

## What is Long-Term Care?

Long-Term Care (LTC) refers to a wide range of services and supports designed to help individuals with chronic illnesses, disabilities, or cognitive impairments to maintain their functional abilities and quality of life. The goal is to keep people at the highest level of independence in a community setting that best meets their needs. LTC addresses needs for Activities of Daily Living (ADL), usually physical tasks such as bathing, dressing, eating, mobility, toileting and transferring – and Instrumental Activities of Daily Living (IADL) – the more complex skills, usually a combination of physical and cognitive actions such as preparing meals, managing medications, managing money, doing chores/laundry, using a telephone and driving – that helps one live independently.

Our focus on LTC is the care one receives in one’s own home rather than on the LTC one receives in a residential facility, senior center, or day care setting. Most in-home LTC is provided by family and friends but can be supplemented by formal professional caregivers. Cares can be received for free, by privately paying through one’s income/assets or through private financial strategies such as trusts. If one lacks a support network or has limited financial means, one can apply for Federal/State Governmental programs such as Medicare, Medicaid, or the Veterans’ Administration. In Wisconsin you can find LTC/Support services through DHS link: <https://www.dhs.wisconsin.gov/long-term-care-support.htm>



Eating



Bathing



Dressing



Transferring



Toileting



Walking or moving around

### Areas of Long Term Care

Personal Care	Medical Care	Life Management Tasks
Bathing and Dressing	Medication Admin/Management	Transportation
Transferring and Mobility	Skilled Nursing Skills	Financial Management
Meal Preparation	PT/OT/Speech Therapy	Shopping/Home Cores

### Table of Contents

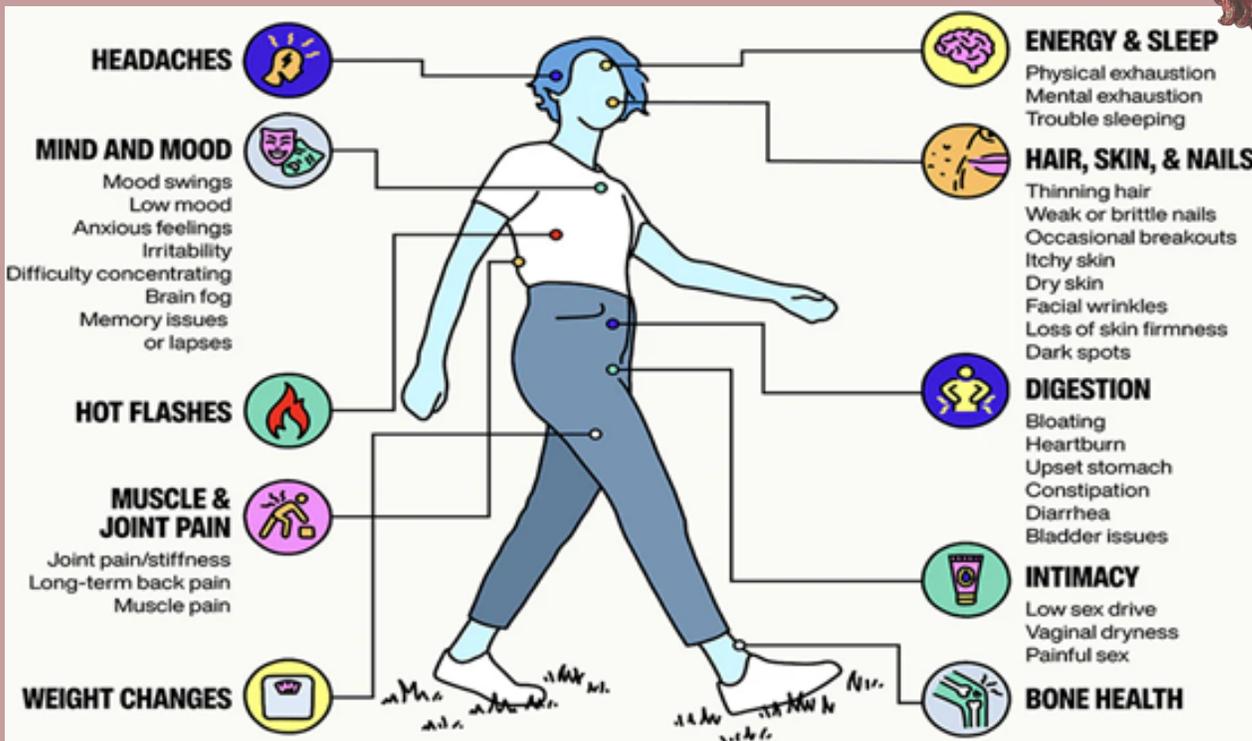
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# #PERIMENOPAUSE

Check  
It  
Out

Perimenopause begins in women at different ages, women as early as 30's may notice signs like irregular periods. Perimenopause causes the main female hormone estrogen to rise and fall. These changes are responsible for longer or shorter periods, skipping ovulation, possible hot flashes, mood changes, cholesterol changes, trouble sleeping and vaginal dryness. Menopause begins after 12 months in a row without a menstrual period and perimenopause is over.

During these changes it is important to regularly work with your doctor and/or gynecologist. Symptoms can be managed with hormone therapies, such as tablets, rings, or creams. These treatments work to release estrogen to minimize symptoms. While working with a doctor some women find certain types of antidepressants called selective serotonin reuptake inhibitors (SSRIs) may reduce hot flashes. Before choosing any treatment, talk with your healthcare professional about options, risks, and benefits. Check in yearly to make sure your treatment is still right for you, as your needs may change.



## Perimenopause symptoms

- Irregular menstrual cycle
- Hot flashes
- Headaches
- Mood swings
- Loss of libido
- Trouble sleeping

## Menopause symptoms

- Hot flashes
- Night sweats
- Palpitations
- Mood swings
- Weight gain
- Thinning hair
- Dry and/or itchy skin

## Postmenopause symptoms

- Night sweat
- Depression
- Changes in sex drive
- Insomnia
- Dry skin
- Weight changes
- Hair loss

# Did You Know October is National Disability Employment Awareness Month (NDEAM)? This year's theme is "Celebrating Value & Talent!"

NDEAM is a great time to promote inclusive employment policies and celebrate contributions of workers who have disabilities, their value, accomplishments and talents. We'd like to take this opportunity to educate about disability employment issues and the value of having a diverse workforce.

## History of NDEAM

- Dates back to 1945 when it was originally "National Employ the Physically Handicapped Week" and expanded to the month-long celebration with modern name in 1988

## How to Celebrate?

- Attend events hosted by local disability advocacy groups
- Connect with Department of Vocational Rehabilitation (DVR) for services and resources for finding employment if you have a disability
- Work with your employer to ensure hiring practices are inclusive
- Ensure accessibility in physical spaces, as well as websites, documents and at events
- Support local businesses that employ people with disabilities
- Share info on social media with stories, facts and resources, using #NDEAM

The ADRC proudly employs multiple individuals with disabilities. We continue to connect customers to employment related resources every day and will gladly partner with you to help you find the supports you need. The ADRC embraces supportive employment with its 13th year of providing this valued service.



Molly



Pilar



April

# Who's Who

## A FAMILIAR FACE AT THE ADRC NOW AT THE AREA AGENCY OF AGING (AAA)



**Question:** Lynn, What is your role at AAA?

**Lynn:** My role is the Manager of the Area Agency on Aging (AAA) which is responsible for administration over the various programs funded via the Older Americans Act. This funding helps to create many of the unique services Dane County older adults enjoy. In my position I supervise the Caregiver Program Specialist and our AAA program specialist, the senior nutrition program and the Senior dietician. AAA is responsible for supporting family caregivers, home delivered meals, senior nutrition education and the senior meal sites, healthy aging classes, and transportation. Dane county is also exceptional with our focal points having case management program for older adults. Another aspect to my role is supervising the Elder Benefits Specialist (EBS) program which is a free legal advocacy program for Dane County residents over 60 years of age.

**Question:** Can you tell us a little about what did you did before you came to the AAA?

**Lynn:** Before joining AAA, I served as one of the original supervisors at the ADRC of Dane County, where I worked for over 12 years. In total, I have more than 20 years of experience with Dane County Human Services in a variety of roles across multiple departments. I have also worked as a Prevention Program Manager at a local private, non-profit agency.

**Question:** Tell us about yourself

**Lynn:** I am a lifelong Dane County resident. I'm the proud mother of two grown sons and happily married to my high school sweetheart. I am a strong supporter of blood donation and actively encourage others to give when/if able to.

**Question:** What do you like to do for fun?

**Lynn:** I love traveling in my RV and consider New Orleans my second home, visiting whenever I can. As a fan of live music and dancing, I especially enjoy music festivals. I also stay active through biking, rowing and swimming, and once completed a Half Ironman.

## Lynn Riley



**Favorite Quote?:** "The Riley Lifestyle Philosophy is work hard, play hard!"

The Area Agency on Aging (AAA) is accepting nominations from community members to serve on the AAA Board and Standing Committees (Access, Legislative/ Advocacy & Nutrition/Wellness). Community members, especially rural Dane County residents, with a range of perspectives and experiences are encouraged to apply. For more information, email [AAA@countyofdane.com](mailto:AAA@countyofdane.com)



## Newsletter Bulletin Board

Neighborhood House Free Laundry Service called **Laundry Love** has three dates left in 2025:  
Thu. Oct 2<sup>nd</sup> 6-8pm  
Thu. Nov 6<sup>th</sup> 6-8pm  
Thu. Dec 4<sup>th</sup> 6-8pm  
Contact Neighborhood House for more information: 608-255-5337

## Thanksgiving Volunteer Opportunities



Thanksgiving is right around the corner and so are many volunteer opportunities!

The Goodman Community Center hosts a Thanksgiving Basket Drive every year and there are a few ways to help out:

1. Monetary Donation
2. Food Donation (see the website for more information about specific food they are looking for): <https://www.goodmancenter.org/get-involved/events/thanksgiving-baskets/ways-you-can-help>
3. Host a Food Drive
4. Spread the Word on the Thanksgiving Basket Drive in your Community
5. Volunteer with the Goodman Community Center (see the website for a sign up link): <https://www.goodmancenter.org/get-involved/events/thanksgiving-baskets/ways-you-can-help>

### Second Harvest Foodbank

The Second Harvest Foodbank has a number of holiday events they annually host. Check out their website for updated opportunities as the holidays approach: <https://www.secondharvestsw.org/volunteer-with-us/>

More volunteer opportunities to come!

United Way of Dane County has a resource called The Holiday Wish List to locate volunteering and donation opportunities in our community. Be on the look out for the updated list: <https://www.unitedwaydanecounty.org/holiday-wish-list/>



This edition finds The McCabe's back in our most favorite time of the year, that's right, spooky season! These terrifying, action-filled, fearsome and even silly films feature some of our favorite creatures of the night. For what feels like *centuries* we have been searching for the right ones to let into our home, invitation only of course. This edition will drain the color from your cheeks and chill the blood in your veins, with our Vampire movies, mwahahahaha. So, wrap your scarf tight around your neck, blast your UV lights and never invite the stranger in at night!

## Countdown to the Spookiest!

15. Let the Right One In (2008)
14. What we do in the Shadows (2014)
13. Night Teeth (2021)
12. Blood Red Sky (2021)
11. Near Dark (1987)
10. 30 days of night (2007)
- 9 Queen of the Damned (2002)
8. Interview with a Vampire (1994)
7. Lost Boys (1987)
6. Blade Trilogy (1998, 2002, 2004)
5. From Dusk til Dawn (1996)
4. Fright Night (Original and Remake)
3. Dracula (1992)
2. Abigail (2024)
1. Sinners (2025)

# Schemes & Scams: OPEN ENROLLMENT IS APPROACHING

Medicare open enrollment is from October 15<sup>th</sup> – December 7<sup>th</sup>. This can be a great opportunity to get the health coverage that works for you, but it can also be an opportune time for scammers. Here are some common scams to be aware of and how to report them.

Common scams during open enrollment include:

- Medicare impersonators who:
  - Threaten to end coverage
  - Offer a refund for a service
  - Puts pressure on switching to a different Medicare plan
- Medical equipment claim impersonators trying to collect Medicare numbers and information
- “Free gifts” or “limited time offers” in exchange for Medicare information or a Social Security Number

REMEMBER:

- Medicare will never unexpectedly call and ask for Medicare, Social Security, or bank account numbers
- Medicare automatically sends out a new card that is free of charge
- Caller ID may be misleading, even if it says “Medicare” it may be a scammer

How to report scammers and fraud:

Call 1-800-MEDICARE to report Medicare impersonators and scams. You can get support through the AARP Fraud Helpline at 877-908-3360.

Sources:  
[National Council on Aging](#)  
[Federal Trade Commission](#)  
[AARP – Medicare Enrollment Scams](#)



Be aware of Common Scams!

# Caregiver Village

## What is National Family Caregivers Month?

National Family Caregivers Month is a month-long campaign that shines a spotlight on the crucial role of family caregivers in our society. A family caregiver is any relative, partner, friend, or neighbor who has a significant personal relationship with, and who provides a broad range of assistance for, an older person or an adult with a chronic, disabling, or serious health condition.

The 2025 theme for 1. National Family Caregivers Month, which is observed in November, is "Caregiving Around the Clock," 2. according to National Today. This theme emphasizes the continuous nature of caregiving responsibilities, highlighting the dedication and tireless efforts of family caregivers who often provide support around the clock. It also acknowledges the challenges and demands of balancing caregiving with other responsibilities, such as work and personal life and it acknowledges the physical, emotional, and financial sacrifices made by caregivers who provide care to family members. 3. The Caregiver Action Network (CAN) leads the national observance.

1. <https://www.ncoa.org/page/national-family-caregivers-month/>

2. <https://nationaltoday.com/national-family-caregivers-month/>

3. <https://www.caregiveraction.org/nfc-month/>

### 10 TIPS FOR FAMILY CAREGIVERS

- 

Seek support from other caregivers. You are not alone!
- 

Take care of your own health so that you can be strong enough to take care of your loved one.
- 

Accept offers of help and suggest specific things people can do to help you.
- 

Learn how to communicate effectively with doctors.
- 

Be open to new technologies that can help you care for your loved one.
- 

Watch out for signs of depression and don't delay getting professional help when you need it.
- 

Caregiving is hard work so take respite breaks often.
- 

Organize medical information so it's up to date and easy to find.
- 

Make sure legal documents are in order.
- 

Give yourself credit for doing the best you can in one of the toughest jobs there is!

CAREGIVER ACTION NETWORK CAN  
CaregiverAction.org

In their role, family caregivers often experience positive effects and feelings of satisfaction and meaning; however, alongside such positive effects are challenging ones, starting with the typical feelings of being highly strained and overwhelmed. The emotional, physical, and financial toll on family caregivers is well documented in the research.

Here are some direct ways to help the family caregivers and care recipients in your life:

- **Provide respite care** – foster temporary relief by offering to step in and help provide care. It can be for a regular set time, once a week, once a month or for a special occasion.
- **Regularly check in** – visit, call, or e-mail the family caregiver to let them know you are aware of their challenges and are there for them as an active listener.
- **Don't be vague when offering help** – make a specific date/time/duty that you can help and do it.
- **Help address their own needs** – lend a hand with making a meal, doing laundry, cleaning house or other time consuming tasks of life.
- **Invite/Include them** – even if you think they can't attend, this simple act will let them know they are valued. Perhaps someone can provide respite so they can attend.
- **Offer encouragement** – a thoughtful card or text message, or even a small gift, can show that you recognize the gift of their service. Be positive about how you appreciate their efforts and see what a great job they're doing.
- **Share a story about a caregiver** – highlight their dedication and positive impact on social media using #NationalCaregiversDay.
- **Donate to a caregiver support organization** – make a donation in their name.

These strategies for individuals/families can be further enhanced by employers and organizations. They can:

- **Offer Flexible Work Policies:** remote work, adjusted hours, and leave options can alleviate caregiver stress.
- **Provide Resources:** access to caregiving tools, workshops, and employee assistance programs can empower caregivers.
- **Cultivate Awareness:** host events or campaigns during National Family Caregivers Month and beyond.
- **Build Support Networks:** establish caregiver support groups within the organization to foster community and shared experiences.

Working together, all the members of our communities can make life easier for the family caregiver. We can mitigate the stresses that arise from caregiving to prevent burnout or self-neglect and reduce the feelings of isolation and hopelessness that are prominent in family caregiving. While National Family Caregivers Month is a great call to awareness, you needn't wait until it arrives. Support your family caregiver throughout the year!





We  
**THE PEOPLE**

**BANNED BOOKS**  
**WEEK** OCT. 5-11, 2025

**CENSORSHIP**  
**is so 1984**

**READ FOR**  
**YOUR RIGHTS**

ALA.ORG/BOOKS

George Orwell warned us in his classic novel, "1984" of the dangers of censorship. This threat to our freedom and liberty still exists and is why this year's theme is "Censorship Is So 1984. Read for Your Rights." It reflects that the mindset behind censorship has grown from parents who sought to remove or restrict access to a book their child was reading to a well-organized movement with the goal of removing books about race, history, gender identity, sexuality, and reproductive health from America's public and school libraries. As of 2024, 72% of censorship attempts were initiated by pressure groups and decision makers who have been swayed by them.

**You can help stop the onslaught of censorship by:**

- Staying informed According to the American Library Association, as many as 82-97% of challenges (attempts to ban books) remain unreported. If you find out that a library, school, or institution is attempting to ban a book in your community, make sure it doesn't happen in the darkness.
- Reporting The American Library Association has an excellent resource for reporting censorship of books. Visit their website to fill out the information about a book that was banned to raise awareness. You can also report book bans via PEN America through a simple form on the organization's website.
- Donating to organizations making banned books accessible to all.
  - These include: PEN America <https://pen.org/> , American Library Association <https://ec.ala.org/> , National Coalition Against Censorship <https://ncac.org/> , and Little Free Library <https://littlefreelibrary.org/> to name a few.
- Hosting or attending a Banned Books Week event, joining (or starting!) a banned book club, attending PTA meetings, and contacting the press.
- Writing a supportive letter to an author of banned books.

And please don't forget that Librarians are the front line in the defense against censorship! Support them by:

- 1) Following news and social media in your community and state to keep apprised of organizations working to censor library or school materials, programs, or curriculum.
- 2) Showing up for librarians and educators at school or library board meetings and speak as a library advocate and community stakeholder who supports a parent's right to restrict reading materials for their own child but not for ALL readers.

These simple actions can help to stop the trend of attempting to censor materials and services available to entire communities through their public library. The right to read belongs to all of us - censorship has no place in contemporary society - we must defend our rights!



## I Called the ADRC

Mary called the ADRC for help with her family members power wheel chair. The power chair had a new battery but they could not figure out the process to connect this new battery. The problem was that the power chair company nor the battery replacement center could come and fix the issue.

Mary called ADRC for suggestions. Information and Assistance Specialist Stephanie worked to review options for help but first suggested calling our local independent living agency, Access to Independence (ATI). I&A Stephanie followed up with Mary and she said that ATI will be able to consult about the battery connection and was very happy.



Did you know? ADRC takes calls from our community members who would like to donate medical items, for example a gently used hospital bed, walkers and wheelchairs. ADRC sends out these messages to our contacts with over 10 different senior centers, as well as ATI and any other clients we are working with who may need the items. Unfortunately, ADRC of Dane County building does not have storage space for the used items but we work hard to connect these items to new homes.

## Community Water Fluoridation: Importance to Oral Health

Fluoride is a mineral that is naturally found in rocks, soil, foods, and nearly all water sources. Community water fluoridation, also called fluoridation, is the process of fine-tuning fluoride levels in the public water supply to the ideal recommended level to prevent dental cavities or tooth decay. Even today, with other available sources of fluoride like toothpaste-fluoridation reduces dental cavities by about 25% over a person's lifetime. In Wisconsin, more than 80% of the population living on public water supplies, have the advantages of optimally adjusted fluoridated water.

80 years of studies and research demonstrated the effectiveness and safety of fluoridation. Fluoridation is recognized as one of the ten great public health achievements of the 20th century. Learn more about fluoridation from the [National Institute of Dental and Craniofacial Research Fluoride Fast Facts Infographic](#). Fluoridation reaches all members of a community regardless of age, race, ethnicity, education, income, insurance status, or access to dental care.

Oral health problems increase as we age for a number of factors including dry mouth, receding gums, or physical limitations that make brushing difficult, or even chronic disease. Poor oral health is linked to Alzheimer's disease, stroke, and diabetes. Untreated decay leads to weakened teeth, pain, abscesses, and even up to infection. As we age, fluoridation continues to contribute to good oral health by preventing new cavities and stopping the progression of existing ones.

Visit this [Oral Health Program webpage](#) for evidence-based information on community water fluoridation, and contact the [Wisconsin Oral Health Program](#) for assistance or resources.

# Money Matters

November is the national month for two areas that overlap – Family Caregiving and Long Term Care. As demonstrated in Caregiver Village, caregiving can often go unacknowledged for both the toll it takes and the success for the care recipient to remain in the community for as long as possible. Sadly, it is not enough to generate awareness of caregiving concerns to individuals and businesses, we must let our voices be heard in the halls of congress and the senate.



## Ways to Advocate for Long Term Care with your National Lawmakers



**By telephone:** The Capitol Hill switchboard is (202) 224-3121. A switchboard operator will connect you directly with the House or Senate office you request. Or you can look up the phone number here: <https://www.usa.gov/elected-officials>

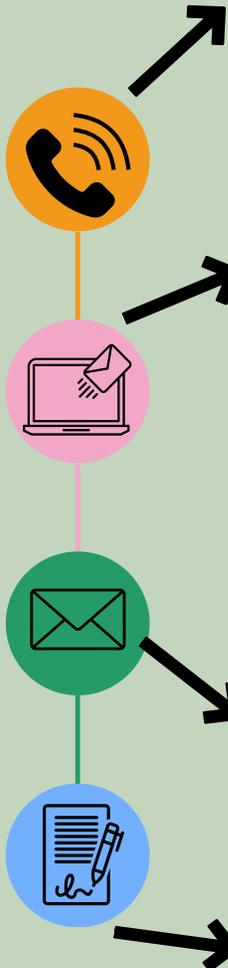
Once connected to your legislator's office:

- **Share success stories** of people who have been directly impacted by these programs—this will help lawmakers see how their policy decisions impact real people.
- **Tailor your message with examples** of why this funding is so important.
- **Provide data** (if you can) of what the impact of this change would be.
- **Provide your name and address** so the staff know you are a constituent, take you seriously, and will send you a written response.
- **Be brief** and focused on only one topic in your correspondence.
- **Be polite** and avoid sending attachments.

**Send a personalized email to your lawmaker's office:** While there isn't a single, central email address for all of Congress, each member of Congress has their own website. You can find their contact information, including email addresses <https://www.congress.gov/contact-us>, <https://www.house.gov/> or <https://www.senate.gov/general/contacting.htm> to find your representatives' website. Once you have found the contact info, use the above steps to craft a message and send to your lawmaker's direct e-mail contact or through the contact link on their legislative/governmental website. Of note: if you try to contact a lawmaker who does not serve your district, you may not be able to contact electronically as some sites screen out non-constituents.

**Use regular mail to send a letter/postcard:** You can find local and federal addresses by using the above links and after using the above considerations, mail your correspondence to your lawmaker.

**Add your name to a petition** from a 3<sup>rd</sup> party/organization: You can search for websites run by organizations that are connected to Long Term Care concerns to see if there are links for advocacy. Sometimes you can sign up for e-mail alerts if an action will be taken that you can join.



# Looking Ahead: VACCINES

COVID-19 vaccines help our bodies develop immunity to the virus that causes it without us having to get the illness. Different COVID-19 vaccines work in our bodies differently but all provide protection against the virus that causes it. All COVID-19 vaccines prompt our bodies to recognize and help protect us from the virus that causes COVID-19.

Currently, there are two types of COVID-19 vaccines for use in the United States: mRNA, and protein subunit vaccines.

- None of these vaccines can give you COVID-19.
- Vaccines do not use any live virus.
- COVID-19 vaccines do not affect or interact with our DNA. These vaccines do not enter the nucleus of the cell where our DNA (genetic material) is located, so they cannot change or influence our genes.
- Vaccines cannot cause infection with the virus that causes COVID-19 or other viruses.

## How mRNA COVID-19 Vaccines Work

### Understanding the virus that causes COVID-19.

Coronaviruses, like the one that causes COVID-19, are named for the crown-like spikes on their surface, called **spike proteins**. These **spike proteins** are ideal targets for vaccines.

### What is mRNA?

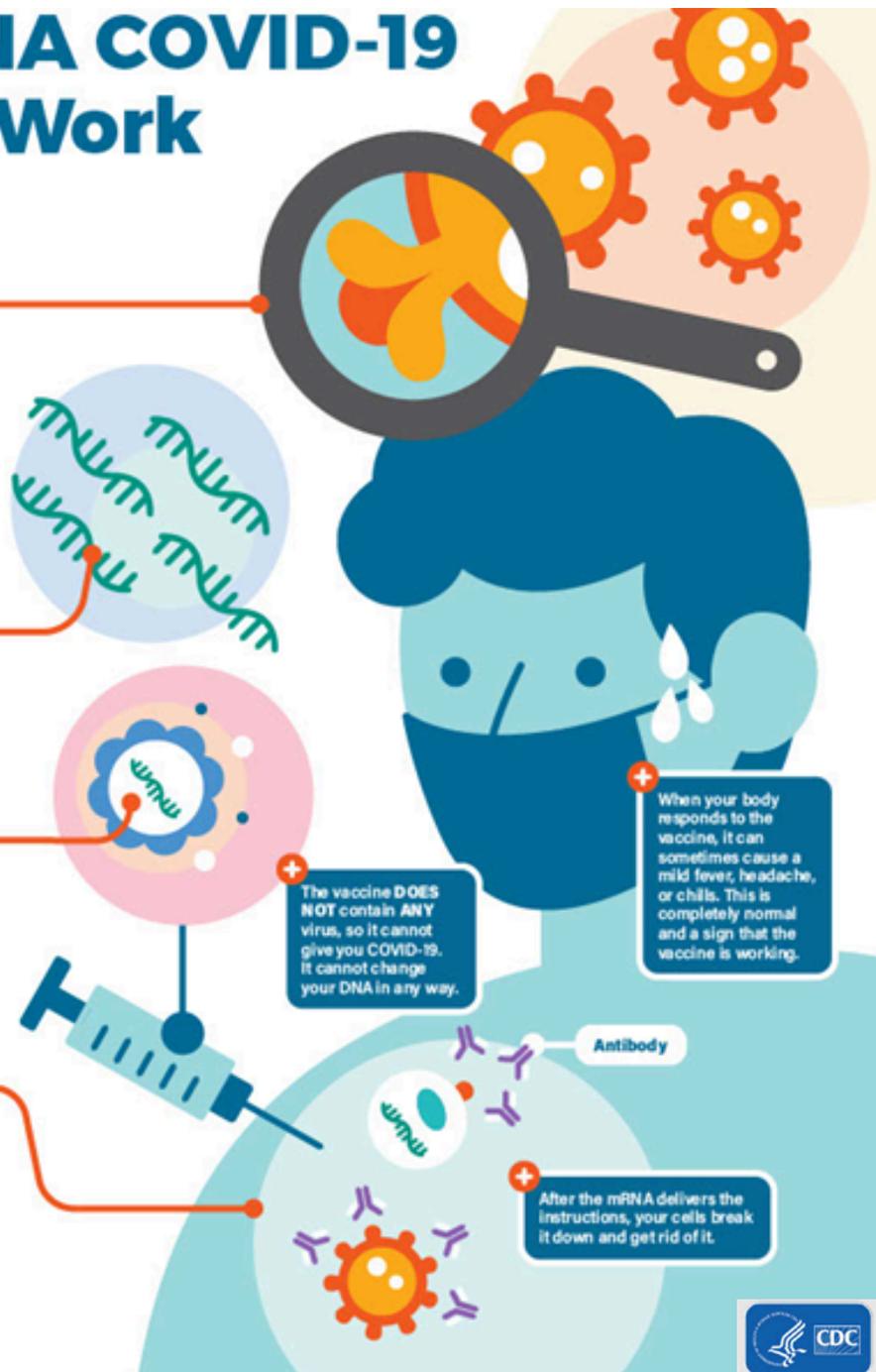
Messenger RNA, or mRNA, is genetic material that tells your body how to make proteins.

### What is in the vaccine?

The vaccine is made of mRNA wrapped in a coating that makes delivery easy and keeps the body from damaging it.

### How does the vaccine work?

The mRNA in the vaccine teaches your cells how to make copies of the **spike protein**. If you are exposed to the real virus later, your body will recognize it and know how to fight it off.





# Open Enrollment

Open Enrollment Period: October 15 to December 7, anyone with Medicare can join, switch, or drop a Medicare Advantage Plan. Your coverage will begin on January 1 of the following year (as long as the plan gets your request by December 7).

Medicare Advantage Open Enrollment Period: From January 1 to March 31 of each year, if you already have a Medicare Advantage Plan (with or without drug coverage) you can:

- Switch to another Medicare Advantage Plan (with or without drug coverage).
- Drop your Medicare Advantage Plan and return to Original Medicare.
- You'll also be able to join a separate Medicare drug plan.

During the Medicare Advantage Open Enrollment Period (between January 1 and March 31 of each year), if you have Original Medicare, you:

- Can't switch to a Medicare Advantage Plan.
- Can't join a Medicare drug plan.
- Can't switch from one Medicare drug plan to another.

You can only make one change during the Medicare Advantage Open Enrollment Period, and any change you make will be effective the first of the month after the plan gets your request. If you're returning to Original Medicare and joining a separate Medicare drug plan, you don't need to contact your Medicare Advantage Plan to disenroll. The disenrollment will happen automatically when you join the drug plan.

You can review Medicare Advantage and Medicare Supplemental Policies by calling The Medigap Hotline at (800) 242-1060. Individuals should discuss if subject to underwriting when switching Supplemental plans.

# Events

**What:** UFO Day

**When:** Saturday, October 25, 2025

**Where:** Belleville, Wisconsin

**Why:** Enjoy a UFO-themed parade with costumes and candy to recognize a UFO sighting in January of 1987 witnessed by a Belleville police officer and Dane County Sheriff officers. Other events will follow the parade to continue this annual tradition. [UFO – Belleville, Wisconsin](#)

**How:** Just show up to downtown Belleville!



**What:** Crossroads Coffeehouse: Cross Plains Night Market

**When:** November 6, 2025 @ 5:00 pm – 7:00 pm (also 12/04/25)

**Why:** Enjoy the opportunity to support local businesses, socialize and enjoy local, live music!

**Where:** Crossroads Coffeehouse, 2020 Main Street Cross Plains, WI 53528

**How:** For more info, contact: Phone (608) 798-2080 or Email [coffee@crossroadscoffeehouse.net](mailto:coffee@crossroadscoffeehouse.net)



**What:** AARP Smart Driver Course™

**When:** Friday, Nov 7, 2025 from 1:00 p.m. to 5:00 p.m. CT

**Why:** Learn safe driving strategies and you could earn a discount on auto insurance. Hit the road with confidence, courtesy of the newly updated, award-winning AARP Smart Driver course. You will learn helpful driving strategies, and you may even qualify for a multiyear discount on your auto insurance! Plus, AARP members save 20% on the cost of the course!

**Where:** McFarland Senior Center 5915 Milwaukee St Mc Farland, WI 53558-8962

**How:** Register: Call to register for this course Phone: (608) 838-7117



**What:** Friday Flick @ Cambridge Library

**When:** Friday 12/19/25 from 1 – 3 PM

**Where:** Cambridge Community Library 101 Spring Water Alley, Cambridge, WI 53523

**Why:** Join us every third Friday of the month at 1pm for a free movie showing at the Cambridge Community Library – Community Room. Popcorn and bottled water offered. All are welcome. Movie is voted on by the previous month's viewers.

**How:** For more info: <https://www.cambridgelib.org>





**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, or request a Zoom Meeting*

Hours: Monday–Friday 7:45 am–4:30 pm

- Other hours by appointment
- Bilingual Staff and Interpreters are available upon request
- Our services are free and confidential

**Web: [www.daneadrc.org](http://www.daneadrc.org)  
Email: [adrc@danecounty.gov](mailto:adrc@danecounty.gov)  
Phone: 608-240-7400  
TTY: 608-240-7404  
FAX: 608-240-7401  
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