

Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center
Open to both Wisconsin and Illinois residents.

September
2020

Grinnell Hall
Senior Center
631 Bluff Street,
Beloit, WI 53511
608-364-2875

Hours
Monday-Friday
7:30am- 4:00pm

Debbie Kraus
Senior Center
Manager

krausd@beloitwi.gov



The Mission of the Beloit Senior Center is to strive to fulfill the diverse interests and needs of mature adults, enrich their quality of life, maintain their independence and offer educational and volunteer opportunities.



Historical Walks

Thursday, September 10 Meet at Grinnell Historical Bluff Street
Friday, September 18 Meet at Riverside Park meet at Rotary Center

Thursday, September 24 Meet at Beckman Mill Park
Located 6 miles West of Beloit, WI 11600 So. County Rd. H

All walks begin at 9:30am and lasts 20-30 minutes

Face covers/masks are required.

Enjoy the crisp fall weather and learn some new facts about our community. We will meet at various locations to take in the sites and learn about the history of the area during our walks. You do not have to complete the whole walk, it is up to your abilities. Please note that the terrain could be gravel, cement, and/or grass. We will practice social distancing while walking. Wear comfortable shoes and dress for the weather. Activity is available to members only and you must pre-register. Social distancing will be required. In case of inclement weather, activity will be canceled. **Please do not arrive any earlier than 15 minutes prior to the class.**



Grinnell Hall Plant Hobbyists Introduction To Bonsai Thursday, September 24th, 12:30-1:30pm



The presenter, Cap Tibbits, is a retired psychologist who has enjoyed the hobby of growing Bonsai for the past 32 years. He will share his enthusiasm for this ancient art form of miniaturized trees and plants and provide tips on how to get started on this enjoyable gardening practice. We will learn about the requirements for successful growth and maintenance, and we will see some examples of Bonsai living art creations for indoor and outdoor enjoyment. This class will be held outdoors under canopies if sprinkles threaten. The class will be cancelled in the event of heavy weather. Masks and social distancing will be required. Class size will be limited to 10. Please call to register for this free event, first come first served. Please note members only. **Please do not arrive any earlier than 15 minutes prior to the class.**

Reel & Rod Fishing Club Update
Mondays and Fridays 8:00am Armstrong Eddy
Wednesday 8:00am Preservation Park

Laughter the Best Medicine

One summer day an older, tired-looking dog wandered into Jim's, an elderly man, yard; He could tell from his collar and well-fed belly that he had a home and was well taken care of. The dog calmly approached Jim and he gave the dog a few pats on the head and he then followed Jim into his house, slowly walked down the hall and curled up in the corner and fell asleep. An hour later the dog went to the door and Jim let him out. The next day the dog was back, greeted Jim in the yard, walked inside and resumed his spot in the hall and again slept for about an hour. This continued on and off for several days.

Curious, Jim pinned a note to his collar: "I would like to find out who is the owner of this wonderful sweet dog and are you aware that almost every afternoon your dog comes to my house for a nap." The next day the dog arrived for his nap with a different note pinned to his collar: "He lives in a home with 6 children, 2 of which are under the age of 3. He's trying to catch up on his sleep. Can I come with him tomorrow?"

Thank you Harriett Olson for sharing

If my body were a car I would trade it in for a newer model because every time I cough, sneeze or sputter, my radiator leaks and my exhaust backfires....

Instead of the John I call my bathroom the Jim!
That way it sounds better when I say I go to the Jim every morning.

The loving aging wife says to her husband, "I'm convinced I'm losing my mind." The husband responds, "I'm not surprised! You've been giving me a piece of it every day for 50 plus years."



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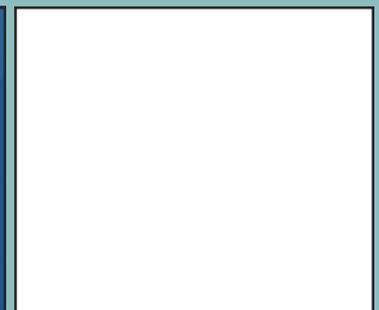
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Grinnell Hall Word Scramble Answers

1. FFBUL ERTTES.....**BLUFF STREET**
2. ICHSCK HITW CKISST.....**CHICKS WITH STICKS**
3. RCAIH EAAGSMS.....**CHAIR MASSAGE**
4. OIVEM FO HET THOMN.....**MOVIE OF THE MONTH**
5. BEEBDI NAD YKECB.....**DEBBIE AND BECKY**
6. KCRO EATSYD GXNIBO.....**ROCK STEADY BOXING**
7. NNIDG AVISD.....**DINING DIVAS**
8. LAL NI HET MYLAIF.....**ALL IN THE FAMILY**
9. EILN CNNAIGD.....**LINE DANCING**
10. WJYEELR RRPAIE.....**JEWELRY REPAIR**
11. TTAASEONLRSI.....**ALTERATIONS**
12. ATI ICH**TAI CHI**
13. XINCMEA INATR.....**MEXICAN TRAIN**
14. REELD FEETBIN SSIPECLAT.....**ELDER BENEFIT SPECIALIST**
15. SAYE TTRSHCE AGYO.....**EASY STRETCH YOGA**
16. PENO WIGSEN ABL.....**OPEN SEWING LAB**
17. LIESELN OKON.....**NELLIES NOOK**
18. JOGNAHM.....**MAHJONG**
19. PPERA TRAINFCG.....**PAPER CRAFTING**
20. RAIDLIBSL.....**BILLIARDS**
21. YAST EFSA EW SSIM OYU.....**STAY SAFE WE MISS YOU**

Each question you answer correctly will give you additional chances for door prizes.

What is the **name** of the bird that is said to be buried in Grinnell Hall's structure?

**Dick or Dickie is acceptable.
He was a canary**

In April 1936 Mrs. Grinnell willed \$100,000 for a Memorial to be built in honor of her husband William H. Grinnell.
What was Mrs. Grinnell's first name?

Emma Grinnell,

Nellie was the woman who had the canary Dickie.

Fill in the Blank Trivia Answers

1. After Lone Ranger saved the day and rode off into the sunset, the grateful citizens would ask, "Who was that masked man?" Invariably, someone would answer, "I don't know but he left behind a **SILVER BULLET.**
2. What takes a licking and keeps on ticking? **TIMEX WATCH**
3. When the Beatles first came to the US in early 1964, we all watched them on the **ED SULLIVAN** Show.
4. Get your kicks on **ROUTE 66.**
5. The story you are about to see is true. The names have been changed to **PROTECT THE INNOCENT.**
6. Alka Seltzer used a boy with a tablet on his head as it's logo/representative. What was the boy's name? **SPEEDY**
7. After the Twist, The Mashed Potato and the Watusi, we danced under a stick that was lowered as low as we could go in a dance called the **LIMBO.**
8. One of the biggest fads of the late 50s and 60s was a large plastic ring that we twirled around our waist. It was called a **HOOLA HOOP.**

Congratulations to the winners who will receive gift cards to Culvers. Linda Smith \$10; \$5 gift cards to the following winners: Jeanne Chernik-Krueger, Linda Swanson, Linda Kuhnle, Leslie Regenold.

We had a total of 16 entries submitted.

Word puzzles and more...

Mondays, September 14, 21, 28 12:00-1:00pm

Face covers/masks are required

Enjoy the outdoors and put our brains to work. We will provide packets that include puzzles, word searches, mind boggles, artwork to color and colored pencils. Each person will have their own supplies. Activity is available to members only and you must pre-register. Social distancing will be required. In case of inclement weather, activity will be canceled. If you are not comfortable attending but would like a packet please give a call and you can pick one up or we can mail you one. **Please do not arrive any earlier than 15 minutes prior to the class.**



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- VILLAINS
- HEROES
- PENGUIN
- POISON IVY
- RIDDLER
- CATWOMAN
- MILLIONAIRE
- CRUSADERS
- FREEZE
- ALFRED
- SIGNAL
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Beloit Senior Living ■ 2250 West Hart Road, Beloit, WI 53511





Masks Available

Beth Bausman, Sandy Buske, Paula Denson and Terry Babcock have made 140 cloth face coverings (masks) of 100% cotton as suggested by the CDC. We have distributed close to 120 cloth face



coverings to date. If you would like one please call Grinnell to see what we have available and we will set up a date and time for pick up.

2020 Beloit Senior Fair Canceled
To ensure everyone's safety, the Beloit Senior Fair has been cancelled. The Committee looks forward to 2021.

PUZZLE EXCHANGE



Fridays 8:30-10:30am and 12:00-3:30pm or give a call to make an appointment if Friday doesn't work for you. We have puzzles from 300-1000 pieces. Keep the puzzles until you are ready to return. A good way to remember which one you did is to write your initials or name on the back of the puzzle box. We recently purchased some new larger piece puzzles. Puzzles are set aside for 2 days prior to being able to take out. They are fun and keep your mind active!

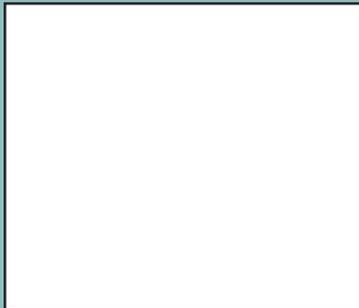
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Bucciferro Family
Beloit



Rock County Nutrition Grinnell Hall Senior Center

September

2020 Page 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aug 31 Macaroni & Cheese w/Ham Asparagus Cauliflower Wheat Dinner Roll Lowfat Cottage Cheese Peaches	1 Chicken Parmesan Red Potatoes Brussels Sprouts Whole Wheat Breadstick Pineapple Butterscotch Pudding	2 Spaghetti with Meatballs Romaine Salad w/ dressing Peas Garlic Bread Pears in Jello	3 Hamburger on Wheat Bun Calico Beans Broccoli Mandarin Oranges	4 Herbed Pork Loin Sweet Potato Cooked Red Cabbage Whole Wheat Bread Watermelon Pumpkin Bar
7 LABOR DAY  NO MEALS	8 Grilled Chicken Breast Au Gratin Potatoes Seasoned Black Beans Whole Wheat Bread Mandarin Oranges	9 Stuffed Pepper Casserole Broccoli Carrots Wheat Breadstick Vanilla Yogurt with Strawberries	10 Sausage & Gravy Biscuit Red Potatoes Asparagus Tomato Juice Apple Cake	11 Chicken Marsala Peas Beets Whole Wheat Bread Pears Lemon Bar
14 Taco Casserole Refried Beans w/cheese Carrots Breadstick Cinnamon Applesauce	15 Tuna Pasta Salad Romaine w/dressing Pineapple/Orange Cottage Cheese Salad Dinner Roll Tomato Juice Watermelon	16 Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Green Beans Wheat Bread Peaches Choc. Chip Cookie	17 Grilled Chicken Breast Au Gratin Potatoes Beets Whole Wheat Bread Pineapple Carrot Bar	18 BBQ Pulled Pork Whole Wheat Bun Corn Cauliflower Apples w/Graham Cracker Topping
21 Swedish Meatballs Egg Noodles Green Beans Stewed Tomatoes Whole Wheat Bread Pears Sugar Cookie	22 Brat Patty Whole Wheat Bun Baked Beans Asian Carrot Salad Warm Chunky Applesauce	23 Chicken Salad Fresh Baby Spinach w/Salad Dressing Potato Salad, Whole Wheat Breadstick Vanilla Yogurt Mandarin Oranges	24 Baked Salmon w/Dill Red Potatoes Asparagus Rye Bread Cottage Cheese Peaches Lemon Bar	25 Roast Beef w/Gravy Mashed Potatoes California Blend Peanut Butter Whole Wheat Bread Banana Brownie
28 Polish Sausage Bun, Calico Beans Brussels Sprouts Mandarin Oranges Vanilla Pudding	29 Lemon Pepper Chicken Scalloped Potatoes Cooked Red Cabbage Whole Wheat Bread Applesauce	30 Broccoli Quiche Breakfast Sausage Links, Asparagus Tomato Juice Pineapple Mini Muffin	<p><i>While Dining Centers are Closed Due to COVID-19:</i></p> <p><i>Please arrive to pick up meals at 11:00 am.</i></p>	

Meals available to anyone 60 years of age or older and spouse of any age. Milk is served with meals. **Suggested donation for each meal is \$4.00.** For reservations or additional information, please call the Rock County Nutrition Program at 608-757-5474 or Grinnell Hall at 608-364-2875 by 11:00am prior business day. Funding provided by the Title III Older Americans Act and donations. Rock County is an equal opportunity employer.

What is Zoom? How to Zoom

With COVID-19 requiring social distancing, many business and organizations are providing virtual trainings, workshops and meetings via Zoom. Zoom is a secure cloud based virtual program where you can see and talk to all others in the meeting. You will need to have a computer, tablet or smart phone or internet to participate. You may not be able to see everyone on the smart phone but you will hear everyone and you can ask questions and have a conversation. If you are interested in learning Zoom basics give us a call or email krausd@beloitwi.gov and we can set up a meeting date to review.



We are working with SSM Health at Home to provide information on the following topics. These meetings will be held via Zoom. Please call Grinnell or email Debbie at krausd@beloitwi.gov to register.

Wellness During Covid-19 Tuesday, September 8 9:00am

Join our live webinar to discuss ways to stay healthy and happy during the Covid-19 pandemic and learn about resources to utilize during times of isolation.

Arthritis Facts and Support Monday, September 21 10:00am

Learn about what arthritis is, the different types, symptoms and issues involved as well as some tips on how to effectively support this condition



beloit public library

Contact Beloit Public Library for their activities.
<https://beloitlibrary.org/> 608-364-2905

Journaling for Well-Being Tuesdays 10:00-11:30am September 15– October 20 via Zoom

The workshop is targeted to family caregivers but open to anyone who may benefit from the therapeutic aspects of journal writing. The workshop will teach various writing techniques that may help participants to reduce stress, learn to express your feelings and emotions on paper, find new ways to solve problems, discover your own creativity and wisdom from your life story, and promote well-being through the writing process. You do not have to be a writer, you only need paper, pen and a willingness to write what's on your mind or in your heart. You will need to have a computer, tablet or smart phone and internet. If you do not have access to these items call Council on Aging at 608-751-8689. Please call Council on Aging to register.

Did you know?????

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A SMILE IS INFECTIOUS

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Author of the Amazon Best Selling Book,
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Thursday September 3, 2020 at 10:00am

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Enter Meeting ID
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To join the presentation online
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KNOW YOUR RISKS FROM COVID-19

Among adults, the risk for severe illness from COVID-19 increases with age, with older adults at highest risk. Severe illness means that the person with COVID-19 may require hospitalization, intensive care, or a ventilator to help them breathe, or they may even die.

Risk for Severe Illness Increases with Age

As you get older, your risk for severe illness from COVID-19 increases. For example, people in their 50s are at higher risk for severe illness than people in their 40s. Similarly, people in their 60s or 70s are, in general, at higher risk for severe illness than people in their 50s. The greatest risk for severe illness from COVID-19 is among those aged 85 or older.

There are also other factors that can increase your risk for severe illness, such as having underlying medical conditions. By understanding the factors that put you at an increased risk, you can make decisions about what kind of precautions to take in your daily life.

People of any age with certain underlying medical conditions are at increased risk for severe illness from COVID-19. People of any age with the following conditions **are at increased risk** of severe illness from COVID-19: Cancer; Chronic kidney disease; COPD (chronic obstructive pulmonary disease); Immuno-compromised state (weakened immune system) from solid organ transplant; Obesity (body mass index [BMI] of 30 or higher); Serious heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies; Sickle cell disease; Type 2 diabetes mellitus.

COVID-19 is a new disease. Currently there are limited data and information about the impact of underlying medical conditions and whether they increase the risk for severe illness from COVID-19. Based on what we know at this time, people with the following conditions **might be at an increased risk** for severe illness from COVID-19 particularly if such condition is not well controlled: Asthma (moderate-to-severe); Cerebrovascular disease (affects blood vessels and blood supply to the brain); Cystic fibrosis; Hypertension or high blood pressure; Immunocompromised state (weakened immune system) from blood or bone marrow transplant, immune deficiencies, HIV, use of corticosteroids, or use of other immune weakening medicines; Neurologic conditions, such as dementia; Liver disease; Pregnancy; Pulmonary fibrosis (having damaged or scarred lung tissues); Smoking; Thalassemia (a type of blood disorder); Type 1 diabetes mellitus.

CDC Has Information For Older Adults at Higher Risk

8 out of **10** COVID-19 deaths reported in the U.S. have been in adults 65 years old and older. Visit [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus) for steps to reduce your risk of getting sick.

 [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)



Absentee Ballots

Out of concerns for public health and safety and in light of the COVID –19 pandemic, the City Clerk/Treasurer’s office is encouraging all voters to consider voting by absentee ballot for the November 3, 2020 election. No excuses are needed to request an absentee ballot and any registered voter can request at www.myvote.wi.gov. You can also request an absentee ballot by writing to the City Clerk/Treasurer’s office: 100 State Street Beloit, WI 53511. For additional information go to www.beloitwi.gov/elections.

RSVP Seniors Volunteering for Seniors

Seniors are still in need of transportation to doctor appointments and for grocery trips. Drivers are reimbursed at .50 per mile and we offer supplemental liability insurance. Must be at least 55 and have a clean driving record. We use a program called sign up and you can go online and pick the rides you are available for or we can call you for spots. Face masks are required during transport.

We have an exciting volunteer opportunity to help families who are unable to leave home because of COVID 19, we took over a delivery program for Rock County pantries, needed are two delivery people for the Beloit Caritas and Janesville ECHO route, pickup is weekly on Friday at noon and your mileage is reimbursed at .50 a mile. It could be a husband and wife or one person who has lots of muscle. **This is a contactless delivery system.** Each route has approximately 4-8 people and could increase in the future. For additional information please call Retired Senior Volunteer Program (RSVP) 608-362-9593.

VOLUNTEERS NEEDED!

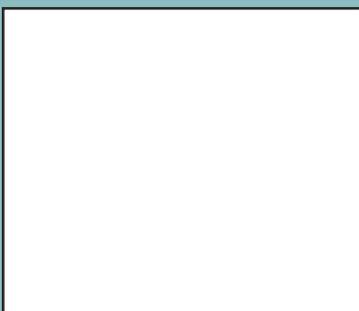
Do you have an interest in municipal government and the City ?

Over 120 citizens of Beloit currently volunteer to serve on municipal advisory committees in an effort to make the community an even better place to live. Volunteering on a municipal committee is an effective way to have an impact on City policies and activities. To be eligible for appointment, a volunteer should have interest and/or knowledge of the committee's subject matter and be available to meet at the designated time. Most committees require City residency, but there are a few exceptions. It's easy to apply and applications are kept on file for two years. A list of current vacancies is available on the City's website (www.beloitwi.gov), type **City Boards and Commissions** in the search box. Anyone interested in applying should completely fill out and submit the application that is available on the website or contact the City Manager's office for a paper copy at 608-364-6614.

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The Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

City of Beloit
Grinnell Hall Senior Activity Center
631 Bluff St.
Beloit, WI 53511
Phone: 608-364-2875
Email: krausd@beloitwi.gov
Website: www.beloitwi.gov



Monthly newsletters can be viewed online at www.beloitrecreation.com/news-3/

Time to Review Your Medicare Plan

Prepare Early This Year!

Do you have a Medicare Prescription Drug (Part D) plan? Every year Medicare Part D plans can change the list of prescription medications they will cover. That means even if you are taking the same medications, the amount you pay for your medications may change in 2021! The plans' premiums, deductibles, and co-pays can also change each year.

What can people do about this? All Medicare beneficiaries should check their Part D coverage each year during Medicare's annual open enrollment period which runs **October 15 through December 7**. This is the time of year to find out if your current plan will cost you more, or less than other Part D plans in 2021. If it is no longer the best plan for your medications, this is the time to make a switch to a Part D plan that will suit you better. Make sure you will have appropriate prescription drug coverage in the new year. You can compare plans on the official Medicare website at Medicare.gov. Medicare beneficiaries in Rock County can also receive free, unbiased assistance with plan comparisons from the Elder Benefit Specialist of **Rock County Council on Aging**. Start preparing early this year. The Council on Aging has a form with instructions to help you get organized. Don't let this opportunity pass you by! Go to Medicare.gov to compare plans online or for local assistance call Lachel Fowler at (608)757-5414.

Assistance is also available through the following resources:

1-800-MEDICARE or www.medicare.gov Disability Drug Helpline 1-800-926-4862 (if under age 60)
Medigap helpline 1-800-242-1060 Wisconsin Medigap Prescription Drug Helpline 1-855-677-2783

Need Help with Medicare Costs? Zoom Presentations

If you have Medicare and you're facing challenges with paying for health care, you may be eligible for programs that can help you save money on medical and drug costs. People with limited income and resources may qualify for Medicaid - a joint federal and state program that helps with medical costs. Join the Rock County Council on Aging for a virtual presentation on Medicare Savings Programs on Monday, September 21 at 1:00 and/or SeniorCare and Extra Help on Monday, October 5 at 1:00. SeniorCare is the Wisconsin Prescription Assistance Plan and Extra Help is determined by Medicare and is based on income to see if you qualify for extra help in paying for your medications. To register for either or both of these programs, contact Lachel Fowler at (608)757-5414. Hope you will join us!