Beware: 8 Red-Hot Frauds

Submitted by: Nikki Brennum, Social Worker

In their never-ending pursuit of your money and identity, criminals are constantly coming up with new cons. Here’s a closer look at eight relatively new types of scams that are becoming more common, along with expert advice on avoiding them. Check out the list of today’s hottest emerging frauds.

1. Google Voice Scam

Let’s say you’ve posted a notice online—an item for sale, for example, or a plea to find a lost pet—and included your phone number. In this scam the crook will call you, feign interest, but say they want to verify first that you aren’t a scammer. They tell you that you are about to get a verification code from Google Voice (their virtual phone and text service) sent to you, and ask you to read it back. What’s really going on? They are setting up a Google Voice account in your name. “They can go online to request personal info and money up front for a scammer,” Nikki Brennum says. Find programs in your area at cfpb.gov.

2. Fake-Job Frauds

Scammers harvest contact info and personal details from résumés posted on legit job websites like Indeed, Monster and CareerBuilder. Then, pretending to be recruiters, they call, email, text or reach out on social media with high-salary or work-at-home job offers. Sometimes the goal is to get additional info about you; other times it’s to persuade you to send money for bogus home-office setups or fake fees.

How to stay safe: Use a separate email address just for job hunting, and set up a free Google Voice phone number that rings on your phone but keeps your real number private, says Alex Hamerstone, advisory solutions director for the information security company TrustedSec. If you get a sudden job offer, independently call the company’s human resources department to verify it is real, suggests Sandra Guile, spokeswoman for the Association of Better Business Bureaus. Those ATMs cropping up in convenience stores, gas stations and big retailers are scammers’ newest payment method. Pretending to be government officials, utility agents or sweepstakes promoters, they direct you to pay a purported fee, bill or handling charge by sending cryptocurrency bought at these ATMs to an untraceable digital wallet. “It’s irreversible. There’s no way to get your money back,” says Lisa Cialino, an attorney with the New Jersey State Commission of Investigation.

3. Amazon Employees

One-third of business-impostor fraud complaints involve scammers claiming they’re from Amazon, the Federal Trade Commission (FTC) reports. Older adults are four times more likely to lose money and get hit harder—losing a median of $1,500, versus $814 for younger adults—in such scams. “Amazon is the biggest, best-known company in the (online sales) space,” Hamerstone says. So the impersonator scams “feel real” to people.

4. Cryptocurrency ATM Payments

Scammers are increasingly demanding payment via money-transfer apps like Venmo, Zelle and Cash App. It’s so convenient—you pay in seconds from your phone or computer. But these payments usually cannot be canceled.

5. ‘Favor for a Friend’ Gift Cards

You receive an email from a friend asking for a quick favor. She’s having trouble with a credit card or store account and, annoyingly, can’t buy a gift card she needs for a birthday present. Will you buy the card and call her with the numbers on the back? She’ll pay you back. But this favor’s really a fraud, as it’s almost always an impostor sending the request, the Better Business Bureau (BBB) warns. If you do as told, you’ll never see the money again because gift cards don’t have the protections that debit and credit cards have.

6. Local Tax Impostors

Scammers are impersonating state, county and municipal law enforcement and tax collection agencies to get you to share sensitive personal information or send money to “settle your tax debt.” They may call, email or mail letters threatening to revoke your driver’s license or passport. Some pretend to offer state tax relief.

How to stay safe: Ignore any such calls and emails. Real tax agencies, from the IRS to your town tax collector, do business by mail and won’t ask you for passwords or bank account or credit card info. They also won’t threaten to call the police or ask you to pay with gift cards, peer-to-peer (P2P) payment apps or cryptocurrency.

7. Senior Farmers’ Market Vouchers

Scammers harvest contact info and personal details from résumés posted on legit job websites like Indeed, Monster and CareerBuilder. Then, pretending to be recruiters, they call, email, text or reach out on social media with high-salary or work-at-home job offers. Sometimes the goal is to get additional info about you; other times it’s to persuade you to send money for bogus home-office setups or fake fees.

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How to stay safe: According to the FTC, “nobody from the government, law enforcement, a utility company or prize promoter will ever tell you to pay them with cryptocurrency. If someone does, it’s a scam, every time.”

8. P2P Payment Requests

Scammers are increasingly demanding payment via money-transfer apps like Venmo, Zelle and Cash App. It’s so convenient—you pay in seconds from your phone or computer. But these payments usually cannot be canceled.

How to stay safe: Only use P2P apps to send money to friends and family. And turn on the security-lock feature that requires entering a passcode to make a payment.
Recognizing Feelings of Caregiver Guilt

Guilt is a common feeling experienced by family caregivers. Some of the thoughts caregivers might have include:

- I could have done more to prevent my loved one from getting sick.
- I should spend more time with my loved one.
- Sometimes I get impatient with my loved one, I shouldn’t feel that way.
- My loved one fell at home, and it’s all my fault.

Is Guilt Helpful or Harmful?

Guilt is not always a bad thing. Sometimes, it can lead us to make helpful changes to the way we act. For instance, if you get in a big argument, guilt might motivate you to apologize and repair the relationship. In these cases, you should take responsibility and forgive yourself.

Forgiving yourself is a key step in being able to move on from guilt. To do this, it is helpful to remember that you are human, and humans are not perfect. Remind yourself that everyone makes mistakes.

If guilt tries to motivate you to change a situation that can’t be changed, then it can be harmful. If you don’t address guilt, it can impact your relationships with the people around you.

Three Steps to Address Caregiver Guilt

1. Look at your situation from a different angle.
   If you are experiencing caregiver guilt, it is helpful to look at your situation from different angles. Try asking yourself the following questions:
   - What are the facts? Just because we feel guilty, doesn’t mean that a situation can be changed.
   - What is realistic for your situation? If you are trying to do too much, you may be setting yourself up to feel guilty.
   - Did I make the best decision with the information I had at that time? You can only make decisions based on what you know in the present. When thinking about past decisions, the best choice can seem more obvious. Remember that you couldn’t have predicted the future, and be kind to yourself.

2. Talk to Family and Friends
   This is a very important step! Consider reaching out to family and friends for support when you are experiencing caregiver guilt to talk about how you are feeling. Social connections are important for maintaining your wellbeing. You can also talk about guilt with other caregivers at a caregiver support group.

3. Set a Realistic Goal for Caregiving
   If you frequently experience caregiver guilt, you should write down your definition of what realistic caregiving looks like for you. This will help remind you of what is possible for your situation and will give you realistic goals to aim for.

   When you are writing your definition, here are some things to think about:
   - What are your limits? You may not be able to meet every caregiving demand while balancing your health, work, and life. How much time and how often can you realistically provide support?
   - What are your caregiving priorities? Some tasks are essential, and some are nice to do. You can write down everything you do or want to do and then circle the most important ones.
   - What tasks are most important for you to do with your loved one? It may be better for you to spend time reminiscing with your loved one, or playing checkers, and let someone else run errands or make meals. Connect with your extended support system and see if anyone is available to assist.
   - Can you care for your loved one in other ways? If you can’t provide hands-on care, perhaps you can help pay for flowers or give them a call.

   If you are a caregiver, call the ADRC at (608) 930-9835 to learn about resources that can help you help the ones you love.

Caregiver Guilt, 2019 Truarta

Health Promotion Programs

**August**

- **Sip & Swipe:**
  - August 16, 18, 23, 25
  - Tuesdays and Thursdays, Monroe, Green County

**September**

- **Walk with Ease:**
  - September 6-October 14
  - 3 times/week for 10-40 minutes, self-directed, anytime/anywhere, Green County
- **Stepping On:**
  - September 8-October 20
  - Thursdays, 11:30 a.m. to 1:30 p.m., TBD, Iowa County
- **Mind Over Matter:**
  - September 14, September 28 & October 12
  - Wednesdays, 9:30 to 11:30 a.m., TBD, Iowa County

*Please note dates, times and locations of classes are subject to change at any time.*

Interested in a virtual program, check out www.wihealthysaging.org/workshops “Statewide Online Workshops”
Sneak Peek at Dementia Educational Programming in September

Virtual Book Club
“Mom’s Gone Missing”
When A Parent’s Changing Life Upends Yours.
The book club will begin on Thursday, September 15 from 11:00 a.m. to Noon via Zoom for 5 sessions. As described on the author’s website, “Mom’s Gone Missing” is not a how-to book. It’s a here’s-what-unfolded book, a story of a daughter’s experience with a father’s decade-long Alzheimer’s journey and a mother’s lightning fast dementia decline and both of their deaths.
The narrative includes sibling tensions, a bewildering array of healthcare, financial and legal decisions, reconciliation of lifelong hurts, and the emotional tsunami that surges through all.
Renowned speaker Karen Stobbe comes to Southwest Wisconsin.

VIRTUAL BOOK CLUB
THURSDAYS
SEPT. 15 - OCT. 13
11:00 A.M. TO NOON
5 SESSIONS

Karen and her husband Monds will be presenting across the four counties (Grant, Green, Iowa and Lafayette) of the ADRC of Southwest Wisconsin on September 8 and 9. The presentations are titled Caregiver Commandments and Changing Our Behavior. Locations and times are still being finalized. Karen was working as an actress, director, writer and instructor of theatre when her Dad, Manfred, was diagnosed with Alzheimer’s disease. Her life has taken on a new focus and new meaning in combining the knowledge of her two worlds into one life work.
Karen was the co-writer of all the scripts and content for the Hand in Hand Training Toolkit produced by CMS and distributed to every nursing home in the country. She has also worked on curriculum for the National Alzheimer’s Association as well as the Eden Alternative.
Karen has presented over 700 workshops, keynotes and performances. She has been the keynote or session presenter at many of the Wisconsin Alzheimer’s Association State Conferences. She has written a book, has a training DVD, been on NPR’s This American Life and recently presented at the International TED MED Conference.
For more information on either of these programs, please contact Bonnie Beam-Stratz, Dementia Care Specialist, at (608) 324-3600 or email bbeam@gchsd.org.

Join Us
Living with Dementia: Moderate Stage

"Help me better prepare for what lies ahead."

In the United States alone, more than 6 million individuals are living with Alzheimer’s or some type of dementia, such as Lewy body, Vascular, Frontotemporal or Huntington’s. Join us for a three-part class with topics that include:
• Understanding symptoms and care needs
• Understanding changing relationships
• Learning ways to maximize safety
• Preparing for emergencies
• Learning how to get respite care

Program will take place in:
Health & Human Services Center, Community Room
303 W. Chapel Street, Dodgeville, WI 53533

Join us for this free program in partnership with:

ADRC of Southwest Wisconsin
Elderly Services | Adult Disability Services | Benefits

Designed for a general audience (those living with dementia, caregivers, interested community members, neighbors and friends) to learn about the moderate stage of Alzheimer’s.

www.alz.org/wi
24/7 Helpline 800.272.3900
Hablamos Español 414.431.8811

www.iowacounty.org • 1-800-514-0066 — 3 —

July 2022 - Iowa County News & Views
Senior Dining and Meals on Wheels

Greetings from S.U.N.

Welcome summer! A big part of summer is grilling out. SUN will again be doing a cookout with grilled steaks and the rest of a great summer meal, on Thursday, July 28 at all sites. Steaks are supplied by Avon Locker in Darlington; so, supplies are good and cost for the steaks is the same as last year! That is very welcome, as food costs are rising on almost everything these days. Call your local site and make a reservation, at the least day before but preferably earlier, so they can plan. We want to see you there.

We do the cookout in July, as that is National Beef Month. I recently attended a diabetes symposium, where an organization called Protein PACT hosted a session, which also included NAMI, North American Meat Institute, and the Beef Checkoff. Meat is the only to Plants’ say. Many plant foods such as beans, beans and lentils are rich in iron, which the body needs to stay strong, healthy and energetic. But meat, poultry and fish contain iron, the easiest for your body to absorb and use. The good news is that eating meat with plant foods helps the body absorb more of the non-iron in vegetables and other plant foods.

And that’s because important iron deficiency anemia is the number one nutrition deficiency in North America. Meat and vegetables or beans paired together make a great nutrition team.

The Protein PACT encompasses the Meat Institute’s sustainability framework, as well as a sector-wide partnership to unite and amplify sustainability efforts and strengthen consumer trust across meat, poultry, dairy and eggs. The Meat Institute and its partners articulate a compelling case for choosing lean meat with lower vehicle values with real-world values and expectations from consumers, customers, investors and policymakers.

• Americans want to keep eating meat, poultry, dairy and eggs. The good news is that eating meat with plant foods helps the body absorb more of the non-iron in vegetables and other plant foods.

• Regulars and policy makers face steep challenges in achieving health, safety and sustainable development goals and frequently look to commercial action for action.

Through the Protein PACT, partners will advance a vision for 2030 in five key focus areas: Animal Welfare, Food Safety, Health & Wellness, Labor & Human Rights, and the Environment. Each partner’s continuous improvement and verify progress. One example is in the area of animal care by 2025, 100% of NAMI members who handle livestock and poultry to pass third-party animal transport and handling audits. In the area of Health & Wellness, by 2025, working with USDA and Feeding America, they will measure and help fill the protein gap to ensure families in need, and others, have enough high-quality protein to meet U.S. dietary guidelines.

Throughout several conferences over the last few years, and at this symposium, professional forward eating plans are discussed and recommended – a lot. There is much to be said for that. However, we can see that meat and other animal protein sources offer a diet of high-quality protein. And the producers are doing it responsibly and sustainably, while making it affordable and affordable. That’s great for all of us that love meat, but seek a balance in our diets of plant and animal protein. Come enjoy a steak with us on July 28!

Who Do We Need? Individuals committed to driving adults age 60 and older plus disabled individuals to non-emergency medical appointments.

What Do We Need? Volunteers who enjoy helping people stay independent.

Volunteers must be 18 and older with a valid driver’s license.

How Does This Program Work?

Rides are scheduled to pick riders up at their homes, take them to their non-emergency medical appointment, and return them home.

Volunteers use their own vehicles with mileage reimbursement.

Who Should I Contact If I Am Interested?

Contact the Aging & Disability Resource Center for information.

**PHONE** (608) 930-9835

303 W. Chapel St., Suite 1300; Dodgeville, WI

AVOCO: Home Delivery Only, Monday, Wednesday and Friday. Call (608) 350-5945.

DODGEVILLE: Hidden Valley Church. Contact the S.U.N. office at the Health & Human Services Center, 303 W. Chapel Street. Call (608) 523-4237. Find us in the Yellow Pages.

HIGHLAND: Home Delivery Only. Call (608) 574-6690.

LINDEN: Also serving CORD. Call Emily at (608) 623-2800 or 943-8398.

MINERAL POINT: Home Delivery ONLY. Call (608) 350-8985.

Meals provided by UPL-Flatville.

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Who Is Interested?

Individuals interested in volunteering who contact the agency will be scheduled through the ADRC office. Volunteers are scheduled to pick riders up at their homes, take them to their non-emergency medical appointment, and return them home. Volunteers use their own vehicles with mileage reimbursement.

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Seeking volunteers to assist with transportation for people aged 60 and older with disabilities who are unable to drive to non-emergency medical appointments.

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**JULY 2022**

**MEALS**

Suggested Donations: $15.50 Congregate and $16.00 Home Delivery

**VOLUNTEER DRIVERS NEEDED**

SUNers United for Nutrition

SUNers United for Nutrition (SUN, also known as “Meals on Wheels”) has an urgent need for volunteers to serve in Dodgeville, Ridgeway, and Barneveld areas.

Hours are approximately 10:30 a.m.-12:30 p.m. Pick one day or several! Meals are picked up at Hidden Valley Community Church on Bennett Road, Dodgeville.

Call SUN at (608) 930-9845 or stop by the SUN office at the Health & Human Services Center, 303 W. Chapel Street, Dodgeville.

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**JULY ACTIVITIES**

**ARENA**

No time at this time.

**LINDEN**

No time at this time.

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**DODGEVILLE**

Monday - Thursday 10:00 a.m.

Coffee at 10:00 a.m. Call (608) 774-6930 for more information.

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**RECOMMENDED MEALS**

**MONDAY**

Italian Sausage on a Hard Roll w/Peppers, Onions & Sauce

Black Bean Salad

Black Forest Cake w/Chocolate Sauce

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**TUESDAY**

Mostaccioli

Over Egg Noodles

Mashed Beets

Cabbage Cheese

Mini Mandarin Pineapple w/Pineapple Sauce

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**WEDNESDAY**

Italian Sausage on a Hard Roll w/Peppers, Onions & Sauce

Black Bean Salad

Black Forest Cake w/Chocolate Sauce

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**THURSDAY**

Swedish Meatballs in Brown Gravy

Mashed Potatoes

Stewed Tomatoes

Pineapple Tidbits

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**FRIDAY**

Swedish Meatballs in Brown Gravy

Mashed Potatoes

Stewed Tomatoes

Pineapple Tidbits

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**JULY ACTIVITIES**

**ARENA**

Meals Cooked On Site at Arena Manor. Serving at 11:30 a.m. Call Candy at (608) 341-6851.

**HOLLANDALE**

Meals provided by Viking Café in Blanchardville. Call (608) 523-4237.
The Impact of Dementia-Related Illnesses on Intimacy and Sexuality

During this educational session, the audience will be invited to look at some of the basic changes that occur as various types of dementia progress. Lynda Markut, LCSW, will explain how expressions of intimacy and sexuality change throughout this process. Audience members will also learn how many couples have dealt with these changes and the strategies they have used to cope. The presentation will identify that the changes are hard for both the person living with dementia and the care partner. The program will be offered in-person on Friday, July 22 from 10:30 to 11:30 a.m. at the ADRC of Green County in the Multipurpose room. It is free and open to the public. To register for the session or obtain additional information, please contact Bonnie at (608) 324-3600 or bbeam@gcbsd.org.

Red, White and Blueberry Salad

1 pint strawberries, hulled and quartered
1 pint blueberries
2 tablespoons lemon juice
¾ cup white sugar
4 bananas

Mix the strawberries and blueberries together in a bowl, sprinkle with sugar and lemon juice, and toss lightly. Refrigerate until cold, at least 30 minutes. About 30 minutes before serving, cut the bananas into ¾ inch thick slices, and toss with the berries.

Original recipe yields 8 servings.

The Affordable Connectivity Program Can Help SSI Recipients Get Internet Access

Internet access is now necessary for work, school, healthcare, and more. However, for many households, it remains unaffordable. The Federal Communications Commission (FCC) wants everyone to access reasonably priced internet services. They recently launched a new program to reduce the cost of getting online.

The Affordable Connectivity Program (ACP) provides a discount of up to:

- $30 per month toward internet service for eligible households.
- Eligible households can also receive a one-time discount of up to $100 toward purchasing a laptop, desktop computer, or tablet from participating providers. To qualify for this one-time discount, households must contribute more than $10 and less than $50 toward the purchase price.

The Affordable Connectivity Program is limited to one monthly service discount and one device discount per household.

Who Is Eligible for the Affordable Connectivity Program?

A household is eligible for the Affordable Connectivity Program if the household income is at or below 200% of the Federal Poverty Guidelines, or if a member of the household meets at least one of the criteria below:

- Received a Federal Pell Grant during the current award year;
- Meets the eligibility criteria for a participating provider’s existing low-income internet program;
- Participates in one of these assistance programs:
  - The National School Lunch Program or the School Breakfast Program, including through the USDA Community Eligibility Provision;
  - SNAP
  - Medicaid
  - Federal Public Housing Assistance
  - Supplemental Security Income (SSI)
  - WIC
  - Veterans Pension or Survivor Benefits
  - or Lifeline;

You can also learn more about applying for ACP on Social Securitys blog: The Affordable Connectivity Program Can Help SSI Recipients Get Internet Access Social Security Matters (ssa.gov).

NATIONAL CENTER ON ELDER ABUSE

Signs of Elder Abuse

Elder abuse can include neglect, physical, emotional, financial or sexual abuse. It is up to all of us to prevent and report suspected abuse. Here are some signs of elder abuse that everyone should know.

Emotional & Behavioral Signs
- Unusual changes in behavior or sleep
- Fear or anxiety
- Isolated or not responsive
- Sadness

Physical Signs
- Broken bones, bruises, and welts
- Cuts, sores or burns
- Tom, stung or bloody underwear
- Sexually transmitted diseases without clear explanation
- Delirium, poor nutrition or dehydration
- Poor living conditions
- Missing daily living aids (glasses, walker, and medications)

Financial Signs
- Unusual changes in bank account or money management
- Unusual or quick changes in a will or other financial documents
- Fake signatures on financial documents
- Unpaid bills

REPORTING ABUSE

Programs such as Adult Protective Services (APS) and the Long-Term Care Ombudsmen are here to help. For reporting numbers, contact Eldercare Locator at 1-800-677-1116 (www.eldercare.acl.gov). For more details.

Who Is Eligible for the Affordable Connectivity Program

- Individuals will be trained to lead various prevention programs to small groups in Iowa County.
- Classes may be in-person or virtual.
- All programs are scheduled in advance through the ADRC.
- A valid driver’s license, proof of insurance, and a good driving record may be required.

Contact the ADRC for more details.

Phone: 608-930-9835

The ADRC offers wellness and prevention programs as an opportunity for older people and people with disabilities to receive the education and support needed to live healthy and independent lives.

- Individuals will be trained to lead various prevention programs to small groups in Iowa County.
- Classes may be in-person or virtual.
- All programs are scheduled in advance through the ADRC.
- A valid driver’s license, proof of insurance, and a good driving record may be required.

Rtendees Make It Happen!
1. Brighten Your Outlook
People who are emotionally well, experts say, have fewer negative emotions and are able to bounce back from difficulties faster. This quality is called resilience. Another sign of emotional wellness is being able to hold onto positive emotions longer and appreciate the good times.

To develop a more positive mindset:
• Remember your good deeds. Give yourself credit for the good things you do for others.
• Forgive yourself. Everyone makes mistakes. Learn from what went wrong, but don’t dwell on it.
• Practice gratitude. Create positive emotions by being thankful every day. Write down what you’re grateful for.
• Spend more time with your friends. Surround yourself with positive, healthy people.
• Explore your beliefs about the meaning and purpose of life. Think about how to guide your life by the principles that are important to you.
• Develop healthy physical habits. Healthy eating, physical activity, and regular sleep can improve your physical and mental health.

2. Reduce Stress
Everyone feels stressed from time to time. Stress can give you a rush of energy when it’s needed most. But if stress lasts a long time—a condition known as chronic stress—those “high-alert” changes become harmful rather than helpful. Learning healthy ways to cope with stress can also boost your resilience.

To help manage stress:
• Get enough sleep. Adults need 7 or more hours each night, school-age kids need 9-12 and teens need 8-10.
• Exercise regularly. Just 30 minutes a day of walking can boost mood and reduce stress.
• Build a social support network.
• Set priorities. Decide what must get done and what can wait. Say no to new tasks if you feel they’re too much.
• Show compassion for yourself. Note what you’ve accomplished at the end of the day, not what you didn’t.
• Schedule regular times for a relaxing activity that uses mindfulness/breathing exercises, like yoga or tai chi.
• Seek help. Talk to a mental health professional if you feel unable to cope, have suicidal thoughts, or use drugs or alcohol to cope.

3. Get Quality Sleep
To fit in everything we want to do in our day, we often sacrifice sleep. But sleep affects both mental and physical health. It’s vital to your wellbeing. When you’re tired, you can’t function at your best. Sleep helps you think more clearly, have quicker reflexes and focus better. Take steps to make sure you regularly get a good night’s sleep.

To get better quality sleep:
• Go to bed the same time each night and wake up the same time each morning.
• Sleep in a dark, quiet, comfortable environment.
• Exercise daily (but not right before bedtime).
• Limit the use of electronics before bed.
• Relax before bedtime. Try a warm bath or reading.
• Avoid alcohol and large meals before bedtime.
• Avoid stimulants like nicotine and caffeine.
• Consult a health care professional if you have ongoing sleep problems.

4. Strengthen Social Connections
Social connections might help protect health and lengthen life. Scientists are finding that our links to others can have powerful effects on our health—both emotionally and physically. Whether with romantic partners, family, friends, neighbors, or others, social connections can influence our biology and well-being.

To build health support systems:
• Build strong relationships with your kids.
• Get active and share good habits with family and friends.
• If you’re a family caregiver, ask for help from others.
• Join a group focused on a favorite hobby, such as reading, hiking or painting.
• Take a class to learn something new.
• Volunteer for things you care about in your community.
• Travel to different places and meet new people.

5. Cope with Loss
When someone you love dies, your world changes. There is no right or wrong way to mourn. Although the death of a loved one can feel overwhelming, most people can make it through the grieving process with the support of family and friends. Learn healthy ways to help you through difficult times.

To help cope with loss:
• Take care of yourself. Try to eat right, exercise, and get enough sleep. Avoid bad habits—like smoking or drinking alcohol— that can put your health at risk.
• Talking to caring friends. Let others know when you want to talk.

• Find a grief support group. It might help to talk with others who are also grieving.
• Don’t make major changes right away. Wait a while before making changes like moving or changing jobs.
• Talk to your doctor if you’re having trouble with everyday activities.
• Be patient. Mourning takes time. It’s common to have roller-coaster emotions for a while.

6. Be Mindful
The concept of mindfulness is simple. This ancient practice is about being completely aware of what’s happening in the present—of all that’s going on inside and all that’s happening around you. It means not living your life on “autopilot.” Becoming a more mindful person requires commitment and practice. Here are some things to help you get started.

To be more mindful:
• Take some deep breaths in through your nose to a count of 4, hold for 1 second and then exhale through the mouth to a count of 5. Repeat often.
• Enjoy a stroll, notice the sights around you.
• Practice mindful eating. Be aware of each bite and when you’re full.
• Be aware of your body. Do a mental scan, bring your attention to how each part feels.
• Find mindfulness resources, including online programs.

If you would like a hard copy of the checklist, contact an ADRC Specialist to schedule a time to pick up your toolkit.

Please continue to send in your questions. ADRC Specialists help provide information and assistance regarding local services and resources that match your needs. Services are free and confidential. If you have a question that you would like answered in the News and Views, feel free to send in a letter addressed to:

News and Views Q & A
303 W. Chapel Street, Suite 1300
Dodgeville, WI 53533

Emotional Wellness Toolkit, National Institutes of Health (NIH)
Senior Farmers’ Market Vouchers

Farmers Markets are an easy, convenient way to buy local. These products are fresh, wholesome fruits, vegetables, herbs, and seeds, grown and produced from Wisconsin farms. Wisconsin Farmers Markets are a unique place that brings together local farmers, artisans, and communities.

Starting June 1, your local ADRC will have Senior Farmers’ Market Nutrition Vouchers available (while supplies last). This benefit provides each household $25 worth of vouchers in $5 increments.

You must meet the below requirements to be eligible for the SFMNP:
• Must be 60 years of age or older or are 55 years or older and identify as Native American
• An Iowa County Resident
• Household Income is at or below 185% of the federal poverty guideline (example: household of 1 = $2,096 a month or less)

Vouchers are accepted at local Farmer’s Markets and roadside stands statewide. Look for the yellow or blue Senior Farmers’ Market Sign posted at the vendor’s site to know they participate in the program.

A proxy may be used to get your vouchers and your produce. If you have questions about the program, please contact the ADRC at (608) 930-9835.

Boost Your Brain & Memory

7 week, multi-faceted, whole person program offering a unique approach to brain fitness. Instructor led, each of the sessions includes informational video segments, followed by group discussion and activities.

Wednesday; June 29th – August 10th, 2022
2:00—4:00pm FREE

This class will be in person at the ADRC of Grant County, 8820 Hwy 35/61/81 Suite 1500, Lancaster, WI
REGISTER EARLY—SPACE IS LIMITED

To register please call the ADRC of SW Wisconsin at: 608-324-3600 or email bbeam@gchsdc.org.

Medicare Made Clear

THURSDAY, JULY 14
AT 10:15 A.M.
MINERAL POINT PUBLIC LIBRARY
137 HIGH STREET, MINERAL POINT

RSVP by calling (608) 930-9835 or email adrc@iowacounty.org

Whether you are new to Medicare, need a refresher, are a caregiver, or would just like to know more—this Medicare 101 session may be just right for you.

It will cover the A, B, C and D’s of Medicare (Advantage, Medicare Supplements, and Rx Drug Coverage).

Free and Open to the Public.

Dodgeville Farmers Market
Saturdays 8:00 to 11:30 am
Mid May - October Frost
Dodgeville Methodist Church Parking Lot

 Locally Grown Produce & Products for over 50 Years!

PARKING OFF OF UNION & EAST CHAPEL STREET
SENIOR & WIC VOUCHERS ACCEPTED

** OFFERING DOUBLE UP TO WIC & SENIOR VOUCHERS **