



COLUMBIA COUNTY

Health and Human Services
2652 Murphy Rd

608-742-9227
FAX: 608-742-9700
TDD: 608-742-9229
E-MAIL: DHHS@co.columbia.wi.us
WEBSITE: www.co.columbia.wi.us

Mailing Address: P.O. Box 136
Portage, WI 53901-0136



St. Vincent de Paul Dental Clinic Opening April 2012

Important Numbers to Know:

- * To Report Child Abuse & Neglect call 608-742-9227
- * To Report Elder Abuse & Neglect call 608-742-9233 or 888-742-9233
- * To Receive Mental Health Help After Hours call 1-888-552-6642
- * To Apply for Benefits please apply online at access.wi.gov or call 608-742-9711
- * To Report Changes or Ask Questions about your food share or Badgercare case call 1-888-794-5556
- * To Receive WIC call 608-742-9254
- * COA Transportation Phone 608-742-9213—Transportation for the Elderly and Disabled
- * Logisticare—Medicaid Transportation 1-866-907-1493
- * Logisticare Complaint Line 1-866-907-1494

Starting April 2012, St. Vincent's is offering reduced fee dental care for low-income adults and children who don't have access to a group dental plan. Medicare, Medicaid, and Badger Care clients are also accepted. These services are offered to residents of Sauk and Columbia counties. Fees are based on income and start at 50% of the normal cost. There will be 4 dentists on staff and they will be open four days a week, Monday through Thursday.

St. Vincent's Reduced Fee Dental Care for Low-Income Clients is located at the St. Vincent de Paul Resource Center—1906 North Street, Prairie du Sac, WI 53578

Services offered include:

Dental Exams, X-rays, Cleaning & Fluoride, Fillings, Extractions, Sealants, and Some Root Canals

Services that are NOT offered include:

Crowns, Bridges, Veneers, Dentures, Orthodontics, Braces, Perio-

INCOME LEVELS USED TO DETERMINE ELIGIBILITY FOR DENTAL PROGRAM

Family Size	100% Monthly Income	200% Monthly Income
1	\$907.50	\$1,815.00
2	\$1,225.83	\$2,451.67
3	\$1,544.17	\$3,088.33
4	\$1,862.50	\$3,725.00
5	\$2,180.83	\$4,361.67
6	\$2,499.17	\$4,998.33
7+	\$2,817.50	\$5,635.00

dental Surgery, Whitening, and Complex or Specialists' Services.

Applications must be completed, signed, and returned before an appointment will be scheduled. These applications will not be mailed and will be available at the St. Vincent De Paul Resource Center. All clients will be interviewed and approved by a representative based on Federal Poverty Level (FPL) guidelines according to income and family size.

Shown in the table above

Fees must be paid at each appointment. They will only accept cash or credit cards, no checks.

To schedule an appointment or if you would like to get more information, you can call 608-644-0504 Ex. 10 or 12.



Columbia County Food & Nutrition Resources

Food Pantries

Bread Basket Community Food Pantry

First Presbyterian Church
121 W. Florence Street, Cambria, WI 53923
Serves residents of Cambria School District on an on-call basis; Call Della Gorsuch at (920) 348-5644, Joanne Sanderson at (920) 348-5568, or Ann Smedema at (920) 348-5485 for assistance

Columbus/Fall River Food Pantry

Columbus Area Senior Center, 125 N Dickason Blvd., Columbus; Serves residents of Columbus & Fall River School Districts; Call (920) 623-5918 - a different church is responsible for distribution every month

Friendship Pantry (Friesland)

Friesland Reformed Church
107 E. Winnebago, Friesland, WI 53935
Serves residents of Cambria, Randolph, Friesland and Fox Lake on an on-call basis. For information, call Ruth Syens at (920) 348-5439.

Lake Delton/Wisconsin Dells

Community Food Pantry

Community Action Building, 1000 Hwy. 13, Wisconsin Dells, WI 53965; Serves residents of the School District of Wisconsin Dells (includes Lake Delton area)
Kim McClelland or Lisa Williams at (608) 254-8353
Hours: Tues: 9 am - noon; Thurs: 1-4 pm

Lodi Area Food Pantry

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

PAD Pantry (Poynette, Arlington, Dekorra)

Village Hall/Nutrition Site
106 S. Main St., Poynette, WI 53955
Serves residents of Poynette School District
Claire Robson (608) 635-2185; Donna Luessman (608) 635-4448; Ruth Ann Waugh (608) 635-4167
Hours: Tuesday 1-3 pm and Thursday 5-7 pm

Portage Food Pantry

Episcopal Church
211 W Pleasant St., Portage, WI 53901
Serves residents of Portage Community School District; (608) 742-3774
Hours: Mon & Wed 11-noon; Thurs 5-6 pm

Information prepared by Becky Gutzman, UW-Extension Wisconsin Nutrition Education Program. Updated Sept. 22, 2011. Call (608) 742-9693 with additions or changes.

Poynette Clergy Food Pantry

Bethel Lutheran Church
101 Bethel Dr., Poynette, WI 53955
Serves residents of Poynette area on an on-call basis
Pastor Stephen (608) 635-2468; Church Office (608) 635-7118; or Kenneth Nelson (608) 695-6741

Prairie Pride Pantry

United Methodist Church
103 Reagles St., Arlington, WI 53911
Serves residents of Arlington and Poynette and Towns of Arlington, Dekorra, Hampden, & Leeds
Monique Duerst at (608) 228-6326

Hours: Wednesdays 4:30-5:30 pm and Saturdays 9:00-10:30 am

Randolph Food Pantry

Evangelical Free Church
702 N. High St., Randolph, WI 53956
(corner of Hwy 73 and P); serves Randolph area
Sharon Sorenson, church in afternoons (920) 326-3821; call ahead, preferably before the weekend
Hours: Tuesday 1-3 pm

Rio Area Food Pantry

Rio Community Center
104 Lincoln Ave., Rio, WI 53960
Serves residents of Rio, Cambria, & Doylestown
John Atkinson (608) 697-9006; Dean Hoel (608) 617-8044 or Suzi Salzwedel (608) 697-1490
Hours: 2nd, 3rd & 4th Mondays - 10 am-noon
4th Monday - 5-6 pm

St. Vincent DePaul - Portage

St. Vincent DePaul Resale Shop
1311 W. Wisconsin St., Portage, WI 53901
(608) 742-5513; ID & application form required;
Hours: M-F, 9 am - 4:30 pm; **2nd Harvest Mobile Food Pantry** is 2nd Monday of every month - 11-noon

(open to all Columbia County residents)

Wyocena Community Helping Hands Pantry

Wyocena Community Center
165 E. Dodge St., Wyocena, WI 53969
Serves residents of Pardeeville School based on income eligibility; Hours: Mon-Thurs 10-noon; closed most holidays and any 5th Mon-Thurs in a month. Also closed anytime School District closed due to inclement weather. Clothing, shoes, books, games, puzzles, and small household items available to anyone in need.

Other Food Resources

Free Community Meals—Open to anyone
3rd Saturday of each month, 11-1 pm at
Episcopal Church, 211 Pleasant St., Portage
4th Saturday of each month, 11:30-1:00 pm at
120 W Pleasant St., Portage

Community Garden

Columbus, Lodi, Poynette and Portage provide a small plot of land for a nominal fee to people who want to grow some of their own food. In Columbus, contact Terry Humiston, (920) 623-4955, thumiston33@yahoo.com.

In Poynette, contact the Village Administrator's Office at (608) 635-7524. In Portage, contact the Parks and Recreation Dept., (608) 742-2178. In Lodi, contact Mark Essex at (608) 592-2571.

Senior Nutrition Program

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

Seasonal Farmer's Markets

Cambria Farmer's Market

Tuesdays, 4-7 pm; Tarrant Park

Columbus Downtown Farmer's Market

Wednesdays, 3-6 pm; Parking lot behind City Hall

Columbus Farmer's Market

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

Fall River Area Farm & Flea Market

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

Lodi Valley Farmer's Market

Fridays, 2-6 pm; N Main, corner of 113 and J

Portage Farmer's Market

Thursdays, Noon-6 pm

Commerce Plaza, corner of Cook & Wisconsin

Poynette Area Farmer's Market

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

Randolph Farmer's Market

Saturdays, 8-noon; 335 S. High St

Senior Farmer's Market Vouchers

\$25 in vouchers to spend on fresh fruits and vegetables at farmer's markets and participating farm stands, for age 60 and over meeting income eligibility guidelines. Call UW-Extension at (608) 742-9693 for details.

FoodShare (formerly food stamps)

Food assistance based on income

Contact Columbia County Health & Human Services at 2652 Murphy Road, Portage, WI 53901
(608) 742-9277

Check your eligibility or apply for Food Share, health care or other services at www.access.wisconsin.gov

Neighbors in Constant Care Foundation

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

Serves Columbus/Fall River School Districts

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

Call for information

SHARE Food Buying Club

Participants give two hours of volunteer service each month, which entitles them to select their monthly food order at a reduced price. Order forms are available on the website or pick up one designated Saturday a month. Call for more information: (800) 548-2124; www.sharewi.org

Columbus (Pickup: Senior Center)

(920) 350-0112

Portage (Pickup: St. Mary's School, 315 W Cook St.)

(608) 742-3153

WIC (Women, Infants, Children Nutrition Program)

2652 Murphy Road, Portage, WI 52901

(608) 742-9254

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

School Lunch Program

Free or reduced price school lunch to eligible families.

Some schools also offer breakfast

Contact your school district for details

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 food stamps.

Call UW-Extension Nutrition Coordinator, Becky Gutzman, at (608) 742-9693.



Free Clinic

Location: Wilz's Pharmacy Basement—140 E. Cook Street, Portage, WI 53901

Hours Wednesday from 9:00a.m. to 12:00p.m.

Contact: ****New Number**** 608-617-0031

There will be two doctors and two nurses available to see both adults and children. Services are provided on a first come, first served basis.



2012 Free Immunization Clinic

Every Monday and Wednesday Morning from 8:00 a.m. to Noon Except Holidays

Afternoon Clinics from 2:30 p.m. to 5:30 p.m.

April 11th

September 12th & 26th

May 9th

October 10th & 24th

June 13th

November 14th

July 11th

December 12th

August 8th & 22nd



Spring Meetings and Events

Health and Human Services Board Meetings

Tuesday, April 10th at 9:00am

Tuesday, May 8th at 9:30am

Tuesday, June 12th at 9:00am

NAMI (National Alliance on Mental Illness) Meetings

First Wednesday of every month from 4:30pm-5:30pm at the Portage Library

Aging and Disability Resource Center Meetings

Thursday, May 17th 10:30am

Commission on Aging Meetings

Tuesday, May 8th at 8:30am

Portage Police Department Bike Rodeo

Saturday, May 12 8:00am-11:00am at Vet's Memorial Field



Tips for Fighting Spring Allergies

With spring rains, there's more mold growth inside and outside your home. Flowers, trees, weeds, and grasses also begin to blossom. And spring cleaning will stir up dust mites throughout the house as well.

Keep Pollen Under Control

To tame pollen, wash bedding every week in hot water. Wash your hair and shower before going to bed, since pollen can accumulate in hair.

Clean Every Surface

Wear a mask and gloves when cleaning, vacuuming, or painting to limit dust and chemical exposure. Vacuum twice a week.

Wash Rugs

Limit throw rugs to reduce dust and mold. If you do have rugs, make sure they are washable.

Keep Indoor Air Clean

Keep windows closed to reduce pollen entering the house. Change filters in air conditioning units and vents frequently this time of year.

Consider Allergy Medicine

Talk to your doctor about a seasonal allergy drug that may be appropriate for your symptoms.



Source: <http://www.webmd.com/allergies/spring-allergy-tips>