

The Source



June 2025



A free publication of the Department of Aging and Disability Services, 380 S. Townline Road, Wautoma, WI 54982

Dining Centers will Regionalize this Summer

Waushara County's senior dining centers will be testing out a new regionalized structure during the summer months to address underutilization as well as program cost efficiencies. The pilot begins on Monday, June 2.

"A lot of ideas were brought up during the Dining Center Forum held at the end of March," shared Debbie Paavola, ADRC Director. "The idea of consolidation makes a lot of sense so that those who enjoy and benefit from group dining may continue to do so."

A plan where all eight dining centers can remain open for at least one day a week, supplemented by a commitment to providing transportation to other dining locations within four separate regions of the county is the basis for the proposed reorganization. This structure will be tested through September, and another opportunity will be held for participants to provide feedback before changing the schedule permanently.



"It was very important to find a way to maintain five day per week access to a dining location in the north, south, east, and west areas of the county because we understand the benefits of the program," said Paavola. "We have now repackaged the program to include North Point Dining, Central Dining, Westside Dining, and dining at the Poy Sippi Center."

In addition to piloting a regionalized approach, a new concept being referred to as PSC-60 dining has been incorporated into the summer schedule. PSC-60 will allow for open hours, on-site fresh baking or cooking, even outdoor grilling, and more! PSC-60 dining hours begin on June 24 and continue each Tuesday at the Poy Sippi Center through August 26. Guests are invited to stop by the PSC anytime between the hours of 11am-1pm to enjoy a fresh, summer salad and a relaxing environment.

PSC-60 or WC-60 Pop Up events will also take place on occasional Fridays at the Poy Sippi Center or in Wautoma. The first one in Poy Sippi will be a BBQ with freshly made burgers on the grill, scheduled for the first day of summer, June 20.

"It has been heart-warming to see the participants and community at large share ideas and offer solutions in the interest of maintaining and becoming a stronger program," says Paavola. "No one likes change, but at times it becomes necessary. We appreciate that our participants understand and are willing to work with us through this process."

Paavola and Valerie Ladwig, RDN,CD, will be visiting each dining location during the first two weeks of June to help people better understand the summer plan. For now, see pages 6-9 for more information.



Keeping Legislators Updated

Valerie Ladwig, Della Alvarez, Mary Mlodzik, and Marianna Larson participated in this year's Aging Advocacy Day along with 250 other Wisconsin advocates on May 13 in Madison. All four had the opportunity to meet with staff members who work for Senator Rachael Cabral-Guevara, District 19 and Representative Kevin Petersen, 57th Assembly district.

The team of four discussed the importance of investing in ADRCs and increasing state funding support for home delivered meals so that wait lists are not implemented throughout the state. Other priority issues addressed during the day included supporting funds to help reduce falls for older adults, and supporting the direct care workforce.

"It was wonderful being in that atmosphere and having the opportunity to voice our concerns representatives," shared Mary Mlodzik, Transportation Coordinator. "I would recommend this event to everyone."

~ continued on page 5.

Join us for a Summer Watch Party on Aging Well

Aging is a natural part of life that everyone experiences, and we all want to age well — to be free of chronic diseases and sicknesses, to feel strong and independent. But what does it take to get there?

According to the Wisconsin Institute for Healthy Aging (WIHA), individual health may be broken up into different categories known as the eight dimensions of wellness. Those dimensions include physical health, emotional health, environmental health, financial health, intellectual health, occupational health, social health, and spiritual health. WIHA offers a series of virtual programs on these topics. The ADRC is inviting you to come and watch along with us. These summer watch parties will include small group discussions and light refreshments.

Join us at the Government Center, Classroom A, during the months of June, July, and August for "Aging Well - Learn What It Takes" virtual presentation series. June's watch party will focus on "Rest and Renewal: Sleep Health As We Age." Dr. Sophiya Benjamin will explore the sleep related changes that often occur with aging and evidence-based strategies that can lead to lasting sleep quality. See page 2 for more information. RSVP required.

Announcements

The next **Aging and Disability Services Board** meeting will be held Wednesday, June 11 at 10:00 am at the Government Center, Aging Suite, Classroom A.

Elder Benefit Specialist: A new Elder Benefit Specialist has been hired and will start training in June. In the meantime, please be sure to call before stopping in to see if there is someone available to assist with your need for this service. (920) 787-0403.

Services

Foot Care Clinic: The next clinic is Tuesday, June 24, 9:00am - 2pm, at Hope Lutheran Church. Foot Care Clinics are provided by an RN from Transitions at Home, and is geared toward lower income people ages 60+. Appointments are taken starting the first day of each month. There is a \$10/person suggested donation for use of this service. Call (920) 787-0403.

Liquid Nutritional Supplements: Liquid nutritional supplements (Ensure, Boost) are available with a recommendation from a doctor and may be ordered and purchased at cost. Call Valerie, Registered Dietitian, at (920) 787-0403.

In-Home Support Assistance Available: Short-term financial assistance with in-home support services may be available through the Department of Aging for those experiencing difficulty with activities of daily living. Service is arranged with local home care agencies. Call (920) 787-0403.

Pro Bono Legal Assistance: Local attorneys from the Waushara County Bar Association are available to assist seniors in need of legal advice in a variety of areas such as questions regarding wills, life estates, bankruptcies, and more. Call (920) 787-0402 to schedule an appointment.

Follow us on Facebook: As a single county ADRC we now have our own Facebook page. Find us at Facebook.com/ADRC of Waushara County and click the "follow" button.

Food Pantry Dates

Plainfield: Friday, June 20, 3-5pm; Joseph's Hope Food Pantry, 612 E North St.

Poy Sippi: Friday, June 6, 9-10:30am; 3-4:30pm; First Lutheran Church Poy Sippi, W2314 Prospect Street. (No longer open on the third Friday of the month.)

Redgranite: Wednesday, June 4 and 18 from 1-3:30pm; First Congregational United Church of Christ, 887 Bonnell Ave.

Saxeville: Saturday, June 7, 9-10am; Saxeville Community Church, W4616 S County Road A.

Wautoma: Fridays, 11am-4pm; SUMMER hours: **Extended closing time to 5:30pm** on 1st & 3rd Fridays of the month. 220 N Oakridge Court.

The Source and the monthly menu are also available at: www.co.waushara.wi.us.



Blazing Stars 4H Group: Schyler Monroe, McKenzie Heise, Marisa Verstegen, Savannah Heise, MaKayla Verstegen, Liesl Monroe, Ryker Monroe, Mercy San Filippo, Nehemiah San Filippo, and Rolland Monroe

Spring Clean Up Raking Crews

We would like to share heartfelt thanks to the Blazing Stars 4H group, Loyal 4H group, Wautoma ODC, Wautoma High School FCCLA and FBLA groups for volunteering to help with spring yard clean up this year. Thank you for giving your time and energy to bring smiles to faces, and to help your neighbors spring into a fresh start. Thank you for making a difference! And a big shout out to Mark Scimeca, owner of the Culvers in Wautoma, for donating custard coupons to make the volunteer experience even sweeter!

Summer Watch Party

Aging Well - Learn What It Takes!

Join us in "Classroom A" in the ADRC suite for a **FREE** healthy aging virtual series from the Wisconsin Institute for Healthy Aging (WIHA). Participate in small group discussions with new and old friends. Light refreshments provided. **RSVP required.** Call 920-787-0403 to reserve your seat!

>

Wednesday | June 25 | 10:00 am
Sleep Health As We Age
Explore the sleep related changes that often occur with aging and what evidence-based strategies can lead to sleep quality.

>

Wednesday | July 30 | 10:00 am
Unlock the Power of Nutrition
Discover the essential vitamins and minerals older adults need to feel their best.

>

Wednesday | August 27 | 10:00 am
Habits of Healthy Aging
Learn how lifestyle choices can enhance cognitive function and overall well-being.

ADRC of Waushara County
380 S. Townline Road
Wautoma, WI 54982
www.co.waushara.wi.us
[Facebook.com/ ADRC of Waushara County](https://Facebook.com/ADRCofWausharaCounty)

Register Today
920-787-0403

ADRC Classes, Workshops, and Events

Government Center Events

Location: Government Center, 380 S. Townline Rd., Wautoma

TRIAD

Tuesday, 6/10/25, 10:30-11:30am

Join us in the ADRC “Classroom A” for Elder Abuse Awareness with Ruth Zouski, Corporation Counsel and Kendele Eastman, Adult Protective Services. Updates from the Sheriff’s office and Waushara Chamber. No RSVP required. Questions? (920) 787-6509.

UW-Madison Extension Lunch and Learn

NOTE DATE CHANGE: Tuesday, 6/17/25, 12-1pm, “Cooking with Meat”. Join us for a hands on cooking class in the Spring Room. RSVP required. Call (920) 787-0416.

Sleep Health As We Age - Summer Watch Party

Wednesday, 6/25/25, 10am-11:30am

Join us in the ADRC “Classroom A” as we explore the sleep related changes that often occur with aging. RSVP required. Call (920) 787-0403 to reserve your seat.

ADRC Events in the Community

Location: See location in event description.

ADRC Lunch and Learns - Safe Banking Practices

Thursday, 6/12/25, 11:30-12:00pm, Wautoma

Thursday, 6/26/25, 11:30-12:00pm, Poy Sippi

Join us at the Waushara-Wautoma Senior Center, W8220 Cottonville Ave., Wautoma and/or at the Poy Sippi Center, N4258 State Rd. 49, Poy Sippi for an educational lunch with David Johnson, VP Branch Manager with BMO about safe banking practices. See page 9 for more information. RSVP required to reserve your lunch. Lunch served at noon. Call (920) 787-0403

PSC-60 Welcome Summer BBQ Event

Friday, 6/20/25, 11-1pm, Poy Sippi Center

Join us at N4258 State Rd. 49, Poy Sippi for a lunch time summer BBQ between the hours of 11am - 1pm. RSVP required to reserve your lunch. Call (920) 787-0403. See page 9 for more information.

Coffee with a Disability Benefit Specialist

Friday, 6/27/25, 11-12:30pm, Poy Sippi

Do you have questions about Social Security Disability or Supplemental Security Income? Or questions about Medicaid or Medicare? We invite you to come and have a cup of coffee with Dan, Waushara County Disability Benefit Specialist, at the Poy Sippi Center, N4258 State Rd. 49, Poy Sippi and bring your questions.

Senior Center



Promoting a healthy, active lifestyle to citizens 50 and over in Waushara and surrounding counties. W8220 Cottonville Road, Wautoma.

Call (920) 787-2055

Bingo: June 14 and 28, 5:30pm. Doors open at 5pm.

Board Meeting: June 10, 9am

Cards: Mondays, Wednesdays, Thursdays, 12:30pm

Cornhole: Fridays 9-11am

Cribbage: Wednesday’s 12:30pm

Foot Clinic with Lotus Foot Care: June 11 by appointment only \$37. Call (920) 637-0754.

Mahjong: Fridays, 12:30pm

Nickle/Nickel: Fridays 10am

Open Pickleball: Mondays, 9-11am; Mondays, Wednesdays, Thursdays, 1-3pm . Please call ahead to confirm times.

Pool: Thursdays, 9am

Senior Aerobics: Tuesdays and Thursdays, 9am

Silver Sneakers: Mondays and Thursdays, 8am

Texas Hold 'Em: Tuesdays 6pm and Thursdays 3pm.Mt.

Rushmore & Yellowstone Trip—June 1-10, 2025 One room left, sign-up on the waiting list today.

Save the Date

Programs for Care Partners

See the event calendar on page 4.

Unlock the Power of Nutrition - Summer Watch Party

Wednesday, 7/30/25, 10:00 am, Government Center, Wautoma

Habits of Healthy Aging - Summer Watch Party

Wednesday, 8/27/25, 10:00 am, Government Center, Wautoma

Are you interested in a PALS class in Poy Sippi?

The ADRC would like to know who might be interested in attending a 10-week beginners exercise program in Poy Sippi starting in August. Physical Activity for Lifelong Success (PALS) is designed for older adults who are active for less than 60 minutes per week. This program is three times a week with each session being 1-1.5 hours long. If interested, call Amanda, Health Promotions Coordinator, at (920) 787-6666.

Transportation

NEED A RIDE? Call the ADRC of Waushara County at (920) 787-0403 or 1-877-364-5344.



Out of county medical trips are provided primarily by volunteer drivers, and wheelchair accessible vans or buses are used for transportation to medical appointments, shopping, or other personal needs within the county. Service provided Monday - Friday, 8:00 am-4:30 pm to individuals 60 and older, veterans, and adults with a disability.

Bus transport is available to Walmart in Berlin the second Tuesday of each month. Drivers will pick up passengers at 9:00am. A minimum number of riders is required, and registration must be called in at least one week in advance of the trip. Vehicle capacity is limited – so trips will be filled on a first-come, first-served basis.





— June is —
**ALZHEIMER'S
 & BRAIN**
**AWARENESS
 MONTH**

The longest day of the year is June 21, a day that is significant for the Alzheimer's Association who designates it as "The Longest Day" to raise awareness for Alzheimer's disease and other dementias. This day symbolizes the endurance required by both individuals with Alzheimer's and their caregivers.

10 Ways to Love Your Brain

1. **Break a sweat:** Engage in regular cardiovascular exercise that elevates your heart rate and increases blood flow to the brain and body.
2. **Hit the books:** Formal education in any stage of life will help reduce your risk of cognitive decline and dementia. Take a class.
3. **Butt out:** Evidence shows that smoking increases risk of cognitive decline. Quitting can reduce that risk to levels comparable to those who have not smoked.
4. **Follow your heart:** Risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health.
5. **Heads up:** Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt, use a helmet when playing contact sports or riding a bike, and take steps to prevent falls.
6. **Fuel up right:** Eat a healthy and balanced diet that is lower in fat and higher in vegetables and fruit to help reduce the risk of cognitive decline.
7. **Catch some ZZZ's:** Not getting enough sleep due to conditions like insomnia or sleep apnea may result in problems with memory and thinking.
8. **Take care of your mental health:** Seek medical treatment if you have symptoms of depression, anxiety or other mental health concerns. Try to manage stress.
9. **Stump yourself:** Challenge and activate your mind. Build a piece of furniture. Complete a jigsaw puzzle. Do something artistic. Play games, such as bridge, that make you think strategically.
10. **Buddy up:** Pursue meaningful social activities. Find ways to be part of your community or consider volunteering. Share activities with friends and family.



Alzheimer's is the sixth-leading cause of death and the only leading disease without a prevention, treatment or cure. Alzheimer's kills more Americans every year than breast cancer and prostate cancer combined. It's never too late or too early to start thinking about your brain's health – making healthy choices at any age is beneficial. Visit alz.org/10ways to learn more.

The Memory Café Experience

The Memory Café is a place for those with limited memory recall and their care partner to come relax, socialize, and build friendships with others. The focus of the Café is to provide a social gathering and have activities like a craft or game that will stimulate a memory for the person with dementia.



Joan and Genevieve Everson participate in the Memory Café and Joan shared, "I was looking for something fun for mom and I to do together and get mom out of the house and our regular routine. I thought it might help mom's dementia from getting worse also". They find the café experience to be friendly and especially enjoy the lighthearted conversation with all. Both ladies enjoy the trivia, jokes and, of course, the snack. "When we do a craft, everyone helps to complete it."

Often during the Memory Café, you will overhear the care partner state, "Mom, I have never heard that story, thanks for sharing!" The care partner feels so lucky to have mom share a memory of long ago. While completing a craft project Genevieve saw a picture of a bird or flower and she proceeded to sing a song about the robin or tell a story of some mischievousness she and her siblings had in a garden. Well-loved memories are important. Everyone has a story to share and reminiscing, especially for those with dementia, makes them feel respected and comfortable sharing their story.

An individual with memory loss may sever social connections feeling safer in their own setting. The Memory Café's goal is to provide a safe, calm, and inclusive space for individuals who are affected with dementia. Joan recommended participation in the Memory Café stating, "Come for the fun and social interaction, you will have a good time."

The Waushara County Memory Café is held every other month on the third Monday in the Government Center. If you are interested in joining the café or have questions, please contact Marty at (920) 787-0403.

Caregiver Calendar

Brain and Body Fitness Program: Monday, June 2

A free exercise program for people living with dementia, led by a trained facilitator. The meeting is at 1:00pm at the Waushara County Government Center, Classroom A. Call (920) 787-0403.

Powerful Tools Class: Thursday, June 5

This 6-week class is for caregivers to learn skills to care for themselves while assisting people they care for. The class will be held at the Poy Sippi Center. Call (920) 787-0403.

Parkinson's Support Group: Monday, June 9

The Wisconsin Parkinson Association is providing an urban poling workshop starting at 10:00 am at the Wautoma Gymnastic Center, 480 South Townline Road, Wautoma. Participants will receive a complementary pair of ACTIVATOR poles. RSVP to (920) 787-0403.

Memory Café: Monday, June 16

Join the Memory Café for some "Udderly Fun" in honor of Dairy Month. The program starts at 1:00 pm at the Waushara County Government Center, Classroom A.

Caregiver Wellness Group: Monday, June 23

Caregiver Wellness group discussion will start at 11:30 am at the Stahl's Celebration Center. Box lunch will be served at 12:30 pm. Marci Stahl, Covenant Coach with Joyful Life Co., will share how widows rebuild their life after a loss.

Do I Need a Measles Booster?

The risk for widespread measles in the United States remains low due to robust U.S. immunization and surveillance programs and outbreak response capacity supported by federal, state, tribal, local, and territorial health partners. However, every year, measles cases occur in the United States due to unvaccinated travelers who get measles while they are in other countries. Outbreaks also occur when measles spreads in under-vaccinated communities. Anyone who is not protected against measles through vaccination is at risk. The measles, mumps, and rubella (MMR) vaccine remains the most important tool for preventing measles.

According to the Advisory Committee on Immunization Practices (ACIP), they recommends that people who don't have presumptive evidence of immunity to measles, mumps, and rubella should get vaccinated against these diseases. Presumptive evidence of immunity can be established in any of the following ways:

- Written documentation of adequate vaccines for measles, mumps, and rubella.
- Laboratory evidence of immunity.
- Laboratory confirmation of disease.
- Birth before 1957.



1 to 3 out of 1,000 people with measles will die.

A very small proportion of adults (less than 5%) may have received killed measles vaccine from 1963 through 1967 during childhood. The ACIP recommends re-vaccinating anyone who received measles vaccine of unknown type, inactivated measles vaccine, or further attenuated measles vaccine accompanied by immunoglobulin or high-titer measles immune globulin (no longer available in the United States) during these years with 1 or 2 doses.

People 12 months of age and older who will be traveling internationally should receive 2 doses of measles-containing vaccine unless they have other presumptive evidence of immunity against measles. People with compromised immune systems are at high risk for severe complications if infected with measles. All family and other close contacts of people with compromised immune systems 12 months of age and older should receive 2 doses of MMR vaccine unless they have other presumptive evidence of measles immunity.

~CDC.gov



Aging Advocacy Day was held May 13 in Madison where 250 people and 50 volunteers participated. Currently, the Joint Finance Committee continues to work on budget priorities and we invite you to share your personal story with your legislators by calling, writing a letter, or sending an email. See below for more information.

Keeping Legislators Updated, continued...

To ensure we keep the Aging Advocacy Day momentum going, your voice on these and many other issues is needed. If proposed potential changes, including spending cuts to Medicaid, energy assistance, FoodShare, and other public benefits affect you or a loved one, be sure to let your legislators know. If you support proposed funding support increases for home delivered meals, falls prevention, transportation services, adult protective services, and related, let them know that as well. Here are some methods for following through with legislators:

1. Regularly visit the Aging Advocacy Day webpage - <https://gwaar.org/aging-advocacy-day-2025> to find issue briefs, see photos, and to download a copy of the event booklet to share with others in your organization or community. Encourage them to contact their state legislators and advocate for their important issues - <https://gwaar.org/api/cms/viewFile/id/2008550>.
2. Contact your legislators by email, mail or phone and thank them and/or their staff for meeting with you. Share your story with them.
3. Make plans to attend any in-district events in your community scheduled by the aging network or your state legislators and continue to talk about priority needs and to share your personal story.
4. Ask how you can receive “Action Alerts” from the Wisconsin Aging Advocacy Network (WAAN) on Aging Network state and federal priority issues. Then commit to following up with action.
5. Contact the ADRC to schedule an appointment if you need assistance with how to advocate with your legislators.



THANK YOU to two dedicated members of the Aging and Disability Services Board who have reached their term limits in May. Eloise Krause served for 6 years from 2012-2018 when the board was named Commission on Aging and another 6 years from 2019-2025. Eloise remains a Nutrition Sustainability workgroup member and a home delivered meals driver.

Marianna Larson served on the board from 2019-2025. She also is the Chair of the Nutrition Council and is a member of the Nutrition Sustainability workgroup.

We appreciate their support, advocacy and ongoing commitment to volunteer service.



Regional Dining Center Pilot

2025 Summer Schedule

NORTH POINT DINING

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
Wild Rose Comm. Ctr 500 Wisconsin Ave, Wild Rose (920) 787-0403	Saxeville Town Hall W4022 Archer Ave, Pine River (920) 647-0667	Wild Rose Comm. Ctr 500 Wisconsin Ave, Wild Rose (920) 787-0403	Saxeville Town Hall W4022 Archer Ave, Pine River (920) 647-0667	Wild Rose Comm. Ctr 500 Wisconsin Ave, Wild Rose (920) 787-0403
Saxeville to Wild Rose transportation	Wild Rose to Saxeville transportation	Saxeville to Wild Rose transportation	Wild Rose to Saxeville transportation	Saxeville to Wild Rose transportation

CENTRAL DINING

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
Redgranite Civic Center 202 Pine River St, Redgranite (920) 290-5918	Wautoma Senior Center W8220 Cottonville Ave (920) 647-6564	Wautoma Senior Center W8220 Cottonville Ave (920) 647-6564	Wautoma Senior Center W8220 Cottonville Ave (920) 647-6564	Redgranite Civic Center 202 Pine River St, Redgranite (920) 290-5918
and Wautoma Senior Center (920) 647-6564	Redgranite to Wautoma transportation	Redgranite to Wautoma transportation	Redgranite to Wautoma transportation	and WC-60 Pop-Up Events Wautoma to Wild Rose transportation

POY SIPPI CENTER DINING

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
Poy Sippi Center N4258 State Road 49 (920) 647-0066	Poy Sippi Center N4258 State Road 49 (920) 647-0066	Poy Sippi Center N4258 State Road 49 (920) 647-0066	Poy Sippi Center N4258 State Road 49 (920) 647-0066	PSC-60 Pop Up Events N4258 State Road 49 (920) 647-0066

WESTSIDE DINING

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
Coloma Community Ctr 155 Front St, Coloma (715) 228-3145	Plainfield Community Ctr 114 W Clark St, Plainfield (715) 335-6735	Coloma Community Ctr 155 Front St, Coloma (715) 228-3145	Hancock Community Ctr 420 Jefferson St, Hancock (715) 249-5872	Plainfield Community Ctr 114 W Clark St, Plainfield (715) 335-6735
Hancock / Plainfield transportation to Coloma	Hancock / Coloma transportation to Plainfield	Hancock / Plainfield transportation to Coloma	Coloma / Plainfield transportation to Plainfield	Hancock / Coloma transportation to Plainfield

ALL MEALS SERVED AT NOON. CALL (920) 787-0403 OR 1-877-883-5378 (TOLL FREE).
We appreciate your contributions of any amount, and suggest a range of \$4.50-\$6.00 for those who are 60 or older (or a spouse of any age). Community members under 60 are welcome to enjoy a meal for its full cost of \$16.65.

I’m Confused... When Is My Site Open?

COLOMA DINING CENTER

Open: Mondays and Wednesdays

In area transport to Coloma Dining: Mondays and Wednesdays

Transport to Hancock: Thursdays

Transport to Plainfield: Tuesdays and Fridays

HANCOCK DINING CENTER

Open: Thursdays

In area transport to Hancock Dining: Thursdays

Transport to Coloma: Mondays, Wednesdays

Transport to Plainfield: Tuesdays and Fridays

PLAINFIELD DINING CENTER

Open: Tuesdays and Fridays

In area transport to Plainfield Dining: Tuesdays, Fridays

Transport to Coloma: Mondays, Wednesdays

Transportation to Hancock: Thursdays

POY SIPPI CENTER (PSC)

Open: Mondays - Thursdays

PSC-60 Meals: Tuesdays starting June 17,

Seasonal Salads, 11am-1pm

PSC-60 Pop-up Events, Fridays as scheduled

In area transport to PSC: Wednesdays

REDGRANITE DINING CENTER

Open: Mondays and Fridays

In area transport to Redgranite Dining:

Mondays and Fridays

Transport to Wautoma: Tuesdays,

Wednesdays, and Thursdays

SAXEVILLE DINING CENTER

Open: Tuesdays and Thursdays

In area transport: Tuesdays and Thursdays

Transport to Wild Rose Dining: Mondays, Wednesdays, and Fridays

WAUTOMA DINING CENTER

Open: Mondays - Thursdays

In area transport to Wautoma Dining: Monday through Thursday

Transportation to Wild Rose Dining: Fridays

WILD ROSE Dining Center

Open: Mondays, Wednesdays, Fridays

In area transport to Wild Rose Dining:

Mondays, Wednesdays, and Fridays

Transportation to Saxeville Dining: Tuesdays and Thursdays

GIVE THE BUS A TRY!

Free transportation to alternate dining locations will begin the week of June 9. You must let the Dining Manager know no later than 1pm the day before you need a ride, or call the office at (920) 787-0403 or 1-877-883-5378 toll-free.



How to Sign Up

Signing up for a meal or transportation will remain the same. Follow these steps:

- 1. Let the Dining Manager know during open site hours what day or days you plan to attend.
- 2. Call the office by 1pm the day prior to the day you plan to attend. (920) 787-0403.

Dining locations that have at least 8 participants will be open; under 8 and the site will close for the day. An effort will be made to transport individuals to an alternate site when this occurs.

What is PSC-60?

PSC-60 dining is a new concept that will be tested during the summer schedule. Located at the Poy Sippi Center, PSC-60 dining will have open hours, and not include a set time for serving. Guests are welcome to come for a meal anytime between 11am and 1pm — but you will still need to let us know your are coming, at least for now.

PSC-60 Pop UP events will occasionally take place on Fridays, and will include a special activity or event to go along with a great meal. Space will be limited for Pop UP programs.

Senior Farmers Market Program

2025 Distribution Schedule
In-Person Community Pick-up
No Appointment Necessary
First come, first serve
11:00am-12:30pm
(unless otherwise noted)

- June 11 Poy Sippi Center
- June 12 Hancock Community Center
- June 16 Redgranite Civic Ctr, 12:30-2:00
- June 17 Saxeville Town Hall
- June 18 Waushara-Wautoma Senior Ctr
- June 24 Plainfield Senior Center
- June 25 Coloma Community Center
- July 2 Wild Rose Community Center

Anyone 60+ that eats at the dining center on the day of their site’s Farmers Market distribution will be put in for a drawing. For a meal reservation, call (920) 787-0403 or 1-877-883-5378 by 1:30pm the prior business day.

How does it work?

Waushara County partners with the State of Wisconsin to distribute Senior Farmers Market Nutrition Program (SFMNP) vouchers to eligible seniors. These vouchers can be used to purchase locally grown, seasonal fresh fruits and vegetables from farm stands throughout the state.

If you meet all three qualifications (right), visit a distribution location on the scheduled date (left) to receive vouchers.

Vouchers will be distributed on a first-come, first-served basis. Each location will have vouchers, based on previous year. Waushara County is able to assist 240 residents this year.



Who is Eligible?

Must meet all three:

- 60 years of age or older (55+ if Native American)
- Resident of Waushara County
- Meet monthly income guidelines:
 - * One-person household \$2,322 or less
 - * Two-person household \$3,152 or less

Eligible residents will receive \$25 per person for the 2025 season. Valid June – October.

“USDA is an equal opportunity provider.”

What if I can’t make it to any of the above? The eligible senior can obtain the Eligibility Agreement form ahead of time at www.co.waushara.wi.us or at the ADRC office, and designate a proxy to pick up vouchers and shop at farm stands. The senior must designate who the proxy is, and both the proxy and senior must sign and date the Eligibility Agreement form. A proxy can represent up to four individuals. OR Call (920) 787-0403 to make an appointment after July 2.

Menu

June 2025

DINING LOCATIONS

Coloma Comm Ctr Poy Sippi Center Redgranite Civic Ctr Wautoma Senior Ctr Wild Rose Comm Ctr	Plainfield Comm Ctr Poy Sippi Center Saxeville Town Hall Wautoma Senior Ctr	Coloma Comm Ctr Poy Sippi Center Wautoma Senior Ctr Wild Rose Comm Ctr <i>Chocolate Milk</i>	Hancock Comm Ctr Poy Sippi Center Saxeville Town Hall Wautoma Senior Ctr <i>Wautoma Bulk Frozen</i>	Plainfield Comm Ctr Redgranite Civic Ctr Wild Rose Comm Ctr <i>Redgranite Bulk Frozen</i>
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Glazed Meatloaf Baked Sweet Potato Baked Beans Bread Pineapple Pistachio Fluff	Chicken Breast w/ Cream Sauce Mashed Potatoes Carrots Bread (wg) Fruited Gelatin	Grilled Cheese Tomato Soup Creamy Cucumber Salad Rhubarb Cake Birthday Party	Spaghetti w/ Meat Sauce (Ground Turkey) Garden Salad w/ Veg. Garlic Bread (wg) Fruit	Lemon Baked Fish Wild Rice Blend (wg) Peas and Corn Coleslaw Apple Cobbler

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9	10	11	12	13
Crab Pasta w/ Creamy Herb Sauce and Mushrooms Garden Salad w/ Veg. Fruit Cookie	Beef Stroganoff Noodles (wg) Beets Barley Lentil Salad Fruit Cocktail	Chicken Stir Fry Stir Fry Vegetables Brown Rice (wg) Pineapple Fortune Cookie	Ham Baked Potato w/ Sour Cream Green Bean Casserole Bread (wg) Fresh Fruit Salad	Turkey, Lettuce, Tomato Slider on Dinner Roll Chicken Dumpling Soup Fresh Veggies and Dip Grapes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
16	17	18	19	20
BBQ Baked Chicken Baked Sweet Potato Broccoli Wheat Roll (wg) Pie Father's Day Meal	Tuna Noodle (wg) Casserole Peas Garden Salad w/ Veg. Fruit	Beef Roast w/ Gravy Mashed Potatoes Carrots Bread (wg) Waldorf Salad w/ Nuts	Chicken and Wild Rice (wg) Casserole Asparagus Fruit Cookie	Hamburger w/ Pickle, Onion, Tomato, Lettuce on Bun Baked Beans Potato Salad Watermelon

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
23	24	25	26	27
Pork Loin w/ Gravy Stuffing Vegetable Blend Applesauce Banana	Chef's Salad w/ Turkey, Cheese, Tomato, Cucumber, Onion Bread (wg) Fresh Fruit Salad	Poorman's Lobster Baked Potato w/ Sour Cream Warm 4 Bean Salad Rye Bread Fruit	Salisbury Steak Mashed Potatoes Carrots Dinner Roll (wg) Fruit Crisp	Italian Chicken Breast w/ Spaghetti Sauce Noodles (wg) Roasted Brussel Sprouts Breadstick (wg) Fruit Cocktail

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	July 1	July 2	July 3	July 4
Pizza Casserole w/ Sausage, Cheese, Olives, Peppers, Mushrooms, Onions, Noodles (wg) Fresh Veggies and Dip Fruit	Entrée Salad w/ Romaine, Spinach, Strawberries, Almonds, Chicken Bread (wg) Cookie	Lasagna Garden Salad w/ Fresh Veg. Garlic Bread (wg) Grapes	Brat on Bun Calico Beans Potato Salad Red White & Blue Dessert	CLOSED NO MEALS

CALL (920) 787-0403 OR 1-877-883-5378 (TOLL FREE) by 1pm business-day prior.

We appreciate your contributions of any amount, and suggest a range of \$4.50-\$6.00 for those who are 60 or older (or a spouse of any age). Community members under 60 are welcome to enjoy a meal for its full cost of \$16.65.

This Month's

Menu Specials

Seasonal Items:

Rhubarb Cake, June 4
Rhubarb is a good source of antioxidants

Asparagus, June 19
Asparagus is high in inulin, a prebiotic that aids in digestion

First day of Summer, June 20:
Hamburger, baked beans, fresh-made potato salad, juicy fresh watermelon
For a burger fresh-grilled on-site, sign up for PSC-60

Tuesday Summer Salads:
Chef's salad with turkey, cheese, veggies, June 24
Green leafy vegetables are colorful, crunchy, nutritious powerhouses

Entrée salad with strawberry, almonds, chicken, July 1
Fun fact: strawberries are the only fruit that wear their seeds on the outside

* PSC-60 Summer Salads at the Poy Sippi Center — come and eat whenever it works best for you between 11am-1pm. On-site, fresh baked cookies!

Cool Off with Ice Cream Fridays:
Ice cream treats available every Friday at any open dining location, June 20-August 15 starting with Root Beer Floats on June 20.



PSC-60 Welcome Summer BBQ Event Friday, June 20
Be a part of our first PSC-60 dining event, a new opportunity to enjoy a meal in a relaxed and fun environment. No set dining time — come and eat whenever it works best for you between 11am-1pm.

To kick off summer, we will be cooking burgers on the grill, with baked beans, potato salad and watermelon to complete the meal. Interested in a root beer float? We'll have those available as well.

Join us at the Poy Sippi Center, N4258 State Rd. 49, Poy Sippi between the hours of 11am - 1pm. Space is limited to the first 40 people to sign up. RSVP required to reserve your lunch. Call (920) 787-0403.



We're hosting two lunch and learn events in June exclusively for our 60+ community. Learn about Safe Banking Practices from David Johnson, VP Branch Manger with BMO in Wautoma. Learn how to protect yourself from cybercrime, how to safely use your debit and credit cards, and use online banking services. RSVP by calling (920) 787-0403 to reserve your lunch.

Safe Banking Practices
Thursday, 6/12, 11:30am, Wautoma
Waushara-Wautoma Senior Center
W8220 Cottonville Ave., Wautoma
Thursday, 6/26, 11:30am, Poy Sippi
Poy Sippi Center, N4258 State Rd. 49, Poy Sippi

New Summer Hours Q&A Visits

Debbie Paavola, ADRC Director, will visit the following locations to help explain the new, regionalized schedule and answer questions you may have.

Hancock Community Center
Thursday, June 5

Redgranite Civic Center
Friday, June 6

Poy Sippi Center
Monday, June 9

Saxeville Town Hall
Thursday, June 12

Valerie Ladwig, Nutrition Manager, will visit the following locations:

Coloma Community Center
Monday, June 2

Wild Rose Community Center
Wednesday, June 4

Plainfield Community Center
Tuesday, June 10

Wautoma Senior Center
Wednesday, June 11

BINGO, Cards, and other games are played on various dates. See dining center manager for details.





Business Spotlight: Noble Community Clinics

Noble Community Clinics, formerly known as Family Health La Clinica, has served patients in Waushara County for over 50 years. In the 1960s, inspired by the community health center movement, the clinic founders recognized the need for accessible healthcare for all. Their journey began in Wautoma, serving seasonal migrant workers and their families by offering free health clinics in local church halls. Since then, the organization has grown into a comprehensive clinic that provides patient-centered care across Wisconsin in Beaver Dam, Friendship, Mauston, Stevens Point, and Wautoma.

In the spring of 2024, Family Health La Clinica changed its name to Noble Community Clinics to better reflect its vision of redefining healthcare in the community. The organization is committed to ensuring everyone has access to compassionate, high-quality healthcare that is affordable and comprehensive—regardless of background or circumstances.

In a recent interview with Josh Terrill, Director of Marketing and Business Development, he stated, “Noble Community Clinics in Wautoma offers comprehensive health care services through our dental, medical, behavioral health, massage therapy, and pharmacy services.”

Need a dentist? Noble Community Clinics’ dental department is now accepting new patients. Their services are designed to meet the diverse needs of the community, providing accessible and affordable care for children and adults alike. Terrill noted, “our dental professionals at the Wautoma location offer a diverse range of services from preventative care to restorative care. We accept BadgerCare/Medicaid and other major insurers. Additionally, we offer a Sliding Fee Scale Discount Program for patients meeting income qualifications.

Noble Community Clinics, located at 400 S. Townline Road, in Wautoma, invites you to learn more. Visit them online at nobleclinics.org or call 1-800-942-5330 to speak with a Patient Services Representative.

Thank You

Thank you to all who donated to the department during the past two months, and to the More Than a Meal campaign. Your contributions and kindness are valued and appreciated! Every dollar helps maintain our programs and services, and has a positive impact on another person.

- Debra A. Raatz
- Delores Angelo
- Willard & Janet De Bruin
- James W & Helen M Cook
- Kathy Lockin
- Hope Lutheran Church
- Judy A. Fenske
- Bob, Linda & Theresa Manske
- Anton J Gaszak, Jr.
- Barbara Erickson
- Carolyn West
- Lloyd William Brooks
- Pine River Homemakers Club
- Glenn P Schneidewind
- Patricia A. Bero
- Ron and Debra Gierach
- Mary Pat Thompson
- ADRC Staff in Memory of Calvin Jenks



Thank You for Advertising with The Source



NEED A DENTIST?

We accept BadgerCare/Medicaid!



Appointments are available now at Noble Community Clinics – Wautoma. Kids and adults welcome!

NobleClinics.org | 1-800-942-5330

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Thank you for making a difference!

Thank you in advance for your donation towards our More Than a Meal fundraising campaign. Your contribution helps us to continue to provide nutritional services to older adults, and reach our goal of raising \$10,000 to meet ongoing community needs.

More Than a Meal



Dear Waushara County Resident,

It is always moving to hear people say, “I want to make a difference.” There are a lot of outstanding ways to do that, of course, and everyone must find their best fit. Because there are so many of you who want to help in tangible, meaningful ways, we want to let you know about a need in your community.

We are all aging. Waushara County’s Department of Aging and Disability Services has successfully delivered meals to homes of older adults in need, and has operated group dining centers, for nearly 50 years. The program has reached current organizational capacity, and now, your support is needed to help maintain these essential services.

More than a meal. Dining centers provide a place to stay connected. Studies show that people who dine with others regularly eat healthier and report a better quality of life. The home delivered meals program helps older adults remain independent while living at home, and supports those who are isolated with a wellness check from a caring and friendly driver.

The current Waushara County nutrition program is challenged by:

- **Unprecedented levels of need.** Home delivered meals served increased by 20% from 2019-2024, and the current 34% customer base will grow to 40% in under 10 years.
- **Decreased funding.** Federal funding cuts and the expiration of COVID relief funds in 2024, coupled with other revenue losses, equates to a current \$80,000 deficit.
- **Increased expenses.** Food costs have increased 15% in 5 years and continue to rise. Federal and state funding is unable to keep pace with operating expenses.

You can help safeguard these critical nutrition services! Your donation of any amount will help maintain access to nutritious food and vital social connection for Waushara County older adults. We invite you to partner with us by supporting this important community need.

With gratitude of your support,

Waushara County Aging and Disability Services Board and ADRC Team Members

I would like to contribute to Waushara County’s Nutrition Program

Did you know... your \$60 contribution buys one week of meals for an older adult in need, and a contribution of \$3,000 covers the cost of meals for a single person for one year.

I have included a donation of: \$ _____ **THANK YOU FOR PARTNERING WITH US!!**

Checks payable to: ADRC of Waushara County, 380 S Townline Road, Wautoma, WI 54982

☐ Please keep my donation anonymous. Your gift is deductible to the extent provided by law.

Name: _____ Address: _____

Phone: _____

Waushara County Department of Aging and Disability Services (920) 787-0403



Upsy Daisy Day is June 8

This fun day is set aside to encourage everyone to face the day positively and to get up ‘gloriously, gratefully and gleefully’ each morning. Every day is a gift. If we remember that it will help us carry a good attitude throughout the day, whatever the day may bring us.

The term 'upsy daisy' is believed to have originated in the 18th century. It was derived from the Middle English phrase 'upsidaisy' which was used to cheer up or encourage someone, particularly a child.

Give it a try. Be grateful and thankful for what you do have. There are several ways to celebrate this fun holiday:

- * Leave an anonymous note encouraging someone to have a great day.
- * Make a donation to a food pantry or your favorite charity. It doesn't matter if it's large or small. Every little bit helps.
- * Give to yourself! Start a savings account or jar for a rainy day.
- * Call a friend you haven’t spoken to in a while. Let them know you have been thinking about them.
- * Start your day with a positive affirmation. Look in the mirror and say, 'I am amazing!'
- * Surprise your loved ones with a small gift or kind gesture. Spread that Upsy Daisy love!
- * Take a walk in nature and appreciate the beauty that surrounds you.
- * Try a new hobby or activity that brings you joy. Dance like nobody's watching or try your hand at painting.
- * Encourage others to practice gratitude by sharing and tagging words of encouragement on social media using the hashtag #UpsyDaisyDay. On June 8 let's flood the internet with happiness!



The Source
Dept. of Aging & Disability Services
380 S. Townline Road
Wautoma, WI 54982

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Firearm Safety for Seniors

While many seniors have been responsible gun owners for decades, aging can introduce physical and cognitive challenges that make firearm safety a growing concern. Recognizing when it’s time to remove guns from an older family member’s home can prevent accidents and ensure safety for everyone involved.

Aging can impact gun safety in several ways. Issues such as reduced vision, slower reaction times, arthritis and cognitive decline can make handling firearms more dangerous. People with dementia, Alzheimer’s or other memory-related conditions may forget basic firearm safety rules or misplace their guns. It may be time to reconsider an elderly loved one’s firearm access if they:

- Experience memory loss or confusion about everyday tasks
- Have difficulty handling small objects due to arthritis or tremors
- Show signs of paranoia or impaired judgment
- Have frequent falls or trouble with mobility
- Are on medications that impact cognitive function or alertness

If your loved one is not ready to part with their firearms completely, consider safer storage solutions and alternative options. Invest in a biometric gun safe to restrict access while still allowing quick retrieval. Use trigger locks to prevent accidental discharges, and store ammunition separately to reduce the risk of immediate use in an unsafe situation. Transferring ownership to a responsible family member may be a good option.

Local law enforcement may be able to offer guidance. If you need to use gentle deception to remove firearms from an at-risk loved one, do it. Unloading, hiding or relocating firearms can prevent irreversible tragedies.

