

# Helping Hands

2026

## *Resource Guide*

for the Mature  
Market in  
Rock County

Do you want to move? Maybe downsize?  
Or maybe a loved one needs to know  
where they can get in-home care or where  
they can go for a social meal?

*You've come to the right place.*

**Helping Hands** is here for you.





IN AN EMERGENCY,  
***EVERY SECOND COUNTS***

- ✓ Always open, always ready
- ✓ Fully equipped level 3 trauma center
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**EMERGENCY CARE  
BACKED BY SPECIALISTS**

📍 1969 W. Hart Road  
🌐 [www.beloithealthsystem.org](http://www.beloithealthsystem.org)





# Free Support for Elders and People with Disabilities

## WE OFFER ROCK COUNTY RESIDENTS:

- Resource and Referral for Independence
- Nutrition Program
- Transportation
- Caregiver Programs
- Dementia Support
- Health Prevention Programs
- Adult Protective Services

## Our Mission To You Is....

The Aging and Disability Resource Center of Rock County supports the independence of older adults, adults with disabilities, their families and caregivers, by providing services and connecting individuals to available support, education, and programs.

For assistance, please call us -  
**608-741-3600** or stop into  
our office and speak with an  
ADRC Specialist.

**1717 Center Avenue-Janesville**



# Empowering Seniors to Prevent Healthcare Fraud



*Protect*  
your personal information

*Detect*  
suspected fraud, abuse,  
and errors

*Report*  
suspicious claims or  
activities

**Contact Senior Medicare Patrol | [www.smpwi.org](http://www.smpwi.org)**

**888-818-2611**



WisconsinSeniorMedicarePatrol

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



# SMP

Senior Medicare Patrol

**Preventing Medicare Fraud**

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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## HEARTHSTONE MEMORY CARE Specializing in Alzheimer's, Dementia and Memory Care

Hearthstone offers an environment that emphasizes familiarity, a structured routine, organized activities and personal daily interactions with staff, residents and volunteers. We are committed to improving the quality of life for individuals living with Alzheimer's dementia and/or other memory impairments.

### Providing Peace of Mind with...

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- All meals and snacks
- Specialized activity programs
- Housekeeping
- 24-hour nurse available



  
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Memory Care  
at Fairhaven

Faith based - Not for profit

**Contact Stephanie for more  
information and to set up your  
personal tour!**

Stephanie Zwitter - Hearthstone Manager:  
[zwitters@fairhaven.org](mailto:zwitters@fairhaven.org) | 262-473-8052

426 W. NORTH STREET, WHITEWATER  
**262.473.8052 | [fairhaven.org](http://fairhaven.org)**





# Are High Energy Costs Getting You Down?



## ENERGY SERVICES FOR ROCK COUNTY may be able to help!

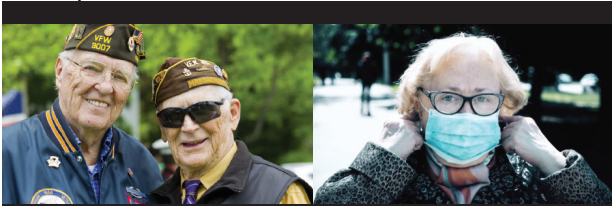
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**1** Call **800-506-5596**  
Locally **608-363-9200**

- For questions or to schedule an appointment.
- To complete a WHEAP application by phone with our experienced staff.

**OR**

**2** You may now also apply online at **HEAT.HELP**



**Don't Delay – Call Us Today at Energy Services FOR Rock County**

**608-363-9200**

1035 Pleasant St Ste C, Beloit, WI 53511

\*This site is fully accessible.



homeenergy+

# Living with Alzheimer's



Alzheimer's begins 20 years or more before memory loss and other symptoms develop

► **Prevalence:** An estimated 6.9 million Americans are living with Alzheimer's dementia.

► **Mortality and Morbidity:** Among people age 70, 61% of those with Alzheimer's dementia are expected to die before age 80 compared with 30% of people without Alzheimer's dementia.

► **Workforce:** More than 1 million additional direct care workers will be needed between 2021 and 2031 — more new workers than in any other single occupation in the United States.

► **Use and Costs of Long-Term Care and Hospice:** In 2024, health and long-term care costs for people living with Alzheimer's and other dementias are projected to reach \$360 billion.

► **Caregiving:** More than 11 million Americans provide unpaid care for a family member or friend with dementia, a contribution to the nation valued at nearly \$350 billion.

Find us at  
[seniorreviewnewspapers.com](http://seniorreviewnewspapers.com)



# Housing & Home Based Services

## Community-Based Residential Facilities (CBRF)

Autumn Lake Assisted Living	608-365-9526
Cedar Crest Assisted Living	608-756-0344
Collinwood Elderly Care	608-879-3084
Cozy Li'l Acre	608-758-1103
Dimensions Living (Three Locations)	
Beloit 365-7470 / Clinton 676-4056 / Monroe 329-6340	
Hawthorne Home	608-554-3565
Hearthside	608-757-2275
Heartwarming House	608-868-3040
Huntington Residence	
Memory Care	608-868-5035
Kelly House	608-882-4191
Our House Assisted Living	608-756-1340
Our House Memory Care	608-756-9030
Pioneer Court	608-365-9451
Prairie View Manor	608-876-4000
Sherman Home, The	608-758-3324
Still Waters Assisted Living	608-758-1103
Sun Valley East	608-362-8094
Sun Valley Terrace	608-365-3737
Sun Valley West	608-365-7455
Willowick	608-676-2000
Woods Crossing	608-897-3031
Wright Home, The	608-758-3324

## Residential Care Apartment Complexes (RCAC)

Cedar Crest	608-373-6304
Kelly House	608-882-4191
Riverside Terrace	608-365-7222
The Arbors at Oak Park Place	608-530-5700
Willowick	608-774-2104

## Independent Senior Apartments Subsidized = (S)

### BELOIT

High School Apt	608-365-2517
Hillcrest Apt	608-363-9246
Kopp Ridge Manor Apts	608-558-2874
Rock Bay Harbor	608-362-1020
Scoville Center Apts (S)	608-362-4900

Woodside Terrace (S)	608-365-0333
Village on Olympian Hill	608-363-8360
Village East Apts (S)	608-361-9870

### CLINTON

Meadow Park Apt (S)	608-676-4278
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### EDGERTON

Edgerton Meadows (S)	608-228-8498
Edgerton Retrmt Apt (S)	608-884-9009
Edgewood Glen	608-884-2680
Elm Drive Apt (S)	608-884-8454

### EVANSVILLE

Arbor Glen (S)	608-228-8498
Seminary Park Apt (S)	608-882-0595
South Meadow Apt (S)	608-882-4518

### FOOTVILLE

Ezra Foot Manor (S)	608-876-6116
---------------------	--------------

### JANESVILLE

Burbank Apartments (S)	608-754-4040
First Senior Housing	608-289-2200
Garden Court (S)	608-755-1755
Grant Village Apt (S)	608-755-1755
Green Forest Run (S)	608-754-1886
Hamilton Terrace Apt (S)	608-757-2892
Huntington Place	608-868-5035
Lexington Court Apts (S)	920-568-8862
Parkview Manor	608-757-1255
Regency Apts	608-757-2566
River Flats	608-602-7005
River Place Senior Apt	608-757-9456
Riverview Heights (S)	608-752-5999
Wesley Park Sr Apts	608-758-3737
Willard Haus Apt	608-752-3060

### MILTON

Homestead Apt	920-723-5729
Milton Meadows	608-754-7594
Parkview Terrace (S)	608-868-7022

### ORFORDVILLE

Orfordville Meadows (S)	608-784-2935
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The Helping Hands Guide does its 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 2026.



## Medical Home Health Care (In-Home) Home Health Care Hotline (State of WI)

At-Home Healthcare	800-642-6552
Commonheart Home & Health Hospice	608-363-5885
Interim Health Care	884-206-4930
Mercyhealth at Home	608-772-0018
Society's Assets	608-754-2201
SSM Health at Home	800-378-9128
Transitions at Home	800-924-2273
	262-723-2700

## Non-Medical Supportive Home Care Agency

All Heart Home Care	608-247-0564
Alternative Home Care	608-758-3324
AparaCare Health at Home	608-622-6200
BrightStar	608-622-6200
BrightStar	608-314-8501
Christian Servants Home Care	920-948-5464
Clover Family Services	606-448-6116
Comfort Keepers	815-229-9100
Cornerstone Caregiving	800-410-2570
Eternity HomeCare	608-251-2273
Home at Ease	608-322-2660
Home Instead Senior Care	608-314-9241

MCFI Home Care	888-381-5696
My Care WI, LLC	608-436-4021
Senior Services Plus Health Care	757-5940
Serene Living Homecare	608-371-7733
Visiting Angels	920-568-1051
Wendy's Home Help	608-436-0175

## Home Medical Equipment

SSM Health at Home	800-924-2273
Homecare Pharmacy	
Medical Equipment	608-362-1234

## Live-In Caregivers & Companions

Good People	800-608-8003
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## Hospice Care

Agrace HospiceCare Inc.	608-755-1871
Beloit Regional Hospice	608-363-7421
ProMedica Hospice Services	866-216-5708
St. Croix Hospice	855-278-2764
SSM Health at Home Hospice	800-924-2273
Mercyhealth Hospice Care	608-754-2201
Rainbow Hospice Care	920-674-6255

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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 608-362-3683
- Chefs for Seniors 202-215-1999
- Edgerton Care Center 608-884-1675
- Mercyhealth System 608-756-6077
- Rock County Council on Aging 608-757-5474

## Chores & Housekeeping

The following agencies provide an array of in-home services such as laundry, light housekeeping, 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

**Personal Emergency Response Systems: Mercyhealth Safe Connect 756-6784**  
**SSM Health at Home VoiceCare 855-332-6882 | Connect America 800-815-5809**

- |  |              |  |              |
|--|--------------|--|--------------|
| Access Mobility Products                       | 608-782-1069 | Integrated Home Care Services          | 608-313-0800 |
| Anew Home Modifications (safety assessments)   | 608-843-7696 | Library-Homebound Book Delivery        | 608-868-2872 |
| CarePatrol—Tracy Doeppers                      | 608-807-2828 | Mercyhealth Senior Connection          | 608-741-3810 |
| Central Lutheran Church Edgerton – Loan Closet | 608-884-9418 | Rock Steady Boxing Program             | 608-302-7088 |
| First Lutheran Church Equipment Loan Closet    | 608-752-7434 | Rock County Cancer Coalition           | 608-754-2286 |
| Hair Care On Wheels (mobile beautician)        | 608-751-1695 | Senior Life Solutions at Edgerton      | 608-561-6660 |
|  |              | Seventh Day Baptist Church Loan Closet | 608-868-2741 |
|  |              | VFW Post 1621 Janesville - Loan Closet | 608-754-4342 |
|  |              | WI Talking Book and Braille Library    | 800-242-8822 |

## Alzheimer's Resources

- |  |              |
|--|--------------|
| Alzheimer's Association (24/7 Helpline)              | 800-272-3900 |
| Alzheimer's Association S Central WI                 | 608-203-8500 |
| Alzheimer's & Dementia Alliance of WI                | 888-308-6251 |
| Alzheimer's Family Caregiver Support (AFCSP)         | 608-758-8455 |
| Dementia Care Specialist Rock County                 | 608-741-3615 |
| Janesville Geriatric Assessment Center - Mercyhealth | 608-755-7960 |
| Project Lifesaver-Tracking System/Bracelet           | 608-373-3880 |
| Senior Behavioral Health Geriatric/Watertown         | 920-390-7303 |
| StateLine Area Memory Clinic (SAM-C)                 | 608-364-1288 |
| Stoughton Hosp. Geriatric Psychiatry Inpatient Pgrm  | 608-873-2242 |





## Skilled Nursing

- Long Term Care Ombudsman 800-815-0015
- Alden Meadow Park H.C.C. 608-676-2202
- Cedar Crest/Cedar View Health Center 608-756-0344
- Evansville Manor 608-882-5700
- Edgerton Care Center 608-884-1617
- Edgerton Hospital - Swing Bed Program 608-884-1490
- Green Knolls Beloit 608-365-2554
- Oak Park Place 608-530-5700
- Autumn Lake Healthcare at Beloit 608-365-9526
- Rock Haven Nursing Home 608-757-5028
- St. Elizabeth's Nursing Home 608-752-6709



## Senior Centers

- BELOIT: Grinnell Hall 608-364-2875
- CLINTON: Am. Legion Hall 608-676-4600
- EDGERTON: Senior Center 608-884-0161
- EVANSVILLE: Creekside Place 608-882-0407
- JANESVILLE: Senior Center 608-755-3040
- MILTON: The Gathering Place 608-868-3500

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## Meals and Nutrition

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.

#### Janesville - 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

#### 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 | 608-755-4123

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

[www.kanduindustries.com](http://www.kanduindustries.com)

## Independent Senior Living at its Best

- Beautiful 1 bedroom and 2 bedroom apartments from 664 sq. ft. to 1086 sq. ft.
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- 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

## Hillcrest Apartments

Beautiful 1 & 2 bedroom apartments for seniors 55 & better. Rent includes heat & water.



2200 Burton St - Beloit

**608-363-9246**

*A fun community with many amenities!*



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## Benefit Specialist

Elder Benefit Specialist (Age sixty and over)  
• Residents of Rock County 608-757-5414

Disability Benefit Specialists  
(Age fifty-nine & under) 608-741-3600

## Caregiver Resources

- Caregiver Resources and Respite Program 608-758-8455
- Eldercare Locator (National) 800-677-1116
- VA Caregiver Support Line 855-260-3274
- Respite Care Assn. of WI 608-222-2033

### Get one-on-one help with your Medicare questions

I'm Ronni Hill, a licensed sales agent in Southern Wisconsin. When it comes to Medicare, it's important to consider all of your options. What works well for your neighbor may not be the best fit for you. I know the ins and outs of Medicare, and I'm ready to answer your questions and help you find a plan that fits your needs.

#### Call today to learn more about Medicare Advantage plans in your area



**Ronni Hill**  
Licensed Sales Agent  
**608-751-6443, TTY 711**  
thehillagencywi@gmail.com  
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BRIGHTSTAR WI OPERATIONS LLC, DBA BRIGHTSTAR CARE OF JANESVILLE

**BRIGHTSTARCARE.COM**

## safety smarts for seniors

Create a safer living environment with  
these helpful tips.



### SMART FURNITURE

- Furniture should be easy to lean on and strategically placed so it can be used for balance.
- Avoid buying furniture that has sharp—and potentially dangerous—corners.



### EASY REACHING

- Place frequently used things in waist-high cabinets & drawers—eliminating falls from bending high or low.
- Since knobs can be hard to grip, consider switching to drawer pulls.



### SAFE WALKING

- Avoid using scatter rugs.
- Tuck electrical cords behind furniture, or use cable management products, which are available in most office supply stores.



### SHARPER VISION

- Create a strong contrast in color between major pieces of furniture, walls, drapes and floors.
- Make nighttime navigation easier by using nightlights and motion sensor lights.

Source: [SunriseSeniorLiving.com/Design](http://SunriseSeniorLiving.com/Design)

## PRAIRIE VIEW MANOR ASSISTED LIVING

### 3 Spacious Floor Plans

24-Hour Care Staff | Housekeeping & Laundry | Gourmet Meals Daily  
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# When is the Right Time to Consider Hospice Care?

By Mercyhealth

Deciding when it's time to consider hospice care isn't always easy. That's why it's essential to choose a hospice team dedicated to providing compassionate care to keep you or a loved one comfortable through end-of-life transitions. When tomorrows aren't promised, Mercyhealth's Hospice team provides physical, emotional and spiritual support when it's needed most.



Our expert hospice team offers specialized care that provides dignity, comfort, and respect during this significant time in one's life.

## Many hands are here to serve you

At Mercyhealth Hospice, we offer advance care planning, skilled nursing care, grief support, and unique services not offered by other local hospice providers.

"My goal is to make my patients and their loved ones as physically and emotionally comfortable with the process as possible. Nursing care at the end of life is just as crucial as at the start of life," says Sara Parille, Manager of Hospice and Palliative Care.

## Advance care planning

Planning ahead helps you prepare for when you are no longer able to make your own decisions. Advance care planning ensures your health care wishes and preferences are met.

Our certified advance care planning facilitators are specially trained to help you create a written health care plan. The goal is to help you understand your

future health care options by separating common myths from facts, deciding what "quality of life" means to you by reflecting on your values, goals and religious values, knowing how to choose someone to make your health care decisions, and learning what actually happens when you cannot make your own decisions any longer.

We understand you will have questions and may need help deciding if now is the right time to consider hospice care. To learn more about Mercyhealth Hospice, call (608) 754-2201, or visit [mercyhealthsystem.org](http://mercyhealthsystem.org).



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, call (608) 754-2201 or visit [mercyhealthsystem.org/hospice](http://mercyhealthsystem.org/hospice).



# Planning for Your Pet's Care After Your Death

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Many people think of pets as family members. In Wisconsin, pets are legally considered to be property (wisbar.org). As with other property like vehicles & homes, what happens to your pets after your death is determined by your “will.” A will is a document with directions on how to handle your property after death.



caretaker's name & contact information.

If you don't have anyone that would be a good fit to care for your pet/s, then consider alternatives. You can explore animal charities, veterinary schools, or humane organizations that can care for your pet/s or find them a new home.

Your wishes for your pet may not be honored if you die without a will. If this happens, the WI state court will decide what happens to your pet.

As you make your will, you can also think about your pet's care. Here are important steps to take when planning for your pet's care after your death.

## Pick a Caretaker for Your Pet

Make a list of trusted family members and friends who might be able to care for your pet if you can't. If you have more than one pet, consider if it would work best to have more than one caretaker. Once you have chosen your pet's caretaker/s, talk with them about the responsibility. They may gladly accept the opportunity to care for your pet/s. However, they may choose not to accept the responsibility. Once you confirm the caretaker/s, share with them the name & location of your pet's veterinarian and give your veterinarian the

## Decide If You Will Leave Money to Care for Your Pet

How will your caretaker financially support your pet/s? The average amount for pet care costs each year can range from a few hundred dollars for fish and small birds to more than \$2000 for dogs and cats (anticruelty.org). Because of these costs, it is important to think about whether you can leave money for your pet's care.

One option is to state in your will the amount of money from your savings, or the sale of items you own, that should be used for your pet/s care. Another option is to create a “pet trust.” A trust is a written agreement that establishes a separate entity to manage property (State Bar of WI). With a pet trust, you can leave specific directions for how and when to use money for your pet's care. If interested, you should talk to a lawyer about this option.



**Extension**

UNIVERSITY OF WISCONSIN-MADISON  
CHIPPEWA COUNTY



## 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
<b>BrightStar Care</b> 608-314-8501	No	No	Yes	Yes	Yes	No	Yes	No	Yes	No	Yes	Yes	Yes	No	No	No	No	No	No
<b>Mercyhealth at Home</b> 608-754-2201	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes
<b>Visiting Angels</b> 920-568-1051	No	No	Yes	Yes	Yes	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No

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Our Special Needs Trusts help preserve the assets of people with disabilities without endangering their eligibility for public benefits. For information on setting up a Wispect Trust use our Contact Us Form at [wispect.org/contact-us/](https://wispect.org/contact-us/)

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# Older Americans and Medicare Call Scams

*by the GWAAR SMP Team and resourced by Federal Communications Commission*

Medicare and health insurance scammers frequently target older Americans. Bad actors may spoof the number that appears on your caller ID so that an incoming call seems to be from a government agency or a health provider that you already know and trust so you'll be more likely to answer the call.

If you pick up and the caller asks for personal information, such as your Medicare card number, your Social Security number, or other health insurance identification, it is most likely a scam call. If you get a call like this, hang up immediately!

## Be Aware

- Medicare does not call you uninvited and ask you for personal or private information.
- You will usually get a written statement in the mail before you get a phone call from a government agency.
- Calls requesting health insurance information should not be trusted.

## Medicare.gov urges you to take the following precautions:

- Never give your Medicare card, Medicare number, Social Security card, or Social Security number to anyone except your doctor or people you know should have it (like insurers acting on your behalf or people who work with Medicare, like your State Health Insurance Assistance Program (SHIP).
- Do NOT accept offers of money or gifts for free medical care.
- Do NOT allow anyone, except your doctor or other Medicare providers, to review your medical records or recommend services.

- Never Join a Medicare health or drug plan over the phone unless YOU called Medicare.
- If someone asks you for your information, for money, or threatens to cancel your health benefits if you don't share your personal details, hang up and call 1-800-MEDICARE (1-800-633-4227) or visit [medicare.gov](https://www.medicare.gov).



## More Tips to Avoid Scams

- Don't answer calls from unknown numbers.
- If you are being pressured for information immediately, hang up!
- Never give out personal information such as account numbers, Social Security numbers, mother's maiden names, passwords or PINS over the phone.
- If a caller says they are from a health insurance provider or a government agency, hang up and call back using a phone number on an account statement or an official website.
- If you think you've been scammed, contact local law enforcement immediately.

## File a Complaint With the FCC

File a consumer complaint about robocall scams with the FCC. The FCC Complaint Center FAQ has more information about how to file a complaint, and what happens after a complaint is filed.





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<sup>1</sup> NCUA's basic federal coverage insures credit union members' deposits up to \$250,000. For details about federal deposit insurance, or how to structure your accounts to qualify for greater federal coverage, please check with your credit union or contact NCUA. Accounts exceeding the maximum level of coverage provided by NCUA are insured up to an additional \$750,000 by ESI.

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**Wisconsin Council on Problem Gambling  
800-426-2535**



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Sat and Sun by Appointment**



# Benefits of Volunteering for Older Adults

By Susan Krolow, SMP Volunteer Coordinator

**A**t SMP, we know firsthand that volunteering isn't just about giving back – it's also about feeling good. For older adults, volunteering brings countless rewards for the body, mind, and soul.

## Good for the Body

Staying active through volunteer work helps keep us healthy and strong. Research shows that older adults who volunteer often enjoy lower blood pressure, less stress, and even longer lifespans. Whether you're helping at an outreach event, setting up displays, or connecting with community members, every bit of activity adds up to better overall health.

## Good for the Heart and Mind

Volunteering gives us purpose. It feels great to know that your time, talents, and life experience make a difference. Many of our SMP volunteers tell us that helping others boosts their mood, keeps their minds sharp, and provides a sense of accomplishment and fulfillment that's hard to match.



## Good for the Soul

Volunteering connects people in meaningful ways. Through SMP, volunteers build friendships, share laughter, and find belonging in a community that values compassion and service. These relationships are at the heart of what we do – and they're one of the biggest benefits of volunteering.

When older adults volunteer, everyone benefits. Communities grow stronger, and volunteers gain health, happiness, and a renewed sense of purpose. We'd love to welcome you to the SMP family. Come share your time, your talents, and your heart with us! Together, we can make a real difference.

Lastly, to all our SMP volunteers – thank you for everything you do to support, educate, and protect Medicare beneficiaries across Wisconsin. Your dedication makes a difference every single day, and we're grateful to have you on our team!



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## 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
<b>Cedar Crest</b> 608-756-0344	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
<b>Fairhaven Senior Services</b> 262-473-2140	No	Private /free	Small Pets Considered	Yes	Yes	Yes	Yes	Yes	Yes	Yes
<b>Hillcrest Senior Apartments</b> 608-363-9246	No	No	Small	No	No	Yes	No	Yes	Yes	No
<b>Janesville Garden Court</b> 608-755-1755	Yes	Public	Yes	No	Yes	Yes	No	Yes	Yes	Yes
<b>Janesville Regency House</b> 608-757-2566	No	Public	Yes	No	No	Yes	Limited Spaces	No	Yes	No
<b>Oak Park Place</b> 608-530-5700	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
<b>Riverview Heights Apartments</b> 608-752-5999	Yes	Public	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes
<b>Rock Bay Harbor</b> 608-362-1020	Yes	Public	Cats	No	No	Yes	Yes	Yes	Yes	Yes
<b>Scoville Center Apartments</b> 608-362-4900	Yes	Public	Yes	No	No	Yes	No	Yes	Yes	No
<b>Wesley Park Senior Apts.</b> 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
<b>Oak Park Place Janesville</b> 608-530-5700	35	Yes	Yes	Call	Yes	Yes	Yes	Yes	Yes	No

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# Transportation Services

Access Medical Transit	608-214-5047
Beloit Call-Me-A-Cab	608-364-6900
Beloit Transit	608-364-2870
C & W Med Rides	920-397-7624
Clinton Sr. Center Van (Clinton Only)	608-676-4600
Disabled Veterans Transportation Network	608-301-7137
Edgerton Taxi (Edgerton Area only)	608-884-9847
Evansville Senior Shuttle (Evansville Only)	608-882-0407
Green Cab	608-284-7304
Janesville Transit System	608-755-3150
Lavigne Bus Co.	920-563-1515
Park City Taxi/Janesville Ride Share	608-436-1617
Rock County Transit	608-757-5054
RSVP Seniors Volunteering for Seniors	608-362-9593
Van Go	608-849-7070
You Buy We Fly	608-363-3939



# Health Services

Beloit Area Community Health Center	608-361-0311
Beloit/Janesville Counseling Center	608-757-5229
Community Support Programs	608-757-5229
Comprehensive Community Support	608-741-3500
Dean 24-Hour Nurse Advice Line	800-576-8773
Epilepsy Foundation Wisconsin	608-665-1848
HealthNet of Rock County	608-756-4638
Nutrition and Health Associates	754-3722 / 362-1566
Wisconsin Parkinson Association (WPA)	414-312-6990
Rock County Health Dept	757-5442 / 364-2010
Veterans Clinic (VA) – Janesville	608-758-9300
Wisconsin Well Women Program	608-242-6392
Wisconsin Tobacco Quit Line	800-784-8669

## DENTAL

Beloit Area Community Health Center	608-361-0311
Donated Dental Services (WDA)	888-338-6852
Familia Dental	608-757-0057
HealthNet of Janesville (Serving all of Rock County)	608-314-1940

## HEARING

Office for the Deaf & Hard of Hearing	608-319-1249
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## PRESCRIPTION DRUG ASSISTANCE

Partnership for Prescription Assistance	888-477-2669
Prescription Drug Helpline - Medicare Part D	855-677-2783
SeniorCare Prescription Drug Prgrm (WI)	800-657-2038

## VISION

Office for the Blind & Visually Impaired	888-879-0017
WI Council of the Blind & Visually Impaired	800-783-5213



# SENIOR SAFETY TIPS

Staying healthy also means staying safe. Here are some of the top accident risks seniors face, and tips on how to prevent them.



## MEDICATIONS



### THE RISKS

26% of seniors make potentially serious mistakes when taking medications.

### HOW TO STAY SAFE

- Be sure your doctor knows ALL medications you are taking.
- Check the expiration date of your medicines.
- Keep a Vial of Life kit in your home.

## SLIPS & FALLS

### THE RISKS

32% of seniors experience one or more falls per year and 57% of seniors who have fallen will fall again within the next 12 months.

### HOW TO STAY SAFE

- Exercise regularly. Focus on leg strength and balance
- Ensure that steps and railings in your home are firmly fixed.
- Wear a medical alert button to get help quickly if you fall.



## FIRES

### THE RISKS

For seniors age 65+, the risk of dying in a fire is twice the national average. For seniors age 75+, the risk is 3 times greater.

### HOW TO STAY SAFE

- Never smoke in bed
- Keep space heaters away from flammable material.
- Keep a working smoke, fire and CO2 monitors throughout your house.



SOURCE: BayAlarmMedical.com



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Light Housekeeping | Meal Preparation  
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Respite Care for Families | Live-In Care



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**www.VisitingAngels.com**

## 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 fractures by up to nearly 50 percent.

**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.



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

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# The First Five Steps to Take After an Alzheimer's Diagnosis

By Becky Streeter

**Y**ou or your loved one has just been diagnosed with Alzheimer's disease. Within seconds, hundreds of items pop up on your to-do list. Your emotions take a ride on a wicked roller coaster that plunges deep into a state of overwhelm. What do you next?

- 1. Take a moment to stop and breathe.** Yes, there are many things to do, and this diagnosis is also a lot to process. Don't make any decisions for a few days, or even a week. In many cases, this amount of time won't make much of a difference for physical decline, but it can really help emotional acceptance of what's to come.
- 2. Call the Alzheimer's Association or visit their website.** Care coordinators through the toll-free hotline (1-800-272-3900) can provide assistance ranging from safety tips, information about the progression of Alzheimer's, names for attorneys and neurologists in your area, and recommendations for next steps in your personal journey. The website (<https://www.alz.org/help-support>) is also a wealth of information on the most current research, medical definitions, contact information for professionals on the topic, and support options.
- 3. Be open about your diagnosis and tell your loved ones.** It can be hard to tell your friends and family, but you're going to need them in your corner. This diagnosis doesn't affect just you, but those who will come alongside you as well. It is important to be clear about your desires for care and living arrangements. Beware of those who deny or question your diagnosis or outlook. Surround yourself with those who will be accepting and supportive.
- 4. Create a personal care team.** Though the list may grow and change over time, this group

could include trusted family members, healthcare providers, legal and financial professionals, and therapists. It's also a good idea to try to get everyone together in person, via an online video conference, or via phone in order to establish each person's role and make sure everyone is on the same page for your current and future needs.

- 5. Contact a lawyer.** The Alzheimer's Association can provide referrals for many legal service professionals. Certified Elder Law Attorneys are one of the best options as they specialize in a wide range of subjects particularly affecting seniors. A lawyer can help you get your financial affairs in order and appoint a power of attorney. If you are still working, specifically ask about the appropriate time to tell your manager so as to incur as few negative consequences in the workplace, whether or not intentional, as possible. Also talk about collecting Social Security benefits. Even with a dementia diagnosis, collection of benefits can be an arduous and lengthy process. You might be dreading making these decisions, but it is better to accomplish them sooner with the ability and faculties you have at present.



*Source: Stillman, Sheryl. "Alone with Alzheimer's." Next Avenue. 16 Sept 2022. [www.nextavenue.org/alone-with-alzheimers](http://www.nextavenue.org/alone-with-alzheimers).*

# How to Get Your Affairs in Order *By Becky Streeter*

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**I**t's never too early to make a plan for your estate, finances, and end of life wishes. Though it's not something many of us enjoy thinking about, the more we have prepared now, the less we will have to do later. Also, being prepared now lets you have the ultimate amount of control over decisions, which is not necessarily guaranteed the longer you wait. Below is a guide to help you get your affairs organized.

1. Create a **will** that designates how your property, finances, dependants, pets, and funeral preferences should be taken care of.
2. Create a **living will** specifying your advanced care directives, including the extent of life-saving and preventative measures.
3. Assign a **power of attorney** to make financial and medical decisions if you become incapacitated.
4. Create a **living trust** and designate a trustee to control and distribute assets if you become unable.
5. **Give permission** to your doctor and lawyer to discuss sensitive information with your caregiver and/or loved ones should there be a need.
6. **Gather all important documents**, keep them together in ONE safe location such as a fireproof box, and tell your lawyer or someone you trust where these documents are held. Regularly review these documents and make changes as needed. The National Institute on Aging recommends the following documents:

## PERSONAL INFORMATION

- Full legal name
- Social Security number
- Legal residence
- Date and place of birth
- Names and addresses of spouse and children
- Certificates of birth, marriage, divorce, citizenship, and adoption
- Employers and dates of employment
- Education and military records
- Names and phone numbers of religious contacts

- Memberships in groups and awards received
- Names and phone numbers of close friends, relatives, doctors, lawyers, and financial advisors



## FINANCIAL INFORMATION

- Sources of income and assets (pensions, IRAs, 401(k)s, interest, etc.)
- Social Security information
- Insurance information (life, long-term care, home, car) with policy numbers and agents' names and phone numbers
- Names of your banks and account numbers (checking, savings, credit union)
- Investment income (stocks, bonds, property) and stockbrokers' names and phone numbers
- Copy of most recent income tax return
- Location of most up-to-date will with an original signature
- Liabilities, including property tax — what is owed, to whom, and when payments are due
- Mortgages and debts — how and when they are paid
- Location of original deed of trust for home
- Car title and registration
- Credit and debit card names and numbers
- Location of safe deposit box and key

## HEALTH INFORMATION

- Health records
- Current prescriptions (be sure to update this regularly)
- Living will
- Durable power of attorney for health care
- Copies of medical orders or forms (i.e. DNR)
- Health insurance information with policy and phone numbers



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Make sure you talk about your preferences with your loved ones. This can be especially helpful for future medical decisions needed to be made on your behalf, including life-saving measures and potential organ donation if that is possible and desired, as well as funeral arrangements when the time comes. Having everyone on the same page helps your loved ones be prepared for your preferences and expectations.

*Source: "Getting Your Affairs in Order Checklist: Documents to Prepare for the Future." National Institute on Aging. <https://www.nia.nih.gov/health/advance-care-planning/getting-your-affairs-order-checklist-documents-prepare-future#important-papers>. 1 FEB 2023.*

## RIVERVIEW HEIGHTS APARTMENTS

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- Service Coordinator
- Small Pets Welcome
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2 Science Court, Madison  
(608) 231-3410

900 Ridge Street, Stoughton  
(608) 877-3419



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A Clinic of Stoughton Health



## 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
<b>Beloit Senior Living/ The Gardens</b> 608-312-2370	RCAC CBRF	Call	LTC / VA	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	On Call
<b>Fairhaven Senior Services</b> 262-473-2140	CBRF	Call	N/A	47	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
<b>Jefferson Memory Care</b> 920-541-3520	CBRF	Call	No	60	Assist with	Yes	Yes	Yes	Yes	Contracted	Yes	Yes
<b>KANDU Industries, Inc.</b> 608-755-4123	AFH/Adult Day Care	Call	4	No	Starting 6/24	Yes	Yes	No	Admin. Insulin	No	No	On Call
<b>Milton Senior Living</b> 608-868-3000	RCAC	Call	LTC / VA	Yes	Yes	Early Stage	Yes	Yes	Yes	No	Yes	On Call
<b>NorthPointe Terrace</b> 815-525-4800	AFH	\$4,900 - \$6,500	No	Yes	Yes	Early Stage	When Available	Yes	Yes	Yes	Yes	Yes
<b>Oak Park Place Janesville</b> 608-530-5700	RCAC CBRF	Call	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
<b>Prairie View Manor Assisted Living &amp; Memory Care</b> 608-927-7615	CBRF	\$4,500 - \$7,000	MCO	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
<b>Riverside Terrace</b> 608-365-7222	RCAC	\$4,900 - \$6,500	No	Yes	Yes	Early Stage	When Available	Yes	Yes	Yes	Yes	Yes
<b>Swifthaven</b> 608-884-2828	RCAC	Call	VA / LTC Ins.	Yes	No	Early Stage	No	Yes	Yes	Yes	Yes	Yes

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# The Absolute Gift of Hospice

by Kristi Gay, freelance writer

Before I became personally involved with Hospice and didn't know much about it, I only shuddered with dismay when I heard someone "is on Hospice" knowing it meant death was around the corner. Death and talk of death was scary and something I

completely avoided. However, that was before I BECAME OBSESSED with the angels that are part of Hospice, where now I light up like Clark Griswold's Christmas-lit-house when I hear someone GETS Hospice care. As my dad used to say, "the only certainty in this life is death" which seemed pessimistic before, but it really is true, death is just part of life. However, the road to death can be made so beautiful, peaceful, and filled with love thanks to two things: Hospice and Faith. My dad's final month was all of these things, and I've even described it as magical, which seems impossible given the circumstances.

I'll do a quick runthrough of all the things Hospice can offer that delighted us as my dad was a joyful participant of Hospice care for a month in January 2020: home visits from the nurse that included a fix for every new symptom plus giving us reassurance that everything is normal and what to expect next (this is huge!). Someone came to give him massages, someone came to sing, someone came to pray, someone came to counsel both from a faith standpoint, and someone else from a therapist standpoint. Two other options that my elderly friend took advantage of when she



was in Hospice was virtual reality where someone comes and straps on a VR headset and can choose a location that you want to explore that you hadn't had time to visit: ancient Egypt, the Grand Canyon, the Redwood Forest, or many other locations.

You can have a weekly visitor, which I became as a Hospice volunteer after finding out how awesome it is, to just visit without any special talents like these listed, but just as a friend to talk about whatever the patient wants to talk about. And finally, the thing that was really great for the family is that Hospice stays around and gives support for a YEAR after your loved one passes, offering grief counseling or check-ins. This brings a lot of comfort to the patient who is worrying about who they're leaving behind but also to the family who is in full-on caregiver mode and then feels lost and aimless when the person is gone.

When someone is given a terminal diagnosis, just like every struggle in life, there are two options: fight it or embrace the best parts of it. Hospice allows the exit from this life to be full of grace. The Hospice nurses are there for not only the patient but the family or caregivers, to help all of us and guide us. No one wants to be an expert at death, but because it is a certainty, why not take all the help, comfort, and peace that these experts have to offer! Hospice is no longer something I fear, it's the biggest benefit one can get when they are faced with the end of life on this earth.

# Jefferson Memory Care

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- Energy Efficient Heating
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- Cut Away Showers/Raised Toilets
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  - Outdoor Pavillion
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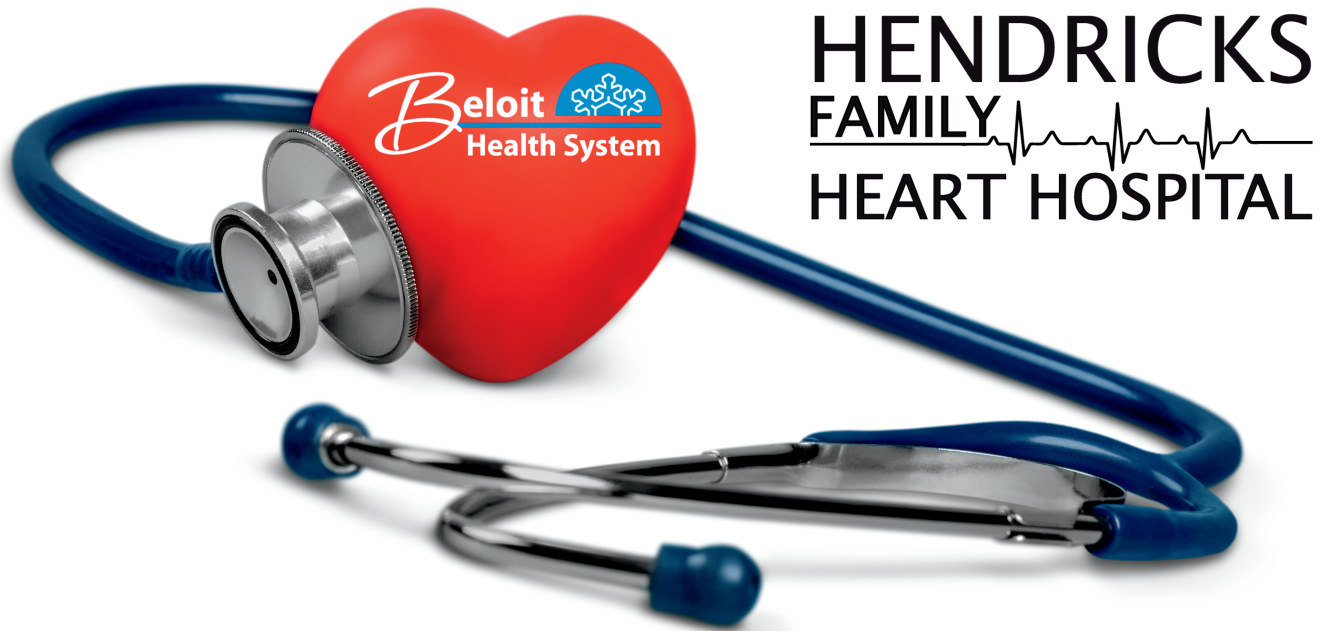
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## During February Heart Month and Every Month When Seconds Count



**Mohamed  
Chebacro, MD**  
*Cardiology*



**Leo Egbujiobi, MD**  
*Cardiology/  
Interventional Cardiology*



**Charles Laham, MD**  
*Cardiology/  
Interventional Cardiology*



**Samantha Coyne, NP**  
*Cardiology*



**Anny Nguyen, NP**  
*Cardiology*



**Zeel Patel, PA**  
*Cardiology*



**Jim Karls, DNP**  
*Cardiology/  
Vascular Surgery*



**Nicole Bindly, NP**  
*Cardiothoracic  
Surgery*



**Hilton Hudson II, MD**  
*Cardiothoracic  
Surgery*



**Nissage Cadet, MD**  
*Vascular Surgery*

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