

NEWSLETTER

April

2- Autism Awareness Day
7-13 National Public Health Week
14-International Moment of Laughter Day
24-30 World Immunization Week
Alcohol Awareness Month
IBS Awareness Month
Parkinson's Awareness Month
National Child Abuse Prevention Month
National Counseling Awareness Month



June

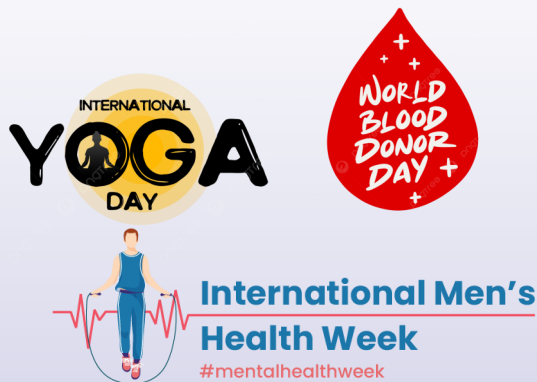
1- National Cancer Survivors Day
12-World Day Against Child Labor
12-18 International Men's Health Week
14-Family Health and Fitness Day
14- World Blood Donor Day
15-Elder Abuse Awareness Day
18-24 World Allergy Week
21- International Day of Yoga
Gun Violence Awareness Month
National Pollinators Month
PTSD Awareness Month
Great Outdoors Month

Raising Awareness



May

6- National Foster Care Day
12-International Nurses Day
22-Red Nose Day-Comic Relief - Wear bright RED
26-World Redhead Day
28- World Hunger Day
31-World No Tobacco Day
31-National Smile Day
Mental Health Month
Older Americans Month



This issue covers:

- 1) Awareness Dates
- 2) Hygiene Drive
- 3) Reproductive Health
- 4) Public Health
- 5) Columbia County Vaccines
- 6) Recover
- 7) ADRC
- 8) Col. Cty ADRC Opportunities
- 9) ADRC Basics & Caregivers
- 10) Foster Care
- 11) CASA Fundraiser
- 12) From Foster Care
- 13) Relatives Raising Relatives
- 14) FoodShare
- 15) CSFP
- 16) Free or Low Cost Health
- 17) Low Cost Dental
- 18) Low Cost Dental (cont.)
- 19) Housing Resources
- 20) Food Pantries
- 21) Other Food & Nutrition Resources
- 22) Important Numbers

HYGIENE DRIVE

APRIL 2025

Please join us in helping to stock our
FREE community hygiene closet!
Your donations will make a huge
difference by providing essential items
to community members in need.
Items can be dropped off at
Health & Human Services
or feel free to collect at your
location and we can make
arrangements for pick up!

THANK YOU FOR YOUR SUPPORT!

Monetary donations can be
made via check payable to
Columbia County
Health & Human Services
Hygiene Drive.
Call 608.742.9227 Option #6
for more information.



**Full size items for
family use are
greatly appreciated!**

- body wash & 3 in 1
- towels & washcloths
- nail clippers & razors
- feminine hygiene items
- shampoo & conditioner
- deodorant & lotion
- dental care items
- toilet paper & wet wipes
- first aid supplies



Health & Human Service
111 E. Mullett St.
Portage, WI 53901 M-F 8-4:30pm

maintain your reproductive health



Columbia County Public Health offers reproductive health services to everyone at little to no cost.

Walk-In Clinic
Wednesdays 9:00am - 1:00pm
Other days by appointment only
Call: 608-742-9227 option 6

All of our services are fully confidential.

OUR SERVICES



STI Testing and Treatment

Our team offers confidential STI screening services, treatment, and EPT services.



Family Planning Education

Our team can educate on early family planning options.



Pregnancy Testing

Low-cost or free pregnancy testing services can lead to further assistance with Public Health programs.

PAYMENT OPTIONS

Family Planning Only Services (FPOS): Medicaid insurance that will cover the services you receive. We can help you enroll during your appointment or you can apply online.

BadgerCare Plus: Healthcare coverage program for low-income Wisconsin residents.

Cash (Reduced rate based on your income)

Check (Reduced rate based on your income)

Contact Us

☎ 608-742-9227 option 6

✉ div.of.health@columbiacountywi.gov



PREVENT • PROTECT • PROMOTE



WHAT TO KNOW ABOUT MEASLES SYMPTOMS



High fever
Irritability

Rash beginning at top of
body and spreading down



Red eyes
Cough

Susceptible individuals can suffer complications like ear infections, pneumonia, seizures, encephalitis, etc.

Practice caution when traveling in high-risk areas and by vaccinating yourself and your children.

Early detection of measles symptoms can make a significant difference in spread of the virus.



MORE INFORMATION:

Phone: 608-742-9227 opt 6

Email: div.of.health@columbiacountywi.gov

COLUMBIA COUNTY PARENT GROUP SCHEDULE



April 10 2:00pm - 3:00pm	GARDENING How we can create a healthier lifestyle with our kids. Columbia County HHS Room 2 111 E Mullett St Portage, WI 53901
May 08 2:00pm - 3:00pm	FLOWERS FOR MOM Celebrating mom! 161 N Dickason Blvd Columbus, WI 53925
June 12 2:00pm - 3:00pm	CPR EDUCATION Infant and toddler CPR and choking education Columbia County HHS Room 2 111 E Mullett St Portage, WI 53901 CPR Sign Up 
July 10 2:00pm - 3:00pm	CPR EDUCATION Infant and toddler CPR and choking education 161 N Dickason Blvd Columbus, WI 53925 CPR Sign Up 

For more information

Contact: MiKayla Olson BSN, RN

Call or Text: 608-697-0565

Email: div.of.health@columbiacountywi.gov



INFANT & TODDLER CPR & CHOKING EDUCATION

Lifesaving Skills

- Columbia County Public Health is offering free infant and toddler CPR and choking education sessions this Summer.
- Many parents fear they will not know what to expect or how to react if their child were to choke or go unresponsive.
- Every second counts when it comes to medical emergencies, so the hope is to improve parent preparedness if an emergency were to occur.

Please RSVP Below



Details

Date: June 12, 2025

Time: 2:00pm - 3:00pm

Location: Columbia County

111 E Mullett St

Meeting room 2

Portage, WI 53901

Details

Date: July 10, 2025

Time: 2:00pm - 3:00pm

Location: Columbus Center

161 N Dickason Blvd

Columbus, WI 53925

Parent and Baby Group Contact

Contact: MiKayla Olson BSN, RN

Phone call or text: 608-697-0565

CPR Education Contact

Contact: Melissa Abel BSN, RN

Phone call or text: 608-697-7154

ANNOUNCEMENT FOR COLUMBIA COUNTY RESIDENTS

As of February 2025, Columbia County Public Health will no longer be able to provide Tdap/Td vaccines to adults regardless of insurance status.

Columbia County Public Health can offer Tdap/Td vaccines, as well as other vaccines, to adults who are uninsured or underinsured (insurance does not cover vaccines).

If you are in need of Tdap/Td booster and you are insured, please contact your doctor's office or your local pharmacy.

For more information:

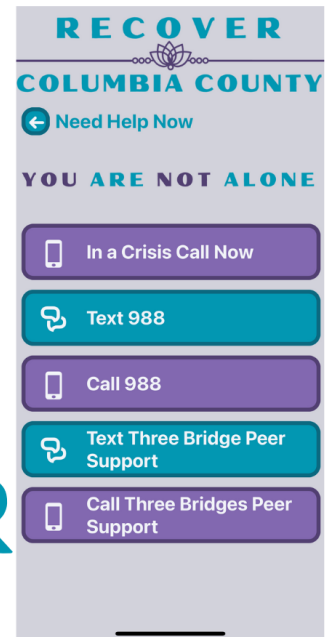
Phone: 608-742-9227 opt 6

Email: div.of.health@columbiacountywi.gov





RECOVER



COLUMBIA COUNTY

Columbia County has launched a new app designed specifically for the recovery community. This app serves as a comprehensive resource hub for all the tools and support available in Columbia County to assist individuals on their recovery journey!



Events from the



Grapevine Newsletter

Be sure to check out the ADRC Grapevine Newsletter with the link above.

Follow us on Facebook for updates and information:

Aging & Disability Resource Center of Columbia County



Menus for congregate dining are located on pages 8 and 9 of the Grapevine Newsletter.

The TRUALTA logo features a stylized green and blue mountain peak above the word 'TRUALTA' in a large, blue, sans-serif font.

An innovative program designed to bring actionable, skill-based training directly to the family caregiver. Available online & in-print, best-in-class learning helps caregivers manage difficult situations when caring for an aging loved one with Alzheimer's or a related dementia.

Contact the ADRC today to sign-up for this FREE caregiver educational opportunity!
608-742-9233

The ADRC logo is on the left, and the SHIP (State Health Insurance Assistance Program) logo is on the right. The SHIP logo includes the text 'Navigating Medicare'.

MEDICARE BASICS & BEYOND

The cover of the 'Medicare & You 2025' handbook. It features a collage of four photos: an older man, an older woman, a group of people, and a family. The text 'Medicare & You 2025' is prominent, with 'The official U.S. government Medicare handbook' written below it. The Medicare logo is in the bottom right corner.

Join this beginner's class for free and unbiased support navigating your Medicare choices.

CLASSES AT 4:30 PM ON:

March 19th	May 21st
April 16th	June 18th

Registration must be completed a week before the class.
(888) 742-9233

**ADRC ROOM 2
111 E MULLET ST
PORTAGE, WI**

This project was funded by the Wisconsin Department of Health Services with financial assistance, in whole or part, by grant number 90SAPG0091, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.

**More Opportunities in
Columbia County**



**For Individuals
ages 60 and above**

***Mind Over
Matter ***

**APRIL 17TH, MAY 1ST,
& MAY 15TH**

9:30 AM - 12:30 PM

Aspirus Divine Savior

2817 New Pinery Rd,

Portage, WI

RSVP by April 24th:

(608) 742-9233



**STEPPING ON
FALL PREVENTION**

**ASPIRUS DIVINE SAVIOR
SUITE 100**

**2817 NEW PINERY RD
PORTAGE, WI 53901**

REGISTRATION REQUIRED: (608) 742-9233

**MAY 21ST - JULY 2ND | WEDNESDAYS
10 AM - 12 PM**



**GET HEALTHY WITH
EAT SMART,
MOVE MORE,
WEIGHT LESS
ONLINE**

Go to
www.esmmweighless.com
to view class times for the
upcoming series beginning
soon.

For registration code, please contact:
Amy at (608) 742-9233 or
amyjane.craig@columbiacountywi.gov

**WALK WITH
EASE**



2:30 - 4:00

May 5th - June 13th

Monday, Wednesday, Friday

**111 E Mullett St,
Portage, WI**

**Registration Required
(608) 742-9213**



**Powerful Tools
FOR Caregivers**

Starts: Wednesday, April 9

Time: 1:00 - 2:30pm

6 consecutive weeks

Location: Reach Out Lodi, 601 Clark
Street, Lodi, WI 53555

Suggested Contribution: \$20

Register with Amyjane Craig at the
Columbia County ADRC (608) 742-9233



Powerful Tools Caregivers



I don't think of myself as a caregiver.
I'm her husband. She needs me. And because she
needs me, I know I need to take care of myself.
Powerful Tools helped me do that.

Wednesday, April 9th
1:00-2:30 PM
for 6 consecutive weeks
at Reach Out Lodi
601 Clark Street
Lodi, WI
Suggested Contribution \$20.00
Register with Amyjane
at 608-742-9233

Caregiving is rewarding.

But it can be challenging too.

Caring for someone with an injury or illness — such as dementia, cancer, heart disease, Parkinson's disease, stroke or others — can be physically, emotionally and financially demanding.

Taking care of yourself is important.

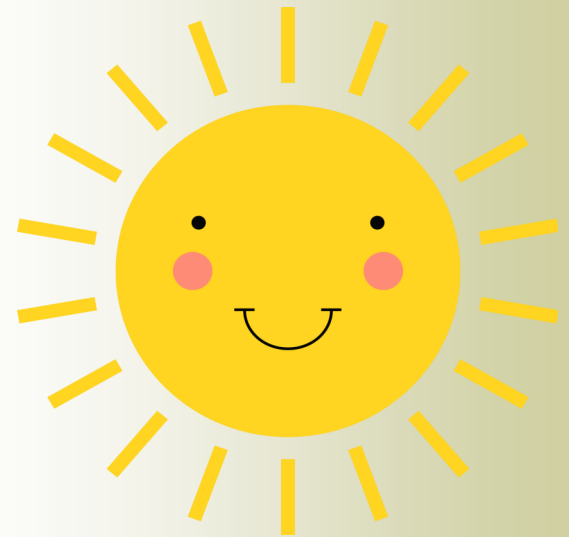
Powerful Tools for Caregivers (PTC) can show you the way!

What is Powerful Tools for Caregivers? And why should I take it?

Powerful Tools focuses on **your** well-being. The class meets once a week for six weeks and has been studied and shown to help family caregivers:

- Reduce stress, guilt, anger, and depression and improve emotional well-being
- Manage time, set goals, and solve problems
- Master caregiving transitions and be part of decision-making
- Communicate effectively with the person needing care, family members, doctors, and other helpers
- Find and use community resources

wiha
Wisconsin Institute
for Healthy Aging



ADRC: THE BASICS

an ADRC informational presentation

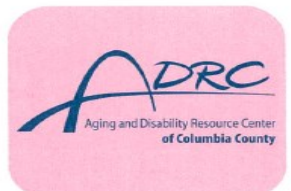
Join us for this free presentation and learn the basics of what the Aging and Disability Resource Center does and who we help.

Presentation highlights:

- Who we are
- What we do
- Where we work
- When to come to us

APRIL 29TH
STARTS AT 10:30 AM

*Cambria Village Community Room
115 W Edgewater St, Cambria, WI*



RSVP by April 25th at (608) 742-9233

Foster Care Newsletter

April 2025

DCF 56 UPDATES:

DCF's current guidance going forward is that DCF 56 does not prohibit a foster parent from concealed carry while in the presence of a foster child, if the foster parent has a valid concealed carry permit. Under state statute and rule, a licensed foster parent may conceal carry with a valid concealed carry permit.

If a member of the foster home has a concealed carry license, a copy of this needs to be provided to the Foster Care Coordinator as soon as possible.



Pancake Breakfast

April 13, 2025
7:00am-12:00pm

Columbus Fire
Department
123 West Harrison Street
Columbus, WI 53925

11 years-Adult: \$10
5 years-10 years: \$5
4 and Under: FREE

Meet Our Workers!

Hope Witt

Youth Justice Social Worker



- * I am currently pursuing my Master's Degree in Social Work.
- * I have a Blue Pitbull named Rocko.
- * I love stop motion films.



For questions or to apply to become a Foster Parent, reach out to the Foster Care Coordinator at:

Ashley Pikalek

608-742-9283

ashley.pikalek@columbiacountywi.gov



Our House
SENIOR LIVING

Our House Senior Living in Portage invites you for our

Easter Egg Hunt with the Easter Bunny

April 12th, 2025
10:00 a.m.

Cookies, cupcakes, and juice served.
Funny Face painting and Balloon making.
The easter egg hunt will be in the backyard and bring own baskets to collect all the fun filled eggs.
We will be having an easter egg basket give away Donated from Agrace Hospice. And the Easter Bunny. Families are welcome.

LOCATED AT:

OUR HOUSE
SENIOR LIVING
2876 VILLAGE RD.
PORTAGE, WI
53901

To RSVP, call:
608-742-0330

Columbia County Division of Children and Families wants to give a huge thank you to Wendy Siebert for her 20+ years of devotion to being a foster parent.

Through her journey as a foster parent, she has adopted 4 children and impacted the lives of many more.

Wendy has decided to close her license with Columbia County to focus on life with her family. We are grateful that she is willing to continue providing respite for Columbia County youth.



BINGO

★ PRIZES | INFO | FUN ★

Sunday, April 6 | 2-4 PM

111 E. Mullet St.

Portage, WI 53901

Enter at the ADRC doors!

- 10 rounds of Bingo
- Prizes for each round
- \$30 to play, proceeds go to CASA

Find out more about becoming a foster parent and other ways you can support children in out of home care!

For more information on becoming a Foster Parent contact:

Ashley Pikalek | (608) 742-9283 | ashley.pikalek@columbiacountywi.gov



Columbia County
Wisconsin



CASA
Court Appointed Special Advocates
FOR CHILDREN
DANE & COLUMBIA COUNTIES



From Foster Care...



Columbia County Department of Health and Human Services is looking for individuals or families that are committed to providing a safe, stable, and loving home for children involved with the child welfare system.

Basic Requirements:

- Be at least 21 years old.
- Complete criminal and caregiver background checks.
- Meet all requirements per Wisconsin Administrative Code DCF 56.
- Complete a SAFE home study with the Foster Care Coordinator.
- No minimum income requirement.
- Initial trainings provided at no cost.

Compensation is based on the needs of each child.



...to the Olympics!

For more information, contact:

Ashley Pikalek
Foster Care Coordinator
(608) 742-9283
ashley.pikalek@columbiacountywi.gov

Relatives Raising Relatives

April 2025

Get Ready: An Introduction to Children's Long-Term Support Program

Free Live Webinar

April 17, 2025
12:00pm-1:30pm

What if you could have help paying for supplies, services, and support for the child in your care beyond what private health insurance or Medicaid covers? Under the Children's Long-Term Support Program (CLTS) you could.

The Family Voices of Wisconsin staff worked closely with several diverse community groups and received feedback from nearly 100 Wisconsin parents to develop this training. They are ready to share with you how other families learned to best navigate the application, the screening and enrollment process of the CLTS program, and the role of a Support and Service Coordinator so you can get the most comprehensive support for the children in your care and your entire family.

Join us to learn about Wisconsin's CLTS Program and be prepared to get the most out of this valuable program.

Register: <https://www.championclassrooms.org/courses/live-webinar-get-ready-an-introduction-to-childrens-long-term-support-program>

REMINDER

A Kinship Care provider shall notify the kinship care agency within 5 working days if:

- The child begins receiving supplemental security income or state supplemental payments **due to the child's own disability**. A relative caregiver cannot simultaneously receive these payments **and** Kinship Care payments.

These payments are not the same as a child receiving Social Security death benefits due to the loss of a parent.

Interested in having your Kinship Care payments made directly to your bank account via direct deposit? Ask the Kinship Care Coordinator how to set it up.

A voided check or bank authorization is required to set up direct deposit

For questions or to apply for Kinship Care, reach out to the Kinship Care Coordinator at:

Ashley Pikalek
608-742-9283

ashley.pikalek@columbiacountywi.gov



Pancake Breakfast

April 13, 2025
7:00am-12:00pm

Columbus Fire
Department
123 West Harrison Street
Columbus, WI 53925

11 years-Adult: \$10
5 years-10 years: \$5
4 and Under: FREE

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LOCATED AT:

OUR HOUSE
SENIOR LIVING

2876 VILLAGE RD.
PORTAGE, WI
53901

To RSVP, call:
608-742-0330



Food Share News and Updates

How to Request Replacement FoodShare and/or Summer EBT Benefits

If food you purchased with FoodShare or Summer EBT benefits was lost due to a misfortune or weather event, you can request replacement benefits.

If you are a FoodShare member or a FoodShare member who also gets Summer EBT, submit your request whichever way is easiest for you:

Online-

Log in to ACCESS https://access.wi.gov/s/?language=en_US

ACCESS in Spanish <https://access.wi.gov/s/?language=es>

click on "Food Benefits Replacement Request" in the left menu to get started.

By phone or in person:

Contact your agency

By mail or fax:

Complete and submit a Request for Replacement FoodShare and/or Summer EBT Benefits form (F-00330)

<https://www.dhs.wisconsin.gov/library/collection/f-00330>

If you are a Summer EBT recipient who doesn't get FoodShare benefits, you must submit this form via email

to: dhssebtsupport@wi.gov

What caused your food loss?

When requesting replacement food benefits, you will be asked to describe what happened that caused your food loss. Some examples are flooding, power outage, or a fire.

You may be asked to submit documents that show what caused your food loss. This may include information provided by the fire department, the police, a community organization, or other sources of help. Proof of what caused food loss might not be needed when a state of emergency has been declared.

How long do I have to report my loss of food?

You should complete your request for replacement food benefits within **10 days** of the food loss.

In some instances, a member may tell their agency within 10 days of the food loss but not complete the request for replacement benefits at that time. If so, they must complete the request **within 10 days** of telling their agency.



USDA Foods Available List for The Commodity Supplemental Food Program (CSFP) Fiscal Year 2025

The Community Supplemental Food Program (CSFP) works to improve the health of persons with low-income, at least 60 years of age, by supplementing their diets with nutritious USDA foods.

CSFP food packages are supplemental and do not provide a complete diet. Rather, the food packages are good sources of the nutrients typically lacking in the diets of the beneficiary population.

Each state agency and Indian Tribal Organization sets limits for participants which must be at or below 150 percent of the Federal Poverty Income Guidelines. State agencies and ITO's may establish local residency requirements based on designated service areas. They may also require that partic-

USDA Foods Description	WBCSM ID	PACK SIZE	USDA Foods Description	WBCSM ID	PACK SIZE	SUBGROUP
FRUITS			VEGETABLES			
Apple Juice, 100%, Unsweetened	100893	8/64 oz bottle	Beans, Green, Low-sodium, Canned (K)	100306	24/15.5 oz can	OTH
Applesauce, Unsweetened, Canned (K)	100207	24/15.5 oz can	Carrots, Sliced, Low-sodium, Canned	100308	24/15.5 oz can	RO
Apricots, Halves, Extra Light Syrup, Canned	100210	24/15.5 oz can	Corn, Whole Kernel, No Salt Added, Canned (K)	100311	24/15.5 oz can	ST
Cherry Apple Juice, 100%, Unsweetened	100894	8/64 oz bottle	Mixed Vegetables, 7-Way Blend, Low-sodium, Canned	100320	24/15.5 oz can	OTH
Cranberry Apple Juice, 100%, Unsweetened	100899	8/64 oz bottle	Peas, Green, Low-sodium, Canned	100314	24/15.5 oz can	ST
Grape Juice, Concord, 100%, Unsweetened	100895	8/64 oz bottle	Potatoes, Dehydrated Flakes	100337	12/1 lb package	ST
Mixed Fruit, Extra Light Syrup, Canned	100211	24/15.5 oz can	Potatoes, Sliced, Low-sodium, Canned	100331	24/15.5 oz can	ST
Orange Juice, 100%, Unsweetened	100897	8/64 oz bottle	Spaghetti Sauce, Low-sodium, Canned	100335	24/15.5 oz can	RO
Peaches, Sliced, Extra Light Syrup, Canned	100218	24/15.5 oz can	Spinach, Low-sodium, Canned	100323	24/15.5 oz can	DG
Pears, Extra Light Syrup, Canned (K)	100223	24/15.5 oz can	Sweet Potatoes, Light Syrup, No Salt Added, Canned	100316	24/15.5 oz can	RO
Plums, Purple, Canned	100233	24/15.5 oz can	Tomato Juice, 100%, Low-sodium*	100898	8/64 oz bottle	RO
Raisins, Unsweetened	100295	24/15 oz box	Tomatoes, Diced, No Salt Added, Canned	100328	24/15.5 oz can	RO
			Vegetable Soup, Condensed, Low-sodium, Canned	100321	24/10.5 oz can	OTH
			*Tomato juice is issued in the Fruit and Juice category in the CSFP Maximum Monthly Distribution Guide Rate.			
PROTEIN FOODS			LEGUMES			
Beef, Canned/Pouch	100127	24/24 oz package	Beans, Black, Low-sodium, Canned	110020	24/15.5 oz can	LG
Beef Chili, With Beans, Canned/Pouch	111180	12/15 oz package	Beans, Great Northern, Dry	111067	24/1 lb bag	LG
Beef Stew, Canned/Pouch	100526	24/24 oz package	Beans, Kidney, Light Red, Dry	111080	24/1 lb bag	LG
Chicken, Canned	110940	24/12.5 oz cans	Beans, Kidney, Light Red, Low-Sodium, Canned	100372	24/15.5 oz can	LG
Chicken, Pouch	110477	36/10 oz pouch	Beans, Lima, Baby, Dry	111068	24/1 lb bag	LG
Peanut Butter, Smooth	111081	12/16 oz jar	Beans, Pinto, Dry	111063	24/1 lb bag	LG
Salmon, Pink, Canned	110563	24/14.75 oz can	Beans, Pinto, Low-sodium, Canned	110021	24/15.5 oz can	LG
			Beans, Vegetarian, Low-sodium, Canned	100363	24/15.5 oz can	LG
			Lentils, Dry	111102	24/1 lb bag	LG

KEY:
DG - Dark Green Vegetable Subgroup
OTH - Other Vegetable Subgroup
RO - Red/Orange Vegetable Subgroup
ST - Starchy Vegetable Subgroup
LG - Legume Vegetable Subgroup
K- Kosher Certification Required

USDA Foods Description	WBCSM ID	PACK SIZE
DAIRY		
Cheese, American, Reduced Fat, Loaves, Refrigerated	100035	12/2 lb package
Milk, 1%, Shelf-Stable UHT	100050	12/32 oz carton
Milk, Instant Nonfat Dry	111006	24/12.8 oz package

KEY:
WG - Whole Grain
UHT- Ultra-High Temperature Pasteurization

USDA Foods Description	WBCSM ID	PACK SIZE	SUBGROUP
GRAINS			
Cereal, Ready to Eat**	-	10 - 20 oz package	
Cereal, Wheat Farina, Enriched	110880	10/18 oz package	
Grits, Corn, White	111082	12/2 lb package	
Oats, Rolled, Quick Cooking	111074	12/18 oz package	WG
Pasta, Macaroni, Enriched	110511	20/1 lb box	
Pasta, Rotini, Whole Grain	110777	12/1 lb box	WG
Pasta, Spaghetti, Enriched	110450	20/1 lb box	
Rice, Long Grain	111075	24/1 lb bag	
Rice, Long Grain, Brown	111083	30/1 lb bag	WG

**Ready to eat cereal varieties to be determined based on availability. Check WBCSM for the latest material codes.

This list is subject to change based on market availability.

Please refer to the WBCSM catalog which contains the most up to date list of available USDA Foods.

FREE OR LOW COST HEALTH SERVICES

Columbia County Health and Human Services



Division of Public Health

(608) 742-9227

111 East Mullett St., Portage, WI 53901

Offering Immunizations for participants of Medical Assistance programs such as Forward Health / BadgerCare or Medicaid. TB Skin Tests and COVID-19 Vaccines also available.

www.co.columbia.wi.us

Pregnancy Resource Center

306 W. Cook St.

Portage, WI 53901

Monday – Thursday 9:00am-11:00am

All other times available by appointment

(800) 705-4710

Email: portageprc@gmail.com

<http://portagewiprc.com>

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

Prescription, Health & Dental Discounts

877-321-2652

[Live Healthy \(nacorx.org\)](http://LiveHealthy.nacorx.org)

Offers Low-Fee Health Discount Program, Dental Discount Program and Free Prescription Discount Program.

Prescription Savings average 30%.

St Vincent De Paul Free Clinic

140 E. Cook St., Portage, WI 53901

Located in basement of Wilz Drug Store

Wednesdays from 9:00am to Noon; open to both adults and children on a first come/first served basis. No financial limitations.

Diabetic Educator, Foot Clinic, Pediatrics, Internal Medicine, Family Medicine, Cardiology.

Services not provided: Chiropractor, DOT Exams, prescribing narcotics, obstetrics, disability exams, pregnancy tests, STD testing or immunizations.

VA Hotline for Women

855-829-6636(VAWOMEN)

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

Website for Free or Low Cost Health Clinics in

Wisconsin

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

Wisconsin Well Woman

(608) 847-9373 or 866-735-9616

Jennifer Froh, Community Health Educator

Provides preventive health screening services to low-

Care 4 U Clinic

(920) 394-2136 Fax: 920-394-2021

W6440 E. Pine St., Dalton, WI 53926

www.care4uclinic.org

Low cost and cash only clinic serving the greater Dalton area.

Noble Community Clinics

Beaver Dam

207 University Avenue

Beaver Dam, WI 53916

(920) 356-5012

Wautoma

400 S. Townline Road

Wautoma WI 54982

Monday, Thursday 8:00am – 7:00 pm;

Tues, Wed, Fri 8:00am – 5:00pm

(800) 942-5330

(920) 787-5514

We offer medical, dental, and behavioral health services on a sliding fee scale for our patients who earn up to 200% of the Federal Poverty Guidelines. We serve all patients regardless of inability to pay.

Good Neighbor Clinic

(608) 643-4749

95 Lincoln Street, Prairie du Sac, WI 53578

www.goodneighborclinic.org

Hours: Mondays and Wednesdays 1 to 5 pm

Please note: Good Neighbor Clinic only serves Columbia County residents that live in the Lodi School District.

LOW COST DENTAL HEALTH SERVICES

Access Community Health Center - Oral Surgeon

1270 W. Main St., Sun Prairie, WI 53590
<https://accesscommunityhealthcenters.org/clinics/sun-prairie-clinic/>
Hours: Monday—Friday 8:00 am—4:00 pm
Appointments: (608) 825-7100
Accepts Columbia County MA. Sliding fee for uninsured, established patients.

Bright Dental

7866 Mineral Point Road
Madison, WI 53717
608-422-4746
<https://brightdentalmadison.com>
Accepts all insurances.

Church Health Services Dental

115 North Center Street
Beaver Dam, WI 53916
(920) 887-1766
<http://www.churchclinic.org/>
Below 200% of the Federal Poverty Line. Must be 18 years old. Serving Veterans, Amish and Church Health Service patients.

Noble Community Clinics

Beaver Dam
207 S. University Avenue
Beaver Dam, WI 53916
(920) 356-5012
(920) 273-3169 Fax
<https://nobleclinics.org/beaver-dam/>
Accepts MA or BadgerCare, insured, or uninsured.

Free or Reduced Fee Dental Services

<https://www.dhs.wisconsin.gov/guide/freedental.htm>

Madison College—Dental Hygiene Clinic

1705 Hoffman Street. Madison, WI 53704
(608) 258-2400
<https://madisoncollege.edu/about/community/facilities/dental>
Offering cleaning and x-rays with dental hygiene students. MA accepted.

Marshfield Clinic - Black River Falls Dental Clinic

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

Noble Community Clinics/Mauston Dental Center

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

Spring 2025

Affordable Dental Care

1709 Aberg Ave.
Madison, WI 53704
(608) 622-4002
(608) 622-0034 Spanish
<http://www.affordabledentalmadison.org>
No insurance accepted, so costs are about half of traditional dental clinics. Payment due in full on day of service.

Children's Dental Center of Madison

Sun Prairie (608) 453-5600
East Madison (608) 825-7500
West Madison (608) 833-6545
Fitchburg (608) 288-1543
<https://madisonkidsdentist.com>
Accepts a set number of BadgerCare patients. Call for availability.

Familia Dental

3003 E Washington Ave, Madison, WI 53704
<http://www.famliadental.com>
(608) 244-8050; (888) 988-4066
Hours: Monday - Friday 9:00 - 6:00; Saturdays 9:00 - 4:00
Accepts MA or BadgerCare.

Noble Community Clinics

Wautoma
400 South Townline Road
Wautoma, WI 54982
(920) 787-5514
(920) 787-4737 Fax
<https://nobleclinics.org/wautoma/>
Accepts MA or BadgerCare, insured, or uninsured.

MA Dentist

Individuals receiving medical assistance: Please call the number on the back of your M.A. Card 800-947-9627 or 800-362-3002 to find a dentist in your area.

Madison Dental Initiative/More Smiles WI

630 E Washington Ave, Madison, WI 53703
www.moresmileswi.org
(608) 665-2752
Hours: Monday - Friday 9am – 4pm
Individuals must have NO private dental insurance.
BadgerCare, Medicaid accepted. Family incomes must be below 200% Federal Poverty Level.

Marquette University School of Dentistry Clinic

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

Poynette School District Dental Program

Brighter Smiles
608-635-4347
Dave Fischer ext. 201; Ann Kirschbaum ext. 448
Services provided to qualified students in the Poynette School District.

LOW COST DENTAL HEALTH SERVICES (Cont.)

St. Ann Center for Intergenerational Care

Bucyrus (Park West/Lindsay Heights)
2450 W North Ave, Milwaukee WI 53205
<https://www.stanncenter.org/community/dental-clinic/>
(414) 210-2440

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 Doctor or Dentist required.

St. Vincent de Paul Dental Clinic

1906 North Street, Prairie du Sac, WI 53578
(608) 644-0504 ext. 10 or 12

<https://www.stvdpsaukprairie.com/dental>

Residents of Sauk and Columbia Counties.

Low Income (<200% Poverty Level) Uninsured, and participants of BadgerCare and Medical Assistance.

Application required

Seals-On-Wheels

www.sealsonwheelswisconsin.com

SealsOnWheelsWI@gmail.com

Free dental health program for Pre-K through 12th grade that visits schools throughout Columbia County providing dental screenings, cleanings, fluoride varnish and sealants. Contact your child's school to find out more.

Any adult or child that is underinsured or is a participant of the Medical Assistance or BadgerCare Dental Program may contact these dental health resources. For a more extensive list of Medical Assistance or BadgerCare Dentists call member services at: 800-362-3002.

If you need to apply for Medical Assistance/BadgerCare benefits, please call the Capital Consortium at 1-888-794-5556.



HOUSING RESOURCES

Rental Assistance

Forward Service

(800) 771-8420

[Forward Service Corporation – You can do great things. We can help. \(fsc-corp.org\)](#)

Foundation for Rural Housing

888-400-5974

[Home | Foundation for Rural Housing \(wisconsinruralhousing.org\)](#)

Integrated Community Solutions (ICS)

Section 8 Housing

(920)-498-3737

Renewal Unlimited

(800) 344-7543

[Renewal Unlimited, Inc. – Creating Opportunities](#)

Stepping Stone Supportive Housing - WI Dells

(608) 742-5329 ext: 242

[STEPPING STONE HOUSING \(svdpwisdells.org\)](#)

Wisconsin Low Income Rental Search

[WIHousingSearch.org](#) | [Wisconsin Apartments](#) | [Wisconsin Rental Homes](#)

Emergency Housing

Baraboo Area Homeless Shelter

(608) 356-3069

[Baraboo Area Homeless Shelter](#)

Hope House of South-Central Wisconsin

(800) 584-6790

[www.hopehousesw.org](#)

No Wrong Door

(608) 742-3320 or (608) 742-5329

Renewal Unlimited

(800) 344-7543

[Renewal Unlimited, Inc. – Creating Opportunities](#)

River Haven Homeless Shelters

(608) 742-7687

[https://riverhavenshelter.org](#)

Housing Inspectors

Columbus (920) 623-5900

Pardeeville (608) 429-3121

Portage (608) 742-2176

Wisconsin Dells (608) 253-2542

For help with rental properties whose building code or other municipal code may have been violated.

Legal Assistance

Bureau of Consumer Protection

(800) 422-7128

[DATCP Home Consumer Protection \(wi.gov\)](#)

Fair Housing Council

(877) 647-3247

[HOME | Fair Housing Council \(fairhousingwisconsin.com\)](#)

Foreclosure Helpline

(608) 263-9574

[Consumer Law Clinic | University of Wisconsin Law School](#)

Free Legal Answers

<https://wi.freelegalanswers.org>

Legal Action of Wisconsin

855-947-2529

[Legal Action Wisconsin](#)

Madison College Free Legal Clinic

[Legal Clinic | Madison Area Technical College \(madisoncollege.edu\)](#)

Neighborhood Law Clinic

(608) 265-2447

[Neighborhood Law Clinic | University of Wisconsin Law School](#)

Tenant Resource Center

<https://www.tenantresourcecenter.org/>

Utility Assistance

Affordable Connectivity Program (ACP)

[FCC.gov/ACP](#)

Emergency Assistance

[Forward Service Corporation – You can do great things. We can help. \(fsc-corp.org\)](#)

Wisconsin Home Energy Assistance Program

800-506-5596

<http://www.homeenergyplus.wi.gov/>

Heat for Heroes

800-891-9276

[Home page for the Heat For Heroes campaign \(heat4heroes.org\)](#)

Keep Wisconsin Warm Fund

800-891-9276

[www.kwwf.org](#)

Homeowner Assistance

Columbia County Southern Housing Region (SHR) Program

(800) 552-6330

[Columbia County, Wisconsin - Southern Housing Region Program](#)

Habitat for Humanity Sauk-Columbia Area

(608) 448-2888

<https://www.hfhwisconsinriver.org>

Weatherization Assistance Program (WX)

(608) 742-3320

[Central Wisconsin Community Action Council | CWCAC.ORG](#)

Wisconsin Help for Homeowners

(855) 246-6394

<https://doa.wi.gov/Pages/LocalGovtsGrants/Homeowner-Assistance.aspx>

Foundation for Rural Housing

(608) 238-3448 or (888) 400-5974

[Home | Foundation for Rural Housing \(wisconsinruralhousing.org\)](#)





FOOD PANTRIES

2nd Harvest Mobile Food Pantries

Pardeeville: St. Mary's Church-318 S. Main St.

4th Monday each month, 3:30 PM

Portage: Fairgrounds-Griffith St. and Superior St.

2nd Monday each month, 10:30 AM

Open to any WI residents

Please stay in your car and volunteers will bring the food to you

Prairie Pride Pantry Inc.

307 Bullen Rd, Arlington

Wednesday 4:00-5:30 PM

Saturday 9:00-10:30 AM

Emergency situation, contact Peggy Morse: (608) 697-5880

Facebook: www.facebook.com/prairiepridefoodpantry

Cambria Community Bread Basket Food Pantry

First Presbyterian, 121 West Florence St., Cambria

Open Thursdays 4:00 PM-5:00 PM

Call if unable to make the set day and time.

(920) 348-5859 Church; (920) 382-3832 Jayne Grahn;

(920) 348-5568 Joanne Sanderson or (920) 348-5048 Jan Williams

Serves residents of Cambria-Friesland School District

Reach Out Lodi

601 Clark St., Lodi

Monday-Friday 8:30 AM-3:30 PM

Saturday 8:30-11:00 AM

(608) 592-4592

Serves Lodi School District

Columbus/Fall River Food Pantry

125 N. Dickason Blvd., Columbus

Thursdays by Appointment

(920) 623-5918 Senior Center for more information

Serves Columbus/Fall River Schools

Rio Area Food Pantry

Rio Community Center, 104 Lincoln Ave., Rio

2nd, 3rd, and 4th Mondays from 10:00 AM –12:00 PM

4th Monday 5:00-6:00 PM

(608) 429-3728 John Atkinson

Serves income eligible residents living within the school districts of Rio, Cambria-Friesland, Otsego, and Doylestown.

Bring ID. One person allowed in pantry at a time.

Portage Community School District –The Market

Portage High School Commons area; 301 E. Collins St., Portage

No-cost grocery store open to ALL students and families that attend school in the Portage Community School District.

Mondays, Tuesdays, & Thursdays 2:30 PM-4:00 PM

Fridays 12:30 PM-2:00 PM

St. Vincent de Paul-Portage

1311 W. Wisconsin St., Portage

Monday-Friday 9:00 AM-4:00 PM; Saturday 9:00 AM-1:00 PM

(608) 742-5513

ID for any in household and proof of residence required.

Bring your own bags.

Portage Food Pantry

415 E. Howard St., Portage (Lincoln Park)

Monday and Wednesday 11:00 AM-12:00 PM

Thursday 5:00-6:00 PM

(608) 742-3774

Serves income eligible residents of Portage School District.

Must Bring I.D.

Wisconsin Dells Community Food Pantry

1000 Hwy. 13, Wisconsin Dells

Tuesday 9:00 AM-12:00 PM; Thursday 1:00-4:00 PM

(608) 697-4612

Serves income eligible residents of Wisconsin Dells School District. ID required.

Poynette Area Community Food Pantry

Village Hall 106 S. Main St., Poynette

Tuesday 1:00-3:00 PM and Thursday 5:00-7:00 PM

Pantry Closed if 5th Tuesday/Thursday

Serves residents of Poynette and surrounding communities

Wyocena Community Helping Hands Pantry

Wyocena Community Center, 165 E. Dodge Street, Wyocena

Monday-Wednesday 10:00 AM-12:00 PM. Closed holidays and when school is closed due to weather.

1st, 2nd, and 3rd weeks of the month. Serves self-declared income eligible residents of Wisconsin.

Other Food and Nutrition Resources



Community Gardens

Cambria: Cambria Village Office (920) 348-5443
Columbus: Arlene (608) 219-0759
Poynette: Curtis (608) 770-1722
Portage: Columbia County Master Gardener Association
columbiacountymastergardeners@gmail.com
Lodi: Bill (608) 592-4592
Grow your own food for a small plot fee.

FoodShare

Food assistance based on income. Visit or call Columbia County Health and Human Services, 111 East Mullett St., Portage. Check your eligibility, or apply for FoodShare, health care or other services at www.access.wisconsin.gov or call 888-794-5556.

Senior Nutrition Program

(608) 742-9233 ADRC - Aging Disability Resource Center serves people over age 60. No income or asset limits. Please place your order by noon the day prior to the day you wish to have your meal. Home delivered meals are available. For more information contact the ADRC.

Neighbors in Constant Care Foundation

(920) 623-5540, (920) 623-4772
Serves Columbus/Fall River School Districts
Credit mediation, housing, food assistance, school supplies or referral to other resources.

Seasonal Farmer's Market

Lodi Valley Farmer's Market
May - Oct; Fridays 2:00 P.M. - 6:00 P.M.
902 N. Main, Lodi (Next to Koltes Hardware)
Portage Farmer's Market
May - Oct; Thursdays 12:00 P.M. - 5:00 P.M.
Commerce Plaza, corner of State Roads 33 & 16
Poynette Area Farmer's Market
May - Sept.; Saturdays 8:00 A.M. - 11:00 A.M.

WIC

111 East Mullett St., Portage. (608) 742-9254
Provides food vouchers, farmer's market vouchers, and nutrition information to keep pregnant and breast feeding women, infants, and children under 5 years old healthy and strong. Income eligibility requirements.

Community Family Market (Columbus, Fall River, Rio)

May - Aug; Thursdays 3:30 P.M. - 7:00 P.M.
Savanna Oaks Community Center, Fall River
Downtown Dells Farmer's Market
May - Oct.; Sundays 9:00 A.M. - 2:00 P.M.
Corner of Cedar and Broadway

School Lunch Programs

Free or reduced price school lunch to eligible families. Some schools also offer breakfast. Participation is confidential, and helps schools qualify for other programs. Contact your school district for details.

Senior Farmer's Market Vouchers

\$25 in vouchers to spend on fresh fruits and vegetables at farmer's markets and participating farm stands, for ages 60 and over meeting income eligibility guidelines. Call Columbia County ADRC at (608) 742-9233.

Extension FoodWise Education Program

FoodWise helps families eat better, keep food safe, and stretch their food dollars. Open to those who receive or who are eligible to receive FoodShare.
UW Extension Columbia County Nutrition Coordinator:
Caitlin Richardson (608) 742-9693

IMPORTANT NUMBERS

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

HEALTH AND HUMAN SERVICES ADMINISTRATORS

Director

Heather Gove

Aging Disability Resource Center (ADRC) Director

Sue Lynch

Behavioral Health and Long Term Support Administrator

Stephanie Nickel

Division of Children and Families Administrator

Katie Day

Division of Economic Support and Support Services Administrator

Carol Sjoblom

Public Health Officer

Ellen Ellingsworth

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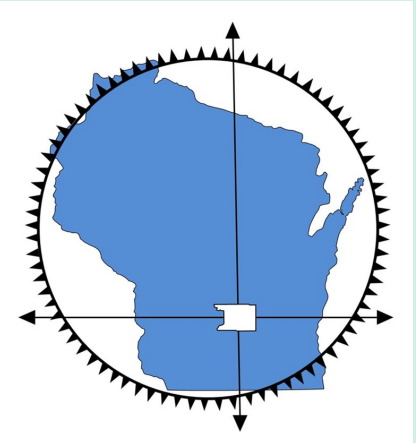
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Columbia County Health and Human Services

111 East Mullett Street

PO Box 136 (Mail)

Portage, WI 53901

Phone: (608) 742-9227

FAX: (608) 742-9700

www.columbiacountywi.gov

Mission Statement

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

We're active on social media!

Visit our Facebook page!



The Health and Human Services Newsletter is published four times per year

and is available on-line at:

<http://www.co.columbia.wi.us/columbiacounty/hhs/HealthHumanService/Newsletters-Archive/tabid/2311/Default.aspx>

To be added to our newsletter email list, please email: dhhs@columbiacountywi.gov