



LAKELAND CARE

Together, we build better lives.

Lakeland Care Connection

You can rely on us for long-term support and services you need to live independently.

Comfort Starts at *home*

As the days get colder, a few simple steps can help you keep your home cozy, safe and ready for fall and winter.



Clear The Way

Keep walkways, stairs and entryways free of clutter. Secure loose rugs and cords that could cause you to trip.



Light It Up

Use brighter lighting indoors and out. For a cozy touch, turn on a favorite lamp and settle in with a book, puzzle or movie.



Warm Up Your Space

Check windows and doors for drafts, and make sure your heating systems are working properly.



Get Winter-Ready

Stock up on essentials like food, water, medication and a phone charger.



A little preparation today can help you stay comfortable and independent all season long!

HEALTHY LIVING

FLU & RESPIRATORY HEALTH

Cooler weather brings cozy sweaters, warm drinks and more time indoors. Unfortunately, it can also mean more opportunities for flu and other respiratory illnesses to spread.

Stay healthy this season with these simple tips:



Wash your hands.



Stay home when you are sick.



Cover coughs & sneezes.



Keep frequently touched surfaces clean.



Talk with your health care provider about recommended vaccines.

MEMBERSHIP FUN FACT

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This year, **new members** joined Lakeland Care after being referred by another member!



MEMBER SPOTLIGHT

MEET NOAH



Noah is building a future focused on employment and independence. Today, he works two community jobs, balances about 30 hours of work each week, and is saving toward an exciting

goal: moving into a place of his own.

With determination, thoughtful planning, and support from Lakeland Care and community partners, Noah has continued to build his confidence, strengthen his skills, and take on new responsibilities at work.

His employers describe him as reliable, positive, and willing to step in wherever he is needed. For Noah, employment has become more than a paycheck. It is helping him build greater independence and work toward the future he wants for himself.

Read Noah's full story here:

<https://lakelandcareinc.com/member/noah/>

A MESSAGE FROM SARA

LCI Chief Executive Officer



I love this time of year. The cooler weather, favorite recipes, family traditions, and changing leaves remind me to slow down and enjoy the simple things. As we move into the fall season, I hope you take time to connect with the people you care about, look after your health, and find joy in the little moments each day. A phone call to a friend, a warm meal, or a small act of kindness can go a long way. Thank you for letting Lakeland Care be part of your journey.

DID YOU KNOW?

Spending time outside can boost your mood, sleep and overall health!

Try enjoying your morning coffee near a sunny window, taking a short afternoon walk or sitting outside on a comfortable fall day.

*Fresh air.
Brighter days.* ♥



FRAUD WATCH

HOLIDAY SHOPPING SCAMS

Holiday shopping should bring cheer, not scams! Keep your money and personal information safe with these simple tips:

- **Think before you click.** Avoid suspicious emails or texts.
- **Check the seller.** Make sure websites are legitimate.
- **Protect your information.** Keep personal and banking details private.
- **Watch for gift card scams.** Never pay unexpected requests with gift cards.



YOUR VOICE MATTERS!

Take the 2028-2030 Needs Assessment Survey for the Independent Living Council of Wisconsin.

- Open to all Wisconsin residents!
- Closes November 1, 2026

Scan to take survey! →



Or visit:

<https://www.surveymonkey.com/r/F2NQXGW>

CONNECT & PARTICIPATE

Do you self-direct your services?



Sign up for WisCaregiver Connections for a free way to find qualified caregivers now or in the future.

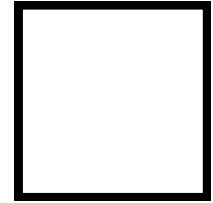
FUN FALL WORD SEARCH PUZZLE

PUMPKIN HARVEST SWEATER
LEAVES APPLE PIE SCARECROW
CIDER HAYRIDE ACORN

L	M	W	Z	L	I	L	P	A	X	E	P	P	E
Q	R	R	N	R	B	U		Z	W	B	N	F	I
I	E	N	U	A	M	R	I	I	W	Q	A	W	P
Q	D	T	M	P	E	D	D	B	J	O	L	K	E
W	I	X	K	T	E	D	J	F	J	C	E	L	L
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O	N	E	M	X	S	X	I	F	P	P	V	J	P
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B	C	L	H	A	R	V	E	S	T	L	G	Q	A
H	H	W	O	R	C	E	R	A	C	S	D	K	Z



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Together, we build better lives.

If you need this material in an alternate format, including large print, please contact our office:

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info@lakelandcareinc.com | www.lakelandcareinc.com

For more information about your long term care options, contact the Aging and Disability Resource Center (ADRC) in your county: www.dhs.wisconsin.gov/adrc

Do you have a story to share about how
Lakeland Care has impacted your life?

Call (920) 305-0597 or email marketing@lakelandcareinc.com