park

Waunona Park

Westhaven Trails Park

Courts can be reserved online – fees vary from \$15- \$30 hour

<https://www.findspotz.io/search?spaceType=Pickleball-Court&org=Madison-Parks&data=-89.38237543.0723061&oid=57fff85d378fe33532269d68>

Dane County Public Park Courts:

Black Earth:

Veterans Memorial Park

Cross Plains:

Municipal Park

Deerfield:

Community Park

DeForest:

Tierney Park

Middleton:

Taylor Memorial Park

Monona:

Winequah Park,
Ahuska Park

Stoughton:

Mandt Park, Veterans Memorial Park

Sun Prairie:

Wyndham Hills Community Park, Orfan Park

Verona:

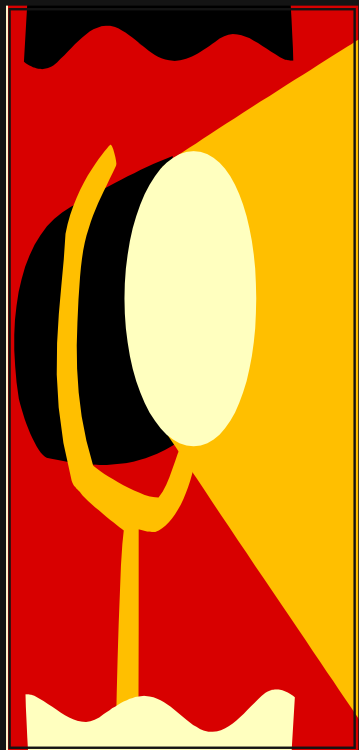
Harriet Park, Veteran's Park, Tollefson Park

Waunakee:

Centennial Park, Hanover Park, Kilkeny Farms Park, Prairie Park, Westbridge Park

Westport:

Town Center Park



ABC FOR HEALTH

Advocacy & Benefits Counseling for Health, Inc. (ABC for Health), is a Madison-based, nonprofit public interest law firm founded in 1994, that promotes health equity (fairness) and social justice (equal rights, access and opportunity). ABC for Health is dedicated to ensuring health care access for children and families, especially those that need it the most. Their mission is to provide health care consumers with the services and support they need to navigate and understand a complex health care financing system. They provide a voice to those who don't otherwise have one. ABC has helped more than 60,000 family members get access to healthcare and health coverage.

Who do they help and how?

- ◆ Children and Youth with Special Health Care Needs (CYSHCN)
- ◆ ABC for Health provides direct legal representation and advice to low-income families facing denials of health care coverage and services.
- ◆ Medical debt and what to do about unpaid medical bills
- ◆ Health Benefits Counseling to help un- and under-insured patients get health care coverage resources at SSM-Health Hospitals, UnityPoint-Meriter Hospital, and Sauk Prairie Hospital.
- ◆ Created HealthWatch Wisconsin, a YouTube channel & website to educate people about policy changes of public & private insurance and other benefits.

ABC for Health Contact Information:

Client and client referrals can call our office at (608)261-6939 or email us at info@safetyweb.org Website: www.safetyweb.org

For the latest news and updates:



COMMUNITY SPOTLIGHT:



The Wisconsin Board on Aging and Long Term Care announced the launch of its premiere online resource for information and advocacy <https://longtermcare.wi.gov/>

The Board operates three important programs:

The **Long Term Care Ombudsman** Program works with individuals and their families to protect and promote the rights of long term care consumers across the state. In addition, the agency works with long term care service providers to define and achieve the highest standards possible to benefit consumers. The Ombudsman Program advocates for and protects the interests of individuals aged 60 and older who reside in long term care facilities or who receive services through Family Care, Partnership, PACE, and IRIS.

The **Volunteer Ombudsman** Program further promotes the agency's mission by advocating for individuals in nursing homes in 32 counties in the state, promoting the values of respect and dignity, and protection of rights of nursing home residents.

The **Medigap Helpline** is here for our Wisconsin consumers for questions about Medicare programs, supplemental insurance, Advantage Plans or Part D prescription drug plans. The Medigap Helpline offers reliable, unbiased information to help inform and educate consumers to make insurance and health care decisions.

To learn more about the Medigap Helpline, the Ombudsman and Volunteer Ombudsman programs, as well as aging issues and resources in Wisconsin, visit longtermcare.wi.gov.



BOARD ON
AGING &
LONG TERM CARE

Check it Out!



Who's Who at the ADRC?

Presenting:

**Bilingual Information and Assistance Specialist
MaiSee Thao**



The ADRC welcomes MaiSee as an Information & Assistance Specialist.

Tell us about yourself!

My name is MaiSee Thao, it is pronounced (My See). I am Hmong and being Hmong is a huge blessing in life. I come from a family of 2 wonderful and strong parents, 5 brothers and 1 sister. Even though there seems to be a lot of us, it still feels like we have a small family. My father was a war veteran and fought alongside with the United States in the Secret War. My father, mother, and oldest brother fled from Laos to the United States after the war.

My family and our cultural background is very important to me. My family established residency in Madison, WI when I was 5 years old. I grew up in the Madison area for most of my life. I have had the pleasure to see the Hmong community in Madison grow, change and expand into what it is today. Along with my family, I have a lovely puppy who is 4 years old this year. He is a Frenchie named Kenobi. What I really enjoy doing is spending time with my puppy Kenobi, fishing on the boat with my significant other, traveling around the world, eating Hmong food, viewing flower gardens, spending time with family and friends.

What did you do before you came to work for the ADRC of Dane County?

I was a case manager at Family Support and Resource Center with the Children's Long Term Waiver program. I was with Family Support and Resource Center for about 7 years.

What is your role at the ADRC?

At the ADRC, I am a Bilingual Hmong Information & Assistance Specialist.

Sound like you're a busy lady! What do you do to relax?

To relax, I enjoy time walking around my neighborhood with Kenobi. I will re-watch movies on Disney Plus and Netflix. I am starting a new hobby, learning how to sew with my mother.



Any favorite quotes or inspirational words?

"When I die, let me be born Hmong again, so we can all love each other just as we did during my lifetime." – *General Vang Pao*

"Faith is taking the first step even when you don't see the whole staircase." *Martin Luther King Jr.*



Harvest Times—On the Square and all around Dane County

Not only does spring and summer bring new life to plants and flowers as we see bulbs bloom and perennials blossom, it also ushers in the return of the Dane County Farmers’ Markets!

While enjoying the festive atmosphere of any of Dane’s 22 Farmers’ Markets be sure to take advantage of some special program perks to help you get a little more of nature’s bounty. **Find a market:** <http://www.wifarmersmarkets.org/find-a-farmers-market.aspx?county=Dane>

For Older Adults, It’s finally time... For Farmers’ Market Vouchers!

The Area Agency on Aging (AAA) of Dane County will distribute farmers’ market vouchers to senior adults for use in purchasing fruit, vegetables or herbs at farmers’ markets and roadside farm stands in Wisconsin during the 2022 growing season (June 1—October 31).

The vouchers are distributed on a first come/first serve basis to those age 60+, who live in Dane County, and have gross incomes under \$25,142 per year (or \$2,095/month) for a one-person household and \$33,874 per year (or \$2,823/month) for a two-person household. One set of vouchers per household regardless of size of household.

Distribution of farmers’ market vouchers will be done by mail again this year. Individuals that received vouchers last year will automatically receive an application by mail. If you wish to apply to the program, or need to update your mailing address, contact AAA Dietitian Shannon Gabriel at 608-261-5678.

“This program is funded by the United States Department of Agriculture. USDA is an equal opportunity provider and employer.”

FoodShare/Quest Participants: \$ Double your Dollars \$



Double Dollars are back when you use your Quest card at area Farmers’ Markets. This program offers a dollar for dollar match for all SNAP transactions up to \$25 per market day.

- This program is for SNAP (Supplemental Nutrition Assistance Program)/FoodShare users only. Shoppers must have their Quest card with them and enter their PIN to complete a transaction.

- Double Dollars matches up to \$25 per market day. Get your Double Dollars at the market’s information booth.

Valid at *participating* markets only, during the height of the market season each year. Dates vary slightly each year - but should be announced by June. (The Willy Street Co-op also runs a sister program during the market off-season.)

Products eligible for Double Dollars are meant to be prepared and eaten at home. Eligible products include: Breads and cereals, fruits and vegetables, meats fish and poultry, dairy products, plants and seeds that grow food.

Market currency **cannot** be spent on: flowers, non-food plants, pet food & products, alcohol & tobacco products, vitamins & medicine, non-food items (like toiletries, paper products, household supplies, cosmetics) or prepared foods (for example, anything sold by a food cart).

For more information on Double Dollars, go to: <https://www.cacscw.org/services/food-security/double-dollars/> or contact Community Action Coalition at (608) 577-3034.

Do you have Foodshare/Quest, WI Medicaid, BadgerCare+, SSI or SSDI?

If yes, do you know you can visit the Madison Children’s Museum for \$1.00?

The \$1 Access Admission program removes financial barriers, allowing families to engage in amazing discovery play at Madison Children’s Museum. This admission rate is available every day the museum is open to the general public.

Are You A Caregiver?

Need a summer break?



RCAW
Respite Care Association
of Wisconsin

caregiver village



Caregiver Respite Grant Program (CRGP) provides financial support for family caregivers for up to five days of respite care within a 90-day period. The grant helps you pay for one-on-one personal care from the caregiver of your choice for your loved one living with disabilities or special needs. This grant is available when financial support through other caregiver support or long-term care waiver programs are not available or have been used up.



Supplemental Respite Grant Program (SRGP) supports primary caregivers by providing funding for supplemental respite services. This grant allows you to hire the person of your choice to help you with housekeeping, meal prep, laundry, lawn care, snow removal, transportation, and technology.

To learn more about these programs and to determine eligibility please call the ADRC of Dane County. Please note that these grants cannot be applied for simultaneously. <https://respitecarewi.org/grants/>

Summer Word Find

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

- LIBRARY
- PARKS
- MUSIC
- VOTE
- UNWINDING
- MOVIES
- HARVEST
- AGING
- PICKLEBALL
- MEDICARE
- HYDRATION
- VEGETABLES
- PLANTS
- OUTDOORS
- ART
- FIREWORKS
- SUMMER
- ADAPTIVE
- AWARENESS
- SHRED
- GRACE
- FRUITS

Play this puzzle online at : <https://thewordsearch.com/puzzle/3737611/>



If you receive Medicaid or Foodshare: The **Unwinding** is Coming!

The Public Health Emergency (PHE) created by the Covid pandemic may be coming to a close later this year. Throughout the emergency, public benefits such as Medicaid, BadgerCare+, FamilyCare, IRIS and FoodShare, have been continued without reviews of the recipient’s eligibility.

Benefits are not terminated during the PHE, unless a person asks to be disenrolled, moves out of state, or dies. However, once the Federal

Government ends the PHE, the Wisconsin Dept. of Health Services will begin the “Unwinding” - the process by which states will resume annual benefit eligibility reviews.

When the PHE is over, Wisconsin will begin notifying participants of the need for action. Not all members will need to take action at the same time. Each member will have a date assigned to them for when they need to respond. Most members will need to submit a renewal. A few members will need to submit a new application.

While your notice will most likely come in the form of a letter, you may also receive text messages or pre-recorded phone messages. It is vital to follow the instructions you receive from the state to confirm your eligibility for your benefits. Also important, if you have any doubts or confusion about the notice you receive, it’s best to check with the Capital Consortium at 1-888-794-5556 or the ADRC.

McCabe’s at the Movies

**TOP 10
SUMMER
MOVIES**

- 10) The Avengers
- 9) 500 Days of Summer
- 8) Poetic Justice
- 7) Now and Then
- 6) Forgetting Sarah Marshall
- 5) Mama Mia
- 4) Do the Right Thing
- 3) Dazed and Confused
- 2) JAWS
- 1) Independence Day



MOVIES – Better when they’re Free!

Did you know you can use your local library card to stream 10 free rentals per month?! “Kanopy” partners with libraries to offer over 30,000 ad-free films and series that can be enjoyed on your TV, mobile phone, tablet and online. You can watch these movies on-line or download the Kanopy app on any device.

You will need your library card, PIN number for your library card and the Kanopy website or app.

To create your Kanopy account:

Step 1: Visit <https://www.kanopy.com/en/madisonpubliblibrary/>

Step 2: Add your library card and PIN number

Step 3: Create an account with a password

Step 4: Enjoy your 10 free rentals!



The All-Terrain Wheelchair = Outdoors Access 4 All!™



**FREE TO USE
Reserve today!**

608-886-9388

www.AccessAbilityWI.org

One way to try an all-terrain wheelchair is through Access Ability Wisconsin

At Access Ability Wisconsin, you can request one of AAW’s 23 all-terrain outdoor wheelchairs available for those with both permanent and temporary mobility disabilities and challenges (like COPD, a heart condition, etc.) A \$50 refundable deposit per chair is required with proof of a valid Driver’s License and auto insurance when reserving the equipment from AAW network locations. The chair is in an enclosed trailer for you to transport to your preferred location or some locations have on-site usage. Reservation requests may be for a few days to two weeks depending on demand. For more info on this program, please go to <https://www.AccessAbilityWI.org/>

Adaptive Equipment Takes a Hike!

As this edition of *Resource Wise* is focused on summertime activities and getting outside, we are aiming to help those faced with mobility barriers do the same. There are accessible trails of all grades, so folks using walkers to wheelchairs can enjoy the great outdoors. Ranging from paved to rough terrain, there is a trail —and a means of accessing it— for you! Different paths to explore nature include:

- **Wisconsin DNR: Open the Outdoors!** Adaptive equipment and accessible boating, fishing, camping & cabins. <https://dnr.wisconsin.gov/topic/OpenOutdoors>
- **All Trails: The Best Wheelchair Friendly Trails in Wisconsin.** Explore the most popular wheelchair friendly trails in Wisconsin with hand-curated trail maps and driving directions, as well as detailed reviews and photos from hikers, campers and nature lovers like you. <https://www.alltrails.com/us/wisconsin/ada>
- **The Ice Age Trail Alliance: Accessible Trail Sections.** The National Park Service reports some sections of the Ice Age Trail are more accessible than others, so advance research is advised. <https://www.iceagetrail.org/?s=accessible+trails&submit.x=0&submit.y=0>
- **US Forest Service: Find a Hike.** Plus other tools for visiting forests and grasslands throughout the country. <https://www.fs.usda.gov/managing-land/national-forests-grasslands/accessibility>
- **Access Ability Wisconsin:** AAW's objective is to provide recreational opportunities for physically challenged people, including wheelchair users, who want to enjoy the great outdoors. <https://www.AccessAbilityWI.org/>

Although there is still work to be done making more of our public lands and parks inclusive to all— it's a big beautiful world out there to discover. Go enjoy the great outdoors! (Just remember your trail etiquette: Leave no Trace.)

While gear can be costly - ranging from about \$1,200 for a beach compatible chair to \$15,000 for a full off-road, standing-treaded wheelchair, here are some considerations when planning your trip:

- ◆ What trails/locations are a good fit for me?
- ◆ Will I need/want a companion?
- ◆ What's my comfort level for a particular trail/terrain?
- ◆ Cost of manual versus motorized equipment?
- ◆ Will my insurance (or Medicare/Medicaid) cover any cost if my doctor prescribes the equipment for me?
- ◆ Is there anywhere I can borrow a chair that fits my needs?



FoodShare: Beware of SNAP Scammers!

Do you get FoodShare and use your Quest Electronic Benefit Card (EBC) to help pay for your groceries? Participants in the Supplemental Nutrition Assistance Program—SNAP, also known as FoodShare, may be at risk from predators that use scams to either steal one's personal identity or benefit dollars – or both! Scammers can use social media, e-mails, texts or written correspondence and letters to get your vital information. But you don't have to cooperate with scammers or fall for their scams.

Be aware and be cautious of:

Contests – Don't take a picture of your EBT card to submit for a "prizes or rewards".

Surveys – Do not provide SSN, Pins, Medicare/Medicaid, Quest card numbers– these are already on record within the benefit system. There are no "prizes or rewards" for completing surveys!

Quick and Easy forms - for benefits that want your personal information.

Fees - for processing your application.

Phony caller ID numbers – fraudsters can "spoof" calling numbers to look legitimate.

Text Messages – Don't reply to any numbers you don't recognize.



If you are unsure if a request for information is valid, contact the Capital Consortium at 1-888-794-5556.

If you think you have been scammed, contact the WI Office of Inspector General by calling 877-865-3432 or visiting their website:

<https://www.doj.state.wi.us/dls/consumer-protection/how-file-consumer-complaint>

Wisconsin DHS is currently investigating several fraud reports. They urge FoodShare members to do the following to help protect QUEST card benefits:

- Check the accuracy of account information by calling the Capital Consortium 1-888-794-5556. Monitor account balances using approved apps: the **MyACCESS** mobile app or **ebtEdge** app
<https://www.fisglobal.com/en/ebtedgemobile>
- Add or change optional account passwords to limit unauthorized access.
- Change Personal Identification Numbers (PINs) often by calling QUEST Card Service at 877-415-5164.
- Do not share account passwords and PINs with anyone who is not part of your household.
- Report lost or stolen cards immediately to QUEST Card Service at 877-415-5164.



Get the MyACCESS mobile app today!

Manage your benefits on the go! Check benefits, submit documents, or get reminders for your Foodshare, Medicaid, BadgerCare+, SeniorCare, Wisconsin Shares and Wisconsin Works.

Go to the Apple App Store or Google Play to download the app for free.

Search for "MyACCESS Wisconsin" in either store.



SPARK!

CULTURAL PROGRAMMING
for PEOPLE WITH MEMORY LOSS

SPARK! is a cultural program for people with early to mid-stage memory loss and their care partners. Programs are designed to keep participants actively engaged in their communities by providing experiences that stimulate conversations, provide peer support, and inspire creativity through engaging workshops.

All SPARK! programs are free for participants and care partners to attend together, in the comfortable and accessible environment of our Madison Art Center.

SPARK! programs at ARTS for ALL Wisconsin take place on the first Friday of each month, from 10-11:30am. Each 90-minute program is unique, including creative experiences in art making, drama, movement/dance, music, poetry, or storytelling.

All SPARK! facilitators and volunteers have been trained by the Alzheimer's and Dementia Alliance of Wisconsin and collaborate with community partners and professionals to continually enhance programming. <https://arts-for-all-wi.jumbula.com/#/spark>

608-241-2131 1709 Aberg Avenue, Suite 1 Madison, WI 53704



Summer Bummers!

The good ol' summertime, when the living is easy. Or so they say! But as you get out and about be sure to take precautions and be aware of the following summer hazards:

Ticks: Ticks can make you sick! These blood sucking arachnids spread many diseases, and the bugs are present in every Wisconsin county. Be alert for fever or rash. Use prevention: Wear insect repellent with 20%+ DEET. Wear a long-sleeve shirt and pants while outdoors. Check your entire body after being outside, even if you were only in your yard. Shower asap and put your clothes in a dryer on high heat. If hiking, stay in the center of the trail and avoid the brush.



Mosquitos: Mosquitos can spread various diseases and are annoying! To prevent mosquito bites, use EPA-registered insect repellent with DEET and wear long-sleeve shirts and long pants. Read product labels when using insect repellent and apply as directed. Do not leave doors or windows propped open. Once a week, scrub or empty planters, birdbaths, vases and flowerpot saucers, as mosquitoes lay their eggs in standing water.



Tornados: Stay alert for weather updates! During a warning, go to your basement or an interior room. Stay away from doors, windows, outside walls and protect your head. In a high-rise building, go to an interior hallway. No mobile home is safe during a tornado. And do not wait until you see or hear a tornado, it may be too late!



Thunderstorms: Stay weather ready. When thunder roars, go indoors! Stay away from windows and avoid plumbing (don't bathe, shower or wash dishes -lighting can travel through plumbing) and electrical equipment.



Extreme Heat: Age, illness and medications can change how the body regulates temperature and sweat, putting the elderly and chronically ill or overweight individuals at greater risk from extreme heat waves. Pay attention to heat advisories. Stay indoors, but find air-conditioning if even for a few hours a day. Pull shades or drapes. Wear light loose clothing, drink plenty of liquids, avoid high energy activities, take a cool shower. Ask for help if you need it!



Food Poisoning: Viruses and bacteria cause most food poisoning, which is usually just unpleasant but can send you to the hospital if you're not careful. Each year, 1 in 6 Americans get sick from eating contaminated food. That potato salad that's been sitting in the sun on the picnic table? Don't eat it! Cook food thoroughly, keep cold foods cold and hot foods hot, and wash your hands!



Fire: Keep your grill cleaned of grease and fat, and never leave a grill unattended! Keep fire pits, grills, fireworks or any fire activities a minimum of 10 feet away from your home. Keep a fire extinguisher handy and a hose nearby to put out any unexpected fires.



Sharks: A sheriff's office in Florida issued a warning – Oh, wait, at least we don't have to worry about this in Wisconsin!



Covid: Although we no longer have an official mask mandate in Dane County (at the time of publication) it's still a good idea to mask up when in crowds or enclosed areas. If not for yourself, for others that may be at risk.



Poisonous Plants: When doing yard work or spending time in nature, be aware of the plants you're exposing yourself to, such as stinging nettle, poison ivy, poison sumac or poison oak! Mild rashes can typically be treated at home with soap and cool water to remove all the oils and applying hydrocortisone cream to help with itching. Be sure wash exposed clothing. Seek medical care for rash covering most of your body, itching that doesn't improve, difficulty breathing or swallowing, swelling or blisters with pus, or fever above 100F.



Flip Flops: Summer is flip-flop season, but these flimsy "shoes" provide your feet no support or protection. They can cause tendonitis in your toes, heel pain, back pain and even foot fungus. They slow you down and make you clumsy, increasing risk of stubbed toes, ankle injuries and falls. You're more prone to snake and insect bites, cuts, puncture wounds, and heavy objects crushing your toes. Never drive in flip flops – they can get stuck, slide off your foot or lodge under your car's pedals, increasing the risk of an accident.



Prepare, be aware and stay safe out there!

Arts for All offers Summer classes! You can choose to participate in-person in their Art Center. A view-only livestream option is also available for participants unable to attend classes due to illness, transportation issues, weather, etc. Arts for All works to expand the capabilities, confidence, and quality of life for children and adults with disabilities.

Tuition scholarships may be available.

Arts for All is also now an IRIS Vendor!

www.artsforallwi.org · (608) 241-2131 · 1709 Aberg Avenue in Madison



ARTS
for
ALL
WISCONSIN

Stay Hydrated This Summer!

How much water should I drink a day? According to the U.S. National Academies of Sciences, Engineering, and Medicine we should be drinking about 15.5 cups (124 ounces/3.7 liters) of fluids a day for men, and about 11.5 cups (92 ounces/2.7 liters) of fluids a day for women! That's a lot of water.

Try to set a time each day to remember to drink water, including first thing when you wake up, with meals and in-between meals. You may be like me, and not find water very appetizing. But since it's so important for your overall health – here are some ways to zazz it up:

- ◆ Add flavoring or a lemon or a lime
- ◆ Add cucumbers or fruit
- ◆ Find a hydration buddy to help you with motivation or to have a friendly “drinking” competition
- ◆ Drink caffeine free herbal teas
- ◆ Make smoothies
- ◆ Have mocktails for an alcohol-free Happy Hour

A Mocktail?! Try some of I&A Anna's favorites:

Mango Mule

- 4-5 slices of cucumber
- 1 oz honey syrup
- 1.5 oz mango puree
- 1.5 oz fresh lime juice
- 1.5 oz ginger beer
- Ice



Muddle cucumber and honey syrup in the bottom of a cocktail shaker. Add the mango puree and lime juice and shake with ice vigorously. Strain into a copper mug. Top with ginger beer and stir.

Virgin Watermelon Margarita

- 1 medium seedless watermelon, cut into chunks
- 1/2 cup fresh lime juice
- 4 tsp agave
- 5 tbsp sparkling water

In a blender, puree enough watermelon chunks so that you have 4 cups of watermelon puree. Add lime juice and agave and mix again. Pour into 4 cups. Top with sparkling water.

Did you know?!

The skin is the human body's largest organ. Adults average 8lbs of it!

Have Fun in the Sun, But Don't Forget the Sunscreen!

Melanoma is a serious type of skin cancer, the deadliest in fact. Cases of melanoma have tripled in the last 30 years, at a time when cancer rates for other common cancers have declined. Anyone, at any age, can get melanoma, but it is more common in people born with light skin, light-colored hair, and blue or green eyes. Melanomas can develop anywhere on your body, including hidden areas such as palms, soles, toes, scalp, eyes, mouth or genitals. If you notice a change on your skin, see your doctor.

Don't wait—early detection is very important!

Be Well



“Slip! Slop! Slap! ... and Wrap”

Practice sun safety when you are outdoors! This catchphrase can help you remember some of the key steps you can take to protect yourself from the sun's UV rays:

- **Slip** on a shirt.
- **Slop** on sunscreen.
- **Slap** on a hat.



Wrap on sunglasses to protect the eyes and sensitive skin around them.

A **ASYMMETRICAL**
LOOK FOR MOLES OR GROWTHS THAT ARE ASYMMETRICAL OR UNEVEN

B **BORDER**
DOES A MOLE OR GROWTH HAVE AN IRREGULAR BORDER?

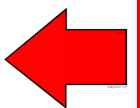
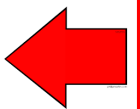
C **COLOR**
DOES A MOLE OR GROWTH HAVE MULTIPLE COLORS?

D **DIAMETER**
IS THE DIAMETER LARGER THAN THE SIZE OF A PENCIL ERASER?

E **EVOLVED**
HAS THE SIZE GOTTEN BIGGER IN SIZE OR THICKNESS?

WWW.CUREMELANOMA.ORG

CHECK
YOUR
SKIN
FOR...



Summer Time Gardening: The Q & A

Q: Why grow your own veggies?

A: Fresh tasting, nutrition packed, easy for your budget and a fun summer hobby.

Q: What are some easy vegetables to grow in a container?

A: Strawberries, lettuce, peas, tomatoes, cucumbers & peppers!

Q: Where to find seeds?

A: Local gardening stores, ask friends and neighbors, try using a seed from the veggies you have now in your fridge. There is also a “seed library” – various free seed packets – available at Goodman South, Lakeview, Meadowridge, or Pinney Library locations (while supplies last).

Q: Can I grow a garden?

A: Yes you can! Anyone can! There are many ways to accommodate mobility or other impairments with adaptive tools, raised beds, vertical or container gardening, and strategic planning.

Q: What can I do to garden beyond containers?

A: Grow your own garden at a local Community Garden. To find locations visit <https://danegardens.net/>

Q: Not sure you're ready to grow your own garden but want to test things out?

A: Volunteer your time with Rooted Community Garden. Check them out at www.rootedwi.org

Q: Need some pro tips?

A: Don't forget about UW Extension – they have tons of information about gardening. Call the Horticulture Hotline at **608-224-3721**, or send them an email at horticulture@countyofdane.com



378 Purple Pinwheels representing the number of elder abuse and/or neglect cases investigated in 2021 will be displayed at the Bethel Lutheran, and Good Shepard Lutheran Churches in Madison.

Watch for purple lights on 6/15 at the Governor's Residence in recognition of WEAAD!



Free Virtual Welcome to Medicare Seminars

Sponsored by Area Agency on Aging of Dane County's
Elder Benefit Specialist Program

If you are turning age 64 this year, you can get help making informed choices about your Medicare options. You'll receive accurate and detailed info from unbiased experts in benefit programs. Seminars will be offered via Zoom. To Register, email aaa@countyofdane.com

Upcoming dates Dates: **July 16, 2022; September 17, 2022; November 12, 2022.**



Eat Safe Food after a Power Outage

After a power outage, throw out perishable food in your refrigerator after 4 hours.

- ⚡ Check temperature of food in your freezer and in coolers. Throw out food above 40°F.
- ⚡ You can safely refreeze or cook thawed frozen food that still contains ice crystals or is at 40 °F or below.

When in doubt, throw it out.



www.cdc.gov/foodsafety



Plan Ahead:

Medicare Open Enrollment: From October 15– December 7 each year, you can join, switch, or drop a plan.

Federal Health Insurance Marketplace: Depending on your situation, you may be able to enroll in health insurance for the rest of the year. But if you're not eligible, you can enroll in coverage for 2023 starting November 1.

July 4th! Freedom, Family and Fireworks! (But don't lose a finger!)

July 4th is the day Americans celebrate the founding of our country. From the first formal fireworks display in Philadelphia, PA on July 4, 1777 which included the firing of canons and military weapons, Americans have enjoyed the beauty of the rockets' red glare as a means of showing patriotism. In the 1800's, what we call fireworks had become available to the average American and would shape the way in which we celebrate the birth of our country.

But with freedom comes responsibility, so before you decide to create your personal fireworks show, please do so safely and respectfully! Before purchasing any fireworks, read up on your local laws. Once you have purchased legal fireworks, apply these safety measures:

- Buy from reliable sellers.
- Always read and follow all warnings and label instructions.
- Never allow children to play with or ignite fireworks.
- The adult igniting the fireworks should always wear eye protection and clothing & shoes that cover the body.
- Use fireworks only outdoors.
- Be sure other people are out of range before lighting fireworks - 25ft for cone and fountain fireworks and at least 40ft for aerial fireworks.
- Always have water handy (a garden hose and a bucket).
- Only light fireworks on a smooth, flat surface away from the house, dry leaves, and flammable materials and never have any part of the body over the firework.
- Light only one firework at a time.
- Never throw or point fireworks at other people or animals. Keep your pets indoors to reduce the risk that they will run loose and get injured. Animals have very sensitive ears and can be stressed or frightened due to the igniting of fireworks.
- Never shoot fireworks in metal or glass containers.
- Never re-light a "dud" firework (wait 15 to 20 minutes and then soak it in a bucket of water).
- Never experiment or make your own fireworks.
- Dispose of fireworks properly by soaking them in water and then disposing of them in your trash can.
- Realize that the weather is actually a significant factor in firework safety – be aware of the wind and its direction.



By following these simple steps, you're bound to safely entertain your friends and family with a beautiful and booming display. Have a Spectacular 4th!

P.S.- Just remember, in 2020 over 15,000 ER visits were due to fireworks! And don't drink and do fireworks!

Where to Watch the Booms! Dane County Fire Work Shows:

When: June 24 **Where:** "Salute to America Madison" at the International Speedway, 1122 Sunrise Rd. Oregon

When: July 2 **Where:** "Festival Food Lights" at Breese Stevens Field 917 E Mifflin St. Madison

When: July 2 **Where:** Firemen's Park, 500 Jefferson St. DeForest

When: July 3 **Where:** Warner Park 2920 N Sherman Ave. Madison

When: July 4 **Where:** "WaunaBoom" at Ripp Park, 213 Dorn Dr. Waunakee

When: July 4 **Where:** Winnequah Park, 1055 Nichols Rd. Monona

What time? Most firework shows begin at dusk.



The Sampler! Interesting Events Happening in our Community:

Concerts on the Rooftop *When:* Thursdays in June at 7:00 pm *Where:* Monona Terrace Community Center 1 John Nolen Dr., Madison *Cost:* Reserve your free ticket by calling 608-261-4062

Juneteenth Celebration at Sun Prairie Public Library *What:* Juneteenth is a federal holiday commemorating the freedom of enslaved people in the U.S. *Where:* Sun Prairie Library, 1350 Linnerud Dr. Sun Prairie *When:* June 17 1:30pm - 3:00 pm

Juneteenth Celebration at Penn Park *What:* Kujichagulia- Madison Center for Self Determination is hosting a community celebration to observe Juneteenth, the federal holiday commemorating the freedom of enslaved people in the U.S. *Where:* Penn Park, 2101 Fisher St, Madison *When:* June 18, parade begins at 11:00 am, celebration in Penn Park at noon.

Concerts at McKee *When:* June 20, July 18 & August 15 from 6:00 pm - 9:00 pm *Where:* McKee Farms Park 2930 Chapel Valley Rd, Fitchburg *What:* See a concert for a free at this outdoor event *Cost:* FREE

Oregon Summer Fest *When:* June 23- June 26 *Where:* Kiser Fireman's Park 245 Brook St, Oregon

Monona Community Festival *When:* July 2 – July 5 *Where:* Winnequah Park, 1055 Nichols Rd, Monona

Fishing Has No Boundaries *What:* Fishing event for anglers with disabilities, but register early because there is a strict limit of 100 participants. To register, call: 1-608-417-3474 or e-mail: fhnbmadison@gmail.com

When: July 9 *Where:* Governor Nelson State Park, 5140 County Hwy M, Waunakee

Dane County Fair *When:* July 21- 24 *Where:* Alliant Energy Center

Waunafest *When:* July 28- July 31 *Where:* Centennial Park, 901 Holiday Dr., Waunakee

Sugar Maple Music Festival *When:* August 5 – 6 *Where:* W.G. Lunney Lake Farm County Park 4330 Libby Rd, Madison *What:* Two-day outdoor festival in Madison that celebrates traditional music and dance through performances, educational workshops and interactive jam sessions. *Cost:* 2-Day pass \$60 at the game, Kids 17 & under get in for free with ticketed adult.

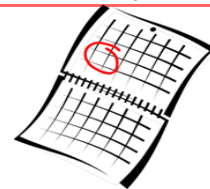
Agora Art Fair *When:* August 20 *Where:* Agora at Fitchburg Center, 5500 E Cheryl Pkwy, Fitchburg. *Cost:* Free

Eken Park Festival *When:* August 20 11:00 am – 8:00 pm *Where:* 700 Mayer Avenue, Madison. *Cost:* Free

Orton Park Festival *When:* August 25 – August 28. *Where:* Orton Park, 1114 Rutledge St, Madison. *Cost:* Free

Middleton Good Neighbor Festival *When:* August 26 – August 28. *Where:* Middleton Firemen's Park, 7400 Lee Street, Middleton. *Cost:* Free

KICKIN' IT 4 AUTISM *When:* August 27. *Where:* DeForest Athletic Complex, 6778 River Rd, DeForest. *What:* Join Camp Createability's 3rd Annual Kickball Tournament. Grab 10 of your friends and register today! *Cost:* \$200 per team (through July 15th)



Visit Henry Vilas Zoo! Take a stroll through the zoo this summer! The Vilas zoo is home to over 650 animals from all over the world (and will add an extra one soon, as orangutan Chelsea is expecting a baby this summer!) Our beloved Madison zoo has free admission to all. Wheelchair rentals are \$5 (first come, first served) or bring your own.

Hours: 9:30am – 5pm daily

702 S. Randall Ave.

Madison, WI 53715

Phone: [\(608\) 266-4732](tel:6082664732)

Bringing the Library to You!

The Dane County Home Service Program

The Dane County Library Service's "Home Service Program" supplies materials by mail to qualified individuals who are unable to use the library due to an on-going physical condition. Books and materials arrive in a large red bag, and you return the items in the same bag, through regular U.S. Mail.

When health issues prevented Janis (pictured) from leaving her home, one of the things she missed the most was reading and trips to the library for books. Although a bit hesitant at first, she eventually made the call to the Library Home Service Program. And was she ever glad she did! Staff discussed her reading interests, favorite authors and materials preferences; they also make ongoing suggestions. She gives the program glowing recommendations for ease of use, and friendly, helpful staff! Being able to continue her love of reading has really made a huge difference for Janis.



Anyone interested in participating in this program should call (608) 266-4419 weekdays, 8:00am - 4:00pm, for additional information or email driscoll@dcls.info.

Share your talent in *Generations*!

Have you written a creative piece, poem or short story about aging or an older adult? Have you painted a portrait, taken a photo or created an illustration that defines (or redefines) aging?

The American Society on Aging is calling for submissions of art of all types from now until September 12 to publish in "A Creative Take on Aging", the upcoming November–December issue of their online journal, *Generations Today*.

[Send an email](mailto:abiggar@asaging.org) to Alison Biggar, Editorial Director, with your submission or idea. abiggar@asaging.org

The American Society on Aging (ASA) unites, empowers and champions everyone striving to improve aging.

Enjoy past issues and look for the issue here:

<https://generations.asaging.org/generations-today>



There is hope.

Help is only 3 numbers away.

As of July 16, 2022, anyone in the United States can call or text 988 or use an online chat tool to access the national Suicide & Crisis Lifeline.

988 will accept calls, texts, and online chats from anyone who needs support for a suicidal, mental health, and/or substance use crisis.

People can also contact 988 if they are concerned about a loved one in crisis. Wisconsin Lifeline counselors are trained to reduce the stress of your challenge, provide emotional support, and connect you with local resources.



*WE
THE
PEOPLE*



NEEDED: Deliver Meals to Older Adults!

In Dane County communities outside of Madison, our local senior centers need volunteers to deliver meals (and a friendly greeting) to older adults at their homes.

Volunteers receive mileage reimbursement, extra accident and liability insurance coverage, and have some flexibility with schedule.

Deliver with a partner if you'd like. This is a fun and rewarding experience!

For more information, contact RSVP of Dane County: Steve Jaeschke at 608-441-7892 or sjaeschke@rsvpdane.org

Plan ahead: Voter ID Clinics in Madison

Are you or do you know a community member who need assistance with obtaining a photo ID for voting? Registered voters in Wisconsin need to show a photo ID to confirm their identity at the polls. Absentee voters need to provide a copy of your photo ID with your first absentee ballot request. The Voter ID Clinics will provide the opportunity to receive one-on-one assistance for acquiring IDs, birth certificates, and social security cards free of charge.

VoteRiders will be hosting **Voter ID Clinics throughout the month of June at the Madison Plaza Hotel***, located at **3841 E Washington Ave, Madison, WI 53704** on the following dates:

Tuesday, June 14th: 12pm - 4pm

Tuesday, June 21st: 12pm - 4pm

Tuesday, June 28th: 12pm - 4pm



**Anyone attending one of the clinics is asked to mention they are there to see VoteRiders for ID assistance and security will let them in.*

VoteRiders is a non-partisan, non-profit organization with a mission to ensure that all citizens are able to exercise their freedom to vote. If you have any questions or you're interested in volunteering, please contact Nick Ramos at nick@voteriders.org. VoteRiders will train any volunteers who are interested in participating in any of the Voter ID Clinics. <https://www.voteriders.org/about/>



Volunteer donors are the only source of blood for those in need, and the need is constant.

One blood donation can save up to 3 lives!
And since every two seconds someone in the U.S. needs blood, your help is critical.
Please donate lifesaving blood or platelets!

Take a break this summer to give!

There are a few requirements for donors:

- You must be in good health and feeling well.
- Age 16+.
- You must weigh at least 110 lbs.
- Donation frequency: Every 56 days/ 6 times a year.

1-800--RED CROSS (1-800-733-2767)

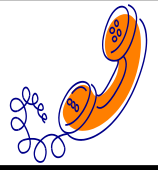
Or search for your nearest blood donation event online and reserve your appointment: <https://www.redcrossblood.org/give.html/find-drive>

ADA 32 
Americans with Disabilities Act
Celebrate the ADA! July 26, 2022

On July 26th we celebrate this important civil rights law that prohibits discrimination against individuals with disabilities in all areas of public life, including jobs, schools, transportation, and all public and private places that are open to the general public. The purpose of the law is to make sure that people with disabilities have the same rights and opportunities as everyone else.



I Called the ADRC!



I&A Susie received a call from a Dane County resident named Janice, who said she is struggling to pay for her prescription medications, even though she has Medicare Part D insurance. The monthly cost is busting her budget! Together Susie and Janice looked for manufacturers' discount coupons to reduce the cost of Janice's prescriptions. They were successful! With a manufacturer's coupon, her medication cost was reduced in price from close to \$500 every three months, to just over \$35 every three months. After exploring the coupon option, Susie next assisted Janice apply for the Wisconsin drug program called SeniorCare, for additional savings when used in combination with her Part D drug plan. Janice's budget was looking a lot better thanks to this phone call!

I&A Becky worked with a customer who recently became widower. This widower lives alone and felt hesitant to reach out for help at home from anyone beyond family. Becky listened and suggested taking one step at a time towards getting outside help. Becky suggested reaching out to his local Senior Center and making an appointment with a case manager, and testing out the home delivered meals program. By the end of their consultation, the customer thanked Becky for being so 'relaxed', because the customer had been very nervous prior to the visit. Furthermore, the customer's daughter, who is a local nurse, said that she and her staff really appreciate everything the ADRC does for their patients and the community.

I&A Peggy received a call from a 70 year-old woman who had just moved to Dane County from another state. This woman was no longer able to drive and needed options. I&A Peggy worked to get her set up with transportation to medical appointments through the volunteer run program with RSVP. After these appointments were approved by RSVP, I&A Peggy and her customer contacted the Dane County Transportation Center. The Dane County Transportation Center was able to approve limited transportation to get her to additional complex medical appointments. Peggy then assisted the customer apply for the Madison Metro Paratransit program, which provides specialized bus service for people with limited mobility. Lastly, Peggy introduced the new resident to all the senior services that are found through NewBridge Madison. The customer was very pleased with all the help from I&A Peggy to meet her needs for transportation and for getting her off to a good start in her new community.

ADRC and our Community Partners: Sun Prairie EMS

The Sun Prairie EMS recently called the ADRC and reached I&A Abigail to explain about a service they are providing to local residents. The EMS is offering free in-home health visits to support residents at home with questions about medical issues, needing symptoms monitored, in need of a medical assessment, or with Covid testing and vaccination. The EMS can assist those unable to do tele-visits, those fearful of the doctor, without transportation or other limitations accessing medical care. This assistance is available to the residents of Sun Prairie and the Town of Bristol. EMS can be reached at the Sun Prairie Fire Station, 608-837-3604- option 3.

The ADRC frequently answers these type of calls from many different community agencies, with a variety of services and programs. We both give and receive outreach from our community partners all across Dane County.

State Park Discounts:

- ◆ The Wisconsin State Parks annual and day passes are discounted for those age 65+. Cost is \$13 annual pass/\$3 day pass for vehicles with WI plates.
- ◆ Certain disabled veterans and former prisoners of war are eligible to receive waivers of vehicle admission and trail pass fees. To apply: Download and complete the [Disabled Veteran Free State Park/Forest/Trail Pass Application \[PDF\]](#) and take it to the Dane County Veteran Service Office (CVSO) to certify <https://danevets.com/>. The application must be signed and stamped by the CVSO.



A **Federal Recreational Lands Pass** covers entrance fees to more than 2,000 sites—including national forests and grasslands.

Those with permanent disabilities can receive a free, lifetime pass to these Recreational Lands, including the Wisconsin Ice Age Trail.

For more information: <https://www.fs.usda.gov/managing-land/national-forests-grasslands/accessibility/access-pass>



For more ideas, go to <http://www.adaptivesportsman.org/index.html>

(Continued from page 3)

PICKLEBALL PRIVATE COURTS:

Madison Turners, Madison
(608) 222-4922
\$6 for 2 hours of open play
Classes offered

Hitters Sportplex, Middleton
608-833-4488
\$7-\$10

Prairie Athletic Club, Sun Prairie
608-837-4646
Leagues, lessons, open play
\$10-\$15 for non-members
\$195 for special pickleball membership

YMCA, Madison East 608-221-1571 & West 608-276-6606, Sun Prairie 608-837-8221
Indoor court
Free to members/\$5 non-members

Sports Enhancement Academy, Stoughton 608-205-1732
Indoor courts
\$5 drop-in/\$40 month

Beef Butter Pickleball, Madison
Indoor courts
608-354-3613

Fitchburg Senior Center
Fitchburg
608-270-4290

Registration required
Oregon High School
Indoor & outdoor courts
\$3 drop-in/or discount punch card
alm@oregonsd.net

Princeton Club East, Madison
608-241-2639
Indoor courts
Free to members/\$65 for 10 visit pickleball only card

Stoughton Parks & Rec
608-873-6746
Indoor & outdoor courts
\$40 per season

Waunakee Community Center
608-850-5992
Indoor & outdoor courts
Fees vary

Clip and Keep – Dane County Parks

Dane County Parks welcomes nearly 4 million visitors annually and manages over 17,000 acres of land.

Dane County Parks include:

- 25 Recreation Parks (including 8 Dog Parks)
- 20 Wildlife Areas
- 14 Natural Resource Areas
- 4 Historical or Cultural Sites
- 2 Forests
- Over 100 miles of trails (bike, equestrian and cross-country ski trails)
- Over 3,000 acres of conservation and streambank easements
- 5 campgrounds and multiple adult and youth group camping sites
- Lussier Family Heritage Center

A review of all Dane County Parks and what they provide can be found at: <https://www.danecountyparks.com/>

Dane County Parks is committed to providing services that are accessible to everyone. Here are some accessible options in Dane County's Park system:

Jenni & Kyle Preserve:

Provides accessible fishing and picnic areas, trails, wheelchair swings and a shelter building around two spring-fed ponds containing trout and pan fish.

Parks that offer accessible fishing piers:

- Babcock County Park
- Fish Camp County Park
- Salmo Pond County Park
- Stewart Lake County Park
- William G. Lunney Lake Farm County Park

Parks that offer hard surface trails:

- Badger Prairie County Park
- Capital City State Trail
- Capital Springs Recreation Area
- Jenni & Kyle Preserve
- Lower Yahara River Trail

*Donald County Park offers an Equestrian Area with rider mounting assistance

Camping:

Accessible campsites by campground can be found by searching at www.reserve dane.com

Clip and Keep





**2865 North Sherman Avenue
Madison, WI 53704**



The Mission of the ADRC

To support seniors, adults with disabilities, their families and caregivers by providing useful information, assistance and education on community services and long-term care options and by serving as the single entry point for publicly funded long-term care services while at all times respecting the rights, dignity and preference of the individual.

CALL— EMAIL—STOP IN—REQUEST A ZOOM VISIT

HOURS: MONDAY - FRIDAY 7:45 A.M. – 4:30 P.M.

OTHER HOURS BY APPOINTMENT

BILINGUAL STAFF & INTERPRETERS AVAILABLE UPON REQUEST

Web: www.daneadrc.org

Email: adrc@countyofdane.com

Phone: 608-240-7400

TTY: 608-240-7404

FAX: 608-240-7401

Toll Free: 1-855-417-6892

Our Experts can help you with information about:

- ◆ Assisted Living & Nursing Home Options
- ◆ Caregiver Supports
- ◆ Housing Options
- ◆ In-Home Personal Care
- ◆ Meals & Nutrition Programs
- ◆ Energy Assistance
- ◆ Legal Resources
- ◆ Respite Care
- ◆ Social Security, Medicare, Medicaid
- ◆ Support Groups
- ◆ And Much More...

Our Services are Free & Confidential !

If you would like to receive our newsletter by email, please contact us at adrc@countyofdane.com