

Stoughton Area Guide for Senior Services



STOUGHTON AREA SENIOR CENTER

Aging brings changes. You make life choices. We provide options.



248 W. Main Street, Stoughton WI 53589
Phone: (608) 873-8585 Fax: (608) 873-8162

Stoughton Area Guide for Senior Services

The Stoughton Area Senior Center provides the *Stoughton Area Guide for Senior Services* to inform the public of the wide range of services available to older adults in the community. **This guide is not intended to endorse, recommend or favor outside agencies, and it is not an all-inclusive list. The Senior Center reserves the right to edit the information contained in this guide.**

Users of this guide are encouraged to research their options further. See the "Questions to Ask" section (pages 23-31) for some suggestions when choosing services. Please contact the Senior Center for clarification, or if you have any other questions.

The *Stoughton Area Guide for Senior Services* is also available on our website. Updates made throughout the year will be noted on the Community Resource page.

www.ci.stoughton.wi.us/senior/

Revised Edition –3/2017

Stoughton Area Guide for Senior Services

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STOUGHTON AREA SENIOR CENTER

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For details on the programs & services listed on pages 2 & 3 please use the above contact information.

PROGRAMS

Social Events & Activities

The Stoughton Area Senior Center promotes activities that provide opportunities for growth, life-long learning, leadership, intergenerational interaction, and socialization. A complete list of our scheduled activities may be found in our monthly *Yahara Senior News* newsletter, which is available at the Senior Center or our website. Many events and activities are free, and scholarships are available through the Friendship Fund if needed. Below are some of the social events and activities offered.

Classes & Skill Development

- Wood Shop
- Painting
- Handiwork
- Wood Carving
- Art History
- Computer/Technology Classes
- Music Appreciation
- Creative Writing
- Language Courses
- Rosemaling
- Health & Education

Social & Recreation Opportunities

- Entertainment & Events
- Shopping Trips
- Travelogue
- Pool Tournaments
- Book Discussions
- Sheephead
- Mexican Train Dominoes
- Volunteer Recognition
- Intergenerational Activities
- Wisconsin Senior Games
- Movies
- Lunch Bunch
- Bunco
- Bridge
- Euchre
- Cribbage
- Chess
- Wii Bowling
- Bingo
- Outings

Health & Fitness Opportunities

- Chair Stretch
- QiGong
- Chair Massage
- Reflexology
- Line Dancing
- Ping Pong
- Canoe (May-Sept)
- Parkinsons Exercise
- Tai Chi
- Zumba

VOLUNTEER OPPORTUNITIES

There are many ways to volunteer at the Senior Center. Listed below are current volunteer opportunities. Discussion of new volunteer possibilities is always welcome. If you have a special expertise please consider sharing your time.

- Meal Site Assistance
- Reception Support
- Class Instruction
- Fundraising Projects
- Blood Pressure Screening
- Intergenerational Programs
- Loan Closet Assistance
- Meal Delivery
- Committees
- Friendly Visitor
- RSVP Driver

PUBLICATIONS

Yahara Senior News Newsletter

The Yahara Senior News, the Senior Center's monthly newsletter, contains a monthly calendar of Senior Center events and scheduled menus, as well as articles on health, wellness and services for older adults and their families. The newsletter may be mailed to you for a cost of \$9.00/year, viewed on our website or picked up at no cost.

File of Life Emergency Packets

Free wallet-sized and/or magnetic File of Life folders for your refrigerator are available at the Senior Center to make lifesaving information accessible to emergency personnel.

Resource Library

The Senior Center has a library of resource publications, including books, books on DVD, large-print books, brochures, DVDS and other media available to the public.

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SERVICES

Case Management

Serving: Stoughton, Towns of Albion & Dunkirk

The Case Management program links older adults with services available to help them remain as independent as possible in their homes and community. Case Managers coordinate, evaluate and advocate for such services (e.g. medical, legal, housing, food, financial, and transportation options) to meet each individual's needs and preferences.

Referrals to Case Managers remain confidential. Case Managers share information only with necessary provider agencies for the purpose of providing services and only with the signed consent of the care recipient. Persons may remain anonymous when making a referral for another person.

An appointment may be made at the Senior Center or in your home. If you live in Dunn, Pleasant Springs or Rutland case management services are provided by the McFarland Senior Center, (608) 838-7117.

Nutrition Site

The Senior Center serves lunch every weekday at 12:00 PM on a donation basis to people over 60 years of age. Participants must make a reservation by 1:00 PM the day before the intended visit. For transportation options please see Transit Solutions, p. 23.

Home Delivered Meals

Meal delivery is available every weekday on a donation basis to homebound people over 60 years of age who reside in the Stoughton School District. Participants must call before 1:00 PM the day before to request meals to be delivered at home.

Assistive Equipment Loan Closet

Equipment such as wheelchairs, walkers and other items may be checked out on a short-term basis for a minimum donation of \$5.00 to those residing in our case management service area (Stoughton, Town of Albion and Town of Dunkirk).

Foot Care Clinic

Stoughton Hospital Home Health offers monthly foot clinics at the Senior Center. Check page 18, our newsletter or website www.ci.stoughton.wi.us/senior for specific dates and rates. Participants must contact the Senior Center to make an appointment.

Blood Pressure Screens

Blood pressure screening is available each month. Check our newsletter or website www.ci.stoughton.wi.us/senior for specific dates. No registration needed.

Support Groups

The Senior Center hosts the following support groups: Grief, Low Vision, Memory Loss Caregivers, Multiple Sclerosis, and Parkinson's disease. Please see page 20 for more information, along with other area groups.

Mission Statement

We are dedicated to the enrichment of the lives of older adults and their families by providing diverse programs, social services and volunteer opportunities.

CARE FACILITIES in Stoughton, WI

ASSISTED LIVING & COMMUNITY BASED RETIREMENT FACILITIES (CBRF)

Azura Memory Care

1221 E. Main Street, (608) 873-8333

A CBRF serving frail elderly and individuals with early dementia. COP funding approved. Visitors always welcome.

Heritage Center

Skaalen Retirement Services

400 N. Morris Street, www.skaalen.com
(608) 873-5651 Ext. 318

Heritage Center promotes independence while offering the security of having licensed nursing staff available 24-hours a day.

Residents enjoy large private suites, family-style living and dining areas, medication management, health monitoring, all meals and snacks, whirlpool baths, WiFi and cable television.

Magnolia Garden

Skaalen Retirement Services

400 N. Morris Street, www.skaalen.com
(608) 873-5651 Ext. 366

A licensed CBRF that specializes in the care of those with Alzheimer's Disease and other memory conditions. Magnolia Gardens provides a secured, homelike environment, health and medication monitoring with a full time Registered Nurse, the security of having licensed nursing staff on-site 24 hours per day, private suites, all meals and snacks, whirlpool baths, leisure and support services, weekly worship opportunities, and an in-house beauty and barber shop.

Milestone Senior Living

2220 Lincoln Ave, (608) 205-6800

Forty new assisted living and memory care apartments ideally located in Stoughton.

Stoughton Meadows

2321 Jackson Street, (608) 877-1227

A family owned and operated CBRF with years of experience in residential care for the elderly. They accommodate a wide range of residents' care needs with compassion & understanding.

ADULT FAMILY HOMES

Holly's House

1902 Spring Road, (608) 873-1612

A specially-designed home to provide care of the dependent adult in an extended family environment. Privately owned and operated. State licensed for four residents.

SKILLED NURSING HOMES

Nazareth Health & Rehab Center

814 Jackson Street, (608) 873-6448

A Medicare and Medicaid certified 99-bed skilled nursing facility providing inpatient and outpatient physical, occupational, and speech therapy.

Skaalen Nursing

& Rehabilitation Center

400 N. Morris Street, www.skaalen.com
(608) 873-5651 Ext. 323

Spacious private and semi-private rooms, in-patient and out-patient physical, occupational and speech language therapy services, wound care specialist, a warm water therapy pool, hospice care and respite care to meet each individual's need for long-term or short-term residency. Skaalen also offers a leisure and support services, transportation services, in-house beauty and barber shop, and weekly worship opportunities.

Skaalen is Medicare and Medicaid certified.

CARE FACILITY SERVICES

A Place for Mom, (608) 287-8090

A FREE service connecting families to senior living resources. ***APFM is Free to families as providers pay a fee for our services.***

Long Term Care Ombudsman

**WI Board on Aging & Long Term Care
214 N. Hamilton St., Madison WI 53703**

1-800-815-0015; [//longtermcare.state.wi.us](http://longtermcare.state.wi.us)

An Ombudsman protects and promotes the rights of long-term care consumers. They answer questions about care options, such as community care, community-based residential facilities or nursing homes, while serving as an advocate to investigate complaints in these long-term care settings and suggest solutions.

Medicare's Nursing Home Compare

www.medicare.gov; 1-800-MEDICARE

Compare nursing homes in the area by facility characteristics or quality measures.

FINANCIAL SERVICES

Caring for the Caregiver

The Area Agency on Aging of Dane County coordinates the National Family Caregiver Support Program. The Caregiver Program provides referrals for support services, help with decision-making and problem-solving related to caregiving, personal care training, a free monthly newsletter filled with caregiving events and useful caregiver information. We also coordinate the Powerful Tools for Caregivers workshop series! For more information please contact Dane County AAA Caregiver Coordinator at (608) 261-5679.

Grant funds are available for respite, home chore, lifeline and transportation costs. Contact a Stoughton Senior Center Case Manager at (608) 873-8585 for a referral.

Community Action Coalition

**1717 N. Stoughton Road, Madison, WI
cac@cacsce.org, www.cacsce.org**

(608) 246-4730, or Lori Newton: 220-9003

The Community Action Coalition (C.A.C.) provides financial assistance to residents in Dane County in need of security deposits or eviction prevention funds. C.A.C. only assists those households seeking new housing due to eviction, non-renewal of lease, a change in family size, or another emergency situation. Appointments may be held at the Senior Center or in the client's home.

Dane County Human Services

Dane County Job Center
1819 Aberg Ave., Ste. C Madison WI 53704
(608) 242-7441

connection@co.dane.wi.us

Economic Support Staff will screen for eligibility for public assistance programs in person or by phone.

Apply online at www.access.wi.gov

Elder Abuse, Neglect & Adults at Risk

Dane Co. Dept. of Human Services,
Area Agency on Aging, (608) 261-9933,
 Dane County Elder Abuse & Neglect offers many forms of protection from physical, verbal, emotional abuse, financial exploitation, sexual assault, or neglect – from police interventions to financial support or transportation to a safe place. All reports and records are confidential.

Energy Assistance Program

Employees from the Energy Assistance program hold office hours on scheduled days at the Senior Center, mid-November through mid-March. They will screen for eligibility and file applications for energy assistance. Appointments required. Call Energy Services for an appointment (608) 333-0333, and for all other questions call (608) 267-8601.

Financial Education Counselor

Financial Education Center
2300 S. Park St. Suite 101, Madison, WI
 Individual appointments for FREE one-on-one coaching are available for anyone who has questions about basic money management issues. Call the Financial Education Center to schedule an appointment (608) 224-3722.

GreenPath Debt Solutions

www.greenpath.com

This non-profit company partners with you to ease financial pressures through a healthy management of analysis, planning, implementation, negotiation and education. For a free consultation call: 800-747-2898.

Independent Living, Inc Financial Management/Counseling

2970 Chapel Valley Rd. #203
Madison WI 53711, (608) 274-7900

Financial Management and Counseling offers a wide range of services, including balancing checkbooks, bill paying, organizing and education. These services are provided in your home.

Medicare

U.S. Dept. of Health & Human Services
www.medicare.gov or 1-800-MEDICARE

Customer service representatives are available 24 hours a day, 7 days a week to answer questions about Medicare including the Medicare Part D Prescription Drug Program, as well as provide up-to-date information regarding the health plans available in your area.

Medigap Helpline 1-800-242-1060

State Health Insurance & Assistance Program

Call when you decide to change insurance coverage; enroll in Medicare Part B or Part D; quit, change jobs or retire; purchase Long-Term Care insurance; move or relocate.

Part D Prescription Drug Helplines:

1-855-677-2783 (over age 60)

1-800-926-4862 (under age 60)

**Senior Community Service
Employment Programs (SCSEP)**

State and federally-funded training-for-employment programs, serving older adults with limited incomes. Eligible individuals are provided with customized training services designed to assist them in developing the skills and experience necessary to achieve their employment goals –allowing people to learn as they earn. To qualify you must be 55 years of age or older and meet federal income guidelines. For details contact:

SER National SCSEP WI Main Office
1243 S. Cesar Chavez Dr. Milwaukee, WI
(414) 649-2690
SCSEPWI@ser-national.org

OR

**Greater Wisconsin Area Agency on Aging
Wisconsin Senior Employment (WISE)**
Dane County Job Center
1819 Aberg Ave., Ste D, Madison WI 53704
(608) 242-4897; paul.koenig@gwaar.org

Social Security Administration

www.socialsecurity.gov
1-800-772-1213 or TTY: 1-800-325-0778
Call this number for a new Medicare card.
Please have your Social Security number handy when you call.
Madison Office: 1-866-770-2262
6011 Odana Rd., Madison, WI 53719

Veterans Service Office

Stoughton Area Senior Center
248 W. Main Street, Stoughton, WI 53589
A Veterans Assistance Specialist is available some Fridays at the Senior Center to help area veterans find services. Call the Dane County Veteran Service Office at (608) 266-4158 to schedule an appointment.

Wisconsin No Call List

1-866-966-2255

<https://nocall.wisconsin.gov/>

Signing up for the Wisconsin No Call List identifies you as someone who does not wish to receive telemarketing calls. It's free and available for landline and cell phone customers in Wisconsin. Your number will be on the List for two years.

FITNESS & WELLNESS OPPORTUNITIES in Stoughton,

Anytime Fitness

2300 Hwy 51-138, Suite A, (608) 873-7799
Anytime Fitness is designed to meet the health and wellness goals of a diverse spectrum of individuals. Services specific to the needs of older adults include personalized fitness programs and our Senior Stretch Class, which is provided by an experienced geriatric trainer. Strength & Stretch classes beginning at 9:15 AM (Intermediate) and 10:30 AM on Tuesdays and Thursdays are free to senior members.

Chair Yoga

Tuesdays at 10:15 AM
Covenant Lutheran, 1525 N. Van Buren St
(\$3-\$10 suggested donation)
Chair yoga makes yoga accessible to more people because all poses are done seated on a chair or standing with use of the chair for balance. Some of the benefits include increase in range of motion, balance, strength and flexibility.

Gentle Yoga Classes

Tuesdays and Fridays at 9:00 AM
Covenant Lutheran, 1525 N. Van Buren St
(\$3-\$10 suggested donation)
Gentle yoga is a medium intensity class that uses modifications to meet individual needs from beginner to intermediate. Class focuses on strength, flexibility and core. Chairs are encouraged for those who want more support in poses.

Level Up levelupfitnessinc.com **225 Hoel Avenue, (608) 205-2739**

Level Up provides the highest quality fitness, wellness and athletic training facility, where members and staff interact as a team to meet and exceed members individual goals and actively promote fitness awareness throughout the community. Level Up offers classes and coaching specifically targeted towards older adults and is affiliated with Silver Sneakers.

Pec's Personal Fitness

101 Silverado Drive (608) 347-1036
(located in the lower level of Silverado Point Spa and Salon)

Pec's Personal Fitness is a unique program for men and women designed specifically for the de-conditioned or first time exerciser in a safe and comfortable environment. Pec's Personal Fitness provides affordable, one-on-one personal training with I.S.S.A certified trainers. Hours are by appointment.

Skaalen Therapy & Wellness Center **Skaalen Retirement Services**

400 N. Morris St., (608) 873-5651 Ext. 372
www.skaalen.com

In addition to in-patient and out-patient physical, occupational and speech language therapy services, the Skaalen Therapy and Wellness Center offers a state-of-the-art fitness gym with personalized fitness programs to meet individual fitness needs and goals. The Wellness Center also offers a warm water therapy pool with open swim times available to the community Monday through Friday.

Senior Stretch Class

Tuesdays & Thursdays 8:30 AM – 9:15 AM
VFW, 200 Veterans Road
A low-impact senior stretch class meets at the VFW; \$1.00/class. Contact Joanne Holtan at (608) 279-0905 for details.

Senior Water Aerobics

Mondays, Wednesday & Fridays: 8:00 & 9:00 AM
Stoughton Inn, 1124 W. Main Street
A low-impact senior water aerobics group meets at the Stoughton Inn pool. Bring your own suit and towel! Sign in and pay at the reception desk; \$2.00/class. Contact Joanne Holtan at (608) 279-0905 for details.

Stoughton High School Pool

600 Lincoln Avenue, (608) 877-5627
sally.maclaren-meuer@stoughton.k12.wi.us

The pool is open to the public weekday mornings and evenings for open and lap swim. Monday, Wednesday and Friday mid-day water exercise classes and lap swim. Weekends for lap, open and WE Class, see our full schedule on our website. Senior discounts are available to individuals age 60 and older. An easy entrance to the pool is available through the school's back parking lot, which is accessed by using Buckingham or Devonshire Roads. Call or check website at www.stoughton.k12.wi.us, click "Explore SASD" then "Swimming Pool" then choose the box for the information your want; Pool Information, Facility Schedule, Admission Fees, Programs, and Facility Rentals.

STOUGHTON HOSPITAL

Cardiac Rehabilitation & Wellness

900 Ridge Street, (608) 873-2314

Phase 3 Cardiac Rehab Program

Once participants have finished their Cardiac Rehab (Phase 2), they can continue to exercise at Stoughton Hospital under the supervision of medical professionals.

Primary Prevention Program

Open to those who have not participated in a previous Cardiac Rehab Program but have multiple cardiac risk factors and need to exercise in a safe environment.

Complimentary Medicine Services

125 Church St., (608) 873-2271

Stoughton Hospital offers acupuncture, massage therapy and reflexology.

Other Classes for

Community Education & Wellness

(608) 877-3485, www.stoughtonhospital.com

Stoughton Area Senior Center

248 W. Main Street, (608) 873-8585

www.ci.stoughton.wi.us/senior

Health & Fitness Opportunities

- Chair Stretch
- Tai Chi
- QiGong
- Chair Massage
- Reflexology
- Line Dancing
- Ping Pong
- Zumba
- Canoe (May-Sept)
- Parkinsons Exercise

Classes & Skill Development

- Wood Shop
- Painting
- Handiwork
- Wood Carving
- Art History
- Computer/Technology Classes & Support
- Music Appreciation
- Creative Writing
- Norwegian Course
- Rosemaling
- Health & Education

Social & Recreation Opportunities

- Entertainment & Events
- Shopping Trips
- Travelogue
- Pool Tournaments
- Book Discussions
- Sheepshead
- Mexican Train Dominoes
- Volunteer Recognition
- Intergenerational Activities
- Wisconsin Senior Games
- Educational
- Movies
- Lunch Bunch
- Bunco
- Bridge
- Euchre
- Cribbage
- Chess
- Wii Bowling
- Bingo
- Outings
- Music

For details, please see the Yahara Senior News Newsletter or our website.

Stoughton Parks & Recreation

381 E. Main Street, (608) 873-6746

www.cityofstoughton.com

The Stoughton Parks & Recreation provides many fitness and wellness opportunities to the community. Contact the department for current class offerings and park hours.

FOOD, PERSONAL HYGIENE & CLOTHING PROGRAMS

FOOD PROGRAMS

Home Delivered Meals

Stoughton Area Senior Center

Meals are available for delivery to homebound older adults over the age of 60 in the Stoughton Area School District on a donation basis. Suggested donation of \$4.00; Dane County determines the actual cost of the meal at \$8.54.

Call (608) 873-8585 before 1:00 PM to request meals to be delivered at home.

Senior Center Nutrition Site

Stoughton Area Senior Center

248 W. Main Street, Stoughton WI 53589

The Senior Center serves lunch every weekday at 12:00 PM on a donation basis to people over 60 years of age.

Meal reservation: Call (608) 873-8585 by 1:00 PM the day before your intended visit. Suggested donation is \$4.00; Dane County determines the actual cost of the meal at \$10.23. For transportation options please see Transit Solutions, p. 23.

Gathering Table

Contact: Steph Hammis (608) 239-4124

Free community meals are served every 1st and 3rd Monday from 5:30-6:15 PM at the Stoughton Area Senior Center, 248 W. Main Street, Stoughton WI 53589.

FoodShare Wisconsin

To apply for State of Wisconsin FoodShare:

Capital Consortium

1-888-794-5556

www.access.wi.gov

For questions and support related to FoodShare benefits contact:

Second Harvest

1-877-366-3635

www.secondharvestmadison.org

FOOD / HYGIENE PANTRIES

City of Stoughton Food Pantry

520 S. Fourth Street, Stoughton WI

(608) 873-8103

Federal income guidelines are followed and services are provided to people who reside within the Stoughton Area School District. This is a client choice program. Usage is limited to once every 30 days. Scheduling an appointment is encouraged.

Hours: Mon.-Thurs. 9:00 AM -12:00 PM; 1:00-3:00 PM; Friday 10:15 AM -12:00 PM

United Methodist Church

525 Lincoln Avenue, Stoughton WI

(608) 873-3273

This is a client choice program; clients may choose own items from shelves.

Hours: Tues. & Wed. 9:00 AM -11:00 AM

Personal Essentials Pantry

343 E. Main St., Stoughton WI 53589

(608) 620-3250, pepstoughton.org

The Personal Essentials Pantry provides free essentials of household and personal hygiene to all individuals and families in need throughout all of Dane County.

Hours: Every 1st and 3rd Thursday from 1:00 PM –5:00 PM

CLOTHING PROGRAMS

Clothing Center

Covenant Lutheran Church

1525 N. Van Buren St., Stoughton WI

(608) 873-7494

Free, gently used clothing sizes 0 to adult. Wednesdays 9:30-11:30 AM, summers, & when schools are open during school year

St. Vincent De Paul Store

1509 Hwy. 51, Stoughton WI

(608) 873-3655

Used clothing and household items.

SENIOR HOUSING in Stoughton, WI 53589

Garden Village Apartments

241 Veterans Road

(608) 873-0884 or (608) 449-4960

One and two bedroom senior apartments. Quiet, affordable, attractive units with private entrances and patios. All appliances including your own washer and dryer. Community room and on site resident manager.

Greenspire Apartments

924, 1040, 1050, 1060, 1070 Jackson St., (608) 873-7855

Subsidized housing facilities for those 62 and over or disabled. Units are owned by the Stoughton Housing Authority which monitors and approves overall operations.

Maple Tree Apartments

1650 Hanson Road, 1-800-346-8581

&

Park Vernon Apartments

1601 – 1649 Vernon Road, 1-800-346-8581

Both of these Wisconsin Management Company complexes are subsidized by the Dane County Housing Authority with rent based on 30% of household income. Units include on-site laundry, community room/kitchen, 24-hour emergency maintenance hotline, and will allow pets with size restrictions.

- Maple Tree offers one-bedroom units, an elevator and no age or disability restrictions.
 - Park Vernon are for individuals 62 or older or disabled has one and two-bedroom unit options and will soon be smoke-free.
-

Rosewood Apartments

300 Silverado, (608) 877-9388

&

Rosewood Apartments II

321 Dvorak Court, (608) 877-9388

Attractive, affordable one or two-bedroom apartments for independent seniors 55 or better. All units have large closets, air-conditioning, on-site parking, elevators and laundry rooms on each floor. Additional storage available for \$20/month, heated underground parking available for \$40/month; two-bedroom units have washer/dryer hookups. There is a combination of market-rate units with no income restrictions and affordable units that have income limits.

Skaalen Ridge

Skaalen Retirement Services

400 N. Morris Street, www.skaalen.com

(608) 873-5651 Ext. 334

Apartment-style condominiums that offer seniors an affordable, maintenance-free, worry-free, carefree retirement living option with the security of having licensed nursing staff available as needed, 24-hours a day. Each unit features two bedrooms, furnished kitchen, spacious living and dining area and a private balcony. Additional amenities include a large community room and on-site laundry facilities.

Vennevoll & Skaalendal

Skaalen Retirement Services

400 N. Morris Street, www.skaalen.com

(608) 873-5651 Ext. 334

Spacious, maintenance-free, affordable carefree retirement living. Each ranch-style floor plan offers 1,200-1,350 square feet of living space, a full kitchen, spacious living and dining area, four-season porch and an over-sized garage. Residents enjoy a private clubhouse, fitness area, beautiful walking paths and comfortable outdoor seating areas.

*For more information on these and other area services please contact the **Stoughton Area Senior Center:***

248 W. Main Street, Stoughton WI, 53589 • (608) 873-8585 • www.ci.stoughton.wi.us/senior

HOUSING / FINANCIAL SERVICES

Community Action Coalition (CAC)

1717 N. Stoughton Road, Madison, WI
cac@cacsce.org, www.cacscw.org
 (608) 246-4730, or Lori Newton: 220-9003

The CAC provides case management services and help with housing searches, applications and landlord mediation. When funds are available, the CAC may be able to assist financially with security deposits and first month's rent. CAC assists those households seeking new housing due to eviction, non-renewal of lease, a change in family size, or another emergency situation. Appointments may be held at CAC or in the resident's home.

Housing Resource Line

(855) 510-2323
help@danecountyhomeless.org
www.danecountyhomeless.org

The Housing Resource Line helps people who are homeless or at risk of losing their current residence, have difficulty navigating available housing programs, or request financial assistance for rent. The Housing Resource Line also offers access to Single Women's shelter (TSA), Family shelter (TSA), Porchlight for men, Briarpatch for youth services, DAIS for victims of domestic abuse and direct access to the Housing Resource Desk.

Housing Resource Desk

1819 Aberg Avenue, Rm. #2, Madison, WI
 (855) 510-2323 (#2) or (608) 242-7406
 Monday-Friday 8:00AM-4:30PM

The Housing Resource Desk accepts walk-ins on a daily basis; conducts assessments for the Housing Priority List and assists with obtaining access to the shelter system. The Housing Resource Desk can also assist individuals in applying for housing and can offer basic tenant rights counseling as well as tenant-landlord mediation.

Tenant Resource Center (TRC)

(608) 257-0006
 Social Justice Center, Suite 102
 1202 Williamson St., Madison WI 53703

The Tenant Resource Center will again be able to help tenants in the Stoughton area starting in April of 2017. Feel free to call or stop in with any questions about tenant-landlord laws, including evictions, security deposits, repairs, breaking a lease and more. We provide services in English, Spanish and Hmoob. We also have various programs for people who are homeless or at risk of homelessness and provide mediation services.

For HOME HEALTH, RESPITE & OTHER IN-HOME ASSISTANCE

see pages 13, 14, 19

For more information on these and other area services please contact the **Stoughton Area Senior Center:**

248 W. Main Street, Stoughton WI, 53589 • (608) 873-8585 • www.ci.stoughton.wi.us/senior

IN-HOME (Non-Health) SERVICES

The following is a list of area in-home service agencies that provide transportation, meal preparation, light housekeeping, rest and relief for caregivers and companionship. Some of these agencies provide bathing assistance. Before making a service decision, please see “Choosing a Home Care Service,” on page 26. Contact a Senior Center Case Manager (608) 873-8585 for more information about specific agencies or financial support eligibility.

BrightStar Health Care (608) 441-8620	Community Living Alliance (608) 242-8335	MAXIM Healthcare Services (608) 232-1000
Catholic Charities, Inc. -Companion Care- (608) 826-8020	Home Instead Senior Care (608) 663-2646	Recover Health Services (608) 274-8193
Comfort Keepers (608) 442-1898	Independent Living (608) 274-7900	Stoughton Hospital Home Health/Trusted Hands (608) 873-2366
	Interim Health Care (608) 238-0268	

For RESPITE & ADULT DAY SERVICES see page 19

HOME HEALTH SERVICES

There are many agencies in the Stoughton area that provide nursing level care and therapy to individuals in their home. Some examples of home health services include medication monitoring, wound care, physical, occupational, and speech therapy.

Before making a service decision, please see “Choosing a Home Care Service,” on page 26. Contact a Senior Center Case Manager (608) 873-8585 for more information about specific agencies or financial support eligibility.

BrightStar Health Care (608) 441-8620	Independent Living (608) 274-7900	Recover Health Services (608) 274-8193
Home Health United 1-800-924-2273	Stoughton Hospital Home Health (608) 873-2366	Meriter Home Health (608) 417-3700
Community Living Alliance (608) 242-8335	Agrace HospiceCare (608) 276-4660	UW Home Health (608) 203-2273

IN-HOME SERVICES

Before making a service decision, please see “Choosing a Home Care Service,” on page 26.

24 HOUR IN-HOME CARE

BrightStar Health Care
(608) 441-8620

Good People
(608) 223-0073
800-608-8003
www.goodpeople.us

Home Care Services
888-697-4800

WI HOME HEALTH CARE HOTLINE 1-800-642-6552

This toll-free Home Health Hotline helps Wisconsin residents with information about local home health care agencies; agency certification for Medicare and/or the Medical Assistance Program; results of state inspections of agencies; and complaints which have been filed against the agency within the last two years. The Hotline may also be used to file complaints.

HOSPICE CARE SERVICES

There are many agencies in the Stoughton area that provide hospice care, or end-of-life care. A team of health care professionals and volunteers provide medical, psychological and spiritual support. The goal of the care is to help people who are dying have peace, comfort and dignity. Hospice programs also provide services to support a patient's family. Usually a hospice patient is expected to live 6 months or less. Hospice care can take place at home, at a hospice center, in a hospital or a skilled nursing facility.

Contact a Senior Center Case Manager (608) 873-8585 for more information.

Heartland Hospice Care
(608) 819-0033

Agrace Hospice Care Inc.
Madison: (608) 276-4660
Janesville: (608) 755-1871

Rainbow Hospice Care
(888) 493-8276

LEGAL SERVICES

Attorney Information & Referral Service of State Bar of Wisconsin

Contact: (608) 257-4666 or (608) 257-3838
for general attorney services.

Elder Benefits Specialist

Dane County Area Agency on Aging
2865 N. Sherman Ave, Madison WI 53704
Call the Aging Disability Resource Center
(ADRC) at (608) 240-7400

The Elderly Benefit Specialist (EBS) program is a federal and state-mandated advocacy program designed to provide older adults with free legal services. Assistance includes information and advocacy in entitlement programs affecting older adults: Medicare; Medical Assistance; Social Security; Foodshare and more. The EBS program offers help in application and appeals. Free to people age 60 and over.

David F. Grams & Associates, S.C. Eric D. Christoffersen, J.D.

221 Kings Lynn Rd, Stoughton WI 53589
(608) 662-0440, edc@dfgrams.com.

Attorney Christoffersen provides estate planning and elder law services in Stoughton, Madison, and the surrounding areas. Eric specializes in helping individuals and families make sure they and their loved ones are protected with the proper legal documents and the proper plan.

Fons Law Office

Mary C. Fons (608) 873-1270
500 S. Page Street, Stoughton WI 53589

Legal service practice limited to consumer law, debt collection harassment and deceptive sales practices.

Legal Action of Wisconsin

31 S. Mills Street, Madison
(608) 256-3304, www.legalaction.org
Provides free legal services to low-income people, including information on housing and bankruptcy advice .

Long Term Care Ombudsman

WI Board on Aging & Long Term Care
1402 Pankratz St., Madison WI 53704
1-800-815-0015

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

An Ombudsman protects and promotes the rights of long-term care consumers. They answer questions about care options, such as community care, community-based residential facilities or nursing homes, while serving as an advocate to investigate complaints in these long-term care settings, and suggest solutions.

National Academy of Elder Law Attorneys (NAELA)

A professional organization of attorneys dedicated to elder law. www.naela.org

Neighborhood Law Clinic

Villager Mall, 2312 South Park St, Madison
(608) 265-2441

The Neighborhood Law Clinic provides free legal service to Dane County residents and the surrounding area. NLC can help with legal problems involving housing, employment, and public benefits. It is part of the University of Wisconsin Law School -- our clients receive legal services from law students, who are supervised by attorneys.

MEDICAL SERVICES in Stoughton, WI 53589

SSM HEALTH DEAN—STOUGHTON

225 Church Street, Stoughton, WI 53589

(608) 877-2777, www.deancare.com

Clinic Hours: Mon. – Fri. 7:00 AM – 5:00 PM

Services

- Comprehensive Primary Care for all ages
- Specialty Medical Care
- On-site Lab
- On-site X-Ray
- Davis Duehr Dean Optical Store
- Ophthalmology

Provider Directory at www.deancare.com

Dean on Call 24-Hour Nurse 1-800-576-8773

STOUGHTON HOSPITAL

900 Ridge Street, Stoughton, WI 53589

(608) 873-6611, stoughtonhospital.com

Medical Staff: Physicians from SSM Health Dean Medical Group, UnityPoint Health and UW Health; accepting 160+ insurance plans

Ambulatory Infusion Center 873-2324

Specializing in IV treatments; maintenance and care of vascular access devices.

Cardiac Rehabilitation & Wellness 873-2314

Phase 2, Phase 3 and Primary Prevention

Complementary Medicine 873-2271

Acupuncture, massage therapy, craniosacral therapy and reflexology

Geriatric Psychiatry 873-2242

Inpatient unit specializing in the treatment of mental health conditions in older adults

Home Health 873-2366

Inpatient Rehab Care—Swing Bed 873-2217

Service for patients that need nursing care of additional therapies to fully recover following a hospitalization of three days or more

Life Assist 873-2372, medical alert system

Rehabilitation Services

Physical, occupational, and speech therapy, and sports medicine

Stoughton Rehabilitation and Sports Medicine Clinic, 873-2292

2300 US Hwy 51-138, Stoughton WI

Oregon Rehabilitation and Sports Medicine Clinic, 835-5373

990 Janesville Street, Oregon, WI

Sleep Disorders Center 873-2210

Trusted Hands 873-2366

In-home professional household chore and companionship services

Urgent Care

Stoughton Hospital

900 Ridge Street, Stoughton, 873-6611

Oregon Urgent Care Clinic

990 Janesville Street, Oregon, 835-5373

Valet: courtesy service offered during daytime business hours Monday—Friday

Other services from Stoughton Hospital:

Emergency Medicine 873-6611

Medical Imaging 873-2299

Surgical Services 873-2266

Wound Care Clinic 873-2266

UnityPoint HEALTH-MERITER STOUGHTON CLINIC

100 Silverado Drive, Stoughton, WI

(608) 417-8700, www.unitypoint.org

Primary care for adults and children.

UW HEALTH STOUGHTON

1001 Nygaard Street, Stoughton, WI 53589
(608) 877-2660, www.uwhealth.org
Clinic Hours: Mon.-Fri. 8:00 AM – 5:00 PM

Family Medicine:

Dr. George Gay
Dr. Danalyn Rayner

General Internal Medicine

Dr. Ahsan Khalid
Karen Griffin, PA-C

After Hours Care

Healthline, a telephone helpline staffed by nurses to help you with your health issues, is available for after-hours questions. Call (608) 877-2660 for access, or to reach an on-call physician after hours.

SHALOM FREE HEALTH CLINIC

1116 Ridge Street, Stoughton, WI 53589
(608) 205-0505

Providing Stoughton and surrounding areas with quality local healthcare for low income, uninsured, or underinsured citizens.

STOUGHTON AREA SENIOR CENTER

248 W. Main Street, Stoughton, WI 53589

Assistive Equipment Loan Closet

Equipment such as wheelchairs, walkers and other items may be checked out on a short-term basis for a minimum donation of \$5.00 to those residing in our case management service area (Stoughton, Town of Albion and Town of Dunkirk).

Blood Pressure Screening –FREE

Volunteer nurses will take your blood pressure on a first come, first serve basis:
last Thursday of month, 10:00 AM –12:00 PM.

Foot Care Clinic

3rd Monday of month, 12:30 PM -3:30 PM
3rd Tuesday of month, 8:30 AM -11:30 AM

Cost: \$20, or \$30 for Diabetic Care

Stoughton Hospital Home Health staff provide monthly foot inspection, trimming of toenails, foot massage, proper foot care education and referral to a physician if needed. Appointments are required; call 873-8585.

Veterans Service Office

A Veterans Assistance Specialist is available some Fridays at the Senior Center to help area veterans find services. Call the Dane County Veteran Service Office at (608) 266-4158 to schedule an appointment.

MISCELLANEOUS MEDICAL SERVICES

Alzheimer's Association www.alz.org
2820 Walton Commons, Suite 132, Madison
(608) 203-8500 or 1-800-272-3900

Alzheimer's & Dementia

Alliance of Wisconsin www.alzwisc.org
517 North Segoe Road, Suite 301, Madison
(608) 232-3400 or 888-308-6251

Caring for the Caregiver

See page 5.

Elder Abuse, Neglect & Adults at Risk

See page 6.

FREE or Low-Cost Medication:

Senior Care: [//dhs.wisconsin.gov/seniorcare/](http://dhs.wisconsin.gov/seniorcare/)

Patient Assistance: www.PatientAssistance.com

RxAssist: www.rxassist.org

Needy Meds: www.NeedyMeds.org

Partnership for Prescription Assistance:
www.pparx.org

Home Safety Modifications Independent Living, Inc

2970 Chapel Valley Rd. #203
Madison WI 53711, (608) 274-7900
intake@independentlivinginc.org

On-site evaluations plus our staff carpenter make changes easy to prevent falls and keep you safe at home. Adaptations range from grab bars to bathroom change-outs, plus custom ramps and equipment like bath benches and reachers. Please ask about our grants.

Hospice Services

See page 14.

Independent First Mobility Store

2554 Advance Road, Madison, WI
Ifmobility.mcservices.com, (608) 243-1785
Provides a variety of high quality, refurbished durable medical equipment.

In-Home Emergency Response

Emergency reporting systems enable people to summon help in cases of medical, fire or burglary emergencies.

Advance Security Solutions (888) 860-8098

Philips Lifeline (866) 674-9900

Stoughton Hospital Lifeline (608) 873-2372

Free installation with a case manager referral; contact a Senior Center Case Manager for options at (608) 873-8585.

Freedom Alert by LogicMark for Veterans VA Hospital (608) 280-7085

Medication Lock Boxes

Contact: Teressa Pellett (608) 877-5729, or
tpellett.swc@gmail.com

Pick up a free lock box at the Stoughton Area Senior Center, and keep your prescription medications private and protected from theft. This free service is made possible by the Stoughton Wellness Coalition.

Medicare

See page 6.

Medigap Helpline 1-800-242-1060

See page 6.

Social Security Administration

See page 7.

Stoughton Lions & Lioness Club

The Lions and Lionesses Clubs collect and provide funds for vision screens, eye glasses, cataract surgeries and other eye care services for those at risk of losing their sight. A drop off box for eye-glasses is located at the Senior Center.

MENTAL HEALTH SERVICES

Journey Mental Health Center

25 Kessel Court, Suite 105, Madison, 53711
www.journeymhc.org or (608) 280-2720

Adult outpatient services for mental health problems, substance use disorders and other addictive behaviors, and developmental disabilities are provided by master's degree and psychologist level therapists. Journey Mental Health Center provides individual, family, and group services to adults of all ages. Psychiatry services are integrated into treatment. Counseling and psychiatry services may be offered for individuals who struggle to maintain psychiatric stability in the community.

Madison Vet Center

1291 N. Sherman Ave., Madison, 53704
(608) 264-5342

Professional readjustment counseling and service referral for veterans. Counseling may include individual, marriage and family, group, bereavement, military sexual trauma/ assault, substance abuse counseling, as well as job and benefits counseling and referral. All mental health professionals at the Vet Center are war veterans themselves.

ADULT DAY SERVICES in Dane County WI

Before making a service decision, please see "Choosing an Adult Day Care," on page 30.

Adult day programs provide older adults an opportunity to get out of the house and receive both mental and social stimulation, while providing respite to caregivers. Some programs are dementia specific. Costs vary. Individuals who meet eligibility requirements may qualify for financial support or sliding fee scales.

Catholic Charities Adult Day Center

5401 Fen Oak Drive, Madison, WI 53718
(608) 663-7117

Colonial Club Adult Day Center

301 Blankenheim Ln, Sun Prairie, WI 53590
(608) 837-4611; www.colonialclub.org

East Shore Adult Day Center

4142 Monona Drive, Madison, WI 53716
(608) 223-3112; www.emmca.org

Oregon Adult Day Program

219 Park Street, Oregon, WI 53575
(608) 835-5801

SSM Health Adult Day Health Center

2440 Atwood Ave., Madison, WI 53704
(608) 249-4450; www.stmarysmadison.com

CARE AGENCIES THAT PROVIDE RESPITE in Dane County WI

Before making a service decision, please see "Choosing a Home Care Service," on page 26.

Agrace HospiceCare

5395 E. Cheryl Pkwy, Madison, WI 53711
(608) 276-4660, www.agrace.org
Campus and in-home respite for family caregivers to hospice patients

Catholic Charities

702 South High Point Rd, Madison 53719
(608) 826-8020, www.ccmadison.org
Companion Care Program
Respite Care Team Ministry Services

Community Living Alliance, Care Solutions

(608) 242-8335 Ext. 3361
www.clanet.org
Companionship, respite and in-home care

Independent Living, Inc.

(608) 274-7900
www.independentliving.inc.org
General respite & Parkinson-specific program.
Grants may be available to cover expenses

Jewish Social Service of Madison

(608) 278-1808; www.jssmadison.org
Share the Care & Friendly Visitor programs

Stoughton Hospital Trusted Hands

(608) 873-2366; www.stoughtonhospital.com
Household chore, companionship, respite service

Other In-Home Services

See page 13

SUPPORT GROUPS

Alcoholics Anonymous

Stoughton Alano Club
900 Giles Street, Stoughton, WI 53589
Contact: (608) 222-8989 for group dates/times
For a list of other Alcoholics Anonymous (AA)
and family support meetings in Dane County:
www.area75.org/meetings.html?dist=20

Crohn's, Colitis & IBD Support Group

3rd Wednesday of the month, 5:30 PM
Stoughton Hospital Board Room
Transportation may be available.
Contact Marilyn at (608) 873-7928

Diabetes Support Group

2nd Monday of the month, 6:00 PM
Stoughton Hospital, Ridge Room
900 Ridge Street, Stoughton, WI 53589
Contact: Deb (608) 628-6500

Grandparents/Relatives

Raising Their Relative's Children

2nd Saturday of the month, 10 AM -12:00 PM
The Rainbow Project Office
831 E. Washington Ave., Madison, WI 53703
Child care available to those in need.
Call: Serena Breining (608) 255-7356 ext.324

Grief Support Groups

3rd Wednesday of the month, 2:00 PM
Stoughton Area Senior Center, Mandt Room
Contact: (608) 873-8585
Facilitation provided by Heartland Hospice

Low Vision Support Group

3rd Thursday of the month, 1:00 PM
Stoughton Area Senior Center, Stoughton Rm
Contact: (608) 873-8585

Memory Loss / Dementia Caregiver Group

2nd Thursday of the month, 2:00 PM
Stoughton Area Senior Center, Stoughton Rm
Contact: (608) 873-8585

Multiple Sclerosis Support Group

2nd Tuesday of the month, 10:00 AM
Stoughton Area Senior Center, Mandt Room
Contact: (608) 873-8585

Parkinson Support Group

4th Wednesday of the month, 1:30 PM
Stoughton Area Senior Center, Stoughton Room
Contact: (608) 873-8585

*****Coming Soon*****

Stoughton Memory Café

Stoughton's Dementia Friendly Community Coalition has plans to establish a Memory Café. A Memory Café is a monthly social gathering for individuals with memory loss, mild cognitive impairment, early Alzheimer's or other dementias to meet in a relaxed environment to visit, share common interests and enjoy refreshments. Family and friends are encouraged to join.

If you would like more information on participating in or volunteering with a local Memory Café please contact Hollee Camacho at (608) 873-8585 or hcamacho@ci.stoughton.wi.us.

SUPPORT SERVICE / REFERRAL AGENCIES

Aging & Disability Resource Center of Dane County

2865 N. Sherman Ave., Madison, WI 53704
www.daneadrc.org, (608) 240-7400

The ADRC of Dane County provides resources and support related to aging or living with a disability. The ADRC is also the access point for information about long-term care options and applying for public benefits. Services provided by the ADRC are free and available to all Dane County residents regardless of income or assets.

Alzheimer's Association www.alz.org

2820 Walton Commons, Suite 132, Madison
(608) 203-8500 or 1-800-272-3900

Alzheimer's & Dementia

Alliance of Wisconsin www.alzwisc.org

517 North Segoe Road, Suite 301, Madison

Caring for the Caregiver

See page 5.

Elder Abuse, Neglect & Adults at Risk Dane Co. Dept. of Human Services, Area Agency on Aging, See page 6.

Friendly Visitor Program

The Friendly Visitor Program connects homebound or isolated older adults with compassionate volunteers to provide needed support and encouragement, through friendly home visits or participation in social activities.

Contact: Senior Center Case Manager (608) 873-8585.

Independent Living Inc.

Telephone Reassurance, (608) 268-9641

Screened and trained volunteers make scheduled phone calls to promote interaction, reduce loneliness and medication or appointment reminders. There is an annual, flat fee to cover minor expenses such as background checks. The maximum fee is \$110 per year; qualified low-income individuals receive a discount. There is no limit on the number of volunteer services a client may use although the level of services does depend on matching the client with volunteers able to perform the service.

Hospice Services

See page 14.

Journey Mental Health Center

See page 18.

Veterans Service Office

A Veterans Assistance Specialist can help veterans find the services they need or are entitled to. A representative is available some Fridays at the Stoughton Area Senior Center. Call (608) 266-4158 to schedule an appointment.

TRANSPORTATION OPTIONS in Stoughton, WI 53589

Stoughton Cab

Provides transportation within the City of Stoughton and its three mile radius. May transport wheelchairs up to 29.25" wide.

Contact: (608) 873-7233

Hours: Mon.–Wed., 6:00 AM – 6:00 PM
 Thursday, 6:00 AM—8:00 PM
 Friday & Sat., 6:00 AM—7:00 PM
 Sunday, 8:00 AM – 4:00 PM

Cost: all fares are one way, senior rate includes people 60+ years or legally disabled

Regular Rate: \$4.50 one way

Senior Rate: \$3.25 one way

Extra Fees: \$.75 / mile outside City limits
 \$1.00 quick stop en route to destination

Transit Solutions Inc.,

Lift Equipped Van

Transportation for Shopping and Meal Site

Contact: Senior Center (608) 873-8585

Meal Site: Ride to Stoughton Area Senior Center

Cost: \$.50 per way

Tuesday thru Friday Grocery/Wal-Mart

Ride to grocery store in Stoughton

Time: 10:30 AM and 11:30 AM

Cost: \$1.00 per way

General Shopping,

2nd and 4th Fridays of the month

Trips rotate between various malls in Madison

Time: Pick up at home address at 9:30 AM and return at approximately 1:15 PM.

Cost: \$1.50 per way

Para-Transit Services

Wheelchair equipped ride options for transport beyond the City of Stoughton. These services accept private pay and Medical Assistance only for medical appointments.

We CARE Transportation (608) 838-8589

Capital Express (608) 310-1034

American Cancer Society

1-800-227-2345

Rides for cancer treatment appointments.

VOLUNTEER RIDE PROGRAMS

Richard Hoffman is the coordinator of the following three programs.

Contact: (608) 873-6112, 9AM-4PM

RSVP Driver Service

Donation-based transportation to medical appointments for seniors 60 years or older. New riders are asked to call ASAP with qualifying information for approval. Rides based on driver availability; 48-hour notice is required.

Stoughton United Ministries

Affordable Transportation Program

Low-income residents of all ages are eligible for free transportation Monday – Friday to various types of appointments in Madison and its nearby suburbs. Anyone whose income is less than 225% of the federal poverty rate is eligible.

Also, rides to the City and United Methodist Church Food Pantries are available at no cost. Qualifying individuals are considered based on driver availability. Calls may also be made directly to SUM at (608) 873-3273.

Vets Helping Vets Program

Volunteer drivers provide medical, job application and support transportation within Dane County for any veterans, including immediate family members regardless of age.

Veterans who have no other means of transportation to medical appointments may also contact Disabled American Veterans (DAV) at (608) 280-7019.

Choosing a Home Repair Service

Finding a good contractor or repair service is important—a home improvement project gone wrong can cost you. The following is from the U.S. Federal Trade Commission, Consumer Information website: www.consumer.ftc.gov/articles/0242-hiring-contractor

Do Your Research

- Check with friends or neighbors who've had improvement work done.
- Check sites you trust that post ratings and reviews. You may view a provider's online reputation by searching the name with words like "scam," "rip-off," or "complaint."
- Check for qualifications. You may call your local building department or Wisconsin's Consumer Protection Agency 608-224-5012 for area licensing requirements.

Before You Hire

- **Get Written Estimates from Several Agencies** -the lowest bid may not be the best choice.
- **Ask Questions**
 - How many projects like mine have you completed in the last year?
 - Will my project require a permit?
 - May I have a list of references? (Ask each client how long ago the project was and whether it was completed on time. Was the client satisfied? Were there any unexpected costs?)
 - What type of insurance do you carry? (Contractors should have personal liability, worker's compensation, property damage coverage. You may ask for copies of current insurance certificates, or you could be held liable for any injuries or damages that occur.)
 - Will you be using subcontractors? (They too should have insurance coverage and licenses)

Understand Your Payment Options

- **Don't Pay Cash**
- **Try to Limit your Down Payment**
- **Try to Make Payments Contingent On Completion of Defined Amounts of Work**

Get a Written Contract

Before you sign a contract, make sure it includes:

- The individual or agency's name, address, phone and license number (if required)
- The estimated start and completion date, and how change orders are handled
- The payment schedule, including subcontractors and suppliers
- A detailed list of all materials; who's responsible for choosing and amount budgeted
- Information about warranties covering materials and workmanship, with contact information
- What the agency will or won't do –is clean up and trash hauling included?
- Any promises made during calls or conversations

Keep Records -including logs of calls, conversations and activities

These records are important if you have problems –during or after the project is complete.

*For more information on these and other area services please contact the **Stoughton Area Senior Center:**
248 W. Main Street, Stoughton WI, 53589 • (608) 873-8585 • www.ci.stoughton.wi.us/*



Moving a loved one with Alzheimer's disease or a related dementia to a long-term care facility is often a complicated and difficult decision—and one that is intensely personal. If possible, families should try to plan for long-term care early on. Doing so may provide some comfort, knowing that a loved one with the brain disorder was able to contribute to the conversation. Consider the following:

1. Note that one size does not necessarily fit all,

and become familiar with the different types of care available. The two most common are assisted living residences and nursing homes/skilled nursing facilities.

- *Assisted living residences* provide private living spaces and services such as selected meals, housekeeping, laundry and transportation. Many also offer hands-on help with activities of daily living. Most do not provide skilled nursing care, though they can provide help with medication management. In addition, individuals may choose to hire a private home health aide. Almost all assisted living facilities are private-pay only. Each state sets its own requirements regarding licensure.
- *Nursing homes* offer a great deal of skilled care, including round the clock nursing care and physical, speech and occupational therapy, as well as assistance with the activities of daily living (i.e., bathing, dressing, toileting, eating). Medicaid typically pays for skilled nursing care, and private-pay arrangements also can be made. Nursing homes are state-licensed, regulated and regularly inspected to determine whether they meet Medicare and Medicaid quality and performance standards.

2. Take stock of available financial resources,

including personal assets, to pay for long-term care. Most assisted living facilities do not accept Medicaid, whereas nursing homes do. Medicare Part A covers skilled needs (nursing care/rehabilitation services/related health services), but only for 100 days. Most private and HMO insurance plans follow the same rules as Medicare when it comes to long-term care. Long-term care insurance may be a viable option for helping to offset these costs; however, an individual may not be able to obtain a policy if Alzheimer's disease or a related illness has already been diagnosed. Also be aware of

extra costs; for example, a private room costs more than a semi-private room, and assistance with activities of daily living carry a price tag.

3. Understand your loved one's care needs. Often, an individual's physician can provide input. A registered nurse, social worker or geriatric care manager may also be able to conduct an assessment. A skilled nursing facility may be more appropriate if someone's needs are greater.

- Does the person with the disease need assistance—especially from more than one caregiver—with activities of daily living?
- What is the person's physical condition (i.e., other chronic conditions, mobility impairment)?
- Does the person require therapy (i.e., occupational, speech)?
- What type of behaviors does the individual exhibit (i.e., wandering, agitation)?
- What medications does the person take? Does the individual need cueing, supervision or someone to provide medication?

4. Check whether the facility caters to people with dementia.

An increasing number of facilities are dementia-specific or house specialized memory care or dementia units. Characteristics typically include staff with specific training in dementia care and higher staff-to-resident ratios; more secure environments, including safety features to help prevent wandering; and activities specifically designed to provide mental and physical stimulation to people in various stages of the disease. Be sure to find out if your loved one can remain in the facility as the disease progresses and more assistance is required with activities of daily living, or behavior problems emerge.

5. Know what questions to ask.

- May I see your last inspection report? State health departments annually inspect nursing homes that receive Medicare or Medicaid funding, and more often, as needed, if they receive complaints. Facilities should be willing to share the reports, which may also be available online. Pay attention to, and ask about, any deficiencies and if there is a plan of correction in the works. Steer clear of facilities in "immediate jeopardy"—indicative of a serious lack of care.
- What is the ratio of staff to residents each shift? This ratio speaks to the ability to provide quality care. What is staff turnover? Does staff receive ongoing training? Are

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For more information on these and other area services please contact the **Stoughton Area Senior Center:**
248 W. Main Street, Stoughton WI, 53589 • (608) 873-8585 • www.ci.stoughton.wi.us/senior

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medical professionals, such as doctors, pharmacists and social workers, on call or on site?

- What is the facility's policy on the use of antipsychotic drugs to manage residents' behavior?
- If hospitalization is required, will your loved one be able to return to the facility?
- How are hospice services delivered?
- Is there a bed available? If not, how long is the waiting list?

- 6. See it with your own eyes.** Stop by the facility, without an appointment, at different times of day as well as on weekdays and weekends. If possible, bring your loved one on at least one of the visits.
- Look at the overall space. Does it look attractive and home-like? Is it clean and free of clutter? Excessive clutter can increase the risk of falls. Are there safety features, such as hallway railings, bathroom grab bars, door alarms, call buttons, video monitoring? Is it dementia-friendly (i.e., non-patterned carpets, contrasting floors/walls)? Do residents have privacy? Are there extras—like a barber shop, outdoor garden, chapel, movie theatre?
 - Use your senses. Are there any odors? Scents such as lavender can be calming. Does the facility minimize unpleasant sounds? Is the lighting adequate?
 - Observe the residents' appearance. Are they well-groomed? Is their clothing clean and appropriate for the current weather? Are their faces and fingernails clean from dirt and food deposits?
 - Spend some time near the nurses' station. How quickly do staff respond to call bells?
 - Observe the staff. Are they professional, yet caring and calm? Are residents treated with dignity and respect? Do employees appear to "know" the residents—greet them by name and know their likes, dislikes, life history?
 - Speak with residents' family members. How would they rate their experience with the facility? Are administrators available to discuss needs or situations as they arise?
 - Check out the meals. Does the dining environment encourage eating? Does the menu provide adequate hydration and nutrition, and offer variety? Are the aides interacting with or assisting the residents? Speak with a nutritionist at the facility to get a sense of accommodations for special needs; for example, as functional abilities decline, residents might need more finger foods or puréed foods.

- Take note of the available recreational activities. Are there specific activities or therapies for individuals with Alzheimer's disease, such as physical exercise, art or music therapy, pet visits or intergenerational activities? Are residents engaged? Does the recreational staff have specific dementia care training?

- 7. Get a sense of the home's "welcome mat."** From a logistical standpoint, it is important for you to judge whether the facility is close enough to home/work for you or other family members to have desired visitation levels.
- Are there visitation limits, particularly during the period following move-in?
 - Is there a dining room available for private family functions?
 - Are there regular meetings between staff and family members?
 - Is the residence child-friendly, pet-friendly?
 - Are private, live-in aides allowed?
 - Are there support services for family members, such as educational workshops or support groups?

Finally, residents have rights! The federal government and many state governments set minimum standards for nursing homes. Family members are the strongest advocates for their loved ones, so be vocal. If you have concerns, immediately share them with the appropriate administrator. And, if the issues are not addressed in a timely or effective manner, know your options: contact the state long-term care ombudsman program, available in every state to address residents' complaints; notify licensing authorities; and/or transfer your loved one to another facility.

RESOURCES

Assisted Living Federation of America
www.alfa.org
 703.894.1805

The Centers for Medicare & Medicaid Services
www.medicare.gov
 800.633.4227

Eldercare Locator
www.eldercare.gov
 800.677.1116

Excellence in Care
www.excellenceincare.org
 866.232.8484

Nursing Home Compare
<http://1.usa.gov/138fqkE>
 800.633.4227

The National Consumer Voice for Quality Long-Term Care
www.theconsumervoice.org
 202.332.2275

Choosing a Home Care Service

The following is advice from the Mayo Clinic, www.mayoclinic.org. Home care services range from skilled care provided by nurses or therapists to household support, such as cleaning, cooking and running errands. To begin, ask doctors, family and friends for recommendations. Knowing what questions to ask can help ensure that you receive quality assistance.

Qualifications

If you're considering a home care services agency:

- Is the agency licensed and reviewed by the state? Reviews may be available on request through your state health department.
- Is the agency certified by Medicare to meet federal requirements for health and safety? If not, ask why.
- What type of employee screening is done? Can the agency provide references? Ask for a list of doctors, hospital discharge planners or other professionals who have experience with the agency, as well as a list of former clients.

If you're considering a home health aide:

- What are the aide's credentials? Make sure you're comfortable with the aide's training and experience.
- Can the aide provide references? Take time to check the aide's references thoroughly.

Quality of care

If you're considering a home care services agency:

- How does the agency hire and train caregivers?
- Are the caregivers licensed and insured?
- How closely does the agency's supervisor evaluate the quality of home care?
- Do the agency's employees seem friendly and helpful?

If you're considering a home health aide:

- Does the home health aide have a positive attitude?
- Are you and your loved one comfortable with the home health aide?

Costs

If you're considering a home care services agency:

- How does the agency handle expenses and billing? Ask for literature explaining all services and fees, as well as detailed explanations of all the costs associated with home care.
- Will agency fees be covered by health insurance or Medicare? Find out what arrangements are in place for specific health insurance plans.
- What resources does the agency provide for financial assistance, if needed? For instance, is a payment plan available?

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Choosing a Home Care Service

If you're considering a home health aide:

- How much does the aide charge for home health services?
- Does the aide require payment for sick days, vacation days or holidays? If so, clarify how many sick and vacation days are allowed, as well as which days are considered holidays.

Understanding services

Whether you're considering a home care services agency or a home health aide, you might ask these questions about services:

- Will you receive a written care plan before service begins? The care plan should include details about medical equipment and specific care needs, contain input from your or your loved one's doctor, and be updated frequently.
- Will you receive a list of the rights and responsibilities of all parties involved? This is sometimes known as a patient's bill of rights.
- Will you or your loved one be referred to dietitians, counselors, therapists or other specialists, if needed?
- Will the agency work directly with you or your loved one, family members and health care providers?
- Must you identify a primary family caregiver? If so, what's required of that person?
- Are there any limits on the types of tasks performed? If so, what are the limits?
- When will service be provided? Is care available round-the-clock, if necessary?
- What procedures are in place for emergencies? Ask how the agency or home health aide will deliver services in the event of a power failure or natural disaster.
- How are problems addressed and resolved? Whom can you or another family member contact with requests, questions or complaints?

Monitor your home care services

After you've found a home care services provider, monitor the situation. If you're concerned about the care or services provided, discuss it promptly with the agency or home health aide. If necessary, involve your or your loved one's doctor as well.



Choosing an Elder Law Attorney

Elder law encompasses many different fields of law (i.e. preservation and transfer of assets, use of durable powers of attorney for financial management or health care decision-making, Medicare, Social Security, etc.). You will want to hire an attorney who regularly handles matters in the area of law of concern to your case and who will know enough about the other fields to question whether actions taken might be affected by other areas of law.

Take the time to interview prospective attorneys. Not every attorney is right for each client. The attorney/client relationship must be built on mutual trust and understanding. The following is advice from the National Academy of Elder Law Attorneys (NAELA), www.naela.org.

Before Choosing and Meeting with an Attorney

- Does his or her practice emphasize a particular area of law?
- How long has the attorney been in practice? In this field of law?
- Is there a fee for the first consultation, and if so how much is it?
- Given the nature of the case, what information should you bring to the initial consultation?

During the Initial Consultation

At your appointment you will be asked to give an overview of the reason you are seeking assistance, so be sure to organize and bring all the information pertinent to your situation. After you have explained your situation, ask:

- What will it take to resolve it? Are there alternate courses of action?
- What are the advantages and disadvantages of each possibility?
- Who will handle your case? Has that attorney handled matters of this kind in the past?
- If a trial may be involved, does the attorney do trial work? If not, who does? And how many trials has he or she handled?
- How are fees computed?
- What is the estimate of the cost to resolve your problem and how long will it take?

Get It In Writing

Once you decide to hire the attorney, ask that your arrangement be put in writing. The letter or formal contract should spell out what services the attorney will perform for you and what the fee and expense arrangement will be.

Make It a Good Experience

Asking the above questions will not only help you determine who to hire, but it will help establish a relationship of trust and open communication with the attorney you do select.

What to Ask at Medical Visits

10 Questions You Should Know When You Visit Your Doctor

You can make sure you get the best possible care by being an active member of your health care team. Being involved means being prepared and asking questions.

During your appointment, make sure to ask the questions you prepared before. Start by asking the ones that are most important to you. A simple question can help you feel better, let you take better care of yourself, or save your life. The questions below from the Agency for Healthcare Research and Quality, U.S. Department of Health & Human Services can get you started.

1. What is the test for?
2. How many times have you done this procedure?
3. When will I get the results?
4. Why do I need this treatment?
5. Are there any alternatives?
6. What are the possible complications?
7. Which hospital is best for my needs?
8. How do you spell the name of that drug?
9. Are there any side effects?
10. Will this medicine interact with medicines that I'm already taking?

Other Helpful Tips

These steps will also help prepare for your appointment:

- Ask someone to go to your appointment with you to help you understand and remember answers to your questions.
- Create a health history that includes your current conditions, medications and past surgeries or illnesses. Bring it to your appointment.
- Know your family's health history, such as your parents' health conditions.
- Bring a list of all your medicines, prescribed and over-the-counter.

<http://www.ahrq.gov/patients-consumers/>



Choosing an Adult Day Care

When contacting adult day care centers, The National Adult Day Services Association (NADSA) <http://nadsa.org/>, suggests using the following questions and checklist for the visit:

Adult day care center suggested questions:

- Who owns or sponsors the adult day care center?
- How long has it been operating?
- Is it licensed or certified? (If required in your county or state)
- What are the days and hours of operation?
- Is transportation to and from the adult day care center provided?
- Which conditions are accepted (e.g., memory loss, limited mobility, incontinence)?
- Are you comfortable with the way staff plan to handle the conditions your loved one may have (e.g. wandering or swallowing issues)?
- What are the staff's credentials, and what is the ratio of staff to participants?
- What activities are offered? Are there a variety of individual and group programs?
- Are meals and snacks included? Are special diets accommodated?

Adult day care center site visit checklist:

- Did you feel welcome?
- Were the center services and activities properly explained?
- Were you given information regarding staffing, programming, and costs?
- Is the facility clean, pleasant, and free of odor?
- Is the building and site wheelchair accessible?
- Is the furniture sturdy and comfortable?
- Are there loungers and chairs with arms for relaxation?
- Is there a quiet place in the center?
- Did the staff and participants seem cheerful and comfortable?
- Are participants involved in planning activities?

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Choosing a Support Group

Things to Consider Before Joining a Support Group

The following is advice from the Mayo Clinic, www.mayoclinic.org/support-groups. Each type of support group has its own advantages and disadvantages. You may find that you prefer a structured, moderated group. Or you may feel more at ease meeting less formally with a small group of people.

Plan to attend a few support group meetings to see how you fit in. If the support group makes you uncomfortable or you don't find it useful, try another one. Remember that even a support group you like can change over time as participants come and go. Periodically evaluate the support group to make sure it continues to meet your needs.

Also be aware that you may be at a different stage of coping or acceptance than are others in the support group. Or they may have a different attitude about their situation. While such a mix can provide rich experiences, it may also be helpful or even harmful. For instance, some in the group may be pessimistic about their future, while you're looking for hope and optimism. Don't feel obligated to keep attending the group if a conflict or group dynamic is upsetting—find another group or just sit out for a while.

Getting the Most Out of a Support Group

When you join a new support group, you may be nervous about sharing personal issues with people you don't know. So at first you may benefit from simply listening. Over time, though, contributing your own ideas and experiences can help you get more out of a support group. Remember support groups are not a substitute for regular medical care. Let your doctor know that you're participating in a support group. If a support group isn't your thing but you need help coping with your condition or situation, talk to your doctor about counseling or types of therapy.

Support Group Red Flags

Not all support groups are a good match. Some may be driven by interests of one or more members. Look for these red flags that may signal a problem with support group:

- Promises of a cure for your disease or condition
- Meetings that are predominantly gripe sessions
- A group leader or member who urges you to stop medical treatment or who are directive in any way
- High fees to attend the group
- Pressure to purchase products or services
- Judgment of your decision or actions.

Be especially careful when you're involved in internet support groups:

- Keep in mind that some online support groups are used to prey on vulnerable people
- Be aware of the possibility that people may not be who they say they are, or may be trying to market a product or treatment.
- Be careful about revealing personal information, such as your full name, address or phone number. Understand the terms of use for a particular site and how your private information may be shared.

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Important Stoughton & Dane County Phone Numbers

EMERGENCY 911

Poison Control	(800) 222-1222
Crisis Hotline.....	(608) 280-2600
EMS (Non-Emergency)	(608) 873-6500
Fire (Non-Emergency)	(608) 873-7218
Police (Non-Emergency).....	(608) 873-3374

Non-Emergency After Hours Help

Call 211 for a broad list
of social services.

Dane County
Aging & Disability Center
(608) 240-7400
2865 N. Sherman Avenue
Madison WI 53704

City of Stoughton Numbers

City Clerk	
381 E. Main Street....	873-6692
City Hall	
381 E. Main Street....	873-6677
Food Pantry	
520 S. 4th Street.....	873-8103
Library	
304 S. 4th Street.....	873-6281
Opera House	
381 E. Main Street....	646-0433
Planning & Zoning	
381 E. Main Street....	646-0421
Recreation	
381 E. Main Street....	873-6746
Senior Center	
248 S. Main Street....	873-8585
Streets	
515 S. 4th Street.....	873-6303
Utilities	
700 Mandt Parkway...	873-3379

Local Clinics & Hospital

Dean SSM Health	
225 Church Street.....	(608) 877-2777
UnityPoint Health	
100 Silverado Drive.....	(608) 417-8700
Shalom Holistic Health	
1116 Ridge Street.....	(608) 205-0505
Stoughton Hospital	
900 Ridge Street.....	(608) 873-6611
UW Health	
1001 Nygaard Street.....	(608) 877-2660

Other Helpful Numbers

Stoughton Cab.....	(608) 873-7233
Chamber of Commerce	(608) 873-7912
Johns Disposal	(888) 473-4701
Post Office.....	(608) 873-1723
Veterans Service Office	(608) 266-4158

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