Help for Caregivers is Available in Many Different Ways:

**Just need to talk:** Call Institute on Aging Friendship Line: 1-800-971-0016
AARP Friendly Voices Line: 1-888-281-0145

**For all caregivers:**
- Phone in Caregiver Support Group: last Tuesday of every month - register by calling 715-861-6174
- Caregiver Help Desk (7am-6pm CT): call 855-227-3640 to talk to a caregiving specialist
- **Free telephone learning sessions:** (register ahead by calling 866-390-6491) different subjects each time. [http://caregiverteleconnection.org](http://caregiverteleconnection.org)
- Visit [Caregiver Connection](http://caregiverconnection.org) on Facebook
- Online help from [AARP](http://www.aarp.org/home-family/caregiving/)
- Online videos from [Home Alone Alliance](https://www.aarp.org/ppi/initiatives/home-alone-alliance.html)
- Online videos from Caregiver Action Network: [https://www.caregiveraction.org/resources/videos](https://www.caregiveraction.org/resources/videos)

**For those caring for someone with dementia:**
- 24 hour call in line - [Alzheimer's Association](https://www.alz.org) (always answered by a person) 800-272-3900
- Dodge County Dementia Care Specialist: 920-386-4308

**For those caring for a veteran or veteran's spouse:**
- **Veterans Caregiver Support** Line: 855-260-3274

We have books, games, and other items to assist you to pass the time in a safe, happy way. Our Dementia Care Specialist and Caregiver Program Coordinator have ideas that can help.

Call the ADRC 920-386-3580
## Pandemic Grocery Supports

### Beaver Dam
- Recheck's: [Visit Website](http://recheckfoodpack.com/) | 920-887-7675  
  - Shopping for seniors and immune compromised
- Walmart: [Visit Website](https://grocery.walmart.com/) | 920-261-7720  
  - Grocery pickup
- Piggy Wiggly: [Visit Website](https://www.shoottopz.com/) | 920-337-8300  
  - Shopping for seniors and immune compromised
- Instacart: [Visit Website](https://www.instacart.com/)  
  - Will shop and deliver groceries from Piggy Wiggly
- Family Dollar: [Visit Website](https://www.familydollar.com/) | 920-885-0856  
  - Shopping for seniors and immune compromised
- St. Vincent de Paul Community Action Coalition  
  - Food pantry box delivery available. Call the food pantry to make arrangements with the pantry and then contact the Beaver Dam Taxi to pick up and drop off the box of food
- Beaver Dam Taxi: 920-885-4860

### Horicon
- Dollar General: 920-435-1340  
  - 1st hour for seniors and immune compromised
- Instacart: [Visit Website](https://www.instacart.com/)  
  - Will shop and deliver groceries from Piggy Wiggly

### Jinton
- Piggy Wiggly: [Visit Website](https://www.shoottopz.com/) | 920-386-2277  
  - Shopping for seniors and immune compromised
- Dollar General: 920-306-2071  
  - 1st hour for seniors and immune compromised
- Instacart: [Visit Website](https://www.instacart.com/)  
  - Will shop and deliver groceries from Piggy Wiggly

### Lomira
- Piggy Wiggly: [Visit Website](https://www.shoottopz.com/) | 920-229-4015  
  - Shopping for seniors and immune compromised

### Mayville
- Mayville EMS: 920-304-1967 or 920-219-0244  
  - Will be shopping and delivering food for those who cannot leave home. Shopping will take place between 10am - 3pm and 6pm - 7pm
- Piggy Wiggly: [Visit Website](https://www.shoottopz.com/) | 920-337-3220  
  - Shopping for seniors and immune compromised

### Randolph
- Piggy Wiggly: [Visit Website](https://www.shoottopz.com/) | 920-342-5800  
  - Shopping for seniors and immune compromised
- Dollar General: 920-458-3027  
  - 1st hour for seniors and immune compromised
- Instacart: [Visit Website](https://www.instacart.com/)  
  - Will shop and deliver groceries from Piggy Wiggly

### Watertown
- Breeds Family Market: 920-251-9306  
  - Curbside pickup and home delivery
- Glnaes Market: [Visit Website](https://www.glneaapharm.com/) | 920-251-3226  
  - Delivery and carryout
- Walmart: [Visit Website](https://grocery.walmart.com/) | 920-261-7720  
  - Grocery pickup
- Piggy Wiggly: [Visit Website](https://www.shoottopz.com/) | 920-251-7409  
  - Shopping for seniors and immune compromised
- Watertown Transit: 920-251-7403  
  - Will pick up orders from grocery stores and deliver
- Instacart: [Visit Website](https://www.instacart.com/)  
  - Will shop and deliver groceries from Piggy Wiggly, Aldi or Pick N Save

### Waupun
- Piggy Wiggly: [Visit Website](https://www.shoottopz.com/) | 920-324-5526  
  - Shopping for seniors and immune compromised
- Instacart: [Visit Website](https://www.instacart.com/)  
  - Will shop and deliver groceries from Piggy Wiggly

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### Fun Things To Try During A Quarantine!
- **Indoor Exercise** – walk, jog in place, DANCE, yoga or tai chi (available on dvd’s, facebook, internet)
- **Games or puzzles you haven’t tried in awhile** – Yahtzee, hot potato, bean bag toss
- **Explore the world by computer or TV-videos of museums, zoos, concerts all available now**
- **Try something you’ve been meaning to try** – knitting, playing piano, a new recipe, writing your memoirs
- **Don’t forget to keep in touch with family and friends by phone** – or try Zoom or Skype!