

Public Health

Prevent. Promote. Protect.

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The Division of Public Health provides the following services:

- Immunizations
- TB Skin Tests
- Communicable Disease Control
- Environmental Health Services
 - Well Water Testing
 - Fluoride Supplements
 - Blood Lead Testing
- Health Programs
 - Women, Infants, and Children (WIC)
 - Prenatal Care Coordination
- Community Health Programs
 - Wisconsin Well Woman Program
 - Seal-a-Smile Program
- Coalitions
 - Tobacco Free Columbia-Dane Coalition
 - Prevent Suicide Columbia County
 - Columbia County Immunization Coalition
- Public Health Preparedness

Immunizations

Free immunizations are available for children age 18 and under if they do not have insurance, have BadgerCare, if their insurance does not cover vaccines, OR if they are Native American or an Alaska Native.

Some immunizations are available for those 19 years of age and older. Please call for more information.

Immunizations are offered at our Walk in clinic, Immunization clinic or by appointment. Birthparent or legal guardian signature is required for all children receiving shots.

Walk in clinics are held every Monday and Wednesday from 8:00 a.m. to 12:00 p.m. No appointment necessary.

Immunization clinics are the second Monday, October thru December 2016, from 2:30 to 5:30 p.m.. No appointment necessary.

TB Skin Tests

TB tests are done for a fee of \$10 during our Walk in Clinics on Monday and Wednesday from 8 am – 12pm. TB tests require 2 separate visits. Tests are administered on Monday and read on Wednesday.

Communicable Disease Control

The public health nurses provide surveillance, investigation, and control of certain communicable diseases.

Examples of reportable communicable diseases include, but are not limited to: tuberculosis; hepatitis A, B, & C; food-borne illnesses; sexually transmitted infections; tick-borne infections and other vaccine preventable diseases.

Environmental Health

Well Water Testing

Free well water testing is available through the County for pregnant women or families with children under one year of age. The test detects levels of bacteria, nitrates and fluoride.

Test kits may be picked up from the health department Mondays and Wednesdays from 8:00 a.m. to 12:00 p.m.

Fluoride Supplements

Fluoride drops and tablets are available free of charge for children ages six months through sixteen years of age who drink well water or their village does not put fluoride in the water. These villages include Cambria, Friesland, Randolph, Wyocena, Merrimac area and the Harmony Grove Sanitary District.

--Supplements may be picked up from the health department Mondays and Wednesdays from 8:00 a.m. to 12:00 p.m.

Blood Lead Testing

Capillary blood lead testing is offered free of charge for all children ages 1-6 years. Call 608-742-9227 for an appointment.

Community Health Programs

Wisconsin Well Woman Program

This program provides screenings and diagnostic services to low income, uninsured or underinsured women aged 45-64.

www.dhs.wisconsin.gov/wwwp

Seal-A-Smile Program

Through a grant from the Children's Health Alliance of Wisconsin, we are able provide free dental sealants and fluoride varnish in a school-based setting targeting underserved children.

www.chawisconsin.org/sas/

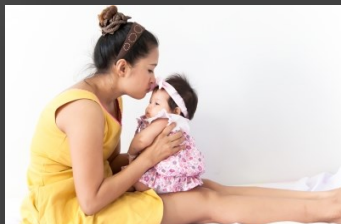
Health Programs

Women, Infants, and Children (WIC)

WIC is a supplemental nutrition program for pregnant women and families who have children through 4 years of age. The program provides nutrition education and healthy food benefits loaded on an eWIC card. Appointments are available in Portage or at monthly clinics in the Cambria, Columbus, Lodi, and Wisconsin Dells communities. Eligibility is based on family income; please call (608)742-9254 for more information.

Prenatal Care Coordination

Prenatal Care Coordination is a Medical Assistance (BadgerCare) benefit. A public health nurse provides support and education to the pregnant woman about pregnancy itself, the growing baby, the labor and delivery process, and breastfeeding. Please call (608) 742-9227 for more information or to see if you may qualify for this program.



Coalitions

Tobacco Free Columbia-Dane Coalition

Our mission is to reduce tobacco-related disease and death by preventing the initiation of tobacco use among youth, promote quitting, eliminating exposure to secondhand smoke, and identifying and eliminating tobacco related health disparities. Visit the coalition website:

www.publichealthmdc.com/tfcdc/

Prevent Suicide Columbia County

Our mission is to prevent suicide through awareness, education, collaboration, and improved access to mental health care. Our vision is a suicide-free community where people will recognize the warning signs, intervene, and help individuals find hope. Visit the coalition website:

www.preventsuicidecolumbiacounty.org

Columbia County Immunization Coalition

Our mission is to focus on immunization topics including immunization requirements, use of the State Immunization Registry, tools and resources, and clinical information. Members include representatives from area clinics, infection control practitioners, school and parish nurses, vaccine manufacturer representatives, pharmacists, the State immunization program, and local public health staff.

Public Health Preparedness

The Columbia County Division of Health works with both community partners and individuals in the county to prepare our residents for public health emergencies such as flooding, tornadoes, communicable disease outbreaks including influenza, and bioterrorist events. Please contact us or visit our website if you would like more information about preparedness. <http://www.co.columbia.wi.us/>

Division of Health 2016 Immunization Clinics

Walk in Clinics

Monday and Wednesday mornings
8:00 a.m. - noon.

Afternoon Immunization Clinic:

2:30– 5:30 p.m.
the following Mondays:
October 10th
November 14th
December 12th

By Appointment:

Please call (608)742-9227

Other Free or Low Cost Health Services:

Care 4 U Clinic

(920) 394-2136 Fax: 920-394-2021
6440 E. Pine St., Dalton, WI 53926
Email: Care4u@centurytel.net
www.care4uclinic.org
Low cost and cash only clinic serving the greater Dalton area.

Church Health Services

(920) 887-1766
115 N. Center St., Beaver Dam, WI 53916
www.churchclinic.org/index.php
Church Health Services is a primary health care clinic serving the needs of the poor and uninsured of Dodge County

Good Neighbor Clinic

(608) 643-4749
Hours: Mondays and Wednesdays 1 to 5 p.m.
95 Lincoln Street, Prairie du Sac, WI 53578
Please note: Good Neighbor Clinic only serves Columbia County residents that live in the Lodi School District.
www.goodneighborclinic.org

Pink Ribbon Angels, Inc.

1010 Prospect Ave. Unit 3
Portage WI 53901
To apply: <http://pinkribbonangels.org>
Helps pay for out-of-pocket expenses to ensure the best care possible. Some of the products and services will help cover include: Mammograms (both screening and diagnostic); insurance co-pays; prescription co-pays, physical/occupational therapy supplies; wigs, prosthetics, medical devices; mileage stipend; daycare needs during treatments; and house cleaning services.

Planned Parenthood

(608) 742-1551 1-800-230-PLAN (7526)
132 W. Cook St., Portage, WI 53901
Provides family planning services, regardless of income. Hours: Tuesdays from 10:30am to 6:00pm and Fridays from 9:30am-5:00pm. Call 1-800-230-7526 for more information about services offered.

Pregnancy Resource Center

1-800-705-4710 Call for an appointment, please.
311 E. Wisconsin St., Suite 202, Portage, WI 53901
Provides baby layettes and supplies and support to mothers and their families. Promotes life and adoption.

Prescription, Health & Dental Discounts

1-877-573-2395
Offers Low-Fee Health Discount Program, Dental Discount Program and Free Prescription Discount Program. Prescription Savings average 24%

St Vincent De Paul Free Clinic

140 E. Cook St., Portage, WI 53901
Located in basement of Wilz Drug Store

Clinic is open Wednesdays only from 9:00am to Noon; open to both adults and children on a first come/first served basis. We are willing to help you find free or low cost medications or supplies. There are no financial limitations. Any questions call Bonny at (608) 234-0159.

Toenail care – available every week
Physical therapist – available every other week
Pediatrician – does WIAA and preschool physicals

VA Hotline for Women

1-855-VA-WOMEN A hotline to receive and respond to questions from veterans, their families, and their caregivers about the many VA services and resources available to women veterans.

Website for Free or Low Cost Health Clinics in Wisconsin

<http://www.dhs.wisconsin.gov/forwardhealth/clinics.htm>

Dental Health Resources

Any adult or child that is uninsured, underinsured or is a participant of the Medical Assistance or Badger Care Dental Program may contact these dental health resources. If you need to apply for Medical Assistance/Badger Care benefits, please call the Capital Consortium at 888-794-5556.



St. Vincent de Paul Dental Clinic

1906 North Street, Prairie du Sac, WI 53578 <http://www.stvdpdental.com>
(608) 644-0504 ext. 10 or 12 **Hours:** may vary
Residents of Sauk and Columbia Counties. Low Income (<200% Poverty Level) Uninsured, and participants of BadgerCare and Medical Assistance.

Medical Dental Initiative

Salvation Army Dental Clinic
630 E. Washington Ave., Madison, WI 53703
(608) 665-2752 **Hours:** Wednesdays-Friday 4pm - 8pm (call to verify)
Primarily homeless or those at high risk for becoming homeless, Low Income (uninsured and underinsured).

Access Community Health Centers

2202 S. Park St., Madison, WI 53713
(608) 847-6700 **Hours:** Monday - Friday 8am - 4pm
Participant of Medicaid, Medicare, BadgerCare, or has Private Health Insurance, Low Income (Uninsured).

Family Health Center - Mauston Dental Clinic

880 Herriot Drive, Mauston, WI 53948 <http://www.famhealth.com>
(608) 847-6700 **Hours:** Monday - Friday 7:30am - 6pm, open until 7pm Mon & Thurs
Participants of Medical Assistance or BadgerCare, Forward Health, Low-Income (uninsured), or Insured.

Family Health Medical and Dental Center: La Clinica de los Campesinos

400 South Townline Road, Wautoma, WI 54982 <http://www.famhealth.com>
(920) 787-5514 **Hours:** Monday - Friday 8am - 5pm, open until 7pm Mon & Thurs
Participants of Medical Assistance or BadgerCare, Insured, Low-Income (Uninsured). Affordable Care Program.

Church Health Services - Beaver Dam Dental Clinic

115 N. Center St., Beaver Dam, WI 53916
(920) 887-1766 **Hours:** Monday, Wednesday & Thursday 8am - 3pm & Tuesday 10:30am - 5:30pm
Must be 18 years or older and have income below 200% Federal Poverty Line. Accepts BadgerCare and Medicaid.

Marshfield Clinic - Black River Falls Dental Center

N6571 Lumberjack Guy Rd., Black River Falls WI 54615
(715) 670-0400 **Hours:** Monday through Friday 8am-5pm
Serves all patients, regardless of ability to pay or insurance status. Those who lack access to dental care are priority.

Western Technical College - Dental Clinic

1300 Badger St., La Crosse, WI 54601
(608) 782-2840 **Hours:** Monday - Wednesday 7:30am - 4pm (call to confirm)
Participants of Medical Assistance or BadgerCare.

Marquette University School of Dentistry Clinic

1801 W. Wisconsin Ave., Milwaukee, WI 53233 <http://mu.edu/dentistry>
(414) 288-6790 **Hours:** Monday-Friday 9am - 5pm (4pm summer)
All patients accepted including MA and Title XIX, Low-income (uninsured). 13 years and older for general clinic. Must pass through a screening process. Pediatric clinic available.

Please note this list was last updated February 2016 and may not be a complete list.

Incorrect ID Checks and Sales of E-Cigarette Products to Minors Raise Concerns - Improper Sales of Regular Tobacco Products to Minors Stay Consistent in Columbia County

Every year at this time, the Tobacco Free Columbia-Dane County Coalition, in partnership with the Columbia County Health Department, issues a report reviewing tobacco sales to minors in Columbia County. The information is gathered from compliance checks in which underage young people under the supervision of coalition staff attempt to buy tobacco products. If a sale is made, citations could be issued to both the sales clerk and the business owner.

These checks are made under the auspices of the Wisconsin Wins program, an evidence-based tobacco prevention program started in 2002 and funded by the Wisconsin Department of Health Services. The program uses a mix of education and oversight to keep kids away from tobacco products.

During 2015, a local Wisconsin Wins team, consisting of a public health official and young volunteers conducted compliance checks at tobacco/nicotine retailers in Columbia County. The team did compliance checks of 144 retailers, 18 of which sold tobacco/nicotine products to the underage volunteers. This represented a non-compliance rate of 13%, relatively consistent with the 2014 rate of 12%.

2015 marked the beginning of efforts by Wisconsin Wins to extend compliance checks to cover such non-tobacco nicotine products as liquid nicotine and e-cigarettes – which are also illegal to sell to minors. The high rate of underage sales of these e-cigarette products in 2015 was also troubling. When the young volunteers attempted to purchase e-juice, or liquid nicotine used for e-cigarette devices, they were successful in two out of the three attempts. “The big problem here is that e-cigarettes and related products are not yet regulated and there is currently no requirement that retailers have to be licensed to sell these products,” said Nina Gregerson, the assistant coordinator for the Tobacco Free Columbia-Dane County Coalition.

Another major area of concern is how effective the retail clerks were in correctly checking the IDs of the young volunteer “inspectors” before selling them nicotine/tobacco products. Clerks in Columbia County made 18 illicit sales and actually asked to see IDs for 13 of those sales, suggesting that they were going through the motions of compliance without paying attention to the age of the buyers.

“It is the business owners’ responsibility to make sure that all clerks receive required tobacco training before they are allowed to sell tobacco and nicotine products.” Gregerson says, suggesting that filling this training gap would lead to better compliance. The availability of a free training tool (www.smokecheck.org) should make it easier for the owners to meet this requirement.

Despite some of these problems, Gregerson feels that “the majority of tobacco and nicotine retailers in Columbia County should be congratulated for consistently and correctly checking IDs and refusing the sale of these products to minors. Retailers are the first line of defense in limiting youth access to tobacco, so we definitely see them as partners in this effort,” concluded Gregerson.

Efforts to lower the rates of sale of tobacco and nicotine products to minors in 2016 will require continued outreach, education and efforts to promote increased regulations on e-cigarette sales.

For more information about the Wisconsin Wins program, visit www.wiwins.org or contact Nina Gregerson at (608) 216-3619 or ngregerson@publichealthmdc.com.



2015 Columbia County Tobacco/Nicotine Vendor Compliance Report

Compliance Check Results:

144 compliance checks within Columbia County were conducted for sales of tobacco and nicotine products to minors in 2015. Twenty-one additional checks weren't investigated due to the establishment being closed, deemed unsafe, or outside of normal business hours.

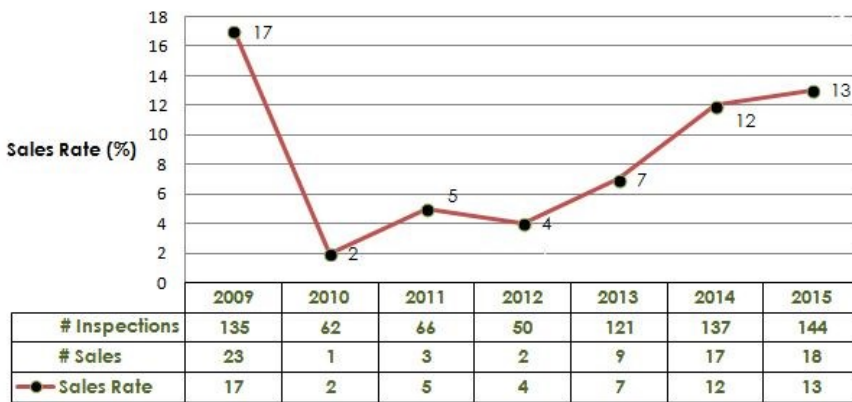
The inspections investigated resulted in 18 sales of a tobacco/nicotine product for a compliance rate of 87%, or a 13% sales rate (Table 1).

Table 1

2015 Columbia County Compliance Checks				
Vendor Type	Number of Inspections	Number of Sales	Sales Rate (%)	Compliance Rate (%)
Gas/Convenience	70	10	14	86
Liquor	8	0	0	100
Grocery	15	2	13	87
Pharmacy	6	0	0	100
Department Store	10	1	10	90
Bar/Restaurant	21	1	5	95
Tobacco Shop	2	2	100	0
Bowling Alley	2	1	50	50
Campground	9	1	11	89
Vape Shop	1	0	0	100
Total	144	18	13	87

Figure 1

Historical Data: Sales Rate (%), 2009-2015



The sales rate for 2015 in Columbia County is the highest it has been in six years (Fig. 1).

The majority of tobacco and nicotine retailers in Columbia County should be congratulated for consistently checking identification and refusing to sell to minors. Retailers are the first line of defense in limiting youth access to tobacco.

Concerning Trends

E-Cigarette/E-Juice: Youth attempted to purchase nicotine e-juice on 3 separate occasions during 2015. During those 3 inspections, the inspector was able to purchase nicotine e-juice 2 separate times. This is cause for concern because these products are not regulated and the establishments that sell the products are not required to be licensed.

ID Checking: Of the 18 sales that occurred, the ID of the inspector was asked for and checked by the clerk 13 times. This is concerning because clerks are not correctly identifying the age of the youth purchasing tobacco and/or have not been properly trained to sell tobacco.

Wisconsin WINS is a program of the Wisconsin Tobacco Prevention and Control Program and provides training, media and community outreach, and education to tobacco retailers. Funding for this program was provided by the State of Wisconsin and the Columbia County Health & Human Services Department. More information is available online at www.wiwins.org.

This report was prepared by Nina Gregerson, TFCDC—January 2016

Prevention
And
Response
Columbia
County



P.A.R.C.C

Prevention and Response Columbia County

PARCC Mission: To empower communities to recognize their role in responding to and preventing substance abuse.

It Doesn't Start with Heroin...



In Columbia County:

- 11% of H.S. youth reported taking a prescription drug without a doctor's prescription
- 2% of H.S. youth have taken over-the-counter drugs 40 or more times in a month to get high
- 35% of H.S. youth have drunk alcohol in the past 30 days
- 17% of H.S. youth have used marijuana in the past 30 days

Source: 2013 Youth Risk Behavior Survey (YRBS)

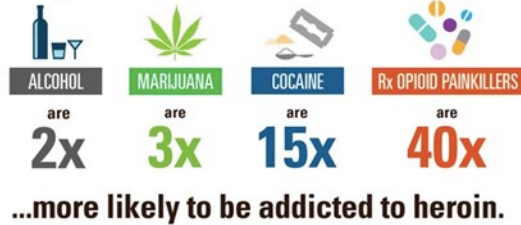
Heroin use is part of a larger substance abuse problem.

Nearly all people who used heroin also used at least 1 other drug.

Most used at least **3** other drugs.

Heroin is a highly addictive opioid drug with a high risk of overdose and death for users.

People who are addicted to...



SOURCE: National Survey on Drug Use and Health (NSDUH), 2011-2013.

The Issue

Young people in Columbia County are overdosing and dying from heroin at alarming rates. In 2011-12, Columbia County drug-related arrests rose 72% from 426 to 733. Members from all sectors of Columbia County began meeting in February of 2015 to address the issue of opiate use in our county.

At these meetings, the group has worked to identify needs and action steps in the following areas:

Prevention/Prepare, Harm Reduction/Response & Treatment/Recovery. The group has been meeting monthly and is making progress.

Opioid Use Disorder Risk Factor Rates per 10,000 Population 2011-12 Combined

	Opioid-Cocaine Arrests	Medicaid Opioid Tx Admissions	Opioid Deaths	Opioid Hospital Admissions	Opioid ER Visits	Narcotic RX Dispensed
Columbia County	29.91	51.03	1.23	52.79	36.25	3,135
Wisconsin	18.44	32.10	1.39	3.76	19.58	3,039

Community Partners

- Columbia Co. & Sauk Co. Dept. of Health and Human Services
- Columbia Co. Sheriff's Office
- Columbia County District Attorney's Office
- Columbia County OWI Treatment Court
- Columbus Community Hospital
- Divine Savior Healthcare
- Lodi Community Action Team
- Lodi EMS
- Parents
- Pauquette Center for Psychological Services
- Portage PFC
- Probation & Parole
- Public Defender's Office
- Sauk Prairie Healthcare
- Sauk Prairie Police Department
- School District of Lodi
- Several Columbia County Police Departments
- State & Local Government Reps.
- Transitions Behavioral Health Center

Contact



Prevention and Response
Columbia County

Paula Enger, PARCC Coordinator
School District of Lodi
115 School Street
Lodi, WI 53555
608-334-7976 (cell)
paula@lodiaction.org

Andrea Schneider, PARCC Program
Assistant/Marketing Coordinator
School District of Lodi
115 School Street
Lodi, WI 53555
608-697-9844 (cell)
andrea@lodiaction.org

Prevention Commitment

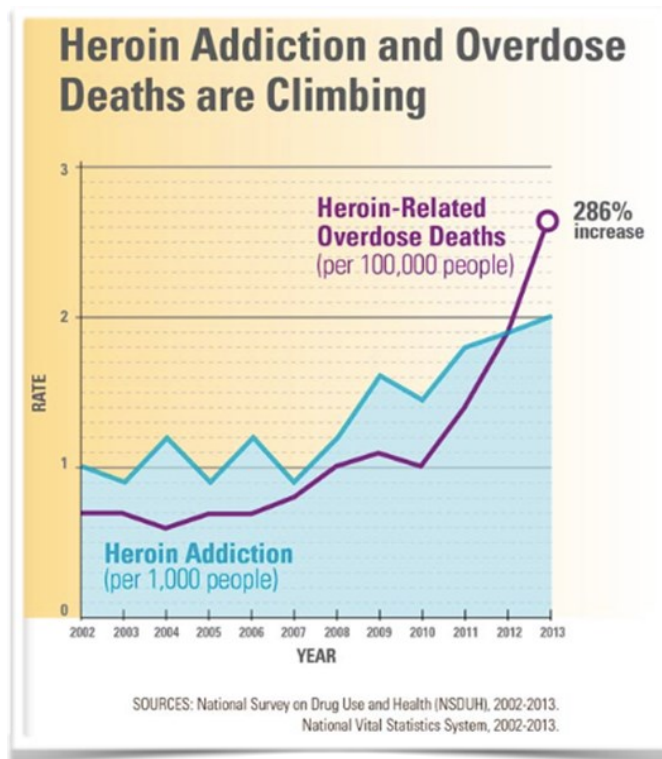
PARCC will...

- Work to provide more community education opportunities, including education for kids at risk, trauma informed care, mental health support and drug education,
- Work toward involving our elected officials in our group and mission,
- Work with our school districts and youth on substance abuse issues.

Response Commitment

PARCC will...

- Work to secure and develop a Medication-Assisted Recovery Coordinator,
- Assist with all components that come with the Medication-Assisted Recovery Coordinator position,
- Support the county movement for a drug court.



Hope House of South Central Wisconsin

Hope House, in cooperation with the community, provides shelter and advocacy to people affected by domestic violence and sexual assault and works to prevent these issues through community education in Sauk, Columbia, Juneau, Marquette, and Adams Counties.

24/7 toll free helpline: 1-800-584-6790
Or 608-356-7500
720 Ash Street
Baraboo, WI 53913

8th Annual Journey of Hope Fundraiser Thursday, February 25th, 2016 Trappers Turn Golf Club

For more information call
Hope House at 608-356-9123.
To view the 2016 Live Auction list,
please visit our website at: www.hopehousescw.org

SAVE THE DATE:
THURSDAY, FEBRUARY 25, 2016 • 5-9PM



Why pay for tax software when you don't have to?



Military OneSource provides free tax preparation and filing services, as well as tax consultations. Don't get a headache this tax season — get expert guidance instead, without spending a dime.

Visit www.militaryonesource.mil and scroll down to visit the 'Tax Season is Coming' section to get started.

Military One Source is a source of information for military both active and inactive and their families.

Contact: Rebecca Bernau-Boehlke
(715)441-0077



Salvation Army—South Central Region

The Red Kettle Campaign begins each year in November and continues until Christmas Eve. The money collected in the Red Kettles is used throughout the year to assist individuals and families with emergency voucher assistance. The assistance could be for rent, food, utilities, health care and transportation. The money raised within Columbia County remains within our county. Eighty six percent of the dollars are used to assist our community.

Contact Angela Swinehart

Angela_Swinehart@usc.salvationarmy.org (920)980-7938



Forward Service Corporation

Forward Service Corporation is a 501(c)3, non-profit employment and training organization. Founded in 1979, they have more than 35 years of experience in helping low-income Wisconsin adults and youth begin their careers. They currently offer programs to provide training, education, career guidance, and supportive services. Some of these services include:

- Education/Training
- Housing
- Jobs
- Transportation

Visit their website for more information: <http://www.fsc-corp.org/>

Or call: (608)742-1089

Volunteers are a gift to Your Community

Do you want to make a huge impact within a short amount of time? Let us show you how.....

Opportunities	Description	Qualifications	Time Commitment
Drivers	Home Delivered Meals, Liquid Supplements, Transport to Appts. Run Errands Mileage reimbursement is available.	A vehicle is needed, some lifting & walking required* Background check required.	Daily, weekly, monthly, seasonally, or whatever fits into your schedule
Senior Nutrition Site	Help with setting tables, registering individuals, serving foods, &/or cleaning up at a congregate meal site.	Background check required.	Weekly, monthly, seasonally, or whatever fits into your schedule, between the hours of 11 am – 1 pm, Monday thru Friday.
Office Assistance	Assist with Medicare Outreach/Open Enrollment, updating available resources, filing, greeting visitors, and copying.	Training provided by ADRC. Background check required.	Weekly, monthly, seasonally, or whatever fits into your schedule, between the hours of 8-4:30
Bi-Monthly Newsletter	Label the bi-monthly ADRC “Grapevine” newsletters.		Once, every two months – approximately 1-2 hours. Schedule varies.
Healthy Aging Workshop Leader	Co-lead workshops on Falls Prevention, Living Well with Chronic Conditions, Healthy Living with Diabetes and Powerful Tools for Caregivers	Complete the 2 – 3 day training on the workshop you are interested in co-leading. Background check required.	1 -2 workshops per year with each workshop being one day per week for 6-7 weeks.

*All individuals volunteering for a driving position are required to carry \$100,000 per person and \$300,000 per accident automobile liability insurance.

**Do you have a heart to serve in an area not listed above?
Contact the ADRC and we will help you use your skill
to make a difference**

For an application or additional information, call the Aging & Disability Resource Center of Columbia County at 608-742-9233/1-888-742-9233 or email @ adrc@co.columbia.wi.us. You can also visit our website: www.co.columbia.wi.us/columbiacounty/adrc

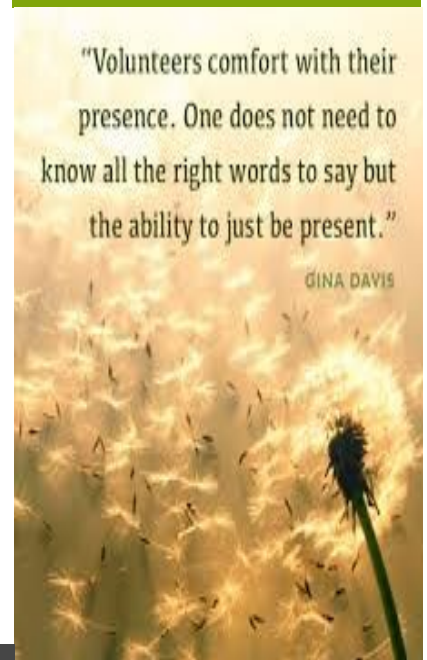


WHY VOLUNTEER?

1. You make a difference to the lives of others!
2. Investment within your Community!
3. You get a chance to give back!
4. You learn a lot!
5. It brings people together!
6. Share and Gain new skills or talents!
7. Promote growth and self esteem!
8. The gift of Helping Others!
9. It's good for everyone!!!!

“Volunteers comfort with their presence. One does not need to know all the right words to say but the ability to just be present.”

GINA DAVIS





Look what's new at the Portage Nutrition Site!!
 It's Soup, Salad & Sandwich Wednesdays at 11:30

Come Join Us! The feedback from participants is resoundingly positive. Not only does the soup, salad and sandwich meet the mandatory nutrition guidelines, it tastes great! The veggies are low in calories, but exceptionally high in vitamins, minerals, fiber and antioxidants. We start our salad with a mixture of greens and have about 12 additional options to build your salad along with a variety of dressings and something for dessert is always in the mix. The cup of soup and ½ sandwich change every week and are served on freshly made breads and buns made by our caterer B&B Hitching Post. Once everyone has had a chance to go through the Salad Bar, you can go back as many times as you like! Suggested donation for those 60 and over is \$4. For those under 60 the cost is \$10.22. Call by Noon on Tuesdays (the day before) to let us know you are coming at 608-742-8726 or 1-888-742-9246. Participants tell us if you go away hungry, it's your own fault!

COLUMBIA COUNTY SENIOR DINING CENTERS

Come Join Us For Lunch and Activities!!

CALL AND PLACE YOUR ORDER BY NOON THE DAY PRIOR TO THE DATE

YOU WISH TO HAVE THE MEAL.

Columbus	Mon - Fri	9:30 - 12:30 pm	Senior Center	(920) 763-2124
Lodi	Monday	9:30 - 12:30 pm	Lodi Elementary Angie W. Cox	(608) 592-4208
Pardeeville	Mon - Fri	9:30 - 12:30 pm	Public Library	(608) 429-4962
Portage	Mon - Fri	9:00 - 12:30 pm	Municipal Building	(608) 742-8726
Poynette	Mon - Fri	9:30 - 12:30pm	City Hall	(608) 635-2122 x 435
Wis Dells	Tues & Thurs	9:30 - 1:30pm	Kilbourn Public Library	(608) 254-7307

Lunch served at 11:30

Food Resources

Bread Basket Community Food Pantry

First Presbyterian Church, 121 W. Florence Street,
Serves residents of Cambria School District on an on-call
Contact: Joanne Sandreson (920) 348-5568, Julie Saalsaa
or Ann Smedema at (920) 348-5485

Columbus/Fall River Food Pantry

Columbus Area Senior Center, 125 N Dickason Blvd.,
Serves residents of Columbus & Fall River School Districts
Contact: (920) 623-5918
A different church is responsible for distribution each

Crossroads Pantry

132A S. Ludington, Columbus
Hours: M 4:30-6:30 pm, Th 9-11 am, 1st & 3rd Sat 9-11 am
Closed if Columbus Schools are closed.
Contact: (920)350-0011

WI Dells Community Food Pantry

Community Action Building, 1000 Hwy. 13, WI Dells
Serves residents of Wisconsin Dells School District
Hours: Tues: 9 am - noon; Thurs: 1-4 pm
Contact: (608) 254-8353

Lodi Area Food Pantry

Serves residents of Lodi School District
By appointment only: Monday, Tuesday, and Thursday
Contact: Carol Meyer 608-592-4324
or Judy Brownrigg 608-592-4626

PAD Pantry (Poynette, Arlington, Dekorra)

Village Hall/Nutrition Site, 106 S. Main St., Poynette
Serves residents of Poynette School District.
Hours: Tuesday 1-3 pm and Thursday 5-7 pm
Ruth Ann Waugh (608) 635-4167;
Donna Luessman (608) 635-4448;
Marv & Jan Gardner (608) 742-4494

Portage Food Pantry

Episcopal Church, 211 W Pleasant St., Portage
Serves residents of Portage School District;
Hours: Mon & Wed 11-noon; Thurs 5-6 pm
Contact: (608) 742-3774

Poynette Clergy Food Pantry

Bethel Lutheran Church, 101 Bethel Dr., Poynette
Serves residents of Poynette area, on-call basis
Contact: Pastor Stephen (608) 635-2468; Church (608) 635-7118; or Kenneth Nelson (608) 695-6741

Prairie Pride Pantry

United Methodist Church, 103 Reagles St., Arlington
Serves residents of Arlington and Poynette, towns of Dekorra, Hampden, & Leeds
Hours: W 4:30-5:30 pm and Sat 9:00-10:30 am

Randolph Food Pantry

Evangelical Free Church, 702 N. High St., Randolph
(corner of Hwy 73 and P)
Serves Randolph area
Hours: Tuesdays, 1-3 pm
Contact: Church Secretary afternoons (920)326-3821
call ahead before weekend

Rio Area Food Pantry

Rio Community Center, 104 Lincoln Ave., Rio
Serves residents of Rio, Cambria & Doylestown
Call John Atkinson (608) 429-3728
Dean Hoel (608) 617-8044; Suzi Salzwadel (608) 697-1490;
or Bob & Helen Risgaard (920) 992-5258
Hours: 2nd 3rd & 4th Mondays 10 am - noon,
4th Monday 5-6 pm

St. Vincent DePaul - Portage

St. Vincent DePaul Shop, 1311 W. Wisconsin St. Portage
ID & application form required
Hours: M-F, 9 am - 4:30 pm.
Contact: (608) 742-5513

2nd Harvest Mobile Food Pantries

Open to all Columbia County residents
Portage: Columbia Co Fairgrounds, Griffith St./Superior
2nd Mon of each month 11am
Pardeeville: St. Mary's church, 318 S. Main St
4th Monday of every month, 3:30 pm

Wyocena Community Helping Hands Pantry

Wyocena Community Center, 165 E. Dodge St
Serves residents of Pardeeville School District based on income eligibility
Open during the 1st, 2nd, & 3rd weeks of month
Hours: Mon-Wed 10-noon; closed holidays,
and when school district is closed due to weather.
Contact: Bridget Rhode (608) 742-4905



Additional Food & Nutrition Resources

Free Community Meals

Open to Anyone

Episcopal Church, 211 Pleasant St., Portage

3rd Saturday of each month, 11-1 pm

120 W Pleasant St., Portage

4th Saturday of each month, 11:30-1:00 pm

Community Gardens

Grow your own food for a small plot fee

Cambria:

Cheryl Schwark, (920) 763-2332
rlschwark@centurylink.net

Columbus:

Terry Humiston, (920) 623-4955
thumiston33@yahoo.com

Poynette:

Village Office (608) 635-7524

Portage:

Parks and Rec Dept., (608) 742-2178

Lodi:

Mark Essex (608) 592-2571

Senior Nutrition Program

Serves people over age 60 and their spouses. No income or asset limits. Noon meals at sites in Columbus, Lodi, Pardeeville, Portage, Poynette and Wisconsin Dells, and delivered meals to homebound seniors who can't prepare daily meals. For more information call: (608) 742-9219

Seasonal Farmer's Markets

Columbus Downtown Farmer's Market

Wednesdays, 3-6 pm; 220 E. James Street (Jodee-O's Parking Lot)

Columbus Farmer's Market

Sundays, 9am-1pm; N Ludington-next to Amtrak

Fall River Area Farm & Flea Market

Saturdays, 8am-12:30 pm; Hwy. 16 & Poser Road

Lodi Valley Farmer's Market

Fridays, 2-6 pm; 902 N Main, Next to Koltes Hdw

Portage Farmer's Market

Thursdays, Noon-6 pm

Commerce Plaza corner of Cook & Wisconsin

Poynette Area Farmer's Market

Saturdays, 8-11 am, Pauquette Park, S Main St

Senior Farmer's Market Vouchers

\$25 in vouchers to spend on fresh fruits and vegetables at farmer's markets and participating farm stands, for age 60 and over meeting income eligibility guidelines. Call Columbia County ADRC at (608) 742-9211 for details.

FoodShare (formerly food stamps)

Food assistance based on income

Contact Columbia County Health & Human Services

at 2652 Murphy Road, Portage, WI 53901

(608) 742-9227. Check your eligibility or apply for FoodShare, health care or other www.access.wisconsin.gov

Neighbors in Constant Care Foundation

Serves Columbus/Fall River School Districts

(920) 623-5540, 623-4772 or 623-4722

Credit mediation, housing, food assistance, school or referral to other resources. Call for information.

WIC

Women, Infant, Children, Nutrition Program

Provides food vouchers, farmer's market vouchers, and nutrition information to keep pregnant and breast-feeding women, infants, and children under 5 years healthy and strong. Income eligibility requirements.

2652 Murphy Road, Portage, WI 53901

(608) 742-9254

School Lunch Program

Free or reduced price school lunch to eligible families.

Some schools also offer breakfast. Participation is confidential, and helps schools qualify for other programs. Contact your school district for details.

Sunrise Hospitality Center

9 am—noon, Wednesdays

211 W. Pleasant St, Portage (next to fire station)

Gather, connect, talk, enjoy coffee and snacks

Assistance in locating resources, resume-writing, job search, skill development.

Bag lunches available to go.

Wisconsin Nutrition Education Program

WNEP helps low-income families eat better, keep food safe and stretch their food dollars. Open to those who receive or are eligible to receive FoodShare.

Call UW Extension: (608) 742-9680



**Columbia County Health
and Human Services**

2652 Murphy Road
PO Box 135 (Mail)
Portage WI 53901

Phone: (608) 742-9227
FAX: (608) 742-9700
www.co.columbia.wi.us

Mission Statement

To promote and protect the health and safety of our community.

We're active on social media!
Visit our facebook page, blog or follow us on twitter.



Monday, February 29th

Wayne Bartels Middle School,
2505 New Pinery Rd, Portage
5:00—6:30 PM

All are welcome!

Share a FREE Meal

Wayne Bartels Middle School Choir will perform two vocal jazz pieces.

Mark your calendar for future Sharing Suppers-last Monday of every month!



IMPORTANT NUMBERS



- **To Report Child Abuse & Neglect** 608-742-9227
- **To Report Elder Abuse & Neglect**..... 608-742-9233
Toll Free 888-742-9233
- **To Apply for Benefits** 888-794-5556
Or apply online at access.wi.gov
- **To Report Changes/Ask Questions re: FoodShare or BadgerCare** 888-794-5556
- **To Receive WIC** 608-742-9254
- **Mental Health / AoDA 24 Hour Crisis Line** 888-552-6642
- **ADRC Transportation (for Elderly & Disabled)** 608-742-9213
- **MTM, INC.—Medicaid Transportation** 866-907-1493