

senior review

FREE

in this issue...

September 2026

- Support Your Local Orchards
- Five Myths About Grieving
- Digging Into Wellness: The Health Benefits of Gardening for Older Adults
- 6 Falls Prevention Steps to Help Your Older Loved Ones
- Essential Questions to Ask Wispect Before Establishing a Trust
- Things to Consider About Assisted Living
- How Assisted Living Can Enhance Quality of Life
- The Hidden Blessings of Assisted Living!

Rock County Senior Fair!

Friday, September 11th

See pages 5-11

A Senior Magazine for Living a Healthier, Smarter and More Active Life in Rock County



How to Have the “Assisted Living” Talk

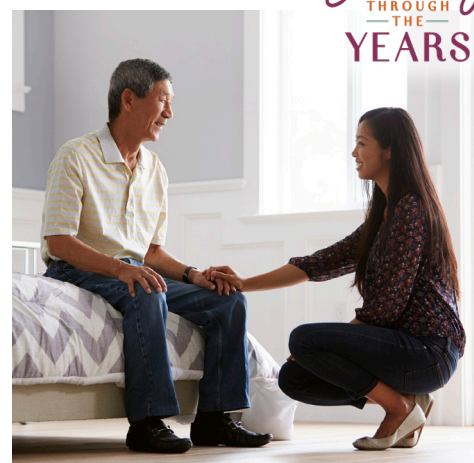
There are many strong opinions regarding in-home care versus assisted living facilities. Regardless of your stance, there may come a day when a facility is the best option for your loved one, even if they don't believe it is. Many senior adults do not want to leave their homes, so a conversation about moving to an assisted living facility can be difficult. Below are some tips on how to approach that discussion.

1. Talk with your loved one about their wishes early on and often as they age. Make sure everyone is on the same page, and discuss the possibility of moving to an assisted living facility if you feel the care required cannot be provided physically or financially by remaining in their home. Often the burdens of maintaining a home (repairs, lawn care and snow removal, etc) become too difficult to keep up with, especially if there are physical limitations. By talking about assisted living early and often, you can normalize the conversation and concept.
2. Research some facilities ahead of time so you have options to look at together. Create a spreadsheet with amenities or ask for a mailed brochure. If possible, take a tour of the facility with your loved one and make sure to ask the staff many questions. If they cannot answer all your questions to your satisfaction, it might not be the right choice. Involving your loved one in the process as much as possible will help them retain their independence and autonomy. It is still their life, afterall.

3. Do not force the issue. If they refuse to even talk about it, revisit the topic at a later date, asking if they've had a chance to think about or review any information you provided. Unfortunate events such as hospitalization can also be an appropriate time to carefully bring up the conversation. Let them know you're glad things weren't worse, AND that they might receive better and more constant support in a facility to hopefully avoid dangerous situations going forward.

4. Acknowledge that change can be hard, but it can also be good. Life in an assisted living facility can be an enriching experience. Many facilities offer a wide range of activities and socialization, juxtaposed by remaining at home where seniors often become isolated. Some developments also have themes and focuses that might align well with your loved one's desires and lifestyle.

Source: “Talking About Assisted Living.” *Today's Caregiver*. 21 Sept 2022. <https://caregiver.com/articles/talking-assisted-living>.



6

Amazing Health Benefits of

BLUEBERRIES

Have you ever wondered that a bowl of blueberries has so much to offer you? Blueberries are rich in Vitamin C, K, Manganese, and Fiber that can provide you amazing health benefits. Intake 150g of blueberries daily and experience yourself.

- 1

Help Reverse Signs of Aging
- 2

Improve Urinary Tract Health
- 3

Help Maintain Brain Function and Improve Memory
- 4

Makes Skin Healthy
- 5

May Help to Prevent Heart Disease
- 6

Help to Fight Stress and Anxiety

Source: HerbalCart.com

AudioNova

Your Hearing Experts

Hear the

AudioNova

difference

Whether you're catching up with friends, spending time with family, or enjoying your favorite activities, better hearing can help you experience more of life's special moments.



5.0 Google Rating

"Wonderful staff and life-changing care. The best experience from start to finish!"
- Mary E.

- ✓

EXPERT HEARING CARE
- ✓

LATEST HEARING TECHNOLOGY
- ✓

RISK-FREE HEARING AID TRIALS
- ✓

PERSONALIZED DEMONSTRATIONS

AudioNova

Your Hearing Experts

1615 Center Avenue
Janesville, WI 53546

262-270-2226

Scan the QR code or call today to schedule your

FREE HEARING SCREENING

Or visit us online at [AudioNova.com](https://www.audionova.com)



Editor/Publisher: Arwen Rasmussen
Layout Design: Brigit Olson
Staff Writers: Becky Streeter, Katy Hacksworthy

3315 Nimitz Street, Eau Claire, WI 54701

P: 715-831-0325
E: seniorreviewnewspapers@gmail.com

The *Senior Review* distributes throughout the Rock County area every month.

Advertising: 715-831-0325

Disclaimer: The *Senior Review* Publications assumes no responsibility for the advertising content of the *Senior Review* nor for any mistakes or omissions there in. No endorsements of any products or services is made and noneshould be inferred.

The terms and conditions under which the advertisement will be honored are the sole responsibility of all the advertisers and not *Senior Review* Publications. A telephone call to the advertising merchant may eliminate confusion to any exceptions in the advertisements. *Senior Review* is owned by AKRE Enterprises, © Copyright 2026.

Support Your Local Orchards

As autumn arrives, local orchards become more than just beautiful destinations filled with colorful leaves and crisp apples—they become an important part of supporting the families and farms that keep our communities thriving. Every visit to a neighborhood orchard helps sustain local agriculture, preserves farmland, and strengthens the regional economy.

When you purchase apples, pears, pumpkins, cider, honey, baked goods, or other seasonal products directly from an orchard, more of your money stays in the local community. These purchases help farmers cover the costs of planting, maintaining, and harvesting their crops while allowing them to invest in equipment, employees, and future growing seasons.

Supporting local orchards also helps protect valuable farmland from development. Many family-owned orchards have been passed down through generations, preserving agricultural traditions and providing fresh, locally grown food. By choosing to shop locally, consumers help ensure these farms remain productive for years to come.

Beyond the economic benefits, local orchards offer opportunities for families to connect with agriculture firsthand. Visitors can pick their own fruit, learn how apples are grown, enjoy hayrides, navigate corn mazes, and experience the changing seasons together. These experiences foster a greater appreciation for the hard work and dedication that goes into producing fresh food.

Fresh produce from nearby orchards is often harvested at peak ripeness, providing exceptional flavor while reducing the transportation required to bring food to market. This supports a more sustainable food system and lowers the environmental impact associated with long-distance shipping.

This fall, consider making a trip to a local orchard part of your seasonal tradition. Every apple picked, pie purchased, and gallon of cider enjoyed is an investment in local farmers, local businesses, and the future of your community.



LEGACY CHECKING ACCOUNT

Switch Easier. Stress Less

BANKS CHANGING EVERYTHING? MAKE THIS YOUR LAST TIME

Opening a new checking account can feel like a lot. Legacy Checking helps make it easier with EasyMove for direct deposits, auto-pays and subscriptions - plus local branch support when you want a real person to walk you through it.



Say *Yes!* to Less Stress

**SCAN QR CODE
TO GET STARTED**



Medicare Annual Enrollment Period Is Almost Here: Why Now Is the Time to Review Your Coverage

By Kailey Berendsen, Vice President of Buska Retirement Solutions and Buska Wealth Management

The Medicare Annual Enrollment Period (AEP) is one of the most important times of the year for Medicare beneficiaries. Running from October 15 through December 7, AEP allows individuals already enrolled in Medicare to review their current coverage and make changes for the upcoming year, if needed.

Even if you're satisfied with your current Medicare coverage, it's worth taking time to review your options. Medicare plans can change from year to year. Premiums, deductibles, copays, provider networks, and prescription drug formularies may all be updated. A plan that met your needs this year may not be the best fit next year.

Your own circumstances may have changed as well. Perhaps you've started taking a new medication, your preferred physician has changed practices, or you're anticipating different healthcare needs. Reviewing your coverage annually can help ensure your Medicare plan continues to align with your needs and budget.

During the Annual Enrollment Period, eligible beneficiaries may have the opportunity to:

- Change from one Medicare Advantage plan to another.
- Return to Original Medicare from a Medicare Advantage plan.
- Join, change, or drop a Medicare Part D prescription drug plan.
- In some situations, make other allowable coverage changes based on Medicare rules.



Understanding what has changed before AEP begins can make the enrollment process less stressful. Many Medicare plan providers send an Annual Notice of Change (ANOC) each fall outlining any changes to your current coverage for the following year. Reviewing this document carefully is an important first step.

It's also helpful to compare your current coverage with other available options in your area. Since every individual's healthcare needs and financial situation are unique, there is no one-size-fits-all

Medicare solution. Taking the time to understand your choices can help you make an informed decision.

Educational workshops and one-on-one consultations can provide an opportunity to better understand Medicare terminology, enrollment rules, and the factors to consider when evaluating your coverage. Whether you ultimately decide to keep your current plan or make a change, becoming more informed can help you feel more confident about your decision.

If you're currently enrolled in Medicare, now is a great time to gather your Annual Notice of Change, make a list of your prescriptions and healthcare providers, and begin preparing for the Annual Enrollment Period. A little preparation today can help make your Medicare decisions easier when enrollment begins on October 15.

This article is provided for educational purposes only and is not intended as legal, tax, or medical advice. Medicare plan availability, benefits, and costs vary by location and individual circumstances.


DISCOVER MORE
... at Beloit Public Library!

- Large Print Books & Audiobooks
- Technology Help
- Free Access to Newspapers & Magazines
- Welcoming Spaces & Social Events

Get Your FREE Library Card Today!
Library cards are FREE for residents. Just bring a photo ID and proof of address.


Hours: Monday - Friday 9:30am - 5:00pm
Saturday 10:00am - 3:00pm
Sunday 1:00pm - 4:00pm

 beloitlibrary.org | (608)364-2905  

YOUR AD COULD BE HERE!

CALL OR EMAIL US FOR MORE INFO!

715-831-0325

seniorreviewnewspapers@gmail.com

RIVER PLACE SENIOR APARTMENTS
Ages 55 and up

Enhanced by the Rock River view and walkway, River Place offers tranquil living inside and out.

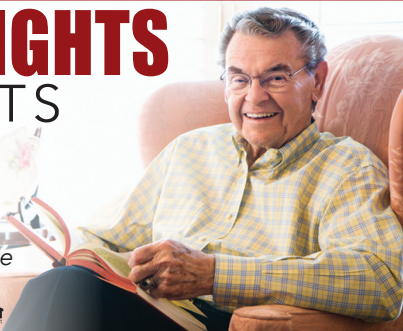
Lavish floor plans, underground parking, security building and more.

102 River St., Janesville • 608-757-9456
riverplacejanesville.com

RIVERVIEW HEIGHTS APARTMENTS

Apartment Homes Designed for Seniors 62+ or Younger Disabled Persons

Rent Based on 30% Adjusted Gross Income



Professionally managed by Oakbrook Corporation 

608-752-5999 | 930 N. Washington Street - Janesville

Hillcrest Apartments

2200 Burton Street - Beloit

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

608-363-9246

A fun community with many amenities! 

Professionally managed by Oakbrook Corporation



2026 Rock County Senior Fair JUST FOR THE SPORT OF IT

Friday, September 11, 2026 • 9:00am-1:00pm
WOODMAN'S SPORTS & CONVENTION CENTER
2510 MILTON AVENUE, JANESVILLE WI
Same Rock County Senior Fair...just a new venue!

Over 50 Exhibitors! Lots of Local Resources

- **Flu Shots** & Health Screenings
- **BRING** used eye glasses for the Lions Club
- **BRING** a non-perishable food item for ECHO
- **BRING** unneeded medications & prescriptions for safe disposal
- **FREE SHREDDING SERVICE**
- Leave with a lot of information

FREE!

Turn in your game/survey for a chance to win door prizes!

Thank you to the following sponsors

Gold Sponsors:



Silver Sponsors:



Bronze Sponsors:

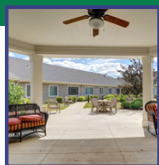
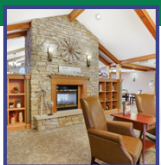
Village Caregiving • Transitions at Home
Milton Senior Living • Humana

Come Home to Compassion and Care

Milton and Beloit Senior Living Offer
Exceptional Amenities Delivered in a
Relaxed, Beautiful Setting



Residents choose their personalized care services and activity to create their lifestyle of choice. Enjoy a visiting pet, planting flowers, listening to a music performance or taking a fitness class. For a slower pace, there are beautiful indoor and outdoor settings made just for unwinding.



600 West Sunset Drive, Milton
miltonseniorliving.com
608.868.3000

2250 West Hart Road, Beloit
beloitseniorliving.com
608.312.2370

A Higher Standard of Care

Skilled nursing care, personal care
and companion care.

Receive a plan of care tailored around your
loved one's needs.

COME
SEE US
AT THE
FAIR!



BrightStarCare®
A HIGHER STANDARD

2501 MORSE STREET | JANESVILLE **608-314-8501**

BRIGHTSTAR WI OPERATIONS LLC, DBA BRIGHTSTAR CARE OF JANESVILLE

BRIGHTSTARCARE.COM

COME SEE US AT THE FAIR!

Competitively Priced Assisted Living



- ✓ All Inclusive Pricing
- ✓ Open Visiting Hours
- ✓ Live Entertainment and Day Trips
- ✓ Apartments Include Bedroom, Living Space and Kitchenette
- ✓ Beauty Salon, Activity Room, Game Room
- ✓ Meal Time Choices - Multiple Menu Selections
- ✓ Courtyards Featuring Waterfalls

Now is the perfect time to learn more.

Call 608.365.7222 for a tour.

3055 S. Riverside Drive, Beloit, WI



Assisted living for the way you want to live.

- ✓ All Inclusive Pricing
- ✓ Open Visiting Hours
- ✓ Live Entertainment and Day Trips
- ✓ Apartments Include Bedroom, Living Space and Kitchenette
- ✓ Access to NorthPointe Wellness and Pools
- ✓ Meal Time Choices - Multiple Menu Selections
- ✓ Beautiful Walking Trails

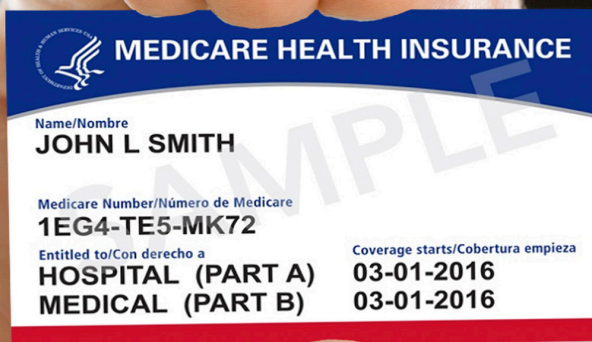
Call 815.525.4800 for a tour.

5601 E. Rockton Road, Roscoe, IL



COME SEE US AT THE FAIR!

NO NEW MEDICARE CARD



Have you been told you need a new Medicare card?

STOP! It's a scam

Here's the truth

- Medicare is NOT issuing plastic cards
- You do NOT need to 'update' your Medicare Card
- Medicare will NEVER call or text you asking for your Medicare number

Protect Yourself

- Never give out your Medicare number to unexpected callers
- Hang up on anyone asking for personal information
- Report suspicious calls to SMP



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).

Contact Senior Medicare Patrol
888-818-2611
www.smpwi.org

WisconsinSeniorMedicarePatrol



Cornerstone
 CAREGIVING
 ASSISTED LIVING AT HOME

- Experienced Caregivers
- Insured and Bonded
- 24/7 Manager on Call

We are a senior in-home care service that allows your loved ones to stay where they feel most comfortable: home. We are experienced senior care professionals who are willing and ready to be with your loved ones whenever they need help, for as long as they need help.

Call Today!

608-530-0585

janesvillewi@cornerstonecaregiving.com

www.cornerstonecaregiving.com/janesville



DELAVAN
 HEALTH SERVICES

Short Term Rehab & Long Term Care

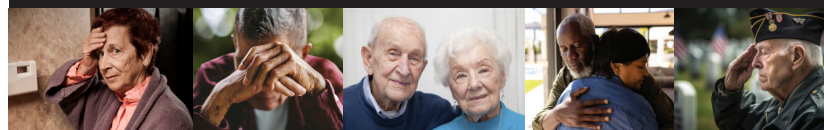
905 East Geneva Street

Delavan, WI 53115

Tel: 262-728-6319 • Fax: 262-728-6693

Check us out on Facebook

Are High Energy Costs Putting the Squeeze On Your Limited Income?



ENERGY SERVICES FOR ROCK COUNTY may be able to help!

1035 Pleasant St. Ste C, Beloit, WI 53511

*This site is fully accessible.

2 Simple ways to apply for a WHEAP Energy Assistance Grant!

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**



homeenergy+

Our experienced team is available to answer any questions you may have and assist you in applying for WHEAP or other resources that may be of help.

Don't delay, call us today! **608-363-9200**

COME SEE US AT THE FAIR!



HEALTH | MEDICARE | LIFE | SUPPLEMENTAL

Need affordable Medicare that's in step with your life?

Choosing the right Medicare coverage can be confusing.

I can help you find a plan that's right for YOU and YOUR BUDGET.



Jean Linos

Local Licensed Agent

P **262-458-2880**

jlinos@myeph.com

www.eplatinumhealth.com/jlinos

I work by referral. Please don't keep me a secret

We do not offer every plan available in your area. Currently we represent five organizations which offer forty eight products in your area (Rock county). Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) to get information on all of your options.

Advanced Shoulder Care

Stoughton Health OrthoTeam Clinic accepts
Dean Health Plan by Medica, Quartz, and over
160 other insurance plans!

Locations in Stoughton and Madison



Ashish M. Rawal, MD

From everyday shoulder pain to advanced replacement surgery, Dr. Ashish Rawal provides complete shoulder care with MAKO SmartRobotics™ robotic-arm-assisted surgery.

**First in Wisconsin to perform MAKO
SmartRobotics™ shoulder replacement!**



OrthoTeam Clinic
Excellence in Orthopedics

orthoteam.com

• A Clinic of Stoughton Health  

Hospice Care at Home



 **Agrace**™

Palliative Care • Hospice Care
Dementia Support • Grief Support

(608) 755-1871 • Agrace.org

26-3068



Locally owned
and operated
by a Doctor of
Audiology

Hearing tests, hearing
aids, and earwax
removal services

Honest, transparent
recommendations
with YOU at the
center of every
decision

Janesville 
Hearing

2867 Liberty Lane, Janesville
608-563-2244
janesvillehearing.com



No
commissions
and NO
pressure sales

Taking most
insurances to
help you get the
most for your
investment

Jennifer Grewer, HIS

Shayla Smith, AuD
Owner

Emily Steffel, AuD

COME SEE US AT THE FAIR!

5 Advantages of Going to Senior Health Fairs

Senior health fairs offer a wealth of opportunities for older adults to take charge of their well-being. These events bring together healthcare providers, wellness experts, and community organizations, all under one roof, making it easier for seniors to access vital health resources. Here are five key advantages of attending a senior health fair:

1. Free Health Screenings:

One of the biggest benefits is access to free or low-cost health screenings. These can include blood pressure checks, cholesterol tests, bone density scans, vision and hearing exams, and more. Early detection of potential health issues can lead to timely intervention and better outcomes.

2. Access to Resources and Services:

Health fairs often feature a variety of local services, from home care agencies to nutrition programs and mental health support. Seniors can learn about available community resources they may not have been aware of, which can significantly improve their quality of life.



3. Educational Opportunities:

Workshops and presentations by healthcare professionals are common features at health fairs. These sessions offer valuable insights into managing chronic conditions, understanding medications, staying active, and eating well. Education empowers seniors to make informed decisions about their health.

4. Social Interaction:

Health fairs provide a great opportunity for seniors to meet others in their community. Social engagement is important for mental health and emotional well-being, and these events can help reduce feelings of isolation or loneliness.

5. Personalized Consultations:

Many fairs offer one-on-one time with medical professionals or wellness coaches. These brief consultations can provide personalized advice, answer health-related questions, and encourage seniors to follow up with their primary care providers. In summary, senior health fairs are a valuable, accessible way for older adults to stay informed, connected, and proactive about their health.

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
thehillagencywi.com

©2025 United
HealthCare Services, Inc.
All rights reserved.
Y0066_P2364105_C



P2364105



Where every day is active,
social, and full of life



Janesville
700 Myrtle Way
Janesville, WI 53545
(608) 530-5700



Learn More

*Independence when
you want it.
Assistance when you
need it.*

OakParkPlace.com

COME SEE US AT THE FAIR!

Stay in the
home you love.

Understand
your options.

Let's explore your
options—together.



Our free, HUD-certified
counseling can help you:



**Understand
Reverse Mortgages**

Understand how a
reverse mortgage works.



**Know the Benefits &
Responsibilities**

Learn the benefits and
responsibilities.



**Explore
Your Options**

Explore alternatives that
may better fit your needs.



**Make a Confident
Decision**

Make an informed decision
without pressure.

“Every homeowner
deserves honest
answers and trusted
guidance.”

Lizz Casey
Executive Director



Have questions?

Schedule your **free,**
no-obligation consultation
today.



We Can Help With:

- Homebuyer Education
- Financial Counseling
- Down Payment Assistance
- Foreclosure Prevention Counseling



520 W Grand Ave
Beloit, WI 53511



(608) 362-9051



Monday–Friday
8:00 AM–4:00 PM

NeighborWorks®
BLACKHAWK REGION



HUD-CERTIFIED



CONFIDENTIAL



NO-COST COUNSELING



Find it at the library!

- Technology Help
- Memory Activity Kits
- Monthly Memory Café
- Hedberg@Home Materials Delivery
- Audiobooks & Large Print Books
- And so much more!



HEDBERG
PUBLIC LIBRARY

316 South Main Street
Janesville, Wisconsin
608-758-6600

HedbergPublicLibrary.org

Make a difference
as a hospice
volunteer!

SSM Health at Home Hospice
in Janesville is looking for
caring volunteers to join our
compassionate team.



SSMHealth.
at Home

Visit our website or scan
the QR code to apply:
ssmhealth.com/volunteer

**As a hospice
volunteer,
you can offer:**

- Companionship to Patients
- Caregiver Support
- Veteran-to-Veteran Support
- Pet or Music Therapy



**EYEMART
EXPRESS**

GREAT SELECTION | SAME-DAY GLASSES*

Enjoy this special offer,
Rock County Senior Fair attendees.

30% off
entire purchase



PREME41401303509



Eye exams
available**

Scan and book your
eye exam today!

**Eye exams are available by an Independent Doctor of Optometry at or next to Eyemart Express in most states. Doctors in some states are employed by Eyemart Express LLC.

*Excludes special orders.

Valid in-store only. 30% off of the final price. Can be combined with special 2-pair pricing. Cannot be applied to previous purchases, warranties or combined with any other discounts, or insurance benefits. Excludes Ray-Ban and Oakley frames, ready-to-wear glasses, contact lenses and gift cards. Voucher must be presented at checkout to apply discount. Valid doctor's prescription required. Other restrictions apply, see store associates for details. Expires 10/31/2026.

HOW THIS OFFER WORKS

Must present valid Rx | No minimum purchase required | Must present coupon

COME SEE US AT THE FAIR!




MAINTAIN YOUR INDEPENDENCE

FOREVERWELL

YMCA OF NORTHERN ROCK COUNTY

FOREVERWELL programs are aimed at engaging empty nesters, retirees, and older adults with a focus on maintaining wellness throughout the spectrum of life. Our FOREVERWELL workshops, classes and events will keep you forever belonging, forever learning, and forever moving — no matter your age. Join us.

Questions? Please contact Rene Koepp at rkoepp@ymcanrc.org




THE ONLY CERTIFIED ADULT DAYCARE IN ROCK COUNTY

DAY SERVICES & MEMORY CARE

A welcoming place for meaningful activities, social connection, and specialized dementia care — with piece of mind for families.



IN-HOME SUPPORT

Compassionate care to help individuals live safely and independently in their own homes.

CALL NOW TO LEARN MORE & SCHEDULE A TOUR!
KANDUINDUSTRIES.COM | 608.755.4123 | 15 PLUMB ST, MILTON



New Location

38th Annual Beloit Senior Fair

Tuesday, October 6, 2026 | 9 am-1 pm
 Central Christian Church | 2460 Milwaukee Road, Beloit

Free Admission • Over 55 Exhibitors

Entertainment • Flu Shots • Health Screenings • RX Round-up
 Wheelchairs available • Free Bus Rides by Beloit Transit
 Document shredding
 (documents are securely collected then shredded later)

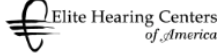


Thank you to the following sponsors

Gold Sponsors:









Silver Sponsors:

Autumn Lake • Cedar Crest
 Home Instead • Beloit Senior Living
 Meridian Scoville Apts.
 Edward Jones -
 Tammy Schindler & Brandon Johnson

Photo Booth Sponsor:
 Physicians Mutual – Mike Santucci



Scan the QR code or go to RSVP-ROCK.ORG/beloit-senior-fair for more information!

September Food Month Spotlight: Chicken

A Healthy, Versatile Favorite

Chicken is one of the most popular proteins because it's affordable, easy to prepare, and packed with nutrients. Whether you're grilling, baking, roasting, or slow cooking, chicken can be the centerpiece of a delicious and nutritious meal.



Nutrition Highlights

A 3-ounce serving of cooked, skinless chicken breast provides approximately:

- 140 calories
- 26 grams of protein
- 3 grams of fat
- Rich in niacin (Vitamin B3) for energy production
- Excellent source of Vitamin B6 for brain health
- Provides phosphorus and selenium to support healthy bones and immune function

Protein helps build and repair muscles, keeps you feeling full longer, and supports overall health.

Buying Chicken

Choose chicken that is:

- Cold to the touch and well refrigerated
- Pink in color with little or no odor
- Packaged without tears or leaks
- Purchased last before checking out to keep it cold

If using fresh chicken, cook or freeze it within 1–2 days of purchase.

Safe Storage Tips

Refrigerator

- Raw chicken: 1–2 days
- Cooked chicken: 3–4 days

Freezer

- Raw chicken pieces: Up to 9 months
- Whole chicken: Up to 1 year
- Cooked chicken: 2–6 months

Food Safety Reminder

Always thaw chicken safely:

- In the refrigerator
- In cold water (change water every 30 minutes)
- In the microwave if cooking immediately afterward

Never thaw chicken on the countertop.

Cook chicken to an internal temperature of 165°F using a food thermometer.

Easy Recipe: Lemon Garlic Baked Chicken

Ingredients

- 4 boneless, skinless chicken breasts
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- Juice of 1 lemon
- 1 teaspoon Italian seasoning
- ½ teaspoon paprika
- Salt and pepper to taste

Directions

1. Preheat oven to 400°F.
2. Mix olive oil, garlic, lemon juice, and seasonings.
3. Coat chicken evenly with the mixture.
4. Bake for 20–25 minutes, or until the internal temperature reaches 165°F.
5. Let rest for 5 minutes before serving.

Serve with: roasted vegetables, brown rice, or a fresh green salad.

Healthy Tip

Remove the skin before eating to reduce saturated fat, and try baking, grilling, or air frying instead of deep frying for a heart-healthy meal.

Enjoy Chicken Month by trying a new recipe, adding colorful vegetables, and making protein the star of your plate!

 **PlatinumHealth**

HEALTH | MEDICARE | LIFE | SUPPLEMENTAL

Need affordable Medicare that's in step with your life?

Choosing the right Medicare coverage can be confusing.

I can help you find a plan that's right for YOU and YOUR BUDGET.



Jean Linos

Local Licensed Agent

P **262-458-2880**

jlinos@myeph.com

www.eplatinumhealth.com/jlinos

I work by referral. Please don't keep me a secret

We do not offer every plan available in your area. Currently we represent five organizations which offer forty eight products in your area (Rock county). Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) to get information on all of your options.

Five Myths About Grieving

Grieving is a complicated process. Because grief is so difficult to comprehend, people often try to simplify the process by citing “truths” that supposedly apply to everybody. The trouble is that nothing about grief applies to everyone. The result is that grieverers are often told what they will or should experience and then feel confused because their own journey feels different.

Here is a list of five common misconceptions about the grief process.

Myth #1: Everyone’s grief is different.

We Americans treasure the idea that each of us is unique. In general, this may be true, but there is a core biological reason for grief: the need we have to bond, to attach, to form a permanent and deep relationship with one special individual. When that bond is severed by death most people respond by protesting (“NO, no, this can’t be true”), despairing (“My life is meaningless without him/her”), and only reluctantly accepting the loss (“I don’t want to go on, but I must.”) So, it would be better to say that each person’s grief experience is both universal and unique.

Myth #2: Everyone goes through five stages of grief.

Elizabeth Kubler-Ross created a five-stage model for grief that originally was intended for the dying person and then was extended to grieverers. Denial, anger, bargaining, depression, acceptance. These stages had been accepted as accurate and predictive by the general public and professionals until recently, when good research studies found that they did not accurately describe most people’s grief experience. It would be far better to say that some grieverers sometimes experience one or more of these five stages.

Myth #3: The only goal of grieving is to honor the deceased.

It is true that honoring the deceased person is a major goal of grieving. But there is another equally important goal: the survivor needs to create a new and satisfying life as a single person. It’s important to keep these two goals in balance. One example would be for the survivor to drive on the country road the two of them used to take together, and then to explore an entirely different route on their own.

Myth #4: Death ends your relationship with the loved one. This is true in one sense: your physical relationship is over. But many grieverers stay emotionally connected with the deceased person indefinitely. Sometimes, for example, the living partner might “report” their experiences every night to the deceased individual and in that way maintain a sense of connection.

Myth #5: Grief lasts forever.

I presented this idea as a truth to my family and to others because I was told that although your grief will never end it will gradually become less and less intense. Surprisingly, a few people responded by saying they felt they had completed grieving. It was important to grieve but now it was over and even when they thought of the deceased person, they no longer felt any lingering sadness. Again, we need to remember that nothing about grief experience applies to everyone.



Find us at seniorreviewnewspapers.com

What Beneficiaries Need to Know about Medicare’s GLP-1 Bridge Program *By the GWAAR Legal Services Team*

Starting in July 2026, some Medicare beneficiaries will be eligible for Medicare coverage of specific weight-loss medications through a new program called the Medicare GLP-1 Bridge Program. Under federal law, Medicare Part D plans cannot cover weight-loss medications. The Medicare GLP-1 Bridge Program is a temporary program created by the Centers for Medicare & Medicaid Services (CMS) that will allow CMS to learn how these medications affect health outcomes and health care costs. The program will run from July 1, 2026 through December 31, 2027.

The Medicare GLP-1 Bridge Program currently includes the following GLP-1 medications approved for weight loss:

- Wegovy (injection and tablets)
- Zepbound (KwikPen®)
- Foundayo

In order to be eligible, beneficiaries must:

- Be enrolled in a Medicare Part D prescription drug plan
- Receive a prescription from a health care provider
- Meet specific medical criteria related to body weight and health conditions, and
- Obtain prior authorization approval.

In general, eligibility will depend on beneficiaries’ Body Mass Index (BMI) and whether they have medical conditions like heart failure, uncontrolled high blood pressure despite treatment, chronic kidney disease, prediabetes, a previous stroke, or peripheral artery disease.

Please note Medicare beneficiaries with Type 2 diabetes, obstructive sleep apnea, and noncirrhotic metabolic dysfunction-associated steatohepatitis (MASH) are already eligible for Part D coverage of GLP-1 medications.

That means that they are not eligible to receive them through the Medicare GLP-1 Bridge even if they otherwise meet GLP-1 Bridge eligibility criteria.

Eligible beneficiaries will pay a monthly copay of \$50 for covered medications through the GLP-1 Bridge Program. However, because this program is separate from standard Part D coverage, these copays will not count toward Part D out-of-pocket spending limits. If you are interested in the GLP-1 Bridge Program, please speak with your health care provider. Your provider can determine whether you meet eligibility requirements and submit the prior authorization request.

For more information about the GLP-1 Program, please see: <https://www.cms.gov/medicare/coverage/prescription-drug-coverage/medicare-glp-1-bridge>

Digging Into Wellness: The Health Benefits of Gardening for Older Adults

By Susan Krolow, SMP Volunteer Coordinator

Gardening is more than just a hobby – it’s a powerful way for older adults to support healthy aging while enjoying the beauty of nature. Whether tending a backyard vegetable garden, planting flowers in containers, or simply pulling weeds and watering plants, gardening offers physical, mental, and emotional benefits that can improve overall well-being.



A Natural Way to Stay Active

Gardening encourages movement through activities like digging, planting, watering, and pruning. These motions help improve flexibility, strength, balance, and coordination. Even light gardening tasks can provide low-impact exercise that supports joint health and mobility. Regular physical activity can also help reduce the risk of chronic conditions such as heart disease, high blood pressure, and diabetes.

Boosting Mental Health and Reducing Stress

Spending time outdoors and connecting with nature has been shown to reduce stress and improve mood. Gardening can provide a sense

of calm, purpose, and accomplishment. Many older adults find that caring for plants helps ease feelings of anxiety, loneliness, or depression. Watching something grow from seed to harvest can be deeply rewarding and uplifting.

Supporting Brain Health

Gardening engages the mind through planning, problem-solving, and learning. Remembering planting schedules, caring for different plants, and maintaining a garden can help keep the brain active and stimulated. Some studies suggest that regular gardening activities may even help reduce the risk of cognitive decline.

Encouraging Healthy Eating

For seniors, growing vegetables, herbs, or fruits can lead to healthier eating habits. Fresh produce from the garden is nutritious, flavorful, and often encourages people to eat more fruits and vegetables. Gardening can also increase appreciation for where food comes from and inspire healthier meal choices.

Creating Social Connections Community gardens and gardening clubs offer opportunities for social interaction and friendship. Sharing gardening tips, exchanging plants, or working alongside others can help reduce isolation and foster meaningful connections. Gardening can also become a wonderful multigenerational activity to enjoy with children and grandchildren.

Gardening Safely

While gardening has many benefits, it’s important for older adults to garden safely:

- Stretch before and after gardening
- Use lightweight tools with easy-grip handles
- Stay hydrated
- Wear sunscreen and a hat
- Take breaks when needed
- Consider raised garden beds or container gardening to reduce bending and strain

Gardening reminds us that growth, renewal, and beauty can flourish at every age. Whether planting a single flowerpot or cultivating a full garden, spending time with plants is a simple and enjoyable way to support healthy aging – one seed at a time.



KANDU IN-HOME SUPPORT

Because there’s no place like home.

Compassionate, reliable care—so your loved one can stay safe, independent, and comfortable where they belong. Backed by decades of expertise in supporting individuals with disabilities and aging adults, KANDU brings trusted care right to your door.

**Personal Care**

**Meal Prep**

**House Cleaning**

**Ambulatory Assistance**

**Medication Assistance**

**Companionship**

**(608) 755-4123**



For More Information
kanduindustries.com

OPENS AT 7 AM, FRIDAY, SATURDAY & SUNDAY

- 850 Arts & Crafts Booths
- 350 Antiques & Flea Market Booths
- Cranfest Marsh Tours, Friday & Saturday
- 100 Farm Market Booths
- 100 Food Vendors
- Gigantic Parade Sunday at 1

53RD WARRENS CRANBERRY FESTIVAL

Sept. 25-27, 2026

8 miles North of Tomah
Take I-94 West to Exit 135

www.Cranfest.com • 608-378-4200
 Cranfest@cranfest.com 



54TH WARRENS CRANBERRY FESTIVAL

Warrens, WI • September 24-26, 2027

IMPORTANT RESOURCES FOR WISCONSIN MEDICARE BENEFICIARIES

- Benefit Specialists at local **Aging and Disability Resource Centers (ADRCs)** and aging units in every county and tribe offer benefits counseling. For contact information, visit www.dhs.wisconsin.gov/benefit-specialists/counties.htm
- Contact **Medicare** directly by calling **(800) 633-4227** or visiting <https://www.medicare.gov>
- The **Medigap Helpline (800) 242-1060** is a toll-free helpline operated by the Wisconsin Board on Aging and Long-Term Care that provides counseling for all Wisconsin Medicare beneficiaries on Medicare, Medicare supplement insurance, employer-based health insurance, Medicare Advantage plans, long-term care insurance, and related topics.
- The **Wisconsin Medigap Part D and Prescription Drug Helpline (855) 677-2783** is a toll-free helpline that answers questions from Wisconsin residents aged 60 and over about Medicare Part D and other prescription drug coverage options.
- **Office for the Deaf and Hard of Hearing video phone (262) 347-3045** provides outreach and individual counseling in American Sign Language.
- **Legal Action of Wisconsin (855) 947-2529** provides outreach and benefits counseling to low-income persons living in Northern Wisconsin and Native Americans statewide.
- The **Wisconsin Senior Medicare Patrol (888) 818-2611** has a toll-free helpline for Medicare beneficiaries and their families to call to report suspected Medicare fraud, errors, and abuse.



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
thehillagencywi.com

©2025 United
HealthCare Services, Inc.
All rights reserved.
Y0066_P2364105_C



P2364105

NO NEW MEDICARE CARD



Have you been
told you need
a new
Medicare card?

STOP!
It's a scam

Here's the truth

- Medicare is NOT issuing plastic cards
- You do NOT need to 'update' your Medicare Card
- Medicare will NEVER call or text you asking for your Medicare number

Protect Yourself

- Never give out your Medicare number to unexpected callers
- Hang up on anyone asking for personal information
- Report suspicious calls to SMP



SMP
Senior Medicare Patrol

**Wisconsin Senior
Medicare Patrol**

888-818-2611

www.smpwi.org

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).

6 Falls Prevention Steps to Help Your Older Loved Ones

For older adults, maintaining independence often means being able to move safely through the home without fear. But falls can threaten that independence. One in four older Americans experiences a fall each year, and it's a leading cause of serious injury among older adults.

After a fall, an older adult may become afraid of falling again. That fear can cause them to avoid experiencing life and, over time, becoming less active can lead to weaker muscles, poorer balance and a greater risk of falling.

These practical steps to reduce many of the risks:

Start with a conversation

Ask whether your loved one has noticed changes in balance, walking, or confidence. Make the discussion supportive rather than demanding, reassuring them that safety helps preserve independence. If they have fallen, experienced dizziness, or feel unsteady, encourage them to speak with their health care provider. A professional evaluation can identify risks and recommend appropriate treatment, exercise, or community programs.

Keep vision and lighting in mind

Good vision is essential for navigating safely. Make sure your loved one's eyeglass prescription is current and that they are wearing their glasses as recommended. Lighting is equally important. Hallways, stairways, bathrooms, and entrances should be well illuminated. A bedside lamp or easily accessible light can help prevent nighttime falls. A vision specialist may be able to recommend strategies and equipment to make everyday activities safer.



Look for changes in walking and balance

Sometimes the earliest warning signs of fall risk are visible in the way someone moves. Does your loved one hold onto furniture or walls while walking? Do they shuffle their feet or appear unsteady when turning? These changes should not simply be dismissed as a normal part of aging. A physical therapist can evaluate and develop an exercise program designed around the person's abilities.

A therapist may also recommend a cane or walker. Proper fit and instruction are important because an incorrectly adjusted mobility aid can actually make a fall more likely.

Staying physically active is one of the best ways to support continued mobility and independence.

Review medications regularly

Medications can play an important role in fall prevention. Some prescription and over-the-counter medications can cause dizziness, drowsiness, confusion or changes in blood pressure.

Encourage your loved one to have their medications reviewed, particularly whenever a new prescription is added. Make sure their health care provider and pharmacist know about all prescription medications, over-the-counter products and supplements they take.

Pay particular attention to products marketed as sleep aids. Some medications labeled "PM," including certain pain relievers, can cause drowsiness and affect balance. If sleep is a concern, encourage your loved one to discuss alternatives with a health care professional. Pill organizers, medication lists and automated reminders may also make managing medications easier.

Make the home safer

A home safety check can identify hazards before they cause a fall. Improve lighting, especially around stairs and hallways, and keep stairs clear with sturdy handrails. Add grab bars or a shower chair in the bathroom. Remove loose rugs, clutter, and cords, and keep frequently used items within easy reach to avoid climbing or stretching.

For additional assistance, an occupational therapist can provide a more comprehensive home assessment. Community programs can also help. Programs such as A Matter of Balance, Stepping On and Tai Chi are designed to help older adults improve balance, strength and confidence while learning strategies to prevent falls. Local Aging and Disability Resource Centers and Area Agencies on Aging can help families locate programs and services in their communities.

Finally, families may want to consider a medical alert system with fall detection, particularly for an older adult who lives alone. These systems can provide an added layer of security by helping connect someone to assistance when a fall occurs.

Fall prevention does not mean telling an older adult to stop doing the things they enjoy. It means identifying risks and making changes that allow them to continue doing those things safely. A conversation, medication review, vision appointment, exercise program or a few simple changes around the home can make a significant difference. The goal is not simply to prevent a fall—it is to help older adults maintain confidence, mobility and independence for as long as possible.



IF YOU OR SOMEONE YOU KNOW HAS A DISABILITY WISPACT IS HERE TO HELP PROVIDE MORE OPPORTUNITIES FOR A BETTER LIFE.

Our Special Needs Trusts help preserve the assets of people with disabilities without endangering their eligibility for public benefits.

LIVING BEYOND LIMITATIONS

Madison, WI
(608) 268-6006
wispect.org

adno=528240-01

Essential Questions to Ask Wispact Before Establishing a Trust

For individuals with disabilities and their families, a Special Needs Trust can be a powerful planning tool—preserving access to vital public benefits while improving long-term quality of life. In Wisconsin, Wispact is a nonprofit organization that administers pooled Special Needs Trusts. Before moving forward, however, it is important to understand how the trust will function in practice. Asking the right questions upfront can help ensure the trust aligns with your goals and expectations.

Here are three of the most important questions to ask Wispact before establishing a trust.

1. How Will This Trust Protect Public Benefits?

One of the primary reasons people choose Wispact is to preserve eligibility for means-tested benefits such as Medicaid and Supplemental Security Income (SSI). Before establishing a trust, ask for a clear explanation of how Wispact manages the trust to remain compliant with state and federal benefit rules.

Specifically, you should understand:

- Which expenses the trust can pay for without affecting benefits
- Which purchases or payments could jeopardize eligibility
- How Wispact reviews and approves distributions

This conversation helps set realistic expectations. While a Special Needs Trust can pay for many quality-of-life items that are for the sole benefit of the trust beneficiary—such as clothing, furniture, communication needs, enrichment, transportation, education, and personal supports—it is not designed to replace public benefits. Understanding these boundaries early can prevent frustration later.

2. What Are the Fees and Ongoing Administrative Responsibilities?

Trust administration involves costs, and transparency is essential. Ask Wispact for a detailed breakdown of all fees, including:

- Initial enrollment or setup fees
- Annual administrative fees
- Investment or trustee fees
- Any additional charges for special services

Because Wispact operates pooled trusts, management costs are lower than those associated with individually managed trusts.

It is also important to ask what administrative tasks Wispact handles versus what responsibilities remain with the beneficiary or family. Understanding who submits distribution requests,

manages documentation, and communicates with benefit agencies will clarify day-to-day expectations and help families plan accordingly.

3. How Flexible Is the Trust as Needs Change Over Time?

Disability-related needs rarely stay the same. A trust that works well today should still function effectively years—or decades—from now. Ask Wispact how the trust can adapt as circumstances change.

Key points to explore include:

- How easy it is to request distributions for new or unexpected needs
- How life transitions, such as housing changes or employment, are handled
- What happens if benefit rules or eligibility standards change

Wispact assigns a Beneficiary Specialist to each trust and understanding how that relationship works can provide reassurance that guidance will be available as needs evolve. The Wispact Specialist works with both the beneficiary of the trust and any advisors named to the trust such as family members or guardians.

Final Thoughts

Establishing a Special Needs Trust is a significant decision with long-term implications. By asking these three questions—about benefit protection, fees and administration, and long-term flexibility—you can enter the process with clarity and confidence.

Wispact can be a valuable partner for many Wisconsin families, but the best outcomes occur when trust creators are informed, prepared, and engaged from the start. For more information, see www.wispact.org.



Advertise online for as low as
\$150 for the year!
seniorreviewnewspapers.com

Independent Senior Living at its Best

*Where you
live life to the
fullest!*

Beautiful 1 & 2
Bedroom Apartment
Homes
652 to 1042 sq. ft.



Wesley Park Senior Apartments

2001 Wesley Avenue | Janesville | 608-758-3737



National Assisted Living Week is September 13-19 and acknowledges the importance of these facilities and the crucial role that they play in the lives of elderly people and people with disabilities. The week-long celebration recognizes everyone involved in assisted living facilities, including family members, residents, assisted living resident assistants, volunteers, and other staff.



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...

- 24-hour staff support
- Assistance with personal care
- Medication administration
- All meals and snacks
- Specialized activity programs
- Housekeeping
- 24-hour nurse available



Hearthstone Memory Care has a NEW Level Pricing Structure for 2026.


Hearthstone
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 | 262-473-8052



426 W. NORTH STREET, WHITEWATER
262.473.8052 | fairhaven.org



Things to Consider About Assisted Living

Weigh the advantages for your particular stage of life

By Carl A. Trapani, MA, MS, LPC, Chippewa Manor Campus Chaplain

It's no secret that neighbors in rural Wisconsin tend to know each other. They look after each other's interests and help each other through life's seasons. The best assisted living communities follow that tradition. They don't simply provide housing—they create neighborhoods where people know your name, notice when you're missing from dinner, celebrate birthdays, lend a helping hand, and remind you that you still belong. Their goal isn't just adding years to your life—it's adding life to those years.



If you ask ten seniors what they think about assisted living, you'll probably get eleven opinions. One person says, "I'd rather leave feet first than move out of my house." Another says, "I should have moved here five years ago!" The truth? Both may be right.

Choosing assisted living isn't about finding the perfect place—because no place is perfect. It's about deciding whether the advantages outweigh the disadvantages for your particular stage of life. Let's look honestly at both sides.

Many seniors don't realize how isolated they've become. It starts gradually. The children and neighbors move away. Driving becomes difficult. Friends pass away or relocate. Before long, an entire day may pass without speaking to another person. One survey found that about 40% of adults over age 45 report feeling lonely, and loneliness has been linked to poorer physical and emotional health. Something unexpected happens after moving into assisted living. Instead of eating dinner alone while watching television – you have someone to debate with whether the Packers or the Bears have the better quarterback.

You will eat better. Cooking for one person isn't much fun. Many seniors admit that dinner is often a peanut butter and jelly sandwich, cold cereal, or whatever is left in the refrigerator. In assisted living, meals are freshly prepared. Someone else shops, cooks, serves, and washes the dishes. Many residents enjoy meals because they become social occasions instead of chores.

Assisted living isn't a nursing home. Most residents are still independent but may need help with things like bathing, dressing, medications, or mobility. There's tremendous peace of mind in knowing that if something goes wrong, help isn't twenty miles away. It's down the hallway. Adult children are relieved of an invisible burden. "Did Mom remember her medicine?" "Has Dad fallen?" "Why isn't he answering the phone?" After a move, many families say the greatest gift isn't convenience. It's relief. Visits become visits again—not rescue missions.

Let's be honest. Assisted living has drawbacks. "This Isn't My House." Home isn't just a building. It's where birthdays happened. It's where grandchildren took their first steps. It's a garden where loving care went into every tomato, turnip or rose plant. It's where every scratch on the dining room table tells a story. Leaving that behind hurts. Even when the move is the right decision.

Quality assisted living isn't inexpensive. It costs real money.

Like everything else, rates have continued to rise in recent years. So before deciding to move, families should ask detailed questions about, medication fees, personal care, charges, transportation, laundry and level of care increases. Keeping in mind that the current prices will not be permanent.

Discovering that not every community is excellent - is perhaps the most important point.

Some assisted living communities are outstanding. Others struggle with communication, or consistency. So before you sign up – visit a place more than once. Visit at lunchtime. Visit on weekends. Talk to residents—not just the marketing director.

So...Who Should Consider Assisted Living? It may be a wise choice if:

- You're falling frequently.
- Cooking has become difficult.
- You're missing medications.
- The house has become overwhelming.
- You're lonely most days.
- You no longer can drive safely.
- Family caregivers are becoming exhausted.

Assisted living isn't about giving up. It's about choosing the place where you can live your best life. For some people, that's the family farmhouse. For others, it's an apartment where someone else shovels the snow while they enjoy coffee with friends. Sometimes moving doesn't mean life gets smaller. Sometimes it simply means life gets shared.

Carl Trapani, MA, MS, LPC serves as campus Chaplain at Chippewa Manor. He has more than 50 years of pastoral service and professional counseling experience. For more information please call (715) 723-4437 or email him at carl.trapani@chippewamanor.com.

AN IN DEPTH LIST OF QUESTIONS TO ASK WHEN CONDUCTING YOUR INTERVIEWS AT ASSISTED LIVING FACILITIES

BASICS

- Distance from loved ones?

TRAINING FOR STAFF

- Type of training for staff?
- Certifications required before hiring staff?
- Staff trained to handle refusal to bath, eat, drink fluids, etc.?

SAFETY

- Cameras on the hallways and doorways?
- How is community security?
- Secure buildings/grounds?

RATE

- Monthly rate for housing/care?
- What does the rate include?

THE FACILITY

- Private rooms?
- Memory care available?
- Are residents grouped by cognitive level?
- Ratio of staff to resident during day/night?
- Walking paths?

- How often are housekeeping and laundry provided?
- Meals in dining area or in-room?

MEDICAL ASSISTANCE

- Level of personal assistance?
- Policy for handling medical emergencies?
- Nurse on duty 24/7?
- Visiting physician?
- Medical services available?
- Each resident have individual care plan?

RESIDENT'S WELL-BEING

- Programs offered (exercise, PT, social activities)?
- Therapy (physical, pet, music?)
- Communication w/ family about residents' well-being?
- Transition residents from assisted living to memory care to skilled nursing?

OTHER

- Transportation
- Discharge policy

Jefferson Memory Care

A happier life for everyone...



*Celebrating 11 Years
of Exceptional Care*

NOW HIRING!



844-877-6702



@MemoryCarePartners



Virtual tour available at:
JeffersonMemoryCare.com

Online Resource Spotlight

This resource is for family caregivers of someone living with dementia.

Experts and provide free webinars several times per month. You can join by computer or phone.



CAREGIVER SOS



wellmedcharitablefoundation.org/caregiver-support/

How Assisted Living Can Enhance Quality of Life

By Shelley Krupa, Business Operations Coordinator at Jefferson Memory Care

As people age, their needs evolve, and sometimes living independently can become challenging. Assisted living facilities offer a blend of independence and support, ensuring that seniors can enjoy a higher quality of life. Here are several ways in which assisted living can significantly enhance the lives of residents.

Safety and Security

Assisted living facilities are designed with seniors in mind, featuring emergency call systems, handrails, non-slip flooring, and 24/7 staffing. For seniors prone to falls or medical emergencies, having immediate access to help can be life-saving. The constant presence of staff ensures that any health issues are promptly addressed, providing peace of mind for both residents and their families.

Professional Care and Support

Assisted living facilities offer professional care and support tailored to individual needs. This includes assistance with activities of daily living (ADLs) such as bathing, dressing, medication management, and meal preparation. For many seniors, managing these tasks independently can become increasingly difficult and stressful. Trained caregivers can provide personalized care plans with the appropriate level of support needed, allowing residents to maintain their dignity and independence.

Social Interaction and Community

Loneliness and social isolation are common issues among seniors, which can lead to depression and a decline in physical health. Assisted living communities foster a vibrant social environment with numerous opportunities for interaction. Residents can participate in organized activities, outings, and events that cater to a variety of interests. Communal dining areas encourage socialization during meals, helping residents form friendships and stay engaged. The sense of community and belonging that develops in assisted living can significantly improve mental and emotional health.

Nutritious Meals and Dining Experience

Maintaining a healthy diet is crucial for seniors, but it can be challenging to prepare nutritious meals consistently. Assisted living facilities provide balanced, dietitian-approved meals that cater to the dietary needs and preferences of residents. The communal dining experience not only ensures that residents receive proper nutrition but also promotes social interaction. Special dietary needs, such as low-sodium or diabetic-friendly options, are also accommodated, ensuring that each resident's health is prioritized.

Opportunities for Physical and Mental Stimulation

Assisted living communities offer a range of activities designed to promote physical and mental stimulation. Exercise classes, gardening, arts and crafts, and educational programs keep residents active and engaged. Physical activity is essential for maintaining mobility and overall health, while mental stimulation helps prevent cognitive decline.

Maintenance-Free Living

One of the significant advantages of assisted living is the maintenance-free lifestyle it offers. Residents no longer need to worry about household chores, home maintenance, or yard work. This freedom from daily responsibilities allows them to focus on enjoying their hobbies and interests. Housekeeping, laundry, and transportation services are also typically included.

Peace of Mind for Families

Knowing that a loved one is safe, well-cared-for, and enjoying life can provide immense peace of mind for families. Assisted living facilities keep families informed about their loved one's well-being and involve them in care plans and activities. This open communication ensures that families feel connected and reassured about their loved one's happiness and health.



Assisted living facilities offer a comprehensive approach to enhancing the quality of life for seniors. By providing a safe environment, professional care, social opportunities, nutritious meals, and a maintenance-free lifestyle, these communities help seniors live their golden years with dignity, joy, and fulfillment. For many families, choosing assisted living is a positive step toward ensuring their loved one's health, happiness, and well-being.

Come Home to Compassion and Care

**Milton and Beloit Senior Living Offer
Exceptional Amenities Delivered in a
Relaxed, Beautiful Setting**



Residents choose their personalized care services and activity to create their lifestyle of choice. Enjoy a visiting pet, planting flowers, listening to a music performance or taking a fitness class. For a slower pace, there are beautiful indoor and outdoor settings made just for unwinding.




MILTON
SENIOR LIVING




BELOIT
SENIOR LIVING
THE GARDENS

600 West Sunset Drive, Milton
miltonseniorliving.com
608.868.3000

2250 West Hart Road, Beloit
beloitseniorliving.com
608.312.2370



ASSISTED LIVING FACILITIES

Community Based Residential Facility (CBRF) CBRF's are staffed, group living arrangements that provide room, board, supervision and other supportive services to 5 or more unrelated adult residents. Typically, residents have either a private or shared sleeping room and bathroom, and share living and dining space with other residents of the facility. CBRFs are intended for people who cannot live independently, but are neither acutely ill nor need extensive amounts of skilled nursing care. Up to 3 hours of skilled nursing care per week may be provided. Unlimited amounts of supportive and personal care are provided. Facilities vary in size from 5 residents to over 100.

Residential Care Apartment Complex (RCAC) An RCAC is a place where five or more adults reside. Apartments must each have a lockable entrance and exit, a kitchen, including a stove (or microwave oven), and individual bathroom, sleeping and living areas. This living option provides no more than 28 hours per week of supportive services, personal assistance and skilled nursing services.

Adult Family Homes Adult Family Homes— where 3 or 4 adults who are not related to the operator reside and receive care, treatment or services that are above the level of room and board. May include up to 7 hours per week of nursing care per resident.

Source: Eau Claire ADRC

A Higher Standard of Care

Skilled nursing care, personal care
and companion care.

Receive a plan of care tailored around your
loved one's needs.



BrightStarCare®
A HIGHER STANDARD

2501 MORSE STREET | JANESVILLE **608-314-8501**

BRIGHTSTAR WI OPERATIONS LLC, DBA BRIGHTSTAR CARE OF JANESVILLE

BRIGHTSTARCARE.COM



*Where every day is active,
social, and full of life*



A VIBRANT
SENIOR
COMMUNITY

*Independence when you want it.
Assistance when you need it.*

Janesville

700 Myrtle Way

Janesville, WI 53545

(608) 530-5700



Learn More

OakParkPlace.com

The Hidden Blessings of Assisted Living!

By Dave Olson, Realtor®, SRES™ RE/MAX EXCEL

For you who know me, you know that my interest in helping Seniors with Real Estate began with my wife's personal passion for older people. My wife Candy has long had a heart for older folks, and that led her to pursue her master's degree in Gerontology which she completed with honors. Gerontology is the study of the biological, psychological, and social aspects of aging. She simply loves older people and chose to make her passion her life's work to serve people as they age. Her heart led her to a career serving people in the Assisted Living setting as their Activities Director at our local premier Assisted Living Center.

Through her work, I see firsthand the benefits of quality Assisted Living care. Assisted living is the right choice when people are high functioning, but may need help with managing medications, or may need a more structured environment with services and benefits available as needed. The provided care, meals, cleaning, nursing and caregiving are all wonderful benefits when the time is right to seek assistance in the day-to-day functions we all need.

While those functions are very important, I was surprised to learn how the more intangible benefits she personally helps provide bless the people she serves. As an Activity Director, her primary job is to help as many people as she can engage to have as much fun as she can provide. She takes her work very seriously and strives to provide the best possible full schedule of varied activities and events.

When done well, activities provided and the level of connection made with the residents truly set apart premier facilities from others. Quality activities reach the heart and soul and make life truly enriched.

The light bulb came on for me as I learned how people blossom when they "plug in" early on to the activities and social resources available to them at a high-quality Assisted Living. As a result of her work, I've seen people flourish in making new friends, develop enjoyable new activities and explore common interests, and personal interests too. "Plugged in" residents enjoy their days and look forward to the activity calendar each week. They remain more active and choose to gather socially. Residents often develop organic friendships as an unplanned benefit from participating in structured activities. Once they've connected personally, their lives are more enriched by new friends that live in community with them.

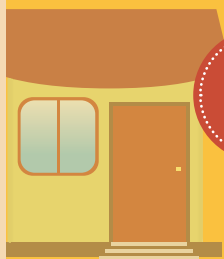


Community volunteers make a big difference at a well-managed Assisted Living. Just last week the local high school football team showed up on Friday for the Happy Hour music event! The boys were a big hit and brought smiles to a lot of faces. Church groups and choirs often come for the holidays and the effect they have on the hearts of those they come to serve is obvious.

A vibrant Assisted Living can certainly BLESS the hearts of the people they serve and make lives richer and happier along the way.

THE BIG DECISION ►

► LIVING AT HOME



Living Alone

11.3 million seniors live alone in their homes

A recent study shows loneliness increases the odds of dementia by **64%**

Unintentionally Unhealthy

Some major concerns among families with seniors living at home are malnutrition & missing meds.

Cooking healthy meals consistently is a major issue for those **OVER 65**

Struggles w/Daily Tasks

For those 65+ falls are the most common reason for hospital trauma admissions and cause of injuries resulting in death.

1 in 3 adults over 65 fall each year

Impact on Family

It can be difficult to take care of elderly parents & juggle other parts of life.

55% of seniors living at home alone said they felt too afraid to walk outside at night.

Recreational Activities

Social interaction, activities, and hobbies are significant factors in a person's quality of life

94% of assisted living residents say they are happy with their overall quality of life

Support Healthy Living

Assisted living offers easy access to nutritious food and can help with daily living tasks like medication management.

90% of assisted living residents say they are satisfied with overall quality of care

Daily Task Help

Assisted Living communities provide support w/daily living tasks.

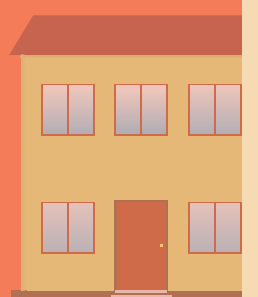
93% of assisted living residents say they are satisfied w/the level of personal attention paid by staff

► ASSISTED LIVING

Family's Peace of Mind

Assisted Living communities provide safety

99% of assisted living residents report feeling completely safe.



Competitively Priced Assisted Living



- ✓ All Inclusive Pricing
- ✓ Open Visiting Hours
- ✓ Live Entertainment and Day Trips
- ✓ Apartments Include Bedroom, Living Space and Kitchenette
- ✓ Beauty Salon, Activity Room, Game Room
- ✓ Meal Time Choices - Multiple Menu Selections
- ✓ Courtyards Featuring Waterfalls

Now is the perfect time to learn more.

Call 608.365.7222 for a tour.

3055 S. Riverside Drive, Beloit, WI



Assisted living for the way you want to live.

- ✓ All Inclusive Pricing
- ✓ Open Visiting Hours
- ✓ Live Entertainment and Day Trips
- ✓ Apartments Include Bedroom, Living Space and Kitchenette
- ✓ Access to NorthPointe Wellness and Pools
- ✓ Meal Time Choices - Multiple Menu Selections
- ✓ Beautiful Walking Trails

Call 815.525.4800 for a tour.

5601 E. Rockton Road, Roscoe, IL

