



# Hi SENIOR Lites

- Many Older Many Older Adults Missing Out On Benefits
- Alzheimer’s Caregiving: How Can I Find Joy In The Holidays?
- Healthy Eating Tips For The Holidays
- How Do I Talk To Someone With Dementia?
- Maintain your Health through the Holiday Season!
- Flipper Big Button Universal TV Remote



RESOURCES FOR SENIORS, FAMILIES AND CAREGIVERS IN DUNN COUNTY

## Many Older Adults Missing Out On Benefits *By the GWAAR Legal Services Team*



*Submitted by Bethany Schneider, ADRC Elder Benefit Specialist*

The National Council on Aging (NCOA) reports that over 9 million older adults with lower incomes and resources are not enrolled in benefits that they would be eligible for. These benefits include the Supplemental Nutrition Assistance Program (SNAP or FoodShare in Wisconsin), Supplemental Security Income (SSI), which is a needs-based cash benefit for individuals who are disabled or over 65, and Medicare Savings Programs (MSPs), which help pay Medicare premiums and may help pay for Medicare deductibles and co-insurance. An interactive map developed by the NCOA and the Urban Institute should help states and community-based organizations identify where to focus



enrollment efforts for the greatest impact. The data also show the following:

- SNAP: Almost 9 million older adults are eligible for but not enrolled; only 30% of eligible older adults are enrolled
- SSI: More than 2.3 million older adults are eligible for but not enrolled; 49% are enrolled

- MSP: Almost 5.8 million older adults are eligible for but not enrolled; 46% are enrolled

In Wisconsin, the SNAP program is called Foodshare. You may find out if you’re eligible and apply for FoodShare by contacting the income maintenance consortium for your county. <https://www.dhs.wisconsin.gov/forwardhealth/imagency/index.htm>

To apply for SSI, you must contact the Social Security Administration (SSA). SSA will determine if you are eligible and if so, how much of a benefit you will receive. You will also be eligible to receive Medicaid health coverage and an additional cash supplement from the State of Wisconsin. To find your local SSA field office, visit: <https://www.ssa.gov/chicago/wisconsin.html>

*...continued on page 3*



# Aging & Disability Resource Center of Dunn County

**3001 US Highway 12 East, Suite 160, Menomonie, WI 54751 Phone: 715-232-4006**

Manager: Tracy Fischer  
Aging & Transportation Programs Manager:  
 Bernie Allen  
Elder Benefit Specialist: Bethany Schneider

Social Workers: Amy White, Wendy Sterry and  
 Kelly Bien  
Outreach Coordinator: Casey Schnacky  
Dementia Care Specialist: Carla Berscheit

Disability Benefit Specialist: Lisa Schuler  
Community Health Worker: Alida Moua  
ILSP Program Assistants: Mary Linberg and  
 Amy Lynch

**MONDAY'S MEAL:** Free, nourishing meal lovingly prepared from scratch at Menomonie United Methodist Church, 2703 Bongey Drive, Menomonie, WI 54751. Curbside pickup only, available from 5:00-6:00 pm every Monday evening.

**TUESDAY'S TABLE:** Free HOME COOKED meal. Tues, 5 to 6 p.m. St. Joseph's Church basement 10th St and Wilson Avenue in Menomonie. Come and enjoy good company, Great food! Handicapped accessible.

**WEDNESDAY'S TABLE** Free meal served from 5 to 6:00 p.m. at Christ Lutheran Church, 1306 Wilcox Street, Menomonie, every Wednesday.

**THURSDAY'S TABLE:** First Congregational Church, 420 Wilson Ave. Menomonie. Free meal served from 5-6pm.

**KNAPP COMMUNITY PROJECTS/PLATES & KNAPPKINS FOOD PANTRY:** Open every Thursday from 2:00 to 5:00 p.m. Food Distribution every 5th Saturday of a month. Open from 7:00 a.m. to 9:00 a.m. Located at 508 Highway 12 next to the BP station in Knapp.

**FOOD HARVEST MINISTRY:** Food distribution will be the third Saturday of each month 8:00 am until 10:00 am located at 1002 Main Street, Boyceville. No Requirements and No Questions Asked!!! All food is good quality surplus, some perishable, that otherwise would be wasted!!! Please bring bags or boxes to carry your food. If you have any questions or your church or organization would like to become involved, please call 619-6979.



## Updated Food Pantry Hours

Located at 1602 Stout Rd, Menomonie  
 Enter through 17th St

<b>MONDAY</b> <small>Inside Only</small>	<b>TUESDAY</b> <small>Inside Only</small>	<b>WEDNESDAY</b> <small>Curbside Only</small>	<b>FRIDAY</b> <small>Curbside Only</small>	<b>SATURDAY</b> <small>Inside Only</small>
1:00 pm to 4:00 pm	10:00 am to 1:00 pm	2:00 pm to 6:00 pm	12:00 pm to 4:00 pm	9:00 am to 12:00 pm

**Mon/Tues/Sat - Inside Shopping only.** No curbside available.  
**Wed/Fri - Curbside Shopping Only.** No inside shopping available.

Check-in once a week to receive meat, dairy, dry goods, bakery, fresh fruits & vegetables (as available).



## POP-UP CURBSIDE FOOD PANTRY

Stepping Stones Food Pantry provides this service to families and individuals in rural Dunn County who have limited access to a food pantry.

### EVERY 1ST TUESDAY

**Elk Mound**  
 11:30 am - 12:30 pm  
 Village Hall  
 E206 Menomonie St,  
 Elk Mound

**Rock Falls**  
 1:00 pm - 2:00 pm  
 Township Hall  
 N995 County Rd H,  
 Rock Falls

### EVERY 1ST AND 3RD THURSDAY

**Sand Creek**  
 11:30 am - 12:30 pm  
 Arts Center  
 E9311 County Rd I,  
 Sand Creek

**Ridgeland**  
 1:30 pm - 2:30 pm  
 Community Center Lot  
 200 Diamond St,  
 Ridgeland

### EVERY 2ND AND 4TH THURSDAY

**Downsville**  
 11:30 am - 12:30 pm  
 New Hope Lutheran  
 N2698 460th St,  
 Downsville

**Colfax**  
 2:00 pm - 3:00 pm  
 Viking Bowl and Lounge  
 N108 S Main St,  
 Colfax

For more information, contact Angie Wolf:  
 715.235.2920 ext. 204 | a.wolf@steppingstonesdc.org  
*All pop-up pantries are closed on holidays.*

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SUNNYSIDE APARTMENTS

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# ADRC DUNN COUNTY NUTRITION PROGRAM

Colfax	M - Th	962-2550	Tantara in Menomonie	M - F	556-0266
Hosford-Rich Apts.	M, T, Th, F	235-4047	Sand Creek	M - F	658-1335
Ridgeland	M - F	949-1937	ADRC Office for Dunn County	M - F	232-4006

Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Breaded pork chop, Buttered new potatoes, Dilled carrots, Wheat bread, Grapes	3 Herb baked chicken, Oven roasted sweet potatoes, Spinach salad, Apple crisp	4 Baked spareribs, Sauerkraut, German potato salad, Perfect pinto beans, Pumpkin bread	5 Roast beef, Mashed potatoes, Brown gravy, Whole kernel corn, Cherry torte bar	6 Crumb topped baked fish, Basil garlic potatoes, Broccoli, Fruit ambrosia salad
9 Beef stroganoff, Noodles, Seasoned peas, Fresh banana	10 Roast turkey, Mashed potatoes, Turkey gravy, Herbed baby carrots, Wheat bread, Applesauce	11 Shepard's pie, Stewed tomatoes, Bread pudding with raisins, Vanilla butter sauce	12 Baked fish fillet, Lemon butter sauce, Twice baked potatoes supreme, Broccoli cuts, Wheat bread, 24 hour fruit salad	13 Three bean chili with canned beans, Mixed green salad, Cornbread, Mixed berries
16 Open face hot turkey sandwich with gravy, Mashed potatoes, Turkey gravy, Broccoli, Fresh apple	17 <b>Holiday Meal 2024: Beef pot roast, Mashed potatoes with gravy, Carrots with parsley, Whole wheat dinner roll, Cheesecake</b>	18 Old fashioned meatloaf, Baked potato, Sour cream, Creamy corn casserole, Apricots	19 Deluxe chicken pot pie, Herbed baby carrots, Dinner roll, Cherry cobbler	20 Breaded baked fish, Side winder fries, Colorful coleslaw, Frosted pumpkin bar
23 Barbecue glazed chicken, Au gratin potatoes, Whole kernel corn, Wheat bread, Watermelon	24 CLOSED 	25 CLOSED	26 Ham & cheese on a bun, Bean with bacon soup, Crackers, Diced pears	27 Italian meat sauce, Spaghetti noodles, Spinach cranberry salad, Garlic bread sticks, Iced brownie
30 Salisbury steak, Gravy, Parslied potatoes, Stewed tomatoes, Wheat bread, Pineapple tidbits	31 Roast turkey, Mashed potatoes, Turkey gravy, Sliced carrots, Perfect peach cobbler	CLOSED 		

...continued from page 1



The Medicare Savings Programs (MSPs) are Qualified Medicare Beneficiary (QMB), Specified Low-Income Medicare Beneficiary (SLMB), and Specified Low-Income Medicare Beneficiary Plus (SLMB+). QMB pays for your Medicare Part B premium (and your Part A premium if you are required to pay one), as well as the costs that Medicare leaves behind such as deductibles and copays. SLMB and SLMB+ help pay for your Part B premium only. Like with the FoodShare program, to find out if you are eligible for an MSP, you will want to contact the income maintenance consortium for your county. All levels of MSPs, also include Extra Help, which lowers the out of pocket cost of prescription drugs.

The income maintenance consortium for Dunn County is Great Rivers and they can be contacted at 1-888-283-0012.

The local Social Security office for Dunn County is in Eau Claire and they can be contacted at 1-866-815-2924.



"People helping people strengthen the Dunn County Community by providing food, shelter, and support"

## GET HELP



**Food Pantry:** Offers in-person, curbside, and pop-up options.



**Shelter:** Provides emergency housing, assistance, and referral services.



**Community Connections:** Links volunteers to neighbors to provide supportive services.

1602 Stout Rd, Menomonie, WI 54751  
715.235.2920 | [www.SteppingStonesDC.org](http://www.SteppingStonesDC.org)

### PUT ME ON THE HI-LITES MAILING LIST

If you consider yourself homebound and are interested in having the Senior Hi-Lites delivered to you by mail, please complete the information slip below and return to our office. We will gladly add you to the list. Please Print. Check the box if you are interested in receiving information on the Home Delivered Meal Program.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Phone \_\_\_\_\_

## ACTIVITY CALENDAR FOR SITES IN DUNN

ACTIVITY CALENDAR FOR THE MONTH OF DECEMBER FOR SITES IN DUNN COUNTY (CHECK MONTHLY MENU FOR SITE CLOSINGS)

### COLFAX GRAPEVINE SENIOR CENTER (715-962-2550)

- Dine-In Meals Monday through Thursday at 11:30 am
- Congregate and Home Delivered Meals
- Cards and Bingo – Call for Details

### HOSFORD-RICH APARTMENTS (715-235-4047)

- Dine-In Meals Monday, Tuesday, Thursday and Friday at 11:30 am
- Congregate and Home Delivered Meals

### TANTARA APARTMENTS DINING ROOM (715-556-0266)

- Dine-In Meals Monday through Friday
- Congregate and Home Delivered Meals

For all questions regarding the Dunn County Nutrition Program, please call the ADRC at 715-232-4006.

## SUPPORT GROUPS

**THE BRIDGE TO HOPE:** The Bridge to Hope offers FREE and confidential services to victims and survivors of domestic abuse, sexual assault and human trafficking in Dunn and Pepin Counties. For ongoing and current weekly support group dates and times, please call 715-235-9074.

**DIABETES SUPPORT GROUP:** From September through May on the 1st Thursday of the month, the Diabetes Support Group meets from 7 to 8 p.m. in the Mayo Clinic Health System in Menomonie Education Center.

**MISCELLANEOUS:** Dunn County Genealogical Society meets on the third Saturday of each month at 10 a.m. at the Russell J. Rassbach—Dunn County Historical Museum. For more information, call 715-232-8685. Do not meet in August and December



## Dementia Support Group

This group is for people living with dementia and their caregivers, friends and neighbors. Join us for support, strategies and resources

**First Wednesday of the Month**

**1:00 pm**

**Grapevine Senior Center**

**121 Main Street - Colfax**

For more information, contact the ADRC of Dunn County at 715-232-4006



## CAREGIVER COFFEE HOUR

1st Wednesday of the month

9:30-11:00 a.m.

Dunn County Government Center

3001 US Hwy 12 E., Menomonie WI



A support group for caregivers. Join us for coffee and conversation in a safe and confidential space to connect with other caregivers.

For more information, contact ADRC at (715)232-4006.

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

# HELP END ELDER ABUSE

- Emotional Abuse
- Financial Abuse
- Physical Abuse
- Neglect or Self-neglect
- Harassment

## COUNTY HELPLINES

**DUNN COUNTY DEPT. OF HUMAN SERVICES & ADRC**  
Adult Protective Services 715-232-4006  
**DOMESTIC ABUSE VICTIM ADVOCATE**  
24-Hour Crisis Line 800-924-9918  
Dunn County Sheriff's Office 715-232-1348  
Aging & Disability Resource Center 715-232-4006  
Bridge to Hope 715-235-9074



## Alzheimer's Caregiving: How Can I Find Joy In The Holidays?



*Submitted by Casey Schnacky,  
Outreach/Caregiver Coordinator*

I feel sad around the holidays because I can't stop thinking about how things were before my loved one developed Alzheimer's disease. How can I bring back the joy of the holidays?

Many people enter the holiday season with a mixed bag of memories and emotions. Rituals, familiar food and smells, songs, and decorations all stimulate memories of people and holidays past. The season may loom particularly heavy if you have a loved one living with Alzheimer's disease. It's common to think about what has changed and yearn for the way things used to be.

It is important to realize that how you feel is a byproduct of your thoughts, and caregivers may be especially susceptible to unhelpful thought patterns during the holidays. While you can't control many of the realities of Alzheimer's, you can control your thoughts.

One way to help cope with your grief is through mindfulness. Mindfulness is the practice of intentionally bringing one's attention to the present moment and has been found to produce significant results in terms of stress reduction and overall well-being. Research has found that practicing mindfulness helps caregivers of loved ones with dementia improve feelings of depression, stress and overall quality of life in terms of their mental health.

Mindfulness practices help create some separation between unhelpful thoughts and your life in the moment. Think of it as refueling your caring center.

These steps can help you be more mindful and enjoy the holiday season:

- Focus on breathing. Don't just think about your breath, but feel it throughout your body. Take some time each day to sit quietly, without distractions, and relax from head to toe.
- Savor everything. Conversations, interactions, observations, meals — go slowly and use each of your senses to truly absorb and appreciate all that's around you.

- Allow your thoughts without judgment. Sit quietly, with eyes open or closed. Relax your mind and body. Let your thoughts come and go without judging yourself.
- Watch the world with fresh eyes. Maybe you see the same things every day, but changing your perspective can make it all new.



- Plan a holiday that your loved one with Alzheimer's can enjoy:
- Avoid travel. It's easier on you and your loved one to stay home for the holidays. See if family can travel to see you to avoid disrupting the usual routine and familiar surroundings.
  - Stick to your usual schedule. Try to maintain your daily routine as much as possible. Keep meals and other daily activities, such as bedtime or exercise, on the same schedule. Remind family members that your loved one may need a break in a quiet area of the house from time to time.
  - Ask for help. The holidays are a time for celebrating with loved ones, so make good use of help from family and friends. Request a hand with household chores, or ask each family member to bring a dish to enjoy for holiday meals.
  - Enjoy familiar family favorites. If you have favorite long-standing family dishes or traditions, keep them — they'll be familiar to your loved one. Look at old pictures together and listen to favorite traditional music. If your loved one is able, encourage participation with decorations or preparing a favorite food.

*This article is written by Angela Lunde and Mayo Clinic staff. Find more health and medical information on [mayoclinic.org](http://mayoclinic.org).*

# Healthy Eating Tips For The Holidays – Your Recipe For Staying On Track No Matter What’s Cooking



Submitted by Bernie Allen,  
ADRC Nutrition Program Coordinator

’Tis the season for family, festivity, and food – lots of food. Temptations are everywhere, and parties and travel disrupt daily routines. How do you stick a meal plan when everyone around you seems to be splurging? Here are some tips that can help:

## 1. Holiday Proof You Plan

You may not be able to control what food you’re served, and you’re going to see other people eating tempting treats. Meet the challenge armed with a plan:

- Invited to a party? Offer to bring a healthy dish along.
- If you have a sweet treat, cut back on other carbohydrates (such as potatoes and bread) during the meal.
- Don’t skip meals to save up for a feast. You will be really hungry and more likely to overeat.
- If you slip up, get right back to healthy eating with your next meal.



## 2. Outsmart the Buffet

When you face a spread of delicious holiday food, make healthy choices easier:

- Have a small plate of the foods you like best and then move away from the buffet table.
- Load up on the vegetables.
- Eat slowly. It takes about 20 minutes for your brain to realize you’re full.
- Avoid or limit alcohol. If you do have an alcoholic drink, have it with food.

## 3. Fit in Favorites

No food is on the naughty list. Choose the dishes you really love and can’t get any other time of year. Slow down and savor a small serving.

## 4. Keep Moving

You’ve got a lot on your plate this year, but don’t let physical activity get crowded out. Being active is your secret holiday weapon. It can help make up for the eating more than usual, and it can help reduce stress. Get moving with friends and family by talking a walk after a holiday meal.

## 5. Get Plenty of Rest

Going out more and staying out later often meaning cutting back on sleep. When you’re sleep deprived you’ll tend to eat more high-fat, high-sugar food. Aim for at least 8 hours of per night to guard against mindless eating.

## 6. Pay Attention to What Really Matters

Although food is an integral part of the holidays, put the focus on family and friends, laughter and cheer. If balance and moderation are your usual guides, it’s okay to indulge and overeat once in a while.

## December Recipes: Roasted Butternut Squash Soup

Source: *allrecipes.com*

### Ingredients:

- 1 large butternut squash, peeled and cubed (seeds removed)
- 2 potatoes, peeled and chopped
- 3 tbsp. extra virgin olive oil
- Kosher salt
- Freshly ground black pepper
- 1 tbsp. butter
- 1 onion, chopped
- 1 stalk celery, thinly sliced
- 1 large carrot, chopped
- 1 tbsp. fresh thyme, plus additional thyme for garnish
- 1 qt. low sodium chicken broth



### Directions:

1. Preheat oven to 400°. On a large baking sheet, toss butternut squash and potatoes with 2 tablespoons olive oil and season with salt and pepper. Roast until tender, about 25 minutes.
2. Meanwhile, in a large pot over medium heat, melt butter and remaining tablespoon olive oil. Add onion, celery and carrot. Cook until softened, about 7 to 10 minutes. Season with salt, pepper and thyme.
3. Add roasted squash and potatoes and pour over chicken broth. Simmer 10 minutes, then using a blender (or immersion blender), blend soup until creamy.
4. Serve garnished with thyme.

Total Time: Prep: 15 minutes. Cook: 40 minutes.  
Yield: 4 Servings.



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715-232-2661

[www.neighborsdc.org](http://www.neighborsdc.org)

# Holiday Cranberry Sauce

Source: allrecipes.com

### Ingredients:

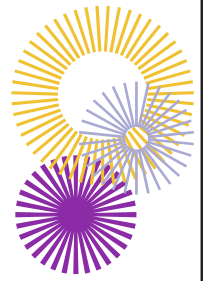
- 4 cups fresh cranberries
- 1 ½ cups water
- 5 whole cloves
- 5 whole allspice berries
- 3 cinnamon sticks
- 2 cups white sugar



### Directions:

1. Place fresh cranberries and water in a medium saucepan over medium heat.
2. Wrap cloves, allspice berries and cinnamon sticks in a spice bag. Place in the water with cranberries.
3. Cook until cranberries start to burst, about 10 minutes.
4. Stir in sugar and reduce heat to low. Continue cooking for about 5 minutes, or until sugar has dissolved. Remove from heat and allow to cook. Discard spice bag. Chill in the refrigerator 8 hours, or overnight, before serving.

Total Time: Prep: 5 minutes. Cook: 15 minutes. Additional: 8 hours.  
Yield: 16 Servings.



AT THE MENOMONIE SENIOR CENTER  
1412 Sixth Street E, Menomonie WI

THE 3RD MONDAY OF THE MONTH

10:00-11:30 A.M.

Sept. 16, Oct. 21, Nov. 18, Dec. 16, 2024

A welcoming place for individuals, families, and friends of those living with memory changes. Come join us for coffee, conversation, and activities in a safe and inclusive space.

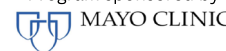
## Artful Expressions



Starting in October—Following The Purple Perk!  
JOIN US FROM 11:30AM-12:30PM

This free program is for people with dementia and their care partners. Explore the arts and find your creative spark!

Program sponsored by



For more information, call the ADRC at (715)232-4006.



## Menomonie Area Senior Center

1412 6th Street East  
Menomonie, WI 54751  
715-235-0954 seniors@wwt.net  
Web: menomonieseniorcenter.org

# Menomonie Area Senior Center December 2024

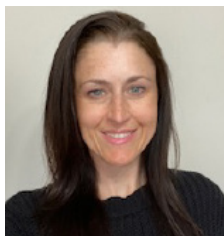


SUN	MON	TUE	WED	THU	FRI	SAT
1	2 9am-11am Tai Chi 12-3pm Open Walking Gym 1-3pm Mah Jongg/Euchre	3 8:30am Foot & Nail Clinic* 8:30-9:15am Chair Yoga 9:45-10:30am Stronger Seniors-Intermediate* 10am Cribbage 11-11:45am Stronger Seniors-Basic *	4 8:30am Foot & Nail Clinic* 9am-2pm Crafts /10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	5 8:30-9:15am Chair Yoga 9:45-10:30am Stronger Seniors-Intermediate* 10am-2:30pm ADS* 11-11:45am Stronger Seniors-Basic * 1pm 500 Cards	6 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo	7  <b>Craft Room Open</b>
8	9 9am-11am Tai Chi 10-11:30am ADRC Relatives Raising Children 12-3pm Open Walking Gym 1-3pm Mah Jongg/Euchre	10 8:30am Foot & Nail Clinic* <b>8:30am BOARD MEETING - SENIOR CENTER</b> 8:30-9:15am Chair Yoga 9:45-10:30am Stronger Seniors-Intermediate* 10am Cribbage <b>10am-12noon CIL BP&amp;Sugar Screening</b> 11-11:45am Stronger Seniors-Basic *	11 8:30am Foot & Nail Clinic* 9am-2pm Crafts /10am-2:30pm ADS* <b>11:30am-1pm ADRC Women Connected</b> 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	12 8:30-9:15am Chair Yoga 9:45-10:30am Stronger Seniors-Intermediate* 10am-2:30pm ADS* 11-11:45am Stronger Seniors-Basic * 1pm 500 Cards	13 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo	14
15	16 9am-11am Tai Chi 10-11:30am ADRC Purple Perk 11:30-12:30pm Artful Expressions* 12-3pm Open Walking Gym 1-3pm Mah Jongg/Euchre	17 8:30am Foot & Nail Clinic* 8:30-9:15am Chair Yoga 9:45-10:30am Stronger Seniors-Intermediate* 10am Cribbage 11-11:45am Stronger Seniors-Basic *	18 8:30am Foot & Nail Clinic* 9am-2pm Crafts /10am-2:30pm ADS* 11:30am CHRISTMAS RAFFLE DRAWING <b>11:30-12:30 SENIOR CENTER CHRISTMAS IN-HOUSE MEAL</b> 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	19 8:30-9:15am Chair Yoga 9:45-10:30am Stronger Seniors-Intermediate* 10am-2:30pm ADS* 11-11:45am Stronger Seniors-Basic * 1pm 500 Cards <i>Last day of Stronger Seniors till January</i>	20 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo	21
22	23 9am-11am Tai Chi 10:30am-12pm ADRC Exploring Dementia 12-3pm Open Walking Gym	24 10am Cribbage <b>Senior Center Closes at Noon for Christmas Eve</b>	25 <b>CENTER CLOSED Christmas Holiday</b>	26 <b>CENTER CLOSED Christmas Holiday</b>	27 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo	28
29	30 9am-11am Tai Chi 12-3pm Open Walking Gym 1-3pm Mah Jongg/Euchre	31 <b>CENTER CLOSED New Year's Holiday</b>				

# How Do I Talk To Someone With Dementia?

## The key, say experts, is to adapt your communication in these five ways.

By Jon Spayde with Experience Life



Submitted by Casey Schnacky, Outreach/  
Caregiver Coordinator

“When communicating with someone with dementia, we always want to focus on the person and meet him or her where they are,” says Ruth Drew, MS, LPC, director of information and support services at the Alzheimer’s Association. “If they’re struggling, we don’t try to pull them into our reality. We try to communicate in a way that is going to make sense to them.”

That means understanding a person’s memory and communication struggles. “They may have trouble decoding what we’re saying,” Drew points out. A damaged brain may have trouble processing language; responding becomes difficult.

“People usually just struggle with little things in the early stages,” she notes. “But over time, finding the right words, and being able to express a complete thought, gets harder. They may fill in with a word that doesn’t make sense or they may not be able to finish their sentence.”

These changes may make it feel as if we can no longer relate to someone we love, but “we can still connect and communicate throughout the course of the disease if we are willing to change our approach,” Drew says. Connection remains possible when we adapt our communication in small ways.

**Connect at eye level.** If your loved one is sitting down, show your love and respect by sitting and meeting his or her gaze on the same level.

**Keep it simple.** Speaking slowly and deliberately gives the person more time to process what you’re saying.

**Set a calm, kind tone.** Your own state of mind plays a bigger role in your communication now, so take a deep breath and put frustrations aside before you visit your loved one.

“The person will read your mood,” she says. “If you’re upset and anxious and agitated, it’ll come through in your body language, your tone of voice, your face, everything. Your anxiety can shut them down.”

**Don’t argue.** It can be tempting to correct the person’s errors of perception or memory, and you may even get angry with him or her. This won’t help.

“It makes no sense to argue with people with dementia, because they are playing by a different set of rules,” Drew explains. “Focus on their safety, comfort, and happiness.” There’s no real danger if they believe it’s 1955 and they’re in college. Let that be the reality for the moment.



**Tolerate ambiguity.** It can be especially hard when your loved ones try to tell you something urgent and the words don’t make sense. Yet asking them questions such as “Are you in pain?” or “Why are you upset?” demands that they evaluate their own condition, and they might not be able to answer.

But you can connect without words.

“You may have no idea what they’re trying to say to you, but you can respond to the emotion they are expressing and help them feel understood,” she says. “For example, you can hold out your hand. If they take your hand, you can put your hand on top of it and say, ‘This is a bad day, isn’t it?’ And just sit there with them.”

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**First Thursday of the Month • 12:30–1:30 pm**

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### 2024 dates

January 4	July 11
February 1	August 1
March 7	September 5
April 4	October 3
May 2	November 7
June 6	December 5

No registration required. Questions, Contact the Aging & Disability Resource Center at 715-232-4006





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[www.co.dunn.wi.us/adrc](http://www.co.dunn.wi.us/adrc)

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# Women Connected

A SUPPORT GROUP FOR WOMEN CAREGIVERS

Menomonie Senior Center  
1412 6th St. E., Menomonie, WI

**11:30 a.m. 2nd Wednesday of the month 2024**

Jan. 10	May 8	Sept. 11
Feb. 14	June 12	Oct. 9
March 13	July 10	Nov. 13
April 10	Aug. 14	Dec. 11

*Gain a sense of empowerment and reduce the feelings of loneliness and social isolation. Share tips and improve or learn new, healthy coping skills.*

For more information, contact the ADRC at (715)232-4006.

## CAREGIVER SUPPORT GROUP

**3rd Thursday 2:30-4:00 p.m.**

Jan 18	May 16	Sep 19
Feb 15	Jun 20	Oct 17
Mar 21	Jul 18	Nov 21
Apr 18	Aug 15	Dec 19

The caregiver support group is a safe and confidential gathering of people who are in a similar situation. They meet to give and receive help, advice, friendship and emotional support. Participants also gain knowledge of local resources and other issues related to their situation.

**Dunn County Government Center  
3001 US Hwy 12 E.  
Menomonie, WI 54751**

Call Dunn County ADRC at (715)232-4006.

# Maintain your Health through the Holiday Season!



By Tracy Fischer, ADRC manager

The holiday season is in full swing, which means many of us are preparing for celebrations with family, friends, and good food. The holidays present a wonderful opportunity to connect with others, but can also be a source of stress and anxiety. November and December are busy months for many of us. It's also a time where our routines and schedules are inconsistent and diets consist of special and often heavy foods. In fact, high cholesterol, an increase in blood pressure and foods that cause inflammation in the body are common during this time. If we're not careful, the holiday season can have a negative effect on our health—both physically and mentally. Here are a few tips to help you maintain your healthy habits throughout the holiday season.

## Simple Tips for a Healthy Holiday

To help keep you healthy, reduce stress and avoid the holiday blues, you may consider implementing the following tips the next time you find yourself celebrating with family and friends.

- **Walk after large meals.** We all know that feeling after we've eaten too much at a holiday brunch or dinner. While we might be tempted to nap after a large meal, taking a walk might be a better option. Moving our bodies, especially after a large meal, helps us digest our food and turn it into energy instead of storing it into fat cells.
- **Wash hands frequently.** As we gather inside for celebrations, it's not uncommon for colds and other wintertime illnesses to spread quickly. To decrease our risk of contracting the flu or common cold, make sure to wash your hands frequently using warm water and antibacterial soap. Alcohol-based hand sanitizer is a good option if you're traveling or don't have access to soap and water.
- **Stay hydrated.** Fancy cocktails are a fun holiday treat. However, it's best to drink in moderation and stay hydrated by drinking plenty of water. Alcohol based drinks can cause inflammation in the joints, which can cause pain and decreased mobility. Water helps flush out toxins and helps aids in digestion.
- **Get quality sleep.** Our bodies heal and replenish themselves while we sleep. Getting enough high-quality sleep supports basic body functions and is also important in maintaining our mental health. It's not uncommon to veer from our normal daily routines during the holiday season, however, it's important to maintain our sleep schedules when possible.
- **Maintain your exercise routine.** Exercise releases endorphins, which are our body's natural pain reliever and happiness booster. Exercise is also an important factor in maintaining balance, coordination and can help reduce healing time from injuries. So, bundle up for a walk outside or try an indoor workout you can do from the comfort of your own home.

- **Rest after traveling.** Traveling can become more difficult as we age. Road trips and airplane rides can take a lot of energy. Make sure to get adequate rest after a travel day. This might mean skipping out on the shopping and opting for some quiet time instead.

- **Prioritize healthy meal options.** Before you enjoy special holiday foods, make sure to consume vegetables and fruits which are high in nutrients and support optimal health.



- **Manage stress.** The holidays can be stressful! However, it's important to learn how to manage stress because too much of it can disrupt different function in the body including the immune and digestive systems.
- **Avoid contact with people who are sick.** In addition to washing your hands frequently, you should also do your best to avoid those who are sick with colds or the flu. You might consider avoiding crowded places when possible or protect yourself by wearing a face mask.

## Exploring Dementia



*A support group for those caring for someone living with dementia*

**Fourth Monday of the Month  
10:30 am to Noon**

### 2024 Dates:

January 22	May 20	September 23
February 26	June 24	October 28
March 25	July 22	November 25
April 22	August 26	December 16

**Shirley Doane Senior Center  
1412 Sixth Street E, Menomonie**

The Dementia Adult Day Services (DADS) program is an option during this meeting. To find more about this program and availability, contact the Senior Center at 715-235-0954

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# Flipper Big Button Universal TV Remote

CILWW would like to share a cost-effective assistive device designed to support individuals with low vision: the Big Button Universal TV remote. This remote is specifically tailored for seniors and features large, color-coded tactile buttons to facilitate ease of use. It incorporates only three essential functions: Volume Up/Down, Channel Up/Down, and an On/Off button. Furthermore, it is compatible with all major TV brands as well as cable and satellite boxes, all integrated into one device.



An optional Favorite Channel feature allows users to program up to 30 preferred channels, streamlining the viewing experience. Additionally, the setup includes a lock feature to prevent any unintended reprogramming of the TV. This remote operates using two AAA batteries (not included). Assistance with setup may be beneficial, given the varying levels of experience and age among users.

The Flipper Big Button Universal TV remote is available for purchase through online retailers such as Amazon and Walmart, with a retail price of approximately \$40.00.

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.

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## Relatives

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MENOMONIE WI

September 9  
October 14  
November 11  
December 9 2024

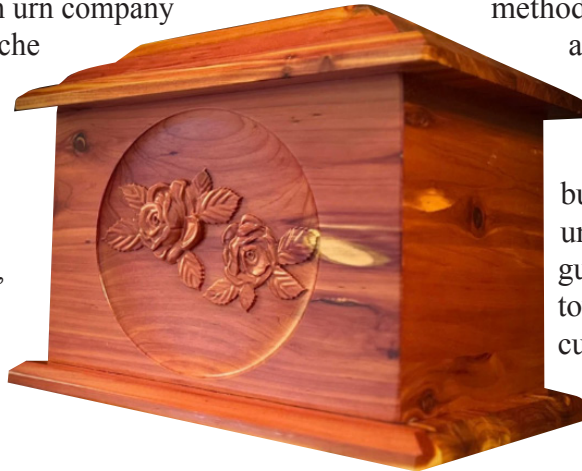
A confidential space for grandparents and other relatives raising children. Meet and connect with other caregivers, develop a network of support, and be heard by others with shared experiences.

Option to attend virtual or in person. Contact Dunn County ADRC for information (715)232-4006.

# Amish Traditions Meet Modern Commerce

by Danny McLennan, Hay River Company

In Prairie Farm, Wisconsin, a unique Amish urn company (Vance Creek Designs) has carved out a niche in the market by creating handcrafted urns that blend traditional craftsmanship with a deep respect for the environment and the memories of loved ones. This family-run business, rooted in the values of the Amish community, prioritizes quality, sustainability, and emotional connection in every piece they produce. Owner John Mark is always warmed by sharing their story and creating connections through his work.



methods, the company not only creates beautiful urns but also reduces its carbon footprint, supporting the broader goal of environmental stewardship.

John Mark and his sons are skilled woodworkers who employ techniques passed down through generations. Using locally sourced hardwoods such as oak, cherry, and maple, cedar, walnut, they create urns that are not only functional but also pieces of art. Each urn is crafted with meticulous attention to detail, ensuring that it meets the highest standards of quality and aesthetics. This commitment to craftsmanship reflects the Amish belief in doing work that honors both the creator and the recipient.

John Mark also keeps sustainability at the heart of the company's operations. The artisan prioritizes eco-friendly practices, ensuring that all materials are sourced responsibly and that waste is minimized during production. This commitment to the environment resonates with customers who seek products that align with their values. By using natural materials and traditional

Customer service is a cornerstone of the business. The artisans work closely with families to understand their needs and preferences, providing guidance in selecting the perfect urn. This personal touch fosters a supportive atmosphere where customers feel comfortable discussing their desires and honoring their loved ones' memories. The company understands that choosing an urn is a deeply emotional process, and they strive to make it as meaningful and comforting as possible. They also have close neighbors that help run the online section of their business. Hay River Company, just a few doors down, helps the company grow with their online presence while maintaining relationships virtually.

As the business grows, it remains committed to its core values of craftsmanship, sustainability, and community. John Mark is dedicated to preserving their heritage while also adapting to modern needs, ensuring that their handcrafted urns are not only a reflection of tradition but also a relevant choice for today's families. With each urn, they provide a beautiful and lasting tribute that honors the life of the deceased while also supporting the values of the living. This blend of tradition and modernity makes the Amish urn company in Prairie Farm a truly special place.



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# Power of the Penny!

Imagine walking into a grocery store today with \$20 in your pocket. What would it buy? A simple dinner of pasta and vegetables with some leftovers, perhaps, if you're lucky. This limited purchasing power illustrates how inflation has changed the value of money over time. The same \$20 that might only get you a couple of items now could have comfortably stocked a pantry in earlier years — or even paid for a doctor's visit. Let's explore what \$20 could buy at different points in U.S. history.



**1920s** - The Roaring '20s marked a period of economic growth and consumerism. People enjoyed more access to goods, and \$20 could buy a stylish suit, coat, or dress for a night of dancing. Household appliances, like electric ovens, also became popular. A small countertop electric oven cost about \$10, making home upgrades more accessible. The average U.S. income ranged between \$3,000 and \$5,000 per year, so \$20 wasn't trivial. Cars were also on the rise, though \$20 wouldn't cover a Ford Model T, which cost around \$260. But \$20 could fill a 10-gallon gas tank multiple times — ideal for a road trip.

**Colonial Era** - In colonial America, there was no unified currency; instead, people used a mix of British pounds, Spanish dollars, and local notes. This lack of standardization makes direct comparisons to modern prices difficult. However, some historians estimate that \$20 today might equal around 100 shillings in the 1730s. With 20 shillings, you could buy 50 acres of land in Maryland or around 3 pounds of beef in New England. In Rhode Island, around 1777, this sum would buy a full suit of broadcloth for a man. Although these examples are speculative, they offer a glimpse of the buying power of money in early American history.

**1950s** - In the 1950s, \$20 could stretch far, covering holiday meals and more. A Thanksgiving dinner with turkey, potatoes, stuffing, cranberries, and pie costs under \$7, so a family could plan a full holiday meal and still have change left over. Coca-Cola was priced at 5 cents a can, so \$20 could buy 400 cans. Medical visits were also affordable, with a doctor's visit priced around \$5. This meant \$20 could cover three or four appointments.

**1870s** - By 1785, the dollar was established as the U.S. currency, and coins were minted in 1794. Paper money came later, in 1861. By the 1870s, \$20 could cover a full month's rent in a tenement apartment in New York City's Lower East Side. While these apartments were often crowded and unsanitary, they provided affordable housing for working-class families and new immigrants. Today, the average rent in that same neighborhood is closer to \$5,000 a month. At that time, a typical laborer earned about \$50 per month, so housing consumed 40% of their income. In rural areas, \$20 could also buy a milking cow, providing milk, cheese, and butter. For those interested in fashion, \$20 went a long way. In San Francisco, \$12.50 could buy a silk suit, \$5 a woolen coat, and \$1.50 a twilled silk umbrella. Today, that same \$20 might only buy two coffees in the city or a pair of sale jeans.

**1980s** - In the 1980s, live music was much more affordable than today. For \$20, you could buy two tickets to see major artists like Bob Seger or the Grateful Dead. Toys were also popular, with Transformers action figures priced at \$10 each. And in fast food, a McDonald's value meal costs about \$2.59, so \$20 could feed a family of seven. Today, that same \$20 might cover a single drink at a concert or one meal at a fast-food chain.

Over time, inflation has transformed what \$20 can buy, from land and essentials in the colonial era to modest entertainment today. This journey through history highlights the dollar's shifting value across generations.

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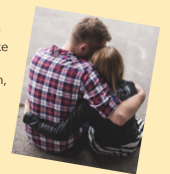
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For more information on the application process, or to make a monetary donation to this 501(c)3 non-profit organization, please visit [www.helpfulheartswi.org](http://www.helpfulheartswi.org).



# How I Learned to Love the Chaos of Christmas

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

Have you ever really tried to pull off the perfect Christmas? I mean the Hallmark Channel, Martha Stewart, Style Magazine quality kind! For years, my wife and I would plan weeks in advance to try to make this happen. On the last warm day in November, I would spend a few hours untangling the huge balls of Christmas lights I had hastily packed away in January. Then I took them outside and began to hang them all over the house and yard. Each year I tried to do more than I had done the year before. Then as dusk fell, I had everyone come outside to watch as I switched on the lights. The darkness vanished, and my family oohed and aahed at my decorating skills. I stood there drinking in their praises with pride, and noticing how much brighter our yard was than anyone else's in our neighborhood. Job one – well done.

Later, I helped decorate the tree, and other parts of the house that my wife couldn't reach or needed help with. She was the master tree and house interior decorator, and each year tried to outdo what she had done the year before. Somehow every year she was able to pull this off. We spared no expense or effort to make each Christmas perfect. It was our goal to be able to stand in front of the Christmas tree with a hot cocoa in hand, gazing at the twinkling lights, and be satisfied that this holiday season was perfect. My wife made sure our house and tree decorations were Martha Stewart-worthy, and all our holiday cookies were perfectly baked. Doughy or burnt cookies were tossed. Only perfect cookies would grace our plates. Gifts were carefully selected, purchased and then wrapped in high quality wrapping paper and ribbon. The corner of each package was folded in tight symmetrical perfection. All our holiday traditions and rituals were carefully observed to ensure we had a perfect Christmas. On Christmas Day we awoke early, dressed ourselves in something red and then gathered to open our gifts. Gift-opening lasted for several hours because we went around the room in order of age, all of us watching as each one opened their gifts in turn. Perfect.

This went on for years. Our kids grew up knowing Christmas as a time of great effort to make it perfect. Then one year it all changed. Christmas, the holiday we had idealized into a Hallmark-movie vision of glittering joy, started to unravel. It wasn't because we weren't doing enough—we were doing too much. The more we tried to nail the “perfect” holiday, the more everything seemed to fall apart.

It began one fateful November when a blizzard buried the mid-west in snow and sub-zero temperatures. There was no way I could put up outside lights or decorations. To make up for this we decided to really outdo ourselves in decorating the inside of our home. After spending hours combing through various the tree lots, I proudly hauled in the most magnificent Christmas tree we had ever purchased. It was the perfect shade of green, with the fullest branches, the most even spacing, and it even smelled terrific. I set it up with care and then my wife noticed that the top half sagged to the left. Despite my best efforts to unsag it, I finally wired the top to the wall pulling it to the right. The lights, which I pretested before they were carefully hung on the branches, refused to work properly. After the tree was decorated the tree lights took on a mind of their own. Half of them lit up and half of them flickered like a manic strobe light. On-off, on-off, on for a while, then off for a while. After spending more than an hour trying to “fix” the lights my wife and I stood back and simply laughed. We talked and

decided to not let a saggy tree or crazy Christmas lights ruin our Christmas spirit. We vowed to embrace the imperfections and just enjoy the season.

To help make up for the steadily increasing Christmas chaos, I had a grand idea: let's bake a mountain of Christmas cookies to share with neighbors and friends. Let's really share the Christmas spirit. My wife got out all the flour, sugar, and butter, and began to channel her inner Betty Crocker. An hour later, the kitchen looked like a disaster zone. The dough was a sticky mess that refused to form into any recognizable shape, and somehow, every batch of cookies turned into brittle, flat little disks or weird-colored rocks. As we stood over a counter full of “cookies,” trying to figure out whether we had just created a new kind of Christmas punishment, our grandson Roman walked in, looked at the scene, and said, “These look like rocks. Can we eat them anyway?”

And in that moment, it clicked. Christmas isn't about perfectly baked cookies—it's about the joy of the process, the laughter shared, and the memories made. We ate those “rock cookies” and laughed ourselves silly. Amid the baking disasters, the tree lights with a mind of their own, and the tree that resembled a crooked circus tent, I found myself seeking something deeper. Christmas wasn't just about perfect moments, and it wasn't about stressing over every tiny detail. It was about something bigger. It was about the spiritual heart of Christmas—the birth of Christ, the hope and joy that His arrival brought to the world. It wasn't about the perfect presents, the best cookies, or a flawlessly decorated home. It was about love, peace, and goodwill toward others and the simple act of giving without expectation. The tree might be leaning, the cookies might taste like sawdust, and my holiday plans might be in tatters—but the message of Christmas still rings true: Love, hope, and joy, despite the messiness of life.

Now, when I look back at those “perfect” Christmases of years past, I see how much I missed in a quest for flawlessness. The real magic wasn't in the perfection of a holiday that followed a set of rules and traditions—it was in the laughter, the love, and the lessons I learned along the way. Since then, I have embraced the chaos. Bad weather. Imperfect trees. Cookie failures. The shopping and wrapping. And, the beautiful, messy, real gift of spending time with those I love. Because, as I've learned, the true beauty of Christmas isn't in the things we do or buy—it's in the way we show up for each other, imperfections and all. It's embracing the chaos and still laughing, sharing and loving. That, my friends, is where the real Christmas magic comes from.

*Carl Trapani, MA, MS, LPC serves as campus Chaplain at Chippewa Manor. He has more than 50 years of pastoral service and professional counseling experience. For more information please call (715) 723-4437 or email him at [carl.trapani@chippewamanor.com](mailto:carl.trapani@chippewamanor.com).*





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