



NEWSLETTER



Division of Health Offers Brand New Parent Support Group

Parenting is hard and we want to help! Similar to a traditional “Mommy and Me” class, Columbia County Division of Health is now offering a parent support group once a month to encourage a community of parents who come together to share their experiences and advice with each other.

Coming home with a newborn, regardless of being an experienced parent, can be a challenge. Each child holds a different temperament, personality, and schedule. A parent support group can help ease this transition and is ultimately designed to provide a safe space for parents to express their frustrations, ask questions, and receive feedback from other parents who can relate to their situation.

Each monthly session will provide a new overall topic to discuss, such as nutrition for both parent and child, mental health, newborn health, safety and more. Questions are absolutely welcomed and do not need to relate to the month’s topic. Primarily geared towards new mothers or mothers to newborns, the group is open to other caregivers as well. This includes fathers, family members gaining custody, and adoptive or foster parents of young children. This group will be in-person and is free for anyone to join.

Our support group’s overall goal is to reduce feelings of isolation, and learn new strategies for coping with the challenges of parenting. Newborns and young children are welcome! There will be toys, coloring books, and room for play. The first session will be held on Tuesday, February 20, 2024 from 9:00-11:00 AM in HHS Meeting Room 2 in the Health and Human Services Building.

This issue covers:

- 1) DOH Parent Support Group
- 2) Winter Safety Tips
- 3) Safety Tips (cont.)/ Heart Health Month
- 4) Heart Health Month (cont.)
- 5) Reproductive Health Clinic
- 6) DOH Monthly Events
- 7) Mobile MAT
- 8) Room and Board Grant Funding
- 9) ADRC Events
- 10) National Healthcare Decisions Day
- 11) Medicare Basics and Beyond
- 12) Foster Care
- 13) Kinship Care
- 14) Relatives Raising Relatives
- 15) Continuous Insurance Coverage for Children/ NEMT Manager
- 16) Medicaid Purchase Plan (MAPP)
- 17) Wisconsin’s Medicaid Programs
- 18) Free or Low Cost Health Services
- 19) Low Cost Dental Health Services
- 20) Low Cost Dental Health Services (cont.)
- 21) Housing Resources
- 22) Food Pantries
- 23) Important Numbers

Parent Support Group
discover support and encouragement in a safe space

Learn
Learn about a new topic each month.

Ask questions
Ask questions related to you and baby.

Find support
Find support from other moms or caregivers.

We await you with open arms!

Date: Tuesday, February 20, 2024
Time: 09:00am - 11:00am
Location: Columbia County Health and Human Services
111 E Mullett St
Meeting room 2
Portage, WI 53901
Contact: MiKayla Olson BSN, RN
Phone call or text: 608-697-0565

Additional dates will be updated as group continues.
There is no cost for this group.
Please reach out if transportation may be an issue for you.

COLUMBIA COUNTY PUBLIC HEALTH
PREVENT • PROTECT • PROMOTE



It seems that winter is certainly upon us. Winter can be a beautiful time of year: the crisp air, a blanket of white snow, and frost that glistens in the sun. A winter with snow in Wisconsin lets us enjoy some fun activities like sledding, snowshoeing, cross country skiing, snowmobiling and ice fishing. However, winter storms and extremely cold temperatures can be dangerous if we don't prepare for the hazards of winter. We all know harsh winter weather in Wisconsin is no surprise. The best ways to keep you and your loved ones safe is to plan ahead with these simple winter tips.

Preparing your Home

- Keep your home warm by installing weather stripping, insulation, and storm windows. Insulate water lines that are exposed to exterior walls and the cold.
- Check your heating systems and perform maintenance before winter. Clean fireplaces and chimneys. Always have an alternate heating source and fuels available in case of power outages.
- Install smoke detectors and carbon monoxide detectors. Test batteries monthly and replace them twice a year.
- Batteries die quickly in extremely cold weather. Plan for alternate ways into your home if battery operated door locks and garage doors fail.

Preparing your Vehicle

- Replace tires with low tread. Keep tires properly inflated. Keep in mind tire pressure can decrease in colder weather.
- Keep gas tanks full to avoid frozen lines and to keep your car running in cases of emergency.
- Carry an ice scraper and use wintertime windshield washer fluid.
- Keep emergency items in the car: cell phone charger, extra hats, coats, mittens and blankets, energy bars and water, bag of kitty litter, flashlight and first aid kits.

Preparing for Emergencies

- Prepare for potential power outages. Keep flashlights and candles on hand. Keep cell phones and back up batteries charged.
- Keep medications filled. Stock up on food with shelf life, bottled water, essential hygiene products and pet food for your pets.
- Keep cell phones charged and have back up batteries available.
- Avoid non-essential travel when the National Weather Service has issued advisories.

Keep in Mind...

- Use caution when removing snow. Keep shovels handy and snowblowers in good working order. Take frequent breaks to avoid overexertion when removing wet, heavy snow.
- Wear appropriate footwear to prevent slips, and winter apparel to stay warm. Try to limit exposure time in severely cold temperatures. Frost bite can occur in just a few minutes to bare exposed skin.
- If you have pets, bring them inside or make sure they have adequate warm shelter and unfrozen water.

Most importantly: Be kind and remember to check in on family, neighbors, the elderly and chronically ill. All libraries and city and village halls in the county have offered to be a place that public can go to warm up during normal business hours. If you know of someone who does not have shelter, please contact emergency services for assistance.

References: U.S Department of Health and Human Services Centers for Disease Control and Prevention, National Center for Environmental Health (2023), *Stay Safe and Healthy in Winter*. Retrieved from, <https://www.cdc.gov/nceh/features/winterweather/index.html>; Columbia County Emergency Management

Julie Nieman, Public Health Nurse



February is American Heart Health Month

February marks the start of American Heart Month. President Lyndon B Johnson was the first President to nationally recognize this day in 1964. He was just one of the millions of people who have suffered a heart attack in this country. Since then, U.S. Presidents have annually declared February American Heart Month for the past 60 years.

We all know February is the month we celebrate Valentines Day. It's also a great time to raise awareness of heart disease which is the number one leading cause of death for men and women worldwide according to the American Heart Association statistics in 2021. Every year more than 600,000 Americans die from heart disease. And, each year the number of heart disease cases and number of heart disease related deaths continues to rise.

It's now more important than ever to focus on heart health. The shocking fact is, that in most cases, heart disease is preventable when people adopt a few healthy lifestyle changes which include:

- Not smoking, vaping, or smoking cessation
- Maintaining a healthy weight
- Following a heart healthy diet
- Controlling blood sugar
- Treating high blood pressure and high cholesterol
- Getting 30 minutes of moderate exercise at least 5 days a week
- Getting regular medical check ups
- Finding healthy ways to reduce stress.

Caring for your heart is also good for your brain, as many of the risk factors for heart disease are related to brain diseases such as stroke, Alzheimer's, and dementia. Making these changes all at once can be difficult and many people fail at their first attempts. Making small changes throughout the year can be a more effective strategy to a heart healthy lifestyle. **Friday, February 2nd** is also **National Wear Red Day**. Help us raise awareness and show your support by wearing red for all to see on this day.

Columbia County Division of Health is dedicated to community health prevention and promotion. High blood pressure is an early indicator of heart disease. We offer **FREE walk-in blood pressure checks** and can provide information and guidance on next steps towards a healthier lifestyle. Stop in to see us today!

Reference: American Heart Association National (2021), U.S commemorates 57th consecutive American Health Month in Feb. Retrieved from <https://www.heart.org/en/around-the-aha/february-is-american-heart-month> retrieved on 01/22/2024

Julie Nieman RN, MSN
Columbia County Public Health Nurse

Know your numbers

**120/80
OR LESS**

February is American Heart Month

One out of every four deaths in the United States can be attributed to some form of heart disease, including heart attack, angina, heart failure, arrhythmia and stroke.

- Blood pressure can wreak havoc on the heart, arteries and other organs without exhibiting any symptoms.
- Blood pressure can be dangerously high even though the individual feels fine.
- Systolic, the top number and the higher number of the two scores, measures the pressure in the arteries when the heart beats, or contracts.
- Diastolic, the bottom number and the lower number of the two, measures pressure in the arteries between heartbeats, when the heart is resting and refilling with blood.
- The American Heart Association recommends that acceptable blood pressure be maintained at 120/80, or less.

715,000
Americans have a heart attack every year

600,000
die from some form of heart disease

300 billion
Overall cost of heart disease each year

SOURCE: AMERICANS HEART ASSOCIATION
GRAPHIC: RENÉE TAUBER/NEWS-REVIEW

DID YOU KNOW?

Columbia County Division of Health has a reproductive health clinic in which they are able to test for STI's, pregnancy, and provide education regarding family planning topics. These topics include safer sex practices, having a healthy pregnancy, and fertility counseling.



COLUMBIA COUNTY PUBLIC HEALTH

REPRODUCTIVE HEALTH

Columbia County Public Health offers reproductive health services to everyone at little to no cost. All our services are fully confidential.

Walk-In Clinic

Wednesdays 9:00 am-3:00 pm

Any other day by appointment only

Call: 608-742-9743

SERVICES

STD Screening and Treatment for you and your partner(s)



Pregnancy testing

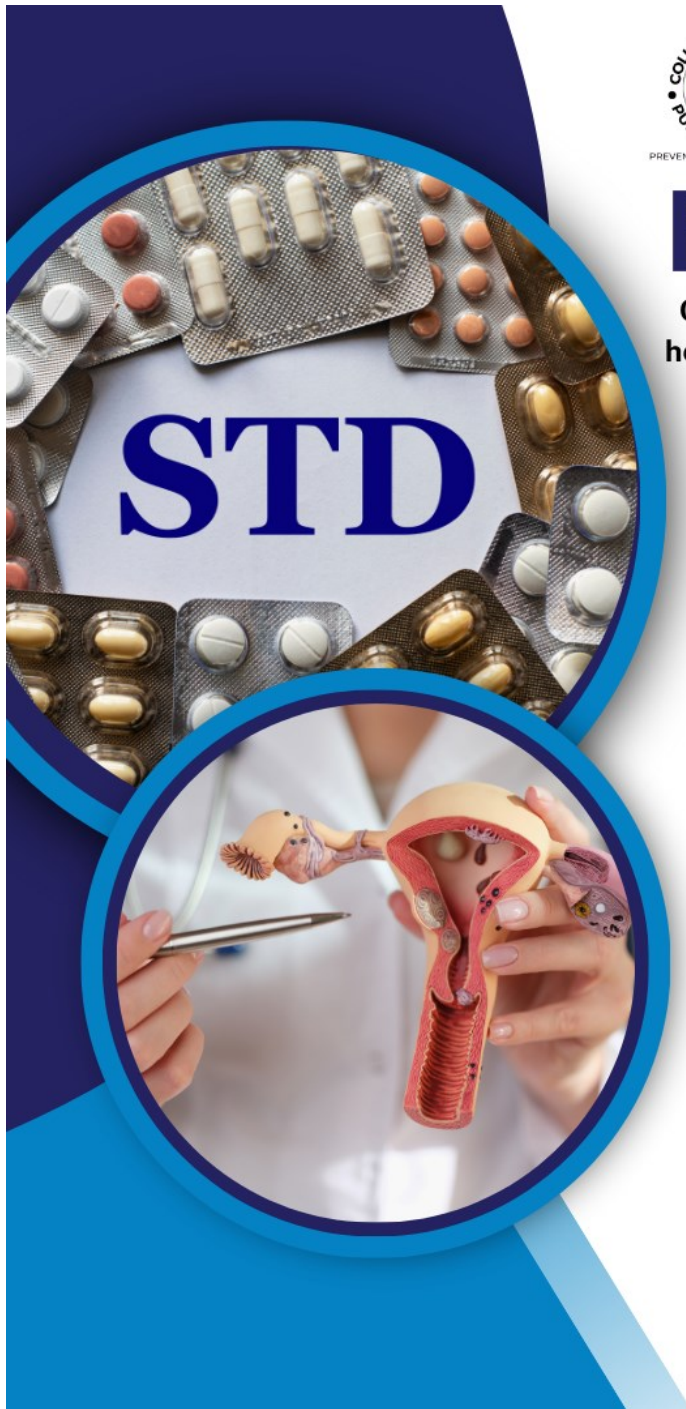


Family Planning Education and Counseling



PAYMENT OPTIONS

- Family Planning Only Services (FPOS): FPOS is a Medicaid insurance that will cover the services you receive at our clinic. We can help you enroll during your appointment, or you can apply online.
- BadgerCare Plus: BadgerCare Plus is a health care coverage program for low-income Wisconsin residents.
- Cash (Reduced rate based on your income)
- Check (Reduced rate based on your income)



Division of Health: Monthly Events



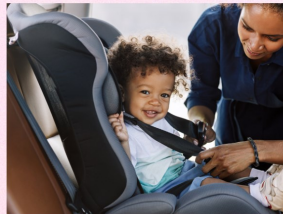
COLUMBIA COUNTY **CAR SEAT CHECK EVENT**

**EVERY THIRD WEDNESDAY
LOCATIONS WILL VARY
CAR SEATS AVAILABLE TO THOSE WHO ARE ELIGIBLE**

Events will be held at one of the Columbia County Fire Stations each month.

Locations include:

- Cambria
- Poynette
- Columbus
- Portage



Car Seat Checks will involve:

- Ensuring the car seat is not recalled or expired
- Adjusting the car seat to properly fit your child
- Ensuring that the car seat fits securely into the vehicle



Scan the QR Code to see the available locations, dates, times and to schedule an appointment (Appointments Preferred, Walk-Ins Welcome)

Questions? Call 608-697-7153



BE READY TO SAVE A LIFE

If someone you knew was depressed or suicidal, would you know the warning signs and how to respond?

LEARN QPR AND SAVE LIVES:

- FREE 60 minute training



QUESTION
start the conversation



PERSUADE
them to get help



REFER
them to resources

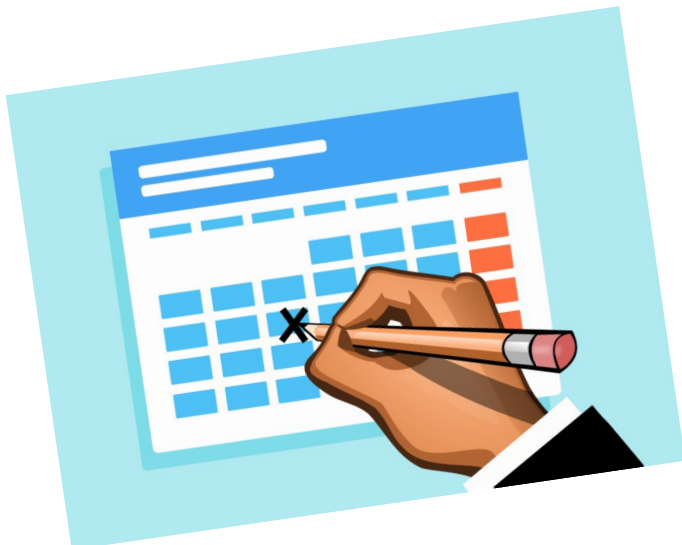
REGISTER:
(608) 742-9741

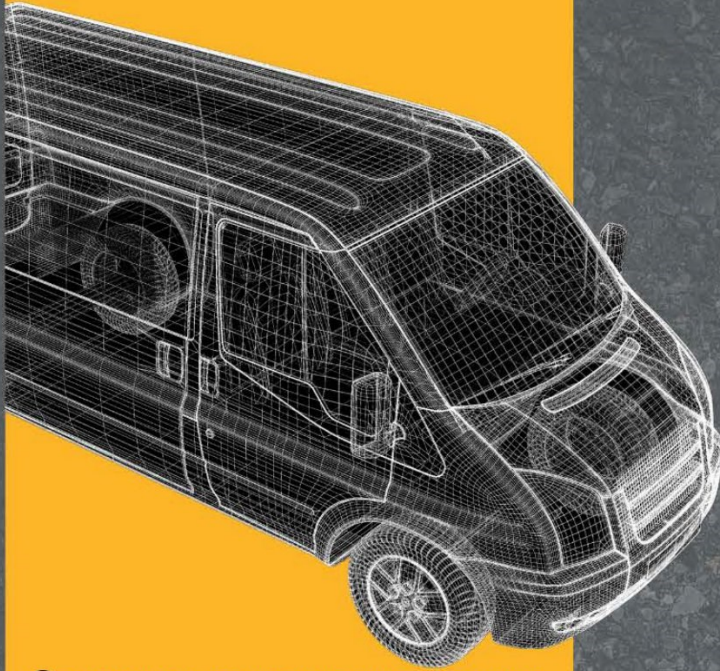
PreventSuicideCoCo@gmail.com

**FIRST FRIDAY OF EVERY MONTH
12 - 1 PM**

COLUMBIA COUNTY HEALTH AND HUMAN SERVICES BUILDING
111 EAST MULLETT STREET
PORTAGE, WI 53901

Mark your calendar!!





OFFERRING METHADONE AND SUBOXONE

now open!

**MOBILE MEDICATED
ASSISTED TREATMENT**

Location:
200 E Cook St.
Portage, WI 53901
*Hours:
M-F 6:30-10:00am
Sa & Su:
6:30-8:00am

Open 7 days a
week (excluding
holidays)



**SERVING COLUMBIA & RURAL LOCAL COUNTIES
OPERATING OUT OF PORTAGE, WI**



psychological addiction services

www.pasrecovery.com
info@pasrecovery.com
CALL US AT: 608.416.5777



**RECOVERY
IS A PROCESS.
YOU JUST HAVE
TO START.**

**TAKE YOUR FIRST STEPS
TO RECOVERY**

Columbia County HHS
applied for funding from the
State of Wisconsin
to cover **Room and Board**
costs for Medicaid members
with a history or current
Opioid Use Disorder.
This funding is limited.
**Most residential treatment
programs are at least 28 days.**

**CALL 608-742-9227
FOR MORE INFORMATION**

MEMORY SCREENING

March 18th, 2024
 Portage, WI
 9:30AM-12:30PM
 Portage Public Library
 253 W Edgewater Street

April 4th, 2024
 Lodi, WI
 9:00AM-12:00PM
 Reach Out Lodi
 601 Clark Street



A Memory Screen is a wellness tool that helps identify possible changes in memory and cognition; it creates a baseline to track changes in memory over time.

Registration is required, call
 608-742-9726

Screens take 15 minutes
 to complete!



WHY SHOULD I GET A MEMORY SCREENING?
 Screening for dementia, much like screening for other diseases or chronic conditions, is a good way to detect the changes that can be signs of the onset of disease or other changes in cognition. Early detection is important. Stay in control of your own life!

Events from the



Important Dates to Mark on Your Calendar:

Memory Screening:

- March 18, 2024 Portage
- April 4, 2024 Lodi



Important Date to Mark on Your Calendar:

Memory Café:

- 2nd Monday of the month Portage






PORTAGE MEMORY CAFE

A safe, comfortable, and welcoming space for those living with mild cognitive impairment, early-stage Alzheimer's disease, or related dementias AND their care partner. Our monthly sessions include music, art, singing and movement while offering opportunities to meet new people and socialize.

2nd Monday of the month from 10:00am-11:30am

Aging and Disability Resource Center
 111 East Mullett Street Portage, WI 53901 in room 2 and 3

RSVP is required please call (608) 742-9726

National Healthcare Decisions Day

National Healthcare Decisions Day (NHDD) is recognized every April 16th. It started back in 2008 as a collaborative effort of national, state and community organizations committed to ensuring that all adults with decision-making capacity in the United States have the information they need on healthcare decision-making. A key goal in NHDD is to take away the mystery of healthcare decision-making and make the topic of advance-care planning common. Among other things, NHDD helps people understand that advance healthcare decision making is more than just documents; it is a process that should focus on conversation, choosing a decision maker that you trust to follow your wishes if ever needed and to create the documents needed to allow them to speak on your behalf should you ever need a substitute decision maker. Despite recent gains in public awareness of the need for advance care planning, studies indicate that most Americans have not exercised their right to make decisions about their healthcare if they cannot speak for themselves. Wisconsin recommends everyone over the age of 18 complete advance directive documents. Anyone interested in completing advance directive documents is encouraged to contact their primary care provider's office for assistance. In addition, the documents and instructions can be found directly on the State of Wisconsin website (Power of Attorney for Healthcare (wisconsin.gov)). If you are struggling with how to have this conversation with your loved ones or your healthcare providers, The Conversation Project provides many resources (The Conversation Project - Have You Had The Conversation?). The ADRC is committed to helping the people we serve live a life of dignity and respect, including wishes through the end of life. We are again partnering with John Haslam, attorney with Wilson Law Group LLC, to offer presentations "Legal and Financial Planning".

Please join us for this no-cost event.

Reach out Lodi

April 8, 2024 1-2pm

Cambria Community Center

April 30, 2024 1-2pm

2024



Medicare Basics & Beyond

Join this beginners class for free and unbiased support navigating your Medicare choices

March 20th @ 4:30 PM

April 17th @ 4:30 PM

May 15th @ 4:30 PM

June 19th @ 4:30 PM

Classes to be 1.5-2 hours each

Registration is required at least one week prior to class

Call: 888-742-9233

Classes to be held at:
111 East Mullett Street
Rooms 2&3
Portage WI



Medicare & You
The official U.S. government Medicare handbook
2024



Navigating Medicare



This project was supported by the Wisconsin Department of Health Services with financial assistance, in whole or in 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.

Meet our Foster Care Coordinator!



Ashley Pikalek

Hi! I'm Ashley and I have been working as Columbia County's Foster Care Coordinator since September 2021. I grew up in Milwaukee, Wisconsin and graduated from UW-Platteville with a degree in Criminal Justice.

One of the best parts of my job is meeting and connecting with those who have decided to become foster parents. The children we work with really need a safe and loving home while going through such a difficult time in their lives. It takes a lot for foster families to decide to open their hearts and homes to foster children, and I enjoy getting to be a part of that journey. It is incredible to watch how foster families grow through the experience they get with each placement.



Becoming a foster parent is a huge decision and I would love to connect with you to discuss if fostering is right for you and your family!

Foster Care



Interested in Becoming a Foster Parent?

Columbia County Health and Human Services is actively seeking foster parents interested in providing a safe, stable, and loving home for children of all ages both long and short-term. Adolescents (ages 8-17) are in the greatest need of individuals/families to care for them.

Foster parents provide a temporary home for children until they can be safely reunited with biological family or reach another form of permanency, such as adoption or guardianship.

To become a foster parent, you must meet all of the following:

- Be 21 years of age or older
- Be a responsible adult
- Complete a criminal background check
- Home must meet all physical environment requirements
- Complete a home study through multiple home visits with the Foster Care Coordinator.

Trainings are provided for families committed to becoming licensed foster homes. Foster parents are compensated through a monthly payment that is calculated based on the needs of each specific child.

There is no minimum income requirement for foster parents, as long as they can take care of family expenses outside of the reimbursement received for fostering.

If you have questions or are interested in applying to become a foster parent, please contact Ashley Pikalek at (608) 742-9283.

Effective 1/1/24 Kinship Care payments have increased from \$300 to \$375/month per child

Are you providing Kinship Care for a child in Columbia County? Did you know you may be eligible for financial assistance through our county's Kinship Care Program?



What is Kinship Care?

Kinship Care is when an individual takes on the role as a full-time caregiver for a relative child. These situations are rarely planned, and in many instances, caregivers struggle with being able to financially support the child(ren) in their care. Kinship Care is a program designed to assist with the financial support of children residing outside of their home with a relative. Some benefits of Kinship Care are increased stability and safety as well as the ability to maintain family connections and cultural traditions. The program supports the concept of children residing with a relative to alleviate family stress or temporary familial issues, rather than being placed in foster care or other types of out-of-home placement.

The three basic eligibility requirements for Kinship Care are:

- the basic needs of the child can be better met with the relative than with the parent;
- the placement is in the best interests of the child;
- the child currently or would potentially meet the requirements for court jurisdiction as being in need of protection or services if the child were to remain with his or her parent(s).

Other Program Requirements:

- a criminal background check on the relative caretaker;
- cooperation with the agency by the relative caretaker;
- the relative caretaker must apply for other public assistance or benefits for which the child might be eligible;
- The relative caretaker must cooperate with referral of the parents to child support, unless the relative caretaker requests and is granted a good cause exemption from cooperating with the referral to child support.
- Kinship living arrangements must be reviewed no less frequently than every 12 months to determine if the eligibility requirements continue to be met.

To discuss eligibility or apply for Kinship Care in Columbia County, please contact Ashley Pikalek at (608) 742-9283.

Relatives Raising Relatives



Relatives Raising Relatives will be offering 4 free events to give relative caregivers and their families the opportunity to connect in a fun and meaningful way.

A monthly newsletter will be mailed out to relative caregivers with information about resources, upcoming events, and training opportunities.

Keep an eye out for information about our Spring, Summer, Fall and Winter events.

For information about events or to be added to the mailing list, please contact:

Kinship Care Coordinator- Ashley Pikalek
at 608-742-9283 or ashley.pikalek@columbiacountywi.gov

Wisconsin Implements 12-Month Continuous Health Insurance Coverage for Children

Mandated by federal legislation, the change stabilizes health insurance for kids in BadgerCare Plus and other Medicaid programs

Most new and existing members of Wisconsin's BadgerCare Plus and other Medicaid programs who are under age 19 can now keep their health insurance benefits for at least 12 months, even if their family's income increases or they no longer meet program rules. This new policy aims to improve health outcomes for children by stabilizing their access to care. States were required to implement this change made by the Consolidated Appropriations Act, passed by Congress in December 2022.

"This policy change ensures Wisconsin children will continue to get the care they need when they need it," said DHS Secretary-designee Kirsten Johnson. "Families will have peace of mind knowing their kids can get wellness checks, vaccines, and more to stay healthy."

Children enrolled in a qualifying program as of January 1, 2024, will be covered for 12 months, starting at their last application or renewal. For example, a child in a household that renewed in July 2023 will keep benefits at least through June 2024, even if the household reports an income change. New members under age 19 who enroll in a qualifying program on or after January 1, 2024, will also keep benefits for a full 12 months. Once the 12 months are over, they would complete a renewal process to see if they are still eligible.

The current qualifying income threshold for children's coverage is 306% of the federal poverty level.


Continuous coverage was a temporary policy during the COVID-19 pandemic. Its success in reducing the number of uninsured children to near historic lows was a key factor that led to this new permanent policy. Families will have time to find new coverage if needed when they experience an income or other household change while having peace of mind that their children are still covered.

Only a few specific events would end a child's coverage during the 12 months, such as the child turning 19 or moving out of state, or a request from their parents to disenroll. Find information about [coverage for children](#) on the DHS website.

i Upcoming changes to the NEMT manager

In August of 2022, Veyo, the current manager for non-emergency medical transportation (NEMT) in Wisconsin, was purchased by Medical Transportation Management (MTM), Inc.

Beginning February 1, 2024, Veyo will start their transition to MTM in Wisconsin. The Wisconsin NEMT program will begin using MTM Link, the MTM ride scheduling and mileage reimbursement system, on February 1, 2024. There will not be changes to NEMT covered services.

For more information about the transition, visit the [Medicaid NEMT Manager webpage](#) or the [Veyo Wisconsin website](#) .

Need help? If you need help with your trip during the transition, contact 866-907-1493 and select the Where's My Ride option.

The **Medicaid Purchase Plan (MAPP)** provides health care coverage for people with a disability who are:

- 18 or older
- Are working or interested in working.

MAPP provides all Medicaid health benefits. With MAPP, you can also save money without it counting toward the program's asset limit (\$15,000). You do this through an Independence Account, which is a financial account set up through a bank or credit union.



Get on the MAPP: Is the Medicaid Purchase Plan right for you?

If you can say yes to all three of these questions, the Medicaid Purchase Plan (MAPP) might be right for you!

- ✓ Have you not applied for BadgerCare Plus or Medicaid because you think you make too much money or have too many assets?
- ✓ Are you at least 18 years old with a disability?
- ✓ Are you working or interested in working, either for money or in exchange for goods or services?

What is MAPP?

MAPP offers health care coverage to people with a disability who are 18 or older and who are working or interested in working, either for money or in exchange for goods or services.

MAPP has higher income and asset limits than most other Medicaid plans for people with a disability.

- A member's income must be at or below 250% of the federal poverty level for the size of their household.
- Members can have no more than \$15,000 in countable assets, excluding one home and one vehicle.
- Depending on income, some MAPP members may need to pay a monthly premium.

How can I save my earnings with MAPP?

MAPP members can set aside up to half their job earnings in an Independence Account. These funds do not count towards the \$15,000 asset limit and may be used for any purpose.

How do I apply for MAPP?

Apply online through ACCESS at access.wi.gov or apply in person at your local agency. Find your local agency at dhs.wi.gov/im-agency.

For more information

Go to dhs.wi.gov/medicaid/medicaid-purchase-plan.htm and refer to our MAPP fact sheet and MAPP Consumer Guide.



Visit our MAPP webpage



WISCONSIN DEPARTMENT
of HEALTH SERVICES

P-03554 (12/2023)

More Information from Economic Support

Wisconsin's Medicaid Programs

Wisconsin's Medicaid programs include BadgerCare Plus and many others that meet the needs of children, adults, pregnant people, older adults, and people with disabilities, including:

- BadgerCare Plus
- BadgerCare Plus Emergency Services
- BadgerCare Plus Prenatal Services
- Emergency Services Medicaid
- Family Care
- Family Care Partnership
- Family Planning Only Services
- Foster Care Medicaid
- Institutional Medicaid
- IRIS (Include, Respect, I Self-Direct)
- Katie Beckett Medicaid
- Medicaid Purchase Plan
- Program of All-Inclusive Care for the Elderly (PACE)
- SeniorCare
- Supplemental Security Income Medicaid
- Supplemental Security Income-Related Medicaid
- Tuberculosis-Related Medicaid
- Wisconsin Well Woman Medicaid

Most news items apply to all programs, but there may be some exceptions. You will be notified if your benefits are affected. Contact [your agency](#) if you have questions.



Children



Adults



Pregnant People



Older Adults



People with Disabilities

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

800-705-4710 Hours: Mon.-Thurs 9:00-11:00 AM

Other times available by appointment.

306 W. Cook St. Portage, WI 53901

<https://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-income, uninsured, or underinsured women.

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.

Family Health La Clinica

Wautoma

800-942-5330

(920) 787-5514

400 S Townline Road, Wautoma WI 54982

M/Th 8am – 7 pm; T/W/F 8am – 5pm

Beaver Dam

(920) 356-5012

207 University Ave, Beaver Dam, WI 53916

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. Serving 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.

Planned Parenthood

844-493-1052

(608) 742-1551

132 W. Cook St., Portage, WI 53901

[Birth Control & STD Testing - Portage, WI \(plannedparenthood.org\)](http://BirthControl&STDTesting-Portage,WI(plannedparenthood.org))

Provides family planning services, regardless of income. Men's/ Women's Healthcare. Hours: Tuesdays from 10:00am to 6:00pm. Call for more information.

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.

Family Health La Clinica - Beaver Dam

207 S. University Avenue, Beaver Dam, WI 53916
<http://www.famhealth.com>
(920) 356-5012
Hours: Monday - Thursday 8am – 6pm, Fri 8am - 12pm
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

Mauston Dental Center/Family Health La Clinica

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.

Affordable Dental Care

2110 Fordem 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.familiadental.com>
(608) 244-8050; (888) 988-4066
Hours: Monday - Friday 9:00 - 6:00; Saturdays 9:00 - 4:00
Accepts MA or BadgerCare.

Family Health La Clinica - Wautoma

400 South Townline Road, Wautoma, WI 54982
<http://www.famhealth.com>
(920) 787-5514
Hours: Monday – Friday 8am – 5pm, open until 7pm Mon & Thurs
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.

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.

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

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 Services

(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.hopehousescw.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 Heros

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 DePaul-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 income eligible residents of Pardeeville School District.

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 Administrator

Carol Sjoblom

Public Health Officer

Ellen Ellingsworth

Division of Support Services Administrator/ Executive Secretary

Gretchen Halvorsen

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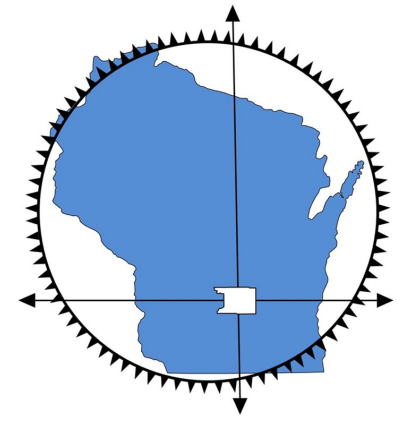
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Columbia County Health and Human Services

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

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and is available on-line at:

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