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# STOUGHTON AREA GUIDE FOR **SENIOR SERVICES**

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Brought to you by:



# 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 21-31) 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 at:

[stoughtonseniorcenter.com](http://stoughtonseniorcenter.com)

Revised Edition –1/2022

# Stoughton Area Guide for Senior Services

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# STOUGHTON AREA SENIOR CENTER

*Accredited by the National Institute of Senior Centers & the Wisconsin Association of Senior Centers*

## **PROGRAMS**

### **Social Events & Activities**

The Stoughton Area Senior Center promotes activities that provide opportunities for growth, life-long learning, leadership, 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
- Health & Education
- Computer/Technology Classes
- Music Appreciation
- Creative Writing
- Language Courses
- Rosemaling
- Hardanger

### **Social & Recreation Opportunities**

- Entertainment & Events
- Shopping Trips
- Pool Tournaments
- Book Discussions
- Sheepshead
- Train Dominoes
- Ukulele Group
- Arts & Crafts
- Pinochle
- Intergenerational Activities
- Movies
- Lunch Bunch
- Bridge
- Euchre
- Cribbage
- Chess
- Wii Bowling
- Bingo
- Darts

### **Health & Fitness Opportunities**

- Chair Stretch
- Ping Pong
- Tai Chi
- Canoe/Kayak (May-Sept)
- Blood Pressure Checks
- Line Dancing
- Reflexology

## **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, emailed to you, 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.

### **Dementia Purple Folders**

Folders with dementia-specific information and resources are available at the Center.

*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** [stoughtonseniorcenter.com](http://stoughtonseniorcenter.com)*

# STOUGHTON AREA SENIOR CENTER

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## SERVICES

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### Case Management

**Serving: Stoughton, Towns of Albion & Dunkirk**  
The Case Management program links older adults with resources available to help them remain safe and 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. An appointment can be made at the Senior Center or in your home.

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.

If you live in the Towns of Dunn or Pleasant Springs case management services are provided by the McFarland Senior Center, (608) 838-7117. If you live in the Town of Rutland, case management is provided by the Oregon Senior Center, (608) 835-5801.

### Assistive Equipment Loan Closet

Equipment such as wheelchairs, walkers and other items may be checked out for six months or less for a minimum donation of \$5.00 to those 55 years and older and residing only in our case management service area (Stoughton, Town of Albion and Town of Dunkirk).

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### 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 City of Stoughton and Towns of Albion and Dunkirk. Meal reservations should be made by 1:00 PM the previous working day.

Home delivered meals for other surrounding towns follow the case management boundaries established by Dane County. Please contact a Case Management Focal Point as listed in the previous case management section.

### Nutrition Site

The Senior Center serves lunch every weekday at 12:00 PM on a donation basis to people over 60 years or older. Participants must make a reservation by 1:00 PM the previous working day. For transportation options please see Transit Solutions, p. 20.

### Blood Pressure Screens

Blood pressure screening is available each month. Check our newsletter or website [stoughtonseniorcenter.com](http://stoughtonseniorcenter.com) 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 19 for more information, along with other area groups.

*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 [stoughtonseniorcenter.com](http://stoughtonseniorcenter.com)*

**IN-HOME (Non-Medical) SERVICES**

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The following is a list of area in-home service agencies that provide transportation, meal preparation, light housekeeping, companionship, rest and relief for caregivers. Some of these agencies provide bathing assistance. Before making a service decision please see “Choosing a Home Care Service” on page 21. Contact a Senior Center Case Manager at (608) 873-8585 for more information about specific agencies or financial support eligibility.

CARE / IN-HOME

**Agrace Age at Home**  
(608) 327-7456

**Community Living Alliance**

**Just Checking In LLC**  
(608) 838-9101

**BrightStar Health Care**  
(608) 441-8620

(608) 242-8335

**Marquardt At Home**  
(608) 268-9643

**Comfort Keepers**  
(608) 442-1898

**Home Instead Senior Care**  
(608) 663-2646

**Visiting Angels**  
(608) 819-0665

**HOME HEALTH SERVICES**

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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 21. Contact a Senior Center Case Manager (608) 873-8585 for more information about specific agencies or financial support eligibility.

**Agrace Supportive Care or HospiceCare**  
(608) 276-4660

**Marquardt At Home**  
(608) 268-9643

**Recover Health Services**  
(608) 274-8193

**SSM Health at Home**  
(608) 242-1516

**Meriter Home Health**  
(608) 417-3700

**UW Home Health**  
(608) 203-2273

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 [stoughtonseniorcenter.com](http://stoughtonseniorcenter.com)**

## IN-HOME SERVICES

Before making a service decision, please see “Choosing a Home Care Service,” on page 21.

### 24 HOUR IN-HOME CARE

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**BrightStar Health Care**  
(608) 441-8620

**Good People**  
(608) 223-0073  
(800) 506-8003

**Home Care Services**  
(888) 697-4800

**Cornerstone Caregiving**  
(608) 599-5440

[cornerstonecaregiving.com/madison](http://cornerstonecaregiving.com/madison)

CARE / IN-HOME

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

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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

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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.

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

**Brighton Hospice**  
(608) 820-1646

**Rainbow Hospice Care**  
(888) 493-8276

**Heartland Hospice Care**  
(608) 819-0033

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 [stoughtonseniorcenter.com](http://stoughtonseniorcenter.com)**

## CARE FACILITIES in Stoughton, WI 53589

The following are area care facilities and explanations of the different categories of options. For a list of things to consider, please see our “Questions to Ask” on pages 23– 25. See the Wisconsin Department of Health Services Division of Quality Assurance Provider Search: [dhs.wisconsin.gov/guide/provider-search.htm](https://dhs.wisconsin.gov/guide/provider-search.htm) for a listing of the most current local provider and compliance history information.

### ASSISTED LIVING FACILITIES

Assisted living facilities are for individuals who need some level of monitoring care services but choose to live in a setting without 24-hour access to nursing services. Wisconsin licenses, certifies, registers and regulates four types of assisted living facilities and programs.

**1. ADULT DAY CARE CENTER:** a day program that provides services in a group setting to adults who need assistance with activities of daily living (ADLs), supervision and protection when their caregivers are at work or need relief. Adult Day Care centers generally operate programs during normal business hours five days a week. There are currently no Adult Day Centers in Stoughton. Below are the centers within 25 miles.

#### Agrace Adult Day Center

1702 W. Beltline Hwy, Madison, WI 53713  
(608) 327-7303

#### Benevolence Adult Day Care

914 Laurie Drive, Madison, WI 53711  
(608) 663-7117

#### 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; [colonialclub.org](http://colonialclub.org)

#### Oregon Adult Day Program

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

#### Then & Now Adult Day Center

6417 Normandy Ln., Madison, WI 53719  
(608) 690-7440

**2. COMMUNITY BASED RETIREMENT FACILITIES (CBRF):** treatment or services that are above the level of room and board and that may include up to three hours per week of nursing care per resident. Adults residing in a CBRF should not require care above intermediate level nursing care. CBRFs range in size from 5 to 257 beds.

#### Azura Memory Care

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

#### Heritage Center of Skaalen

400 N. Morris Street, (608) 873-5651

#### Kettle Park Senior Living

2600 Jackson Street, (608) 523-9491

#### Magnolia Garden of Skaalen, Memory Care Assisted Living

400 N. Morris Street, (608) 873-5651

#### Milestone Senior Living

2220 Lincoln Ave, (608) 205-6800

#### Stoughton Meadows

2321 Jackson Street, (608) 877-1227

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 [stoughtonseniorcenter.com](http://stoughtonseniorcenter.com)



## CARE FACILITIES in Stoughton, WI 53589

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**3. ADULT FAMILY HOMES:** a place where adults who are not related to the operator reside and receive care, treatment or services that are above the level of room and board and that may include **up to seven hours per week of nursing care per resident**. AFHs range in size from 1 to 5 beds.

### Country Living

2803 Door Creek Rd., (608) 873-0237

### Holly's House

1902 Spring Road, (608) 873-1612

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**Greenwood Home**, 400 Hoel Ave  
(608) 220-5787 or (608) 719-5078

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**Rosewood Adult Family Home**  
2551 Havey Lane, (608) 438-1585

**4. RESIDENTIAL CARE APARTMENT COMPLEX (RCAC):** independent apartments for adults that must each have a lockable entrance and exit; a kitchen, including a stove (or microwave oven); and individual bathroom, sleeping and living areas. RCACs range from 5-109 individual apartments, with the average complex size being 36 apartments. RCACs provide **not more than 28 hours per week** of supportive, nursing, personal or emergency services to residents.

### Kettle Park Senior Living

2600 Jackson Street, (608) 523-9491

### Skaalen Heights

**Skaalen Retirement Services**

950 Ridge Street, (608) 205-3800

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### Milestone Senior Living

2220 Lincoln Ave, (608) 205-6800

## SKILLED NURSING HOMES

A nursing home facility provides 24-hour nursing services, including room and board to five or more unrelated persons. Usually individuals living in a nursing home require access to 24-hour nursing services due to their physical or mental condition. A Swing Bed Hospital is a hospital that has beds that are able to provide Nursing Home care.

### Nazareth Health & Rehab Center

814 Jackson Street, (608) 873-6448

### Skaalen Nursing

**& Rehabilitation Center**

400 N. Morris Street, (608) 873-5651

## CARE FACILITY SERVICES

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### A Place for Mom, (708) 328-8918

services connecting families to senior living resources. *Free to families as providers pay a fee for their listing with APFM.*

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### Medicare's Nursing Home Compare

1-800-MEDICARE [medicare.gov](http://medicare.gov)

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

### 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, and serve as an advocate to investigate facility complaints and suggest solutions.

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 [stoughtonseniorcenter.com](http://stoughtonseniorcenter.com)

**Aging & Disability Resource Center (ADRC) of Dane County**

2865 N. Sherman Ave., Madison WI 53704  
(608) 240-7400 [daneadrc.org](http://daneadrc.org)

The ADRC is the access point for information for long-term care options and applying for public benefits for older adults and people with disabilities and their families.

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**Capital Consortium 1-888-794-5556**

Economic Support Staff will screen for eligibility for public assistance programs in person or by phone. These include Food-Share and medical assistance savings programs. Apply online at [access.wi.gov](http://access.wi.gov)

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**Caring for the Caregiver**

**National Family Caregiver Support Program  
Area Agency on Aging of Dane County  
Caregiver Specialist: (608) 261-5679  
Mobile: 608-381-5733**

The program administers Older Americans Act-funded NFCSP caregiver respite and supplemental services grants for caregivers ages 18+ who are caring for frail older adults ages 60+ or a person with dementia of any age. The grant also provides respite and supplemental services for relative caregivers ages 55+ of severely disabled adults who have been receiving life-long care, and for non-parent relative caregivers of children up to the age of 18. Caregivers may also receive options counseling, referrals, help accessing services, free online education modules with Trualta, and a free monthly newsletter, *Caregiver Chronicles*, with events and useful information for Dane County Caregivers.

**Dane County Adult Protective Services  
Elder Abuse and Adults at Risk (EAN/AAR)  
EAN/AAR Helpline (608) 261-9933**

**Monday - Friday, 7:45 AM—4:40 PM**

This agency 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.

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**Dane County Veterans  
Service Office**

**210 Martin Luther King Blvd. Madison, WI  
(608) 266-4158**

A Dane County Veteran Service Office may assist area veterans and their families with obtaining benefits.

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**Energy Assistance Program**

**(608) 267-8601, [homeenergyplus.wi.gov](http://homeenergyplus.wi.gov)**

Employees from this program will screen for eligibility and file applications for energy assistance. Appointments are required.

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**Financial Education Coaching**

**UW-Madison Extension  
Financial Education Center**

**5201 Fen Oak Dr., Madison, WI 53718  
(608) 224-3722, [dane.extension.wisc.edu](http://dane.extension.wisc.edu)**

Free one-on-one coaching about basic money management issues are available.

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**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 or (888) 810-1279**

[Sonya.Lindquist@gwaar.org](mailto:Sonya.Lindquist@gwaar.org)

**GreenPath Financial Wellness****(608) 221-1695, [greenpath.com](http://greenpath.com)**

This non-profit company partners with you to ease financial pressures through a healthy management of analysis, planning, implementation, negotiation and education. Call for a free consultation.

**Medicare****U.S. Dept. of Health & Human Services****1-800-MEDICARE or [medicare.gov](http://medicare.gov)**

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)

**Social Security Administration****[socialsecurity.gov](http://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

Appointments are needed at this time to enter the building. Call the local office to make an appointment or to find out when drop off hours are if you need to hand deliver documents. When mailing important documents to the Social Security Office, it is suggested that you send them by certified mail so that you can track delivery.

**Wisconsin Do Not Call Registry****1-888-382-1222 or [donotcall.gov](http://donotcall.gov)**

Wisconsin's Bureau of Consumer Protection works to enforce the Do Not Call law, protecting Wisconsin residents from unwanted sales calls and texts. Reduce unwanted sales calls and deter fraud by signing up for the registry. Registration on the registry is free and permanent.

Wisconsin residents no longer have to sign up every two years. Sign up once, and you're done, as long as you have that number. After you register, other types of organizations may still call you, such as charities, political groups, debt collectors and surveys. Learn more at: [donotcall.gov](http://donotcall.gov)

## **FITNESS & WELLNESS OPPORTUNITIES in Stoughton, WI 53589**

### **Anytime Fitness**

**2300 Hwy 51-138, Suite A, (608) 873-7799**

Anytime Fitness's mission is to support the community's fitness, wellbeing, and quality of life. Services specifically for senior adults include personalized fitness programs and Senior Class. Our Senior Class is an Intermediate class coordinated to music. Classes are no-impact, with use of light weights. Lead by an experienced geriatric trainer and designed for individuals seeking balance, mobility, stretching, increasing strength, cardio, and a social setting. Classes are free with membership from 9:00 -9:50 AM on Tuesdays and Thursdays.

### **Level Up**

**225 Hoel Avenue, (608) 205-2739**

[levelupfitnessinc.com](http://levelupfitnessinc.com)

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.

### **Senior Stretch Class**

**Wednesdays & Thursdays 8:30 AM – 9:30 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.

### **Sports Enhancement Academy**

**2300 Hwy 51-138, (513) 543-4733**

SEA's premier athletic facility offers a walking track (one lap is .125 miles) open from 7:00 AM - 11:00 PM. Cost: \$30/month

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

**400 N. Morris St., (608) 873-5651 Ext. 7376**

[skaalen.com](http://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.

### **Stoughton Area Senior Center**

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

[stoughtonseniorcenter.com](http://stoughtonseniorcenter.com)

### **Health & Fitness Opportunities**

- Chair Stretch
- Line Dancing
- Ping Pong
- Reflexology
- Tai Chi
- Blood Pressure Checks
- Canoe/Kayak (May-Sept)

### **Classes & Skill Development**

- Wood Shop
- Music Appreciation
- Handiwork
- Creative Writing
- Wood Carving
- Language Courses
- Art History
- Rosemaling
- Tech Help
- Hardanger
- Health & Education

### **Social & Recreation Opportunities**

- Entertainment & Events
- Movies
- Shopping Trips
- Lunch Bunch
- Pool Tournaments
- Bridge
- Book Discussions
- Euchre
- Sheepshead
- Cribbage
- Train Dominoes
- Chess
- Ukulele Group
- Wii Bowling
- Arts & Crafts
- Bingo
- Pinochle
- Darts
- Intergenerational Activities

For details, see **Yahara Senior News:**

[stoughtonseniorcenter.com/newsletter-1](http://stoughtonseniorcenter.com/newsletter-1)

**STOUGHTON HEALTH****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.

**Complementary Medicine Services****125 Church St., (608) 873-2271**

Stoughton Hospital offers massage therapy and reflexology.

**Other Classes for Community Education & Wellness**  
**(608) 877-3485, [www.stoughtonhospital.com](http://www.stoughtonhospital.com)**

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**Stoughton High School Pool****600 Lincoln Avenue, (608) 877-5627****[sally.maclaren-meuer@stoughton.k12.wi.us](mailto:sally.maclaren-meuer@stoughton.k12.wi.us)**

The pool is open to the public weekday mornings and evenings for open and lap swim. There are also weekend swim and mid-day class options; see our full schedule on our website: [www.stoughton.k12.wi.us](http://www.stoughton.k12.wi.us) (click "Explore SASD" then "Swimming Pool"). 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. Parking is only available on school days in the "visitor parking spots" and additional parking is available on the street. Please contact regarding current public health requirements and to learn about the sign-up system.

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**Stoughton Parks & Recreation****381 E. Main Street, (608) 873-6746****[stoughtonrec.com](http://stoughtonrec.com)**

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

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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 [stoughtonseniorcenter.com](http://stoughtonseniorcenter.com)**

## FOOD, PERSONAL HYGIENE & CLOTHING PROGRAMS

### FOOD PROGRAMS

#### Home Delivered Meals

##### Stoughton Area Senior Center

Meal delivery is available every weekday on a donation basis to homebound adults age 60+ residing in the Stoughton Area School District. Suggested donation is \$4.00; Individuals under age 60 must pay the total cost of \$9.69. Call (608) 873-8585 for details.

#### Senior Center Nutrition Site

##### Stoughton Area Senior Center

248 W. Main Street, Stoughton WI 53589

The Senior Center serves lunch every weekday at noon to adults age 60+. Reservations required. Call (608) 873-8585. Suggested donation is \$4.00; Individuals under age 60 must pay the total cost of \$9.69. For transportation options please see Transit Solutions, p. 20.

#### FoodShare Wisconsin

To apply for State of Wisconsin FoodShare: **Capital Consortium, 1-888-794-5556** [access.wi.gov](http://access.wi.gov)

For questions and support related to FoodShare benefits contact:

**Second Harvest, 1-877-366-3635**

[secondharvestmadison.org](http://secondharvestmadison.org)

#### Nutrition Counseling

**Area Agency on Aging of Dane County (608) 261-5678**

Free nutrition counseling is available to adults age 60+ residing in Dane County who are seeking information on ways to improve their overall health. Appointments are available by phone, Zoom, or in-person. Any nutrition-related questions or concerns can be discussed. Common topics include: prediabetes and diabetic foods, food interactions with medication, unintentional weight loss, heart healthy diet, difficulties chewing or swallowing, poor appetite, constipation or basic older adult nutrition.

### 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 twice a month.

Scheduling an appointment is encouraged.

**Hours:** Mon.-Wed. 10 AM-2 PM; Thurs. 10 AM-2 PM and 4-6 PM; 1st Sat.: 9-11AM

#### United Methodist Church

525 Lincoln Avenue, Stoughton WI (608) 873-3273

Call a day ahead to register. Rides are available. For first time visits, identification and proof of address is required.

**Hours:** Tues. 9:00 AM - Noon & 4:00 - 6:00 PM

#### Personal Essentials Pantry

343 E. Main St., Stoughton WI 53589 (608) 982-7174, [pepstoughton.org](http://pepstoughton.org)

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; *Call Mondays 10:00 AM –Noon to make an appointment.*

### CLOTHING PROGRAMS

#### Clothing Center

[contact@stoughtonclothingcenter.com](mailto:contact@stoughtonclothingcenter.com)  
[Facebook.com/ClothingCenterStoughton](https://www.facebook.com/ClothingCenterStoughton)

#### Covenant Lutheran Church

1525 N. Van Buren St., Stoughton WI (608) 873-7494

Free, gently used clothing sizes 0 to adult. No income limits. Everyone is welcome. For current hours please send an email or Facebook message to the contacts above.

#### St. Vincent De Paul Store

1509 Hwy. 51, Stoughton WI (608) 873-3655

Used clothing and household items.

**SENIOR HOUSING in Stoughton, WI 53589**

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**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. Community room and on site resident manager. No smoking and no pets.

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**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.

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**Yahara Village Apartments****1601 – 1649 Vernon Road, (608) 575-4130**

A Wisconsin Management Company complex, subsidized by the Dane County Housing Authority with rent based on 30% of household income. These smoke-free, one and two-bedroom units are for individuals who are 62 years or older or disabled.

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**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 older. All units have large closets, air-conditioning, on-site parking, elevators and laundry rooms on each floor.

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**Skaalen Ridge****Skaalen Retirement Services****400 N. Morris Street, [www.skaalen.com](http://www.skaalen.com)  
(608) 873-5651 Ext. 7334**

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.

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**Vennevoll & Skaalendal****Skaalen Retirement Services****400 N. Morris Street, [www.skaalen.com](http://www.skaalen.com)  
(608) 873-5651 Ext. 7334**

Spacious two-bedroom, ranch-style condominiums that offer seniors an affordable, maintenance-free, carefree retirement living option.

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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 [stoughtonseniorcenter.com](http://stoughtonseniorcenter.com)**

## HOUSING / FINANCIAL SERVICES

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### Community Action Coalition (CAC)

4101 E. Towne Blvd., Madison, WI 53704  
 cac@cacsce.org, [cacsce.org](http://cacsce.org)  
 (608) 237-1255

Community Action Coalition (CAC) pushes back on poverty by providing case management services to Dane County residents experiencing chronic homelessness. We serve community members who are on the Coordinated Entry List with individualized services, and have a team dedicated to finding housing for veterans through the Supportive Services for Veteran Families (SSVF) program. In addition to housing services, CAC has annual winter coat distribution events that help low-income residents stay warm through the cold Wisconsin winters.

### Tenant Resource Center (TRC)

Social Justice Center, Suite 101  
 1202 Williamson St., Madison WI 53703  
 (608) 257-0006

The Tenant Resource Center provides free information about tenant-landlord laws, including evictions, security deposits, repairs, breaking a lease and more. They provide services in English and Spanish. They also have various programs for people who are homeless or at risk of homelessness and provide mediation services.

## HOMELESS SERVICES

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### The Beacon

615 E. Washington Ave, Madison, WI 53703  
 (608) 826-8040  
[thebeaconhelps.org](http://thebeaconhelps.org)

A day center for people experiencing homelessness. Assistance includes: preventative healthcare, housing, employment, daily meals/snack, shower and laundry facilities, mail center, transportation to/from, computer lab, identification assistance, telephone, case management. Open daily 8:00 AM-5:00 PM.

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### Adult Men

**Porchlight Men's Drop-in Shelter**  
 200 N. First Street, Madison, WI 53704  
 (608) 416-1446

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### Adult Women

**The Salvation Army Women's Shelter**  
 630 E. Washington Ave, Madison, WI 53703  
 (608) 250-2200 or (608) 513-2392

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**For HOME HEALTH, RESPITE & OTHER IN-HOME ASSISTANCE**  
**see page 4**

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 [stoughtonseniorcenter.com](http://stoughtonseniorcenter.com)



## LEGAL SERVICES

### State Bar of Wisconsin: Lawyer Referral & Information Service

(608) 257-4666, [wisbar.org](http://wisbar.org)

LRIS is a public service to help identify the most appropriate resource for consumers with legal problems.

### Community Justice Incorporated

214 N. Hamilton St., Madison WI 53703

(608) 204-9642, [communityjusticeinc.org](http://communityjusticeinc.org)

CJI works with low-income families and individuals to secure fair representation in court, protecting the legal rights of those who would otherwise face the system alone.

### Elder Benefits Specialist

Dane County Area Agency on Aging

2865 N. Sherman Ave, Madison WI 53704

(608) 240-7400

The Elder Benefit Specialist (EBS) Program is administered by the Area Agency on Aging (AAA) of Dane County and located/operated in partnership with the Dane County Aging and Disability Resource Center (ADRC). The program provides legal advice representation for adults age 60+ residing in Dane County who are faced with benefit-related disputes, denials, or complications involving changes in benefits, claims not paid, and other issues that have an economic or socially isolating effect on the older adult. They also assist with housing issues/disputes in specific situations, like those involving eviction prevention.

### Grams & Christoffersen, S.C.

Eric D. Christoffersen, J.D.

194 W. Main Street, Stoughton, WI 53589

(608) 662-0440, [dfgrams.com](http://dfgrams.com)

Complimentary consultations for estate planning, elder law, probate, and estate administration services. [edc@dfgrams.com](mailto:edc@dfgrams.com)

### Fons Law Office, [fonslawoffice.com](http://fonslawoffice.com)

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, Elder Right Project

744 Williamson St. Suite 200

Madison, WI 53703

(855) 947-2529, [legalaction.org](http://legalaction.org)

Free civil legal aid; income & asset qualifications may apply.

### Long Term Care Ombudsman

WI Board on Aging & Long Term Care

1402 Pankratz St., Madison WI 53704

1-800-815-0015, [boaltc@ltc.state.wi.us](mailto:boaltc@ltc.state.wi.us)

[dhs.wisconsin.gov/aging/ltcombud.htm](http://dhs.wisconsin.gov/aging/ltcombud.htm)

Working with agencies, residents and families the Long Term Care ombudsman investigates and resolves problems, provides information, referral and consultation and works with licensing, certification, and other enforcement agencies to improve the quality of care in long-term facilities and programs.

### National Academy of Elder Law Attorneys (NAELA), [naela.org](http://naela.org)

A professional organization of attorneys dedicated to elder law.

### Neighborhood Law Clinic

Villager Mall, 2238 South Park St.

Madison, WI 53713

(608) 265-2441, [law.wisc.edu/eji/nlc](http://law.wisc.edu/eji/nlc)

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.

### Wisconsin Free Legal Answers

[wi.freelegalanswers.org](http://wi.freelegalanswers.org)

State-wide legal advice website launched by Wisconsin Access to Justice Commission.

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 [stoughtonseniorcenter.com](http://stoughtonseniorcenter.com)

## MEDICAL SERVICES in Stoughton, WI 53589

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### SSM HEALTH DEAN—STOUGHTON

225 Church Street, Stoughton, WI 53589

(608) 877-2777, [ssmhealth.com](http://ssmhealth.com)

Clinic Hours: Mon. – Fri. 7:30 AM – 5:30 PM

Sat. 8:00 AM - 11:00 AM

Primary Care for all ages

Specialty Care for all ages

On-site Lab and X-Ray services

Eye Care and Davis Duehr Dean Optical Store

24/Dean on Call at 1-800-576-8773

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### STOUGHTON HEALTH

900 Ridge Street, Stoughton, WI 53589

(608) 873-6611, [stoughtonhealth.com](http://stoughtonhealth.com)

**Medical Staff:** Physicians from Stoughton Medical Group, SSM Health Dean Medical Group, UW Health, UnityPoint Health—Meriter and independent clinics; accepting over 160 insurance plans

**Ambulatory Infusion Center (608) 873-2279**

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

**Geriatric Psychiatry (608) 873-2242**

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

**Transitional Care—Swing Bed (608) 873-2217**

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

**OrthoTeam Clinic (608) 877-3419**

**Stoughton Rehabilitation and Sports Medicine Clinic (608) 873-2292**

2300 US Hwy 51-138, Stoughton WI

**Stoughton Hospital General Surgery (608) 873-2266**

**Sleep Disorders Center (608) 873-2210**

**Urgent Care (608) 873-6611**

6:00 AM– 11:00PM Daily

**Valet:** courtesy service on hold during the COVID-19 pandemic

**Wellness Screenings (608) 873-2332**

Community Health and Wellness Center  
3162 County Hwy B, Stoughton

**Other Stoughton Health services:**

**Cardiac Rehabilitation (608) 873-2314**

**Cardiology Clinic (608) 873-2349**

**Emergency Medicine (608) 873-6611**

**Foot Care Clinic (608) 873-2332**

**Medical Imaging (608) 873-2299**

**Surgical Services (608) 873-2266**

**Urology Services (608) 324-2371**

**Vein Treatment (608) 873-2266**

**Wound Care Clinic (608) 873-2266**

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### UNITYPOINT HEALTH-MERITER-STOUGHTON CLINIC

100 Silverado Drive

Stoughton, WI 53589

(608) 417-8700, [unitypoint.org](http://unitypoint.org)

**Family Medicine for adults and children**

**On-site Lab and X-Ray services**

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### UW HEALTH STOUGHTON

1001 Nygaard Street,

Stoughton, WI 53589

(608) 877-2660, [uwhealth.org](http://uwhealth.org)

Hours: Mon.-Fri. 8:00 AM – 5:00 PM

**Family Medicine**

**Internal Medicine**

**Pediatric and Adolescent Medicine**

**After Hours Care**

Any time you need care, unless you have an emergency, contact your primary care clinic to help guide you to the most appropriate, cost effective care option. UW Health patients can call their clinic or send a message via MyChart.

**Neighborhood Free Health Clinic**  
 1520 Vernon Street, Stoughton, WI 53589  
 (608) 205-0505, Call for an appointment.  
[neighborhoodfreehealthclinic.org](http://neighborhoodfreehealthclinic.org)  
 The NFHC provides free primary medical care, chronic disease management, BP monitoring, diabetic foot care, physical therapy and counseling services for uninsured and underinsured adults. Walk-ins for primary care and BP checks every Tuesday from 5-6:30pm. Health Hygiene pantry available for patients. Open every Tuesday 4:30-8:00pm.

**Aging & Disability Resource Center (ADRC) of Dane County**  
 2865 N. Sherman Ave., Madison, WI 53704 (608) 240-7400, [daneadrc.org](http://daneadrc.org)  
 Provides resources and support and is the access point for information about long-term care options and applying for public benefits.

**Dental Clinics accepting Medical Assistance (MA)**  
 Contact ADRC for a full list  
 (608) 240-7400, [daneadrc.org](http://daneadrc.org)

**Access Community Health Centers**  
**Dental Services William T Evjue Clinic**  
 3434 E. Washington Ave., Madison, WI 53704  
 (608) 443-5482

**Familia Dental**  
 3003 E. Washington Ave., Madison, WI 53704  
 (608) 224-9159

**More Smiles Salvation Army Dental Clinic**  
 630 E. Washington Ave, Madison, WI 53703  
 (608) 665-2752

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**Foot Care**

**Stoughton Health Community Health & Wellness Center**  
 3162 County Hwy B, Stoughton  
 Appointments: (608) 873-2366

**Traveling for Tootsies Mobile Pedicurist**  
 In-home appointments: (608) 576-8986  
[travelingfortootsies@gmail.com](mailto:travelingfortootsies@gmail.com)

**STOUGHTON AREA SENIOR CENTER** (608) 873-8585  
 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**  
 Retired medical personnel will take your blood pressure a couple times per month. See our newsletter for scheduled dates and times.

**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.

**Dementia Purple Folders**  
 Folders with dementia-specific information and resources are available at the Center.

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**MISC. MEDICAL SERVICES**

**Alzheimer’s Association** [alz.org](http://alz.org)  
 2820 Walton Commons, Suite 132,  
 Madison, WI 53718  
 (608) 203-8500 or 1-800-272-3900

**Alzheimer’s & Dementia Alliance of Wisconsin** [alzwissc.org](http://alzwissc.org)  
 6314 Odana Road, Suite 4  
 Madison, WI 53719  
 (608) 232-3400 or 888-308-6251

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**Caring for the Caregiver** See page 8.

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**Dane County Adult Protective Services** See page 8.

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**Home Health** See page 4.

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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 [stoughtonseniorcenter.com](http://stoughtonseniorcenter.com)*

**Home Safety Modifications**

SAFE at Home SSM Health at Home  
(800) 942-2273, [ssmhealth.com/athome](http://ssmhealth.com/athome)

101 Mobility  
(608) 205-4620, [101mobility.com/madison](http://101mobility.com/madison)

Access Elevator & Remodeling Inc.  
(608) 440-9002, [allaboutaccess.com](http://allaboutaccess.com)

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**Hospice Services**, See p. 5.

**In-Home Emergency Response**

Emergency reporting systems enable people to summon help in cases of medical, fire or burglary emergencies. For a full list contact the ADRC (608) 240-7400, [daneadrc.org](http://daneadrc.org)

VRI Life Assist (800) 860-4230

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

Night Owl Support Systems (877) 559-1642

**Low-Cost or Free Medication:**

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

Patient Assistance: [PatientAssistance.com](http://PatientAssistance.com)

GoodRx: [goodrx.com](http://goodrx.com)

**Medication Lock Boxes**

Community Health and Wellness Center of Stoughton Health, 3162 Cty Hwy B, Stoughton (608) 877-3474 or [tpellett.swc@gmail.com](mailto:tpellett.swc@gmail.com)

Keep your prescription medications private and protected from theft. This free service is made possible by the Stoughton Wellness Coalition.

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**Medicare & Medigap Helpline** See p. 9.

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**Social Security Administration** See p. 9.

**Stoughton Lions**

Mail: 2364 Jackson St. #184 Stoughton (608) 513-6306. [bit.ly/stoughtonlions](http://bit.ly/stoughtonlions)

Lions collect and provide funds for vision screens, 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**

**Behavioral Health Resource Center**

(608) 267-2244, [danebhrc.org](http://danebhrc.org)

A community resource available to any Dane County resident regardless of insurance, financial or legal status, identity ability or age. BHRC helps connect individuals to mental health and/or substance use resources.

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**Journey Mental Health Center**

49 Kessel Court, Suite 105, Madison, 53711

(608) 280-2700, [journeymhc.org](http://journeymhc.org)

Offering mental health and substance abuse services to individuals across their life span. Our experienced multidisciplinary staff provides psychiatric, social work, rehabilitation, nursing, psychological, and peer support.

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**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.

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**OceanHawk Counseling Alternatives**

3185 Deer Point Drive, Stoughton WI

(608) 873-7838, [oceanhawk.net](http://oceanhawk.net)

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**Stoughton Family Counseling Services**

1520 Vernon Street, #5, Stoughton WI

(608) 873-6422

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**Oregon Mental Health Services**

165 W. Netherwood St. Suite A

Oregon, WI 53575

(608) 835-5050

[oregonmentalhealthservices.com](http://oregonmentalhealthservices.com)

*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 [stoughtonseniorcenter.com](http://stoughtonseniorcenter.com)*

## SUPPORT GROUPS

### Crohn's, Colitis & IBD Support Group

2nd Wednesday of the month, 5:30 PM  
Stoughton Hospital, East Conference Room  
900 Ridge Street, Stoughton, WI 53589  
Contact Marilyn at (608) 873-7928

### Diabetes Support Group

2nd Monday of the month, 6:00 PM  
Stoughton Hospital, Lobby Conference Room  
900 Ridge Street, Stoughton, WI 53589  
Contact: Taylor (608) 877-3498

### Grandparents & Other Relatives as Parents

2<sup>nd</sup> 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, Stoughton Room  
Contact Carmen at (608) 819-0033 to register.  
Facilitation provided by **Heartland Hospice**

**Agrace:** virtual support groups for adults  
(608) 359-5252, [agrace.org/grief-support](http://agrace.org/grief-support)

### Hearing Loss Support

**Office of the Deaf & Hard of Hearing**  
(855) 359-5252, [dhs.wisconsin.gov/odhh](http://dhs.wisconsin.gov/odhh)

### LGBTQ 50+ Alliance

Gay, Gray and Beyond  
2nd & 4th Thursday of the month, 2:00 PM  
Spirituality  
1st & 3rd Thursday of the month, 1:00 PM  
Outreach Community Center  
2701 International Lane, Madison WI 53704  
(608) 255-8582, [outreachmadisonlgbt.org](http://outreachmadisonlgbt.org)  
[outreachmadisonlgbt.org/social-support-groups](http://outreachmadisonlgbt.org/social-support-groups)

### Low Vision Support Group

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

### Memory Loss Caregiver Group

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

### Alzheimer's Association

(608) 203-8500, [alz.org](http://alz.org)

### Alzheimer's & Dementia Alliance of Wisconsin

(608) 232-3400, [alzwissc.org](http://alzwissc.org)

### Multiple Sclerosis Support Group

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

### Parkinson Support Group

2nd Tuesday of the month, 1:00 PM  
Stoughton Area Senior Center, Mandt Room  
Contact: (608) 873-8585

### Substance Abuse Groups

#### Stoughton Alano Club

500 Giles Street, (608) 873-6004

#### Alcoholics Anonymous

(608) 222-8989

[aamadisonwi.org/meetings](http://aamadisonwi.org/meetings)

#### Al-Anon Family Support

(608) 258-0314, [alanonmadisonwi.org](http://alanonmadisonwi.org)

#### Narcotics Anonymous

(608) 258-1747, [badgerlandna.org](http://badgerlandna.org)

### Stoughton's Memory Cafe

1<sup>st</sup> Tuesday of the month, 9:30-11:00AM

#### Stoughton Hospital, Bryant Center

A relaxed social gathering for individuals with memory impairments and their care partner. Call the Senior Center at (608) 873-8585 for more information.

The group is coordinated, sponsored and facilitated by members of Stoughton's Dementia Friendly Coalition.

Find us on Facebook at

**[Facebook.com/StoughtonDFC](https://www.facebook.com/StoughtonDFC)**

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** [stoughtonseniorcenter.com](http://stoughtonseniorcenter.com)

## TRANSPORTATION OPTIONS in Stoughton, WI 53589

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### Stoughton Public Transit

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:** Monday – Friday, 6:00 AM – 6:00 PM  
Saturday, 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

**Adults/Students:** \$4.50 per person one way

**Senior/Disabled:** \$3.50 per person one way

**Extra Fees:** \$1 per out of town mile (up to 3 miles); \$1 quick stop en route to destination (limited to 5 min.)

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### Transit Solutions Inc., Lift Equipped Van

Ride service for individuals 60 years and older. No one is denied rides based on ability to pay.

**Senior Center Meal Site,** \$1 round trip  
Monday - Friday, approx. 11:00 AM - 1:00 PM

**Shuttle rides in Stoughton,** \$1 round trip  
Monday - Friday 9:30 AM - 2:00 PM.  
Destinations to stores and hair salons. Rides dependent on availability.

**Shopping in Madison,** \$3 round trip  
9:30 AM home pickup, 1:15 PM return.  
Trips rotate between various malls in Madison  
See Stoughton Area Senior Center newsletter,  
*Yahara Senior News* for monthly locations.

**Contact:** Ride service follows the boundary guidelines established by Dane County. Which senior center you call to reserve a ride depends on where you live.

*Stoughton, Towns of Albion, Dunkirk:* 873-8585  
*McFarland, Towns of Cambridge, Christiana, Dunn, Pleasant Springs:* (608) 838-7117  
*Oregon, Town of Rutland:* (608) 835-5801

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### 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) 661-7433**

### American Cancer Society

1-800-227-2345

Rides for cancer treatment appointments.

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### VOLUNTEER RIDE PROGRAMS

#### RSVP Driver Service

*Serving: Stoughton, Towns of Albion & Dunkirk*

**Contact:** RSVP request line: (608) 205-9422

Donation-based transportation to medical appointments for Stoughton based seniors 60 years or older who live independently. Rides based on driver availability; 5-day advance notice and proof of COVID-19 vaccination is now required for all riders. Please allow for additional time to complete registration paperwork.

#### Affordable Transportation Program

**Contact:** Richard Hoffman (608) 873-6112, 9:00 AM - 4:00 PM

Low-income residents of all ages in the Stoughton community are eligible for free transportation Monday – Friday to various types of appointments in Madison and surrounding areas. Donations are appreciated. Qualifying individuals are considered based on driver availability. Masks and proof of COVID vaccination required. Discuss exceptions with Coordinator.

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### TRANSPORTATION FOR VETERANS

#### Vets Helping Vets Program

**Contact:** (608) 238-7901

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

#### Disabled American Veterans (DAV)

**Contact:** (608) 280-7019

Veterans who have no other means of transportation to medical appointments

#### Veterans Transportation Service

**Contact:** (608) 280-2224

Need two weeks advance notice to schedule.

**DryHootch Madison (608) 381-9737**

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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 [stoughtonseniorcenter.com](http://stoughtonseniorcenter.com)**

## Choosing a Home Care Service

The following is advice from Mayo Clinic and AARP. Home care services range from skilled care provided by nurses or therapists to household support, such as cleaning, cooking and running errands. It can be intimidating to interview an agency when you are in serious need of in-home services. However, you have the right and responsibility to ask any questions that will help you feel safe and comfortable with the help you are attaining. To begin, you may want to ask doctors, family and friends for recommendations of in-home service providers. Knowing what questions to ask can help ensure that you receive quality assistance.

As you review the following list of possible questions, *be sure to remember you always have the right to ask for any safety standards you would like to be followed in your home.* Find out if the agency has a list of what they recognize as your rights as a client, and look for signs that they respect you and will honor any concerns you have.

HOME ✓

### Qualifications

- 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.
- 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

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

### COVID 19 or other Contagious Illnesses - Questions for Agency

- Is the agency aware of, and following, standards set by the Department of Public Health?
- Are workers at the home care agency caring for any COVID-19 positive individuals? If so, will any of those providers or staff be assigned to me?
- If a caregiver is out with Covid-19 or other illness, is there a sub or a replacement that will take the caregiver's place during that time?
- What infection control protocols are in place? Are staff members being tested for COVID-19, and if so, how? What disinfecting practices are being used? What quarantine protocols are in place if a staff member contracts COVID-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** [stoughtonseniorcenter.com](http://stoughtonseniorcenter.com)

## Choosing a Home Care Service

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- If you are concerned, you can delve deeper with questions to understand how safe or exposed to COVID a worker may be. You may want to ask: “In what ways is the worker interacting in the community? Are they shopping in stores, eating in restaurants, going to friends’ houses or attending religious services or other group activities? If so, what safety precautions are they taking?”
- Does the agency have enough personal protective equipment (PPE)? Have staff been trained in how to properly use it?

### Costs

- 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?

### Understanding services

- Will I receive a written care plan before service begins?
- Will I receive a list of the rights and responsibilities of all parties involved?
- Do I need to identify a primary family caregiver for myself? If so, what’s required of that person?
- When will service be provided? Is care available round-the-clock, if necessary?
- What procedures does the agency have in place for emergencies? Ask how the agency will deliver services in the event of a medical emergency, power failure or weather emergency.
- What is the agency’s protocol if I or a loved one in my home exhibits COVID-19 symptoms, or if I am exposed to someone with the virus?
- How are conflicts or problems you have with the agency addressed and resolved? Who can you or another family member contact at the agency with requests, questions or complaints?
- Ensure that at least one loved one can be present during home service visits.

Excerpts from Mayo Clinic: [Home Care Services: Questions to Ask, bit.ly/homecareMayo](https://www.mayoclinic.org/healthy-living/adult-care/expert-answers/home-care-services/faq-2020-01)  
and AARP: [6 Questions to Ask Your Home Health Aide During the Pandemic, bit.ly/homecareAARP](https://www.aarp.org/home-care/homecare-issues/2020/06/06/questions-to-ask-your-home-health-aide-during-the-pandemic/)

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**248 W. Main Street, Stoughton WI, 53589 (608) 873-8585 [stoughtonseniorcenter.com](https://www.stoughtonseniorcenter.com)**



## Choosing an Adult Day Care

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When contacting adult day care centers, The National Adult Day Services Association (NADSA) [nadsa.org](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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**248 W. Main Street, Stoughton WI, 53589 (608) 873-8585** [stoughtonseniorcenter.com](http://stoughtonseniorcenter.com)

## Choosing a Care Facility

The following is advice from the Board on Aging and Long Term Care Ombudsman Program's guide, "Making the Right Choice: Choosing a Residential Facility" found at [longtermcare.wi.gov](http://longtermcare.wi.gov). It is intended to help you make an informed choice that is right for you or your family member.

### Be prepared.

Which type of "home" will best suit your needs? Your Long Term Care Ombudsman (p. 7) or your Aging and Disability Resource Center (p. 33) can help you understand the different types of facilities available (p. 6), and the different funding requirements and options for paying for care.

- You may want to ask that any available written information such as price lists, mission statements, available services and admission agreements be sent to you ahead of time to help you prepare your questions and have time to read the "fine print."
- Before or during your visit you might review inspection reports (or surveys), which can be found online ([dhs.wisconsin.gov/guide](http://dhs.wisconsin.gov/guide)) or posted in the home/facility.
- Take time to write down the top two or three services or issues that are most important to you as you make your choice.

### Visit the homes you have identified as your choices and ask questions.

- During your tour ask questions about the home/facility and how its care is organized; ask about its reputation in the community and what the people that live there say about the care provided. There is a checklist of questions available in the guide mentioned above.
- Notice whether the person who gives you the tour asks about the needs and preferences of you or your loved one. Ask yourself if you are satisfied with the answers.
- Think about making a second, unscheduled visit on a different day, possibly during a meal or social program. This will help you see for yourself how well the home organizes these important times of the day, allowing you to observe how skilled and welcoming the staff are, and most importantly, how content the people who live there seem to be.

### As you make your decision.

- Compare your notes and decide whether the homes that you visited can fulfill those top two or three priorities that you identified.
- Be sure you know whether the home can provide the services that you or your loved one require, and that questions about how care and services are paid for have been answered.
- Take the time to carefully and completely read all the documents that you or your loved one will be asked to sign when moving in. You may also want to ask an attorney or other trusted person to review these documents with you.

### Use your voice.

If you or your loved one have questions at any time about the care and services provided, or if you feel dissatisfied with the conditions in the home, please contact your Long Term Care Ombudsman at 1-800-815-0015, [longtermcare.wi.gov](http://longtermcare.wi.gov). The Ombudsman is there to assist you in getting the care that you need and expect, and works to educate staff, residents/tenants and family members about long term care systems.

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** [stoughtonseniorcenter.com](http://stoughtonseniorcenter.com)

## Things to consider

The following are some topics to consider during your search for a care facility. A full checklist of questions specific to the topic are available in the “Making the Right Choice: Choosing a Residential Facility” guide which can be found at [longtermcare.wi.gov](http://longtermcare.wi.gov).

**Resident Rights:** Most homes welcome families and other visitors into the home and should be receptive to issues being brought to their attention.

**Personal Care & Supportive Services:** Care and assistance should reflect the person’s needs, preferences, habits and lifestyle, and should be provided with dignity and respect.

**Medical Services:** Homes should either provide or assist with medication management, arranging and assisting with transportation to medical appointments, managing medical conditions and responding to emergencies. Nursing homes can be expected to provide a higher degree of skilled nursing service than assisted living facilities.

**Caregiving:** Staff should be well-trained and committed to meeting your needs and wants.

**Living Space & Bathrooms:** Homes should be respectful and supportive of residents’ needs and wishes regarding personal space, roommates, private bathroom use.

**Physical Environment:** When touring, be sure to evaluate whether or not the home is not only attractive, but that it meets your expectations regarding location, cleanliness, physical accommodation and overall comfort.

**Social Opportunities & Community Access:** Socialization is an important part of healing and satisfaction; homes should provide options that meet residents’ needs/wants.

**Meals & Snacks:** Food should be nutritious and meet personal/ethnic preferences.

**Other:** Ask how changes in rates and services are communicated, and what “other charges” you might be responsible for. If using personal funds, what happens if those were to run out? Ask about advanced notice required, use of down payments or security deposits. If needed, will staff assist in securing public funding, or in finding another home?

## Making your decision/Things to Consider

Are you comfortable that the home can meet your needs? Did you talk with any residents about how they like living there? Do the residents overall look neat and clean, happy and involved in the life of the home? Do the staff that you observe seem to treat others with respect and dignity? Do the staff seem to like their jobs? Do the staff seem to respond quickly to those who need help? Did they greet you and seem friendly as you toured? Would you feel proud to have other people visit you or your loved one in this home?

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### Guard Your Personal Information

Many scams target seniors. The Wisconsin Department of Agriculture, Trade and Consumer Protection [www.datcp.wi.gov](http://www.datcp.wi.gov) say scammers play on emotions, fears and financial concerns for loved ones to get access to your personal information. Any combination of the following information can be enough for identity theft to occur:

- Name
- Phone Number
- ATM PIN
- Social Security Number
- Financial Account
- Address
- Email Address
- Birthdate
- Mother's Maiden Name
- Numbers

### Watch Out for These Common Scams

- Government Imposter
- Grandchild Bail Out
- Romance / Relationship
- Tech Support
- Lottery / Sweepstakes
- Timeshare Resales
- Medical Device/ Equipment

### Safety Tips

- Most scams come by phone and use fake caller ID information. Hang up on unwanted or threatening calls!
- Never wire money to someone you don't know.
- Ignore requests to pay by gift cards or prepaid cards.
- Never click a link in an unsolicited email or text message.

### Safeguard Your Personal Information

- Do not carry your Social Security card with you and do not ever use your social security number as a PIN or password.
- Shred bills, bank statements, receipts, medical billings, credit card offers and other items that contain personal or financial information.
- If you are going to be out of town have the post office hold your mail.
- Never give out your personal information unless you initiated the contact. Legitimate companies or agencies do not call or email asking for personal information.
- Sign up for Wisconsin's Free Do Not Call Registry : 1-888-382-1222 or [donotcall.gov](http://donotcall.gov)
- Keep a list of all credit card and bank account numbers, phone numbers, expiration dates and other sensitive documents in a safe place, such as a safe.
- Stop pre-approved credit card offers: 1-888-567-8688, [optoutprescreen.com](http://optoutprescreen.com)
- Check your bills and bank statements. Report unauthorized charges right away.
- Make sure you have a firewall and updated virus and spyware protection on your computer. Check your browser security settings to make sure they are not too low.
- Annually, obtain your credit report FREE from each of the three major credit reporting agencies (Equifax, Experian, & TransUnion): 1-877-322-8228, [annualcreditreport.com](http://annualcreditreport.com)

### If You Become a Victim of Identity Theft

- **Contact your bank.** Consider closing and reopening new accounts with new numbers and obtaining a new ATM/debit card with a new PIN.
- **Contact your creditors.** If a thief has used your name to open an account, contact the creditor to close the account and explain what happened as soon as possible.
- **Report the theft to the police.** Be sure to obtain a copy of the report for yourself.
- **Get a 90-day Fraud Alert placed on your credit report.** You only need to contact one of the credit reporting agencies below and they will alert the other two on your behalf.
- **Put a Security Freeze on your credit report.** A freeze is stronger than a fraud alert because it remains in place until you release it and requires that you be alerted if an account in your name is requested. The freeze must be requested by contacting each of the three credit reporting agencies directly. Unless a police report is provided, the fee is \$10 for each agency. You will be given a pin number to temporarily lift the freeze in order for you or a creditor to access your credit report. There may be a \$10 fee each time you lift the freeze.

**Experian**  
PO Box 9554  
Allen, TX 75013  
1-888-397-3742  
www.experian.com

**TransUnion**  
PO Box 2000  
Chester, PA 19016  
1-888-909-8872  
www.transunion.com

**Equifax Information Services LLC**  
PO Box 105788  
Atlanta, GA 30348-5069  
1-800-349-9960  
www.equifax.com

- **File an identity theft complaint with the Bureau of Consumer Protection.** You can request a complaint form at 1-800-422-7128 or at [www.datcp.wi.gov](http://www.datcp.wi.gov).
- **Contact the Division of Motor Vehicles if your driver's license or ID card is stolen.** You can also ask the DMV to place a notation on your driver record so that DMV and law enforcement will require additional identification documents when anyone (including you) attempt to conduct business with them. WI Department of Transportation, PO Box 7995, Madison, WI 53707, (608) 264-7447, [dot.wisconsin.gov](http://dot.wisconsin.gov).
- **Contact the Postal Inspector if your mail was stolen or if an identity thief used a false address:** 1-800-275-8777, [uspis.gov](http://uspis.gov)
- **If a debt collector contacts you** explain that you are the victim of identity theft and that the bill they are trying to collect is fraudulent. Ask for the steps **if you are accused of a crime committed in your name.**
- **Contact the arresting or citing law enforcement agency** to inform them of the situation. You may be required to file a petition with the court to request and prove your innocence. Once law enforcement or a judge conclude that you were not the person who committed the crime, you will be given a Certificate of Clearance that you will need to keep with you at all times.
- **In some cases** criminal identity theft may best be handled by contacting a private attorney to assist with working through the legal process. The Statewide Lawyer Referral Services Hotline, 1-800-362-9082, can help you find affordable representation in your area.

SCAMS ✓

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 [stoughtonseniorcenter.com](http://stoughtonseniorcenter.com)

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: [consumer.ftc.gov/articles/0242-hiring-contractor](https://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 [stoughtonseniorcenter.com](http://stoughtonseniorcenter.com)

## Choosing an Elder Law Attorney

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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), [naela.org](http://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.

[ahrq.gov/patients-consumers](http://ahrq.gov/patients-consumers)



## Choosing a Support Group

### Things to Consider Before Joining a Support Group

The following is advice from the Mayo Clinic, [mayoclinic.org/support-groups](https://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.

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. 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 the 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 is 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.
- Don't let internet use lead to isolation from your in-person social network.

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** [stoughtonseniorcenter.com](https://www.stoughtonseniorcenter.com)

**IMPORTANT PHONE NUMBERS for Stoughton, WI 53598**

**City of Stoughton Numbers**

City Clerk	
207 S. Forrest Street....	873-6692
City Hall	
207 S. Forrest Street....	873-6677
EMS (non-emergency)	
516 S. 4th Street.....	873-6500
Fire (non-emergency)	
401 E. Main Street.....	873-7218
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
Police (non-emergency)	
321 S. 4th Street.....	873-3374
Public Works	
2439 County Hwy A.....	873-6303
Recreation	
207 S. Forrest Street....	873-6746
Senior Center	
248 S. Main Street.....	873-8585
Stoughton Utilities	
700 Mandt Parkway.....	873-3379

**Local Clinics & Hospital**

SSM Health Dean	
225 Church Street.....	(608) 877-2777
UnityPoint HealthMeriter	
100 Silverado Drive.....	(608) 417-8700
Neighborhood Free Health Clinic	
1520 Vernon Street.....	(608) 205-0505
Stoughton Health	
900 Ridge Street.....	(608) 873-6611
UW Health Stoughton	
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

**Non-Emergency After Hours Help**

Call 211 for a broad list of social services.

**Ageing & Disability Resource Center (ADRC) of Dane County**

2865 N. Sherman Ave., Madison, WI 53704 (608) 240-7400, [daneadrc.org](http://daneadrc.org)

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.

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 [stoughtonseniorcenter.com](http://stoughtonseniorcenter.com)

FREQUENTLY USED PHONE NUMBERS

**EMERGENCY & CRISIS PHONE NUMBERS for Stoughton, WI 53589**

**DIAL 911 IN THE CASE OF AN EMERGENCY**

**EMERGENCY PHONE NUMBERS**

**FREE 24-HOUR HELP LINES**

**Poison Control**..... **1-800-222-1222**  
Expert and confidential guidance in a poison emergency.

**Crisis Intervention**..... **(608) 280-2600**  
Speak to a trained mental health professional if you are in crisis or need help dealing with one.

**Veterans Crisis Line**..... **1-800-273-8255**  
Specially trained, experienced responders help Veterans of all ages and circumstances, whether or not they are registered with the VA or enrolled in VA health care.

**Domestic Abuse Intervention Services (DAIS)**.....**(608) 251-4445**  
Trained advocates provide confidential crisis intervention, information, support, safety planning, referrals to other community agencies, and emergency shelter screenings.

**United Way of Dane County 211**.....**Call 211**  
Specialists provide confidential help with navigating the vast social services system including resources for financial assistance, food, housing, addiction treatment, health care, mental health or heating and utilities assistance.

**Project Recovery**.....**Call 211, and ask for Project Recovery**  
Trained Crisis Counselors help people better understand their situation and reactions, assist in the review of their options, provide emotional support and encourage linkage with resources.

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 [stoughtonseniorcenter.com](http://stoughtonseniorcenter.com)**