

888-742-9233



Resource Guide

Assistance and Resources for People who are
Elderly and/or Disabled

111 E. Mullett Street
P.O. Box 136, Portage, WI 53901
Phone: (608) 742-9233
Fax: (608) 742-9277

Website:
www.columbia.wi.us/columbiacounty/adrc
Email: adrc@co.columbia.wi.us

Find us on Facebook!



COLUMBIA COUNTY-WISCONSIN

Cities

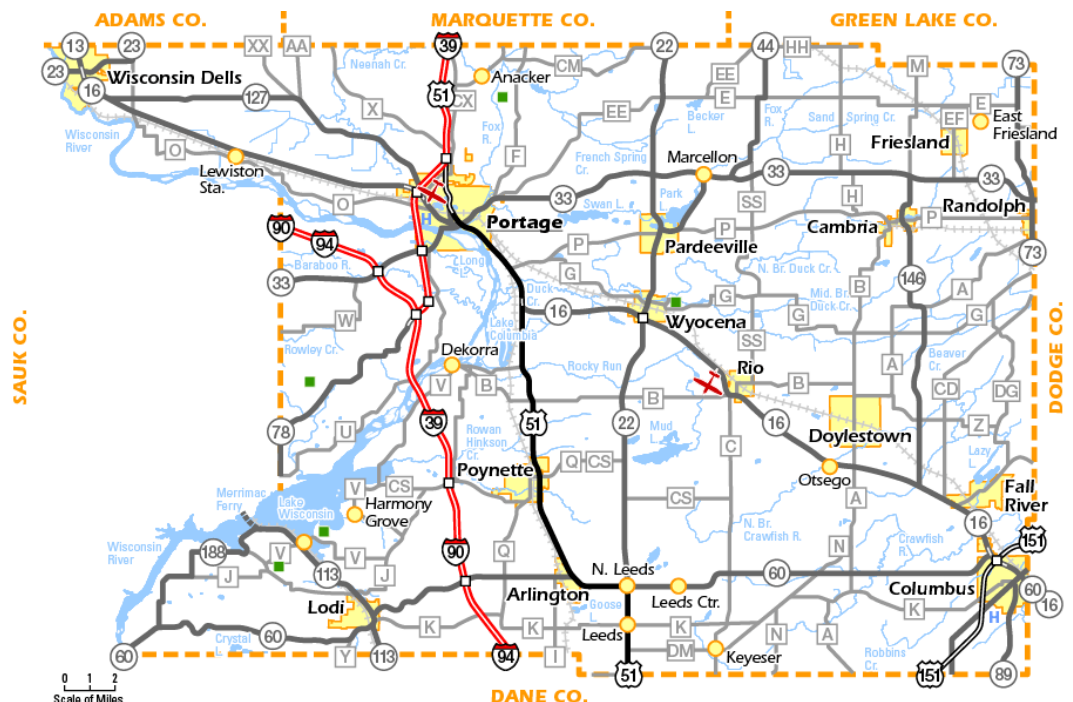
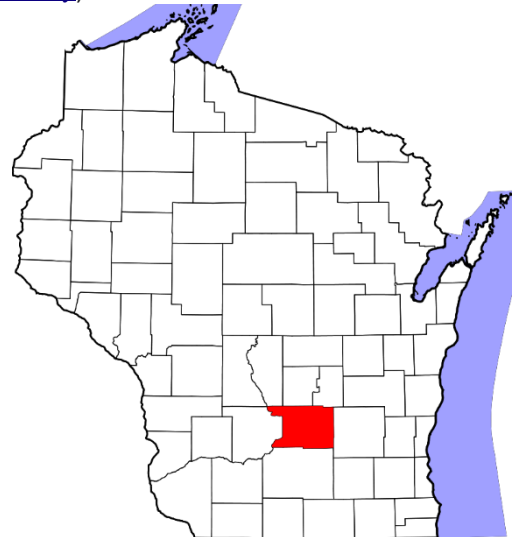
- [Columbus](#) (partly in [Dodge County](#))
- [Lodi](#)
- [Portage](#) (county seat)
- [Wisconsin Dells](#) (partly in [Adams County](#), [Juneau County](#), and [Sauk County](#))

Villages

- [Arlington](#)
- [Cambria](#)
- [Doylestown](#)
- [Fall River](#)
- [Friesland](#)
- [Pardeeville](#)
- [Poynette](#)
- [Randolph](#) (mostly in [Dodge County](#))
- [Rio](#)
- [Wycena](#)

Towns

- [Arlington](#)
- [Caledonia](#)
- [Columbus](#)
- [Courtland](#)
- [Dekorra](#)
- [Fort Winnebago](#)
- [Fountain Prairie](#)
- [Hampden](#)
- [Leeds](#)
- [Lewiston](#)
- [Lodi](#)
- [Lowville](#)
- [Marcellon](#)
- [Newport](#)
- [Otsego](#)
- [Pacific](#)
- [Randolph](#)
- [Scott](#)





1-888-742-9233

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Phone: (608)-742-9233 Toll Free: 1- (888)-742-9233
Fax: (608) 742-9277 TDD: (608) 742-9229

Email: ADRC@co.columbia.wi.us Website: www.co.columbia.wi.us/ColumbiaCounty/ADRC

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ADULT DAY CENTERS

An Adult Day Care facility provides services for part of a day in a group setting to adults who need assistance with activities of daily living, supervision and/or protection.

Services may include personal care and supervision, provision of meals, medical care, medication administration, transportation, and activities designed to meet physical, social and leisure time needs. In Wisconsin, adult day care centers are not licensed, but may be certified. If the center serves one or more participants who receive Medicaid Waiver funding from a county, certification by the Department of Health & Family Services (DHFS) is required. If a center is certified, the DHFS conducts surveys to determine compliance with certification standards. Adult day care may be provided in family homes, freestanding centers, and multi-use facilities such as churches, schools and senior centers. Adult day centers generally operate programs during normal business hours five days per week. Some programs offer services on evenings and weekends. (There are currently no Adult Day Centers available in Columbia County).

Colonial Club Senior Center

301 Blankenheim Lane; Sun Prairie, WI 53590

Phone: (608) 837-4611

Toll Free: 1-800-373-0783

Golden Care

N8053 Hwy 33; Beaver Dam, WI 53916

Phone: (920) 885-4144

Transportation options available

Trosten Haus

1223 Madison St.; Beaver Dam, WI 53916

Phone: (920) 887-4282

ALCOHOL AND DRUG ABUSE TREATMENT, REFERRAL, INFORMATION

AA Meetings

For a complete up to date list of AA Meetings in Columbia County, please call the phone number below or visit the website.

Phone: (608) 222-8989

Website: www.aamadisonwi.org

Al-Anon Meetings

Phone: 1-888-425-2666

Website: Drdistrict9@area61afg.org

Alcohol and Drug Helpline

Phone: 1-800-821-4357

Alcohol Treatment Referral Hotline

Phone: 1-800-ALCOHOL

Provides help/referrals for people with concerns about alcohol or drug use. 24 hours

Center for Substance Abuse Treatment National Drug and Alcohol Treatment Referral Service

Phone: 1-800-662-HELP

Can link the caller to a variety of hotlines that provide treatment referrals. 24 hours.

Columbia County Connects Coalition

626 E. Slifer St.; PO Box 564; Portage, WI 53901

Phone: (608) 742-8814 Contact Rick Raatz

Provides information on drugs and alcohol to parents and community members. Also offers Juvenile Underage Drinking Offenders classes.

HA-Heroin Anonymous Meeting

Satori House

530 E. Conant St., Portage, WI 53901

Monday's at 8:00 p.m. -Meetings are co-ed, space is limited.

Website: <https://www.satorihouse.org/>

Lutheran Social Services

Baraboo: 449 Hitchcock St., Baraboo, WI 53913
Phone: (608) 355-4103 8:30-4:00

Beaver Dam: 809 Park Ave., Beaver Dam, WI 53916
Phone: (920) 887-3171
Website: www.lsswis.org

Medication Assistance Recovery and Coordination (MARC)

111 E. Mullett St., Portage, WI 53901
Phone: 1-888-552-6642

MARC is a collaborative program developed to provide an innovative approach to treating heroin and opioid prescription drug addiction. Program will facilitate referrals to medication-assisted treatment as well as ongoing case management services.

Pauquette Center for Psychological Services

Portage: 2901 Hunters Trail; Portage, WI 53901
Phone: (608) 742-5518

Columbus: 1339 Park Ave.; Columbus, WI 53925
Phone: (920) 623-5578
Website: www.pauquette.com

Prevention and Response Columbia County (PARCC)

Website: www.parccinfo.org
Email: Paula Enger engerpa@lodischoolswi.org

A community-based coalition that collaborates with Columbia County communities to identify, guide, support, lead and advocate for both prevention and recovery strategies to decrease the occurrence of substance abuse.

Rosecrance

Phone: 1-844-711-5106
Website: <https://rosecrance.org/>

Offers inpatient and outpatient substance use disorder and mental health issues treatment.

SAMHSA's National Helpline and Referral Service

Phone: 1-800-662-4357

Website: www.samhsa.gov

Free, confidential, 24/7/365 treatment referral and information service (English and Spanish) for individuals and families facing mental and/or substance use disorders. Can link the caller to a variety of hotlines that provide treatment referrals 24 hours a day.

Sauk Prairie Recovery

St. Vincent de Paul

815 19th Street, Prairie du Sac, WI 53578

Phone: (608) 644-0504 Ext. 12

Website: <https://stvdpsaukprairie.com/care-outpatient-addiction-program/>

Community Activated Recovery Enhancement (CARE) assists individuals to abstain from using alcohol and opioids by using the non-addictive medically assisted treatment medication called Vivitrol. CARE is an integrated system putting each individual at the center of their treatment, which empowers the individual to make better life choices.

Sonas Behavioral Health Agency

6402 Odana Road, Madison WI 53719

Phone: (608) 204-6076

Website: www.sonasbehavioralhealth.com

Substance Abuse Resources for Wisconsin

Website: <https://www.addicted.org/drug-rehab-wisconsin.html>

Tellurian

Main Campus

300 Femrite Drive, Madison, WI 53716

Phone: (608) 222-7311

Toll Free: 1-877-661-9051

Website: <http://tellurian.org>

Sauk County Clinic

414 W. Broadway; Suite 101, Baraboo, WI 53913

Phone: (608) 477-4003

Website: <http://tellurian.org>

Tellurian UCAN, Inc. is a non-profit agency that provides services addressing problems relating to substance abuse and addictions, mental illness and homelessness.



1-888-742-9233

Wisconsin Addiction Recovery Helpline

Phone: 2-1-1 or 1-833-944-4673

The Wisconsin Addiction Recovery Helpline is sponsored by the Wisconsin Department of Health Services. The helpline is a free, confidential, statewide resource for finding substance abuse treatment and recovery services. The helpline is available 24/7.

ALZHEIMERS and other DEMENTIA RELATED SERVICES

Alzheimer's and Dementia Alliance of Wisconsin

3330 University Ave., Suite 300; Madison, WI 53705

Phone: (608) 232-3400

Toll Free: 1-888-308-6251

Fax: (608) 232-3407

Columbia/Sauk Regional Office

2825 Hunters Trail, Portage, WI 53901

Phone: (608) 742-9055

Toll Free: 1-888-308-6251

Fax: (608) 745-3940

Website: www.alzwisc.org

Email: support@alzwisc.org

The experienced staff at the Alzheimer's & Dementia Alliance of Wisconsin (ADAW) understand that every person touched by Alzheimer's or other dementia will need support to help them navigate the course of the disease. ADAW offers guidance through the complex maze of issues that can arise through one-on-one consultations, education, early-stage programs, access to resources and advocacy. Serving Wisconsin with regional offices in Madison, Portage, Richland Center and Beloit.

Alzheimer's Family and Caregiver Support Program (AFCSP)

Columbia County Aging & Disability Resource Center

111 E. Mullett St.; P.O. Box 136; Portage, WI 53901

Phone: (608) 742-9233 or (888) 742-9233

www.co.columbia.wi.us/columbiacounty/adrc

The Alzheimer's Family & Caregiver Support Program is designed to support families caring for a person with Alzheimer's disease or other dementia in their home. Up to \$2,000 per year can be used to pay for respite care (in-home care or adult day care) so family members can have a break from caregiving. A co-payment might be required, depending upon the income level of the person with dementia and his or her spouse.

Dementia Support Group

2nd Thursday of each month from 10 a.m.-11:30 a.m.
Columbus Community Hospital
1515 Park Ave; Columbus, WI 53925
Phone: (608) 742-9055 or (888) 308-6251

Memory Café

4th Wednesday of the month, 1-3 p.m.
Portage Public Library
Phone: (608) 742-9055

COMMUNITY BASED RESIDENTIAL FACILITIES (CBRF)

Website: www.dhs.wisconsin.gov/guide/cbrfdir.pdf (updated 4/26/2017)

*A state licensed facility has been specially designed to cater to the special needs of the person and to offer an alternative to nursing home care. Services offered are: 24-hour staffing, cooked meals, supervision of medication, assistance with personal hygiene and dressing, laundry, planned leisure activities and daily companionship. Cost varies for each CBRF. Medicare and Medicaid do not fund this type of placement. If you are unable to afford the costs of this type of facility and you have medical needs, the Aging and Disability Resource Center (ADRC) is available to assess your situation to see if you qualify for public funding. Please contact the ADRC as listed at the front of this document. *The following are located in Columbia County.*

Facility Name	Licensee Name	Specialty Programs	
The Rivers-Baraboo 601 Latton Lane Portage, WI 53901 (608) 566-1500 County: Columbia	Back in Portage LLC (608) 575-7221 Maggie M. Roberts 601 Latton Lane Portage, WI 53901	Type: CBRF Class: CNA Gender: M/F Capacity: 14 Initial License:01/03/2018	Advanced Aged Emotionally Disturbed/ Mental Illness Irreversible Dementia/Alzheimer's Physically Disabled Public Funding Terminally Ill
The Rivers-Fox 611 East Albert St. Portage, WI. 53901 (608) 566-1500 County: Columbia	Back in Portage LLC (608) 575-7221 Maggie M. Roberts 601 Latton Lane Portage, WI 53901	Type: CBRF Class: CNA Gender: M/F Capacity: 10 Initial License:01/03/2018	Advanced Aged Emotionally Disturbed/ Mental Illness Irreversible Dementia/Alzheimer's Physically Disabled Public Funding Terminally Ill

<p>The Rivers-Pine 613 East Albert St. Portage, WI 53901 (608) 566-1500 County: Columbia</p>	<p>Back in Portage LLC (608) 575-7221 Maggie M. Roberts 601 Latton Lane Portage, WI 53901</p>	<p>Type: CBRF Class: CNA Gender: M/F Capacity: 12 Initial License:01/03/2018</p>	<p>Advanced Aged Emotionally Disturbed/ Mental Illness Irreversible Dementia/Alzheimer's Physically Disabled Public Funding Terminally Ill</p>
<p>The Rivers-Wisconsin 621 Latton Lane Portage, WI 53901 (608) 566-1500 County: Columbia</p>	<p>Back in Portage LLC (608) 575-7221 Maggie M. Roberts 601 Latton Lane Portage, WI 53901</p>	<p>Type: CBRF Class: CNA Gender: M/F Capacity: 15 Initial License:01/03/2018</p>	<p>Advanced Aged Emotionally Disturbed/Mental Illness Irreversible Dementia/Alzheimer's Public Funding Terminally Ill</p>
<p>At Home Again-Rio 405 Lowville Road Rio, WI 53960 (920) 992-6430 County: Columbia</p>	<p>A&J Senior Care LLC (920) 992-6430 405 Lowville Road Rio, WI 53960</p>	<p>Type: CBRF Class: CNA Gender: M/F Capacity: 16 Initial License:3/7/2017</p>	<p>HCBS Compliant Advanced Aged Developmentally Disabled Irreversible Dementia/Alzheimer's Physically Disabled Public Funding Terminally Ill</p>
<p>At Home Again Memory Care-Rio 403 Lowville Road Rio, WI 53960 (920) 992-6430 County: Columbia</p>	<p>A&J Senior Care LLC (920) 992-6430 405 Lowville Road Rio, WI 53960</p>	<p>Type: CBRF Class: CNA Gender: M/F Capacity: 8 Initial License:6/15/2018</p>	<p>Advanced Aged Developmentally Disabled Irreversible Dementia/Alzheimer's Physically Disabled Public Funding Terminally Ill</p>

<p>At Home Again-Columbus 110 Stuart St Columbus, WI 53925 (920) 623-9833 County: Columbia</p>	<p>Home Again Assisted Living Inc (920) 623-9833 110 Stuart St. Columbus, WI 53925</p>	<p>Type: CBRF Class: CNA Gender: M/F Capacity: 36 Initial License:04/20/2011</p>	<p>Advanced Aged Irreversible Dementia/Alzheimer's Physically Disabled Terminally Ill</p>
<p>At Home Again Memory Care-Columbus 110 Stuart St Columbus, WI 53925 (920) 623-9833 County: Columbia</p>	<p>Home Again Assisted Living Inc (608) 712-1517 110 Stuart St. Columbus, WI 53925</p>	<p>Type: CBRF Class: CNA Gender: M/F Capacity: 12 Initial License:03/09/2017</p>	<p>Advanced Aged Irreversible Dementia/Alzheimer's Physically Disabled Terminally Ill</p>
<p>The Remington House (CBL INC DBA) 113 Industrial Drive Pardeeville, WI 53954 (608) 429-4443 County: Columbia</p>	<p>CBL, Inc. (608) 297-7012 113 Industrial Drive Pardeeville, WI 53954</p>	<p>Type: CBRF Class: CNA Gender: M/F Capacity: 20 Initial License:01/01/2000</p>	<p>HCBS Compliant Advanced Aged Irreversible Dementia/Alzheimer's Public Funding</p>
<p>Ohana House 208 W. North St. Poynette, WI 53955 (608) 635-4183 County: Columbia</p>	<p>The Ohana Group LLC (262) 361-8266 W290 N4595 Tolberth Hartland, WI 53029</p>	<p>Type: CBRF Class: CNA Gender: M/F Capacity: 13 Initial License: 3/16/2017</p>	<p>Advanced Aged Developmentally Disabled Emotionally Disturbed/Mental Illness Irreversible Dementia/Alzheimer's Physically Disabled Terminally Ill</p>
<p>Hamilton Park Place 2525 Hamilton St. Portage, WI 53901 (608) 742-7888 County: Columbia</p>	<p>Therapeutic Assisted Living Operations (920) 207-3550 402 First St. Random Lake, WI 53075</p>	<p>Type: CBRF Class: CNA Gender: M/F Capacity: 24 Initial License: 12/26/2014</p>	<p>HCBS Compliant Advanced Aged Irreversible Dementia/Alzheimer's Physically Disabled Public Funding</p>
<p>Lake Place Group Home 105 Lake Road Portage, WI 53901 (608) 742-4746 County: Columbia</p>	<p>Arc of Columbia County (608) 742-0260 711 E. Cook Street Portage, WI 53901</p>	<p>Type: CBRF Class: CS Gender: M/F Capacity: 8 Initial License:01/01/1981</p>	<p>HCBS Compliant Developmentally Disabled</p>

<p>Larson House 550 River Road Columbus, WI 53925 (920) 623-5810 County: Columbia</p>	<p>Larson House Platinum LLC 414-940-6608 2448 S. 102nd St., #305 West Allis, WI 53227</p>	<p>Type: CBRF Class: CNA Gender: M/F Capacity: 36 Initial License:09/01/2015</p>	<p>HCBS Compliant Advanced Aged Developmentally Disabled Emotionally Disturbed/Mental Illness Irreversible Dementia/Alzheimer's Physically Disabled Terminally Ill</p>
<p>Larson House -South 550 River Road Columbus, WI 53925 (920) 623 - 5810 County: Columbia</p>	<p>Larson House Platinum LLC 414-940-6608 2448 S. 102nd St., #305 West Allis, WI 53227</p>	<p>Type: CBRF Class: CNA Gender: M/F Capacity: 28 Initial License:11/1/2017</p>	<p>Advanced Aged Developmentally Disabled Emotionally Disturbed/Mental Illness Irreversible Dementia/Alzheimer's Physically Disabled Terminally Ill</p>
<p>Our House Lodi Assisted Care 121 2nd Street Lodi, WI 53555 (608) 592-7433 County: Columbia</p>	<p>Keystone Lodi LLC (317) 280-8455 4350 156th St Chippewa Falls, WI 54729</p>	<p>Type: CBRF Class: CNA Gender: M/F Capacity: 16 Initial License:9/30/2010</p>	<p>HCBS Compliant Advanced Aged Irreversible Dementia/Alzheimer's Public Funding</p>
<p>Our House Portage Assisted Care 2876 Village Road Portage, WI 53901 (608) 742-4626 County: Columbia</p>	<p>KSMS Our House LLC (317) 280-8455 4350 156th St Chippewa Falls, WI 54729</p>	<p>Type: CBRF Class: CNA Gender: M/F Capacity: 18 Initial License:4/15/2011</p>	<p>HCBS Compliant Advanced Aged Irreversible Dementia/Alzheimer's Public Funding</p>
<p>Our House Wisconsin Dells Assisted Care 1954 State Road 23 Wisconsin Dells, WI 53965 (608) 253-3404</p>	<p>KSMS Our House LLC (317) 280-8455 4350 156th St Chippewa Falls, WI 54729</p>	<p>Type: CBRF Class: CNA Gender: M/F Capacity: 20 Initial License:9/30/2010</p>	<p>HCBS Compliant Advanced Aged Irreversible Dementia/Alzheimer's Public Funding</p>
<p>Our House Wisconsin Dells Memory Care 1950 State Road 23 Wisconsin Dells, WI 53965 (608) 253-7901</p>	<p>KSMS Our House LLC (317) 280-8455 4350 156th St Chippewa Falls, WI 54729</p>	<p>Type: CBRF Class: CNA Gender: M/F Capacity: 20 Initial License:09/30/2010</p>	<p>Advanced Aged Irreversible Dementia/Alzheimer's Public Funding</p>

Haven Hills 215 Dale Drive Lodi, WI 53555 (608) 592-0394	Back in Lodi LLC (608) 575-7221 215 Dale Drive Lodi, WI 53555	Type: CBRF Class: CNA Gender: M/F Capacity: 24 Initial License: 8/17/2016	Advanced Aged Irreversible Dementia/Alzheimer's Physically Disabled Public Funding Terminally Ill
Rowan Trail 237 W. Seward St. Poynette, WI 53955 (608) 635-2887 County: Columbia	The ARC of Greater (608) 742-0260 711 E. Cook St., Suite 202 Portage, WI 53901	Type: CBRF Class: CNA Gender: M/F Capacity: 8 Initial License: 12/01/2014	HCBS Compliant Developmentally Disabled Physically Disabled
Tivoli at Divine Savior Healthcare 2805 Hunter's Trail Portage WI 53901 (608) 742-4131	Divine Savior Healthcare, Inc. (608) 742-4131 2805 Hunter's Trail Portage, WI 53901	Type: CBRF Class: CNA Gender: M/F Capacity: 40 Initial License: 12/27/2010	Advanced Aged Irreversible Dementia/Alzheimer's Physically Disabled

RESIDENTIAL CARE APARTMENT COMPLEX (RCAC)

Website: <https://www.dhs.wisconsin.gov/guide/rcaccolum.pdf> (updated 11/26/19)

A state licensed facility has been specially designed to cater to the special needs of the person and to offer an alternative to nursing home care. Services offered are "ala carte" and designed to assist individuals based on their individual needs. Each independent apartment has its own lockable entrance and exit, a kitchen, including a stove, and individual bathroom, sleeping and living areas. An RCAC is limited in providing no more than 28 hours per week of services that are supportive, personal and nursing services. Cost varies for each RCAC. Medicare and Medicaid do not fund this type of placement. If you are unable to afford the costs of this type of facility and you have medical needs, the Aging and Disability Resource Center (ADRC) is available to assess your situation to see if you qualify for public funding. Please contact the ADRC as listed at the front of this document.

Facility Name/ Information	Licensee Name	Specialty Programs	
Heritage House of Portage 2685 Airport Road Portage, WI 53901 (608) 745-3312 County: Columbia	SHA MSL Portage OPCO LLC (312) 462-4462 Tom Ostrom 700 N Green Unit 401 Chicago, IL 60642	Type: RCAC Class: Certified Gender: M/F Apartments: 66 Initial Cert: 04/07/2015	

<p>Meadows of Fall River (The) 101 Hometown Ave. Fall River, WI 53932 (920) 484-6171 County: Columbia</p>	<p>The Meadows of Fall River, LLC (608) 317-6384 Robert Simonson 2850 Monarch Altoona, WI 54720</p>	<p>Type: RCAC Class: Certified Gender: M/F Apartments: 38 Initial Cert.: 01/01/2010</p>	<p>Public Funding</p>
<p>Portage RCAC 215 Northridge Dr. Portage, WI 53901 (608) 745-0331 County: Columbia</p>	<p>KSMS Our House LLC (317) 280-8455 4350 156th st Chippewa Falls, WI 54729</p>	<p>Type: RCAC Class: Certified Gender: M/F Apartments: 32 Initial Cert: 04/15/2011</p>	<p>Public Funding</p>

BLIND/VISUALLY IMPAIRED

Wisconsin Council of the Blind

754 Williamson St.; Madison, WI 53703
Phone: (608) 255-1166
Toll Free: 800-783-5213
Fax: (608) 255-3301

Website: www.wcblind.org

Email: info@wcblind.org

Provides information and resources for the blind and visually impaired. Home to the Sharper Vision Store which sells magnifiers, clocks, calculators, household items, Braille items, reading and writing aids, white canes, and recorders and cassettes. Legislative voice for the people of Wisconsin who are blind and visually impaired.

Low Vision Support Group

Support Group for the Blind and Visually Impaired
Divine Savior Hospital Classroom C
Meets the 2nd Wednesday every month
Phone: (608) 742-4060 Fran

Those who are invited are all people with vision problems, along with their family members, friends, and caregivers.

CAREGIVER SERVICES

Caregiver Support Group

1st Monday of the month, 1:00 PM
Portage Public Library
253 W. Edgewater St.; Portage, WI 53901
Contact Janet at 608-742-9055 for more information

CLOTHING CENTERS (LOW COST)

<p><u>St. Vincent De Paul Store</u> 1311 W. Wisconsin Street; Portage, WI 53901 Phone: (608) 742-5513</p>	<p><u>St. Vincent De Paul Store</u> W15210 Hwy 16; Wisconsin Dells, WI 53965 Phone: (608) 254-4011</p>
<p><u>St. Vincent De Paul Store</u> 100 South Boulevard; Baraboo, WI 53913 Phone: (608) 356-4649</p>	<p><u>St. Vincent De Paul Store</u> 110 Meister Drive; Columbus, WI 53925 Phone: (920) 623-2004</p>
	<p><u>Wyocena Helping Hands Pantry</u> 165 E. Dodge Street; Wyocena, WI 53969 1st three Mon, Tues, Wed from 10:00 am–12:00 pm</p>
<p><u>Goodwill Industries</u> 2902 Village Road; Portage, WI 53901 Phone: (608) 745-5329 Donation Center Phone: (608) 742-0907</p>	<p><u>Five Sisters Resale Boutique</u> 741 Superior St., Wisconsin Dells, WI 53901 Phone: (608) 254-4012</p>
<p><u>Lodi-Reach Out Lodi Community Store</u> 610 Clark St.; Lodi, WI 53555 Phone: (608) 592-4592 (By appointment ONLY)</p>	<p><u>Dekorrra Lutheran Church-Clothes Closet</u> Corner of Smith Road and County CS; Poynette, WI Phone: (608) 635-7200 (Call for hours)</p>

COMMUNITY OUTREACH PROGRAMS

Project Reassurance

Phone: (920) 623-5919

Project Reassurance is a program designed for seniors living alone and disabled participants, or anyone else who may require special assistance or care. The program offers the families of senior citizens the reassurance that their loved ones are being checked on daily. To obtain a program enrollment form, please contact the Columbus Police Department at (920) 623-5919 or Fire Department 920-623-5914.

CRISIS SERVICES / HOTLINES

Alcohol and Drug Assistance

24 Hour Emergency Crisis Hotline

1-888-552-6642

Al-Anon Meetings

1-888-425-2666

Call for locations and meeting days/times

Alateen

1-866-425-2666

Alcohol and Drug Helpline

1-800-821-4357

**Provides referrals to local facilities where adolescents and adults can seek help.*

Alcohol Treatment Referral Hotline

1-800-ALCOHOL

Provides help/referrals for people with concerns about alcohol or drug use. 24 hours.

Alcoholics Anonymous (AA)

Phone: (608) 222-8989

Call for locations and meeting days/times

Center for Substance Abuse Treatment National Drug and Alcohol Treatment Referral Service

1-800-662-HELP

Can link the caller to a variety of hotlines that provide treatment referrals. 24 hours.

Columbia County Connects Coalition

626 E. Slifer St.; PO Box 564; Portage, WI 53901

Phone: (608) 742-8814 Ext 242

Provides information on drugs and alcohol to parents and community members. Also offers Juvenile Underage Drinking Offenders classes.

Cocaine National Hotline

1-800-COCAINE

Drug and Alcohol Treatment-Rosecrance

1-888-928-5278

Rosecrance offers inpatient and outpatient substance abuse treatment. Rockford, IL

Lutheran Counseling and Family Services

1-800-291-4513

Narcotics Anonymous

Scenic Bluffs Area (Baraboo, Beaver Dam, Portage, Reedsburg, Wisconsin Dells)

1-866-590-2648

Wisconsin Regional Service Office

1-920-232-9615

www.na.org

St. Clare Center-Treatment Center for Chemical Dependency

1510 Jefferson Street; Baraboo, WI 53913

1-800-433-2688 or (608) 356-1533

Offers outpatient treatment, day treatment, relapse prevention, gender specific groups, and an intensive outpatient opioid addiction treatment program with Buprenorphine (Suboxone).

The Concerned Citizens Against Drug Abuse

305 Slifer St; Portage, WI 53901

It is held every Monday Evening at 6:30 p.m. at the Gerstenkorn Building

Wisconsin We C.A.N. (Change Addiction Now)

Portage Public Library

February Saturdays 9:30-12:00

Wisconsin United We CAN lorics@changeaddictionnow.org / Portage Public Library

info@portagelibrary.us.

Bring the voice of the family to addiction and recovery with Wisconsin We C.A.N. support group.

Gambling Problem

Wisconsin Council on Problem Gambling

Toll-Free help line 1-800-GAMBLE-5 / 1-800-426-2535

1423 Kellogg Street, Green Bay WI

The Wisconsin Council on Problem Gambling provides resources, public awareness and education on problem and pathological gambling disorders while maintaining strict neutrality on the issue of legalized gambling.

Disaster Relief

American Red Cross

4860 Sheboygan Avenue; Madison, WI 53705

Phone: (608) 232-5819

Toll Free: 1-877-618-6628

Branch of Sauk County

600 Chestnut Street, P.O. Box 128; Baraboo, WI 53913

1-877-618-6628

www.redcross.org

Responds to disasters such as fire, flood, and tornado, providing relief (food, clothing, emergency shelter, and personal items, including essential household furnishings, medical supplies, and eyeglasses) to individuals and families, and recruits volunteers.

Disaster Distress Helpline

1-800-985-5990

Salvation Army

Columbus area contact via Columbus Police Department at (920) 623-5919

Portage area contact Community Action Council at (608) 254-8353 or (608) 742-3320

Domestic Violence

Between Friends-Chicago

1-800-603-HELP

(800-603-4357)

Hope House

24-Hour Confidential Helpline 1-800-584-6790

Crisis Line: (608) 356-7500

Baraboo Location

Mailing address: P.O. Box 557; Baraboo, WI 53913

Physical Address: 720 Ash St.; Baraboo, WI 53913

Office Phone: (608) 356-9123

Office Hours: Monday-Friday 8:00am-4:00pm

Email: hhshelter@hopehousesw.org

Shelter available to victims of domestic violence.

Provides shelter and advocacy (e.g. counseling, safety planning, legal assistance, and support groups) to people affected by domestic violence and sexual assault and provides education to community members on these issues in Columbia, Sauk, Marquette, Adams, and Juneau counties.

National Domestic Violence Hotline

1-800-799-SAFE (800-799-7233)

1-800-787-3224 (TDD)

Domestic Abuse Program

Ho-Chunk Nation Social Services

Toll Free: 1-888-343-8190

Domestic Abuse Services available: Emergency shelter, emergency transportation, information, childcare assistance, advocacy, education, support groups.

Mental Health Crisis

24-Hour Emergency Crisis Hotline

1-888-552-6642

Immediate counseling for people having thoughts of suicide.

Aspen Family Counseling

2639 New Pinery Rd., Suite 1; Portage, WI 53901

Phone: (608) 742-5020

Emergency Contact: (608) 202-5020

Columbia County Comprehensive Community Services (CCS)

111 E. Mullett St.; Portage, WI 53901

Phone: (608) 742-9227

CCS assists with mental health or substance abuse concerns to identify what he/she needs in order to help increase ability and enhance connection to natural supports and community resources.

Columbia County Community Support Program (CSP)

1440 East Wisconsin Street, Portage, WI 53901

Phone: (608) 745-9720

CSP (through Journey Mental Health) provides community based services to adults with severe and persistent mental illness (such as schizophrenia, major depression or bipolar disorder).

Compass Counseling

1508 New Pinery Road; Portage, WI 53901

Phone: (608) 745-4900

www.compasscounseling.info

Journey Mental Health Center

1440 East Wisconsin Street, Portage, WI 53901

Phone: (608) 745-9720

Phone: (608) 280-2700

National Hope Line Network

1-800-SUICIDE

1-800-784-2433

National Network of hotline for people in crisis and having thoughts of suicide

National Institute of Mental Health Resource Center

1-866-615-6464

Mental illness literature for the public and professionals.

National Suicide Prevention Lifeline

1-800-273-8255

Immediate counseling for people having thoughts of suicide.

Pauquette Center

2901 Hunters Trail; Portage, WI 53901
Phone: (608) 742-5518
www.pauquette.com

Transitions Behavioral Health, LLC

317 DeWitt St.; Portage, WI 53901
Phone: (608)745-1751

Veterans Mental Health/AODA Support Group

400 DeWitt Street, Portage WI
Third Wednesday of each month 11:00-1:00 p.m.
For more information about the group contact:
Jennifer at 608-256-1901 x16904 or Jennifer.gruba@va.gov

Types of services available include: group counseling, employment guidance, family/marital counseling and sexual trauma counseling. Services are confidential to all veterans, no co-pays required, counselors have a master's degree and are also veteran's themselves.

Warmline

Phone: (608) 422-2383

*Do you need someone to talk to? The warmline is answered by people who have experienced mental health and/or substance abuse issues and are trained to support people during tough times.
Monday-Friday, 4PM-10PM; Saturday and Sunday 2PM-10PM*

Poison Information

Wisconsin Poison Control

1-800-222-1222
www.poison.org

Pregnancy Services

Columbia County Pregnancy Resource Center

311 E. Wisconsin Ave. Suite 202; Portage, WI 53901
1-800-705-4710

Offers free pregnancy testing, adoption information and referrals, baby clothing, counseling and pregnancy education.

Suicide Prevention / Assistance

24-Hour Emergency Crisis Hotline

1-888-552-6642

Immediate counseling for people having thoughts of suicide

National Suicide Prevention Lifeline

1-800-273-8255

National network of hotline for people in crisis and having thoughts of suicide

National Hope Line Network

1-800-SUICIDE

1-800-784-2433

National Network of hotline for people in crisis and having thoughts of suicide

DENTAL

Directory of Dentists in Wisconsin

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

Phone: 1-800-362-3002

ACHS Joyce & Marshall Erdman Clinic-Madison

Access Community Health Center-Madison

2202 S. Park St., Madison, WI 53713

Phone: (608) 443-5482

<https://accesscommunityhealthcenters.org/clinics>

ACHC-Sun Prairie

Access Community Health Center-Sun Prairie Clinic

1270 W. Main St., Sun Prairie, WI 53590

Appointments: (608) 825-7100

After Hours: (608) 825-7100 (to reach on-call provider)

<https://accesscommunityhealthcenters.org/clinics/sun-prairie-clinic/>

ACHS William T. Evjue Clinic-Madison

Access Community Health Center-Madison

3434 E. Washinton Ave., Madison, WI 53704

Phone: (608) 443-5482

<https://accesscommunityhealthcenters.org/clinics>

Affordable Dental Care, Inc.

2110 Fordem Ave., Madison, WI 53704

Phone: (608) 622-4002

Church Health Services

115 N. Center St., Beaver Dam, WI 53916

Phone: (920) 887-1766

Must be 18 years old or older and have income below 200% Federal Poverty Line. Accepts Badgercare and Medicaid.

Familia Dental

3003 E. Washington Ave., Madison, WI 53704

Phone: (608) 244-8050 or 1-888-988-4066

www.famliadental.com

Medical Assistance or BadgerCare

Family Health/La Clinica

400 S. Townline Rd., P.O. Box 1440; Wautoma, WI 54982

Phone: (920) 787-5514 or 1-800-942-5330

Fax: (920) 787-4737

www.famhealth.com

Beaver Dam Location

207 S. University Ave.; Beaver Dam, WI 53916

Phone: (920) 356-5012

Provides low cost medical and dental care to patients. Accepts Medicare, Medicaid, Badgercare and most insurance. Affordable care program is available to low income and uninsured patients. Please call for hours and available appointment times.

Madison Area Technical College-Dental Hygiene Clinic

Truax Campus, Health Education Building,

1705 Hoffman Street, Room 151

Hours: Monday - Friday, 7:30 a.m. - 4 p.m.

Phone: (608) 258-2400 to schedule an appointment.

For a small fee, all Madison College students and community members can receive a variety of dental services at MATC's Dental Hygiene Clinic.

Available services, performed by dental hygiene students under the supervision of instructors, include:

- *Oral prophylaxis (cleaning)*
- *X-rays*
- *Fluoride treatments*
- *Sealants*
- *Oral hygiene instruction*

Service cannot be considered a complete dental/oral examination. Information obtained by the dental hygiene student is available to the patient's dentist upon request. As required by state law, a dentist must make proper interpretation of any diagnostic material.

Madison Dental Initiative

630 E. Washington Ave., Madison, WI 53703

Phone: (608) 655-2752

www.mdidental.org

Individuals must have NO private dental insurance.

Marshfield Clinic-Black River Falls Dental

N6571 Lumberjack Guy Road; Black River Falls, WI 54615

Phone: (715) 670-0400

Fax: (715) 670-0700

www.marshfieldclinic.org

A family health center dedicated to bringing health services to the underserved.

Marquette University School of Dentistry Clinic

1801 W. Wisconsin Ave.; Milwaukee, WI 53233

Phone: (414) 288-6790

<http://www.marquette.edu/dentistry/patients/>

All patients accepted including MA and Title XIX, Low-Income, and Uninsured. 13 years of age and older for general clinic. Must pass screening process. Pediatric clinic also available.

Mauston Dental

880 Herriot Dr., P.O. Box 448; Mauston, WI 53948

Phone: (608) 847-6700

Fax: (608) 847-6122

www.famhealth.com

Provides low cost dental care to patients. The clinic accepts Medical Assistance (Medicaid) Badgercare and also offers an Affordable Care program to low income and uninsured patients. Mauston Dental Center strives to provide high quality, comprehensive dental care, excluding orthodontics, to all patients. Call for hours of operation.

More Smiles Wisconsin-Salvation Army Dental Clinic

630 East Washington Ave., Madison, WI 53703

Phone: (608) 665-2752

Email: contact@moresmileswi.org

Website: www.moresmileswi.org

More Smiles primarily serves residents of the following counties: Dane, Colombia, Dodge, Green, Iowa, Jefferson, Richland, Rock, Sauk, or Walworth. Residents of other counties can call to confirm eligibility. We accept Medicaid plans including BadgerCare, and uninsured patients. We do not accept any other forms of dental insurance. For uninsured patients, income must be at or below 200% of the Federal Poverty Level for your family size (about \$25,000 per year for an individual or \$51,500 for a family of four). For uninsured patients, please refer to our fee scale for price of general services. More Smiles Wisconsin requires all appointments to be scheduled, we do not accept walk-ins. For information about emergency care, please call (608) 665-2752.

St. Ann Center for Intergenerational Care

2450 W. North Ave., Milwaukee, WI 53205

(414) 210-2440

www.stanncenter.org/clinic

Hours M, T, Th & F 8:00 – 5:00

For children and adults with disabilities who cannot be treated in a standard dental clinic because of expense or lack of accessibility. Referral from a Dr or Dentist required.

St. Vincent De Paul Dental Clinic

1906 North Street; Prairie du Sac, WI 53578

Phone: (608) 644-0504 Ext. 10

www.stvdpdental.com

The St. Vincent de Paul Dental Clinic located in Prairie du Sac, Wisconsin is ready to serve the public with low cost dental hygiene services. The program provides discounted dental services (sliding scale, which starts at 50% of usual and customary charges) to qualified, uninsured and under insured clients. Medicaid and Badger Care clients are accepted.

Our service area includes Sauk and Columbia counties. We have four dentists on staff and are open up to four days a week to provide dental care.

Wisconsin Dental Association

Use the following link to find resources for dental care for low income and uninsured

<http://www.wda.org>

Donated Dental Program

Wisconsin Dental Association program designed to bring dental care to Wisconsin residents who are unable to afford treatment because of a limited income that is clearly linked to a permanent disability, chronic illness or advanced age (65 and older). Program is by application only. Eligibility is determined based on a completed written application and phone interview by the DDS referral coordinator. For more information please visit, www.WDA.org

DISABILITY SERVICES

The Arc of Greater Columbia County

711 E. Cook Street, Suite 202; Portage, WI 53901

Phone: (608) 742-0260

Fax: (608) 742-0261

www.thearccolumbiacounty.org

The Arc provides programs and advocacy for people with disabilities. The programs offered in Columbia County are:

- ❑ *Special Olympics (ages 2-7, and ages 8+)*
- ❑ *Adult social club; bowling league, parties, assorted recreational activities (age 18+)*
- ❑ *Advocacy*
- ❑ *Newsletter*
- ❑ *Very special arts choir*
- *Residential service providers*
 - *8 bed, CBRF, Lake Place for semi-ambulatory*
 - *4 bed, adult family home for non-ambulatory*
 - *Sheltered apartment living arrangements*

Disabilities Benefit Specialist (ages 18-59)

Aging and Disability Resource Center

111 E. Mullett St.; PO Box 136; Portage, WI 53901

Disability Benefit Specialist Direct Phone: (608) 742-9200

Columbia County's Disability Benefit Specialist program is available to assist persons age 18-59 with:

- ❑ *Filing of medical insurance claims;*
- ❑ *Questions about medical and prescription insurance coverage;*
- ❑ *Filing of Homestead Tax Credit and income tax preparation;*
- ❑ *Other legal and benefit problems;*
- ❑ *Applications for Social Security Disability and Supplemental Security Income Benefits;*
- ❑ *Assistance with appealing Medicare or Medical Assistance decisions on payment claims for services or equipment;*
- ❑ *Assist with the eligibility of State and Federal programs;*
- ❑ *Consumer issues.*

Access to Independence, INC (ATI)

3810 Milwaukee St., Madison, WI 53714

Phone: (608) 242-8484 or 1-800-362-9877

Video Phone: (608) 234-4484

TTY: (608) 242-8485

Website: <http://www.accesstoind.org/>

Email: info@accesstoind.org

Access to Independence advocates and provides services for people of any type of disability, and of any age, to achieve or maintain their independence. Services provided by Access to Independence include: Information and Referral, Peer Support, Advocacy – Individual, Systems, Grassroots, Independent Living Skills Training – cooking, budgeting, household maintenance, computers, transportation, etc..., Assistive Technology – demonstration, loan, selection assistance, funding assistance, purchase assistance, training, Public Benefits Assistance – SSDI and SSI application and appeal assistance, Medicaid assistance, Work Incentives Benefits Counseling, Deaf and Hard of Hearing programs and services, Youth with Disabilities Transition Services, Nursing Home Transition and Diversion. Access to Independence provides services in Columbia, Dane, Dodge and Green counties

ELDERLY SERVICES

Benefit Specialist (ELDER, age 60+)

Aging and Disability Resource Center

111 E. Mullett St.; PO Box 136; Portage, WI 53901

Direct Phone: (608) 742-9210

Columbia County's Benefit Specialist program is available to assist persons age 60 and older with the following:

- ❑ Filing of medical insurance claims;*
- ❑ Questions about medical and prescription insurance coverage;*
- ❑ Filing of Homestead Tax Credit and income tax preparation;*
- ❑ SeniorCare applications; SeniorCare is Wisconsin's Prescription Drug Assistance Program for Wisconsin residents who are 65 years of age or older who meet income requirements. An annual enrollment fee of \$30.00 per person is charged. All participants will need to pay an out-of-pocket expense. Phone: (800) 657-2038 – TYY and translation services are available;*
- ❑ Other legal and benefit problems;*
- ❑ Applications for Social Security and Supplemental Security Income Benefits;*
- ❑ Assistance with appealing Medicare or Medical Assistance decisions on payment claims for services or equipment;*
- ❑ Assist with the eligibility of State and Federal programs;*
- ❑ Consumer issues.*

Benefit Specialist Program

Elder Law Center, Coalition of Wisconsin Aging Groups
2850 Dairy Drive, Suite 100
Madison, WI 53718
(608) 224-0606 or 1-800-488-2596
www.cwag.org

Elder Abuse and/or Neglect Investigations

Aging and Disability Resource Center
111 E. Mullett St.
PO Box 136
Portage, WI 53901
Phone Number: (608) 742-9233

Personal contact is made with suspected victims of elder abuse and/or neglect. Limited in-home counseling is available to individuals needing assistance. Adult Protective Services and Elder Abuse includes physical abuse, material (financial) abuse, neglect, or self-neglect. For additional information or to make a referral call Aging and Disability Resource Center at the number above.

****If there is an Elder Abuse emergency please call 911.***

EMERGENCY RESPONSE SERVICES

MedicAlert + Alzheimer's Association Return

MedicAlert + Alzheimer's Association Safe Return is a 24-hour nationwide emergency response service for individuals with Alzheimer's disease or a related dementia that are at risk of becoming lost. If someone enrolled in the program is reported missing, essential information is faxed to local law enforcement agencies to initiate a search. If a concerned citizen finds the missing person, the person's ID jewelry (bracelet or necklace) provides a toll-free number to call for help. MedicAlert + Alzheimer's Association Safe Return then notifies the missing person's contacts and makes sure the person is safely returned home. To obtain information or an application, call (888) 572-8566.

www.alz.org/care/dementia-medic-alert-safe-return.asp

Project Lifesaver Program

Columbia County Sheriff's Department
711 E. Cook St.
Portage, WI 53901
(608) 742-4166
www.co.columbia.wi.us/columbiacounty/sheriff

The Project Lifesaver Program uses a locator system to help find a person with special needs, such as a person with memory loss or dementia, who is at high risk of becoming lost. It includes a special watch-like plastic bracelet worn on the wrist or ankle that includes a transmitter and batteries. If the person becomes lost or missing, the Columbia County Sheriff's Department will activate a trained team to find the person using a portable tracking device. The signal range of the portable tracking device is ½ to 1 mile on the ground and up to 7 miles from the air. It is not deterred by buildings. Help is available to cover the \$300 start-up cost, if needed. More information and an application are available at the website listed.

EMPLOYMENT SERVICES

Division of Vocational Rehabilitation

(608) 742-6250
Toll Free: 1-800-422-7138
TTY: (608) 745-6708
Fax: (608) 742-6247

The Division of Vocational Rehabilitation provides services to people with disabilities to obtain, maintain or improve their employment depending on the severity of the disability. There may be a waiting list for services.

Employment Resources Inc.

4126 Lien Rd. Ste. 14, Madison WI 53704
(608) 246-3444
www.eri-wi.org

Employment Resources, Inc. (ER) is a private, non-profit organization located in Madison, Wisconsin. Since 1990 our mission has been to increase employment opportunities for people with disabilities.

Food Share Employment and Training (FSET) Forward Services Corporation

2875 Village Road, Suite 200
Portage, WI 53901
608-742-1089

Program provides general job search assistance to participants. Individuals must currently be receiving a food share benefit to volunteer for the FSET program. (Voluntary, no-cost program)

Greater Wisconsin Agency on Aging Resources (GWAAR)

(608) 243-5670

Specializes in service workers age 55+

Email: info@gwaar.org

<http://gwaar.org>

MATC – Portage Campus

330 Collins St.

Portage, WI 53901

608-745-3100

Adult study center for GED: 608-745-3110

Career Counseling available

Tools for Tomorrow

Madison Area Technical College

2125 Commercial Ave

Madison WI 53705

This program is designed to help women obtain training and employment in skilled trade and technical areas, including apprenticeships. For details, call (608) 246-5285. Information sessions held several times a year.

toolsfortomorrow@madisoncollege.edu

Wisconsin Job Center (Sauk/Columbia County)

505 Broadway Street Room 232, Baraboo, WI. 53913 (Full Service Job Center)

Phone: (608) 355-4810

The Job Center and its affiliated partners serve as the primary employment and training program vehicle for Sauk & Columbia County. Some of the onsite partners include Central Wisconsin Community Action Coalition, Columbia County Economic Development Corp, Division of Vocational Rehabilitation, MATC, Renewal Unlimited, Wisconsin Job Service and Workforce Connections. Or call 608-355-4810 to find the job center nearest you.

Visit the virtual Job Center at www.jobcenterofwisconsin.com for job postings and job seeking information.

Wisconsin Senior Employment Program

Paul Koenig, WISE Program Coordinator
Dane County Job Center
1819 Aberg Avenue, Suite C, Madison, WI 53704

Phone: (608) 242-4897 (Leave Message)
Toll-free: (888) 810-1279
Email: paul.koenig@gwaar.org

The Wisconsin Senior Employment Program (Senior Community Services Employment Program) is an employment training program for low-income, unemployed individuals aged 55 years and older. The program provides subsidized, part-time work experience for a limited time through community service to obtain the skills necessary for permanent employment.

Workforce Investment Act

Sauk County Job Center
505 Broadway Street Suite 232
Baraboo, WI 53901
608-355-4810

Provides employment and training services to limited income adults (must meet income eligibility requirement) and dislocated workers.

Work Smart Access Point of Service

Located at: MATC-Portage
330 Collins St., Portage, WI 53901
And at
CWAC
1000 Highway 13, Wisconsin Dells, WI 53965

Work Smart Access Point of Service locations offer free access to computers/internet for job searching.

Veteran's Services, Dane County Resource Room

(608) 242-4900

Provides job search assistance to eligible veterans. Pre-screening forms need to be filled out to qualify. Forms can be found on [jobcenterofwisconsin.com](http://www.jobcenterofwisconsin.com) and http://www.dwd.wisconsin.gov/veterans/home_vet.htm

ENERGY ASSISTANCE

Energy Assistance for Columbia/Marquette County

242 West Cook St.; Portage, WI 53901

Phone: (608) 742-4088

Toll free: (800) 506-5596

Energy Assistance provides services to households living on a fixed or low income. If a household falls within the income guidelines, it may receive a once per year grant to supplement home heating costs. The household may also qualify for furnace repair and/or replacement, and emergency heating services at no cost to the household. A short application must be completed either at our office or at an outreach site in the county. They do provide homebound services.

FINANCIAL ASSISTANCE / ECONOMIC SUPPORT

Columbia County Department of Health and Human Services

111 E. Mullett St./P.O. Box 136; Portage, WI 53901

Phone: (608) 742-9227

Fax: (608) 742-9700

TDD: (608) 742-9229

Types of assistance available to financially eligible persons are: food share, childcare, and Medicaid/Medicare premium assistance. For additional information on these types of assistance or to make an appointment for determination of eligibility, please call the Columbia County Health and Human Service Department and ask to speak to the Economic Support Intake Specialist.

***Capital Consortium-**if you live in Columbia County this consortium will provide enrollment services and manage benefits for: • **FoodShare** • **Medicaid** • **BadgerCare Plus** • **Family Planning Only Services** • **Caretaker Supplement**. To contact them please call 1-888-794-5556.

FOOD PANTRIES

2nd Harvest Mobile Food Pantry

Portage: in Lincoln Park, 405 E Howard St

2nd Monday of the month, 11am-12pm; Registration begins at 10:45am

Fairgrounds - intersection of Griffith Street and Superior Street, building #8

Distribution occurs inside. Bring boxes, bags, and wheeled carts to help carry your groceries.

No restrictions, EVERYONE in need is welcome and served. No ID necessary.

Pardeeville: St. Mary's of the Most Holy Rosary Catholic Church, (318 S. Main St)

4th Monday of the month, 3:30-4:30pm; Registration begins at 3pm

Held in the parking lot next to the church, not in front of the church. Registration occurs in the parking lot closer to the street. Held outdoors year round. Bring boxes, bags, and wheeled carts to help carry your groceries.

No restrictions, EVERYONE in need is welcome and served. No ID necessary.

Bread Basket Community Food Pantry

First Presbyterian Church

121 W. Florence Street; Cambria, WI 53923

Serves residents of the Cambria School District on an on-call basis (preferably Mondays and Tuesdays)

Call: Ann Smedema at (920) 348-5485, or Joanne Sanderson at (920) 348-5568 for assistance.

Central Wisconsin Community Action Council Food Pantry/Wisconsin Dells/Lake Delton Pantry

1000 Hwy. 13; Wisconsin Dells, WI 53965

Phone: (608) 254-8353

Fax: (608) 254-4327

Tuesdays 9 am-noon and Thursdays 1 to 4 pm

Serves residents of Wisconsin Dells/Lake Delton School District

Columbus/Fall River Food Pantry

(Currently housed at the Senior Center)

Serves residents of Columbus & Fall River School Districts on an on-call basis; call (920) 623-5918 for information.

Crossroads Pantry

132A S. Ludington Columbus, WI

Phone: (920) 350-0011

Monday 4:30-6:30 p.m. Thursday 9:00-11:00 a.m., 1st and 3rd Saturday 9:00-11:00 a.m. Closed if Columbus schools are closed.

Lodi Food Pantry

First Lutheran Church

206 Pleasant Street; Lodi, WI 53555

By Appointment Only:

Monday, Tuesday and Thursday

Call Carol Meyer 608-592-4324 or

Judy Brownrigg 608-592-4626

Serves residents of Lodi School District only.

Neighbors in Constant Care Foundation (NICC)

Call (920) 623-5540 or (920) 623-4722 for information

Serves Columbus/Fall River School Districts

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

Portage Food Pantry (Located in Lincoln Park)

405 E. Howard St.; P.O. Box 474; Portage, WI 53901

(608) 742-3774

Serves residents of the Portage Community School District

Monday and Wednesday 11-Noon, Thursday 5-6pm

Poynette-Arlington-DeKorra Food Pantry (PAD)

Poynette Village Hall/Nutrition Site

106 S. Main Street; Poynette, WI 53955

Donna Luessman (608) 635-4448; Ruth Ann Waugh (608) 635-4167; Marv or Jan Gardner 608-742-4494

Serves residents of the Poynette School District 1-3pm on Tuesdays and 5-7pm on Thursdays.

Poynette Clergy Food Pantry

Bethel Lutheran Church

101 Bethel Drive; Poynette, WI 53955

(608) 635-2468 or 635-7118 Pastor Stephen Kurth/ Church (608)695-6741 Kenneth Nelson

Serves residents of Poynette area on an on-call basis. Please call ahead.

Prairie Pride Food Pantry

Arlington United Methodist Church (Basement)

103 Reagles St., P.O. Box 140

Arlington, WI 53911

(608) 635-4860 (Church Phone)

(608) 697-5880 Peg Morse

(608) 279-1226 Pat Ryan

(608) 219-0723 Luann McQueen

(608) 963-3348 Pastor Lee

Wednesday from 4:30pm-5:30pm and Saturdays from 9am-10:30am

Serves residents of Arlington, Poynette, DeKorra, Leeds and Hampton

Randolph Food Pantry

Evangelical Free Church

702 N. High Street; Randolph, WI 53956

(Corner of Hwy 73 and County Rd. P)

Church Secretary, church in afternoons (920) 326-3821

Tuesday 1-3 pm

Serves Randolph area. Please call ahead, preferably before the weekend.

Rio Area Pantry

Rio Community Center

104 Lincoln Avenue; Rio, WI 53960

John Atkinson (608) 429-3728 or Bob & Helen Risgaard (920) 992-5258

Hours: 2nd, 3rd & 4th Mondays, 10am – noon

4th Mondays 5-6pm

Serves residents of Rio, Fall River, Cambria and Doylestown School Districts

Sharing Supper-Portage

Wayne Bartels Middle School,

2505 New Pinery Rd, Portage 53901

5-6:30 PM

Email: portagesharingsupper@gmail.com

Share a FREE Meal, Kid's Corner, Activities, Information Booths. Typically held the last Monday of the month from 5:00-6:30 p.m. (Schedule may change around holidays)

Sharing Supper-Wisconsin Dells/Lake Delton

Spring Hill Elementary School

300 Vine St.; Wisconsin Dells, WI 53965

Last Tuesday of the month. Bingo is at 4:30 p.m., food served between 5-6 p.m.

St. Vincent de Paul-Portage

1311 W. Wisconsin St.

Portage, WI 53901

(608) 742-5513; ID and application form required.

Will provide a bag of groceries once per month.

Hours Mon-Sat, 9 am-4:30 pm

Wyocena Community Helping Hands Pantry

165 E. Dodge St.; Wyocena, WI 53969

Hours: 10am to 12 noon on Monday-Wednesday (Closed holidays, any 4th or 5th Mon-Wed. of the month and anytime the school district is closed due to inclement weather.)

Clothing, shoes, books, games, puzzles and small household items available to anyone in need.

Wisconsin Dells/Lake Delton Pantry/Central Wisconsin Community Action Council Food Pantry

1000 Hwy. 13; Wisconsin Dells, WI 53965

Phone: (608) 254-8353

Fax: (608) 254-4327

Tuesdays 9 am-noon and Thursdays 1 to 4 pm

Serves residents of Wisconsin Dells/Lake Delton School District. Call for more information.

OTHER FOOD PROGRAMS

Community Gardens

Community Gardens in Poynette and Portage provide a small lot of land for a nominal fee to people who want to grow some of their own food. In Portage, contact the Park and Recreation Department, 742-2178, in Columbus, contact Terry Humiston, (920) 623-4955, Poynette contact the Village Administrator's Office at 608-635-7524, Cambria, contact Cheryl Schwark (920)763-2332, rlschwark@centurylink.net, and Lodi, Mark Essex (608)592-2571.

Ensure

Phone: (608) 742-9213

Ensure is available at the nutrition site (if prearranged) or Aging and Disabilities Resource Center of Columbia County. The cost is \$30.00 per case (24 cans) with a minimum order of 6 cans. Ensure comes in a variety of flavors including: chocolate, vanilla, strawberry and butter pecan. There are no requirements and no information collected to purchase Ensure through the ADRC.

Farmer's Markets

Seasonal Farmers Markets:

Cambria: Tuesdays 4pm-7pm at Tarrant Park

Columbus: Sundays from 9am to 1pm at N. Ludington (next to Amtrak)

Columbus Downtown: Wednesdays from 3-6pm; 220 E James St Jodee O's Parking Lot

Fall River: Saturdays from 8am to 12:30pm at Hwy. 16 and Poser Road

Lodi: Fridays from 2-6pm; North Main, Corner of 113 and J

Portage: Thursday from 12-6pm at Commerce Plaza, corner of Cook and Wisconsin

Poynette: Saturdays from 8am to 11am at Pauquette Park (S. Main St.)

Randolph: Saturdays from 8am to 12pm at 335 S. High St.

Food Share (formerly Food Stamps)
Columbia County Health and Human Services
111 E. Mullett St.
Portage, WI 53901

Food assistance based on income. Check your eligibility or apply for Food Share, healthcare or other services at www.access.wisconsin.gov or call (608) 742-9227.

Portage Community Meal

*Free meal available to anyone
Served third Saturday of each month, 11-1pm
Episcopal Church, 211 Pleasant St.; Portage*

Senior Farmers' Market Nutrition Program

Vouchers to spend on fresh fruits and vegetables at farmers' markets and participating farm stands, for age 60 and over meeting income eligibility guidelines. Call Columbia County ADRC (608) 742-9211 for details.

Senior Nutrition Program

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

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 a Food Share benefit. Call UW-Madison Extension, Columbia County FoodWise Program Coordinator at (608-742-9680) for more information.

FOOT CLINIC (PODIATRY CARE)

Aging and Disability Resource Center of Columbia County
111 E. Mullett St./ PO Box 136, Portage, WI 53901
Phone: (608) 742-9233
Toll Free: (888) 742-9233

At a cost of \$40 per person (initial visit) and \$30 for follow-up appointments or \$35 for specialized clients (those with diabetes or those taking a blood thinner), you will have your feet soaked, toenails cut and filed and lotion applied. You must be age 18 years and older. This service is performed at the Aging and Disabilities Resource Center of Columbia County (Entrance at Door #1). Appointments are required for these services.

FREE and LOW COST HEALTH CLINICS

Church Clinic, Church Health Services

115 N Center Street, Beaver Dam WI 53916

Phone: (920) 887-1766

<http://www.churchclinic.org/>

By Appointment only. Please call the number above for hours and information. Church Health Services is a primary health care clinic serving the needs of the poor and uninsured of Dodge County.

Community Care Program

Columbus Community Hospital

1515 Park Avenue; Columbus, WI 53925

Email: communityrelations@cch-inc.com

Main Phone: (920) 623-2200

Fax: (920) 623-1580

TDD: (920) 623-2091

Toll Free: (800) 549-7511

Ask to speak to a patient financial counselor for questions or to fill out a program application.

Family Health/La Clinica

400 S. Townline Rd.; P.O. Box 1440; Wautoma, WI 54982

Phone: (920) 787-5514 or 1-800-942-5330

Fax: (920) 787-4737

*Provides low cost medical and dental care to patients. Accepts Medicare, Medicaid, Badgercare and most insurance. Affordable care program is available to low income and uninsured patients. Please call for hours and available appointment times. *Waushara County**

Good Neighbor Clinic

95 Lincoln Ave; Prairie du Sac, WI 53578

(608) 643-4749

www.goodneighborclinic.org/index.html

Only serves residents of the Lodi School District.

Portage Free Clinic, St Vincent De Paul Free Clinic

Located in Wilz Drugstore
140 E. Cook St., Portage, WI 53901
(608) 234-0159

Open every Wednesday from 9AM to Noon. Everyone is welcome to use the clinic. Offers a variety of services such as; physical exams, blood pressure monitoring, prescribing medications (they do not prescribe narcotics), give advice and refer patients to specialists, and foot clinic services. Please call the number above for more information or with questions.

State of Wisconsin Listing of Free and Low Cost Clinics

www.dhs.wisconsin.gov/forwardhealth/clinics.htm

GERIATRIC MENTAL HEALTH SERVICES

Geriatric mental health services can be beneficial in addressing the psychiatric and emotional needs of the person with dementia and can also help with challenging behavioral symptoms. Some signs that indicate mental health services may be needed include frequent or extreme mood swings, depression, suicidal tendencies, agitation, uncontrollable wandering or major changes in sleep.

Inpatient Geriatric Mental Health Services

Mendota Mental Health Institute

301 Troy Drive; Madison, WI 53704
(608) 301-1000

www.dhfs.wisconsin.gov/MH_Mendota/index.hmt

If you are having a psychiatric emergency or need crisis mental health services please contact Dane County Crisis Center (608) 280-2600 or your local county crisis line.

Stoughton Hospital-Geriatric Psychiatry

900 Ridge St., Stoughton, WI 53589
(608) 873-2242

www.stoughtonhospital.com

Inpatient Only Geriatric Mental Health Services



1-888-742-9233

Mobile Outreach to Seniors Team (MOST)

c/o Journey Mental Health Center of Dane County
1320 Mendota St., Madison, WI 53704
(608) 280-2555 Crisis: (608) 280-2600

Please call 9:00-5:00 Monday thru Friday

GOVERNMENT OFFICES

Child Support Office

400 DeWitt St.; Portage, WI 53901
(608) 742-9610
<http://dcf.wisconsin.gov/bcs>

Columbia County Jail & Huber Center

403 Jackson St.; Portage, WI 53901
(608) 742-6476

Columbia County Sheriff's Office

711 E. Cook St.; Portage, WI 53901
(608) 742-4166

Department of Transportation, Division of Motor Vehicles, Drivers Licensing and Testing

260 Eastridge Dr.; Portage, WI 53901
7am-5pm, Tuesdays and Thursdays
www.dot.state.wi.us/drivers/index.htm

Forward Card (Medicaid)

Questions: 1-800-362-3002

Health and Human Services

111 E. Mullett St.; Portage, WI 53901
(608) 742-9227

Administers Food Share and Medical Assistance Programs; Free immunizations to qualifying families.

Probation and Parole Office

260 Eastridge Dr.; Portage, WI 053901
(608) 742-4020

Quest Card

Questions: 1-877-415-5164

Register of Deeds

400 DeWitt St.; Portage, WI 53901
(608) 742-2191

Unemployment Compensation

1-800-822-5246

ALL unemployment claims are taken over the phone or online. No local office.

www.dwd.state.wi.us/ui/ to apply online

Veterans' Service Officer

312 E. Edgewater St.; Portage, WI 53901
(608) 742-2191

GRAPEVINE NEWSLETTER

Aging and Disability Resource Center

111 E. Mullett St.; P.O. Box 136; Portage, WI 53901

Phone: (608) 742-9233

Toll Free: 1-888-742-9233

Bi-monthly newspaper to all senior households (60 years and older) delivered to your home. Donations are appreciated. Please call to receive the latest copy and sign up to regularly receive the paper.

HEALTHCARE

Columbus Community Hospital

1515 Park Avenue; Columbus, WI 53925

Email: communityrelations@cch-inc.com

Main Phone: (920) 623-2200

Fax: (920) 623-1580

TDD: (920) 623-2091

Toll Free: (800) 549-7511

Emergency room 24 hrs/day; urgent care 24 hours/day, 9am-9pm Sat. and Sun.

Dells Clinic

1310 Broadway Road; Wisconsin Dells, WI 53965

Phone:(608) 254-1171

Family Practice, Obstetrics, Podiatry

Divine Savior Healthcare

128 Eastridge Dr.; Portage, WI 53901

Phone: (608)

Divine Savior Hospital

2817 New Pinery Road; P.O. Box 387; Portage, WI 53901

Phone: (608) 742-4131

www.dshealthcare.com

Call the education department for information about no fee or nominal fee classes open to the public on topics such as fibromyalgia fitness, smoking cessation, cancer support group, aquatic fitness, grief support, etc.

Family Health/La Clinica

400 S. Townline Rd.; P.O. Box 1440; Wautoma, WI 54982

Phone: (920) 787-5514 or 1-800-942-5330

Fax: (920) 787-4737

Provides low cost medical and dental care to patients. Accepts Medicare, Medicaid, Badgercare and most insurance. Affordable care program is available to low income and uninsured patients. Please call for hours and available appointment times.

Free Clinic-Portage (Located in Wilz Drugstore)

140 E. Cook St., Portage, WI 53901

Phone: (608) 234-0159

Open every Wednesday from 9AM to Noon. Everyone is welcome to use the clinic. Offers a variety of services such as; physical exams, blood pressure monitoring, prescribing medications (they do not prescribe narcotics), give advice and refer patients to specialists, and foot clinic services. Please call the number above for more information or with questions.

Lodi Clinic- Sauk Prairie Health Care

160 Valley Drive.; Lodi, WI 53555
Phone: (608) 592-3296

Affiliated with Sauk Prairie Memorial Hospital and Clinics.

Mile Bluff's Delton Family Medical Center

28 Commerce St., Wisconsin Dells, WI 53965
Phone: (608) 254-5888

Pardeeville Clinic

102 Gillette St.; Pardeeville, WI 53954
Phone: (608) 429-2185

Affiliated with Divine Savior Hospital.

Dean Clinic

Portage Clinic
2825 Hunters Trail; Portage, WI 53901
Phone: (608) 742-7161

Affiliated with Dean/St. Mary's Regional Clinic/Family Practice, Obstetrics, General Practice; Internal Medicine; Pediatrics.

Columbus Specialty Clinic

1513 Park Ave 2nd Floor
(920)623-9535

Dells Clinic

1310 Broadway Rd; Wisconsin Dells, WI 53965
(608) 253-1171

Family Practice, Obstetrics and Gynecology, General Surgery, and Podiatry.

Poser Clinic

635 Park Ave.; P.O. Box 229; Columbus, WI 53925
Phone: (920) 623-5000

UW Health-Portage

2977 County Hwy. CX; Portage, WI 53901

(608) 742-3004

Family Medicine, Vascular Surgery, Allergy and Rheumatology.

UW Health- Columbus

1511 Park Ave; Columbus WI 53925

(920) 623-5226

HOME DELIVERED MEALS

Aging and Disability Resource Center of Columbia County

111 E. Mullett St./P.O. Box 136; Portage, WI 53901

Phone: (608) 742-9219

Toll Free: (888) 742-9233

Meals delivered to eligible homebound individuals age 60 and older, or spouse thereof. Donations towards total meal costs are based on an individual's financial circumstances and own ability to pay. Meals are available from six (6) sites across Columbia County. Contact the Aging and Disability Resource Center and ask to speak to the Information and Assistance Specialist worker for more information.

Tivoli (Divine Savior Healthcare, Inc.) Home Delivered Meals

Phone: (608) 745-5900

Meals are delivered within the Portage city limits Monday – Friday at a cost of \$3.50 per meal (holidays included) or \$17.50 per week. Call for more information.

HOME HEALTH CARE SERVICES

Age at Home by Agrace

5395 E. Cheryl Parkway

Madison, WI 53711

Phone: (608) 327-7456

1670 South Boulevard

Baraboo, WI 53913

Age at Home is non-medical, in-home care from non-profit organization, Agrace. You choose and pay for the services you are interested in such as personal care/bathing, grooming, medication reminders and assistance, exercise support, diet monitoring, housekeeping, laundry, meal preparation and clean-up, errands and shopping. Supports are also offered evenings, weekend and/or overnight such as bedtime, 24/7 in-home care, family caregiver coaching and cognitive support programming (for clients with dementia or other cognitive challenges).

At Home in the Northwoods

N6510 US Hwy 51 South/P.O. Box 357; Portage, WI 53901
Phone: (608) 742-7114

Northwoods, Inc. of Wisconsin is a Portage-based nonprofit corporation that serves senior citizens and others in need. Northwoods can help with light housekeeping, socialization, errands, shopping and cooking. To be eligible, you must be 60+ years of age or have physical limitations that prevent you from managing your house or apartment without assistance or have experienced an incapacitating injury. Minimum service available is one hour weekly.

BrightStar

507 Linn St., Unit B; Baraboo, WI 53913
(608) 355-5015
www.brightstarcare.com

Provides chore services, companion care, personal care, home health services, and live-in care.

ComForCare Home Care

2421 Parmenter St. Suite 100
Middleton, WI. 53562
Phone: (608) 836-1868
Beaver Dam Office
315 South Spring St. Suite 1
Beaver Dam, WI.
Phone: (920) 843-9227

We provide non-medical home care and help people with ADL's such as bathing and dressing, housekeeping, meal preparation, med reminders, shopping, and companion care.

Divine Savior Home Care

2805 Hunters Trail; Portage, WI 53901
Phone: (608) 745-6400

Divine Savior Home Care offers a wide range of home health services to persons Adams, Columbia, Dane, Green Lake, Marquette and Sauk Counties. Services provided include skilled nursing, physical therapy, occupational therapy, speech therapy, home health aide care and medical social services.

Generations Home Care and Hospice

635 Park Avenue, Suite C; Columbus, WI 53925

Phone: (920) 350-0326

Generations Home Care and Hospice will consistently strive to provide you and your family with the highest quality personalized care both medically and emotionally with the utmost compassion. We will address and treat your specific needs in order to help you return to your everyday activities as soon as possible.

Our team of dedicated professionals is committed to caring for you and your family as we would care for our own. Our Nurses, Aides, Social Workers, PTs, OTs, SLPs and other staff will compliment your current family team in providing care, comfort and support while still allowing you to be the decision maker regarding your treatment.

Hillside Home Health Care and Hospice

709 S. University Avenue; Beaver Dam, WI 53916

Phone: (920) 887-4050

Hillside is a Medicare certified Home Health and Hospice agency. Hillside provides intermittent skilled nursing, physical, occupational, speech therapies, and Home Health Aide services. Hospice care is focused on the comfort care of terminally ill people and their families, who wish to remain in their own home or area nursing homes. Medicare, Medical Assistance and Private Insurance reimbursement is accepted. Services are provided in Columbia County and serve: Arlington, Cambria, Columbus, Fall River, Rio, and Pardeeville.

Home Health United and Hospice

1600 Jefferson St. Suite 101; Baraboo, WI 53913

Phone: (877) 356-4514

www.homehealthunited.org

Sauk Prairie Office

Phone: (608) 643-3398

80 1st St.; Prairie Du Sac, WI 53578

Columbus Office

Phone: (608) 242-1516

1513 Park Avenue Suite A Columbus, WI 53925

HHU is a Medicare/Medicaid certified home health and hospice agency. Services are provided throughout Columbia County and thirteen other counties from local branch offices. Services provided include nursing, home health aides, physical, occupational, oxygen, respiratory and speech therapies, social work, companion and homemaker services. Medical equipment and supplies are also available. Please call (800) 824-2273 for more information or to make a referral.

Home Instead

1708 N. Spring St.; Beaver Dam, WI 53916
Phone: (920) 219-9832

Homeward Bound, Inc.

1360 Jefferson Street; Baraboo, WI 53913
Phone: (608) 356-4666
www.hwbcare.com

This agency provides homemaker and home companion services in your home, on a long or short-term basis. The agency is usually private-pay. Services may include: flexible schedules, housekeeping, laundry, grocery shopping, meal preparation, bathing and dressing assistance, companionship, respite, transportation to appointments, etc. Please call for more information or to begin services.

Recover Health

Baraboo Office

520 South Boulevard; Baraboo, WI 53913
Phone: (608) 356-7570
Fax: (608) 356-2629

Madison Office

2500 Rimrock Rd., Suite 101; Madison, WI 53713
Phone: (608) 274-8193
Fax: (608) 274-8713
Website: www.recoverhealth.org

Recover Health provides skilled nursing, therapies, homemaking and personal cares services. Services are available 7 days per week and 24 hours per day. Recover Health is Medicare and Medicaid certified. Recover Health accepts private pay, HMO and private insurance.

Unity Point at Home

2180 W. Beltline Hwy.; Madison, WI 53713
Phone: (608) 417-3700
www.unitypoint.org/madison/homehealth

Unity Point at Home offers medical equipment as well as a large retail showroom. Services offered include; respiratory care, skilled nursing services, physical therapy, occupational therapy, speech therapy, social work services as well as home health aide services.



1-888-742-9233

Visiting Angels

Address: 140 Corporate Drive, Suite 2, Beaver Dam WI 53916

Phone: (920) 821-1111

Fax: (920) 328-0324

Website: www.visitingangels.com

We are nationally known and locally owned non-medical in-home care. Our customized plans allow you to pick and choose the services that appeal most to your loved one and that would help to lighten the load of family caregivers. Our caregivers are so great at what they do, and so loved by their clients, that we refer to them as our "Angel companions." Each caregiver we employ is someone we would be happy to see take care of a member of our own family!

HOMEMAKER SERVICES/HOUSE CLEANING SERVICES

Aging and Disability Resource Center of Columbia County

Phone: (608) 742-9233

Service provided to elderly persons needing assistance within indoor household chores. A home visit will occur in which an assessment will be completed to determine the amount of assistance needed. Hours and availability is limited. A minimal fee will be charged to offset the total chore services which are provided. Contact the Aging and Disability Resource Center and ask to speak to the Information and Assistance Specialist worker for more information.

HOUSE CLEANING SERVICES

Age At Home

5395 E. Cheryl Parkway
Madison, WI 53711
(608) 327-7456

1670 South Boulevard
Baraboo, WI 53913

BrightStar

507 Linn St., Unit B, Baraboo, WI 53913
(608) 355-5015

Northwoods Home Care

N6510 U.S. Highway 51 South P.O. Box 357, Portage, WI 53901
(608) 742-7114 ext. 239

HOSPICE

Agrace Hospice and Palliative Care

5395 E. Cheryl Parkway; Madison, WI 53711

Phone: (608) 276-4660

Toll Free: 1-800-930-2770

Agrace Baraboo

1670 South Boulevard; Baraboo, WI 53913

Toll Free: 800-553-4289

www.agrace.org

Generations Home Care and Hospice

635 Park Avenue, Suite C; Columbus, WI 53925

Phone: (920) 350-0326

Heartland Hospice

2810 Crossroads Dr., Suite 1900; Madison, WI 53718

Phone: (608) 819-0033

Toll Free: 1-866-216-5708

www.heartlandhospice.com

Home Health United and Hospice

1600 Jefferson St. Suite 101 & 915 12th St.; Baraboo, WI 53913

Phone: (800) 924-2273

St. Croix Hospice

414 Broadway, Suite 200; Baraboo, WI 53913

Phone: (608) 448-4200

Toll Free: 1-855-244-1054

Fax: (608) 448-4202

www.stcroixhospice.com

SouthernCare, Hospice Services

402 Gammon Place, Suite 110; Madison, WI 53719

Phone: (608) 833-3295

Toll Free: (866) 419-2773

www.southerncarehospice.com

HOUSING

Low Income Housing for Elderly and/or Disabled Persons

City	Name and Address	Phone Number	Details
Cambria	Parkview Apartments 201-205 Evans Drive Cambria, WI 53923	(920) 348-5485 Low Income Housing	
Columbus	Carriage Hills Apartments 95 Fuller Street Columbus, WI 53925	(920) 623-5690 Section 8	www.cardinalcapital.us
Columbus	Columbus Manor 779 Maple Avenue Columbus, WI 53925	(920) 623-5589 (fax & phone) Low Income Housing	62 & up or 18 & up with physical handicap
Columbus	Farnham Village 938 Farnham Street Columbus, WI 53925	(800) 737-4669 Peg Berkovitz Low Income Housing	
Fall River	Fall River Meadows 550 N. Main Street 554 Sleepy Hollow Fall River, WI 53932	(920) 484-3258 Jane Lucht	
Lodi	Country Glen Apartments 85 Strangeway Lodi, WI 53555	(608) 258-2080 Low Income Housing Section 8 Vouchers	
Lodi	Parkside Apartments 215 Water Street Lodi, WI 53555	(608) 258-2080 Low Income Housing Section 8 Vouchers	
Lodi	Pleasant Valley Apartments 239 Columbus Street Lodi, WI 53555	(608) 592-4134 Low Income Housing Section 8 Vouchers	
Pardeeville	Pardeeville Meadows 507-511 Elliott Street Lane Pardeeville, WI 53954	(800) 944-4866 Email: apartments@hmgapt.com Website: www.hmgapt.com Low Income Housing Section 8 Vouchers	Income restrictive. Includes: water, sewer, gas, trash. Smoking permitted. Storage available. Air conditioning. Washer/dryer in unit. Annual lease. No dogs, cats or caged pets.
Pardeeville	Parkview Apartments I 102 Gillette Street Pardeeville, WI 53954	(608) 566-1777 Low Income Housing Section 8 Vouchers	
Portage	Deer Run Park Apartments 2345 Schultz Street Portage, WI 53901	(608) 566-1777 Low Income Housing Section 8 Vouchers	

Portage	Pat Smith's Manor Henry Drive Portage, WI 53901	Impact Seven 855-316-8967 Section 8 Vouchers	*Chronic and Mentally Ill
Portage	Portage Meadows Apartments 2375 Schultz Street Portage, WI 53901	Impact Seven 855-316-8967 Low Income Housing Section 8 Vouchers	
Portage	Riverwood Apartments 215 W. Mullett Street Portage, WI 53901	(608) 742-4454 Project Based Section 8	62 & older or disabled
Portage	The Phoenix 104 W. Cook Street Portage, WI 53901	(608) 745-4450 Low Income Housing Section 8 Vouchers	55 & older
Portage	Village House Apartments 2830 Village Road Portage, WI 53901	(608) 742-2131 Section 8	
Poynette	Pioneer Place I, II, III, IV Hillside Terrace 238 W Seward St Poynette, WI 53955	(608) 635-7000 Section 8 Vouchers	1 & 2 Bedrooms
Poynette	Prairie Apartments Pearl Street Poynette, WI 53955	(800) 346-8581 Section 8	62 & Older Only
Rio	Covenant Place 420 W. Lyons Street Rio, WI 53960	(608) 838-4000 Section 8	62 & Older Only
Wisconsin Dells	Dells Housing Colonial Apartments 309 Wisconsin Avenue Wisconsin Dells, WI 53965	(608) 253-4781	Senior Housing and Independent Living
Wisconsin Dells	Valley View Apartments 1901 Broadway Road Wisconsin Dells, WI 53965	(608) 253-7707 1-800-944-4866 Low Income/Rental Assistance	Horizon Management Group 224 N. 6 th St., La Crosse, WI 54602 (608) 784-2935
Wisconsin Dells	Village Glenn Apartments 1008 Elm Street Wisconsin Dells, WI 53965	(608) 524-4900 Section 8 Vouchers C/O 800 Third St., Reedsburg, WI 53959	
Wyocena	Wyona Lake Apartments 107 N. Columbus St. Wyocena, WI 53969	(608) 254-8353 Section 8 Vouchers	

Central Wisconsin Community Action Council, Inc.

Columbia County Residents
203 De Witt St.; Portage, WI 53901
Phone: (608) 742-3320

Wisconsin Dells office
100 Hwy 13, P.O. Box 430; Wisconsin Dells, WI 53965
Phone: 608-254-8353
Website: <http://cwcac.org/>

*Central Wisconsin CAC is a private, not for Profit Corporation whose goal is to assist low-income individuals and families to become self-sufficient. The agency provides numerous services and helps to mobilize community resources through the Section 8 Rental Voucher Program, weatherization assistance, short-term rental assistance, employment and training, emergency food assistance, and crisis emergency shelter assistance. The above services are offered through two departments: Housing & Energy and Human Development. *There may be a wait-list for Section 8 Rental Voucher Program. Please call to verify.*

Columbia County Housing Rehabilitation Program

May provide no-interest loan for qualifying owner-occupied housing. Contact MSA Professional Services, Sue Koehn, Housing Program Department.
201 Corporate Drive; Beaver Dam, WI 53916
1-800-552-6330

Habitat for Humanity of Sauk-Columbia Area

Habitat for Humanity Main Office
1211 8th St, P.O. Box 38; Baraboo, WI 53913
(608) 448-2888

Habitat for Humanity ReStore
615 South Boulevard.; Baraboo, WI 53913
(608) 356-0332
<http://hfhwisconsinriver.org/>
email: office@hfhsca.org
Open Tuesday-Friday 9am-5pm and Saturday 9am-4pm.

Buy gently used and even new building supplies for all of your fixing, remodeling and building projects. Prices ½ or less off of retail. Donate to the ReStore, gently used or unused building materials.

Home Program

The Home Program is a housing assistance program for low to moderate-income households. The assistance is provided through a 2nd mortgage, the funds from which can be used as a down payment. Income eligible households can receive money for closing cost assistance.

Renewal Unlimited

2900 Red Fox Run; Portage, WI 53901

Phone: (608) 742-5329

Website: www.renewalunlimited.net/

HCRI Program

The Housing Cost Reduction Initiative Program is a housing assistance program for households with low to moderate income. Assistance is provided to the form of a 0% interest loan. The loan is to be paid back using an affordable payment plan, which is set up between the recipient, and Renewal Unlimited, Inc.

River Haven Homeless Shelter

108 E. Pleasant St., Portage, WI. 53901

P.O. Box 641, Portage, WI. 53901

(608) 742-7687

Housing may be available for homeless single women, men and families.

Section 8

This program, administered by HUD, allows a resident's rent to be based on 30% of their gross adjusted monthly income. To be eligible, you can earn no more than the HUD income limit. Contact the apartment for information.

USDA Rural Development

5417 Clem's Way ; Stevens Point, WI 54482

Phone: (715) 345-7600

Website: www.rurdev.usda.gov

Low interest loans are available to very low-income owner occupants of modest homes. Funds are available for improvements and repairs or to remove health and safety hazards. Limited grant money may be available for qualified homeowners 62 years and over to remove health or safety hazards or remodel to make homes accessible to disabled household members. Applicants must meet income and asset limits to qualify. Call the local office above for information on these limits or to start the application process.

INSURANCE

Affordable Care Act

Health Insurance Marketplace

www.healthcare.gov

Enroll in or change health insurance plans.

LAW ENFORCEMENT AGENCIES

Columbia County Sheriff's Department

711 E. Cook Street/P.O. Box 132; Portage, WI 53901

Phone: (608) 742-4166

Cambria Police Department

109 ½ W. Edgewater Street/P.O. Box 295; Cambria, WI 53923

Phone: (920) 348-5088 Fax: (920) 348-6050

Columbus Police Department

105 N. Dickason Blvd.; Columbus, WI 53925

Phone: (920) 623-5919 Fax: (920) 623-5930

Fall River Police Department

641 S. Main Street; Fall River, WI 53932

Phone: (920) 484-3707

Lake Delton Police Department

50 Wisconsin Dells Pkwy S, P.O. Box 510; Lake Delton, WI 53940

Phone: (608) 254-7571 Fax: (608) 254-4651

Lodi Police Department

142 S. Main Street; Lodi, WI 53555

Phone: (608) 592-5401 Fax: (608) 592-4117

Pardeeville Police Department

124 Lake Street; Pardeeville, WI 53954

Phone: (608) 429-2188

Portage Police Department

117 W. Pleasant Street, Portage, WI 53901

Phone: (608) 742-2174 Fax: (608) 742-1175



1-888-742-9233

Poynette Police Department

106 S. Main Street/P.O. Box 247; Poynette, WI 53955
Phone: (608) 635-2588 Fax: (608) 635-8715

Rio Police Department

207 Lincoln Avenue; Rio, WI 53960
Phone: (920) 992-5454

Randolph Police Department

136 W. Stroud Street; Randolph, WI 53956
Phone: (920) 326-4620

Wisconsin Dells Police Department

712 Oak Street; Wisconsin Dells, WI 53965
Phone: (608) 253-1611 Fax: (608) 254-4375

LEGAL ADVOCACY

Attorney Introduction and Referral Service of the State Bar of Wisconsin

*Provides three services: Lawyer Hotline, Lawyer Referral and Community Referral. Caller will be screened at initial call to determine nature of problem and make appropriate referral. Open: 7:30am-6pm, Monday through Thursday; 7:30am-5pm, Friday
Toll Free: 1-800-362-9082 or phone: (608) 257-4666*

Department of Health and Family Services, Division of Public Health

P.O. Box 309; Madison, WI 53701-0309

<http://dhs.wisconsin.gov/forms/AdvDirectives/>

The above link is for Power of Attorney documents and does not provide legal advocacy.

Disability Rights WI

(For persons age 18-59)

Madison: (608) 267-0214

Toll Free: 1-800-928-8778

Milwaukee: (414) 773-4646

Toll Free: 1-877-338-3724

TTY for all offices: 1-888-758-6049

Elder Law Center, Coalition of Wisconsin Aging Groups

2850 Dairy Drive, Suite 100; Madison, WI 53718
(608) 224-0606

Provides assistance to victims of elder financial exploitation. Also accepts reports of Medicare fraud. Helps retirees find lost pensions.

Wisconsin State Bar Association

(608) 257-3838
(800) 728-7788
www.wisbar.org

Alzheimer's & Dementia Alliance of Wisconsin- Columbia/Sauk Regional Office

(608) 742-9055
(888) 308-6251
www.alzwisc.org

National Academy of Elder Law Attorneys

(703) 942-5711
www.naela.com

Guardianship-A guardianship is a special relationship between two people, one of whom, called the guardian acts on behalf of the ward. This relationship may be ordered by a circuit court when it finds that a person is no longer competent to manage his/her affairs. A relative, public official or any other person may petition the court to have a guardianship established. For questions related to advance planning alternatives, guardianship or protective services/placement please call:

Wisconsin Guardianship Support Center Hotline

(855) 409-9410
www.gwaar.org

Legal Action of Wisconsin, Inc.

Phone: (800) 362-3904 or (608) 256-3304
Website: www.legalaction.org

Legal Action of Wisconsin provides civil legal services for low-income Wisconsin residents.

On-line resource for self-representation or self-help

See www.wicourts.gov

Tenant Resource Center

Phone: (877) 238-7368 (RENT)

Due to funding cuts, no longer providing services to those outside of Dane County.

www.tenantresourcecenter.org

LIBRARIES

City	Location	Phone Number
Cambria	Jane Morgan Memorial Library 109 W. Edgewater Street; Cambria, WI 53923	(920) 348-4030
Columbus	Columbus Public Library 223 W. James Street; Columbus, WI 53925	(920) 623-5910
DeForest	DeForest Public Library 203 Library Street; DeForest, WI 53532	(608) 846-5482
Endeavor	Endeavor Public Library 400 Church Street; Endeavor, WI 53930	(608) 587-2902
Lodi	Lodi Women's Club Public Library 130 Lodi St.; Lodi, WI 53555	(608) 592-4130
Pardeeville	Pardeeville Library 119 N. Main Street; Pardeeville, WI 53954	(608) 429-2354
Portage	MATC – Portage 330 Collins Street; Portage, WI 53901	(608) 742-2151
Portage	Portage Public Library 253 W. Edgewater Street; Portage, WI 53901	(608) 742-4959
Poynette	Poynette Public Library 118 N. Main Street; Poynette, WI 53955	(608) 635-7577
Randolph	Hutchinson Memorial Library 228 N. High Street; Randolph, WI 53956	(920) 326-3420
Rio	Rio Community Library 324 W. Lyons St; Rio, WI 53960	(920) 992-3206
Wisconsin Dells	Kilbourn Public Library 620 Elm Street; Wisconsin Dells, WI 53965	(608) 254-2146
Wyocena	Wyocena Public Library 165 East Dodge St.; Wyocena, WI 53969	(608) 429-4899

LIFELINE COMMUNICATIONS SYSTEMS

Most hospitals offer a type of lifeline service. Individuals usually use the lifeline service through the hospital they doctor at, although you may contact the hospital social worker for more information. Lifeline units cost roughly \$30.00 per month.

Adams-Columbia Electric Co-op

Lifeline Services

W6290 Hwy 33; Pardeeville, WI 53954

Phone: (800) 851-4872

Advance EVD-Mike Larson

161 Horizon Drive; Verona, WI 53593

Phone: (608) 831-1688

Cost: \$26.00/month for basic unit

Columbus Community Hospital

Lifeline Services

1515 Park Avenue; Columbus, WI 53925

Phone: (920) 623-2200

Divine Savior Healthcare

Lifeline Services

2817 New Pinery Road; Portage, WI 53901

Phone: (608) 745-6400

Cost: \$32.00/month

(Please call Divine Savior to verify cost)

Oakdale Electrical Co-op

Lifeline Services

P.O. Box 128; Oakdale, WI 54649

Phone: (800) 241-2468

St. Clare Hospital-Golden Care

Personal Emergency Response System

707 14th Street; Baraboo, WI 53913

Phone: (608) 356-1407

MEDICAL EQUIPMENT

Mobility Store

Madison Area Office
2554 Advance Road
Madison, WI 53718
Phone: (608) 243-1785
Fax: (608) 243-1787
Website: www.wrp.org
Email: wrp-mad@wrp.org

The Mobility Store offers low cost, refurbished mobility and medical equipment to those who lack the resources to acquire new equipment.

Community Home Medical Equipment

1212 8th St., Baraboo, WI. 53913
(800) 848-5572

Home Health United Equipment

1111 8th St.; Baraboo, WI. 53913
(608) 356-6475

Unity Point at Home

2180 W. Beltline Hwy.; Madison, WI 53713
608-417-3700
www.unitypoint.org/madison/homehealth

St. Vincent de Paul

1311 W. Wisconsin St.; Portage, WI 53901
(608) 742-5513

St. Vincent de Paul

100 S. Blvd.; Baraboo, WI 53913
(608) 356-4649

Walgreen's Home Care

(888) 492-5442

Wilz Drug Store

Portage, WI. 53901
(608) 742-3545

MEDICATION ASSISTANCE PROGRAMS

Partnership For Prescription Assistance

(888) 477-2669

Website: www.pparx.org/Intro.php

The Partnership for Prescription Assistance is an on-line site that helps you find the patient assistance program that you may qualify for. Through this site you will find a single point of access to more than 475 public and private patient assistance programs, including access to programs offered by pharmaceutical companies.

Other medication assistance web-sites:

Website: www.phrma.org/ or www.needymeds.com/

Check with your preferred pharmacy for discount programs that may be offered.

Rx Med Minders

(608) 963-1334

Website: www.rxmedminders.com

Email: admin@rxmedminders.com

Provides nation-wide medication reminder telephone calls.

MEMORY DIAGNOSTIC CLINICS

Memory diagnostic clinics offer a comprehensive, team approach to assessment, diagnosis and treatment. The staff at the memory diagnostic clinics are trained to identify the reason you or your loved one are experiencing memory loss or confusion. If you have Medicare, 80% of the cost of the evaluation will be reimbursed and most supplemental insurance policies will pay for the additional 20%. The results of the evaluation will be shared with your primary physician for continued follow-up.

For More information contact:

Memory Care Clinic

Beaver Dam Community Hospital
707 S. University Ave.; Beaver Dam, WI 53916

(920) 887-4321

www.bdch.com

UW-Health Hospital and Clinics

Memory Assessment Clinic
2880 University Ave.; Madison, WI 53705
(608) 263-7740
Fax: (608) 262-6048
www.uwhealth.org/geriatrics

Geriatric consultations are comprised of three clinics: Geriatric Assessment Clinic, Memory Assessment Clinic and Mobility and Falls Clinic.

UW Health Memory Assessment Clinic - Sauk Prairie

250 26th Street, Suite 120
Prairie du Sac, WI 53578
(608) 643-6060

William S. Middleton Veterans Hospital

Geriatric Research Education Clinic Center
2500 Overlook Terrace ; Madison, WI 53705
(608) 256-1901 ext. 17000
www.madison.va.gov

Dean Memory Assessment Center

Dean Clinic
1313 Fish Hatchery Road; Madison, WI 53715
(608) 252-8040

MENTAL HEALTH SERVICES

24-Hour Emergency Crisis Hotline

1-888-552-6642

Immediate counseling for people having thoughts of suicide.

Aspen Family Counseling

2639 New Pinery Rd., Suite 1; Portage, WI 53901
(608) 742-5020
Emergency Contact:
(608) 202-5020
www.aspenfamilycounseling.com

Columbia County Comprehensive Community Services (CCS)

111 E. Mullett St.; Portage, WI 53901
(608) 742-9227

CCS assists with mental health or substance abuse concerns to identify what he/she needs in order to help increase ability and enhance connection to natural supports and community resources.

Columbia County Community Support Program (CSP)

1440 East Wisconsin Street, Portage, WI 53901
(608) 745-9720

CSP (through Journey Mental Health) provides community based services to adults with severe and persistent mental illness (such as schizophrenia, major depression or bipolar disorder).

Compass Counseling

1508 New Pinery Road; Portage, WI 53901
(608) 745-4900

Email: info@compasscounseling.info
www.compasscounseling.info

Compass Counseling is an outpatient mental health clinic that offers a wide variety of services ranging from anxiety, depression, trauma, family issues, marital, parenting, grief and life struggles.

Division of Mental Health/AODA

111 E. Mullett St./P.O. Box 136; Portage, WI 53901
Phone: (608) 742-9227
Fax: (608) 742-9700 TDD: (608) 742-9229

Journey Mental Health Center

1440 East Wisconsin Street, Portage, WI 53901
(608) 745-9720
www.journeymhc.org

Midlands Psychological Associates

336 Lodi Street; Lodi, WI 53555
Phone: (608) 592-2080

National Hope Line Network

1-800-SUICIDE

1-800-784-2433

National Network of hotline for people in crisis and having thoughts of suicide

National Institute of Mental Health Resource Center

1-866-615-6464

Mental illness literature for the public and professionals.

National Suicide Prevention Lifeline

1-800-273-8255

Immediate counseling for people having thoughts of suicide.

Northwest Connections

1-888-552-6642

Provides crisis mental health/suicide hotline/services.

Pauquette Center Psychological Services and Family Counseling

2901 Hunters Trail; Portage, WI 53901

Phone: (608) 742-5518

Emergency: (608) 742-5344

Website: www.pauquette.com

1339 Park Ave.; Columbus, WI 53925

Phone: (920) 623-5226

Emergency: (608) 742-5344

Transitions Behavioral Health, LLC

317 DeWitt St.; Portage, WI 53901

(608)745-1751

www.tbhllc.com

Veterans Mental Health/AODA Support Group

400 DeWitt Street, Portage WI

Third Wednesday of each month 11:00-1:00 p.m.

For more information about the group contact:

Jennifer at 608-256-1901 x16904 or Jennifer.gruba@va.gov

Types of services available include: group counseling, employment guidance, family/marital counseling and sexual trauma counseling. Services are confidential to all veterans, no co-pays required, counselors have a master's degree and are also veteran's themselves.

Warmline

(608) 422-2383

Do you need someone to talk to? The warmline is answered by people who have experienced mental health and/or substance abuse issues and are trained to support people during tough times. Monday-Friday, 4PM-10PM; Saturday and Sunday 2PM-10PM

NURSING HOMES

Directory of Licensed Wisconsin Nursing Homes In Columbia County

Long Term Care Ombudsman

State of Wisconsin Board on Aging and Long-Term Care

1402 Pankratz St., Suite 111

Madison, WI 53704

(800) 815-0015

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

Online complaints: boaltc@wisconsin.gov

An ombudsman projects and promotes the rights of long-term care consumers and Community Options Program participants by working with them and their families to achieve quality care and quality of life. The program is provided through the State of Wisconsin at no charge. They can investigate complaints and help families resolve problems. A list of licensed Columbia County nursing homes can also be found here: <https://www.dhs.wisconsin.gov/guide/nh-columbia.pdf>

Columbia Health Care Center

323 W. Monroe Street; PO Box 895; Wycocena, WI 53969

Phone: (608) 429-2181

License #2418

Columbus Health and Rehab

825 Western Avenue; Columbus, WI 53925

Phone: (920) 623-2520

License #3116

Continental Manor of Randolph Health Services (Dodge County)

502 S. High St., Randolph, WI 53956

Phone: (920) 326-3171

License #2290

Wisconsin Dells Health Services

300 Race Street; Wisconsin Dells, WI 53965
Phone: (608) 254-2574
License #2875

Divine Rehabilitation and Nursing at Lodi

700 Clark Street; Lodi, WI 53555
Phone: (608) 592-3241
License #2086

Tivoli (Divine Savior Healthcare, Inc.)

2805 Hunter's Trail; Portage, WI 53901
Phone: (608) 745-5900
License #2018

Nutrition Sites

A noontime meal is offered to individuals age 60 or older or spouse thereof. Donations are accepted. Reservations are made by calling the meal site between the hours of 10am-12:30pm, on the days listed. Reservations are required 24 hours in advance so a meal can be ordered for all attendees. Following is a list of the phone number and location of each site. Activities at each site are offered as scheduled by the meal site manager.

City	Location	Days
Columbus	Senior Center 125 N. Dickason Blvd. (920) 763-2124	Monday – Friday
Lodi	Settler's Trail 600 Clark St. 608-697-8842	Monday-Friday
Pardeeville	Pardeeville Public Library 119 N. Main St. (608) 429-4962	Monday – Friday
Portage	Aging & Disability Resource Center 111 E. Mullett St. (608) 742-9211	Monday – Friday
Poynette	City Hall 106 S. Main St. (608) 635-2122, Option 2	Monday – Friday
Wisconsin Dells/ Lake Delton	Frank Fischer Building, 20 Wisconsin Dells Parkway South, Lake Delton. Coordinator is Jan Veretin (608) 393-8701	Monday—Friday
*Collaboration with Sauk County		

OTHER COMMUNITY RESOURCES

Columbia County Department of Health and Human Services

111 E. Mullett St./P.O. Box 136; Portage, WI 53901

Phone: (608) 742-9227 TDD: (608) 742-9229

Fax: (608) 742-9700

Website: www.co.columbia.wi.us

State link: www.dhfs.wisconsin.gov/programs.htm

PREVENTION PROGRAMS

Healthy Living with Diabetes

Healthy Living with Diabetes (HLWD) is a high-level evidence-based workshop for people who have diabetes. Developed at Stanford University, the *Healthy Living with Diabetes* workshop meets for 2-1/2 hours once a week for six weeks. This community-based program is very interactive, where mutual support and success build participants' confidence in their ability to manage their health condition and maintain active and fulfilling lives. It is facilitated by two trained leaders in a small group setting, and most of the learning comes from sharing and helping others in the workshop with similar challenges.

Workshops are best for anyone who:

- Has, or lives with someone who has, diabetes (Type 2, Pre, or Type 1)
- Is living in a home or apartment; and
- Is not suffering from dementia

Healthy Living with Diabetes does not replace existing treatments, but serves to complement a participant's current medical treatment plan

- ❖ What is diabetes?
- ❖ Short-term goal setting
- ❖ Monitoring blood sugars
- ❖ Healthy eating and nutrition: food label reading and meal planning
- ❖ Relaxation Techniques
- ❖ Planning for the future
- ❖ Partnering with health provider
- ❖ Fitness for exercise and fun!
- ❖ Feedback and problem-solving
- ❖ Preventing high and low blood sugars
- ❖ Preventing or delaying complications
- ❖ Stress and depression management
- ❖ Communicating effectively with friends, family, and medical team

Living Well with Chronic Conditions

Living Well is a [high-level evidence-based](#) workshop for people who have one or more chronic conditions. A chronic condition is an on-going health problem or disease such as diabetes, heart disease, arthritis, and other long-term problems. Developed at Stanford University, the *Living Well* workshop meets for 2-1/2 hours a week for six weeks. Classes are highly participative. Mutual support and success build participants' confidence in their ability to manage their health condition to maintain active and fulfilling lives. It is facilitated by two trained leaders in a classroom style, but most of the learning comes from sharing and helping others with similar challenges.

Workshops are best for anyone who:

- Has, or lives with someone who has, one or more chronic conditions
- Is living in a home or apartment; and
- Is not suffering from dementia

Living Well benefits:

- Improved general health (as reported by participants)
- Fewer days of hospitalization
- Fewer out-patient health care visits
- Cost savings of approximately 10:1

Powerful Tools for Caregivers

Powerful Tools for Caregivers © (PTC) is an educational workshop for people who are taking care of a family member or friend. It was developed by Legacy Health Systems at the University of Oregon, Portland and is based on the *Living Well with Chronic Conditions* program created by Dr. Kate Lorig and colleagues at Stanford University. PTC is an evidence-based curriculum which means it has been studied and found to have significant positive results for people who take the workshop. *Powerful Tools for Caregivers* is designed specifically to support the family caregiver and improve his or her well-being - it does not teach hands-on care or focus on disease or other conditions.

Powerful Tools for Caregivers: For Parents of Children with Special Needs is a separate program adapted from PTC and is designed to support a parent or parents who are caring for a child of any age (minor or adult) who has special health or behavioral needs. It provides the same caregiver support curriculum while focusing on the unique challenges of parents caring for a child of any age with health or behavior challenges.

Caregivers who take PTC experience:

- Greater self-efficacy (confidence in one's ability to accomplish a self-identified goal)
- Better emotional well-being
- Increased use of self-care behaviors
- Increased awareness and use of community resources

Stepping On

Stepping On is designed specifically for people who are: 1) at risk of falling, 2) have a fear of falling, or 3) who have fallen one or more times. Participants meet for two hours a week for seven weeks. Workshops are facilitated by trained Leaders and provide a safe and positive learning experience.

It is the process in which the program is taught that makes it effective. Classes are highly participative; mutual support and success build participants' confidence in their ability to manage their health behaviors, reduce their risk of falls, and maintain active and fulfilling lives.

Who should take the workshop?

Stepping On is for older adults who:

- Live in their home or independent apartment
- Are able to walk without the help of another person
- Do not use a walker, scooter or wheelchair most of the time indoors
- Are cognitively intact
- Understand the language being used by the *Stepping On* Leader

Subjects covered include:

- Simple and fun strength and balance exercises
- The role vision plays in keeping your balance
- How medications can contribute to falls
- Ways to stay safe when out and about in your community
- What to look for in safe footwear
- How to check your home for safety hazards

Benefits:

- Learn to step outside your home with confidence
- Learn with people your own age
- Become more aware of fall hazards and learn how your fall risk can be reduced
- Study the most up-to-date information on falls prevention

PUBLIC HEALTH

Division of Health

111 E. Mullett St./P.O. Box 136; Portage, WI 53901

Phone: (608) 742-9227

Fax: (608) 742-9700

TDD: (608) 742-9229

Annual Flu Clinics

Flu clinics are offered in the fall. Pneumonia vaccine, TB skin testing and Hepatitis B vaccines for adults are available year-round.

Communicable Disease Control

Public health nurses provide surveillance, investigation, prevention and control of communicable disease(s).

Free Immunization Clinics

Free Immunization Clinics are held every month on the 2nd Monday from 2:30 – 5:30 p.m. Immunization records are required. No appointment is necessary.

Health Check

Health Checks are available for anyone under the age of 21 who has a valid Medical Assistance/Medicaid card. Health Checks provide Well Baby Toddler and Well Child assessments emphasizing preventative health.

Environmental Health

Columbia County Health Department provides well water testing free to pregnant women and infants up to one year of age. In addition, fluoride supplements are available at no cost. Well water test kits and fluoride may be picked up on Monday and Wednesday between the hours of 8 a.m. and 12 p.m. Blood lead testing is free for children ages 1-6. Appointments are necessary. The Health Department also provides human health hazard inspections.

Women, Infants and Children (WIC)

Phone: (608) 742-9254

WIC is a supplemental nutrition program for pregnant, postpartum and breastfeeding women, infants, and young children. It provides nutrition education and vouchers for specific food items. Eligibility is based on family income. WIC clients are eligible for free breast pumps.

Public Health

Public health walk-in services are available on Mondays and Wednesdays from 8 a.m. until 12 p.m.

RENEWAL UNLIMITED

2900 Red Fox Run; Portage, WI 53901
Phone: (608) 742-5329
Website: www.renewalunlimited.net/Programs_and_Sites.htm

HCRI Program

The Housing Cost Reduction Initiative Program is a housing assistance program for households with low to moderate income. Assistance is provided in the form of a 0% interest loan. The loan is to be paid back using an affordable payment plan, which is set up between the recipient, and Renewal Unlimited, Inc.

RESPITE

Columbus Nursing and Rehabilitation Center – Respite Program

825 Western Avenue; Columbus, WI 53925
Phone: (920) 623-2520

For the convenience of home care providers who desire a brief or longer break from the demands of home care, they provide an on-going vacation/respice care program. Whether you need assistance for an overnight, weekend stay, week, month or an entire season, they can provide you and your family members with a special, individualized care in a safe, secure setting. Admissions are readily available in both planned and unexpected situations.

Columbus Community Hospital Respite Program

1515 Park Avenue; Columbus, WI 53925
Phone: (920) 623-1281 or (920) 623-1363

The respite program offers temporary in-patient care to relieve the caregiver from the duties and responsibilities of caring for someone. Respite is available 24 hours per day, 7 days per week. Rooms are semi-private, based on needs assessed.

Golden Living Center

520 South High Street; Randolph, WI 53956
Phone: (920) 326-3171

Golden Living Center offers short-term care designed to provide nursing and other necessary services for your loved one. They will work with you to make this temporary transition as pleasant as possible while providing: 24 hour skilled nursing services, recreational and social programming, nutritional programming and intervention.

Divine Savior Health Care Respite Program

2817 New Pinery Road; Portage, WI 53901

Phone: (608) 742-5346

Golden Living Center

300 Race Street; Wisconsin Dells, WI 53965

Phone: (608) 254-2574

Golden Living Center offers skilled nursing services and rehabilitation programs. Short-term rehabilitation in the form of physical therapy, occupational therapy, and speech therapy are offered. They also provide 24-hour skilled nursing, wound care, IV therapy, 7 day per week admissions, respite care, barber and beauty shop, and many planned activities.

Respite Care Funding

Funding may be available to persons who suffer from Alzheimer's, Parkinson's disease, and other dementia related illnesses. Clients must meet medical and financial requirements. Spouse is providing all cares in household and is unable to leave client alone. Respite care funding is not available while caregiver is working. For additional information or to make a referral, contact the Aging and Disability Resource Center and ask to speak to the Information and Assistance Specialist worker for more information.

SEXUAL ASSAULT

Hope House

24-Hour Confidential Helpline toll-free 1-800-584-6790

Provides shelter and advocacy (e.g. counseling, safety planning, legal assistance, support groups) to people affected by domestic violence and sexual assault and provides education to community members on these issues in Columbia, Sauk, Marquette, Adams, and Juneau counties.

SOCIAL SECURITY

Social Security Office

2875 Village Road, Suite 100; Portage, WI 53901

Phone: 1-888-875-1681

TDD (800) 325-0778

Website: www.ssa.gov

The Social Security office is open Monday, Tuesday, Thursday and Friday from 9 a.m. until 4 p.m. and 9 a.m. to 12 p.m. on Wednesdays.

Services available include:

- ❑ *Assisting with claims for Social Security and Supplemental Security Income;*
- ❑ *Applications for Social Security numbers;*
- ❑ *Health insurance or Medicare claims;*
- ❑ *Name changed on Social Security cards;*
- ❑ *Retirement benefits for workers 62 or older;*
- ❑ *Benefits for survivors of deceased workers;*
- ❑ *Benefits for persons disabled for at least one year, unable to work;*
- ❑ *Supplemental Security Income assures a basic cash income to people 65 and older, people under 65 who are blind or disabled, if they have limited income and limited resources. A person can own a home or personal property and still be eligible. The SSI Program may provide financial assistance to families with physically or mentally disabled child.*
- ❑ *One may be eligible for both Social Security and SSI benefits. Persons receiving SSI receive Medical Assistance automatically.*
- ❑ *Referrals from individuals and local agencies are encouraged, as well as telephone contacts.*

SSI-E (Supplemental Security Income – Exceptional Rate)

Those who are already on SSI and require more than 40 hours per month of care by someone other than their spouse are eligible for this assessment. Monthly income limits apply. For additional information or to make a referral, contact the Aging and Disability Resource Center and ask to speak to the Information and Assistance Specialist worker for more information.

SUICIDE

24-Hour Emergency Crisis Hotline

1-888-552-6642

Immediate counseling for people having thoughts of suicide

Northwest Connections

1-888-552-6642

Hotline for people in crisis and having thoughts of suicide

National Suicide Prevention Lifeline

1-800-273-8255

Hotline for people in crisis and having thoughts of suicide

National Hope Line Network

1-800-SUICIDE

1-800-784-2433

National Network of hotline for people in crisis and having thoughts of suicide

SUPPORT GROUPS

Addiction in the Family

Pauquette Center

2901 Hunter's Trail; P.O. Box 301; Portage, WI 53901

(608) 742-5518

2nd and 4th Thursday of the month at 6:00pm

Please call Sheila Starr for more information

AIDS/HIV

Phone: (800) 486-6276

Alcohol/Narcotics

Pauquette Center

2901 Hunters Trail; Portage, WI 53901

Phone: (608) 742-5344

See back of Resource Booklet for listing of AA support groups.

Alzheimer's & Dementia Caregiver Support Groups

Dementia Support Group

2nd Thursday of each month from 10am-11:30am

Columbus Community Hospital

1515 Park Ave., Columbus, WI 53925

(608) 742-9055 or 1-888-308-6251

Brain Injury & Stroke Support Group

Meets every two months

At Divine Savior Healthcare Café Classroom A/B

Main entrance of hospital, lower level

Please call 745-6290 for more information

Cancer

Living with Cancer Support Group
Meets 3rd Monday of the month, 7:00pm
United Methodist Church, Portage
Phone: (608) 742-2281

Cancer

Cancer Support Group
Phone: (920) 623-6434 Cathy Bolan
2nd Thursday of the month
Time: 6:00p.m.-7:00p.m.
Columbus Library Ground Floor Meeting Room,
located at 223 W. James St., Columbus, WI 53925

Caregivers

1st Monday of the month 1-3pm
Portage Public Library
Janet (608) 742-9055

Caregivers (Family of residents/patients at a facility or at home)

1st Wednesday of the month 6-7pm
Columbus Nursing and Rehab Center
825 Western Ave.; Columbus, WI 53925
(608) 345-5419 Please RSVP

Diabetes

2nd Monday of the month, 1:30pm
Divine Savior Healthcare
Divine Savior Healthcare Phone: (608) 745-5123

Domestic Violence/Sexual Assault

Hope House Support Group
For survivors of past and present domestic violence and sexual assault.
1-800-584-6790

Domestic Violence Support Group

1st and 3rd Friday of the month
Portage Public Library
253 E. Edgewater St; Portage, WI 53901
(608) 742-4959

Grief

Divine Savior Healthcare, Chapel
2817 New Pinery Road; Portage, WI 53901
Phone: (608) 745-5121

St. John's Church
850 Armstrong; Portage, WI 53901
Phone: (608) 742-2387

St. Mary's Church
309 W. Cook Street; Portage, WI 53901
(608) 742-6998

Compassionate Friends (death of a child)
Phone: (608) 355-7696 or (608) 524-3385

Enduring Loss Together (death of a child)
Divine Savior Healthcare
2817 New Pinery Road; Portage, WI 53901
Phone: (608) 745-5114

Low Vision Support Group

Support Group for the Blind and Visually Impaired
Divine Savior Hospital, Classroom C
Meets the 2nd Wednesday of each month from 1:00-2:30pm
Phone: (608) 742-4060 Fran

Memory Café

4th Wednesday of the month, 1-3 p.m.
Portage Public Library
742-9055

Multiple Sclerosis

MS Support Group
Meets the 3rd Saturday of the month from 10-Noon
Divine Savior Hospital
2817 New Pinery Road; Portage, WI 53901
Phone: (608) 566-1272

NAMI (National Alliance on Mental Illness)

NAMI Monthly Support Group
Portage Library
253 W. Edgewater Street, Portage, WI 53901
Meets the 1st Wednesday of each month from 4:30pm to 5:30pm
(608) 742-4959

Ostomy Support Group

Meets every two months
Second Monday in (*Feb, April, June, Aug, Oct, Dec*) 5p to 6p
At Divine Savior Healthcare Café Classroom A/B
Main entrance of hospital, lower level
Please call Julie Nieman, RN, WOCN @ 745-6291 for more information

Vietnam Vet Support Group

Meets 3rd Wednesday of the month, 11:30-1:00
The Courthouse, Meeting Room 1, Portage
Lunch and Beverage Provided
(608) 264-5342 Jennifer Gruba

THRIFT AND RESALE STORES

Rainbow Thrift Shoppe

230 W. Wisconsin St.; Portage, WI 53901
(608) 745-4489
9am to 5pm Monday-Saturday

Goodwill Industries

2902 Village Road; Portage, WI 53901
(608) 745-0616

St. Vincent DePaul

1311 W. Wisconsin St.; Portage, WI 53901
(608) 742-5513
Clothing and Furniture

St. Vincent DePaul Annex

741 Superior St.; Wisconsin Dells, WI 53965
(608) 254-4012



1-888-742-9233

St. Vincent DePaul Store

W15210 Hwy 16; Wisconsin Dells, WI 53965
(608) 254-4011

St. Vincent DePaul Store

110 Meister Drive; Columbus, WI 53925
(920) 623-2004

TRANSPORTATION

Transportation Program for Individuals who are Aging and/or Disabled
Aging & Disability Resource Center of Columbia County

111 E. Mullett St./P.O. Box 136; Portage, WI 53901
Phone: (608) 742-9213
Toll Free: (888) 742-9233
Fax: (608) 742-9277
TDD: (608) 742-9229

Columbia County Commission on Aging provides transportation services to disabled residents and senior residents over the age of 60 from their homes. Transportation is provided to and from appointments throughout Columbia County as well as surrounding Counties. Transportation is only provided to residents of Columbia County. Medical appointments are given priority, all other transportation needs can be considered depending on availability.

Persons desiring a ride must call Columbia County Commission on Aging at 1-888-742-9233 or 608-742-9213. *Scheduling must be done at least 24 hours in advance There is a limit of 125 miles per round trip. The trip charge is to be paid directly to the driver.*

If a client and a caregiver/assistance person are picked up at the same location and both go the same destination, they are charged for one fare. Please call for the most current/up-to-date rates.

Abby Vans Inc.

1-800-236-8438
(715) 743-3364
www.abbyvans.net

Open 24 hours/day, 365 days. Wheelchair accessible. Call for trip pricing.

A&J Mobility

4125 Terminal Drive, McFarland, WI 53558
(608) 579-1500
1-888-223-9731
www.aandjmobility.com

Specializing in vehicle conversions for people with disabilities. New, preowned and rental vehicles.

American Cancer Society-Road to Recovery

1-800-227-2345
www.cancer.org/roadtorecovery

Call to verify days/hours. Free service for patients receiving cancer treatment. Ambulatory only. 5 day notice required.

Amtrak

400 W. Oneida St. Portage, WI 53901 1-800-872-7245	359 N. Ludington St. Columbus, WI 53925	100 La Crosse St. Wisconsin Dells, WI 53965
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Portage and Wisconsin Dells are not staffed. Westbound train generally late afternoon, eastbound train generally mid-day. Call for details and fares.

Badger Cab

(608) 256-5566
www.badgercab.com

Open 24 hours/day, 365 days. No wheelchair access. Call for trip pricing.

BrightStar Care

(608) 355-5015
www.brightstar.com

Open 24 hours/day, 365 days. Call for trip pricing.

Capital Express Transportation

(608) 661-7433
www.captolxpresswi.com

Open 24 hours/day, 365 days. Wheelchair accessible. Stretcher van available. Call for trip pricing.

Comfort Care Transportation

311 E. Wisconsin St., Suite 207F, Portage, WI 53901

Cell: (608) 745-8392

Office: (608) 566-1140

Email: info@comfortcaretransportation.com

www.comfortcaretransportation.com

Open 24 hours/day, 365 days. Call for trip pricing.

DAV Van Program

(608) 772-4761

www.dav-wi.org/vans

Email: vhamaddavoffice@va.gov

Veterans only to Madison VA Hospital & VA Clinic-West. By appointment. No wheelchair access. Veterans-no charge.

EasZ Medical Transport LLC

(608) 683-9061

www.eas-zmedicaltransport.com

Monday-Friday 5 a.m.-6 p.m., Saturday 5 a.m.-3 p.m., other times by appointment. Wheelchair accessible.

Madison Taxi

(608) 258-7458

www.madtaxi.com

Open 24 hours/day, 365 days. Call for trip pricing. No wheelchair access.

MettaTransport

(608) 745-8602

www.mettahomes.com

Monday-Friday, 8 a.m.-4 p.m., Special occasions by appointment. Call for trip pricing. Wheel chair accessible, bariatric wheelchair accessible.

MTM

Phone: 1-866-907-1493 (Member reservation line)

Phone: 1-866-907-1497 (To schedule an urgent ride)

Phone: 1-866-907-1494 (To report a ride that is more than 15 minutes late or schedule a return ride)

Phone: 1-866-436-0457 (To file a comment/complaint)

Website: www.mtm-inc.net/wisconsin

As the state of Wisconsin's non-emergency medical transportation (NEMT) manager, MTM, Inc. arranges transportation for eligible Medicaid and BadgerCare Plus members throughout the state to their covered preventative and life-sustaining medical appointments. Our goal is to work with Wisconsin stakeholders to ensure a transparent, collaborative relationship while coordinating an innovative, quality-driven transportation program for members, medical facilities, and transportation providers. Call to set-up a ride to your health care provider if you have no other way to get there. Rides must be scheduled at least two business days in advance. Routine trips are scheduled Monday-Friday from 7 a.m. to 6 p.m.

Portage Cab

(608) 742-4700

www.runninginc.net

Call for specific prices. Cab will also go outside of normal service area. Operates 24 hours/day every day.

Ruby Medical Transit

(608) 587-2202

Email: Info@rubymt.com

www.rubymedicaltransit.com

Union Cab

(608) 242-2000

www.unioncab.com

Open 24 hours/day, 365 days. Wheelchair accessible.

Van Go Taxi LLC

(608) 849-7070

www.vangotaxi.com

Open 24 hours/day. Senior discounts available. Wheelchair accessible.

Vanpool

1-800-884-8267

(608) 884-8267

www.doa.state.wi.us/vanpool

The State Vanpool program provides alternate transportation for state and non-state employees commuting to Madison from outside communities. Participants can join a group that is already established or if there are enough interested people, they can form a new Vanpool. Riders enjoy low rates, comfortable vans, and the benefit of convenient pick-up and drop-off locations. Portage, Columbus, Wisconsin Dells, Wycocena, Poynette and Lodi have established Vanpool groups.

Wisconsin Dells Taxi

(608) 253-7433

www.wisconsinhellstaxi.com

Operates 7 a.m.-2 p.m., no wheelchair access. Call for trip pricing.

Wisconsin Employment Transportation Program

Central Wisconsin Community Action Council

(608) 254-8353

Provides car loans to income-eligible, employed individuals. Down payment is required.

UTILITIES

Adams-Columbia Electric Cooperative

W6290 Hwy. 33; Pardeeville, WI 53954

(608) 429-9300

Alliant Energy

Billing: 1-800-862-6222

Energy Services of Wisconsin

242 W. Cook St.; Portage, WI 53901

(608) 742-4088

Provides financial assistance for paying fuel or electric costs, and emergency furnace repair or replacement once per year per family. Specific income guidelines apply, but you can be any age, with or without children, and own or rent your home.

Lifeline Program

Call local phone company to apply

For questions, contact:

Public Service Commission

610 N. Whitney Way; Madison, WI 53707

1-800-225-7729

www.psc.state.wi.us

Reduced cost phone service for customers receiving benefits from W2, MA, SSI, Food Share, Low Income Energy Assistance Program, WI Homestead Tax Credit, or Badger Care.

Wisconsin Gas Company

Customer Service: 1-800-242-4035

VETERAN'S INFORMATION AND SERVICES

Columbia County Veterans Service Office

Columbia County Administration Building

122 E. Edgewater St., P.O. Box 232, Portage, WI 53901-0232

Phone: 608-742-9618, FAX: 608-742-9634

County Website: <http://www.co.columbia.wi.us/ColumbiaCounty/veterans/>

State Website: <http://dva.state.wi.us/>

Federal Website: <http://www.va.gov/>

The Veterans Service Office assists eligible veterans and their dependents by providing them with information and assistance on: Medical Care, Disability Compensation, Disability Pension, Survivor Benefits, Education, Rehabilitation, Home Loans, Emergency Aid Grants and Burial Benefits.

DAV Van Program

(608) 772-4761

www.dav-wi.org/vans

Veterans only to Madison VA Hospital & VA Clinic-West. By appointment. No wheelchair access. Veterans-no charge.



1-888-742-9233

National Call Center for Homeless Veterans

1-877-424-3838

24hours/7 days

www.va.gov

Founded by the Department of Veterans Affairs to ensure that homeless Veterans or Veterans at-risk for homelessness have free access to trained counselors. The hotline is intended to assist homeless Veterans and their families, VA Medical Centers, federal, state and local partners, community agencies, service providers and others in the community.

National Caregiver Support Line

1-855-260-3274

Monday-Friday 8am-11pm, Saturday 10:30am-6pm

www.caregiver.va.gov

Developed by the Department of Veterans Affairs to support family caregivers of Veterans who were disabled in the line of duty since September 11, 2001. Licensed clinical social workers will be available to answer questions, and directly link caregivers to the Caregiver Support Coordinator at their local VA Medical Center. Each VA Medical Center has a Caregiver Support Coordinator who can locate assistance tailored to each unique situation. The Department of Veterans Affairs will also begin providing advanced benefits to Veterans of all eras who are already enrolled in VA care.



1-888-742-9233

Please remember that we are constantly updating and expanding our files, and we are always happy to share our latest information with you. Although we believe the information we collect from services providers is accurate and up-to-date, the Aging and Disability Resource Center of Columbia County disclaims responsibility for the accuracy or current status of these materials.

Please note that the Aging and Disability Resource Center of Columbia County does not endorse agencies, but supplies them as a resource to the community. Thank you for your interest.

Revised February 2020

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