

FREE



JULY 2024

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Hearing Loss Increases Fall Risks



Injuries from falls are one of the top causes of death among people aged 65 and older, and research shows that even mild hearing loss more than doubles the risk of falls. It is not clear why hearing loss increases

fall risks. It may be that hearing loss affects the balance centers in our ears, or it may simply be that sound is an important cue we rely on to navigate our environments. The good news is that research published in the Journal of the American Geriatrics Society shows that using hearing aids can dramatically reduce the risk of experiencing a fall.

According to the study, people who used hearing aids at all cut their fall risk nearly in half. Those who used hearing aids consistently – meaning at least four hours per day – cut their fall risk by nearly 65 percent.

Apart from reducing fall risks, hearing aids can help address other challenges associated with hearing loss, such as social isolation, reduced enjoyment of social activities, and mental health concerns. Although people often delay getting hearing aids or are reluctant to wear them due to the way they look or sound, evidence of the health benefits may help convince more seniors to consider taking steps to help address hearing loss.

Join us for the StrongBodies Program!

StrongBodies has been shown to increase strength, muscle mass, and bone density. Classes are held twice weekly and include progressive resistance training, balance training, and flexibility exercises.

Virtual StrongBodies - Summer 2024 Session
Dates: July 9 - Sept 26, 2024
Time: Tuesdays and Thursdays, 9:00 – 10:15 am
Deadline to register: Friday, August 2
Offered virtually via Zoom
How to Sign Up: Call the ADRC of Chippewa County at 715-726-7779.

ADRC
 Aging & Disability Resource Center
 Chippewa County

Extension
 UNIVERSITY OF WISCONSIN-MADISON

An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.
 FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program- SNAP and Expanded Food and Nutrition Education Program - EFNEP.

Find us at
seniorreviewnewspapers.com

Staff Spotlight: Michelle Fellom



Hello! My name is Michelle Fellom, and I am the Elder Benefit Specialist for the ADRC of Chippewa County. Medicare, Medicaid, and Social Security can be very complex, and I am happy to be able to help people navigate through issues or choices that they are facing.

An Elder Benefit Specialist role is to advocate for those aged 60+ with issues regarding health insurance and access, income support, elder rights, consumer debt and benefit check-ups and reviews. I help Chippewa County residents determine the benefits that they are eligible for and explain and/or assist with necessary paperwork. There is no charge for Elder Benefit Specialist Services. Here are some questions I can help answer:

- All the insurance and Medicare choices are confusing, is there anyone who can help?
- It is difficult for me to pay all my bills and still afford my healthcare and prescription drugs. Are there programs that can help?
- I was denied a benefit I believe I am entitled to, what can I do now?

All of us here at the ADRC are here to help, so don't hesitate to reach out!

SUN. AUG. 4



INDIANHEAD SWAP MEET AND CAR SHOW



1974

50th
YEAR

2024

Proceeds Benefit Local Charities

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VISIT OUR WEBSITE

Check out our website at seniorreviewnewspapers.com

Aging & Disability Resource Center (ADRC) Staff ... *Know us before you need us!*

- | | | |
|--|--|--|
| <ul style="list-style-type: none"> • ADRC Manager – Leslie Fijalkiewicz • Administrative Assistants – Breanna Schemenauer, Renee Price, Carmen Olson, Carrie Schick • Dementia Care Specialist – Carla Berscheit • Disability Benefit Specialist – Stephanie Rasmussen | <ul style="list-style-type: none"> • Elder Benefit Specialist – Michelle Fellom • Nutrition & Transportation Programs Supervisor – Kayla Colbenson • Options Counselors – Kasha White, Sarah Hedlund, Erika Stevens, Jessica Gibson, Sue Koepnick | <ul style="list-style-type: none"> • Nutrition Program Assistant – Jeff Hahn, Jason Kolano • Nutrition Site Aides – Sue Barnum, Linda Felmler, Laura Henderson, Darcy Bjerke, Cindy Sarazen, Carolyn Zimmerman, Ann Mueller, Laurie Hanson, Mike Fedie |
|--|--|--|

Aging & Disability Resource Centers are the first place to go with your aging and disability questions. We are an “information station” where you can get accurate, unbiased information related to aging or living with a disability. Our job is to help you remain as independent as possible! Give us a call at 715-726-7777 or stop in at 711 N. Bridge Street (Courthouse), Room 118, Chippewa Falls.

We Are On Facebook

The ADRC of Chippewa County is on Facebook and you will want to follow us because we have so much more to share than what we can fit in this paper. Learn about other upcoming events, activities, programs and services for older people and people with disabilities. There is also lots information for families and friends too. So look for us, like us, comment on our posts and share our page with others!



Emergency Preparedness for Pets

Your pets depend on you to take care of them. But sometimes things come up unexpectedly so it's important to have a plan to keep them safe in the event of an emergency or if you become unable to care for them. Here are some ideas for taking care of your pet if you are temporarily unable to do it.

Have your pet microchipped by your veterinarian. Microchipping your pet gives them the best chance of being identified and returned to you if they get lost. Make sure that your address and phone number is up-to-date and include contact information for an emergency contact.



Keep a list of friends, relatives, boarding facilities, or veterinarians who can care for your pets in an emergency. Make sure that the list includes their addresses and phone numbers. Consider giving a key to a trusted neighbor who can care for your pets or let a caregiver for your pets into your home if you are stranded due to an unexpected hospitalization or weather emergency.

Make sure your pets are up-to-date on their vaccines, and have copies of those records handy. Some boarding facilities, veterinary clinics, and other places that might care for pets during emergencies will require vaccination records.

Consider placing a pet alert sticker like this (<https://secure.aspc.org/take-action/pet-safety-pack>) near your front door to let first responders know that pets are inside your home. Make sure the sticker lists the types and number of pets living in your home. If you evacuate with your pets, and if time allows, remove the sticker or write "EVACUATED" across the sticker.

Put together an emergency kit for your pets. Consider having two kits – one for sheltering in place and a smaller kit to bring with you if you must evacuate. Include food, water, medicine, a first aid kit, collar with ID tag and a harness or leash, sturdy carrier for each pet, grooming supplies, and supplies for sanitation like a litter box, litter, newspapers, paper towels, and plastic bags. You may also want to include some favorite toys or treats to help reduce stress for your pets.

Identify a safe area of your home where your family and pets can all stay together. Close off any unsafe areas where pets may try to hide, and block any openings your pets may use to try to escape. Keep emergency supplies in that area, including pet supplies.

Make an evacuation plan for your pet. If it is not safe for you to remain in your home, it is not safe for your pets to stay there. Make sure your pets are used to entering and traveling in their carriers. Be aware that many emergency shelters and hotels do not allow pets. Keep a list of pet-friendly hotels handy.

Above all, stay informed. Pay attention to emergency alerts issued by state and local public safety officials. Always bring your pets inside at the first sign of a storm or disaster.

Are you experiencing TECH-nical Difficulties?



(715) 834-5043

United Way of the Greater Chippewa Valley offers a **Digital Navigator Program** to assist community members in using the internet, smart phones, computers and more.

This service is open to all residents of Chippewa and Eau Claire Counties. Digital Navigators will meet with residents who wish to further their digital skills and become more confident with using the internet.

Digital Navigators work one-on-one to meet YOUR unique learning goals and needs, including:

- Components of a Computer
- Mouse and Keyboard Use
- Using an Internet Browser
- Privacy and Security
- Creating and Using Email
- Basics of Word Processing (Create, Edit, Print Documents)
- Telehealth Services
- Social Media
- Video Calls (Zoom, Skype)
- Online Banking
- Streaming Services

AND MORE!

Reach out and get matched with a Digital Navigator!

Phone: (715) 834-5043

Email: DigitalNavigator@uwgcv.org
bit.ly/digital-navigator-program



**United Way of the
Greater Chippewa Valley**

The Aging and Disability Resource Center of Chippewa County Presents

Medicare & You Classes



Receive Unbiased Medicare Information!

New to Medicare or want to know more about those Medicare commercials you keep seeing? Wondering where you can go for objective Medicare information?

We will cover multiple topics including enrolling in Medicare, the parts of Medicare, the difference between Advantage Plans, Supplements & drug coverage options.

This is open to anyone new to Medicare, currently on Medicare, caregivers, families and community partners. There is no cost to attend.

Registration Required (3 ways)

1. Visit www.chippewacountywi.gov/adrc
2. Or use your phone's camera to scan this code & register online.



3. Or call us to register: 715-726-7777

Located at the Chippewa County Courthouse
711 North Bridge Street, Chippewa Falls, WI

2nd Tuesdays..... 1:00 – 3:00 pm*
4th Tuesdays..... 5:00 – 7:00 pm

*Virtual attendance available on select dates

*July 9 1:00 – 3:00 pm
July 23 5:00 – 7:00 pm



Follow the ADRC of Chippewa County on Facebook

2024

SCAMS

BBB Announces Top 10 Riskiest Scams of 2023

By Tiffany Schultz, BBB SW WI Regional Director

Every year, the Better Business Bureau (BBB) compiles the Top 10 Riskiest Scams, along with supporting data, into the ScamTracker Risk Report. Investment scams, including those involving cryptocurrency, are now the riskiest scam type. More than 80% of people who were targeted by this scam type reported losing money. It also had the second highest median dollar loss at \$3,800. These scams take on many forms, including pressure to purchase, trade, or store digital assets (cryptocurrency) with fraudulent exchanges.

For the first time since 2019, online purchase scams fell to the number 3 spot on the list of riskiest scams. More than 40% of the scams reported to BBB ScamTracker were online purchase scams, and the median loss was \$71. Scammers like to target victims through emails, websites and social media platforms to lure them to make purchases on fake sites.

Top 10 Riskiest Scams of 2023

1. Investment/cryptocurrency
2. Employment
3. Online purchase
4. Home Improvement
5. Romance
6. Advance Fee Loan
7. Phishing/social engineering
8. Credit repair/debt relief
9. Tech support
10. Travel/vacation/timeshare



Other data revealed that the median reported dollar loss decreased from \$171 to \$100. Men lose 87% more than women (\$178 median loss for men compared to \$95 median loss for women), and the most impostored organization is the U.S. Postal Service.

If you or a loved one have experienced a scam, regardless if you lost money or personal information, please report it to [BBB.org/ScamTracker](https://www.bbb.org/scamtracker). Your report helps to warn others of the scams taking place in the marketplace.

Don't Let Language be a Barrier

By the Wisconsin Senior Medicare Patrol Team

Translation services are now available on the Senior Medicare Patrol website. The available languages represent the largest populations with limited English proficiency in Wisconsin. These languages are Spanish, Hmong, German, Russian, Chinese-Mandarin, Italian, Polish, and Laotian. To read the information in another language, there is a drop-down box in the upper right-hand corner of the website homepage. The newsletters and fraud alerts are not translated yet, but all other content on the website is available in these languages. This represents the first of many efforts the Wisconsin Senior Medicare Patrol will launch to reach culturally diverse and underserved populations across the state.

Visit the site: <https://www.smpwi.org>

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*Special Opportunity FREE meet
the carvers event Aug. 1st, 5-8PM



[uschainsawchamps.com](https://www.uschainsawchamps.com)

The Time Has Come



It was a little over 6 years ago when I arrived at the ADRC of Chippewa County. After spending 28 years working with similar programs in another county, coming here still felt like coming home. I graduated from Lake Holcombe High School and spent many years fishing the lakes of Chippewa County!

For decades I have watched people enter retirement with plans to travel, spend time with grandkids, volunteer, take up new hobbies, go fishing, join clubs and much more. It was a tough decision, but the time has come for me to say farewell as I join my husband and begin the “retirement” chapter of my life. Well, to be fair, I do expect it to be a semi-retirement sort of thing. I enjoy connecting with people and doing things that make me feel useful and productive and I’ve no doubt that isn’t going to change just because I leave the realm of full-time work.

Working for the people of Chippewa County has been a privilege in many ways. During the six years, the ADRC team has developed many new partnerships leading to new programs and services for Chippewa County residents. And we have new programs and services in the works right now that I will be excited to see come to fruition in the coming year. It’s been an honor to lead the amazing ADRC team, and I will take with me so many great memories. I’m proud to be able to say that I’ve been part of this team of dedicated people who show up every day with the expressed purpose of making life better for the people who live in Chippewa County.

My last day working for Chippewa County will be July 12, 2024, however, my husband and I have no plans to leave the area other than to visit grandkids from time to time! If you see me walking, riding my bike, golfing or fishing, be sure to wave or say hello.



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Chippewa Valley Theatre Guild
715/832-7529

The Wonderful Wizard of Oz
Based on the book by L. Frank Baum
Adapted by Tim Kelly

For kids and families...

THE WONDERFUL WIZARD OF OZ
4PM & 7PM, JULY 11th
GRAND THEATRE
Adults/Youth \$5
Tickets are available at the door.
Appropriate for all ages!

Season 43

Living Well with Memory Loss Events

For more information and program flyers, check out the ADRC calendar events at www.chippewacountywi.gov/government/aging-disability-resource-center-adrc/adrc-events

Growing Connections of Chippewa County Gardening Club - No green thumb required

When: 4th Thursday of the Month
Time: 1:00 to 2:30 pm
Where: Chippewa Falls Public Library
 105 W. Central Street, Chippewa Falls
RSVP 715-723-1146

This FREE program is designed for people living with dementia & their caregivers. Enjoy indoor & outdoor gardening projects and social engagement! Light refreshments provided.

Fiber Arts for Brain Health

Did you know that crocheting can decrease stress and keep your brain sharp?

When: July 11th
Time: 9:30 am to 11:30 am
Where: Chippewa Falls Public Library
 105 W. Central Street, Chippewa Falls

Join us to learn more about brain health and the basics of crochet! Supplies and refreshments will be provided.

Memory Café - Cornell/Lake Holcombe

COFFEE • SOCIALIZATION • COMMUNITY

Who: Individuals with early to moderate stage dementia and their care partners and friends
When: 4th Tuesday of the Month
Time: 10:00 am to 11:30 am
Where: Our Saviors Lutheran Church
 201 S. 6th Street, Cornell

For more information, call the ADRC at 715-726-7777

Lively discussion, laughter, fun and friendship... and it's FREE

2024 Dates:

January 23 | February 27 | March 26 | April 23 | May 28
 June 25 | July 23 | August 27 | September 24
 October 22 | November 19 | December 17

Virtual Support Groups

Are you a family caregiver of someone living with dementia? You don't have to do it alone. We have several virtual support groups available.

Monday Coffee Connect - Every Monday 10 - 11 am.
 Contact Kelsey at kflock@lacrossecounty.org

Monday DISH - First Monday of the Month 7-8 pm.
 Contact Scott at scott.seeger@adrc-cw.org

Circle of Support - Third Tuesday of the month 2-3 pm
 Contact Teresa at teresa.gander@vernoncounty.org

Evening Conversations - Every Thursday night 7:30-8:30 pm
 Contact Teresa at teresa.gander@vernoncounty.org

Savvy Caregiver Support Group -
 1st Tuesday of the month, 10 - 11am. Contact Lisa at lisa.wells@eauclairecounty.gov

Lewy Body Dementia Caregiver Support Group -
 2nd & 4th Wednesday of each month 1:30 - 3:30 pm.
 contact Rob at 920-386-4308 or rgriesel@co.dodge.wi.us

Friday Support - Every Friday morning 9-10 am.
 Contact Karen at karen.tennison@co.rock.wi.us

Brain Health Check-Up

Normal Aging or Something Else?

Contact the ADRC to schedule a free 15 minute Memory Screen 715-726-7777.

A brain health check up is a 15 minute, free wellness tool that helps identify possible changes in memory. Annual brain health check ups provide early detection and better treatment, just as blood pressure, diabetes and stroke screenings do.

Dementia Resources at the Library

Wednesday, July 17th:
 Bloomer: 10:00am - Noon / Stanley 3:00 - 5:00pm

Monday, July 15th:
 Cornell Public Library 1:00 - 3:00pm

Stop in and talk to Carla Berscheit, Dementia Care Specialist for the Aging & Disability Resource Center

Questions about brain health, dementia, and/or caring for a person with dementia?

Contact Carla Berscheit, Dementia Care Specialist, ADRC
 715-738-2584 or 715-944-8091 | cberscheit@chippewacountywi.gov

National 24/7 Helpline 1-800-272-3900



★ BRAIN HEALTH ★

What is Mild Cognitive Impairment?

Mild Cognitive Impairment (MCI) is defined as occasional forgetfulness that does not impact one's ability to take care of themselves and their home. It is estimated that 15-20% of people age 65 or older have some symptoms of Mild Cognitive Impairment. This might look like:



- Forgetting appointments occasionally
- Being easily distracted in doing tasks or in conversations
- Feeling overwhelmed when planning or making decisions
- Becoming more impulsive, not recognizing risks and consequences

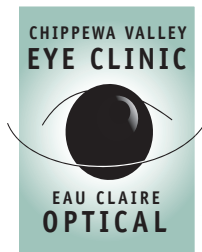
What should you do if you notice these changes in yourself or someone you love? Schedule a doctor's appointment, there may be other medical reasons for this change. If that is not the cause of the change, you can talk to your doctor to determine next steps. This may include extensive testing at a memory clinic.

If you are diagnosed with Mild Cognitive Impairment, will that progress to dementia? Not necessarily, but 10-15% of people with Mild Cognitive Impairment will develop dementia within one year of MCI diagnosis.

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 Menomonie .. 715.235.8335



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Wisconsin Shakespeare Festival

July 5-28, 2024

Pablo Center | Eau Claire, WI

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	7:30 pm 5	7:30 pm 6
1:30 pm ★ 7	8	9	10	11	7:30 pm 12	1:30 pm 13 7:30 pm
1:30 pm 14 7:30 pm	15	16	17	18	7:30 pm 19	1:30 pm ★ 20 7:30 pm
1:30 pm 21 7:30 pm	22	23	24	25	7:30 pm 26	1:30 pm ★ 27 7:30 pm
1:30 pm 28 7:30 pm	29	30	31			

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TRAVEL WISCONSIN

★ Talkback Q&A Following Show

The Health Benefits of Fishing By the GWAAR Legal Services Team

Opening day for fishing in Wisconsin is traditionally the first Saturday in May. However, season dates vary depending on what kind of fish you are fishing for and in which body of water you are fishing. You can refer to The Guide To Hook And Line Fishing Season Dates, 2024-2025, for specifics of where you plan to fish and what you plan to fish for.



There are many physical and mental health benefits of fishing, not just for older adults, but for everyone. Below are just a few examples of the many benefits of fishing:

- Fishing helps reduce stress. Fishing can be very relaxing and help people connect with nature. It is shown to be an excellent stress-reliever.
- Fishing helps increase socialization and reduce isolation and loneliness. There are many social connections to be made by fishing, from meeting others at the nearby fishing hole, to connecting with folks at the local bait shop. Fishing gives folks an opportunity to share and connect with others.
- Fishing helps improve balance, coordination, and lowers the risk of falling. Fishing, and the act of casting the pole, reeling in the fish, and other related activities are excellent ways to improve balance and coordination. Regular fishing has been shown to be an excellent way to help prevent falls in older adults. Fishing also helps maintain hand-eye coordination and manual dexterity through activities like tying the line to the hook, baiting the hook, and reeling in the fish.
- Fishing is great, low-impact exercise. Whether you walk to find your favorite fishing hole, row your boat in the lake, or just cast your pole, you're getting a great, low-impact, full-body workout.
- Fishing is shown to help improve mental stimulation and cognition. Enjoying a hobby is a great way to keep your mind sharp and active. Fishing, in particular, is wonderful for building patience and concentration.

You don't even need to have a boat to fish. There are countless shore fishing spots in Wisconsin that provide great fishing opportunities. There are also many accessible fishing spots for individuals with disabilities. These accessible fishing piers are designed to accommodate wheelchairs, are wider to offer enough room for turning around, and have lower railings and fishing rod holders. For more information about accessible fishing in Wisconsin, visit: <https://dnr.wisconsin.gov/topic/OpenOutdoors/AccessFish> And for a map of these sites, visit: https://dnr.wisconsin.gov/sites/default/files/topic/Fishing/AnglerEd_AccessibleShoreFishingSites.pdf

Finally, a reminder that a license is required to fish in Wisconsin except for children under 16 years of age and those born before 1927. Everyone else must purchase a fishing license. An annual fishing license is \$20, but for adults over 65, there is a discounted license available for \$7. You can purchase fishing licenses at certain retailers, DNR service stations, or at gowild.wi.gov. For more information about fishing licenses, visit: <https://dnr.wisconsin.gov/topic/Fishing/outreach/FishingLicenses>

The Aging and Disability Resource Center Presents

FREE: Power of Attorney (POA)



Read why everyone 18 and older should get this

Did you know that **Wisconsin doesn't recognize relatives** as automatic decision makers when someone is incapacitated?

Completing a POA is a gift to your family and friends because they won't be left wondering what you would want.

You can also save money by avoiding the need for court-appointed guardianship.

Bring a friend and attend one of these FREE events to learn more about the guardianship alternatives POA for Health Care and POA for Finance.

Knowledgeable staff from Chippewa County DHS will help you at this event.

No registration required.

Save the dates!

- June 11 from 9 am – 10:30 am
- August 20 from 3 pm – 4:30 pm
- October 8 from 9am – 10:30 am
- December 17 from 3 pm – 4:30 pm

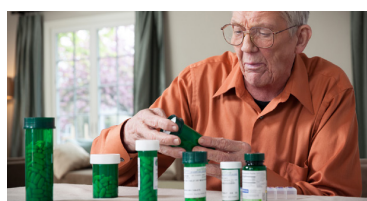
Please plan to attend the entire time frame of your selected date.

Chippewa County Courthouse
711 N Bridge St, Chippewa Falls
Follow the signs in hallways

For questions, contact the ADRC:
715- 726-7777 or find more info online:
www.chippewacountywi.gov/ADRC/events



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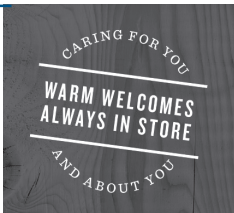
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715-568-2190

Wally Shong Pharmacy
153 W LINCOLN ST - AUGUSTA
715-286-2515



Our Special Needs Trusts help preserve the assets of people with disabilities without endangering their eligibility for public benefits.

Madison, WI
(608) 268-6006
wispect.org

Resources for Individuals Fighting Cancer

According to the National Cancer Institute, nearly 40% of Americans will be diagnosed with cancer sometime in their lifetime. This means that there is a high likelihood that you or someone you love has been affected by cancer. Below are some resources for individuals and their families who are fighting cancer together:



- One of the largest organizations with resources available is the **American Cancer Society** (<https://www.cancer.org/>)
- The **Wisconsin Cancer Collaborative**, in partnership with **Covering Wisconsin**, has Health Literacy Tools for Patients available here: <https://wicancer.org/resources/how-to-sheets/>. These Health Literacy Tools help patients and families answer questions about cancer risk factors, screenings, and insurance coverage. Most are available in English and in Spanish.
- There are also **Cancer Support Communities** (<https://www.cancersupportcommunity.org/>). The Cancer Support Community in Wisconsin is **Gilda's Club Madison** (<https://www.gildasclubmadison.org/>). There is also a Gilda's Club in Minneapolis, MN if that is closer for you (<https://gildasclubmn.org/>).
- Organizations dedicated to the specific cancer you are fighting can be a great resource and sometimes even offer financial assistance or grants to help bridge the gap when you're fighting cancer. Some examples of organizations like this are below. This is not an exhaustive list, so you will want to do a web search for any other potential resources out there.
 - o **Leukemia and Lymphoma Society** (<https://www.lls.org/>)
 - o **American Lung Association** (<https://www.lung.org/lung-health-diseases/lung-disease-lookup/lung-cancer>)
 - o **Susan G. Komen for Breast Cancer** (<https://www.komen.org/>)
 - o **Project Purple** (<https://www.projectpurple.org/>) for Pancreatic Cancer or the **National Pancreatic Cancer Foundation** (<https://www.npcf.us/>)
 - o **Prostate Cancer Foundation** (<https://www.pcf.org/>)
 - o **American Brain Tumor Association** (<https://www.abta.org/>) or the National **Brain Tumor Society** (<https://braintumor.org/>)
- The website for Wisconsin's Family Caregiver Support Programs also has a listing of cancer specific resources available here: <https://wisconsin caregiver.org/cancer-specific-resources>
- And finally, the Hospital or Clinic through which you are receiving your cancer care should have resources available to you and a social worker or case manager who can help you with issues such as travel, housing, financial assistance, and other concerns while fighting cancer.

Peta Easi-Grip Garden Weeder

It is currently gardening season in Wisconsin and individuals facing challenges with gardening due to various reasons can benefit from the assistive devices offered by Center for Independent Living of Western Wisconsin (CILWW). One of these items available for loan is the Peta Easi-Grip Garden Weeder, specifically designed for individuals with arthritis or dexterity issues. The ergonomic handle of this weeder ensures a comfortable grip and keeps the hand and wrist at a natural angle, reducing discomfort. Additionally, this tool is waterproof, made of stainless steel for durability, and easy to use and maintain.



The Easi-Grip Garden Weeder is priced at approximately \$20.00 and can be purchased from online retailers such as Amazon and other arthritis supply stores.

CILWW offers the opportunity for individuals to borrow or try out items mentioned in our articles before making a purchase. To learn more about this assistive device or other devices that can improve your independence, please contact CILWW at 715-233-1070 or 800-228-3287. Our services are provided free of charge. However, we do not directly fund the purchase of assistive technology. Through the WisTech Assistive Technology Program, CILWW provides a variety of services, including information on alternative financing options like WisLoan, Telework, and TEPP, upon request.

Did you know that over half of women age 50 and older experience issues with bladder or bowel control at some time in their lives?



Mind Over Matter: Healthy

Bowels, Healthy Bladder workshop is researched, proven to help, and designed to give women the tools they need to take control of their bladder and bowel symptoms.

The workshop consists of three 2-hour sessions that meet every other week. It provides information and group activities along with simple exercises and dietary changes to practice at home.

What will I learn in the workshop?

- Information about bladder and bowel control
- At-home techniques and exercises to help prevent or improve symptoms
- Tools to help you set goals and mark your progress

August 20, September 3 & 17
9:00 am - 11:00 am

Bloomer Senior Center
2121 Duncan Road, Bloomer



Registration Required! Call 715-726-7777 or www.chippewacountywi.gov/adrc/events
Or scan the QR code with your camera



Wisconsin Heat Awareness

As Wisconsin enters the summer months, it is important for people to pay close attention to their health and well-being with increased temperatures. “While higher temperatures can impact our health, heat-related illnesses and deaths are preventable,” said Wisconsin Emergency Management Administrator Greg Engle. “During these hotter months of the year, it’s important to stay alert to weather conditions and take the steps necessary to keep yourself and your families and pets safe.”

High temperatures and humidity can quickly cause heat-related illnesses, such as heat stroke or heat exhaustion. The National Weather Service (NWS) issues advisories for high heat to help warn people of potential dangers.

“We’re always on the lookout for the long duration heat waves,” said NWS Milwaukee Warning Coordination Meteorologist Tim Halbach. “The longer that a heat wave goes on, the more likely it is that we’ll see impacts. Stay aware of forecasts for these longer duration heat waves and whether the NWS has issued any heat related advisories or warnings.”

People of all ages are at risk of getting heat-related illnesses. In 2023, 10 heat-related deaths occurred in Wisconsin, according to preliminary data from the Wisconsin Department of Health Services (DHS). More than 750 Wisconsinites also visited emergency rooms for heat-related illnesses last year.

“Last year was Wisconsin’s fourth warmest, yet another sign that our changing climate is bringing more dangerous heat waves that can harm our health,” said State Health Officer and DHS Division of Public Health Administrator Paula Tran. “That’s why it’s so important for everyone to know the signs of heat illnesses and steps they can take to cool off on hot days.”

During heat waves, DHS urges people to watch for early signs of heat illnesses like dizziness, headaches, fatigue, and muscle cramps — whether they’re at home, working outdoors or participating in outdoor activities.

While extreme heat can put everyone at risk of heat illnesses, the heat health risks are greatest for older adults, infants and children, people who are pregnant, people who work in the heat, people who exercise in the heat, people without a home, and people with chronic conditions such as breathing difficulties, heart conditions, mental health conditions, diabetes, kidney diseases, and obesity.

ReadyWisconsin and DHS recommend following these tips to beat the heat and stay safe during heat waves:

- Remain inside air-conditioned buildings as much as possible during the hottest parts of the day. Call 2-1-1 to find an accessible cool place near you.
- If you don’t have air conditioning or a basement, take a cool shower, soak your feet in cold water, or place a cool, wet cloth on your forehead. Keep your windows covered to avoid direct sunlight.
- Drink plenty of fluids and avoid alcohol, caffeinated or high-sugar drinks. Don’t wait until you’re thirsty to drink.
- Never leave a child or pet unattended inside a parked car. On an 80° F day, temperatures in a vehicle parked in direct sunlight can climb almost 20 degrees in just 10 minutes.
- Limit your pet’s time outdoors and make sure they have access to fresh drinking water.
- Seek medical attention right away if you develop heat stroke symptoms such as confusion, rapid breathing and heartbeat, body temperature above 104°F, or nausea and vomiting.
- Check in with loved ones and neighbors during heat waves, especially if they last a few days. Check for signs of heat illness and make sure they are cool and hydrated.

During periods of extreme heat, each NWS Forecast Office uses multiple tools to assess the potential for heat-related health issues. One of those tools is the Heat Index which measures how hot it really feels when relative humidity is factored in with the actual air temperature. The NWS uses these tools to issue the following heat-related alerts as conditions warrant.



- **Excessive Heat Warning:** An excessive heat warning is issued when the maximum heat index temperature is expected to be 105°F or higher and not go below 75°F for a Heat Index the morning before or after. Check in with loved ones and neighbors during heat waves, especially if they last a few days. If the maximum heat index will be between 100-104°F for four days in a row, a warning will be issued.
- **Excessive Heat Watches:** Heat watches are issued when conditions are favorable for an excessive heat event within the next one to three days.
- **Heat Advisory:** A heat advisory is issued when the heat index temperature is expected to be 100°F or higher. If the maximum heat index will be between 95-99°F for four days in a row, then an advisory will also be issued.
- **Outlooks:** The outlooks are issued when the potential exists for an excessive heat event in the next three to seven days.

Find more tips on preparing for heat waves at <https://readywisconsin.wi.gov/be-informed/extreme-heat/> or preventing heat-related illnesses at <https://www.dhs.wisconsin.gov/climate/weather/heatillness.htm>.

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How Vitamin C Supports a Healthy Immune System

Contributor: Marisa Moore, MBA, RDN, LD

Reviewers: Academy Nutrition Information Services Team

Vitamin C, or ascorbic acid, is a water-soluble vitamin well known for its role in supporting a healthy immune system. Because your body cannot make vitamin C, it must come from the foods you eat every day.



Research shows vitamin C is essential for the growth and repair of tissue all over the body. Vitamin C helps heal wounds and repair and maintain healthy gums, skin, and cartilage — a type of firm tissue that covers the bones. As an antioxidant, vitamin C fights free radicals in the body which may help prevent or delay certain cancers and heart disease and promote healthy aging.

Though it may not keep you from catching a cold, there is some evidence that supplemental vitamin C may help decrease the length and severity of cold symptoms. Check with your doctor or registered dietitian nutritionist before taking any new supplements.

There are a variety of food sources of vitamin C and they extend well beyond the ever-popular orange or orange juice. Many fruits and vegetables supply this vital vitamin. Sources of vitamin C include citrus fruits, tomatoes, potatoes, strawberries, green and red bell peppers, broccoli, Brussels sprouts, and kiwifruit, among others. You can enjoy these foods raw or cooked, but it's important to note that fruits and vegetables lose vitamin C when heated or stored for long periods of time. To get the most nutrients, eat them as soon as possible after shopping and consider steaming or microwaving vegetables for short periods of time to limit nutrient loss.

Vegetarians may be especially interested to know that vitamin C helps the body to better absorb iron from plant foods such as beans, spinach, and quinoa. To get this benefit, combine vitamin C-rich foods with iron-rich plant foods in the same meal. For example, combine black beans and salsa or create a flavorful spinach salad with strawberries and mandarin oranges.



Nutrition & Brain Health

Did you know that there are more than 125,000 people living with diagnosed dementia in Wisconsin? There is likely another 50% living with undiagnosed dementia. Did you also know that it is estimated that 40% of all dementia cases could have been prevented or delayed by living a healthy lifestyle?

This Mediterranean Diet has been recommended for years for heart health. Recently the MIND (Mediterranean-DASH Intervention for Neurodegenerative Delay) Diet was created. The main components of the MIND diet and the Mediterranean diet are quite similar. As with any change in your nutrition plan, consult your physician as you may have specific nutritional needs based on other health conditions and/or medications.

Enjoy Daily	Whole Grains, Legumes, Fruits, Vegetables, Healthy Fats (olive oil, fish and walnuts) Herbs and Spices, focus on leafy green vegetables
Enjoy 2-3 x per week	Fish, seafood and Omega 3 rich foods (flax seeds, chia seeds, salmon, walnuts, shellfish, canola oil, navy beans, brussels sprouts, avocados)
Enjoy 1-2 x per week	Poultry, eggs and dairy
Enjoy sparingly	Red meats and sweets

If you would like more information about this eating plan, this book was written by the lead research of this study. It will review the results of study and provide recipes to get you started. Diet for the MIND by Dr. Martha Clare Morris.

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How Connecting to Benefits Programs Can Save You Money

Reprinted from: blog.ssa.gov

The cost of aging in America is on the rise. Social Security provides retirees with a stable income. Unfortunately, it's not always enough to cover the costs of health care, food, housing, and utilities. When the cost of living rises faster than your income, it can be difficult to make ends meet in retirement.



A rise in the cost of living can cause financial strain and hardship. The latest U.S. Census Bureau data shows that poverty increased among adults aged 65 and older from 10.7% in 2021 to 14.1% in 2022. The good news is there are public and private benefits programs that can help older adults afford daily expenses. The bad news is that millions of eligible people are missing out on this help.

The National Council on Aging (NCOA) estimates that eligible older adults leave \$30 billion in benefits on the table every year because they don't know about these programs or how to apply.

These are a few of the biggest missed benefits:

- The Supplemental Nutrition Assistance Program (SNAP) helps low-income individuals afford groceries. The average monthly SNAP benefit for an older adult living alone in 2020 was \$105 per month, but nearly half of those who qualify for the program do not enroll. That's an estimated 5 million people who are missing out on food assistance, amounting to **\$6.3 billion** each year. To learn more about

applying for SNAP, [visit Social Security's blog](#).

- The Medicare Part D Low-Income Subsidy (LIS, or Extra Help) lowers out-of-pocket costs for medications. Social Security estimates the annual value of Extra Help at \$5,300 per recipient. NCOA's research found roughly 2 million people who are eligible for this program don't sign up. This result is \$10.6 billion yearly in missed benefits. Please see Social Security's publication, Understanding the Extra Help with Your Medicare Prescription Drug Plan, for more information.
- Medicare Savings Programs pay for a person's monthly Part B premium (\$174.70 per month in 2024). NCOA estimates that as many as 2 to 3 million people are missing out on this assistance, totaling up to **\$5.94 billion** in forfeited benefits.

There is a safe and trusted way to find out if you may be eligible for these or other benefits programs. It's called **BenefitsCheckUp®**. NCOA offers this free, easy-to-use tool that features more than 2,000 public and private benefits programs available in all 50 states and the District of Columbia. Visitors enter confidential information while remaining anonymous. They instantly get a report of programs they may be eligible for—plus next steps on how to apply.

NCOA believes every American deserves to age with financial security. **BenefitsCheckUp®** is one simple step you can take to age well. Start your checkup today! Please share this information with those who may need it.

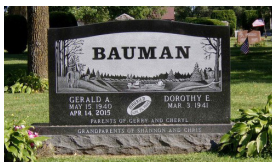
For more information about these programs or to get help applying for them please contact the ADRC of Chippewa County at 715-726-7777 and ask for a Benefit Specialist.

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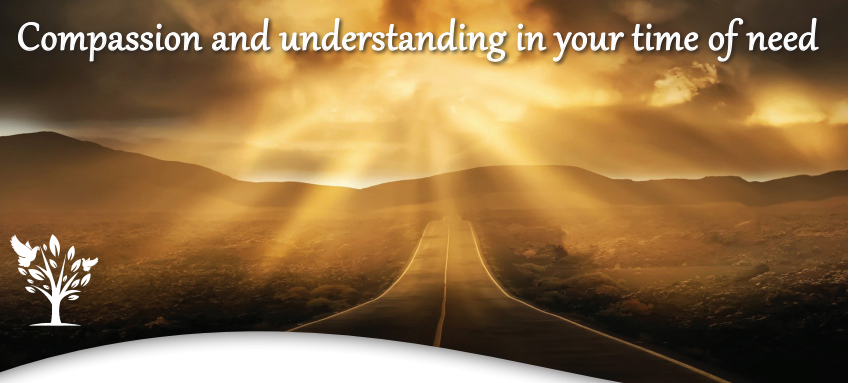
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For more information on the application process, or to make a monetary donation to this 501(c)3 non-profit organization, please visit www.helpfulheartswi.org.



Helpful Hearts
Foundation

Beyond the Fourth: A Year-round Celebration of America's Abundance

By Carl A. Trapani, MA, MS, LPC, Chippewa Manor Campus Chaplain

Independence Day is a day American's pause for fireworks and flags to pay homage to our heritage of freedom and plenty. On July 4th, we come together to celebrate independence with fervor and pride. But beyond this single day of national significance, there are year-round opportunities for abundant blessings here in our great country, particularly for the members of our senior community.

Here's a glimpse into some of the wonderful offerings available to seniors across the United States throughout the year:

1. Healthcare Excellence and Accessibility: While July 4th may symbolize freedom and independence, every day in America offers senior citizens the freedom to access world-class healthcare services. America's healthcare system is renowned for its excellence and accessibility. With a wide network of hospitals, clinics, and medical professionals, seniors can access high-quality healthcare services tailored to their needs. Medicare, a federal health insurance program for people aged 65 and older, provides comprehensive coverage for essential medical services, ensuring seniors can have access to the care they need without financial strain. Whether it's routine check-ups, specialized treatments, or emergency care, seniors can rest assured knowing that America's healthcare system has them covered, promoting a sense of security and well-being in their retirement years.

2. Cultural Enrichment and Lifelong Learning: Beyond the festivities of Independence Day, America's vibrant cultural scene provides endless opportunities for seniors to engage in enriching experiences year-round. From sports venues, art galleries and museums to theaters and concert halls, seniors can immerse themselves in a world of creativity and inspiration. Many cultural institutions offer special programs and discounts for senior citizens, allowing them to explore new interests, cultivate lifelong passions, and connect with like-minded individuals in their communities.

3. Community Engagement and Social Connection: While July 4th may bring people together in celebration, the spirit of unity and friendship extends far beyond this single day. America's strong tradition of community engagement ensures that seniors have many opportunities to connect with others, build meaningful relationships, and make a positive impact in their neighborhoods. Whether through volunteering, participating in their religious organization, social clubs, or attending community events, seniors can foster a sense of belonging and purpose to enrich their lives and strengthen the fabric of our society.

4. Outdoor Recreation and Natural Beauty: As the nation celebrates its independence on July 4th, senior citizens can enjoy America's natural beauty and outdoor recreational spots throughout the year. From hiking trails and national parks to scenic beaches and picturesque landscapes, America offers a playground for outdoor enthusiasts of all ages. Seniors can enjoy leisurely strolls, birdwatching expeditions, or simply basking in the serenity of nature, rejuvenating their bodies, minds, and spirits amidst the beauty of the great outdoors.

5. Financial Security and Stability: While July 4th commemorates America's founding principles of freedom and democracy, the nation's commitment to financial security and stability ensures that seniors can enjoy a comfortable retirement with peace of mind. Social Security, Medicare, and other retirement benefits provide essential support for seniors, allowing them to maintain their independence and quality of life as they age. Additionally, America's robust economy and wide range of financial opportunities enable seniors to pursue their passions, travel the world, and pursue their dreams with confidence and optimism.

While July 4th serves as a reminder of America's greatness and resilience, the rest of the year offers a wealth of opportunities and blessings for its citizens. From healthcare excellence and cultural enrichment to community activities and outdoor recreation, America's unique abundance has few rivals, enriching the lives of seniors and ensuring that they can thrive and flourish in their retirement years.

As we honor America's journey to independence, let us also celebrate the enduring spirit of its senior citizens, whose wisdom, experience, and contributions continue to inspire and uplift us all. Let's come together to enjoy the fireworks, cookouts, parades and flags. But then let's remember that every day is a day of abundance in America – and let's be grateful for the opportunities and humbled by our good fortune.

Carl Trapani, MA, MS, LPC serves as campus Chaplain at Chippewa Manor. For more information please call (715) 723-4437 or email him at carl.trapani@chippewamanor.com.



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