



# Columbia County

Winter 2013

## Health and Human Services

EMAIL: [DHHS@co.columbia.wi.us](mailto:DHHS@co.columbia.wi.us)

608-742-9227

FAX: 608-742-9700

TDD: 608-742-9229



## How can the Aging and Disability Resource Center help me?

### Important Numbers:

- \* To Report **Child Abuse & Neglect** call 608-742-9227
- \* To Report **Elder Abuse & Neglect** call 602-742-9233 or 888-742-9233.
- \* To **Apply for Benefits** please apply online at [access.wi.gov](http://access.wi.gov) or call 888-794-5556
- \* To Report Changes or Ask Questions about your **food share or BadgerCare** case call 888-794-5556
- \* To Receive **WIC** call 608-742-9254
- \* **Mental Health/ AODA** 24-Hour Crisis Line call 888-552-6642.
- \* COA Transportation Phone 608-742-9213—**Transportation for the Elderly**
- \* **MTM, INC.- Medicaid Transportation** call 866-907-1493 to schedule appointments.

An Aging and Disability Resource Center (ADRC) exists to guide the community in knowledge and resources for people that are aging or have a disability, their caregivers, and the public at large. Our experienced staff is able to provide customized information to ensure that the community has accurate, unbiased information to make informed decisions. The ADRC also serves as the access point place for public long-term care services.

In addition to serving adults with disabilities and older adults, the ADRC is able to provide services for caregivers of these populations. In order to best outreach to the caregiver population, it would be beneficial to define what a caregiver is. What is a caregiver? Many people think of a caregiver as someone who is providing hands-on care to an individual. This is not an all-encompassing definition. Caregivers are individuals helping people who are elderly or disabled. This could include: mowing your neighbors lawn, helping grocery shop for a family member, visiting a loved one in a nursing home, setting up medications, all the way to the other end of the spectrum where a caregiver might be providing hands on care. The ADRC is available to help caregivers care for themselves while caring for others.

We are happy to be able to offer a six week series of classes entitled, "Powerful Tools for Caregivers", a class focused on family/informal caregivers who care for older adults. The classes will be offered from 1-3:30pm on Wednesdays: January 29th, February 5th, 12th, 19th, 26th, and March 5th at the ADRC at 2652 Murphy Rd, Door 1, in Portage. Topics covered include but are not limited to identifying community resources, goal setting, holding family meetings, depression and other emotions, relaxation techniques, the importance of respite, and effective communication techniques. Please call Shari at the ADRC of Columbia County at 608-742-9219 to sign up for this free class.

## Living Well With Chronic Conditions Program

Are you an adult with an ongoing health condition? During the Living Well Program, you will get the support that you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk to your doctor and family about your health.

If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain or anxiety, the Living Well Program can help you take charge of your life.

**Please call us at 608-742-9219 or 888-742-9233 for more information or to sign-up for our next class.**

## Foot Clinic—9am-3pm—1st and 3rd Thursday of each month

Foot Clinic has been developed to promote good foot care. You can expect a licensed RN to soak and examine your feet, clean and clip toenails, file calluses and apply lotion to your feet. Must be 18 years old. **Call 888-742-9233 to schedule an appointment.**

Rates: \$20/initial appointment, \$20/follow-up appointments, \$25 for individuals with special health care conditions (diabetes, vascular disease or those taking blood thinners)

## Suicide Prevention Training

A person you know is in crisis and going through a difficult time. You wonder if they are thinking of suicide. If they are, how do you ask? If their answer is, "yes", what do you do? This year Columbia County Health & Human Services, along with several community partners, has gone out into the community to educate people on how to recognize the warning signs of suicide, how to offer a person hope, and how to get a person help.

We are educating people on how to save lives through QPR. **QPR stands for "Question, Persuade, and Refer"** -- 3 simple steps that anyone can learn to help save a life from suicide. People trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to get help.

**Suicide is the most preventable form of death. In just 90 minutes, you can learn to save a life.**

Using grant dollars, Columbia County has been able to fund 8 people, so far this year, to attend the necessary training to become QPR trainers. These trainers have been dispersed into the community to educate people about QPR and how to save lives. To date, over 500 people in Columbia County have been trained in QPR.

A QPR training lasts for about 90 minutes and is free. If you would like to schedule a QPR training for your community, school, organization, or workplace, please contact Debbie Millman at (608) 742-9717 or [Debra.Millman@co.columbia.wi.us](mailto:Debra.Millman@co.columbia.wi.us).

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## SAVE THE DATE! Tuesday March 11, 2014 5-9pm Trappers Turn

### Sixth Annual Journey of Hope Fundraiser

For 30 years, Hope House of South Central Wisconsin has offered support to survivors of domestic and sexual violence by providing shelter, advocacy, counseling, and education. Each year an ever increasing number of caring community members join together at the "Journey of Hope" fundraiser for Hope House. We need your help! Contact Hope House for information about how you can take part in this great event.

**Live Auction**

**Silent Auction**

**Cash Raffle      Hope Cards**

**Dinner            Entertainment**

*Guest Speaker:*

*Attorney General JB Van Hollen*



From 1983-2013, Hope House has been providing hope for those experiencing abuse.

In honor of our 30th anniversary, we're asking individuals and businesses to give donations in increments of \$30.

Donations can be mailed to Hope House, PO Box 557, Baraboo, WI 53913;

dropped off at Hope House, 720 Ash Street in Baraboo; or you can donate online at [222.HopeHouseSCW.org](http://222.HopeHouseSCW.org).

*Thanks for  
your  
continued  
support!*



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## 2014 Immunization Clinic Schedule



**Walk-In Clinic**—Monday and Wednesday mornings  
8:00 am until noon at Health & Human Services

**Afternoon Immunization Clinics** —2:30—5:30 p.m.

February 10th

April 14th

June 9th

August 11th

September 8th

October 13th

November 10th

December 8th

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# Columbia County Food & Nutrition Resources

## 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 Joanne Sanderson at (920) 348-5568, Julie Saalsaa at (920) 348-6120, 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

## Lake Delton/WI Dells Community Food Pantry

Community Action Building, 1000 Hwy. 13, Wisconsin Dells, WI 53965;

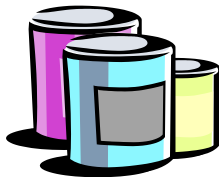
Serves residents of Wisconsin Dells School District. Kim McClelland or Lisa Williams at (608) 254-8353  
Hours: Tues: 9 am - noon; Thurs: 1-4 pm

## 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

## 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

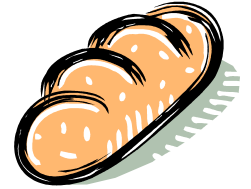
## Prairie Pride Pantry

United Methodist Church, 103 Reagles St., Arlington, WI 53911

Serves residents of Arlington and Poynette and Towns of Arlington, Dekorra, Hampden, & Leeds

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 Pantries

(open to all Columbia County residents)

Portage: 2nd Monday of every month, 11-noon, at St. Vincent de Paul, 1311 W. Wisconsin St

Pardeeville: 4th Monday of every month, 3:30 pm at St. Mary's church, 318 S. Main St

## Wyocena Community Helping Hands Pantry

Wyocena Community Center, 165 E. Dodge St, Wyocena, WI 53969

Serves residents of Pardeeville School District 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. Call Bridget Rhode (608) 742-4905 for questions.

# Other Food and Nutrition Resources

## Food Pantries

Information prepared by Becky Gutzman, UW-Extension Wisconsin Nutrition Education Program. Updated July, 2012. Call (608) 742-9693 with additions or changes.

**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 Gardens**—Grow your own food for a small plot fee

Cambria: Becky Gutzman, (920) 348-4511  
Columbus: Terry Humiston, (920) 623-4955,  
thumiston33@yahoo.com  
Poynette: Village Office (608) 635-7524.  
Portage: Parks and Rec Dept., (608) 742-2178  
Lodi: Mark Essex (608) 592-2571.

## Senior Nutrition Program

Serves people over age 60 and their spouses. No income or asset limits. Noon meals at sites in 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



## 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](http://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

## 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.

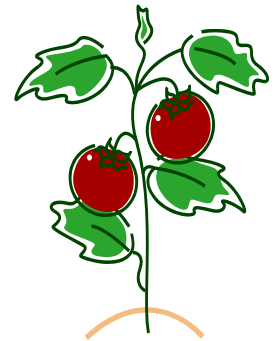
## School Lunch Program

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.



Information prepared by Becky Gutzman, UW-Extension Wisconsin Nutrition

Education Program. Call (608) 742-9693 with additions or changes.

## Dental Health Resources

Any adult or child that is uninsured, underinsured or is a participant of the Medical Assistance or BadgerCare Dental Program may contact these dental health resources. If you need to apply for Medical Assistance/BadgerCare benefits, please call Columbia County Health and Human Services at 608-742-9227.

### **St. Vincent de Paul Dental Clinic**

Address: 1906 North Street, Prairie du Sac, WI 53578

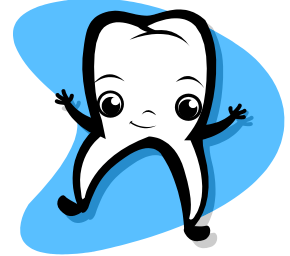
Website: <http://www.stvdpdental.com>

Phone: 608-644-0504 ext. 10 or 12

Hours of Operation: Monday through Thursday

Accepts Medical Assistance, Badgercare, uninsured and underinsured.

Federal Poverty Guidelines are used to determine eligibility.



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

Address: 400 South Townline Road, Wautoma, WI 54982

Website: <http://www.famhealth.com>

Phone: 920-787-5514

Hours of Operation: Monday & Thursday 8AM-7PM, Tuesday, Wednesday, Friday 8AM-5PM

Accepts Medical Assistance, Badgercare, Insured, Low-Income (Uninsured)

### **Mauston Dental Clinic**

Address: 880 Herriot Drive, Mauston, WI 53948

Website: <http://www.famhealth.com>

Phone: 608-847-6700

Hours of Operation: Monday & Thursday 8AM-7PM, Tuesday, Wednesday, Friday 8AM-5PM

Accepts Medical Assistance, Badgercare, Insured, Low-Income (Uninsured)

### **Meriter Hospital: Max Pohle Dental Clinic Dental Residency Program**

Address: 202 South Park Street, Madison, WI 53715

Website: <http://www.meriter.com/clinics/dental-clinic>

Phone: 608-417-6500

Hours of Operation: Monday-Friday 8AM-4PM After Hours Emergency Care Available

Accepts Uninsured, Underinsured, Medical Assistance children and adults

--For children aged 4 years through 12 years, call to make appointment. Those 13 years and older will be put into a lottery drawing at the end of each month to make an appointment.

### **Marquette Dental School Clinic**

Address: 1801 West Wisconsin Avenue, Milwaukee, WI 53233

Website: <http://mu.edu/dentistry>

Phone: 414-288-6790

Hours of Operation: Monday-Friday 9AM-5PM (4PM Summer)

All patients accepted including Medical Assistance and Title XIX, Low-income, Uninsured, 13 years and older for general clinic. Pediatric clinic available.

--Adults needing an appointment, call between 9:30-3:30 to be put on a list for an appointment.

**Note this is not a complete list. It was updated in May of 2013 and is a reflection of the information the Wisconsin Dental Association was able to gather from dentists.**

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# HEAT FOR HEROES

Heat for Heroes is an Energy Services, Inc., Keep Wisconsin Warm/Cool Fund initiative that helps Veterans who are facing an energy-related emergency.

Call (800) 289 – 9276 for questions or to find an application site nearest you.

2013-2014 Energy Assistance Maximum Gross Income Guidelines		
Number in Household	Gross Income Limit (1 Month)	Gross Income Limit (3 Months)
1	\$2,058	\$6,173
2	\$2,691	\$8,073
3	\$3,324	\$9,972
4	\$3,957	\$11,871
5	\$4,590	\$13,771
6	\$5,223	\$15,670
7	\$5,342	\$16,026
8	\$5,461	\$16,382

## HealthCare.gov

### Checklist

Step 1—Gather some personal information that will help you fill out the application:

- Social Security Number
- Income information for every person in your family who needs coverage (pay stub, W-2, tax return)
- Policy numbers for any current insurance plans covering members of your household

Step 2—Apply online at [www.healthcare.gov](http://www.healthcare.gov) OR call 1-800-318-2596

TTY 1-855-889-4352 for personal assistance.

### Need Access to a computer?



- Check your public library
- Visit Columbia County Health and Human Services lobby.

### Important things to Know

The Health Insurance Marketplace **does not apply** to you if:

- You have affordable insurance through your job or
- You are enrolled in Medicare or the Family Care program.

### Need more help?

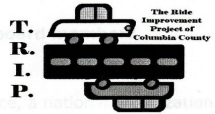
A listing of local assistance resources can be found at <http://www.co.columbia.wi.us/columbiacounty/hhs/HealthCare/tabid/2543/Default.aspx>

# Bob's Transport LLC

bobsmed@frontier.com

Phone: 608.297.8403

Toll Free: 855.297.8403



## Grocery Shuttle to your local store.

Fare: \$5 each way

Call for appointment 24 hours prior for pick-up/drop-off at your residence.

### Tuesdays:

8 am to 11 am  
Wisconsin Dells

1 pm to 4 pm  
Pardeeville, Wycena & Rio



### Wednesdays

8 am to 12 pm Poynette, Arlington & Lodi

### Thursdays

8 am to 11 am Columbus  
1 pm to 3 pm Randolph, Cambria & Fox Lake

## Shuttle Trip Fare Exact Change Only (Not for Safe Drive)

### Monday—Friday

Hours: 8am to 12pm  
1pm to 4 pm

FROM	TO	EACH WAY
Portage	Portage	\$2.50
Pardeeville	Portage	\$10.00
Poynette	Portage	\$10.00

Closed major holidays & during severe winter weather.

## Shuttle Services

Please allow 15 minutes lead way

### ARRIVE/DEPART TIMES

#### Kwik Trip, Pardeeville 10 N. Main St.

8:00a 10:00a 12:45p 3:05p

#### BP Station, Poynette 305 N. US Hwy. 51

8:25a 10:25a 1:10p 3:30p

#### Pauquette Park, Poynette 106 S. Main

8:35a 10:35a 1:20p 3:40p

#### Fairground Pavilion, Portage Fair Blvd.

8:55a 10:55a 1:40p \*

#### Market Square, Portage Highway 33

9:05a 11:05a 1:50p \*

#### Collip Warden Park, Portage W Slifer Street

9:15a 11:15a 2:00p \*

#### Portage north side stores

9:20-9:30

11:20-11:30

2:10-2:20

**\*Route ends in Portage  
at approximately 4pm**