

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



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Share Your Kindness

We have all heard of the golden rule, “Do unto others as you would have them do unto you” Basically, it means we should treat people like ourselves. While this is a meaningful way to promote a larger well-being, it does focus on ourselves rather than others. Looking from a darker view it can mean that we are prioritizing others as an extension of ourselves – by building up others we can build up ourselves.

An expression of this is sympathy. It comes from our ego and is a feeling of what we should do with an implicit telling of others what to do.

A more passive and compassionate way to abide by the golden rule is to provide empathy – sharing another’s experience with understanding of that experience and focusing on another rather than ourselves. One way to do this is through kindness. Kindness embodies being gentle, caring and helpful – unconditionally putting others’ needs before our own and expecting nothing in return. Examples of kindness can range from simple acts such as offering someone (elderly or with a disability) our seat on the bus or throwing the ball back to a group of kids playing to more involved acts such as intervening when someone is being bullied to rescuing someone from a burning car.

By using kindness, we can make the world a better place for everyone by improving our physical and emotional well-being. It can inspire positive actions by others and foster our social connections towards the creation of supportive communities. Random Acts of Kindness Day is February 17th, here's your chance to begin!

Random Acts of Kindness Ideas

1. Post **positive** notes around your community.
2. Randomly pick a small business/lesser known author to leave a **review** for.
3. Choose a friend and **celebrate** them.
4. Give **compliments** to the people you interact with.
5. Tip extra or put your loose change in **tip jars**.
6. Use sidewalk chalk to **write** out positive messages.
7. Send **letters** with tons of stickers to the kids in your life.
8. Buy a **gift** for a child in foster care.
9. Leave **change** in vending machines.
10. Connect a **charity** to your Amazon account.
11. See if your local **shelters** have Amazon wishlists so you can send essentials.
12. Pay for the person in line **behind** you.
13. Collect **litter** that you see on the ground when you're out.
14. Leave **food** out for the birds or wildlife in your area.
15. Make a **meal** for someone who might need one.



Lingo Buster: Tax Thieves Lurk

**TAX
TIME!**



As we prepare ourselves for the yearly endeavor of tax forms, accountants and using apps to hopefully get a refund, refunds are not guaranteed as identity thieves try to intercept hard-earned payments.

The IRS is aware of this and created tips to prevent theft and actions to take if you become a victim. The IRS has convened a coalition of state tax agencies and the private-sector tax industry officials to bring awareness of identity theft and the means to prevent it through educational events.

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
- \$ 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



Tax related identity theft occurs when someone uses your stolen personal information to file a tax return claiming a fraudulent refund. Even the most cautious of us may not know our information has become compromised until it has been used in a fraudulent manner and are notified by the IRS.

Remember IRS never starts contact with a taxpayer by sending an **email, text or social media message** asking for your personal or financial information.

If you get an email that claims to be from the IRS do not reply or click on any links.

If you think there may be a false return filed under your name, contact the IRS Identity Protection Specialized Unit by calling them at 1(800)908-4490.

Know the signs of identity theft

- \$ You get a letter from the IRS inquiring about a suspicious tax return that you did not file
- \$ You can't e-file your tax return because of a duplicate Social Security number
- \$ You get a tax transcript in the mail that you did not request
- \$ You get an IRS notice that an online account has been created in your name
- \$ You get an IRS notice that your existing online account has been accessed or disabled when you took no action
- \$ You get an IRS notice that you owe additional tax or refund offset, or that you have had collection actions taken against you for a year you did not file a tax return
- \$ IRS records indicate you received wages or other income from an employer you didn't work for
- \$ You've been assigned an employer identification number, but you did not request an EIN

The IRS will identify a suspicious tax return bearing your name and SSN and will send you a notice or letter from the IRS Taxpayer Protection Program.

The IRS Taxpayer Protection Program proactively identifies and prevents the processing of identity theft tax returns and assists taxpayers whose identities are used to file these returns. There are many reasons why a return may appear to be suspicious. You may receive one of the following letters from the IRS asking you to verify your identity and tax return information. The IRS won't be able to process the tax return, issue refunds, or credit any overpayments to your account until we hear from you.



[Letter 5071C](#), Has an option to use the online tool to verify your identity and the tax return. This is where you can tell the IRS if you did or didn't file the return.

[Letter 4883C](#), Provides a toll-free number to verify your identity and the tax return and to tell the IRS if you did or didn't file the return.

[Letter 5747C](#), Provides a toll-free number to make an appointment at a local Taxpayer Assistance Center to verify your identity and return in person. It also provides a toll-free number to tell the IRS that you didn't file the return.

Follow the letter's specific instructions on how to verify your identity and the tax return. Be sure to have the letter with you when making contact so it can be referenced to help identify you. You will also need a copy of your past year's return and may need to go in-person with a photo ID to an IRS Taxpayer Assistance Center.

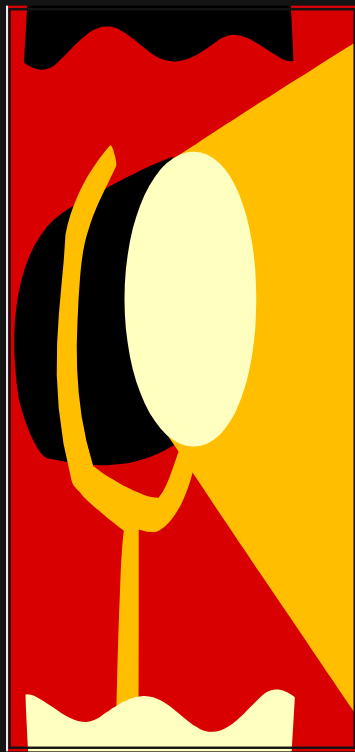
Wisconsin Telecommunications Relay Service (WTRS)

WTRS is a free communication service that provides full telephone accessibility to Wisconsinites who are

Deaf, Hard of Hearing, Blind or those with a speech disability.

Dial 711 for more information.





COMMUNITY SPOTLIGHT:

Red Cross



Donate Blood:

The American Red Cross (ARC) is a humanitarian organization founded in 1881 by Clara Barton. It is part of the global Red Cross network, which operates in nearly every country. The ARC provides emergency assistance, disaster relief, and education. It helps people affected by disasters such as floods, fires, and hurricanes, offering shelter, food, and medical care.

The organization also plays a crucial role in collecting and distributing blood donations through its nationwide network of blood donation centers. Additionally, the Red Cross offers services in health and safety training, supporting military families, and providing international humanitarian aid. It relies heavily on volunteers and donations to carry out its work, and its mission is to alleviate human suffering and improve the quality of life for those in need.

Donating blood is a simple yet powerful way to make a life-saving difference in someone's life. Every donation can help save up to three lives by providing essential blood for patients in need, whether it's for surgeries, trauma care, or individuals battling serious health conditions. Blood cannot be artificially replicated, making donations critical to hospitals and emergency services.

By donating, you're not only supporting your community but also offering a gift that could mean the difference between life and death for those in urgent need.

To schedule an appointment to give blood please click here: <https://www.redcrossblood.org/>



#WinterReady!

- ◇ Know what to do before, during, and after a winter storm.
- ◇ Listen to local officials.
- ◇ Have emergency supplies in place at home, at work, and in the car.
- ◇ Stay off the road during and after a winter storm.
- ◇ Use a carbon monoxide alarm, especially if using alternative heating devices.
- ◇ Use heating devices safely.

Check it Out!





Who's Who at the ADRC?

Presenting:

The ADRC Newsletter Committee



Rich began working at the ADRC in July 2013	Amy H began working at the ADRC in November 2012	Mindy began working at the ADRC in June 2013	Emily began working at the ADRC in July 2018	Anna began working at the ADRC in September 2016	Joe began working at the ADRC in September 2012	Katarina began working at the ADRC in June 2013
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The Aging and Disability Resource Center of Dane County is highlighting our own Newsletter Committee for this issue! Between committee members we have 60 years of combined experience and expertise at the ADRC!

Being a part of this committee offers us another avenue to serve older adults, adults with disabilities and professionals in the community. We work as a team to brainstorm articles and events that are pertinent to each issue. The entire process, from planning to printing, takes 2-3 months. We are able to develop valuable written and communication skills while raising awareness about important issues that impact our community.

It is truly a labor of love and determination to provide information and entertainment for all of our readers.

As the ADRC grows and changes so will the newsletter committee, and it is with a sorrowful and joyous heart that we wish the fairest farewell to our dear Amy and Joe who will no longer be newsies, but will become readers of Newsletter in their well deserved retirement.

Have an idea of what you'd like to see in future issues? Send us an email or give us a call!

Benefits Check-up!

You have mastered your budget, you've pinched every penny by making your own coffee, cutting cable TV, planning shopping trips with the shortest mileage in mind, but the bills are still more than your income.



As food, gas and other prices soar, our budgets are feeling that strain. Consider calling the ADRC of Dane County (608)240-7400 for a "benefits check-up" to see if you qualify for any public benefit programs that might help your budget.

What information will we need?

We need to know how much income you (and your spouse) make *before* anything like taxes are taken out. Also, we will to know how much is in your savings and checking accounts, value of any other assets (such as investments, life insurance cash value, vehicles, property, etc.)

What benefits might I be eligible for?

Based on your gross income and assets, you may qualify for benefits like help with groceries, with utilities, phone, as well as help with healthcare expenses.

Are you a Veteran?

You may qualify for a variety of Veterans services depending on when and for how long you served. Reach out to the Dane County Veterans Service Office at 608-266-4158.

Consider community options:

If money is still tight, there are many food pantries throughout Dane County to help, including pantries that offer personal care products (including incontinence pads) and baby diapers, and some that distribute pet food (dry or canned) and cat litter. Online ordering and delivery is even available at some locations!

Or call 2-1-1 for the most up to date pantry info.

Cost-of-Living Adjustment (COLA) Information for 2025



January 2025 Social Security and Supplemental Security Income (SSI) benefits for over 72 million Americans will have a 2.5% cost-of-living adjustment (COLA) increase.

The maximum amount of earnings subject to the Social Security taxable maximum will increase to \$176,100. The earnings limit for workers who are younger than "full" retirement age will increase to \$23,400. (We deduct \$1 from benefits for each \$2 earned over \$23,400.) The earnings limit for people reaching their "full" retirement age in 2025 will increase to \$62,160. We deduct \$1 from benefits for each \$3 earned over \$62,160 until the month the worker turns "full" retirement age.) There is no limit on earnings for workers who are "full" retirement age or older. <https://www.ssa.gov/news/press/factsheets/colafacts2025.pdf>

2025 SOCIAL SECURITY CHANGES

Cost-of-Living Adjustment (COLA):

Based on the increase in the Consumer Price Index (CPI-W) from the third quarter of 2023 through the third quarter of 2024, Social Security and Supplemental Security Income (SSI) beneficiaries will receive a 2.5 percent COLA for 2025. Other important 2025 Social Security information is as follows:

Tax Rate	2024	2025
Employee	7.65%	7.65%
Self-Employed	15.30%	15.30%

NOTE: The 7.65% tax rate is the combined rate for Social Security and Medicare. The Social Security portion (OASDI) is 6.20% on earnings up to the applicable taxable maximum amount (see below). The Medicare portion (HI) is 1.45% on all earnings. Also, as of January 2013, individuals with earned income of more than \$200,000 (\$250,000 for married couples filing jointly) pay an additional 0.9 percent in Medicare taxes. The tax rates shown above do not include the 0.9 percent.

	2024	2025
Maximum Taxable Earnings		
Social Security (OASDI only)	\$168,600	\$176,100
Medicare (HI only)	No Limit	
Quarter of Coverage		
	\$1,730	\$1,810
Retirement Earnings Test Exempt Amounts		
Under full retirement age	\$22,320/yr. (\$1,860/mo.)	\$23,400/yr. (\$1,950/mo.)
NOTE: One dollar in benefits will be withheld for every \$2 in earnings above the limit.		

Check out our Support Options for Caregivers

Alzheimer's Family Caregiver Support Program (AFCSP)

Eligibility

Families are eligible if three criteria are met:

1. There is a documented diagnosis of Alzheimer's disease or other dementia from a healthcare professional.
2. The person with dementia resides in the community or in a residential facility. Funds may not be used for room & board in a facility, and are prioritized for persons living in the home with fewer resources.
3. The person with dementia and spouse has a gross annual income of \$48,000 or less. Dementia-related expenses can be deducted when calculating gross income.

Upon referral and funds availability for that year, the AFCSP Coordinator will complete screening to determine eligibility and help determine the primary caregiver's needs.

Program Offerings

Typical goods and services commonly purchased with AFCSP funding include:

Respite care or home care services (personal care assistance, meals, medication assistance and monitoring, homemaker services, yard work, snow removal, etc.)

- Emergency response systems
- Transportation expenses
- Incontinence supplies
- Specialized clothing
- Activities and hobby supplies
- Legal expenses related to guardianship
- Caregiver counseling services
- Caregiver education classes
- Individualized services as approved

Contact: Kayla Olson (Dementia Care Specialist at the ADRC) at 608-240-7464 or

Email:

danedcs@countyofdane.com

Dane County Caregiver Program National Family Caregiver Support Program (NFCSP)

Eligibility

- Caregivers (ages 18+) of frail older adults (ages 60+)
- Caregivers (ages 18+) of persons of any age with Alzheimer's or Dementia
- Older relative caregivers, including grandparents, (ages 55+) who are primary caregivers for children ages 18 and under who live with them
- Older relative caregivers, including parents, (ages 55+) of severely disabled adults (ages 19 – 59) who live with them

Program Offerings

NFCSP Caregiver Grant for caregiver respite and services that help caregivers sustain their roles in helping their care partners age in place and remain in their communities. While the care partner benefits from grant support, the needs of the caregiver are primary for this funding.

There is no financial eligibility requirement for NFCSP but we are directing grants to those with the most need, including underserved populations. Due to a waitlist of caregivers in 2024 who did not receive grant funds before being depleted, these caregivers will be assessed first in January 2025. Caregivers who have received a grant in the past may apply but will be assessed later.

Contact: Jane De Broux,

Caregiver Specialist at

608-381-5733 or

email: debroux.jane@danecounty.gov

Caregiver Village



Cooking in the Adaptive Kitchen

Food is a daily need to strengthen and energize both our bodies and our minds. Eating is the way we intake our food but cooking is a way we add love and joy to eating. For those of us who love crafting a meal, the kitchen is our sanctuary. But what happens as we age or experience a disabling condition limiting our cooking capacity? We lament limits, pining for what we lost and giving up our culinary confidence for fear of failure.

However, to quote Julia Child, *"The only real stumbling block is fear of failure. In cooking, you've got to have a what-the-hell attitude."*

By optimizing our kitchen workspace and the tools we use to prepare a meal, we can reduce our fear and regain our confidence. Making our kitchens more open, utilizing visual keys for our cabinets and tools and removing the things that no longer work safely for us is a great start. Once we have created a safe kitchen space we can concentrate on our cooking.

Whether using technologically driven aids such as automated stirring devices, talking food scales/stoves and sensor-run measuring devices or low-tech items such as ergonomically designed cutlery, palm peelers, flashing timers or high definition measuring tools, one can safely return to the role of cook of the house. Below are some examples of tools that can help:

Hard of Hearing:
Flashing Kitchen Timer



Automatic cut off switch for stove



Spice Carousel :
Pre-fill and set to measure



Perching Stool



Automatic
Pan
Stirrer



Rocker Knife

And now that you're
back, Bon Appetit!



Brain Injury Assistance

Medical equipment and assistive technology for people who have sustained a brain injury can be high or low tech. These types of devices could be anything from specialized speech software to a clever doorknob which all can function as medical equipment to help folks with brain injury live independently. If interested in pursuing equipment acquiring documentation is important because insurance needs required statements. For example,



documenting why and how device is used and needed; A wheelchair approval would need statement for mobility related activities cannot be performed with walker, cane or other assistive devices.

Examples of adaptive technology-

Mobility devices: Canes, walkers, wheelchairs, scooters, and walking poles can help with mobility. Wheelchairs can be manual or motorized.



Adaptive beds: Inflatable to support different parts of the body, hospital bed to help sit up.

Stair lifts: Straight rail, curved rail, chair lifts or platform lifts.

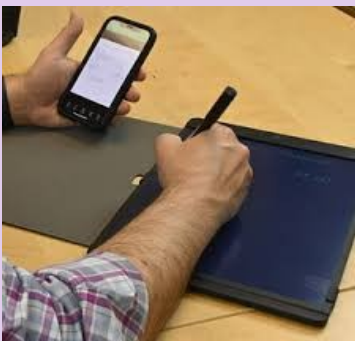
Assistive Technology for communication: Devices like iPads, Dynavox, Tobii and Prentke-Romich can help with speech in many ways including tracking eye movement and speech generating devices.

Smart pens: Can turn handwritten notes into digital notes and audio recordings.

Speech to text software: Can turn what you say into text on a computer, smartphone, or tablet.



Adaptive utensils: Can help with eating, and can include angled spoons and forks, touch fastener-grip forks and spoons, and bendable foam handles.



The Public Service Commission of Wisconsin Assistance Programs

There are a variety of programs available in Wisconsin to help pay for and obtain access to basic utility, telecommunications, and internet services. The Lifeline program discounts the cost of phone, cell and internet services. Call 608-267-3595 for info.



MCCABE'S AT THE MOVIES



IT IS THE SEASON OF JOY, KINDNESS AND GOODWILL. SO OF COURSE, MCCABE'S AT THE MOVIES HAS TO GIVE YOU SOME WINTER THRILLERS FOR A CHANGE OF PACE. HERE ARE SOME OF OUR WINTER TIME

FAVORITES FOR CREATURES FROM OUTER SPACE, SURVIVAL, AND MAN'S RESILIENCE IN THE FACE OF CHALLENGE. "WEATHER" IT BE ICE, SNOW, SOCIETAL COLLAPSE OR PLANE CRASHES, DON'T *LET IT GO*, TURN DOWN THE LIGHTS, GET THAT POPCORN AND LET'S WATCH SOME MOVIES.



CLIFFHANGER (1993)

THE DAY AFTER TOMORROW (2004)

THE THING (1982 AND 2011)

THE SHINING (1980)

HANNA (2011)

EVEREST (2015)

ALIEN VERSUS PREDATOR (2004)

THE EDGE (1997)

A SIMPLE PLAN (1998)

SNOWPIERCER (2013)



E. D. LOCKE
PUBLIC LIBRARY
McFarland, Wisconsin

COMMON SCAMS & FRAUDS



with the Wisconsin Bureau of
Consumer Protection

Thursday, February 6
4 - 5 p.m.

Library Community Room

Registration is required and opens
January 23 at mcfarlandlibrary.org







STOP THE SPREAD

Take everyday preventive actions to help stop the spread of flu viruses!


#FIGHT FLU

GET YOURSELF AND YOUR FAMILY VACCINATED!

A yearly flu vaccine is the first and most important step in protecting against flu viruses.

#FIGHT FLU



Take antivirals if prescribed. Antiviral drugs may be prescribed by your doctor if you have the flu. Many people do not need antivirals to recover from the flu, but they can be used to make the illness milder and shorten the time you are sick. They may also help to prevent serious flu complications, such as pneumonia. Antiviral drugs are not antibiotics.

Antivirals work best when they are started within two days of getting sick. Starting antivirals later than this can still be helpful, especially if you are at a high risk of developing severe flu illness, or are very sick from the flu.

Importance of vaccinations

Staying up to date on your vaccines is a key part of maintaining personal health, protecting the community, and preventing the resurgence of dangerous diseases.

Staying up to date on your vaccines is essential for several reasons:

Protection from Preventable Diseases: Vaccines protect you from serious, preventable diseases such as measles, flu, and COVID-19. These diseases can cause severe illness, complications, and even death, especially in vulnerable populations such as the elderly, infants, and those with compromised immune systems.

Community Protection (Herd Immunity): When a large percentage of the population is vaccinated, it helps protect those who can't be vaccinated (like newborns or people with allergies to vaccines) by reducing the spread of diseases. This is called herd immunity, and it helps limit outbreaks.

Preventing Disease Resurgence: Some diseases that were nearly eradicated, such as polio or diphtheria, can reemerge if vaccination rates drop. Staying up to date on vaccines helps maintain low levels of these diseases in the population.

Boosting Immunity: Some vaccines require boosters over time to maintain their effectiveness. Without staying up to date on boosters, immunity can wane, leaving you at risk for infection.

Protecting Vulnerable Populations: Vaccines help protect those who may not respond well to vaccines, such as infants, the elderly, pregnant women, and individuals with weakened immune systems due to cancer treatments or other conditions.

Preventing Financial and Emotional Costs: Getting vaccinated reduces the likelihood of illness, hospitalizations, and associated costs. It can also help prevent emotional distress from caring for a sick family member.



Mom was Right - Wear a Hat!

We lose most of our body heat through our heads, making hats one of your most important winter accessories. It's also a good idea to wear a scarf to cover your mouth and nose and protect your lungs from freezing air. A coat with a good hood is another option – it can be easier to flip on & off – if you need to listen at intersections.



temperature that can cause serious health problems.

5. **Check the forecast.** If it's too windy, cold, or wet outside, consider an indoor workout instead using an online video or your own routine.

Be Well



Five Tips for Exercising Safely During Cold Weather



Don't let falling temperatures stop your outdoor exercise plans.

You can walk, ski, ice skate, shovel snow, and more.

Take a few extra steps to stay safe:

1. **Warm up and cool down**, such as stretching or walking in place, to prepare and restore your muscles before and after a workout.
2. **Pick the right clothes.** Dress in several layers of loose clothing to trap warm air between them. Wear a waterproof coat or jacket if it's snowy or rainy, and don't forget a hat, scarf, and gloves.
3. **Be extra careful** around snow and icy sidewalks so you won't slip and fall. Wear sturdy shoes to give you proper footing.
4. **Learn about the signs of hypothermia**, a drop in body

We Repeat Ourselves Because This Works! Remember to Walk Like a Penguin!

Keep your feet flat:

Walk with your feet slightly apart and your body leaning slightly forward. This helps distribute your weight evenly to reduce the chance of slipping.

Bend your knees slightly:

This lowers your center of gravity, making you more stable.

Take small, slow steps:

Move slowly and deliberately, with small steps to maintain balance.

Extend your arms:

Keep your arms out to your sides for additional balance and avoid swinging them.

Wear proper footwear:

Use shoes or boots with good tread to prevent slipping on ice.

1. Walk flat footed and take short steps



2. Wear footwear that provides traction



3. Step down, not out from curbs



4. Use your arms for balance



5. Carry only what you can



Why Staying Active in Winter is Essential in Wisconsin

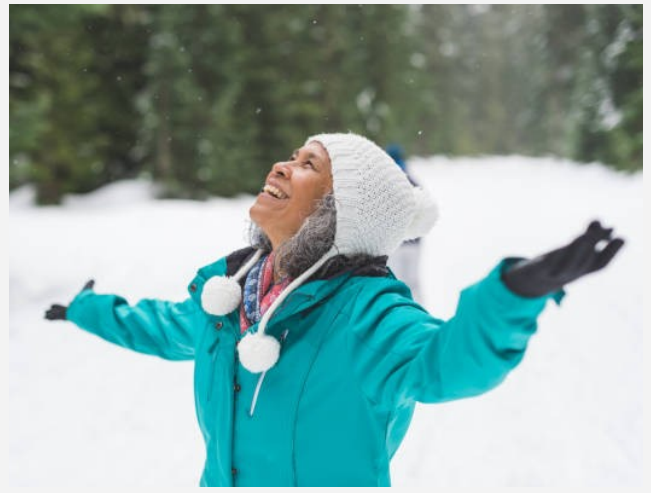
As winter settles in across Wisconsin, the cold and snow can make it tempting to stay inside, but maintaining an active lifestyle during the winter months is crucial for both physical and mental well-being. Winter can be tough, especially with shorter days and cold temperatures, but staying active helps keep your body strong and your mood positive.

Exercise boosts your immune system, helping you fight off the winter bugs that circulate during cold months. It also combats the winter blues by releasing endorphins, the "feel-good" hormones, which can help prevent seasonal affective disorder (SAD) that affects many Wisconsinites during the darker months.



Outdoor winter activities, such as walking, skiing, or snowshoeing, offer a great way to stay fit while embracing the beauty of Wisconsin's winter landscape. Indoor activities like yoga, cycling, or even strength training can also be excellent alternatives when it's too cold outside.

Staying active in winter keeps you energized, reduces stress, and supports overall health—ensuring you not only survive but thrive during the colder months in Wisconsin!



Winter Safety Tips:

Stay home and use delivery services! Don't risk the trip when you can avoid the roads, snow, cold and ice. You can use delivery services for groceries, restaurants, Meals on Wheels, medication delivery, even Kwik Trip!



Make sure your wheelchair is ready for winter with snow or all-terrain tires.

Don't use rollator walkers on the snow! Their slick wheels can slip easily.

Wear warm gloves, but not so thick they impair your grip on your walker or cane, or if you need your sense of touch due to low vision.

Take a backpack to free your hands.

Put ice cleats or grippers over your boots or shoes to prevent slipping a low cost investment at \$25 or less.



The Sampler! Interesting Events Happening in our Community:

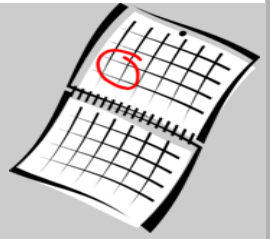


What: Late Winter Market

When: Saturdays, January 4 through April 5, 2025, 8:00 am – 12:00 pm

Where: [Dane County Farmers' Market](https://dane-county.gov/2018/01/11/dane-county-farmers-market) usually occupies the square around the statehouse on Saturday mornings, but in the winter months, it moves indoors to the newly renovated Garver Feed Mill. Garver Feed Mill, 3241 Garver Green

Why: Shop for fruits, treats and veggies in the beautiful building that houses Ian's Pizza. <https://dane-county.gov/2018/01/11/dane-county-farmers-market>



What: WI Badger Men and Women's Hockey

When: Check out Badger home game schedule

Where: <https://uwbadgers.com/calendar>

Why: Come see UW hockey team at the arena and cheer with Bucky Badger as he leads the crowd in Varsity and cheers of On Wisconsin.



What: Will Jimmy see his shadow?

When: Sunday February 2, 2025 From 6:50 am - 7:30 pm

Where: 1 Cannery Square, Sun Prairie.

Why: To find out if it will be an early Spring or six more weeks of Wintery weather.

How: Show up and dress for the weather. Check out the Sun Prairie Parks, Recreation & Forestry Department's [page](https://www.sunprairieparks.com/) for more information



What: Maple Syrup Workshop

When: Saturday March 1, 2025 from 1 PM – 2:30 PM.

Where: Schumacher Farm Park, 5682 Hwy 19, Waunakee WI 53597

Why: Explore the magic of creating maple syrup! Instructors will demonstrate and discuss how to make maple syrup in your own backyard. How to identify maples, tools needed, tapping a tree, boiling sap, and finishing the syrup with a sample. Children love the whole process and are welcome to sign up with an adult, yet be mindful that younger kids' level of participation may be limited throughout the process for safety. General handouts will be available. Please note, maple sap is weather dependent. This workshop may need to be rescheduled on short notice depending on the conditions of the trees and the weather. If this occurs, we will contact you to discuss next steps.

How: Contact - Visit website: <https://schumacherfarmpark.org/maple-syrup-workshop> or e-mail: events.schumacher@gmail.com

What: International Festival 2025

When: Saturday, March 8th

Where: Overture Center, 201 State St, Madison WI 53703

Why: Celebrate the rich cultural heritage within our community and enjoy more than 30 FREE performances throughout Overture by artists who call Dane County home. Indulge in cuisines, browse stunning art, crafts available for purchase and learn about the many local businesses with global connections. Guests may participate in person at Overture or online for select livestreamed performances. <https://www.overture.org/engage/international-festival/>



WISLOAN for Assistive Technology

The WisLoan down payment assistance program offers down payment assistance for approved consumers in Wisconsin. WisLoan is a statewide alternative loan program that allows Wisconsin residents with disabilities to finance assistive technology or equipment needed to live independently. WisLoan program works with applicants to reduce the overall amount of the loan, which reduces monthly payments and the overall debt to income ratio.

Loans can be used to purchase the following technology or equipment, but are not limited to:

Wheelchairs & motorized scooters, hearing aids, control/switches for lights, doors, applications, vehicle lifts, adaptive hand controls, Telecommunication devices and home modifications

WisLoan application must be submitted and down payment assistance will be based on household income level. Down payment assistance ranges on approved WisLoan Loan amount and the overall Assistive Technology purchase.



Please call **Access to Independence** for more information at

608-242-8484 or

email info@accesstoind.org

*Funding is limited and based on availability.

Eviction on your record?

Future Landlords check to see if you have an eviction. We can help you remove your name from the online record. Services are provided for free by law students and lawyers.

Please bring any documents related to your case and any documents related to issues you are experiencing due to the eviction case on your record.

Please call 608 265 1300 to schedule an appointment.

Eviction Defense Clinic at UW Law School & Tenant Resource Center Se habla Espanol



Fast Fashion

The rise of inexpensive, rapidly produced clothing which is mass-marketed through retailers has been labeled "fast fashion". Fast fashion has created more textile pollution in countries with discarded textiles and plastics. This pollution can be seen in waterways and on land. The concerns over fast fashion are also due to the toxic mixtures of dyes, tanning acids and other chemicals making their way into drinking water.

In Dane County we can do our part to reduce, reuse and recycle when following our latest fashion trends, by shopping vintage aka second hand. A suggestion is creating your **#trending** outfit vision, and then hunting for the pieces to create your inspo outfit at any of Dane County's used stores. You can get thrifty at St. Vincent, Agrace, and Goodwill or you could splurge at consignment stores like Midwest Vintage, The Pink Poodle, Happy Hours, or Style Encore.



Dane County has them all, more than 100 shops to explore. See the "ultimate guide" to saving money and our planet:

https://www.channel3000.com/madison-magazine/the-ultimate-guide-to-secondhand-shopping-in-madison/article_3fc3d410-9e58-11ed-9682-037342887d98.html



Property Tax Blues? Property Tax Deferral May Help!

Property taxes help fund essential public services like schools, roads, police and fire departments, the annual payment can be a hardship for some elderly and veteran families. If you are age 65+ or a qualified veteran, you may be eligible for Property Tax Deferral Program, which allows people to convert home equity into cash to pay property taxes.



City of Madison homeowners:

Must be age 65+. Eligibility is based on income of less than \$66,300 for a household of 1, with assets less than \$30,000. Contact Madison Community Development Department at (608) 266-6520.

Dane County Homeowners:

Must be age 65+ or qualifying veteran. Eligibility is based on Income of \$20,000 or less. Contact Wisconsin Housing & Economic Development Authority (WHEDA) at 608-266-3528 or 800-755-7835.

VOLUNTEERS



Did you know...

Many public programs in Wisconsin that support older adults and people with disabilities would not exist without volunteers.



End of Independent Care Health Plan (iCare)'s dual-enhanced Healthy Rewards benefits in 2025

In 2024, iCare members who were enrolled in the Medicare Special Needs Plan (SNP)

received \$150/monthly in Healthy Rewards benefits to pay for various over-the-counter products, groceries, utility bills however as of January 01, 2025, this benefit will end. As of January 01, 2025, iCare Medicare SNP plan, will not receive the Healthy Reward benefit please call the phone number on the back of your card for more information.



The Sewing Machine Project

The Sewing Machine Project

is looking for volunteers for their mending services and other projects.

The Project provides the machines and supplies, the volunteers provide the love and expertise. Contact <https://thesewingmachineproject.org/giving/volunteering-2/>

All skill levels welcome!



Need Mending?

Sewers from the Sewing Machine Project are offering free mending at Madison Central Library. These helpful sewers can fix most fabric related repairs including clothing and coats, with the exception of zippers, Madison Central Library, 201 W. Mifflin St.



Upcoming Election Schedule 2025



Spring Primary – Tuesday, February 18

Spring Election – Tuesday, April 1

Check to make sure are registered and where to vote:

<https://myvote.wi.gov/en-us/>

What's on my ballot: <https://myvote.wi.gov/en-us/Whats-On-My-Ballot>

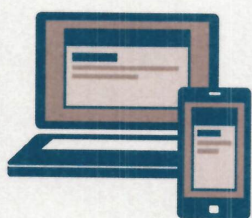
WE THE PEOPLE



How to Get Help from Social Security

Social Security is here to help. We want you to know how to get the service you need as quickly as possible.

iCare Card example



Go online to [SSA.gov](https://www.ssa.gov). Our website is the best way for most people to get help.



If you cannot use our website, call our National 800 Number (1-800-772-1213) or your local Social Security office for help.



We will schedule an **appointment** to serve you by phone or in person.

If you need in-person help, you must make an appointment.

When You Visit an Office:

Our Mobile Check-In Express feature makes it easier to check-in, just scan the QR code located at your local Social Security office to check-in for your appointment.



Down Syndrome Achievement Centers
educate. inspire. believe.

Madison, WI

GiGi's Playhouse offers therapeutic, educational and research-driven programs to individuals of all ages with Down syndrome.

<https://gigisplayhouse.org/madison/>



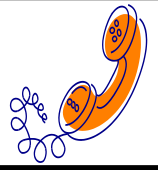
Securing today and tomorrow

SSA.gov |

Social Security Administration
Publication No. 05-10558
November 2024 (Recycle prior editions)
How to Get Help from Social Security
Produced and published at U.S. taxpayer expense



I Called the ADRC!



Information and Assistance Peggy answered a call from a community member who said he would really like to have a Thanksgiving meal with other people. This caller was not able to see family out of state due to lack of finances. I&A Peggy suggested the list of free Thanksgiving meals that are open to the public. Peggy later heard back from the community member who was joyful to have gone to the meal, reporting not only was the food at the dinner delicious, but a second plate was welcomed and the company, not being alone over the holiday was the best part of the meal.



I&A Kat assisted her customer Tonya due to the loss of benefits in the ICare healthy rewards program. Tonya is very worried at the loss of the \$150/month benefit as she was using it towards her groceries. Kat and Tonya worked on getting Food Share and utilizing the food pantries. Tonya is going to apply to the Energy assistance program to additionally help to stretch her budget.

Doris called the ADRC for resources after a hospital stay and reached I&A Nestor. Together they discovered she has home health services starting. Home health will help with physical and occupational therapies in her home. I&A Nestor and Doris also identified supports from her neighbor who will check in on her in case she needs help. Doris also will need short term grocery delivery and Nestor provided this information. A few weeks later Nestor called to follow up with Doris, she was thankful for the help and stated she is back up on her feet.



Volunteer Highlight:

Volunteering is always valuable, but it takes on a special significance during the winter months. As the weather turns colder and days grow shorter, many individuals, especially the elderly and those facing isolation, experience increased loneliness and need. Volunteers can provide crucial support during this time, offering companionship, delivering meals, assisting with snow removal, or simply lending a listening ear. By dedicating time to volunteering in winter, you not only make a tangible difference in someone's life but also contribute to building a stronger, more connected community during a season when it's needed most.



RSVP, NewBridge Madison and/ or your local Senior Center would love to hear from you!

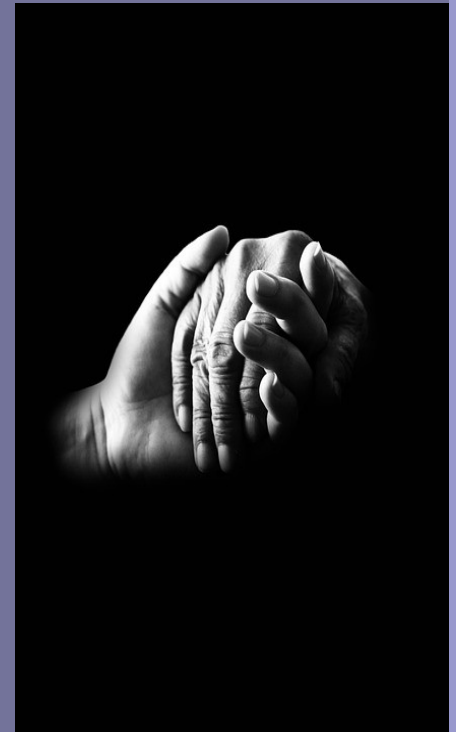
RSVP: <https://www.rsvpdane.org/volunteer/>

NewBridge: <https://www.newbridgemadison.org/volunteer>



Random Acts of Kindness

- Hold a door open for someone.
- Let someone go ahead of you in line.
- Give a sincere compliment.
- Smile at a stranger.
- Pay for someone's coffee or meal.
- Leave a positive review for a business you enjoyed.
- Donate blood.
- Volunteer your time at a local charity or organization.
- Donate to a cause you care about.
- Write a thank-you note to someone who has helped you.
- Offer to help a neighbor with yard work or chores.
- Share a positive quote or story on social media.
- Plant a tree or flowers.
- Donate books or toys to a local children's hospital or library.
- Walk a neighbor's dog.
- Cook a meal for a friend or family member.
- Send a care package to a loved one.
- Listen to a friend or family member who needs to talk.
- Offer words of encouragement to someone who is struggling.
- Let go of anger and resentment.
- Practice gratitude daily.
- Meditate or practice mindfulness.
- Spend time in nature.
- Connect with loved ones.
- Vote in elections.
- Get involved in your community.
- Be a positive role model.
- Inspire others to be kind.





2865 North Sherman Avenue
Madison, WI 53704



The Mission of the ADRC

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

CALL- EMAIL-STOP IN-REQUEST A ZOOM VISIT

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

OTHER HOURS BY APPOINTMENT

BILINGUAL STAFF & INTERPRETERS AVAILABLE UPON REQUEST

Web: www.daneadrc.org

Email: adrc@countyofdane.com

Phone: 608-240-7400

TTY: 608-240-7404

FAX: 608-240-7401

Toll Free: 1-855-417-6892

Our Experts can help you with information about:

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

Our Services are Free & Confidential !

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