



STOUGHTON AREA GUIDE FOR **SENIOR SERVICES**

Brought to you by:



STOUGHTON AREA SENIOR CENTER

Aging brings changes. You make life choices. We provide options.



248 W. Main Street, Stoughton WI 53589
Phone: (608) 873-8585 Fax: (608) 873-8162

Stoughton Area Guide for Senior Services

The Stoughton Area Senior Center provides the *Stoughton Area Guide for Senior Services* to inform the public of the wide range of services available to older adults in the community. **This guide is not intended to endorse, recommend or favor outside agencies, and it is not an all-inclusive list. The Senior Center reserves the right to edit the information contained in this guide.**

Users of this guide are encouraged to research their options further. See the "Questions to Ask" section (pages 22-32) for some suggestions when choosing services. Please contact the Senior Center for clarification, or if you have any other questions.

The *Stoughton Area Guide for Senior Services* is also available on our website. Updates made throughout the year will be noted at:

www.stoughtonseniorcenter.com

Stoughton Area Guide for Senior Services

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STOUGHTON AREA SENIOR CENTER

Accredited by the National Institute of Senior Centers & the Wisconsin Association of Senior Centers

PROGRAMS

Social Events & Activities

The Stoughton Area Senior Center promotes activities that provide opportunities for growth, life-long learning, leadership, intergenerational interaction, and socialization. A complete list of our scheduled activities may be found in our monthly *Yahara Senior News* newsletter, which is available at the Senior Center or our website. Many events and activities are free, and scholarships are available through the Friendship Fund if needed. Below are some of the social events and activities offered.

Classes & Skill Development

- Wood Shop
- Painting
- Handiwork
- Wood Carving
- Art History
- Health & Education
- Computer/Technology Classes
- Music Appreciation
- Creative Writing
- Language Courses
- Rosemaling
- Hardanger

Social & Recreation Opportunities

- Entertainment & Events
- Shopping Trips
- Travelogue
- Pool Tournaments
- Book Discussions
- Sheepshead
- Mexican Train Dominoes
- Ukulele Group
- Intergenerational Activities
- Wisconsin Senior Games
- Coin & Stamp Collecting
- Movies
- Lunch Bunch
- Bunco
- Bridge
- Euchre
- Cribbage
- Chess
- Wii Bowling
- Bingo
- Outings
- Pinochle

Health & Fitness Opportunities

- Chair Stretch
- QiGong
- Chair Massage
- Reflexology
- Tai Chi
- Line Dancing
- Ping Pong
- Canoe (May-Sept)
- Parkinson's Exercise
- Blood Pressure Checks

VOLUNTEER OPPORTUNITIES

There are many ways to volunteer at the Senior Center. Listed below are current volunteer opportunities. Discussion of new volunteer possibilities is always welcome. If you have a special expertise please consider sharing your time.

- Meal Site Assistance
- Reception Support
- Class Instruction
- Fundraising Projects
- Blood Pressure Screening
- Intergenerational Programs
- Loan Closet Assistance
- Meal Delivery
- Committees
- Friendly Visitor
- RSVP Driver

PUBLICATIONS

Yahara Senior News Newsletter

The *Yahara Senior News*, the Senior Center's monthly newsletter, contains a monthly calendar of Senior Center events and scheduled menus, as well as articles on health, wellness and services for older adults and their families. The newsletter may be mailed to you for a cost of \$9.00/year, viewed on our website or picked up at no cost.

File of Life Emergency Packets

Free wallet-sized and/or magnetic File of Life folders for your refrigerator are available at the Senior Center to make lifesaving information accessible to emergency personnel.

Dementia Purple Folders

Folders with dementia-specific information and resources are available at the Center.

Resource Library

The Senior Center has a library of resource publications, including books, books on DVD, large-print books, brochures, DVDS and other media available to the public.

*For more information on these and other area services please contact the Stoughton Area Senior Center:
248 W. Main Street, Stoughton WI, 53589 (608) 873-8585 www.stoughtonseniorcenter.com*

STOUGHTON AREA SENIOR CENTER

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SERVICES

Case Management

Serving: Stoughton, Towns of Albion & Dunkirk

The Case Management program links older adults with services available to help them remain as independent as possible in their homes and community. Case Managers coordinate, evaluate and advocate for such services (e.g. medical, legal, housing, food, financial, and transportation options) to meet each individual's needs and preferences. An appointment may be made at the Senior Center or in your home.

Referrals to Case Managers remain confidential. Case Managers share information only with necessary provider agencies for the purpose of providing services and only with the signed consent of the care recipient. Persons may remain anonymous when making a referral for another person.

If you live in the Towns of Dunn or Pleasant Springs case management services are provided by the McFarland Senior Center, (608) 838-7117. If you live in the Town of Rutland, case management is provided by the Oregon Senior Center, (608) 835-5801.

Home Delivered Meals

Meal delivery is available every weekday on a donation basis to homebound people over 60 years of age who reside in the City of Stoughton and Towns of Albion and Dunkirk. Meal reservations should be made by 1:00 PM the previous working day.

Home delivered meals for other surrounding towns follow the case management boundaries established by Dane County. Please contact the Case Management Focal Points listed above.

Nutrition Site

The Senior Center serves lunch every weekday at 12:00 PM on a donation basis to people over 60 years of age. Participants must make a reservation by 1:00 PM the previous working day, for transportation options please see Transit Solutions, p. 21

Assistive Equipment Loan Closet

Equipment such as wheelchairs, walkers and other items may be checked out on a short-term basis for a minimum donation of \$5.00 to those residing only in our case management service area (Stoughton, Town of Albion and Town of Dunkirk).

Foot Care Clinic

Stoughton Hospital Home Health offers monthly foot clinics at the Senior Center. Check page 18, our newsletter or website www.ci.stoughton.wi.us/senior for specific dates and rates. Participants must contact the Senior Center to make an appointment.

Blood Pressure Screens

Blood pressure screening is available each month. Check our newsletter or website www.ci.stoughton.wi.us/senior for specific dates. No registration needed.

Support Groups

The Senior Center hosts the following support groups: Grief, Low Vision, Memory Loss Caregivers, Multiple Sclerosis, and Parkinson's disease. Please see page 20 for more information, along with other area groups.

For more information on these and other area services please contact the **Stoughton Area Senior Center:**
248 W. Main Street, Stoughton WI, 53589 (608) 873-8585 www.stoughtonseniorcenter.com

IN-HOME (Non-Medical) SERVICES

The following is a list of area in-home service agencies that provide transportation, meal preparation, light housekeeping, companionship, rest and relief for caregivers. Some of these agencies provide bathing assistance. Before making a service decision, please see “Choosing a Home Care Service,” on page 22. Contact a Senior Center Case Manager (608) 873-8585 for more information about specific agencies or financial support eligibility.

CARE / IN-HOME

BrightStar Health Care
(608) 441-8620

Home Instead Senior Care
(608) 663-2646

Independent Living
(608) 274-7900

Comfort Keepers
(608) 442-1898

Just Checking In LLC
(608) 838-9101

Stoughton Hospital Home Health/Trusted Hands
(608) 873-2366

Community Living Alliance
(608) 242-8335

Visiting Angels
(608) 819-0665

HOME HEALTH SERVICES

There are many agencies in the Stoughton area that provide nursing level care and therapy to individuals in their home. Some examples of home health services include medication monitoring, wound care, physical, occupational, and speech therapy.

Before making a service decision, please see “Choosing a Home Care Service,” on page 22. Contact a Senior Center Case Manager (608) 873-8585 for more information about specific agencies or financial support eligibility.

Agrace HospiceCare
(608) 276-4660

Independent Health Care
(608) 274-7900

Stoughton Hospital Home Health
(608) 873-2366

SSM Health at Home
(608) 242-1516

Meriter Home Health
(608) 417-3700

UW Home Health
(608) 203-2273

Recover Health Services
(608) 274-8193

For more information on these and other area services please contact the **Stoughton Area Senior Center:**
248 W. Main Street, Stoughton WI, 53589 (608) 873-8585 www.stoughtonseniorcenter.com

IN-HOME SERVICES

Before making a service decision, please see “Choosing a Home Care Service,” on page 22.

24 HOUR IN-HOME CARE

BrightStar Health Care
(608) 441-8620

Good People
(608) 223-0073
800-608-8003
www.goodpeople.us

Home Care Services
888-697-4800

CARE / IN-HOME

WI HOME HEALTH CARE HOTLINE 1-800-642-6552

This toll-free Home Health Hotline helps Wisconsin residents with information about local home health care agencies; agency certification for Medicare and/or the Medical Assistance Program; results of state inspections of agencies; and complaints which have been filed against the agency within the last two years. The Hotline may also be used to file complaints.

HOSPICE CARE SERVICES

There are many agencies in the Stoughton area that provide hospice care, or end-of-life care. A team of health care professionals and volunteers provide medical, psychological and spiritual support. The goal of the care is to help people who are dying have peace, comfort and dignity. Hospice programs also provide services to support a patient’s family. Usually a hospice patient is expected to live 6 months or less. Hospice care can take place at home, at a hospice center, in a hospital or a skilled nursing facility.

Contact a Senior Center Case Manager (608) 873-8585 for more information.

Heartland Hospice Care
(608) 819-0033

Agrace Hospice Care Inc.
Madison: (608) 276-4660
Janesville: (608) 755-1871

Rainbow Hospice Care
(888) 493-8276

For more information on these and other area services please contact the **Stoughton Area Senior Center:**
248 W. Main Street, Stoughton WI, 53589 (608) 873-8585 www.stoughtonseniorcenter.com

CARE FACILITIES in Stoughton, WI 53589

The following are area care facilities and explanations of the different categories of options. For a list of things to consider, please see our “Questions to Ask” on pages 23– 25. See the Wisconsin Department of Health Services’ Division of Quality Assurance Provider Search: <https://www.dhs.wisconsin.gov/guide/provider-search.htm> for a listing of the most current local provider and compliance history information.

ASSISTED LIVING FACILITIES

Assisted living facilities are for individuals who need some level of monitoring care services but choose to live in a setting without 24-hour access to nursing services. Wisconsin licenses, certifies, registers and regulates four types of assisted living facilities and programs.

1. ADULT DAY CARE CENTER: a day program that provides services in a group setting to adults who need assistance with activities of daily living (ADLs), supervision and protection when their caregivers are at work or need relief. Adult Day Care centers generally operate programs during normal business hours five days a week. There are currently no Adult Day Centers in Stoughton. Below are the centers within 25 miles.

Benevolence Adult Day Care

914 Laurie Drive, Madison, WI 53711
(608) 663-7117

Catholic Charities Adult Day Center

5401 Fen Oak Drive, Madison, WI 53718
(608) 663-7117

Colonial Club Adult Day Center

301 Blankenheim Ln, Sun Prairie, WI 53590
(608) 837-4611; www.colonialclub.org

EMMCA Adult Day Center

4142 Monona Drive, Madison, WI 53716
(608) 223-3100; www.emmca.org

Oregon Adult Day Program

219 Park Street, Oregon, WI 53575
(608) 835-5801

SSM Health Adult Day Health Center

2440 Atwood Ave., Madison, WI 53704
(608) 249-4450; www.stmarysmadison.com

2. COMMUNITY BASED RETIREMENT FACILITIES (CBRF): a place where adults who are not related to the operator or administrator reside and receive care, treatment or services that are above the level of room and board and that may include up to three hours per week of nursing care per resident. Adults residing in a CBRF should not require care above intermediate level nursing care. CBRFs range in size from 5 to 257 beds.

Azura Memory Care

1221 E. Main Street, (608) 873-8333

Milestone Senior Living

2220 Lincoln Ave, (608) 205-6800

Stoughton Meadows

2321 Jackson Street, (608) 877-1227

Heritage Center of Skaalen

400 N. Morris Street, (608) 873-5651

Magnolia Garden of Skaalen, Memory Care Assisted Living

400 N. Morris Street, (608) 873-5651

For more information on these and other area services please contact the **Stoughton Area Senior Center:**
248 W. Main Street, Stoughton WI, 53589 (608) 873-8585 www.stoughtonseniorcenter.com

CARE FACILITIES in Stoughton WI

3. ADULT FAMILY HOMES: a place where adults who are not related to the operator reside and receive care, treatment or services that are above the level of room and board and that may include **up to seven hours per week of nursing care per resident**. AFHs range in size from 1 to 5 beds.

Country Living

2803 Door Creek Rd., (608) 873-0237

Holly's House

1902 Spring Road, (608) 873-1612

Greenwood Home, 400 Hoel Ave.
(608) 220-5787 or (608) 719-5078

Rosewood Adult Family Home
2551 Havey Lane, (608) 438-1585

4. RESIDENTIAL CARE APARTMENT COMPLEX (RCAC): independent apartments for adults that must each have a lockable entrance and exit; a kitchen, including a stove (or microwave oven); and individual bathroom, sleeping and living areas. RCACs range from 5-109 individual apartments, with the average complex size being 36 apartments. RCACs provide, **not more than 28 hours per week** of supportive, nursing, personal or emergency services to residents.

Milestone Senior Living

2220 Lincoln Ave, (608) 205-6800

Skaalen Heights

Skaalen Retirement Services
950 Ridge Street, (608) 873-5651

SKILLED NURSING HOMES

A nursing home facility provides 24-hour nursing services, including room and board to five or more unrelated persons. Usually individuals living in a nursing home require access to 24-hour nursing services due to their physical or mental condition. A Swing Bed Hospital is a hospital that has beds that are able to provide Nursing Home care.

Nazareth Health & Rehab Center

814 Jackson Street, (608) 873-6448

Skaalen Nursing & Rehabilitation Center

400 N. Morris Street, (608) 873-5651

CARE FACILITY SERVICES

A Place for Mom, (608) 287-8090

services connecting families to senior living resources. **Free to families as providers pay a fee for their listing with APFM.**

Medicare's Nursing Home Compare

1-800-MEDICARE; www.medicare.gov
Compare nursing homes in the area by facility characteristics or quality measures.

Long Term Care Ombudsman

WI Board on Aging & Long Term Care
214 N. Hamilton St., Madison WI 53703
1-800-815-0015; longtermcare.state.wi.us

An Ombudsman protects and promotes the rights of long-term care consumers. They answer questions about care options, and serve as an advocate to investigate facility complaints and suggest solutions.

For more information on these and other area services please contact the **Stoughton Area Senior Center:**
248 W. Main Street, Stoughton WI, 53589 (608) 873-8585 www.stoughtonseniorcenter.com

Aging & Disability Resource Center (ADRC) of Dane County

2865 N. Sherman Ave., Madison WI 53704
(608) 240-7400, www.daneadrc.org

The ADRC is the access point for information for long-term care options and applying for public benefits for older adults and people with disabilities and their families.

Capital Consortium, 1-888-794-5556

Economic Support Staff will screen for eligibility for public assistance programs in person or by phone. These include Food-Share and medical assistance savings programs. Apply online at www.access.wi.us

Caring for the Caregiver

**National Family Caregiver Support Program
Area Agency on Aging of Dane County
Caregiver Coordinator: (608) 261-5679**

This program provides referrals for support services, help with problem-solving related to caregiving, a free monthly newsletter filled with caregiving events and useful caregiver information. Grant funds are available for respite, home chore, lifeline and transportation costs. Contact a Senior Center Case Manager at (608) 873-8585 for a referral.

Community Action Coalition (CAC)

1717 N. Stoughton Road, Madison, WI
cac@cacsce.org, www.cacscw.org
608-242-7406

CAC provides housing case management, information, and or referrals for any individual or family in need of housing services. If enrolled in case management with CAC, there is a possibility of security deposit, phone and internet assistance once housing has been identified. If interested in case management, a participant can call to set up an appointment.

**Elder Abuse, Neglect & Adults at Risk
Dane Co. Dept. of Human Services,
Area Agency on Aging, (608) 261-9933**

This agency offers many forms of protection from physical, verbal, emotional abuse, financial exploitation, sexual assault, or neglect – from police interventions to financial support or transportation to a safe place. All reports and records are confidential.

Energy Assistance Program

Employees from this program hold office hours on scheduled days at the Senior Center, mid-November through mid-March. They will screen for eligibility and file applications for energy assistance. Appointments are required. Call (608) 333-0333 for appointments, (608) 267-8601 for other questions.

Financial Education Counselor

**Financial Education Center (608) 224-3722
2300 S. Park St. Suite 101, Madison, WI**

Free one-on-one coaching about basic money management issues are available by appointment. Visit <https://fyi.uwex.edu/danecountyfinancialeducationcenter/>.

GreenPath Debt Solutions

www.greenpath.com, (608) 221-1695

This non-profit company partners with you to ease financial pressures through a healthy management of analysis, planning, implementation, negotiation and education. Call or a free consultation.

**Independent Living, Inc
Financial Management/Counseling**

**2970 Chapel Valley Rd. #203
Madison WI 53711, (608) 274-7900**

Financial Management and Counseling offers a wide range of services, including balancing checkbooks, bill paying, organizing and education. These services are provided in your home.

Medicare

U.S. Dept. of Health & Human Services
1-800-MEDICARE or www.medicare.gov
 Customer service representatives are available 24 hours a day, 7 days a week to answer questions about Medicare including the Medicare Part D Prescription Drug Program, as well as provide up-to-date information regarding the health plans available in your area.

Medigap Helpline 1-800-242-1060

State Health Insurance & Assistance Program
 Call when you decide to change insurance coverage; enroll in Medicare Part B or Part D; quit, change jobs or retire; purchase Long-Term Care insurance; move or relocate.
Part D Prescription Drug Helplines:
 1-855-677-2783 (over age 60)
 1-800-926-4862 (under age 60)

Senior Community Service Employment Programs (SCSEP)

State and federally-funded training-for-employment programs, serving older adults with limited incomes. Eligible individuals are provided with customized training services designed to assist them in developing the skills and experience necessary to achieve their employment goals –allowing people to learn as they earn. To qualify you must be 55 years of age or older and meet federal income guidelines. For details contact:

SER SCSEP Madison WI
 6320 Monona Dr., Suite 309, Monona, WI
 (608) 286-1059, bplatta@ser-national.org

OR

Greater Wisconsin Area Agency on Aging Wisconsin Senior Employment (WISE)
 Dane County Job Center
 1819 Aberg Ave., Ste D, Madison WI 53704
 (608) 242-4897; paul.koenig@gwaar.org

Social Security Administration

www.socialsecurity.gov
1-800-772-1213 or TTY: **1-800-325-0778**
 Call this number for a new Medicare card. Please have your Social Security number handy when you call.
Madison Office: 1-866-770-2262
 6011 Odana Rd., Madison, WI 53719

Veterans Service Office

Stoughton Area Senior Center
248 W. Main Street, Stoughton, WI
 An Assistant Veterans Service Officer is available some Fridays at the Senior Center to assist area veterans and their families with obtaining benefits. Call the Dane County Veteran Service Office at (608) 266-4158 to schedule an appointment.

Wisconsin No Call List

1-888-382-1222
<https://nocall.wisconsin.gov/>
 Signing up for the Wisconsin No Call List identifies you as someone who does not wish to receive telemarketing calls. It's free and available for landline and cell phone customers in Wisconsin. Your number will be on the List for two years.

FITNESS & WELLNESS OPPORTUNITIES in Stoughton, WI

Anytime Fitness

2300 Hwy 51-138, Suite A, (608) 873-7799

Anytime Fitness is designed to meet the health and wellness goals of a diverse spectrum of individuals. Services specific to the needs of older adults include personalized fitness programs and our Senior Stretch Class, which is provided by an experienced geriatric trainer. Strength & Stretch classes beginning at 9:15 AM (Intermediate) and 10:30 AM on Tuesdays and Thursdays are free to senior members.

Chair Yoga

Tuesdays at 10:15 AM

Covenant Lutheran, 1525 N. Van Buren St (608) 335-8654 (\$3-\$10 suggested donation)

Chair yoga makes yoga accessible to more people because all poses are done seated on a chair or standing with use of the chair for balance. Some of the benefits include increase in range of motion, balance, strength and flexibility.

Gentle Yoga Classes

Tuesdays and Fridays at 9:00 AM

Covenant Lutheran, 1525 N. Van Buren St (608) 335-8654 (\$3-\$10 suggested donation)

Gentle yoga is a medium intensity class that uses modifications to meet individual needs from beginner to intermediate. Class focuses on strength, flexibility and core. Chairs are encouraged for those who want more support in poses.

Level Up levelupfitnessinc.com

225 Hoel Avenue, (608) 205-2739

Level Up provides the highest quality fitness, wellness and athletic training facility, where members and staff interact as a team to meet and exceed members individual goals and actively promote fitness awareness throughout the community. Level Up offers classes and coaching specifically targeted towards older adults and is affiliated with Silver Sneakers.

Senior Stretch Class

Tuesdays & Thursdays 8:30 AM – 9:15 AM

VFW, 200 Veterans Road

A low-impact senior stretch class meets at the VFW; \$1.00/class. Contact Joanne Holtan at (608) 279-0905 for details.

Senior Water Aerobics

Mondays, Wednesday & Fridays: 8:00 & 9:00 AM

Stoughton Inn, 1124 W. Main Street

A low-impact senior water aerobics group meets at the Stoughton Inn pool. Bring your own suit and towel! Sign in and pay at the reception desk; \$2.00/class. Contact Joanne Holtan at (608) 279-0905 for details.

Skaalen Therapy & Wellness Center Skaalen Retirement Services

400 N. Morris St., (608) 873-5651 Ext. 372

www.skaalen.com

In addition to in-patient and out-patient physical, occupational and speech language therapy services, the Skaalen Therapy and Wellness Center offers a state-of-the-art fitness gym with personalized fitness programs to meet individual fitness needs and goals. The Wellness Center also offers a warm water therapy pool with open swim times available to the community Monday through Friday.

Stoughton Area Senior Center

248 W. Main Street, (608) 873-8585

<https://stoughtonseniorcenter.com>

Health & Fitness Opportunities

- Chair Stretch
- QiGong
- Chair Massage
- Reflexology
- Tai Chi
- Line Dancing
- Ping Pong
- Canoe (May-Sept)
- Parkinson's Exercise
- Blood Pressure Checks

(Continued on p. 11)

Stoughton Area Senior Center

(Continued from p. 10)

Classes & Skill Development

- Wood Shop
- Painting
- Handiwork
- Wood Carving
- Art History
- Health & Education
- Computer/Technology Classes
- Music Appreciation
- Creative Writing
- Language Courses
- Rosemaling
- Hardanger

Social & Recreation Opportunities

- Entertainment & Events
- Shopping Trips
- Travelogue
- Pool Tournaments
- Book Discussions
- Sheepshead
- Mexican Train Dominoes
- Ukulele Group
- Intergenerational Activities
- Wisconsin Senior Games
- Coin & Stamp Collecting
- Movies
- Lunch Bunch
- Bunco
- Bridge
- Euchre
- Cribbage
- Chess
- Wii Bowling
- Bingo
- Outings
- Pinochle

For details, please see the Yahara Senior News Newsletter or our website.

Stoughton High School Pool

600 Lincoln Avenue, (608) 877-5627
sally.maclaren-meuer@stoughton.k12.wi.us

The pool is open to the public weekday mornings and evenings for open and lap swim. There are also weekend swim and mid-day class options; see our full schedule on our website: www.stoughton.k12.wi.us (click "Explore SASD" then "Swimming Pool"). Senior discounts are available to individuals age 60 and older. An easy entrance to the pool is available through the school's back parking lot, which is accessed by using Buckingham or Devonshire Roads Parking is only available on school days in the "visitor parking spots" and additional parking is available on the street.

STOUGHTON HOSPITAL

Cardiac Rehabilitation & Wellness

900 Ridge Street, (608) 873-2314

Phase 3 Cardiac Rehab Program

Once participants have finished their Cardiac Rehab (Phase 2), they can continue to exercise at Stoughton Hospital under the supervision of medical professionals.

Primary Prevention Program

Open to those who have not participated in a previous Cardiac Rehab Program but have multiple cardiac risk factors and need to exercise in a safe environment.

Complementary Medicine Services

125 Church St., (608) 873-2271

Stoughton Hospital offers massage therapy and reflexology.

Other Classes for Community Education & Wellness

(608) 877-3485,
www.stoughtonhospital.com

Stoughton Parks & Recreation

381 E. Main Street, (608) 873-6746
stoughtonrec.com

The Stoughton Parks & Recreation provides many fitness and wellness opportunities to the community. Contact the department for current class offerings and park hours.



FOOD, PERSONAL HYGIENE & CLOTHING PROGRAMS

FOOD PROGRAMS

Home Delivered Meals

Stoughton Area Senior Center

Meal delivery is available every weekday on a donation basis to homebound people over 60 years of age who reside in the City of Stoughton and Towns of Albion and Dunkirk. Suggested donation is \$4.00; Dane County determines the actual cost of the meal at \$9.26. Reservations should be made by 1:00 PM the previous working day.

Senior Center Nutrition Site

Stoughton Area Senior Center

248 W. Main Street, Stoughton WI 53589

The Senior Center serves lunch every week-day at 12:00 PM on a donation basis to people over 60 years of age. Meal reservation: Call (608) 873-8585 by 1:00 PM the previous working day. Suggested donation is \$4.00; Dane County determines the actual cost of the meal at \$8.97. For transportation options please see Transit Solutions, p. 21.

Daily Bread, free community meal

Last Sunday of the month, 4:30 PM
at First Lutheran Church
310 E. Washington St., Stoughton WI

Gathering Table, free community meals

Contact: Steph Hammis (608) 239-4124

1st and 3rd Monday from 5:30-6:15 PM
at the Stoughton Area Senior Center,
248 W. Main Street, Stoughton WI 53589.

FoodShare Wisconsin

To apply for State of Wisconsin FoodShare:
Capital Consortium, 1-888-794-5556
www.access.wi.gov

For questions and support related to
FoodShare benefits contact:
Second Harvest, 1-877-366-3635
www.secondharvestmadison.org

FOOD / HYGIENE PANTRIES

City of Stoughton Food Pantry

**520 S. Fourth Street, Stoughton WI
(608) 873-8103**

Federal income guidelines are followed and services are provided to people who reside within the Stoughton Area School District. This is a client choice program. Usage is limited to once a month. Scheduling an appointment is encouraged.

Hours: Mon.-Wed. 10 AM-2 PM; Thurs. 10 AM-2 PM and 4-6 PM; 1st Sat.: 9-11AM

United Methodist Church

**525 Lincoln Avenue, Stoughton WI
(608) 873-3273**

Call a day ahead to register. Rides are available.

Hours: Tues. & Wed. 9:00 AM -11:00 AM;
Tues. 5:00 - 7:00 PM

Personal Essentials Pantry

**343 E. Main St., Stoughton WI 53589
(608) 620-3250, pepstoughton.org**

Free essentials of household and personal hygiene to all individuals and families in need throughout all of Dane County.

Hours: Every 1st and 3rd Thursday
from 1:00 PM –5:00 PM

CLOTHING PROGRAMS

Clothing Center

Covenant Lutheran Church

**1525 N. Van Buren St., Stoughton WI
(608) 873-7494**

Free, gently used clothing sizes 0 to adult.
Wednesdays 9:30-11:30 AM, summers, &
when schools are open during school year

St. Vincent De Paul Store

**1509 Hwy. 51, Stoughton WI
(608) 873-3655**

Used clothing and household items.

SENIOR HOUSING in Stoughton, WI 53589

Garden Village Apartments**241 Veterans Road
(608) 873-0884 or (608) 449-4960**

One and two bedroom senior apartments. Quiet, affordable, attractive units with private entrances and patios. Community room and on site resident manager.

Greenspire Apartments**924, 1040, 1050, 1060, 1070 Jackson St.,
(608) 873-7855**

Subsidized housing facilities for those 62 and over or disabled. Units are owned by the Stoughton Housing Authority which monitors and approves overall operations.

Yahara Village Apartments**1601 – 1649 Vernon Road, (608) 575-4130**

A Wisconsin Management Company complex, subsidized by the Dane County Housing Authority with rent based on 30% of household income. These smoke-free, one and two-bedroom units are for individuals who are 62 years or older or disabled.

Rosewood Apartments**300 Silverado, (608) 877-9388
&****Rosewood Apartments II****321 Dvorak Court, (608) 877-9388**

Attractive, affordable one or two-bedroom apartments for independent seniors 55 or older. All units have large closets, air-conditioning, on-site parking, elevators and laundry rooms on each floor.

Skaalen Ridge**Skaalen Retirement Services****400 N. Morris Street, www.skaalen.com
(608) 873-5651 Ext. 334**

Apartment-style condominiums that offer seniors an affordable, maintenance-free, worry-free, carefree retirement living option with the security of having licensed nursing staff available as needed, 24-hours a day.

Vennevoll & Skaalendal**Skaalen Retirement Services****400 N. Morris Street, www.skaalen.com
(608) 873-5651 Ext. 334**

Spacious, maintenance-free, affordable condominium retirement living.

HOUSING / FINANCIAL SERVICES

Community Action Coalition (CAC)

1717 N. Stoughton Road, Madison, WI
 cac@cacsce.org, www.cacscw.org
 608-242-7406

The Community Action Coalition (CAC) provides housing case management, information, and or referrals for any individual or family in need of housing services. If enrolled in case management with CAC, there is a possibility of security deposit, phone and internet assistance once housing has been identified. If interested in case management, a participant can call to set up an appointment.

Tenant Resource Center (TRC)

Social Justice Center, Suite 101
 1202 Williamson St., Madison WI 53703
 (608) 257-0006

The Tenant Resource Center provides free information about tenant-landlord laws, including evictions, security deposits, repairs, breaking a lease and more. They provide services in English, Spanish and Hmoob. They also have various programs for people who are homeless or at risk of homelessness and provide mediation services.

HOMELESSNESS SERVICES

Coordinated Entry

Katie Spaeth, System Manager
 (608) 829-8019

[www.danecountyhomeless.org/
 coordinated-entry](http://www.danecountyhomeless.org/coordinated-entry)

Coordinated Entry is a process developed to ensure that all people experiencing a housing crisis have fair and equal access to housing services and assistance. Coordinated Entry is one way that some housing programs enroll individuals and households identified as those in our community with the greatest housing and service needs. This includes individuals and households that have been sleeping in emergency shelter, on the street, or in a car, and have experienced long-term homelessness.

The Beacon

615 E. Washington Ave, Madison, WI
 (608) 826-8040

www.thebeaconhelps.org

A day center for people experiencing homelessness. Assistance includes: preventative healthcare, housing, employment, daily meals/snack, shower and laundry facilities, mail center, transportation to/from, computer lab, identification assistance, telephone, case management. Open daily 8am-5pm

For HOME HEALTH, RESPITE & OTHER IN-HOME ASSISTANCE
 see page 4

For more information on these and other area services please contact the **Stoughton Area Senior Center:**
 248 W. Main Street, Stoughton WI, 53589 (608) 873-8585 www.stoughtonseniorcenter.com

LEGAL SERVICES

Attorney Information & Referral Service of State Bar of Wisconsin

Contact: (608) 257-4666 or (608) 257-3838 for general attorney services.

Community Justice Incorporated

214 N. Hamilton St., Madison WI 53703
(608) 204-9642,
www.communityjusticeinc.org

CJI works with low-income families and individuals to secure fair representation in court, protecting the legal rights of those who would otherwise face the system alone.

Elder Benefits Specialist

Dane County Area Agency on Aging
2865 N. Sherman Ave, Madison WI 53704
Call the Aging Disability Resource Center (ADRC) at (608) 240-7400

The Elderly Benefit Specialist (EBS) program is a federal and state-mandated advocacy program designed to provide older adults with free legal services. Assistance includes information and advocacy in entitlement programs affecting older adults: Medicare; Medical Assistance; Social Security; Foodshare and more. The EBS program offers help in application and appeals. Free to people age 60 and over.

David F. Grams & Associates, S.C.

Eric D. Christoffersen, J.D.

194 W. Main Street, Stoughton
(608) 662-0440,

echristoffersen@dfgrams.com

Attorney Christoffersen provides estate planning and elder law services.

Fons Law Office

Mary C. Fons (608) 873-1270

500 S. Page Street, Stoughton WI 53589

Legal service practice limited to consumer law, debt collection, harassment and deceptive sales practices.

Legal Action of Wisconsin

744 Williamson St. Suite 200, Madison
(608) 256-3304, www.legalaction.org

Free civil legal aid to low income people.

Long Term Care Ombudsman

WI Board on Aging & Long Term Care
1402 Pankratz St., Madison WI 53704
1-800-815-0015

<http://longtermcare.state.wi.us>

An Ombudsman protects and promotes the rights of long-term care consumers. They answer questions about care options, such as community care, community-based residential facilities or nursing homes, while serving as an advocate to investigate complaints in these long-term care settings, and suggest solutions.

National Academy of Elder Law Attorneys (NAELA)

A professional organization of attorneys dedicated to elder law. www.naela.org

Neighborhood Law Clinic

Villager Mall, 2312 South Park St, Madison
(608) 265-2441, <https://law.wisc.edu/eji/nlc>

The Neighborhood Law Clinic provides free legal service to Dane County residents and the surrounding area. NLC can help with legal problems involving housing, employment, and public benefits. It is part of the University of Wisconsin Law School -- our clients receive legal services from law students, who are supervised by attorneys.

Wisconsin Free Legal Answers

<https://wi.freelegalanswers.org>

A state-wide legal advice online website launched by Wisconsin Access to Justice Commission.

MEDICAL SERVICES in Stoughton, WI 53589

SSM HEALTH DEAN—STOUGHTON

225 Church Street, Stoughton, WI 53589
(608) 877-2777, www.deancare.com
Clinic Hours: Mon. – Fri. 7:00 AM – 5:00 PM

Services

- Comprehensive Primary Care for all ages
- Specialty Medical Care
- On-site Lab
- On-site X-Ray
- Davis Duehr Dean Optical Store
- Ophthalmology

Provider Directory at www.deancare.com

Dean on Call 24-Hour Nurse 1-800-576-8773

STOUGHTON HOSPITAL

900 Ridge Street, Stoughton, WI 53589
(608) 873-6611, stoughtonhospital.com

Medical Staff: Physicians from SSM Health Dean Medical Group, UnityPoint Health and UW Health; accepting 160+ insurance plans

Ambulatory Infusion Center 873-2279

Specializing in IV treatments; maintenance and care of vascular access devices

Complementary Medicine 873-2271

Reflexology and massage therapy

Geriatric Psychiatry 873-2242

Inpatient unit specializing in the treatment of mental health conditions in older adults

Home Health 873-2366

Inpatient Rehab Care—Swing Bed 873-2217

Service for patients that need nursing care of additional therapies to fully recover following a hospitalization of three days or more

Life Assist 873-2372, medical alert system

Stoughton Rehabilitation and Sports Medicine Clinic 873-2292

2300 US Hwy 51-138, Stoughton WI

OrthoTeam Clinic 877-3419

Stoughton Hospital General Surgery 873-2266

Sleep Disorders Center 873-2210

Trusted Hands 873-2366

In-home professional household chore and companionship services

Urgent Care 873-6611

6:00 AM– 11:00PM Daily

Valet: courtesy service offered during daytime business hours Monday - Friday

Other Stoughton Hospital services:

Cardiac Rehabilitation 873-2314

Emergency Medicine 873-6611

Medical Imaging 873-2299

Surgical Services 873-2266

Wound Care Clinic 873-2266

UNITYPOINT HEALTH-MERITER-STOUGHTON CLINIC

100 Silverado Drive, Stoughton, WI
(608) 417-8700, www.unitypoint.org

Family Medicine for adults and children.

UW HEALTH STOUGHTON

1001 Nygaard Street,
Stoughton, WI 53589

(608) 877-2660, www.uwhealth.org

Hours: Mon.-Fri. 8:00 AM – 5:00 PM

Family Medicine

General Internal Medicine

After Hours Care

Healthline, a telephone helpline staffed by nurses to help you with your health issues, is available for after-hours questions. Call (608) 877-2660 for access, or to reach an on-call physician after hours.

Stoughton's Free Health Clinic

1116 Ridge Street, Stoughton, WI 53589
(608) 205-0505

Providing Stoughton and surrounding areas with quality local healthcare for low income, uninsured, or underinsured citizens.

**Dental Clinics
accepting Medical Assistance (MA)**

Familia Dental

3003 E. Washington Ave., (608) 224-9159
107 S. Gammon Rd., Madison, (608) 224-9159
1260 Milton Ave., Janesville, (608) 757-0057

MATC Dental Hygiene Clinic (608)258-2400
1705 Hoffman St., Rm 151, Madison

More Smiles Dental Clinic (608) 665-2752
630 E. Washington Ave, Madison
4619 Jenewein Rd, Fitchburg

**STOUGHTON AREA
SENIOR CENTER**

248 W. Main Street, Stoughton, WI 53589

Assistive Equipment Loan Closet

Equipment such as wheelchairs, walkers and other items may be checked out on a short-term basis for a minimum donation of \$5.00 to those residing in our case management service area (Stoughton, Town of Albion and Town of Dunkirk).

Blood Pressure Screening – FREE

Retired medical personnel will take your blood pressure on the 2nd Wednesday and last Thursday of month, 10:00AM –12:00PM.

Foot Care Clinic

3rd Monday of month, 12:30 PM -3:30 PM
3rd Tuesday of month, 8:30 AM -11:30 AM
Stoughton Hospital Home Health staff provide monthly foot inspection, trimming of toenails, foot massage, proper foot care education and referral to a physician if needed. Appointments are required;
Call 873- 8585. Cost: \$25

Veterans Service Office

Stoughton Area Senior Center
248 W. Main Street, Stoughton, WI 53589

An Assistant Veterans Service Officer is available some Fridays at the Senior Center to assist area veterans and their families with obtaining benefits. Call the Dane County Veteran Service Office at (608) 266-4158 to schedule an appointment.

MISC. MEDICAL SERVICES

Alzheimer's Association www.alz.org
2820 Walton Commons, Suite 132, Madison
(608) 203-8500 or 1-800-272-3900

**Alzheimer's & Dementia
Alliance of Wisconsin www.alzwisc.org**
3330 University Ave. Suite 300, Madison
(608) 232-3400 or 888-308-6251

Caring for the Caregiver

See page 8.

Elder Abuse, Neglect & Adults at Risk

See page 8.

FREE or Low-Cost Medication:

Senior Care: [//dhs.wisconsin.gov/seniorcare/](http://dhs.wisconsin.gov/seniorcare/)

Patient Assistance:

www.PatientAssistance.com

RxAssist: www.rxassist.org

Needy Meds: www.NeedyMeds.org

Partnership for Prescription Assistance:

www.pparx.org

GoodRx: goodrx.com

**Home Safety Modifications
Independent Living, Inc****2970 Chapel Valley Rd. #203
Madison WI 53711, (608) 274-7900
intake@independentlivinginc.org**

On-site evaluations plus our staff carpenter make changes easy to prevent falls and keep you safe at home. Adaptations range from grab bars to bathroom change-outs, plus custom ramps and equipment like bath benches and reachers. Please ask about our grants.

Hospice Services, See p. 5.

Independence First Mobility Store**2554 Advance Road, Madison, WI
ifmobility.mcservices.com, (608) 243-1785**
Provides a variety of high quality, refurbished durable medical equipment.**In-Home Emergency Response**

Emergency reporting systems enable people to summon help in cases of medical, fire or burglary emergencies.

Advance Security Solutions (888) 860-8098**Philips Lifeline (866) 674-9900****Stoughton Hospital Lifeline (608) 873-2372****Freedom Alert by LogicMark for Veterans
VA Hospital (608) 280-7085****Medication Lock Boxes****Contact: Teressa Pellett (608) 877-5729, or
tpellett.swc@gmail.com**

Pick up a free lock box at the Stoughton Area Senior Center, and keep your prescription medications private and protected from theft. This free service is made possible by the Stoughton Wellness Coalition.

Medicare & Medigap Helpline See p. 9.

Social Security Administration See p. 9.

Stoughton Lions & Lioness Club

The Lions and Lionesses Clubs collect and provide funds for vision screens, eye glasses, cataract surgeries and other eye care services for those at risk of losing their sight. A drop off box for eye-glasses is located at the Senior Center.

MENTAL HEALTH SERVICES

Journey Mental Health Center**25 Kessel Court, Suite 105, Madison, 53711
www.journeymhc.org or (608) 280-2720**

Adult outpatient services for mental health problems, substance use disorders and other addictive behaviors, and developmental disabilities are provided by master's degree and psychologist level therapists.

Madison Vet Center**1291 N. Sherman Ave., Madison, 53704
(608) 264-5342**

Professional readjustment counseling and service referral for veterans. Counseling may include individual, marriage and family, group, bereavement, military sexual trauma/ assault, substance abuse counseling, as well as job and benefits counseling and referral. All mental health professionals at the Vet Center are war veterans themselves.

OceanHawk Counseling Alternatives**3185 Deer Point Drive, Stoughton WI
www.oceanhawk.net or (608) 873-7838**

Stoughton Family Counseling Services**1520 Vernon Street, Stoughton WI
(608) 873-6422**

Oregon Mental Health Services**165 W. Netherwood St. Suite A, Oregon WI
(608) 835-5050**

SUPPORT GROUPS

Crohn's, Colitis & IBD Support Group

2nd Wednesday of the month, 5:30 PM
Stoughton Hospital, East Conference Room
900 Ridge Street, Stoughton, WI 53589
Contact Marilyn at (608) 873-7928

Diabetes Support Group

2nd Monday of the month, 6:00 PM
Stoughton Hospital, Lobby Conference Room
900 Ridge Street, Stoughton, WI 53589
Contact: Sonja (608) 873-2356

Grandparents & Other Relatives as Parents

2nd Saturday of the month, 10 AM -12:00 PM
The Rainbow Project Office
831 E. Washington Ave., Madison, WI 53703
Child care available to those in need.
Call: Serena Breining (608) 255-7356 ext.324

Grief Support Groups

3rd Wednesday of the month, 2:00 PM
Stoughton Area Senior Center, Stoughton Room
Contact: (608) 873-8585
Facilitation provided by Heartland Hospice

Hearing Loss Support

4th Tuesday of the month, 6:00-8:00 PM
**Hearing Loss Association of America
(HLAA) Madison Chapter**
1603 University Ave., Madison WI 53726
www.hlaamadison.com

Office of the Deaf & Hard of Hearing
(855) 359-5252, www.dhs.wisconsin.gov/odhh

LGBT Senior Advocacy

Outreach Community Center
2701 International Lane, Madison WI 53704
(608) 255-8582, lgbtseniors.org

Low Vision Support Group

3rd Thursday of the month, 1:00 PM
Stoughton Area Senior Center, Stoughton Rm
Contact: (608) 873-8585

Memory Loss Caregiver Group

2nd Thursday of the month, 2:00 PM
Stoughton Area Senior Center, Stoughton Rm
Contact: (608) 873-8585

Alzheimer's Association

(608) 203-8500, www.alz.org

Alzheimer's & Dementia Alliance of Wisconsin

(608) 232-3400, www.alzwisc.org

Multiple Sclerosis Support Group

2nd Tuesday of the month, 10:00 AM
Stoughton Area Senior Center, Mandt Room
Contact: (608) 873-8585

Parkinson Support Group

4th Wednesday of the month, 1:30 PM
(No meetings in Nov. or Dec.)
Stoughton Area Senior Center, Stoughton Room
Contact: (608) 873-8585

Substance Abuse Groups

Alcoholics Anonymous

(608) 222-8989, aamadisonwi.org

Al-Anon Family Support

(608) 258-0314, alanonmadisonwi.org

Narcotics Anonymous

(608) 258-1747, badgerlandna.org

Stoughton's Memory Cafe

1st Tuesday of the month, 9:30-11:00AM

Stoughton Hospital, Bryant Center

A relaxed social gathering for individuals with memory impairments and their care partner. There is no cost to attend and pre-registration is not required. If you have questions, please call the Senior Center at (608) 873-8585.

The group is coordinated, sponsored and facilitated by members of Stoughton's Dementia Friendly Coalition.

Find us on Facebook at

[Facebook.com/StoughtonDFC](https://www.facebook.com/StoughtonDFC)

SUPPORT SERVICE / REFERRAL AGENCIES

Aging & Disability Resource Center (ADRC) of Dane County

2865 N. Sherman Ave., Madison, WI 53704
www.daneadrc.org, (608) 240-7400

The ADRC of Dane County provides resources and support related to aging or living with a disability. The ADRC is also the access point for information about long-term care options and applying for public benefits. Services provided by the ADRC are free and available to all Dane County residents regardless of income or assets.

Alzheimer's Association www.alz.org

2820 Walton Commons, Suite 132, Madison
(608) 203-8500 or 1-800-272-3900

Alzheimer's & Dementia

Alliance of Wisconsin www.alzwisc.org
3330 University Ave. Suite 300, Madison

Caring for the Caregiver

See page 8.

Elder Abuse, Neglect & Adults at Risk
Dane Co. Dept. of Human Services,
Area Agency on Aging, See page 8.

Friendly Visitor Program

The Friendly Visitor Program connects homebound or isolated older adults with compassionate volunteers to provide needed support and encouragement, through friendly home visits or participation in social activities.
Contact: Senior Center Case Manager (608) 873-8585.

Independent Living Inc.

Telephone Reassurance, (608) 268-9641

Screened and trained volunteers make scheduled phone calls to promote interaction, reduce loneliness and medication or appointment reminders. There is an annual, flat fee to cover minor expenses such as background checks. The maximum fee is \$110 per year; qualified low-income individuals receive a discount. There is no limit on the number of volunteer services a client may use although the level of services does depend on matching the client with volunteers able to perform the service.

Hospice Services

See page 5.

Journey Mental Health Center

See page 18.

Veterans Service Office

Stoughton Area Senior Center
248 W. Main Street, Stoughton, WI 53589

An Assistant Veterans Service Officer is available some Fridays at the Senior Center to assist area veterans and their families with obtaining benefits. Call the Dane County Veteran Service Office at (608) 266-4158 to schedule an appointment.

TRANSPORTATION OPTIONS in Stoughton, WI 53589

Stoughton Public Transit

Provides transportation within the City of Stoughton and its three mile radius. May transport wheelchairs up to 29.25" wide.

Contact: (608) 873-7233

Hours: Mon.– Thurs., 6:00 AM – 6:00 PM
Friday & Sat., 6:00 AM—7:00 PM
Sunday, 8:00 AM – 4:00 PM

Cost: all fares are one way, senior rate includes people 60+ years or legally disabled

Adults/Students: \$4.50 per person one way

Senior/Disabled: \$3.50 per person one way

Extra Fees: \$1 per out of town mile (up to 3 miles); \$1 quick stop en route to destination (limited to 5 min.)

Transit Solutions Inc., Lift Equipped Van

No one is denied rides based on ability to pay.

Senior Center Meal Site, \$1 round trip

Monday - Friday, approx. 11:00 AM—1:00 PM

Shopping in Stoughton, \$1 round trip

Monday - Friday, 10:00 AM –1:30 PM

Shopping in Madison, \$3 round trip

9:30 AM home pickup, 1:15 PM return.

Trips rotate between various malls in Madison See Stoughton Area Senior Center newsletter, *Yahara Senior News* for monthly locations.

Contact: This ride service follows the boundary guidelines established by Dane County. Which senior center you call to reserve a ride depends on where you live.

Stoughton, Towns of Albion, Dunkirk: 873-8585

McFarland, Towns of Cambridge, Christiana,

Dunn, Pleasant Springs: (608) 838-7117

Oregon, Town of Rutland: (608) 835-5801

Para-Transit Services

Wheelchair equipped ride options for transport beyond the City of Stoughton. These services accept private pay and Medical Assistance only for medical appointments.

We CARE Transportation (608) 838-8589

Capital Express (608) 310-1034

American Cancer Society

1-800-227-2345

Rides for cancer treatment appointments.

VOLUNTEER RIDE PROGRAMS

RSVP Driver Service

Serving: Stoughton, Towns of Albion & Dunkirk

Contact: Amy at (608) 873-0165

Donation-based transportation to medical appointments for seniors 60 years or older. Rides based on driver availability; 5 day advance notice is required.

Affordable Transportation Program

Contact: Richard Hoffman (608) 873-6112, 9AM-4PM, Leave information and he will call you back

Low-income residents of all ages are eligible for free transportation Monday – Friday to various types of appointments in Madison and its nearby suburbs. Anyone whose income is less than 225% of the federal poverty rate is eligible. Also, rides to the City and United Methodist Church Food Pantries are available at no cost. Qualifying individuals are considered based on driver availability.

Vets Helping Vets Program

Contact: (608) 238-7901

Volunteer drivers provide medical, job application and support transportation within Dane County for any veterans, including immediate family members regardless of age.

Veterans who have no other means of transportation to medical appointments may also contact Disabled American Veterans (DAV) at (608) 280-7019.

Choosing a Home Care Service

The following is advice from Mayo Clinic, www.mayoclinic.org. Home care services range from skilled care provided by nurses or therapists to household support, such as cleaning, cooking and running errands. To begin, ask doctors, family and friends for recommendations. Knowing what questions to ask can help ensure that you receive quality assistance.

Qualifications

If you're considering a home care services agency:

- Is the agency licensed and reviewed by the state? Reviews may be available on request through your state health department.
- Is the agency certified by Medicare to meet federal requirements for health and safety? If not, ask why.
- What type of employee screening is done? Can the agency provide references? Ask for a list of doctors, hospital discharge planners or other professionals who have experience with the agency, as well as a list of former clients.

If you're considering a home health aide:

- What are the aide's credentials? Make sure you're comfortable with the aide's training and experience.
- Can the aide provide references? Take time to check the aide's references thoroughly.

Quality of care

If you're considering a home care services agency:

- How does the agency hire and train caregivers?
- Are the caregivers licensed and insured?
- How closely does the agency's supervisor evaluate the quality of home care?
- Do the agency's employees seem friendly and helpful?

If you're considering a home health aide:

- Does the home health aide have a positive attitude?
- Are you and your loved one comfortable with the home health aide?

Costs

If you're considering a home care services agency:

- How does the agency handle expenses and billing? Ask for literature explaining all services and fees, as well as detailed explanations of all the costs associated with home care.
- Will agency fees be covered by health insurance or Medicare? Find out what arrangements are in place for specific health insurance plans.
- What resources does the agency provide for financial assistance, if needed? For instance, is a payment plan available?

For more information on these and other area services please contact the **Stoughton Area Senior Center:**
248 W. Main Street, Stoughton WI, 53589 (608) 873-8585 www.stoughtonseniorcenter.com

Choosing a Home Care Service

If you're considering a home health aide:

- How much does the aide charge for home health services?
- Does the aide require payment for sick days, vacation days or holidays? If so, clarify how many sick and vacation days are allowed, as well as which days are considered holidays.

Understanding services

Whether you're considering a home care services agency or a home health aide, you might ask these questions about services:

- Will you receive a written care plan before service begins? The care plan should include details about medical equipment and specific care needs, contain input from your or your loved one's doctor, and be updated frequently.
- Will you receive a list of the rights and responsibilities of all parties involved? This is sometimes known as a patient's bill of rights.
- Will you or your loved one be referred to dietitians, counselors, therapists or other specialists, if needed?
- Will the agency work directly with you or your loved one, family members and health care providers?
- Must you identify a primary family caregiver? If so, what's required of that person?
- Are there any limits on the types of tasks performed? If so, what are the limits?
- When will service be provided? Is care available round-the-clock, if necessary?
- What procedures are in place for emergencies? Ask how the agency or home health aide will deliver services in the event of a power failure or natural disaster.
- How are problems addressed and resolved? Whom can you or another family member contact with requests, questions or complaints?

Monitor your home care services

After you've found a home care services provider, monitor the situation. If you're concerned about the care or services provided, discuss it promptly with the agency or home health aide. If necessary, involve your or your loved one's doctor as well.

Choosing an Adult Day Care

When contacting adult day care centers, The National Adult Day Services Association (NADSA) <http://nadsa.org/>, suggests using the following questions and checklist for the visit:

Adult day care center suggested questions:

- Who owns or sponsors the adult day care center?
- How long has it been operating?
- Is it licensed or certified? (If required in your county or state)
- What are the days and hours of operation?
- Is transportation to and from the adult day care center provided?
- Which conditions are accepted (e.g., memory loss, limited mobility, incontinence)?
- Are you comfortable with the way staff plan to handle the conditions your loved one may have (e.g. wandering or swallowing issues)?
- What are the staff's credentials, and what is the ratio of staff to participants?
- What activities are offered? Are there a variety of individual and group programs?
- Are meals and snacks included? Are special diets accommodated?

Adult day care center site visit checklist:

- Did you feel welcome?
- Were the center services and activities properly explained?
- Were you given information regarding staffing, programming, and costs?
- Is the facility clean, pleasant, and free of odor?
- Is the building and site wheelchair accessible?
- Is the furniture sturdy and comfortable?
- Are there loungers and chairs with arms for relaxation?
- Is there a quiet place in the center?
- Did the staff and participants seem cheerful and comfortable?
- Are participants involved in planning activities?

For more information on these and other area services please contact the **Stoughton Area Senior Center:**
248 W. Main Street, Stoughton WI, 53589 (608) 873-8585 www.stoughtonseniorcenter.com

Choosing a Care Facility

The following is advice from the Board on Aging and Long Term Care Ombudsman Program's guide, "Making the Right Choice: Choosing a Residential Facility" found at longtermcare.wi.gov. It is intended to help you make an informed choice that is right for you or your family member.

Be prepared.

Which type of "home" will best suit your needs? Your Long Term Care Ombudsman (p. 7) or your Aging and Disability Resource Center (p. 33) can help you understand the different types of facilities available (p. 6), and the different funding requirements and options for paying for care.

- You may want to ask that any available written information such as price lists, mission statements, available services and admission agreements be sent to you ahead of time to help you prepare your questions and have time to read the "fine print."
- Before or during your visit you might review inspection reports (or surveys), which can be found online (<https://www.dhs.wisconsin.gov/guide>) or posted in the home/facility.
- Take time to write down the top two or three services or issues that are most important to you as you make your choice.

Visit the homes you have identified as your choices and ask questions.

- During your tour ask questions about the home/facility and how its care is organized; ask about its reputation in the community and what the people that live there say about the care provided. There is a checklist of questions available in the guide mentioned above.
- Notice whether the person who gives you the tour asks about the needs and preferences of you or your loved one. Ask yourself if you are satisfied with the answers.
- Think about making a second, unscheduled visit on a different day, possibly during a meal or social program. This will help you see for yourself how well the home organizes these important times of the day, allowing you to observe how skilled and welcoming the staff are, and most importantly, how content the people who live there seem to be.

As you make your decision.

- Compare your notes and decide whether the homes that you visited can fulfill those top two or three priorities that you identified.
- Be sure you know whether the home can provide the services that you or your loved one require, and that questions about how care and services are paid for have been answered.
- Take the time to carefully and completely read all the documents that you or your loved one will be asked to sign when moving in. You may also want to ask an attorney or other trusted person to review these documents with you.

Use your voice.

If you or your loved one have questions at any time about the care and services provided, or if you feel dissatisfied with the conditions in the home, please contact your Long Term Care Ombudsman at 1-800-815-0015, longtermcare.wi.gov. The Ombudsman is there to assist you in getting the care that you need and expect, and works to educate staff, residents/tenants and family members about long term care systems.



Things to consider

The following are some topics to consider during your search for a care facility. A full checklist of questions specific to the topic are available in the “Making the Right Choice: Choosing a Residential Facility” guide which can be found at longtermcare.wi.gov.

Resident Rights: Most homes welcome families and other visitors into the home and should be receptive to issues being brought to their attention.

Personal Care & Supportive Services: Care and assistance should reflect the person’s needs, preferences, habits and lifestyle, and should be provided with dignity and respect.

Medical Services: Homes should either provide or assist with medication management, arranging and assisting with transportation to medical appointments, managing medical conditions and responding to emergencies. Nursing homes can be expected to provide a higher degree of skilled nursing service than assisted living facilities.

Caregiving: Staff should be well-trained and committed to meeting your needs and wants.

Living Space & Bathrooms: Homes should be respectful and supportive of residents’ needs and wishes regarding personal space, roommates, private bathroom use.

Physical Environment: When touring, be sure to evaluate whether or not the home is not only attractive, but that it meets your expectations regarding location, cleanliness, physical accommodation and overall comfort.

Social Opportunities & Community Access: Socialization is an important part of healing and satisfaction; homes should provide options that meet residents’ needs/wants.

Meals & Snacks: Food should be nutritious and meet personal/ethnic preferences.

Other: Ask how changes in rates and services are communicated, and what “other charges” you might be responsible for. If using personal funds, what happens if those were to run out? Ask about advanced notice required, use of down payments or security deposits. If needed, will staff assist in securing public funding, or in finding another home?

Making your decision/Things to Consider

Are you comfortable that the home can meet your needs? Did you talk with any residents about how they like living there? Do the residents overall look neat and clean, happy and involved in the life of the home? Do the staff that you observe seem to treat others with respect and dignity? Do the staff seem to like their jobs? Do the staff seem to respond quickly to those who need help? Did they greet you and seem friendly as you toured? Would you feel proud to have other people visit you or your loved one in this home?

Guard Your Personal Information

Many scams target seniors. The Wisconsin Department of Agriculture, Trade and Consumer Protection www.datcp.wi.gov say scammers play on emotions, fears and financial concerns for loved ones to get access to your personal information. Any combination of the following information can be enough for identity theft to occur:

- Name
- Phone Number
- ATM PIN
- Social Security Number
- Financial Account
- Address
- Email Address
- Birthdate
- Mother's Maiden Name
- Numbers

Watch Out for These Common Scams

- Government Imposter
- Grandchild Bail Out
- Romance / Relationship
- Tech Support
- Lottery / Sweepstakes
- Timeshare Resales
- Medical Device/ Equipment

Safety Tips

- Most scams come by phone and use fake caller ID information. Hang up on unwanted or threatening calls!
- Never wire money to someone you don't know.
- Ignore requests to pay by gift cards or prepaid cards.
- Never click a link in an unsolicited email or text message.

Safeguard Your Personal Information

- Do not carry your Social Security card with you and do not ever use your social security number as a PIN or password.
- Shred bills, bank statements, receipts, medical billings, credit card offers and other items that contain personal or financial information.
- If you are going to be out of town have the post office hold your mail.
- Never give out your personal information unless you initiated the contact. Legitimate companies or agencies do not call or email asking for personal information.
- Sign up for Wisconsin's Free Do Not Call Registry : 1-888-382-1222 or www.donotcall.gov
- Keep a list of all credit card and bank account numbers, phone numbers, expiration dates and other sensitive documents in a safe place, such as a safe.
- Stop pre-approved credit card offers: 1-888-567-8688, www.optoutprescreen.com
- Check your bills and bank statements. Report unauthorized charges right away.
- Make sure you have a firewall and updated virus and spyware protection on your computer. Check your browser security settings to make sure they are not too low.
- Annually, obtain your credit report FREE from each of the three major credit reporting agencies (Equifax, Experian, & TransUnion): 1-877-322-8228, www.annualcreditreport.com
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SCAMS ✓

If You Become a Victim of Identity Theft

- **Contact your bank.** Consider closing and reopening new accounts with new numbers and obtaining a new ATM/debit card with a new PIN.
- **Contact your creditors.** If a thief has used your name to open an account, contact the creditor to close the account and explain what happened as soon as possible.
- **Report the theft to the police.** Be sure to obtain a copy of the report for yourself.
- **Get a 90-day Fraud Alert placed on your credit report.** You only need to contact one of the credit reporting agencies below and they will alert the other two on your behalf.
- **Put a Security Freeze on your credit report.** A freeze is stronger than a fraud alert because it remains in place until you release it and requires that you be alerted if an account in your name is requested. The freeze must be requested by contacting each of the three credit reporting agencies directly. Unless a police report is provided, the fee is \$10 for each agency. You will be given a pin number to temporarily lift the freeze in order for you or a creditor to access your credit report. There may be a \$10 fee each time you lift the freeze.

Experian

PO Box 9554
Allen, TX 75013
1-888-397-3742
www.experian.com

TransUnion

PO Box 2000
Chester, PA 19016
1-888-909-8872
www.transunion.com

Equifax Information Services LLC

PO Box 105788
Atlanta, GA 30348-5069
1-800-349-9960
www.equifax.com

- **File an identity theft complaint with the Bureau of Consumer Protection.** You can request a complaint form at 1-800-422-7128 or at www.datcp.wi.gov.
- **Contact the Division of Motor Vehicles if your driver's license or ID card is stolen.** You can also ask the DMV to place a notation on your driver record so that DMV and law enforcement will require additional identification documents when anyone (including you) attempt to conduct business with them. WI Department of Transportation, PO Box 7995, Madison, WI 53707, (608) 264-7447, www.dot.wisconsin.gov.
- **Contact the Postal Inspector if your mail was stolen or if an identity thief used a false address:** 1-800-275-8777, www.postalinspectors.uspis.gov/.
- **If a debt collector contacts you** explain that you are the victim of identity theft and that the bill they are trying to collect is fraudulent. Ask for the steps **if you are accused of a crime committed in your name.**
- **Contact the arresting or citing law enforcement agency** to inform them of the situation. You may be required to file a petition with the court to request and prove your innocence. Once law enforcement or a judge conclude that you were not the person who committed the crime, you will be given a Certificate of Clearance that you will need to keep with you at all times.
- **In some cases,** criminal identity theft may best be handled by contacting a private attorney to assist with working through the legal process. The Statewide Lawyer Referral Services Hotline 1-800-362-9082, can help you find affordable representation in your area.

Finding a good contractor or repair service is important—a home improvement project gone wrong can cost you. The following is from the U.S. Federal Trade Commission, Consumer Information website: www.consumer.ftc.gov/articles/0242-hiring-contractor.

Do Your Research

- Check with friends or neighbors who've had improvement work done.
- Check sites you trust that post ratings and reviews. You may view a provider's online reputation by searching the name with words like "scam," "rip-off," or "complaint."
- Check for qualifications. You may call your local building department or Wisconsin's Consumer Protection Agency 608-224-5012 for area licensing requirements.

Before You Hire

- **Get Written Estimates from Several Agencies** -the lowest bid may not be the best choice.
- **Ask Questions**
 - How many projects like mine have you completed in the last year?
 - Will my project require a permit?
 - May I have a list of references? (Ask each client how long ago the project was and whether it was completed on time. Was the client satisfied? Were there any unexpected costs?)
 - What type of insurance do you carry? (Contractors should have personal liability, worker's compensation, property damage coverage. You may ask for copies of current insurance certificates, or you could be held liable for any injuries or damages that occur.)
 - Will you be using subcontractors? (They too should have insurance coverage and licenses)

Understand Your Payment Options

- **Don't Pay Cash**
- **Try to Limit your Down Payment**
- **Try to Make Payments Contingent On Completion of Defined Amounts of Work**

Get a Written Contract

Before you sign a contract, make sure it includes:

- The individual or agency's name, address, phone and license number (if required)
- The estimated start and completion date, and how change orders are handled
- The payment schedule, including subcontractors and suppliers
- A detailed list of all materials; who's responsible for choosing and amount budgeted
- Information about warranties covering materials and workmanship, with contact information
- What the agency will or won't do –is clean up and trash hauling included?
- Any promises made during calls or conversations

Keep Records -including logs of calls, conversations and activities

These records are important if you have problems –during or after the project is complete.

Choosing an Elder Law Attorney

Elder law encompasses many different fields of law (i.e. preservation and transfer of assets, use of durable powers of attorney for financial management or health care decision-making, Medicare, Social Security, etc.). You will want to hire an attorney who regularly handles matters in the area of law of concern to your case and who will know enough about the other fields to question whether actions taken might be affected by other areas of law.

Take the time to interview prospective attorneys. Not every attorney is right for each client. The attorney/client relationship must be built on mutual trust and understanding. The following is advice from the National Academy of Elder Law Attorneys (NAELA), www.naela.org.

Before Choosing and Meeting with an Attorney

- Does his or her practice emphasize a particular area of law?
- How long has the attorney been in practice? In this field of law?
- Is there a fee for the first consultation, and if so how much is it?
- Given the nature of the case, what information should you bring to the initial consultation?

During the Initial Consultation

At your appointment you will be asked to give an overview of the reason you are seeking assistance, so be sure to organize and bring all the information pertinent to your situation. After you have explained your situation, ask:

- What will it take to resolve it? Are their alternate courses of action?
- What are the advantages and disadvantages of each possibility?
- Who will handle your case? Has that attorney handled matters of this kind in the past?
- If a trial may be involved, does the attorney do trial work? If not, who does? And how many trials has he or she handled?
- How are fees computed?
- What is the estimate of the cost to resolve your problem and how long will it take?

Get It In Writing

Once you decide to hire the attorney, ask that your arrangement be put in writing. The letter or formal contract should spell out what services the attorney will perform for you and what the fee and expense arrangement will be.

Make It a Good Experience

Asking the above questions will not only help you determine who to hire, but it will help establish a relationship of trust and open communication with the attorney you do select.

What to Ask at Medical Visits

10 Questions You Should Know When You Visit Your Doctor

You can make sure you get the best possible care by being an active member of your health care team. Being involved means being prepared and asking questions.

During your appointment, make sure to ask the questions you prepared before. Start by asking the ones that are most important to you. A simple question can help you feel better, let you take better care of yourself, or save your life. The questions below from the Agency for Healthcare Research and Quality, U.S. Department of Health & Human Services can get you started.

1. What is the test for?
2. How many times have you done this procedure?
3. When will I get the results?
4. Why do I need this treatment?
5. Are there any alternatives?
6. What are the possible complications?
7. Which hospital is best for my needs?
8. How do you spell the name of that drug?
9. Are there any side effects?
10. Will this medicine interact with medicines that I'm already taking?

Other Helpful Tips

These steps will also help prepare for your appointment:

- Ask someone to go to your appointment with you to help you understand and remember answers to your questions.
- Create a health history that includes your current conditions, medications and past surgeries or illnesses. Bring it to your appointment.
- Know your family's health history, such as your parents' health conditions.
- Bring a list of all your medicines, prescribed and over-the-counter.

<http://www.ahrq.gov/patients-consumers/>



Choosing a Support Group

Things to Consider Before Joining a Support Group

The following is advice from the Mayo Clinic, www.mayoclinic.org/support-groups. Each type of support group has its own advantages and disadvantages. You may find that you prefer a structured, moderated group. Or you may feel more at ease meeting less formally with a small group of people.

Plan to attend a few support group meetings to see how you fit in. If the support group makes you uncomfortable or you don't find it useful, try another one. Remember that even a support group you like can change over time as participants come and go.

Also be aware that you may be at a different stage of coping or acceptance than are others in the support group. Or they may have a different attitude about their situation. While such a mix can provide rich experiences, it may also be helpful or even harmful. For instance, some in the group may be pessimistic about their future, while you're looking for hope and optimism. Don't feel obligated to keep attending the group if a conflict or group dynamic is upsetting—find another group or just sit out for a while.

Getting the Most Out of a Support Group

When you join a new support group, you may be nervous about sharing personal issues with people you don't know. So at first you may benefit from simply listening. Over time, though, contributing your own ideas and experiences can help you get more out of a support group. Remember support groups are not a substitute for regular medical care. If a support group isn't your thing but you need help coping with your condition or situation, talk to your doctor about counseling or types of therapy.

Support Group Red Flags

Not all support groups are a good match. Some may be driven by interests of one or more members. Look for these red flags that may signal a problem with support group:

- Promises of a cure for your disease or condition
- Meetings that are predominantly gripe sessions
- A group leader or member who urges you to stop medical treatment or who are directive in any way
- High fees to attend the group
- Pressure to purchase products or services
- Judgment of your decision or actions.

Be especially careful when you're involved in internet support groups:

- Keep in mind that some online support groups are used to prey on vulnerable people
- Be aware of the possibility that people may not be who they say they are, or may be trying to market a product or treatment.
- Be careful about revealing personal information, such as your full name, address or phone number. Understand the terms of use for a particular site and how your private information may be shared.
- Don't let internet use lead to isolation from your in-person social network.

Important Stoughton & Dane County Phone Numbers

EMERGENCY 911	
Poison Control	(800) 222-1222
Crisis Hotline.....	(608) 280-2600
EMS (Non-Emergency) ...	(608) 873-6500
Fire (Non-Emergency)	(608) 873-7218
Police (Non-Emergency)..	(608) 873-3374

Non-Emergency After Hours Help

Call 211 for a broad list
of social services.

**Dane County
Aging & Disability Center**
(608) 240-7400
2865 N. Sherman Avenue
Madison WI 53704

FREQUENTLY USED PHONE NUMBERS

City of Stoughton Numbers

City Clerk	
381 E. Main Street....	873-6692
City Hall	
381 E. Main Street....	873-6677
Food Pantry	
520 S. 4th Street.....	873-8103
Library	
304 S. 4th Street.....	873-6281
Opera House	
381 E. Main Street....	646-0433
Planning & Zoning	
381 E. Main Street....	646-0421
Recreation	
381 E. Main Street....	873-6746
Senior Center	
248 S. Main Street....	873-8585
Streets	
515 S. 4th Street.....	873-6303
Utilities	
700 Mandt Parkway...	873-3379

Local Clinics & Hospital

SSM Health Dean	
225 Church Street.....	(608) 877-2777
UnityPoint HealthMeriter	
100 Silverado Drive.....	(608) 417-8700
Sto. Free Health Clinic	
1116 Ridge Street.....	(608) 205-0505
Stoughton Hospital	
900 Ridge Street.....	(608) 873-6611
UW Health	
1001 Nygaard Street.....	(608) 877-2660

Other Helpful Numbers

Stoughton Cab.....	(608) 873-7233
Chamber of Commerce	(608) 873-7912
Johns Disposal	(888) 473-4701
Post Office.....	(608) 873-1723
Veterans Service Office	(608) 266-4158

*For more information on these and other area services please contact the **Stoughton Area Senior Center:**
248 W. Main Street, Stoughton WI, 53589 (608) 873-8585 www.stoughtonseniorcenter.com*