

Finding the Connections

It can feel daunting to pick up on where we left off with our friends, especially in the dark, chilly air and harshness of the winter ice. We at the ADRC feel for you and we can relate! We found ways for you to re-connect with each other that have lasting impact but don't wipe you out. Sending a hello via text or email can be a simple way to let a friend know "I am thinking of you ❤️". Or you could make your own card or send a letter. Receiving a card in the mail really breaks up the monotony of junk mail or worse ...bills. You might make a phone call, prefaced by saying you only have about 20 minutes to talk before you need to hang up, you really wanted to give a quick call. This not only helps you reach out, but gives both of you, an easy exit without feeling obligated for a really long chat. If you feel adventurous you could always stop and say hi to your next-door neighbor, plan a movie night with a friend, pop over for a class at MSCR, a neighborhood/senior center, or check with ADRC for any short-term volunteer ideas. Even in this icy climate, we can make connections that nurture our long-term connectedness to our community around us.

February is National Haiku Writing Month. In honor of this prestigious month the newsletter committee requested that our staff share their ADRC Haikus for the Winter Issue, you will find them throughout the issue!


**Aging, disabled
Give us a call sometime soon
And caregiving too**

-Andrea Garn, Information & Assistance Supervisor

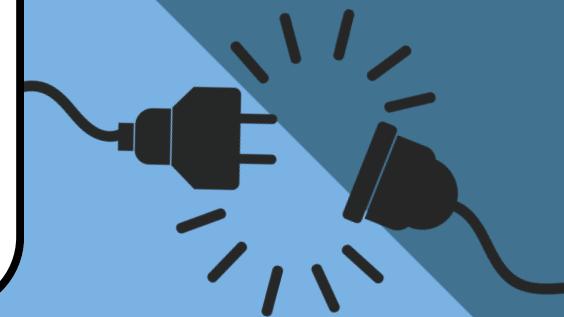
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#UNPLUG on March 3rd

Tuesday, March 3rd is National Unplug Day. On March 3rd challenge yourself to connect to fellow humans and nature instead of devices and electronics. Blue screens have been shown to disrupt sleep. Constant social media and news updates increase anxiety and decrease mental well-being. To make matters worse, sedentary lifestyles increase risk of developing chronic health conditions and shorten life span. Research has shown that being in nature can calm our central nervous system and promote mental wellbeing. Look on page 19 to find our clip-and-keep for ways to challenge yourself to unplug on March 3 (and maybe even longer!)

Check It Out



Schemes & Scams: HOW TO SPOT A ROMANCE SCAM

Avoid giving your trust to the wrong person, and pay close attention to these red flags:

- A 'wrong number' text. If you reply, you'll soon find yourself in conversation with them.
- Do not reply to a supposedly famous person who has contacted you.
- If you met on a dating site, beware of a suitor quickly wanting your number, scammers want you off those sites because those companies have the ability to identify fraudsters and block them.
- They live far away, you can't meet in person - yet - because they claim to live in another part of the country or to be abroad for business, a military deployment or charity work.
- You make plans to meet, but something always comes up. Just as they're on their way to meet you at last, there's a last-minute crisis.
- Asking for money for an emergency, a sudden medical problem, legal crisis or business disaster; they need money fast and you're the only one who can help.
- They are constantly in contact, lots of attention, making unrealistic promises.
- AI is ultra-realistic, beware of how scam artists can use AI



CONTINUED...

Once you let your guard down it is hard to see someone as taking advantage of you. This especially effects older adults' according to University of Florida psychology Professor Natalie Ebner, who compares it to switching tasks: "As we get older, it's like it takes us longer to ease into the next task; we're just not cognitively as flexible anymore". The best way to avoid getting involved with a romance scammer is to protect yourself before becoming involved if at all.

The ADRC
Systems hard to navigate?
Let us ease your mind
-Rachel Madison, APS Senior Social Worker



How to avoid romance scams:

- Stop communicating right away if you suspect the individual may be a scammer. Block contact. Do not reengage with them.
- Be careful not to overshare online, people don't realize that they are setting themselves up to become a target when sharing recent heartbreak facts or being widowed.
- Set up filters on your email, set social media to private, and utilize spam-blocking programs to avoid answering unknown numbers.
- Tell a trusted colleague, friend, therapist or family member about a new love interest. Experts agree this is the best way to prevent being scammed. Be open to the possibility that you may not be making a decision in your own best interest and check in with someone who can provide a different perspective.
- Investigate suitors with a Google reverse image search, to ensure the person is who they said they are. Scammers often use photos of celebrities or random people to lure interest.
- Avoid investing money with someone you've met online.



**Gentle hands guide through fog,
Caregivers walk, steadfast, strong—
We serve with quiet grace.**

-Ellen Taylor & Kayla Olson, Dementia Care Specialist



Who's Who

GET TO KNOW SHANNON GABRIEL THE DIETITIAN & HEALTHY AGING COORDINATOR AT THE AREA AGENCY ON AGING (AAA)

Question: Shannon you are the Registered Dietitian and Healthy Aging Coordinator for Dane County's Senior Nutrition Program. Is there a difference between these titles? Are there similarities?

Shannon: Every Senior Nutrition Program—both Congregate and Home-Delivered Meals—is required at the federal level to have a Registered Dietitian on staff. This ensures that all menus, nutrition education materials, and classes are reviewed and approved by a qualified professional, and that nutrition counseling—whether by Zoom, phone, or home visit—is provided by a registered dietitian. As the Healthy Aging Coordinator, I also work closely with host sites to coordinate/plan evidence-based healthy aging workshops such as Stepping On – Falls Prevention, Mind Over Matter—Healthy Bladder, Healthy Bowels, and Healthy Living with Chronic Pain.

Question: What was your inspiration/motivation to work in these capacities?

Shannon: I've always been inspired by the opportunity to empower people with the tools and information they need to feel their best. Nutrition plays such a huge role in daily well-being, and understanding how to eat for your health—or for a specific medical condition—can truly change someone's quality of life. I'm often told that one of my strengths is being able to break down complex information and explain it in a way that feels clear and manageable, whether it's interpreting lab results, discussing a new diagnosis, or helping someone adjust to a new eating plan. Being able to make that impact is what motivates me every day.

Question: How long have you held these roles?



Shannon: I became a Registered Dietitian in 2004—hard to believe I've been in the field for more than 20 years! In 2022, I completed extensive training to become a Board-Certified Specialist in Gerontological Nutrition, which has been a meaningful step in deepening my work with older adults. It's fair to say I'm a "jack of all trades," and I truly thrive when I'm learning something new. Over the years, I've worked in the WIC Program as a program manager and lactation counselor, in employee health and wellness, in digital health app space with Fitbit, as a regional dietitian with Brighton Hospice, and as a food safety recall specialist with Stericycle. I've now been with the Senior Nutrition Program for nearly five years, and I absolutely love this work.

Question: What are some of the programs that you manage?

Shannon: I manage both the Senior Nutrition Program (Congregate and Home-Delivered Meals), the Healthy Aging Program, and the Senior Farmers' Market Nutrition Program. I mentioned the Healthy Aging Program earlier and I'll talk more about the Farmers' Market Program below, so I'll focus on Senior Nutrition—which I jokingly refer to as “The Beast,” because it occupies about 99.9% of my time! A major part of my role is managing all of our program contracts to keep operations running smoothly. This includes contracts with 26 congregate dining sites and home-delivered meal packaging and delivery locations, as well as oversight of the nutrition coordinators who make the day-to-day work possible. We also partner with 13 caterers and restaurants to provide meals across the county. When I'm not working on contract management or invoice approvals, I oversee menu approval not only for Senior Nutrition but also for the Dane County Jail and Juvenile Detention Center—just to keep things interesting! I'm also a ServSafe Certified Food Manager, which means I conduct required inspections of all kitchens we operate out of to ensure we're keeping our vulnerable customers safe.

Question: Is there a tie in between the farmers market vouchers and SNAP? Do you know any numbers for Dane County Seniors on SNAP?

Shannon: The Senior Farmers' Market Nutrition Program and SNAP are separate programs, but they are both income-based and both fall under the federal Farm Bill. At our recent Nutrition & Wellness Committee meeting, a representative from Second Harvest Foodbank shared insightful data about older adults and food insecurity. One standout statistic was that one in four SNAP recipients in Dane County is an older adult. As of October 2025, 28,068 adults in Dane County receive SNAP benefits. Of these, 5,900 are age 50–64 and 5,000 are age 65+.

Question: Would you feel comfortable sharing a bit about your life outside work?

Shannon: I live in Waunakee with my husband, Mark, and our two teenagers: Stella (17) and Remy (15). I always have my nose in a book—or my Kindle app—whenever I find a spare moment. I love psychological thrillers, romance, and mysteries, and I will never say no to an afternoon Diet Coke run. When I'm not at work, you'll usually find me reading, taking a walk (while listening to Audible), or sitting on the bleachers at one of my kids' sporting events. Come say Hi, especially if we've never met in-person!

Help out our neighbors

Our Countrymen connection

Stronger Together

-Katarina Borlaug ADRC Information and Assistance Specialist



Hobbies are *Everywhere!*



Bee WELL



Hobbies are not just for teenagers and retirees. Everyone can engage in a hobby – for the fun it brings and the positive impact it has upon your mental and physical well-being! They can expand our interests, improve life skills, and promote growth and independence. They can be done solo if one wants some quiet time for reflection or as part of a group if one desires social interactions. If you're having a hard time finding a hobby group, look into local resources such as community centers, libraries, and newspapers to find clubs, classes and volunteer opportunities.

Hobbies may aid physical fitness by building strength, improving respiratory/circulatory health, addressing balance concerns, and encouraging dexterity and fine motor movements.

Hobbies may improve mental health and problem-solving skills while slowing cognitive degeneration by reducing stress, improving mood, providing socialization opportunities, engaging the mind, revitalizing old memories, and enhancing a sense of purpose.

Yoga



Performing



Photography



Dancing



Aquatic Exercise



Reading



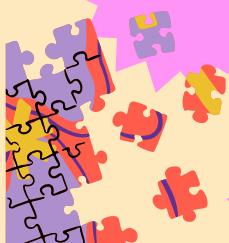
Sewing Quilting



Virtual Tours & Immersion



Puzzles



Cycling



Bird Watching



Walking

When searching for a hobby, find an activity that's meaningful, skill-building, and most importantly, fun! Consider your ability to embrace it, start slowly/small, and be realistic with your goal. Remember hobbies need not be done perfectly – they are for your enjoyment! Who knows, your hobby may even generate an income!



I Called the ADRC

We received calls with questions about the BOLD Grant, to learn more about the BOLD grant and ways the ADRC is connecting to the Hmong Caregiver community, please read below

In 2023 Wisconsin took the initiative to increase awareness and insight into dementia. The ADRC of Dane County became one of the recipients of the Building Our Largest Dementia (BOLD) Infrastructure for Alzheimer's Disease Grant. The ADRC and BOLD grant took the goal of informing and raising awareness of Alzheimer's disease and related dementias to the Hmong population of Wisconsin. BOLD grant broached connection with Hmong caregivers as an important component to dementia education, especially in the Hmong community where caregiving is a strongly rooted generational expectation within families. Caregivers are the bridge that create substantial impact to the health outcomes, build trust within the community, and eliminate fear of stigma within the culture.

Dane County's Aging & Disability Resource Center (ADRC) debuted our Hmong dementia awareness short film at the Hmong New Year celebration. The film "My Mother 'Kuv Nam': A Hmong Story on Dementia" was produced by Nyob Zoo TV LLC, based in Milwaukee, and filmed in Wisconsin Dells. "Dementia impacts thousands of people across the state of Wisconsin, we all probably know someone with dementia or someone managing the care of a loved one," said Shia Yang, Dane County Human Services' Bilingual Language Access Coordinator, who helped lead the grant project. "It can be a lonely experience and difficult to know where to turn, we hope that the film will help people feel seen and connected during the difficulties around dementia – and that they'll learn about where to go for help."



FYI: March is Women's History Month

From the proclamation of President Jimmy Carter in February 1980 for a National Women's History Week, arose the impetus for Congress in 1987 to pass into public law, with a 100-9 vote, designating March as Women's History Month. The celebration honors all that women have done in history – focusing on their contributions and achievements despite being cast into overlooked roles amidst the ongoing struggle for gender equality. The theme for 2026 is "Women Designing Sustainable Futures" and includes environmental, economic, educational and community leadership.

Some notable women who embody this goal and who were born during the months of this issue include:



January 3rd

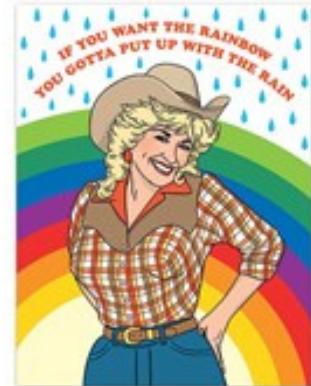
Greta Thunberg – a ferocious advocate addressing climate change, human rights, and global justice who inspires youth around the world to become active to address the way the world is being shaped/abused.

Dolly Parton – Country singer extraordinaire who has donated her time and money to create educational programs such as the Imagination Library and the Buddy Program as well as to advocate for Racial Justice, Women's/LGBTQ+ Rights, and to fund research to develop the Moderna Covid-19 vaccine.



February 4th

January 19th



Rosa Parks – Perhaps the world's most famous bus rider, she would later protest housing segregation, participate in the Great Marches of Detroit and Washington DC, work for US Congressman John Conyers and, following her death, be the first woman to lie in honor in the US Capitol Rotunda.

Ruth Bader Ginsburg – Selected to the US Supreme Court in 1993 where she ruled for women's rights and gender equality. In the later years of her Supreme Court tenure, her tenacity and grit earned her the pop culture name "Notorious RBG".

March 15th





While highlighting some of the more visible women leaders for this month, Women's History Month acknowledges that ALL women can rise up to be a force in this world. Please remember that when you look in the mirror and see first responders, cashiers, military personnel, cosmetologists, medical professionals, homemakers, teachers and anything you'd like to be!

**Love is in the air
Although the air is so cold
Our hearts remain warm**

-Katarina Borlaug ADRC Information and Assistance Specialist

**Have you heard the news
The ADRC is great
Helping those in need**

-Nicole Degner ADRC Information and Assistance Specialist

- 1. Somewhere in Time (1980)**
- 2. Titanic (1997)**
- 3. Out of Sight (1998)**
- 4. Wedding Singer (1998)**
- 5. Phat Girlz (2006)**
- 6. The Bodyguard (1992)**
- 7. Moonstruck (1987)**
- 8. Brokeback Mountain (2005)**
- 9. Call Me By Your Name (2017)**
- 10. Clueless (1995)**
- 11. The Nutty Professor (1996)**
- 12. Her (2013)**
- 13. Brown Sugar (2002)**
- 14. Casablanca (1942)**
- 15. To Wong Foo, Thanks for Everything! Julie Newmar (1995)**

MCCABES AT THE MOVIES

Love is in the air this February! Valentine's day, a certain McCabe's birthday, winter winding down into spring.... What's not to love about February? This edition the McCabes would like to hang up some heart shaped decorations, give out a few cards and bust out some tissues for probably a great big cry - all to celebrate LOVE. Without further ado, please feel that lovey-dovey, whirlwind thrill and heartbreak pain of romance by enjoying our top 15 movies about love!

Caregiver Village

Stay Safe this Winter

Make Sure Your Car is Ready for Winter Weather



- Get all maintenance on your vehicle as often as the manufacturer recommends.
- Check the following: heater, defroster, brakes, brake fluid, ignition, emergency flashers, exhaust, oil, and battery.
- Check the antifreeze level by using an antifreeze tester and add antifreeze as needed to maintain your engine.
- Replace windshield-wiper fluid with a winter weather wiper fluid.
- Make sure your car tires have adequate tread and air pressure. Replace any worn tires and fill low tires with air to the pressure recommended for your car (typically between 30-35 psi).
- Keep the gas tank near full to help avoid ice in the tank and fuel lines.



DIY Emergency Car Kit

In icy or severely snowy weather, it's best to avoid traveling, but if travel is necessary, keep the following in your car:

- Cell phone, portable chargers
- Hats, coats, mittens, boots, blankets, and instant or air activated hand warmers
- Windshield scraper
- Shovel
- Sand or cat litter to help tires get traction, or road salt to melt ice
- Hazard sign or other reflectors
- Battery-powered radio with extra batteries
- Flashlight with extra batteries
- Water and non-perishable snack food
- First aid kit with any necessary medications and a pocket knife
- Tow chains and Tire chains
- Canned compressed air with sealant for emergency tire repair
- Car jump starter or jumper cables
- Bright colored flag or help signs, emergency distress flag, and/or emergency flares
- Waterproof matches and a can to melt snow for water



Wintertime is here!

Stay safe, don't slip and keep warm.

Embrace the yule cheer!

-Babette Wine ADRC Information and Assistance Specialist

We
THE PEOPLE



Be Prepared for the Spring Election on April 7th 2026

It is a new year, and remember to request your absentee ballot if needed.

How to request an absentee ballot?

Request this online by going to: <https://myvote.wi.gov/en-us/Vote-Absentee-By-Mail>

Love you coworks

You are truly amazing
Keep up the good work!

-Jessica Krueger ADRC
Information and Assistance
Specialist

You call? We answer.

We will provide resources.

Service with a smile.

-Marie VandeBerg Lead
Information and Assistance
Specialist

Cat in the window
Golden leaves go swirling by
She sits enraptured

-Linda Danielson Social Worker

Bright minds side by side
Information sparks like sun
Work becomes joy

-Jennifer Fischer ADRC Manager

Mazo to Cambridge
Health care, housing, food, or bus
We answer it all!

-Marissa Burack Lead Information and Assistance Specialist

Money Matters

Be Prepared for Taxes and Protect Yourself from Identity Thieves



Wednesday, April 15 is the deadline for 2025 taxes. This is our annual reminder to protect yourself from identity thieves who will attempt to steal your tax return. One way to get your tax return before identity thieves can, is to file your taxes as soon as possible.

If you need assistance with a simple tax form and Homestead Tax Credit, there are Volunteer Income Tax Assistance (VITA) programs in Dane County.

Where are these locations?

- Madison Libraries, for more information, go to:
<https://www.madisonpubliclibrary.org/resources/guides/tax-assistance>
- Your Senior Center
- UW Extension Richard Dilley Tax Center, for more information, go to:
<http://dane.extension.wisc.edu/finances/rdtc/>

ADDITIONAL RESOURCES:

Free Federal Tax Return Preparation for Qualifying Taxpayers (IRS)
<https://www.irs.gov/filing/free-file-do-your-federal-taxes-for-free>

Free State Tax Return Preparation for Qualifying Taxpayers (IRS)
Revenue.wi.gov/pages/wistax/home.aspx

AARP Foundation Tax-Aide Locator

https://www.aarp.org/money/taxes/aarp_taxaide/locations.html
(888) 687-2277

IRS: Ways to Help Protect Your Refund

- Always use security software with firewall and anti-virus protections
- Use strong passwords
- Learn to recognize and avoid phishing emails
- Do NOT respond to threatening calls, texts or emails posing as organizations like your bank, credit card companies and even the IRS
- Do not click on links or download attachments from unknown or suspicious emails
- Protect your personal information and that of any dependents
- Don't routinely carry Social Security cards, and make sure your tax records are secure
- File taxes early before the criminals do and shred any documents before recycling
- If your SSN becomes compromised, you contact the **IRS ID Theft Protection Specialized Unit** at **800-908-4490**. You can also visit IdentityTheft.gov

Sunnyside: Old Love

What is love? The Merriam Webster Dictionary describes it as: "a strong affection for another arising out of kinship or personal ties, an attraction based on sexual desire: affection and tenderness felt by lovers, and affection based on admiration, benevolence, or common interests." At first, we may feel passion towards another based upon both superficial outward appearance and innate personality traits. As we get to interact and know one another better, our passion may lead to intimacy by sharing feelings and thoughts. Our shared feelings/thoughts may then lead to commitment. Commitment helps us to make a conscious decision to stay with and support someone over the long term. While the roots remain the same and provide a path to the sustenance of love, love's blooms change over time just as flowers evolve to their surroundings. What our younger selves thought we knew, our older selves know better. This can help us find new love after circumstances have created loss.

Young

- Unsure of who we are and what lies ahead
- Focused on resolving immediate needs
- Goals may include marriage/family planning
- Ready/Amenable to change lifestyle
- Sparks viewed as fireworks
- A sense of Chaos

Old

- Comfortable with ourselves and how we arrived
- Focused on enhancing how we meet needs
- Goals may include sharing experience/respect
- Set in our ways and seeking to complement
- Sparks viewed as campfire embers
- A sense of Knowledge

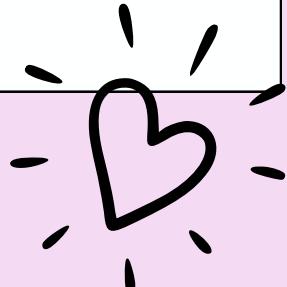
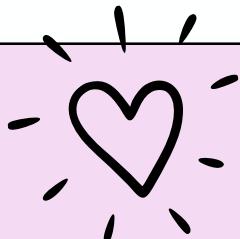
While we still strive to find love, our older selves work upon on experiences gained from our past loves. We are not starting anew, just fresh. We are not looking to fit in but how we can be complimentary. Attractions feel different as our values/personalities have changed. We recognize and grow from the past looking to the future – not replicating times gone by.

When life has caused a need to seek out love again, we may fear we have lost the way to love's door. If we have the courage to pursue love, that path may be found in many ways:

- Ask a friend about possible acquaintances.
- Become a volunteer with an organization
- Attend a lecture.
- Join a book club.
- Attend a service at a house of worship.
- Become active in local senior programs.
- Participate in a group-based hobby.



Some suggest trying on-line dating apps; however, this writer believes in human interaction and is wary of the many predators and scams within that route. While pitfalls may emerge from in-person contacts, you have the opportunity to "read" the person through tone of voice, phrasing, body language, and habits. Regardless of how you find your potential new love, you still need to look for red flags of warning before getting too involved.



SPOTLIGHT: MADISON SCHOOL AND COMMUNITY RECREATION (MSCR)

Staying active, even in cold weather, is important to maintain physical, mental, and emotional health. So, if you are looking for something to do in the Wisconsin winter time, Madison School and Community Recreation (MSCR) offers Adapted Recreation courses for individuals of all abilities and all ages. These programs include bocce, bowling, chair exercise, city clubs, dance and move class, pottery, swimming lessons, and more!

Important note:

There are Essential Eligibility Criteria for MSCR Adapted Programs for individuals to participate and it can be found here:

<https://docs.google.com/document/d/1pLqsoelHRmcDqngPRI7GKuO2icQrGeJ4WRENTlskcsc/edit?tab=t.0>



How to sign up:

The website has a registration form online or has a printable form with instructions here:

<https://www.mscr.org/registration-information/registration-forms/>

MSCR publishes their program guides on their website, so check it out to sign up for seasonal classes!



**In each smile we find joy,
Helping hands light the hard path
Grateful hearts, day by day.**
-Ellen Taylor & Kayla Olson, Dementia Care Specialist

**A Bleak Winter's Day
Buffered by a Warm Glow
The ADRC.**
-Rich Zietko, Information and Assistance Specialist



Events

What: Dane County Winter Farmers Market

When: Saturdays, January 3rd–April 4th 2026

Where: Garver Feed Mill, 3241 Garver Green, Madison, WI 53704

Why: A Madison Classic, enjoy the local produce and goods!

How: Free entry



What: Candlelight Hike & Bonfire

When: January 10, 2026 4:30–7pm

Where: Aldo Leopold Nature Center, 330 Femrite Drive Monona, WI 53716

How: Free shuttle from Ahuska Park parking lot (400 E Broadway in Monona). In addition lot at Aldo Leopold Nature Center, parking also available on Femrite Drive, Roselawn Drive & Edna Taylor Parkway. Free entry to event.



What: Scandihoovian Winter Festival

When: Feb 7, 2026 – Feb 8, 2026



Where: In and around Mount Horeb

Why: Bring your family and friends; join the fun, and shake off the winter blues. Stroll, shop, eat, and play at one of Dane County's most unique and charming villages. There will be a whole weekend full of indoor and outdoor events tailored for just about everyone's tastes. Most events are free, while some have a modest charge.

How: Visit the website or contact 608-437-5914

<https://www.mounthorebchamber.com/events/scandihoovianwinterfestival>

What: Tiara's Hat Parade

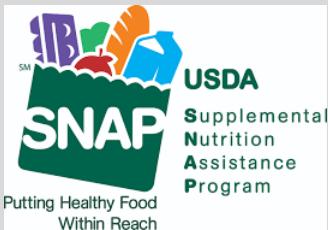
When: Mar 7, 2026. 1:00pm – 3:00pm & 4:00pm – 6:00pm, Mar 8, 2026. 3:00pm – 5:00pm, Mar 14, 2026. 1:00pm – 3:00pm & 4:00pm – 6:00pm, Mar 15, 2026. 3:00pm – 5:00pm, Mar 21, 2026. 1:00pm – 3:00pm & 4:00pm – 6:00pm, Mar 22, 2026. 3:00pm – 5:00pm

Where: Starlight Theater at MYArts. 1055 E Mifflin St – Madison, WI 53703

Why: Support the Children's Theater of Madison and MYArts by attending a heartwarming one-woman show celebrating creativity, resilience and the importance of community.

How: Visit websites: CTM: <https://ctmtheater.org/> MYArts: <https://madisonyoutharts.org/>





Lingo Buster: **SNAP**

You know this public benefit program by many names like Food Share or Food-stamps or its formal name Supplemental Nutrition Assistance Program (SNAP). SNAP provides low-income individuals and families with assistance through a card to buy food. SNAP remains the largest Federal food assistance program to reduce food insecurity and support local economies by channeling funds directly to grocery stores and farmers. SNAP serves over 40 million Americans each month.

1933: During the Great Depression widespread hunger coexisted with food surpluses so the Federal government began buying surplus crops from farmers to distribute to people in need.

1961: President John F. Kennedy revived the idea with a new pilot Food Stamp Program but it was no longer tied to surplus foods.

1964: The Food Stamp Act of 1964, signed by President Lyndon B. Johnson permanently established the program as part of his "War on Poverty." Aiming to improve nutrition for Americans and strengthen agriculture.

1977: The Food Stamp Act Amendments which was signed by President Jimmy Carter simplified administration and broadened eligibility.

1980s: The program grew rapidly during the recession; however, budget cuts under President Ronald Reagan reduced benefits and tightened eligibility.

1990s–2000s: The 1996 Welfare Reform Act under President Bill Clinton began new work and immigration restrictions. The paper "food stamps" were replaced with Electronic Benefit Transfer (EBT) cards which reduced both stigma and fraud.

2010s–2020s: The Food, Conservation, and Energy Act- officially renamed the program SNAP (Supplemental Nutrition Assistance Program) to reflect its focus on nutrition. SNAP expanded temporarily during economic downturns, the Great Recession and the COVID-19 pandemic. The pandemic emergency allotments (2020–2023) provided historic benefit increases.

SNAP Benefits

- SNAP reduces hunger, improves nutrition, and stimulates the economy by increasing food spending.
- Every \$1 in SNAP benefits generates about \$1.50–\$1.80 in economic activity, according to the USDA and economists. This is known as the multiplier effect because the money circulates through grocery stores, farms, food distributors, and transportation sectors.
- SNAP spending often occurs in local grocery stores and farmers' markets, helping small businesses and rural economies.



SNAP FAQS

According to 2023 USDA data, SNAP reduced the poverty rate by about 9% and child poverty by 13%. SNAP benefits are usually spent quickly — most within a month. In times of recession, SNAP acts as an automatic stabilizer because when incomes drop, SNAP spending rises which helps to cushion economic downturns. Economists view SNAP as an investment in human capital and community stability.

Some critics claim SNAP discourages work, but research shows that concern is small or negligible. In fact, by easing financial stress and ensuring access to food SNAP helps people seek and maintain employment. SNAP costs about \$120 billion in 2023, funded entirely by the federal government.

- Fraud rates are below 1%, making SNAP one of the most efficient federal aid programs.
- Rural areas often have higher participation rates in SNAP because of limited access to good-paying jobs and higher food costs.
- SNAP is designed for people with limited income, who live below or near the federal poverty line, with 20% of SNAP households including a senior over age 60 or a person with a disability. They often live on fixed incomes, like Social Security, that may not keep up with inflation or medical expenses.
- About 40–45% of all SNAP participants are children under 18.
- SNAP users are typically employed but work on low-wage or unstable jobs (like in retail, food service, or caregiving).



Adaptive Equipment

Adapt your Hobby!

The months covered in this edition have many special occasions celebrating hobbies. Remembering that hobbies are about fun, you can embrace this mindset and adapt a hobby to meet your needs and abilities. Here are some ways to adapt a hobby to your specifications:

- To accommodate low vision: use items w/ large print, maintain a well-lit area, “read” audio books, use items with low vision friendly designs.
- To accommodate hearing loss: engage in activities that can be felt or seen, include close captioning when available, see if there is a hearing aid that may help, learn ASL.
- To accommodate physical considerations: create a comfortable space, use ergonomic and adaptive devices for tools/equipment, try your hand at raised bed or container gardens, wear loose clothes if you will be moving a lot, play an adaptive sport.
- To accommodate cognitive health: ensure you are comfortable performing your hobby solo or in a group, choose a hobby you feel good about your ability to perform, ask for help if needed, don’t be afraid to walk away.

In the spirit of March being National Craft Month and containing National Quilt Day on the twentieth, we are featuring adaptive sewing aids, easy grip pins, magnetic pin cushion, easy action snips, silicon iron mouth, and a tabletop needle threader. Thanks to Tilly and the Buttons from YouTube for the inspiration.



Additional Days of Remembrance



International Holocaust Remembrance Day was established in 2005 by the UN (following Germany's lead who initially adopted the day in 1996), according to the International Holocaust Remembrance Alliance. It is commemorated on January 27th every year and corresponds with the same date in 1945 when the largest Nazi concentration camp, Auschwitz-Birkenau, was liberated. This day was specifically chosen to be a global, secular day of remembrance for the victims of the Holocaust.

Please note, there too is Yom Hashoa, a Jewish commemoration day established by Israel in 1951 that typically occurs in April. Yom Hashoa specifically celebrates resistance, as it commemorates the day of the Warsaw Ghetto Uprising, which occurred on the 27th of Nisan in the Hebrew Calendar.

Ways to honor victims of the Holocaust on or near January 27th:

- Participate in commemorative events in the community, including at the UW's Hillel.
- Pay respects at the local Holocaust Memorial at Marshall Park on Allen Blvd in Middleton.
- Educate yourself about the Holocaust by reading books like The Diary of Anne Frank or Elie Wiesel's Night.
- Take a moment of silence to the remember the victims of the Holocaust or light a candle in remembrance.
- Support and share stories from survivors.
- Stand against bigotry and hate speech in your daily life by calling it out when you encounter it. Help educate others.



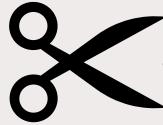
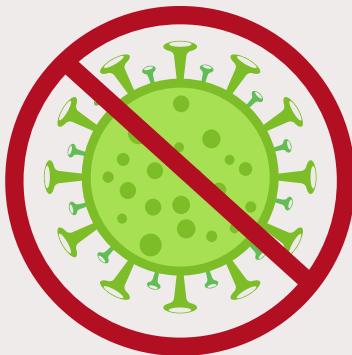
The Day of Remembrance for Japanese American Incarceration is observed annually on February 19th, to commemorate the anniversary of President Franklin D. Roosevelt signing Executive Order 9066 on that date in 1942. This order authorized the forced removal and incarceration of approximately 120,000 people of Japanese ancestry from the West Coast during World War II. The day serves as a reminder of the injustice and racism faced by Japanese Americans and is marked with events and programs across the country. It is a day to remember the loss of liberty, property, and dignity experienced by Japanese Americans and to learn from this painful history to prevent future injustices. This Remembrance Day started in 2022 by President Joe Biden via presidential proclamation. Japanese American communities and allies hold events, programs, and ceremonies across the country to honor the survivors and their descendants.

Ways to remember the Japanese American's Internment:

- Attend an event through UW Madison's Asian American Studies Program.
- Check out the [Homepage | Japanese American National Museum](#) (online, as the museum is in Los Angeles, CA). Please note, the museum does virtual visits, educational workshops and has a vast library of resources and lesson plans, for further reading and education.
- View the National Park Service's [website](#). It includes links to articles, as well as photos of historic sites and memorials.
- Read stories and become more aware of experiences from the Japanese American Confinement: About - [Japanese American Confinement \(U.S. National Park Service\)](#)
- Again, help educate your family members, neighbors and friends by standing against bigotry and hate speech in your daily life by calling it out when you encounter it.

VACCINE COVERAGE UNDER MEDICARE

Vaccines are vital to preventing illness and many vaccines your doctor recommends are covered by Medicare. Medicare Part B typically covers vaccines for preventable illnesses like flu, pneumonia, hepatitis B, and COVID-19. Medicare Part D plans are required to cover most commercially available vaccines for Shingles, RSV, Tdap (Tetanus, Diphtheria, Pertussis/Whooping Cough). For vaccines covered by your Medicare prescription drug plan, check with your plan for information about how the plan covers vaccines and where you receive the vaccine.



CLIP & Keep

HOW TO UNPLUG:

- Many of us use our devices as a Personal Emergency Response System. While it is important to keep these devices with you, you can still use these tips to unplug.
- Go into your app settings and go to digital well being to track how much time you are using your device. From that setting you can set timers, manage notifications, and even schedule time for focus modes and bedtime modes. You can challenge yourself to try to use your device less and less.
- Start noticing when you check your device. Slow down when you feel the urge to check your device. Ask yourself if checking your device is actually to connect with someone important or is this just a muscle memory and habit? If checking your device isn't for genuine human connection, challenge yourself to do something different than looking at the blue screen!
- Connect with your neighbors in common community spaces
- Meet a friend for a walk outside
- Go to the library and find a new book/magazine/activity
- Try to make a new recipe and share your creation with a loved one
- Volunteer! Our community needs you and your expertise! You make a difference! Check out www.volunteeryourtime.org
- Create art
- Find your next favorite hobby! Explore your new interest!





**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.

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

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

We hope you find this newsletter 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