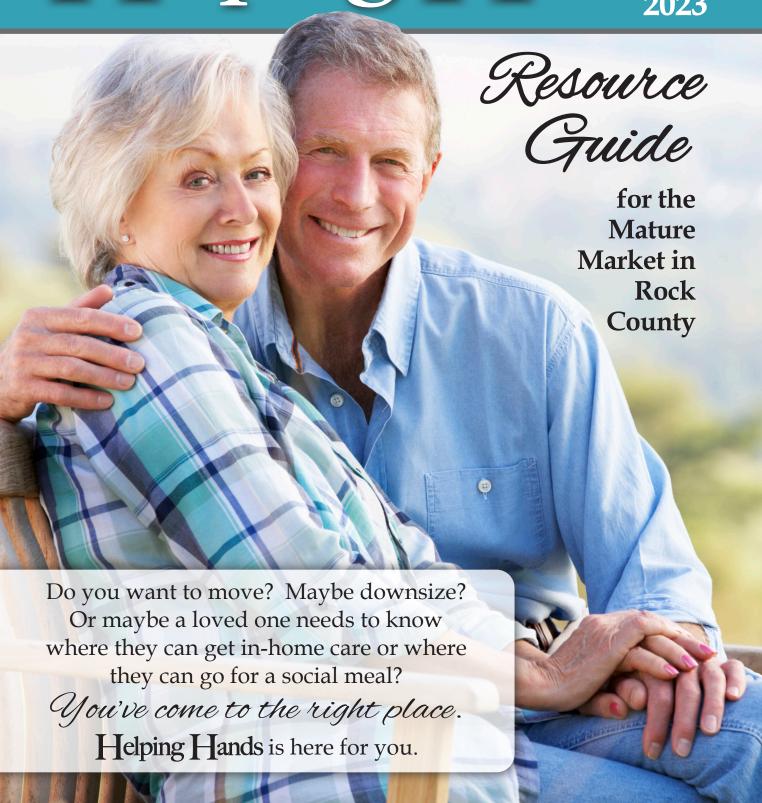
# Helping Hands





Jack and Imogene Ehle have found a new "family". Between the two of them they have eight children, but their Riverside Terrace "family" is made up of fellow residents who help care for each other.

"I don't say nice things about living here just to butter people up, I really believe this is a wonderful place," quips Imogene.

The couple has lived here since 2013 and has met lots of nice people. The staff says Jack and Imogene keep the residents laughing with their quick senses of humor. They also love the helpful staff, dining together, and their opportunity to have a voice in what happens there.

"Moving here was our kid's idea, but they made a good decision for us."

#### What's included in the monthly rate?

Assistance with daily care, meals, snacks, housekeeping, medication management, laundry, and activities.

### Are you affordable?

When compared to other assisted living facilities in the southern Wisconsin and northern Illinois area we are considered one of the most affordable. Competitively priced Assisted Living in both Beloit and Roscoe.

Now is the perfect time to learn more.



3055 S. Riverside Dr., Beloit, WI 608.365.7222



5601 E. Rockton Rd., Roscoe, IL 815.525.4800

Affiliated with Beloit Health System beloithealthsystem.org/services/senior-living

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Enjoy the peace of mind that you've got a plan in place should your needs change in the future. We've got you covered at every level. Best of all, our person-centered philosophy is all about maintaining your individuality. We can't wait to help you write the very best next chapter of your life.



- Independent Living
- Assisted Living
- Memory Care
- Rehabilitation Services

Independence When You Want It, Assistance When You Need It.

(608) 530-5700

janesvillesales@oakparkplace.com

700 Myrtle Way Janesville, WI 53545 www.oakparkplace.com/janesville







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We care for the whole person and well-being of all by offering services that promote independence, value diversity, and inspire self-advocacy.

For Long-Term Care options contact your local <u>Aging and Disability Resource Center.</u> www.dhs.wisconsin.gov/adrc/

www.mychoicewi.org/hh 800-963-0035 TTY 711





**Preventing Medicare Fraud** 

# **Toll-free Helpline: 888-818-2611**

Email: smp-wi@gwaar.org

www.smpwi.org

f WisconsinSeniorMedicarePatrol

### **Empowering Seniors to Prevent Healthcare Fraud**

- **▶ PROTECT** your personal information
- **DETECT** suspected fraud, abuse, and errors
- **DREPORT** suspicious claims or activities









Call us with questions about billing errors, scams and medical identity theft

SMPs are grant-funded projects of the federal U.S. Department of Health and Human Services (HHS), U.S. Administration for Community Living (ACL).

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Questions: seniorreviewnewspapers@gmail.com 715-831-0325

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### Housing & Home Based Services

	·		T 7'11 01 ' TT'11	262.0260						
COMMUNITY-BASED RESIDENTIAL FAC		RF)	Village on Olympian Hill	363-8360	37					
Autumn Lake Assisted Living	365-9526		Village East Apartments	361-9870	X					
Azura Memory Care (Three Locations		Woodside Terrace	365-0333	X						
Beloit/Clinton/Monroe	295-2764		Clinton							
Cedar Crest Assisted Living	756-0344		Meadow Park Apt.	676-4278	X					
Collinwood Elderly Care	879-3084		Edgerton							
Cozy Li'l Acre	758-1103			800-346-8581	X					
Hawthorne Home	554-3565		Edgerton Meadows	884-9009	X					
Hearthside	757-2275		Edgerton Retirement Apts.		Λ					
Heartwarming House	868.3040		Edgewood Glen	884-2680	v					
Huntington Residence Memory Care	868-5035		Elm Drive Apt.	884-8454	X					
Kelly House	882-4191		Evansville							
Our House Assisted Living	756-1340		Arbor Glen Apt.	800-346-8581	X					
Our House Memory Care	756-9030		Kelly House	882-4191						
Pioneer Court	365-9451		Seminary Park Apt.	882-0595	X					
Sherman Home, The	758-3324		South Meadow Apt.	882-4518	X					
St. Elizabeth Manor	876-4000		Footville							
Sun Valley East	362-8094		Ezra Foot Memorial Manor	876-6116	X					
Sun Valley Terrace	365-3737									
Sun Valley West	365-7455		Janesville							
Willowick	676-2000		Burbank Apartments	754-4040	X					
Woods Crossing	897-3031		Cedar Crest	756-0344						
Wright Home, The	758-3324		First Senior Housing I	741-2308						
			First Senior Housing II	741-2308						
Property Care Anaptropy Con	DI EVEC (DC		Garden Court	755-1755	X					
RESIDENTIAL CARE APARTMENT COM	`	<b>1</b> ()	Grant Village Apt.	755-1755	X					
Cedar Crest	756-0344		Green Forrest Run	754-1886	X					
Heights at Evansville Manor	882-9995		Hamilton Terrace Apt.	757-2892	X					
Huntington Place	868-5035		Huntington Place	868-5035						
Kelly House Asst. Living Apts.	882-4191		Oak Park Place	530-5700						
Milton Senior Living	868-3000		Parkview Manor Apt.	757-1255						
Riverside Terrace	365-7222		Regency Senior Apts.	757-2566						
Swifthaven	884-2828		River Place Senior Apt.	757-9456						
Willowick	774-2104		Riverview Heights	752-5999	X					
			Wesley Park Senior Apts.	758-3737						
INDEPENDENT SENIOR APARTMENTS			Willard Haus Apt.	752-3060						
Subsidized =X			Milton							
Beloit			Homestead Apt.	902-723-5729						
High School Apt.	365-2517 363-9246 558-2874		Milton Meadows	258-2080	X					
Hillcrest Apt.			Parkview Terrace Apt.	868-7022	X					
Kopp Ridge Manor Apts.			*	000 7022						
Riverside Terrace	365-7222		Orfordville	704 2025	37					
Rock Bay Harbor	362-1020		Orfordville Meadows	784-2935	X					
Scoville Center Apt.		X								

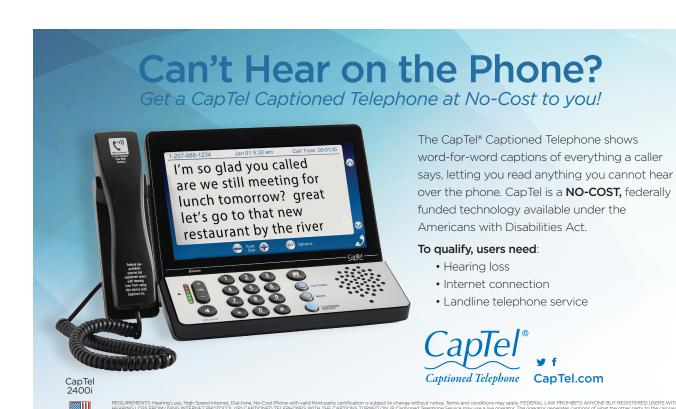
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MEDICAL HOME HEALTH CAR Home Health Care Hotline	E (IN-HOME)	MCFI Home Care My Care of WI	215-1915 436-4021		
(State of WI)	800-642-6552	Senior Services Plus Health Care	757-5940		
Accura Home Health	676-2337	Visiting Angels	877-276-7039		
At-Home Healthcare	363-5885				
Mercyhealth at Home	754-2201	HOME MEDICAL EQUIPMENT			
Society's Assets	800-261-8181	SSM Health at Home	800-924-2273		
SSM Health at Home	800-924-2273	Homecare Pharmacy			
Stoughton Hospital Home Health	873-2366	Medical Equipment	608-362-1234		

/	
Non-Medical Supportive Ho	ME CARE AGENCY
Age at Home by Agrace	327-7456
All Heart Home Care	352-7700
Alternative Home Care, Inc.	758-3324
AparaCare	622-6200
BrightStar	314-8501
Comfort Keepers	815-229-9100
Beloit Home Companion Registry	856-0153
Eternity HomeCare	251-2273
Gift of the Heart Homecare	436-1726
Home At Ease	322-2660
Home Instead Senior Care	314-9241

LIVE-IN CAREGIVERS AND	COMPANIONS
BrightStar	314-8501
Good People	800-608-8003
HOSPICE CARE	
Agrace Hospice Care	755-1871
Beloit Regional Hospice	363-7421

Heartland/ProMedica Hospice Services 866-216-5708
Mercyhealth Hospice Care 754-2201
Rainbow Hospice 920-674-6255
SSM Hospice 877-356-4514



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## Home Delivered Meals

Home delivered meals is a service that brings hot, nutritionally balanced meals to homebound seniors and their caregivers, age sixty and older. Meals are available Monday – Friday and on weekends in some areas. Home delivered meals are available throughout the county.

For eligibility, please contact:

•	Beloit Meals On Wheels	362-3683
•	Edgerton Care Center	884-1675
•	Mercyhealth System	756-6077
•	Rock County Council on Aging	757-5474

# Chores & Housekeeping

The following agencies provide an array of in-home services such as laundry, light house-keeping, meal preparation, and transportation.

•	Almost Family	755-0592
•	Home Instead Senior Care	314-9241
•	Mercyhealth Assisted Care	754-2201
•	Stoughton Hospital Home Health	873-6611

# Assistive Services and/or Equipment

Emergency Response Systems (Lifeline – Alert Line)
Janesville 756-6784; Beloit 364-5480;
Stoughton 873-2372;
SSM Health at Home 855-332-6882

Central Lutheran Church Edgerton	
Loan Closet	884-9418

A Place for Mom, Inc.

Cornerstone of HOPE	754-1228
First Lutheran Equipment Loan Closet	752-7434
Home Safety Assessment-Mercyhealth	755-7998
Library-Homebound Book Delivery	868-2872
Mercyhealth - Senior Connections	741-3810
Rock County Cancer Coalition	754-2286
Senior Lifestyle Concierge	289-5038
Seventh Day Baptist Loan Closet	868-2741
SSM Health at Home	800-900-8040
VFW Post 1621 Janesville Loan Closet	754-4342
WI Talking Book/ Braille Library	800-242-8822

# Alzheimer's Resources

Alzheimer's Association (24/7 Helpline)	800-272-3900
Alzheimer's Association S Central WI	203-8500
Alzheimer's & Dementia Alliance of WI	888-308-6251
Alzheimer's Family Caregiver Support (AFCSP)	758-8455
Dementia Care Specialist Rock County	741-3615
Janesville Geriatric Assessment Center - Mercyheal	lth 755-7960
Project Lifesaver-Tracking System/Bracelet	373-3880
Senior Behavioral Health Geriatric/Watertown	920-390-7303
StateLine Area Memory Clinic (SAM-C)	364-1288
Stoughton Hosp. Geriatric Psychiatry Impatient Pgr	rm 873-2242

287-8090



# Skilled Mursing

• Alden Meadow Park H.C.C.	676-2202
• Autumn Lakes Rehab & Skilled Nursing	365-9526
• Beloit Health & Rehab	365-2554
• Cedar Crest/Cedar View Health Center	756-0344
• Evansville Manor	882-5700
• Edgerton Care Center	884-1617
• Edgerton Hospital (Swing Bed Program)	884-1490
• Green Knolls Beloit	365-2554
• Mercyhealth Transitional Care Center	756-6050
• Oak Park Place Janesville	530-5700
• Rock Haven Nursing Home	757-5028
• St. Elizabeth's Nursing Home	752-6709
• Stoughton Hospital Inpatient Rehabilitative Care	873-6611
• Woods Crossing at Woods Point	897-3031

# Senior Centers

BELOIT: Grinnell Hall	364-2875
CLINTON: Am. Legion Hall	676-4600
EDGERTON: Senior Center	884-0161
EVANSVILLE: Creekside Place	882-0407
JANESVILLE: Senior Center	755-3040
MILTON: The Gathering Place	868-3500



### SSM Health at Home

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From home care after an injury or surgery, to medical equipment deliveries and hospice, SSM Health at Home is committed to keeping patients safe and independent at home.

**Learn more** about how we can be there for you.

800-924-2273 or ssmhealth.com/athome



# Meals and Mutrition

Congregate meals are meal sites available in most communities that provide an opportunity for seniors (over age sixty and county residents) to enjoy a hot meal in a warm family-like atmosphere. A donation for each meal is suggested.

### **Golden Diners Dining Centers**

(Call 757-5474 one day ahead for reservation.) Reservations are required. To reserve a meal or cancel a meal, call no later than noon of the prior business day.

<u>Janesville</u> - Riverview Heights Apartments 930 N Washington Street | Meals served at 11:30 a.m.

### **Beloit** - Grinnell Hall

631 Bluff Street | Meals served at 11:45 a.m.

#### **Evansville - Creekside Place**

102 Maple | Meals served at 11:45 a.m. Tuesdays & Thursdays; Transportation available

### **Milton** - The Gathering Place

715 Campus Lane | Meals served at noon Transportation available

#### **Clinton - Clinton Senior Center**

508 Front Street | Meals served at noon



# Adult Day Care

Consists of daytime care for functionally impaired elderly persons. It is provided through a structured program of social and rehabilitative and/or maintenance services in a supportive group setting outside the client's home. The fees for adult day services vary, generally between \$45 to \$60 per day, with additional fees for transportation.

Adult day care and hourly respite are available through the following agencies:

### KANDU Adult Day Care

1741 Adel St., Janesville, WI 53546 755-4123

Meals, recreational activities, personal care, bathing, and community involvement. Operates Monday through Friday. www.kanduindustries.com



### AN ACTIVITIES-BASED PROGRAM FOR SENIORS AND ADULTS WITH DEMENTIA AND/OR DISABILITIES

- INDIVIDUALIZED CARE
- WEEKDAY DAYTIME RESPITE
- HOME-LIKE ENVIRONMENT
- HEALTHY MEALS
- ACTIVITIES & COMMUNITY OUTINGS

THE ONLY
LICENSED
ADULT
DAYCARE IN
ROCK
COUNTY

"The KANDU day service program is a vital program for the community, caregivers and the person affected by memory loss. The trained staff provide scheduled cognitive and physical activities that enhance quality of life in a safe and relaxed environment."

-Tammy Pence, Alzheimer's Support Center

KANDUINDUSTRIES.COM | 608.755.4123 | 1741 ADEL ST, JANESVILLE



# Benefit Specialist

Elder Benefit Specialist (Age sixty and over)

• Residents of Rock County 757-5414

Disability Benefit Specialists

(Age fifty-nine & under) 741-3600

# Caregiver Resources

Caregiver Resources and

Respite Program 758-8455

Eldercare Locator (National) 800-677-1116

Veterans Family/Caregiver

Crisis Line (24/7) 800-273-8255

WI Family Caregiver Support 866-843-9810

Respite Care Assn. of Wisconsin 222-2033



Beautiful 1 & 2 bedroom apartments for seniors 55 & better.



Home Care	Medicare Accepted	Medicaid Accepted	Private Pay Accepted	Long-Term Care Ins.	VA Payments	State Licensed	Wound Care	Home Modification	Home IV Care	Wound V.A.C.	Injection Care	Blood Draws	Private Duty	Durable Med. Supplies	No Age Limitation	Occupational Therapy	Physical Therapy	Speech Therapy	Respiratory Therapy
BrightStar Care 608-314-8501	No	No	Yes	Yes	Yes	No	Yes	No	No	No	No	Yes	Yes	No	No	No	No	No	No
Home Instead Senior Care 608-856-0153	No	No	Yes	Yes	Yes	No	No	No	No	No	No	No	Non- Med.	No	No	No	No	No	No
Mercyhealth at Home 608-754-2201	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes
SSM Health at Home 800-924-2273 or 608-242-1516	Yes	Yes	Yes	No	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes
Visiting Angels 608-756-4100	No	No	Yes	Yes	No	No	No	No	No	No	No	No	Non- Med	No	No	No	No	No	No

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### **Discover a Higher Standard of Care**

Our professional care teams, each led by a Registered Nurse, deliver expert, compassionate, and personal care.

#### **Skilled Nursing Care:**

- Medication administration
- Intravenus drug therapies
- Catheter and wound care

#### Personal Care:

- Bathing, dressing, feeding, toileting
- Medication reminders
- Help with mobility in and outside the home

#### **Companion Care:**

- Light housekeeping, laundry
- Respite care for family caregiver
- Transportation to activities, to and from appointments

2501 MORSE STREET JANESVILLE, WI 53545



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# Tips for Caregivers: Helping with Medications and Medical Devices

By the GWAAR Legal Services Team

Do you help care for a friend or family member in your home or check on them in their own home? Although you want to help your loved ones stay healthy, managing their medications can be a challenge. These tips can help you keep the people you care for safe.



Lock up medication. Make sure medicine is taken only by the person it is meant for. Keep medications and any dietary supplements out of the reach of children, teens, and other adults who might be harmed if they take it.

Use home medical devices safely. Talk to a doctor or other healthcare provider about how to use medical devices correctly. Read the directions on how to clean the device, as household cleaners should not be used on some devices.

Finally, make a plan for emergencies. Pack a kit with medical supplies, batteries for any medical devices, and a copy of your loved one's medicine list. Put the kit in a place that is easy for your loved one to access. Ask a healthcare provider how to handle medicines or devices affected by flood water or heat. If there is an emergency in your loved one's home, tell the electric company or any first responders if there is a medical device that needs power.

For more resources for caregivers, please see: https://www.fda.gov/consumers/womens-health-topics/caring-others-resources-help-you.

Keep a list of medicines for each person you care for. In addition to prescription medication, remember to include over-the-counter medication and dietary supplements, like vitamins and herbs. Keep this list with you and bring it to doctor visits. When you go to the doctor, ask: What is the name of the medicine? How much medicine should my loved one take and when should it be taken? Are there any side effects and special warnings? What can be done if my loved one has any problems taking or tolerating this medicine? How should we safely get rid of old or unused medicine?

Give the right amount of medicine. Ask your loved one's healthcare providers how much medicine you should give and when you should give it. Be sure to use the measuring cup or device that comes with the medicine.

### POA's - How Much Power Do You Really Have?

By Azura Memory Care

hen it comes time to move your loved one into a memory care home, a POA (or Power of Attorney) is appointed. For some, this can feel like you have all of the power over the decisions made for your loved one, and for some, they really just don't know what all comes with being a POA. The powers of an appointed person can be broad or narrow, depending on how the POA document is written.

There are many different kinds of POA's and it is important to understand YOUR role to be as supportive as possible. According to Aging Care, "A medical POA (also known as health care POA) gives a trustworthy friend or family member (the agent) the ability to make decisions about the care the principal receives if they are incapacitated. A financial POA gives an agent the ability to make financial decisions on behalf of the principal. It is common to appoint one person to act as an agent for both financial and healthcare decisions, but in some cases it may be wise to separate the two."

#### What a Healthcare POA CAN Decide:

- Which doctors and care providers that the loved one uses
- Where their loved one will live in terms of residential long-term care. However, the healthcare POA must be able to afford the living. arrangements as well as the financial POA's approval.
- What kind of medical care that their loved one receives, including their surgery, psychiatric visits, hospital care, etc.
- What kind of diet the loved one has
- Who bathes and washes the loved one



#### What a Financial POA CAN Decide:

- File taxes on the loved one's behalf
- Collect the loved one's debt
- Access financial accounts to pay for expenses
- Manage the loved one's properties
- Apply for benefits (Medicaid, veteran's benefits)

#### What a POA CANNOT Do:

- Change anything in the loved one's will
- Break their duty to act in the loved one's best interest
- Make decisions for the loved one after their passing (POA is broken after death)
- Change the POA to someone else, only the loved one can do that

Keep in mind that if your loved one has the capacity to make their own decisions, then it is important that you recognize the fact that your loved one still has the final say. Most long-term care homes will honor the request of your loved one unless unfit. POA's are also fully revocable by your loved one. If they deem you incapable of doing the job, they can take it away.

Independent Senior Living	Subsidized	Public or Private Transportation	Pets Allowed	Beauty/ Barber Shop	Dining Facilities	Elevator to All Floors	Storage	Entertainment	Parking/Garage	Religious Services
Cedar Crest 608-756-0344	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Fairhaven Senior Services 262-473-2140	No		Small Pets Considered		Yes	Yes	Yes	Yes	Yes	Yes
Hillcrest Senior Apartments 608-363-9246	No	No	Small	No	No	Yes	No	Yes	Yes	No
Janesville Garden Court 608-755-1755	Yes	Public	Yes	No	Yes	Yes	No	Yes	Yes	Yes
Janesville Regency House 608-757-2566	No	Public	Yes	No	No	Yes	Limited Spaces	No	Yes	No
Oak Park Place 608-530-5700	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Riverview Heights Apartments 608-752-5999	Yes	Public	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes
Rock Bay Harbor 608-362-1020	Yes	Public	Cats	No	No	Yes	Yes	Yes	Yes	Yes
Scoville Center Apartments 608-362-4900	Yes	Public	Yes	No	No	Yes	No	Yes	Yes	No
Wesley Park Senior Apts. 608-758-3737	No	No	Small	No	No	Yes	No	Yes	Yes	No

Rehab and Skilled Nursing	Total Beds	Medicare	Medicaid	Daily Cost Range	Respite Care	Hospice Contract	Respiratory Care	IV Therapy	Therapy Services	Memory Care
Fairhaven Senior Services 262-473-2140	82	Yes	Yes	\$320- \$346	Yes	Available	Yes	Yes	Yes	Yes
Oak Park Place Janesville 608-530-5700	35	Yes	No	Call	Yes	Yes	Yes	Yes	Yes	No

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### Care for the caregiver

Mercyhealth Hospice offers the highest quality hospice care for you and your loved one, when it's needed most. Surrounded by a comprehensive, expert team who provide physical, emotional and spiritual support, Mercyhealth's hospice team helps you make the most of every moment.

To learn more, visit mercyhealthsystem.org/hospice



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Independent



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Heated Underground Parking Available for Additional Fee Parklike Setting | Planned Activities Modern Apartments | Secured Building

Cards, Bingo, Pot Luck, Domino's, Parties & Much More

We offer both market rate and income based apt. rental rates.

Across from Beloit Clinic and minutes from Janesville!

Mon-Fri, 9-12pm and 12:30-4pm; Sat and Sun by Appointment



### **Independent Senior Living at its Best**

- Beautiful 1 bedroom and 2 bedroom apartments from 652 sq. ft. to 1042 sq. ft.
- Heat, water and sewer included in your rent
- Heated underground parking
- Laundry hookups in every apartment & laundry facilities on every floor
- Restaurant, store, church, gas station and grocery close by
- Restricted access building with beautiful community room.







### **Wesley Park Senior Apartments**

Where you live life to the fullest! 2001 Wesley Ave | Janesville | 608-758-3737

Hospice Care	<i>Medicare</i> <i>Accepted</i>	Medicaid Accepted	Private Pay Accepted	Private Insurance Accepted	Spiritual Care	Family Meetings	Coordination of Care	Respite Care	Bereavement Care	In-Home Care	Pain Management
Agrace Hospice Care 1-800-553-4289	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Beloit Regional Hospice 608-363-7421	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
SSM Health at Home 877-356-4514	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Mercyhealth Hospice 608-754-2201	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes

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# Transportation Services

Access Medical Transit	214-5047
Beloit Call-Me-A-Cab	364-6900
Beloit Transit	364-2870
C & W Med Rides	920-397-7624
Clinton Sr. Center Van (Clinton Only)	676-4600
Disabled Veterans Transportation Network	301-7137
Edgerton Taxi (Edgerton Area only)	884-9847
Evansville Senior Shuttle (Evansville Only)	882-0407
Green Cab	284-7304
Janesville Transit System	755-3150
Lavigne Bus Co.	920-563-1515
Park City Taxi/Janesville Ride Share	436-1617
Rock County Transit	757-5054
RSVP Seniors Volunteering for Seniors	362-9593
Van Go	849-7070
You Buy We Fly	363-3939





### **MEADOW PARK APARTMENTS**



# Health Services

000 0000				
930-2770				
361-0311				
757-5229				
364-5583				
576-8773				
665-1848				
756-4638				
758-7814				
39-Mercy				
314-8501				
-236-2988				

Nutrition & Health Associates	754-3722 / 362-1566
Parkinson Disease Association (AP	DA) 345-7938
Rock County Cancer Coalition	754-2286
Rock County Health Department	
(Flu Shots)	757-5442 / 364-2010
Ruth's Foot Care Service	676-5523
Stoughton Hospital Geriatric Psych	iatry
Inpatient Program	873-2242
Traveling Nails	
(In Home Hand/Foot/Nail Care)	295-0830
Veterans Clinic (VA) – Janesville	758-9300
Wisconsin Parkinson Association (WF	PA) 414-312-6990
Wisconsin Well Women Program	242-6392
Wisconsin Tobacco Quit Line	800-784-8669



### Walking Does Your Body Good .....

Simple and powerful, scientifically proven by many studies: Sneaking in a few minutes a day of walking can transform your body, health, and mind. So get up and start moving!

**HEART** - Thirty to sixty minutes most days of the week can lower your risk of heart disease.

**LONGEVITY** - Seventy-five minutes a week of quick walking can add nearly two years to your life.

**BONES -** Four hours a week can reduce the risk of hip



**WEIGHT** - One hour daily walks can cut your risk of obesity in half.

**MEMORY** - Forty minutes three times a week protects the brain region associated with memory and planning.

**BRAIN** - Just two hours of walking a week can reduce your risk of stroke by 30 percent.

**MOOD** - Thirty minutes a day can reduce symptoms of depression by almost 40 percent.

**HEALTH** - Walking 3,500 steps a day decreases your risk of diabetes by almost 30 percent.

Assisted Living	AFH, RCAC, CBRF	Monthly Cost Range	Subsidized	Private Units	Scheduled Transportation	Alzheimer's Care	Respite Care	Call System	Diabetes Mgmt.	Rehab Services	24/7 On-Site Care	Nurse On-Site
Azura Memory Care Beloit & Clinton 608-295-2764	CBRF	\$1,600 -\$6,500	No	Yes	Assist With	Yes	Yes	No	Yes	Yes	Yes	Yes
Beloit Senior Living/ The Gardens 608-312-2370	RCAC CBRF	\$5,125 -\$7,650	LTC/ VA	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Fairhaven Senior Services 262-473-2140	CBRF	\$4,200 -\$5,200	N/A	24	Yes Free	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Jefferson Memory Care 920-541-3520	CBRF	Call	No	60	Assist with	Yes	Yes	Yes	Yes	Contracted	Yes	Yes
KANDU Industries, Inc. 608-755-4123	Adult ay Care	<b>:</b>	No	No	No	Yes	Yes	No	Admin. Insulin	No	No	On Call
Milton Senior Living 608-868-3000	RCAC	\$4,700 -\$6,575	LTC/ VA	Yes	Yes	Early Stage	Yes	Yes	Yes	No	Yes	On Call
NorthPointe Terrace 815-525-4800	AFH	\$3,900 -\$5,600	No	Yes	Yes	Yes	When Available	Yes	No	Yes	Yes	Yes
Oak Park Place Janesville 608-530-5700	RCAC CBRF	Call	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Riverside Terrace 608-365-7222	RCAC	\$3,900 -\$5,600	No	Yes	Yes	Yes	When Available	Yes	Yes	Yes	Yes	Yes
Swifthaven 608-884-2828	RCAC	Call	VA/ LTC Ins.	Yes	No	Early Stage	No	Yes	Yes	Yes	Yes	Yes

The Helping Hands Guide does it's best to put together the most accurate information for these listings. Because business services change and prices vary throughout the year, we recommend that you call any business you are interested in getting information from before making any decisions. We tried our best to gather all of the information from each company and to the best of our ability is up-to-date as of January 2023.











Jefferson Memory Care.com

### Looking for a new place to call home?



#### AFFORDABLE RENT IS BASED ON INCOME

Handicap accessible apartment available. For adults 62+ &/or persons with a disability.

- •Energy Efficient Appliances
- •Energy Efficient Windows
- •Energy Efficient Heating
- Cabinets & Countertops
- Cut Away Showers/Raised Toilets
  - Air Conditioning
  - Laundry Facility
  - Craft Area/Library
  - Outdoor Pavillion
  - Service Coordinator On-Site
- •24 Hour Emergency Maintenance
- •Convenient Location on Bus Line

608-362-4900





# Saving starts here.





My Choice Wisconsin's Medicare Dual Advantage is a Medicare Advantage insurance plan for people with both Medicare and Medicaid. This plan includes benefits designed to help you save like:

- \$100/month for over-the-counter products
- Dental benefits with provider flexibility
- Coverage for eyeglasses and contacts
- And more!

To learn more, call a Medicare Advisor at...

**800-963-0035 TTY: 711** www.mychoicewi.org/SRN

### \$0 premium | \$0 deductible

#### We Cover:

Part A: Hospital Visits & Expenses

Part B: Doctor Visits & Tests

Part D:

**Prescription Drugs** 

#### Extra benefits that save you money:



Over-the-Counter (OTC) Products



Dental Coverage



After
Hospitalization/
Nursing Facility
Stay Meals



Vision Coverage

My Choice Wisconsin Health Plan, Inc. complies with applicable Federal Civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-963-0035 (TTY: 711). LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 1-800-963-0035 (TTY: 711). My Choice Wisconsin Medicare Dual Advantage is an HMO SNP (Special Needs Plan) with a Medicare contract and a contract with the Wisconsin Department of Health Services for the Medicaid Program. Enrollment in My Choice Wisconsin Medicare Dual Advantage depends on contract renewal. This is not a complete description of benefits and services. Visit us online or call 800-963-0035 and ask to speak with a Medicare Advisor for information on our 2023 Summary of Benefits.

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