

Caring for Ourselves, Helps Us Care for Others



We are all connected. There are those of us who recognize assistance is needed when someone in our community needs support. These are the caregivers. Whether it is informal and unpaid like a neighbor helping to shovel snow or a formal agency like an assisted living facility, caregivers face a winding, obstacle-strewn road. With little additional support and low wages, even for those being paid – the caregiver road can lead to burnout. Often, we deny it but, burnout can happen emotionally, physically or behaviorally.

"The expectation that we can be immersed in suffering and loss daily and not be touched by it, is as unrealistic as expecting to be able to walk through water without getting wet." -Rachel Naomi Remen, Kitchen Table Wisdom 1996

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Signs of burnout:

EMOTIONAL	PHYSICAL	BEHAVIORAL
Depression/Anxiety Exhaustion/Numbing Decreased Compassion Decreased Empathy Confusion/Disconnection Feeling Helpless	Aches and Pains Heart Troubles Gastrointestinal Distress Lower Immune Responses Memory Concerns Changes in Diet Habits	Avoidance Boundary Issues Judgmental Views Hypervigilance Isolation Substance abuse

Burnout does not have to be the end of the road. There are several ways to prevent burnout, we looked into the "Seven Pillars of Self-Care (And how to Use Them)" described in The Blissful Mind, by Catherine Beard, as a roadmap for the self-care journey. Awareness of the connection between our minds and bodies is a good starting point towards self-care. Self-care helps us find the power to heal ourselves so we can continue to care for others.

Mental – using mindfulness and curiosity to create a healthy mindset.

Emotional – developing healthy coping strategies to deal w/ stress.

Physical – rest, nutrition and movement.

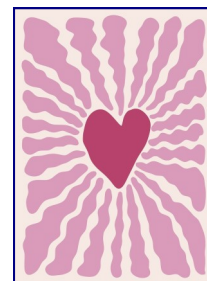
Environmental – appreciating/loving the space and places around you.

Recreational spaces – get outside, or Feng Shui the indoor space.

Spiritual – creating practices that define your sense of purpose, direction and meaning.

Recreational – taking time for hobbies and activities that interest you.

Social – making connections, building relationships, getting yourself out there/into the community.





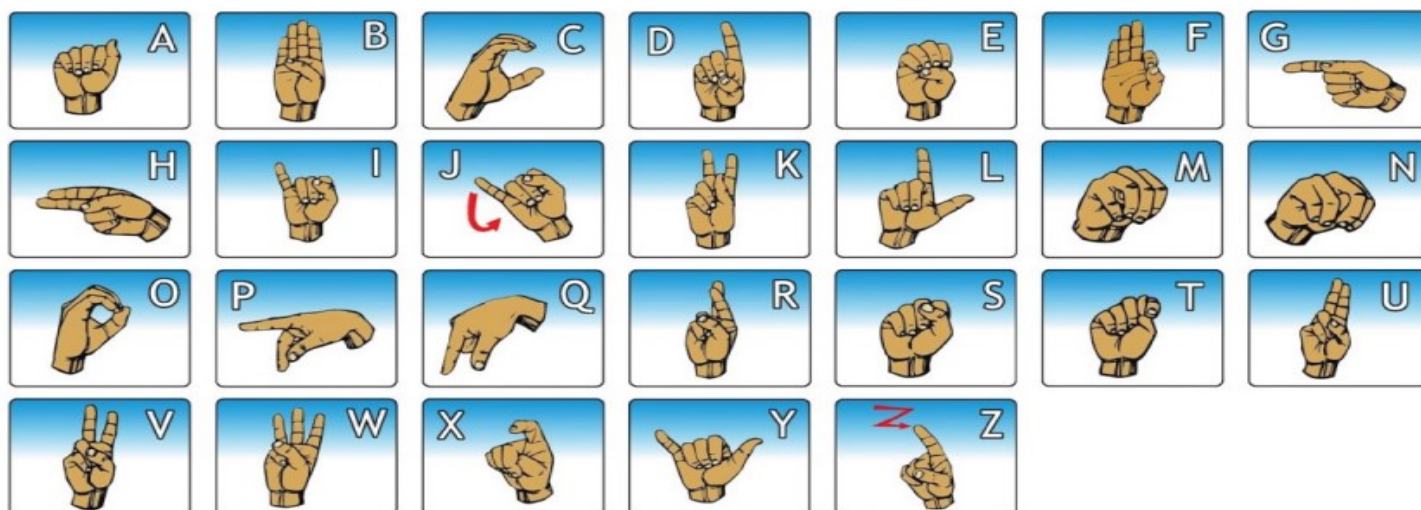
INTERNATIONAL DAY OF SIGN LANGUAGES

The United Nations proclaimed September 23rd as the International Day of Sign Languages to raise awareness of the importance of sign language and the rights of Deaf people. The day recognizes the significance of protecting sign languages as part of linguistic and cultural diversity. It also marks the principle of “nothing about us without us” in terms of working with Deaf communities.

Sign languages are fully fledged, natural languages, structurally distinct from the spoken languages. There is also an international sign language, which is used by deaf people in international meetings and informally when travelling and socializing.

According to the World Federation of the Deaf, there are more than 70 million deaf people worldwide, using more than 300 different sign languages. During the celebration of the International Day of Sign Languages, the world embraces the unity generated through sign languages.

ASL - FINGERSPELLING ALPHABET



**SIGN LANGUAGE
FORUM**

SHARE & PRACTICE AMERICAN SIGN LANGUAGE ONLINE
WWW.SIGNLANGUAGEFORUM.COM/ASL

Summer Driving Safety: Rain or Shine

Before you go, stock your vehicle

Even a well-maintained vehicle can break down, so it's advisable to put together an emergency roadside kit to carry with you.



**JUMPER
CABLES**



**BASIC
REPAIR TOOLS**



**FIRST
AID KIT**



MEDICINES



FLASHLIGHT



**EXTRA
FOOD**



**DRINKING
WATER**



**JACK FOR
CHANGING A TIRE**

What are American's Favorite Summer Outdoor Activities?

According to an online survey by the National Recreation and Park Association (NRPA), Americans favor going for a walk/hike, going to the beach and having a picnic or barbeque over other common summer activities.

Key Findings:

- 55% indicated that having a picnic/bbq was a favorite activity.
- 49% overall indicated that going for a walk/hike was a favorite.
- 40% indicated that going to the beach was a favorite.
- Other activities selected included exploring nature, attending festivals, going to the pool, camping, working out, water/boating, and playing sports.



Do you need a ride to vote?

Rides to the Polls is a list of transportation providers who may provide rides for voting for people with disabilities and older adults.

Check the list to see if there is a transportation provider in your area and contact them as soon as you can. Most providers require advance notice.

<https://disabilityvote.org/2024/rides-to-the-polls-2024/>

FAVORITE ACTIVITIES BY GENERATION:

MILLENNIALS

GOING TO THE BEACH
43%

HAVING A PICNIC OR BARBECUE
40%

GOING TO THE POOL
39%

GEN X'ERS

HAVING A PICNIC OR BARBECUE
54%

GOING FOR A WALK/HIKE
46%

GOING TO THE BEACH
37%

BABY BOOMERS

HAVING A PICNIC OR BARBECUE
64%

GOING FOR A WALK/HIKE
58%

GOING TO THE BEACH
43%



The BHRC is a community resource available to any Dane County resident

REGARDLESS OF:

- INSURANCE STATUS
- FINANCIAL STATUS
- LEGAL STATUS
- IDENTITY
- ABILITY
- AGE

Do you need assistance accessing mental health and/or substance use services in Dane County?

Phone: (608) 267-2244

Email: BHRC@countyofdane.com

Website: danebhrc.org

Interpretation services are available.

DRW Voter Hotline: 1-844-347-8683

WISCONSIN
disability
 **vote**
COALITION



JUST DANE

Changing Lives. Changing the Community.



COMMUNITY SPOTLIGHT: JUST DANE



Being released from prison comes with its own burdens. Community members who are being released from prison often find re-entry a difficult path. For those with disabilities, finding the way back can be even further complex. Although prison staff exists to assist folks in preparation of release, it is a different situation for those held in municipal/county jails. These shorter-term incarcerations means loss of benefits and other challenges. In most cases, a phone call will allow one to reclaim benefits; however, it is easier said than done. When circumstances create challenges to making these calls, Just Dane is there to light the way to a new day.

Just Dane is a private, non-profit serving people returning from prison and jail, children who have an incarcerated parent, and community members facing barriers to success.

Just Dane offers help and a hand-up through their programs to re-establish and restore one's ability to navigate the path of life. Their programming is designed along the core supports of housing, employment, education, treatment and transportation. To participate, one must embrace the philosophy of strength in numbers and welcome the help of community, peer and professional supports. Just Dane can offer case managers to steer through the obstacles along the way back to re-integration into our community and a better life. If you would like more info, programming can be reviewed at:

<https://justdane.org/> Please contact Just Dane at (608) 256 – 0906 if you would like to receive and/or give support.

One in three Americans aged 65+ lacks the resources needed to meet basic food, housing, and medical needs. Many programs are available to help eligible low-income older adults pay for health care, prescriptions, food, and utilities yet millions of seniors miss out on these benefits because they don't know about the programs or how to apply. As a result, too many older Americans make dangerous trade-offs, such as foregoing home repairs, unpaid property taxes, avoiding social engagements, skipping meals, and cutting pills.

- **Older adults struggle to pay their basic expenses:** According to the Survey of Consumer Finances, older adult households spend on average \$28,644.30 on the basic costs of living. Yet roughly 8.5 million older Americans have annual incomes below \$24,000.
- **More older adults are living in poverty:** Since 2022 the percentage of seniors aged 65+ living below the poverty level (\$14,040) has crept up to 14.2% or 5.9 million adults.
- **Increased debt levels:** In 2022 the average debt of seniors aged 65+ was \$134,950 according to the latest Federal Reserve data.



Who's Who at the ADRC?

Presenting:

Nan Osawa
with the Dane County Transportation Center

Fun Fact!

The Dane County Transportation Center is housed within the Aging & Disability Resource Center building!



What is your role at the ADRC?

- I work as a Mobility Program Specialist at the Transportation Call Center helping to make ride dreams come true.

Can you tell us a little about what did you did before you came to the ADRC?

- Prior to this position, I was an Elder Benefit Specialist with Area Agency on Aging. Before the AAA, I worked as a Program Specialist and Participant Services Specialist with IRIS. I took a break from human service work for about 6 years to live and work in Japan and Thailand. Prior to living and working abroad, I worked at local Dane County human service non-profit organizations as a Support Broker, a Crisis Response worker,

and a Residential Service Coordinator. I started my human service work in Dane County as a Job Coach and sometimes wonder if that is what I'll end up doing at the end of it. I've also substitute taught at least one day at every grade level in the Madison Metropolitan School District.

What made you pick this career?

- I like to help people and am interested in the systems that support me to do this work.

What do you like to do for fun?

- I enjoy travel, time with my family at Wisconsin lakes and rivers, taking walks, horseback riding and kayaking.

Any quote or inspirations saying that is meaningful to you?

- "Imagine how we would be if we were less afraid." Charlie Mackesy

Do you have questions about the Dane County Transportation Center?

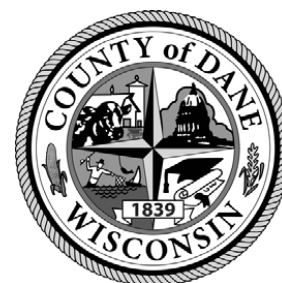
Here are some answers!

One Stop Shop Transportation Call Center

The Call Center is a one-stop center for transportation resources that provides assistance with ride authorizations, scheduling, public transit, Human Services transportation programs, and other services. Numerous transportation options are available in Dane County and the Call Center will help determine what options apply to your individualized transportation plan. The Call Center is open Monday through Friday from 8:00 AM to 4:00 PM.

Phone: (608) 242-6489

Email: TransportationCallCenter@danecounty.gov



The Importance of Being Lighthearted

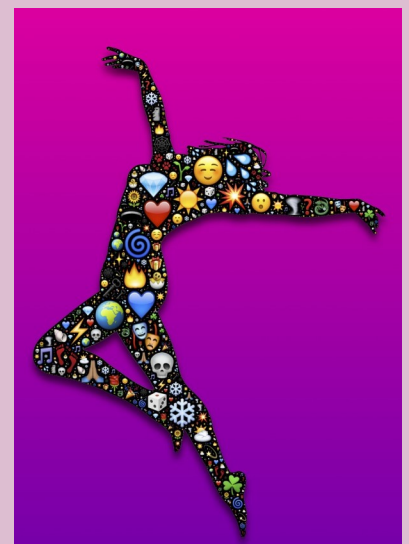
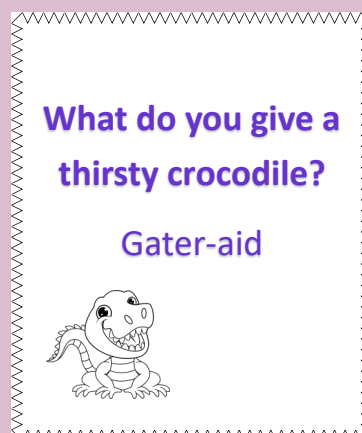


Laughter is (usually) free and without harmful side effects, making a good laugh readily accessible. The interest in laughter as a potential therapeutic option has grown, in popular culture as well as in scientific research. The field of psychoneuroimmunology explores the connections between our emotional state, nervous system function and our immune system. When you start to laugh, it doesn't just lighten your load mentally, it actually induces physical changes in your body. Be it a giggle or a guffaw, when we laugh we open ourselves to feeling good. This good feeling courses through our bodies and minds reinforcing our systems with positive vibrations. Like a tuning fork holding that melodic resonance, our bodies hold the vibrations through the long-term. The impact of this is felt in our physical, mental, and social realms.

Physical Health Benefits	Mental Health Benefits	Social Benefits
<ul style="list-style-type: none">• Boosts immunity• Lowers stress hormones• Decreases pain• Relaxes your muscles• Prevents heart disease	<ul style="list-style-type: none">• Adds joy to life• Eases anxiety and tension• Relieves stress• Improves mood• Strengthens resilience	<ul style="list-style-type: none">• Strengthens relationships• Attracts others to us• Enhances teamwork• Helps defuse conflict

The ways we can help ourselves become a fountain of humor to refresh others are numerous:

- Don't take yourself so seriously!
- Surround yourself with reminders to lighten up and embrace our imperfections.
- Don't stay in the negative and chaos – be it people, news or entertainment.
- Take a positive approach towards negative events and reframe to look for silver lining.
- Find your inner child. Find the joy in simple, daily events.
- Don't go a day without laughing – set aside 10 minutes to be amused.
- Invite friends or co-workers out to a comedy club.
- Read the funny pages.
- Spend time with your kids or grandkids.
- Watch a comedy.
- Share a good joke or a funny story.
- Check out your library's humor section.
- Host game night with friends.
- Play with a pet.
- Make time for fun group activities.



*Guidance provided through Mayo Clinic article.



The funds are intended to make a positive impact on caregivers' well-being, assisting them in sustaining their caregiving responsibilities. Grants can be used for various purposes, including respite care, travel expenses, delivered meals, exercise classes, and household items to ease caregiving duties.

To apply, please submit your application promptly by using the link below. **Cairasu (ATA)** will be evaluating and awarding funds continuously. Additionally, they will provide a list of reference organizations for your convenience. If none apply, feel free to select the 'other' option.

Following receipt of a grant, **Cairasu (ATA)** kindly requests your feedback through a follow-up questionnaire on how the funds benefited you. **Cairasu (ATA)** thanks you for your invaluable dedication to caregiving!

Interested in applying? Copy and paste the link in your browser or contact **Cairasu (ATA)** at 608-906-1259.

<https://docs.google.com/forms/d/e/1FAIpQLScTCUIINZ7PfdOhko6HP536hAjM1OrkyeMFWNM4Wsjsx7y4nTA/viewform?fbzx=-2042866914747922412>



A horse walks into a bar.
The bartender says, "Hey."

**The horse replies, "Buddy—
you read my mind!"**

What do you call a horse
that lives next door?

Your neigh-bor!

SECTION 8 WAITING LIST OPEN

HUD allocates \$15 billion to tackle the economic crisis and prevent evictions.

Application Period:

May 21 - Jun 15, 2024

Section 8 program aims to expedite application reviews, reducing wait times to under 2 years.

Apply for Section 8 assistance by Jun 15, 2024, at <https://govassistance.org/apply-section8>

Need assistance applying? Contact us at <https://govassistance.org/apply-section8>

Fraudulent Section 8 ads are appearing on social media directing the public to a fraudulent website, which will steal personal information and data. There are several forms of the above ad on Facebook, Instagram, and TikTok with different words and dates.

The flyer and website '[www.govassistance\[dot\]org](https://www.govassistance.org)' are **NOT** legitimate. This scam tries to take advantage of Section 8 applicants to steal personal information. Social media users should always be skeptical and do not click on a hyperlink if you are unsure if it is legitimate. Exit the social media site and instead, go to a known and trusted source. For example, after seeing this ad, a user could go to hud.gov and investigate if this is a real program.

Individuals can file a complaint at the Internet Crime Compliant Center (IC3): www.ic3.gov.

Image credit:

Department of Housing and Urban Development

We can't all take the Ramones advice and hitch a ride to Rockaway Beach or follow the wisdom of The Beach Boys with a trip down to Kokomo, BUT we can take a break with some beach movies! Take a break at the beach with the McCabe sister's suggestions for some easy watches this summer!

Baywatch (2017)

Point Break (1991)

The Goonies (1985)

50 First Dates (2004)

Pirates of the Caribbean (2003)

Forgetting Sarah Marshall (2008)

Jaws (1975)

Cocktail (1988)

How Stella Got Her Groove Back (2014)

Heartbreakers (2001)

The Beach Boys (2024)



McCabe's at the Movies





Make Time For Self-care

Self-care does not have to be complicated! Take five minutes to take care of yourself doing a few of the following:

Drink water

Eat a snack

Enjoy the weather

Take five deep slow breaths

SAY NO to something you do not want to do

Make plans with a friend or family

Listen to a song

Declutter a drawer

Draw a doodle

Take a picture

Write down an affirmation or 3 things (small or BIG things) you are grateful for

Make your bed

Don't check the news or social media for few hours



Accessible Recreation

Hard Surface Trails

The park system includes paved trails, crushed limestone trails and wooden boardwalks. Parks with these features are listed below (full details on website):

- Anderson Farm County Park
- Badger Prairie County Park
- Brigham County Park
- CamRock County Park
- Capital City State Trail
- Cap Springs Recreation Area Dog Park
- Jenni & Kyle Preserve
- Lower Yahara River Trail
- Pheasant Branch Conservancy
- Sugar River Wildlife Area
- Token Creek County Park
- Viking County Park

All-terrain Wheelchair

Dane County Parks has one All-Terrain Wheelchair available to check out and use in the Capital Springs Recreation Area. Full details on our website.



Heading out into the great outdoors?

As summer temperatures soar and storms get more extreme, follow the excellent advice from the UW –Dane County Extension to ensure your safety while enjoying outdoor activities, who recommend the following:

1. Stay informed: Regularly check weather conditions before heading out, as dangerous storms can develop quickly.

2. Be prepared: Bring an ample supply of water, familiarize yourself with nearby drinking water sources, take breaks in shaded areas, and identify safe locations in case of severe weather.



Also, don't forget to check yourself and your pets for ticks after any outdoor activities. It's a bad year for these creepy critters!

Be Well



When Your Personal Data is Compromised



A data breach happens when attackers hack into a company or organization to steal our personal information. Data breaches result in our information being leaked to scammers. Remember it is not just the large corporations who are susceptible to attacks, they happen to local governments, healthcare providers, and merchants. When in doubt, check it out and protect yourself!

Protect yourself by being aware of:

- Browser Pop-Ups.
- Suspicious Emails.
- Password reset messages.
- Redirected internet searches.
- Check your account for any recent changes you didn't create.

Here are some other tips to keep your info safeguarded:

- Check for updates from the hacked source.
- Check for unusual banking activity.
- Get a copy of your credit report.
- Pay attention if your phone acts up.
- Freeze your credit.
- Change your passwords and usernames.
- Do not use the same password across your accounts – make them unique and secure.
- Try to file your taxes early – before scammers can.
- Verify who is calling you – if you suspect a scam call, hang up and call the company's office using a trusted phone number. Never use a phone number the potential scammer provided to you.



Find out more on how to recover from a data breach at [identitytheft.gov/databreach](https://www.identitytheft.gov/databreach).

<https://www.identitytheft.gov/Info-Lost-or-Stolen>



Power Outages!

When the lights go out, it is not just a pain it can get seriously scary. While blackouts can occur any time of the year, heat and summer thunderstorms can knock out electrical lines, while high temperatures can create demand that overloads the electrical grid.

Here are some tips in case the power is disrupted this summer:

- Have flashlights, batteries, light sticks, candles, matches or a motion powered flashlight available
- Have the emergency number of your electric utility handy in case you need to call.
- Have a cooler available to store food or medications that must remain cold. Keep ice packs in your freezer and ready. Leave your freezer and refrigerator doors closed.
- Have disposable utensils on hand so you do not need to use water to wash dishes.
- Ensure you have enough water to last a couple of days. Non-potable water uses, for flushing toilets, can be met with water from rain catchment barrels.
- Keep the pantry stocked with some easy-to-open, non-perishable foods that require no cooking.
- If you want to have a backup generator, make sure it is installed by a licensed electrician. Use a generator, but ONLY outdoors and away from windows.
- A camp grill can be a handy to cook while the power is down.
- Check with local officials about heating and cooling locations open near you.



Tornado Preparedness: Make a Plan! With Ready.Gov

Know the Warning Signs of a Tornado: Sometimes an alert won't come through! If you see these weather events, take shelter:

- Hail
- Thunder/lightning
- High winds
- Loud roar like a freight train
- Large, dark, low lying cloud- especially if it is rotating
- If you're caught in a storm outside, lie on the ground, or in a ditch. Use your arms to protect your head & neck. Watch out for flash floods.



Practice a Tornado Drill: Have your whole household practice moving to your safe space, away from windows and exterior walls. Wear your shoes in the event of broken glass.

Prep an emergency go kit prior to an emergency. Prep food, water & extra medication.

Put important documents like birth certificate, Social Security Number, passport, other important documents in an easy to grab fire proof lockbox.



Lingo Buster: Sun protections

Summertime means more time outside and in the sun. With this fun are you getting lost in all of the different sunscreen acronyms and terms? Here's some help to figure out what all the terms mean!

Mineral Oil: Can also referred to as Physical Sunscreen. Mineral oils use a mineral like zinc oxide and titanium dioxide to BLOCK rays.

Chemical Oil: Chemical oils use ingredients like oxybenzone or octinoxate to ABSORB rays.

UVR: Short for Ultraviolet Radiation. Ultraviolet Radiation can't be seen by our eyes. The sun, certain lamps, lasers, and tanning beds emit UV Radiation.

The most common type of UVR is **sunlight**. Sunlight has different wavelengths known as:

- **UVA:** The longest wavelength, can penetrate the middle layer of our skin
- **UVB:** Medium wavelength, reaches the outer layer of our skin. UVB also helps our skin produce vitamin D.
- **UVC:** The shortest wavelength. Absorbed by the atmosphere. The only way to be exposed to UVC is by artificial sources like a lamp or laser.
- **UVI:** Ultraviolet Index is a rating scale from 1-11 which warns you about how much UV rays are reaching the Earth's surface.

SPF: Sun Protection Factor.

SPF is rated on amount of protection from UV Radiation. For example, SPF 30 provides 30 times more protection to exposed skin. If skin burns without protection in 10 minutes, then applying SPF 30 should provide protection for 300 minutes as long as it was applied correctly.

This table shows the amount of UVR blocked out for a given SPF rating. Broad spectrum sunscreen with SPF30 blocks 96.7% UVR and a SPF50 blocks 98%.

Tips:

- Reapply sunscreen every 2 hours.
- Sunscreen can be wiped off, sweated off, or may be unevenly applied.
- Reapply after swimming even if the label misleadingly suggests it is waterproof.

Also – consider clothing & eyewear that have sun protection!

Source: Australian Radiation Protection and Nuclear Safety Agency



SPF	% UVR Blocked
4	75
8	87.5
15	93.3
30	96.7
50	98

The Sampler! Interesting Events Happening in our Community:

What: **Bumble Bee Monitoring**

When: Tuesday, 08/20/2024 9:00 a.m. - 11:00 a.m

Where: Nine Springs E-Way Parking Lot Off Moorland Rd Madison WI 53713

Why: Would you like to learn about bumble bees and participate in a citizen science effort? Come along with Dane County Parks volunteer, Maggie Honig, to identify and tally bumble bee species in support of pollinator conservation efforts in Wisconsin. Maggie will brief our group on some of the ten species that have been confirmed within the Capital Springs Recreation Area. After our briefing, we will go out into habitat, searching for bumble bees in the area, photographing them if possible, and recording our data. Note that we will be walking on uneven ground.

How: Contact, heritagecenter@danecounty.gov for more details.

What: **Barks for Parks @ Anderson Farm County Park**

When: Saturday, 09/21/2024 1:00 p.m. - 4:00 p.m

Where: Anderson Farm County Park Dog Park 804 Union Rd Oregon, WI 53575

Why: Anderson Park Friends, Inc. invite you to a Barks for Parks event! This is an afternoon of fun for both you and your pup featuring a number of activities and informational stations throughout the dog park. Karben4 Brewing will be on site selling beer and non-alcoholic beverages and donating 10% of all sales back to the dog park program and the Anderson Park Friends, Inc.

Stations include: Karben4 Brewing - beer and nonalcoholic beverages (10% of all sales benefit the park), Anderson Park Friends, Inc. - membership and information booth, Meet your Park Ranger - get an "I picked up poop" sticker, VCA-Veterinary Emergency Service, Czar's Promise

A hydration station will be available in the park. Please bring your own bowl so you can fill it for your pup. Shared bowls will not be available. Dogs must have a Dane County dog permit and comply with all dog park rules.

This is a family-friendly event however it is within the dog park and there will be dogs on leash so bringing small children is not advised. Please drink responsibly and have a designated driver if you choose to consume alcohol at this event.

How: Contact, andersonparkfriends@gmail.com for more details.



Do Not Be Scammed!

Your veteran's benefits can be complicated. There is free help for veterans.

In Dane County, call the Veteran's Service Office at 608-266-4158.

[Find A VA Accredited Representative Or VSO | Veterans Affairs](#)



You are NOT getting a new Medicare card

✗		NOT WITH A MICROCHIP
✗		NOT A PLASTIC ONE
✗		NOT BECAUSE OF COVID-19

SMP
Senior Medicare Patrol
Preserving Medicare Fraud

WWW
SMPRESOURCE.ORG

877.808.2468
SUPPLEMENTED BY 2020-19 FORMS (2020 RELEASE)

Are you a registered voter? You can vote at home!

Visit online or call to register to vote absentee at Local: [\(608\) 266-8005](tel:6082668005) Toll-Free: [\(866\) VOTE-WIS](tel:8664684684)

<https://myvote.wi.gov/en-us/Vote-Absentee-By-Mail>

VOTE ABSENTEE BY MAIL

Vote Absentee By Mail

[Request An Absentee Ballot](#)

[View My Absentee Request](#)

Need Assistance?

Find your municipal clerk by searching for your name or address

[Find My Clerk](#)



Next Statewide Election

2024 Partisan Primary

Tuesday, August 13, 2024

[Add To Calendar](#)

SEARCH BY NAME

*=Required Field

Registered Wisconsin voters may request an absentee ballot.

If you would like to request an absentee ballot, we will first need to see if you are registered to vote. If you are not registered or your name or address has changed, you will need to [register](#) or [update your registration](#) before requesting an absentee ballot.

If you are in the military, you do not need to be registered to get an absentee ballot, but first we need you to search for your record.

Please enter your name and date of birth to get started.

Search

[+ Search Tip](#)

First Name*

Last Name*

Date of Birth*

[Clear](#)

[Search](#) 

*WE
THE
PEOPLE*



Get ready for 2024!

Here's a gentle reminder that 2024 is going to be a big election year, and we at the ADRC want to thank everyone for the important work of civil and political engagement.

- ◆ Update your voter information at myvote.wi.gov (608 266-8005)
- ◆ Voters who are deactivated do not appear on the poll list on Election Day and must reregister to vote.
- ◆ Don't forget the referendum—complete both sides of your ballot
- ◆ **08/13/2024 is the WI Partisan Primary**

The Wisconsin Elections Commission has found no evidence that Wisconsin's election systems have ever been compromised, and they credit their strong partnerships with federal and state agencies and local election officials in making that possible.

For more information see the Wisconsin Election Commission website at :

elections.wi.gov/statistics-data/voter-list-maintenance.



Food Insecurity

Feeding America and Public Health Dane County, estimates here in Dane County 9% of the population is food insecure. This means one of ten residents has limited or unstable access to adequate food. Accessing safe and nutritious food is essential for both individual and community health, which means the food insecure population can suffer from difficulty concentrating, have low energy, or miss school and work due to illness. Income, employment, race/ethnicity, and disability can all be factors driving food insecurity, especially when money to buy food is limited or not available. Additionally, food waste contributes to those facing food insecurity as foods that are close to sell by dates, leftovers that are not eaten in homes and restaurants and improperly stored foods often end up in our landfills.

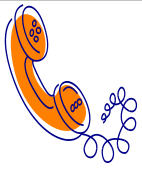
Individuals can fight food waste by efficiently planning meals, eating portions based upon serving size, finishing what you can and eating those leftovers, using proper storage techniques and donating appropriate foods to pantries/food banks. Businesses like restaurants and grocery stores as well as schools and farms can also donate foods before they expire. Donating food to pantries and food banks can help combat food insecurity and promote better individual and community health. Pantries are housed in neighborhood centers, houses of worship, local communities, municipalities, and are often supplied via food banks with donated and grant purchased foods.

Please help fight food insecurity by donating or volunteering at organizations in your community. Contact the ADRC to find out how to join the fight against food insecurity. Don't forget, you don't have to wait until

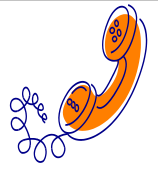
National Food Bank Day - the first Friday in September - to commit to contributing to the cause that believes, no one should go to bed hungry.

*Information guided by Feeding America





I Called the ADRC!



Tammie called into the ADRC and connected with Information & Assistance (I&A) Specialist, Peggy. Tammie stated that she is 70 years old, and although she owns her own home and has some available assets, she receives lower monthly income from Social Security Retirement. Peggy worked with Tammie to review the different assistance programs available, like the Food Share program, the Energy Assistance program, and the availability of food through food pantries and the local Senior Centers. Utilizing these community resources Tammie was able to further stretch her monthly budget.

Todd called into the ADRC after learning that his Medicaid had lapsed, which resulted in his disenrollment from his Long Term Care program. Todd spoke to I&A Anna for help and based on his unique timeline, Todd and Anna were able to jump into action. Together contacting the Capital Consortium by telephone, and later Todd submitted his updated bank statements via the MYACCESS application on his cell phone. Todd and Anna were able to quickly restart his lapsed health insurance. Once this process was completed Anna and Todd used DocuSign to swiftly re-enroll him into his program. It was a high-speed connection that worked to immediately get Todd reconnected to his needed services.



Flood Tips from the CDC



Before a flood:

- Recognize flood risks
- Identify flood prone areas near you
- Know your flood evacuation route and shelters

During a flood:

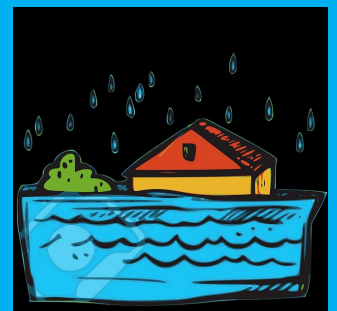
- When power lines are down; turn off gas, power and water
- Unplug appliances
- Do not drive or walk across flooded roads

After the flood:

- Practice safe hygiene
- Listen for information from local officials about water safety
- Throw away items that can't be disinfected
- Clean-up wearing rubber gloves and boots to protect yourself
- Use fans, AC, and dehumidifiers to dry inside of home

For More Information Visit:

<https://www.cdc.gov/floods/safety/floodwater-after-a-disaster-or-emergency-safety.html>



MOBILE FOOD PANTRIES

Second Harvest Food Bank Mobile Pantries

Various locations throughout south central WI
secondharvestmadison.org/find-food/mobile-pantries

DOWNTOWN MADISON

Bethel Lutheran Church

312 Wisconsin Avenue
bethel-madison.org/ministries/serving/bethel-food-pantry/

First United Methodist Church

203 Wisconsin Avenue
firstunitedmethodistmadison.org/get-involved/food-pantry/

****Grace Episcopal Church**

255-5147 Ext. 18
116 W. Washington Ave
gracechurchmadison.org/grace-food-pantry

Neighborhood House Food Pantry

255-5337
29 South Mills St
neighborhoodhousemadison.org/food-pantry/

EAST MADISON

Bashford United Methodist Church

249-9222
329 North Street
bashfordchurch.org/FoodPantry.html

Bridge Lake Point Waunona Neighborhood Ctr

441-6991
1917 Lake Point Drive
blwcenter.org/community-services.html

East Madison Community Center

249-0861
8 Straubel Court
eastmadisonccc.org

Goodman Community Center

241-1574
Fritz Food Pantry, 149 Waubesa Street
goodmancenter.org/services/fritz-food-pantry

****Personal Essentials Pantry Atwood**

772-3146
2401 Atwood Ave
atwoodpantry.com

Seventh Day Adventist Church

513-5208
910 Femrite Drive, Monona
madisonadventistchurch.com/

SS Morris Community AME Church

249-4555
3511 Milwaukee Street
[ssmorriscommu-nitynamec.com/](http://ssmorriscommunitynamec.com/)

St. Stephen's Lutheran Church

441-1123
5700 Pheasant Hill Road, Monona
ststephensmonona.org/food-pantry-3/

Wil-Mar Neighborhood Center

257-4576
953 Jenifer Street
Must live in 53703 or 53704 zip code
wil-mar.org/services

NORTH MADISON

Kennedy Heights Community Center

244-0767
199 Kennedy Heights
khcommunitycenter.org

Lakeview Lutheran Church

244-6181
4001 Mandrake Road
lakeviewlutheranchurch.org/about/ministries/

The River Food Pantry

442-8815
2201 Darwin Rd
riverfoodpantry.org

SOUTH MADISON

****Catholic Multicultural Center**

661-3512
1862 Beld Street
cmcmadison.org

****Good Neighbors Personal Essentials**

832-6388
2509 McDivitt Road
gnpep.net

Mount Zion Baptist Church

332-2814
2019 Fisher Street
mtzlife.com/programs

St. Mark's Lutheran Church

256-8463
605 Spruce Street
stmarksmadison.org

St. Vincent de Paul

257-0919
2033 Fish Hatchery Rd
svdpmadison.org

Zion City COC

288-9466
Leopold Larder Pantry
1317 Applegate Rd

WEST MADISON

Allied Partners

274-7006
4619 Jenewein Road
Must live in 53711 or 53719 zip code
alliedpartners.madisonwi.us/

Good Shepherd Lutheran Church

271-6633
5701 Raymond Road
Must live in 53711 or 53719 zip code
gslcwi.com/connect/care-assistance/food-pantry/

Extended Hands Food Pantry

219-2985
6402 Schroeder Rd
extendedhandspantry.org/

Lussier Community Education Center

833-4979
55 S Gammon Rd
lccmadison.org

Madison School and Community Recreation

467-8360
5740 Raymond Rd
mscr.org/

OUTSIDE MADISON

Belleville Food Pantry

424-3341
24 W. Main Street, Belleville
villageofbelleville.com/residents/food-pantry.php

Cambridge Community Activities Program

423-8142
403 Blue Jay Way, Cambridge
cambridgecap.net/programs/nutrition/food-pantry/

Heights Unlimited Community Resource Center

767-3663
1529 State St, Black Earth
heightsunlimited.net/services

Deforest/Windsor Area Food Pantry

469-4415
4434 2nd St, Windsor
vi.deforest.wi.us/foodpantry

McFarland Community Food Pantry

658-0927
5404 Anthony St, McFarland
mcfarlandfoodpantry.org/

Saint Stephen's Lutheran Church

441-1123
5700 Pheasant Hill Rd, Monona
ststephensmonona.org/food-pantry-3/

Mount Horeb Area Food Pantry

437-6114
102 East Lincoln Street, Mount Horeb
mthorebneighbors.org/

Middleton Outreach Ministry (MOM)

836-7338
3502 Parmenter Street, Middleton
momhelps.org

Oregon/Brooklyn Food Pantry

291-0709
107 Alpine Parkway Oregon
oregonareafoodpantry.com/

Stoughton Area Food Pantry

873-8103
520 S. Fourth Street, Stoughton
stoughtonfoodpantry.org/

Watershed Community Church

478-0510
343 E. Main Street, Stoughton
pepstoughton.org

Stoughton United Methodist Church

873-3273
525 Lincoln Avenue, Stoughton
stoughtonumc10.org/foodpantry

Sun Prairie Emergency Food Pantry

478-0510
18 Rickel Road, Sun Prairie
sunprairiefoodpantry.com

Badger Prairie Needs Network

848-2499
1200 E. Verona Avenue, Verona
bpnn.org/food-pantry.html

Waunakee Ecumenical Food Pantry

850-4346
806B S. Division Street, Waunakee
waunakeefoodpantry.org

Food Pantry Tips:

**** Pantries with personal care items, including diapers.**

Dane County Food Pantries
Call 211, text your zip code to 898211, or visit 211now.org

What documentation should I bring?

You may need ID for all household members, photo ID for all adults, proof of address, and total household income to be made eligible at some pantry locations.

How does it work?

Frequency of visits depends upon the location. You may get items based on weights or points depending on which pantry and your household size.

What do I get?

It depends upon what is available at the pantries. It may include fresh fruits and vegetables, canned and frozen goods, breads, cereals, meats, eggs, and dairy. Some pantries may also offer personal care items and toiletries, diapers, household items, clothing, pet food, and other items.

****Stoughton Personal Essentials Pantry 982-7174**



2865 North Sherman Avenue
Madison, WI 53704



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@danecounty.gov or call us at 608-240-7400

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

Web: www.daneadrc.org

Email: ADRC@danecounty.gov

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 | ◆ Energy Assistance |
| ◆ Caregiver Supports | ◆ Legal Resources |
| ◆ Housing Options | ◆ Respite Care |
| ◆ In-Home Personal Care | ◆ Social Security, Medicare, Medicaid |
| ◆ Meals & Nutrition Programs | ◆ 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@danecounty.gov