

FREE



MAY 2024

in this issue...

- ▶ SOCIAL SECURITY OVERPAYMENTS
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- ▶ HARD OF HEARING RESOURCE EVENT
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**Get \$45 to Support Local Farmers Markets
Seniors Farmers Market Voucher Program**

Each year, the Farmer's Market Nutrition Program is funded through the federal Farm Bill and administered by the State of Wisconsin. In Chippewa County, the Aging & Disability Resource Center (ADRC) accepts applications and distributes the vouchers to eligible low-income seniors to purchase locally grown fresh fruits and vegetables at local farmers' markets and farm stands.



The farmers get to keep 100% of the profits when you use your vouchers. It boosts sales for local Wisconsin farmers, and it helps bring new buyers to the market.

To be eligible you must meet ALL of the following:

- Chippewa County resident (or apply with your county)
- Age 60 or better (or Native American age 55 or better)
- 2024 gross household income less than the amounts below:
(Remember to add in Medicare B and D premiums)
 - 1-person household income - \$2,322 /month
 - 2-person household income - \$3,152 /month
 - 3-person household income - \$3,981 /month

Ways to Apply – Beginning June 1st - First Come, First Served

1. Online: www.chippewacountywi.gov/adrc
2. Mail: Get a mailed application by calling 715-726-7777
3. In person: ADRC of Chippewa County (Courthouse) or Chippewa YMCA farmers' market
4. Print: www.chippewacountywi.gov/adrc and submit to us

Even if you're not eligible for this program, keep in mind that you can double your FoodShare dollars at participating farmers' markets who have the "Market Match" program. Example: You charge \$10 on your FoodShare card, and you get \$20 back to spend at the market. Contact the ADRC for a list of markets. Additionally, there is a WIC Farmers' Market Nutrition Program for WIC members who are either pregnant, postpartum, or have a child at least 9 months old. Contact the local WIC office for more information.

Scan the code with your camera for the online application June 1st



New Program Coming To Stanley

The Aging & Disability Resource Center (ADRC) of Chippewa County is partnering with Cindy Treffert at Stanley Area Dance and Event Center to bring a new program called Stay Active and Independent for Life, or SAIL!



The SAIL program has been researched and proven to reduce the risk of falls by focusing on strength, balance and fitness for adults 65 and older. Classes will meet twice a week for one hour. The exercises can be done standing or sitting so people at all stages in their fitness journey can participate.

Workshops are open to persons age 60+ and will start in June. Stay tuned for registration information in the June issue of Bridging Chippewa County. You can also watch the ADRC events page of our website <https://www.chippewacountywi.gov/government/aging-disability-resource-center-adrc/adrc-events> or follow us on Facebook <https://www.facebook.com/ADRCChippewaCo/>

Staff Spotlight - Sarah Hedlund



I am an Options Counselor at the ADRC of Chippewa County and May 2024 marks my 10th year in this position! As an Options Counselor, I take a lot of phone calls and go on a lot of home visits to educate people on benefits and programs they may qualify for or services and resources that can help them. Options Counselors also educate people on how various systems work so a person knows how to navigate and address different situations themselves. The key word for this role is “options”... we let people know what choices they have and what different choices may mean in their lives so they can make their own decisions. Doing this work is very rewarding because we help people find solutions; the relief people feel and the gratitude they express makes all of the busy days, worth it.

Fiber Grasp Hominid X

CILWW is featuring the Fiber Grasp Hominid X tool. This versatile grasping device is specifically designed for individuals who may have hand weakness or paralysis. It is recommended for those who have range of motion in their shoulder and elbow but lack strength in their hands. The Fiber Grasping tool is intended to assist with everyday tasks, hobbies, and personal care needs. It is capable of securely grasping objects up to the weight of a 1.5L water bottle.



This wearable device can be easily adjusted to accommodate various hand sizes. The design functions as a supportive frame around the user's hand, aiding in the natural closure around objects. The Fiber Grasp utilizes spring-loaded cable mechanisms instead of costly electronic components, making it a more budget-friendly option compared to other high-end devices.

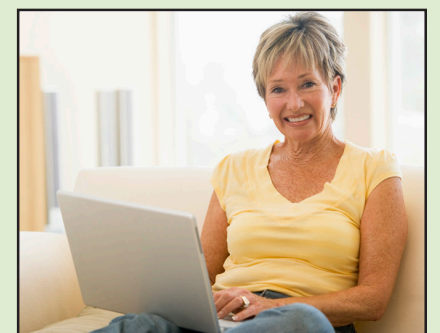
This product is exclusively available for purchase online through Hominid X at a retail price of \$99.00.

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.

Bridging Available Online

You can sign up to get this great publication sent to your email! Just go to our website and click on the link to “Resource Guide & Newsletter”. Or just following this link and sign up from here https://hipaa.jotform.com/ADRC_adrc/emailed-newsletter-subscribe.

There are so many ways to get the newsletter that you never have to miss a single issue! As always you can pick it up at one of the many locations in the county, you can have it mailed to your home for just \$16/year and now you can have it emailed to you every month!



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

- ADRC Manager – Leslie Fijalkiewicz
- Administrative Assistants – Breanna Schemenauer, Renee Price, Carmen Olson, Carrie Schick
- Dementia Care Specialist – Carla Berscheid
- Disability Benefit Specialist – Stephanie Rasmussen
- Elder Benefit Specialist – Michelle Fellom
- Nutrition & Transportation Programs Supervisor – Kayla Colbenson
- Options Counselors – Kasha White, Sarah Hedlund, Erika Stevens, Jessica Gibson, Sue Koepnick
- 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

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!



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.

Veteran Benefits & News

Toxic Exposure Screening

Ensure your long-term well-being with a thorough toxic exposure screening, an integral component of your comprehensive health strategy. The VA is required to provide a toxic exposure screening to every Veteran enrolled in VA health care



All Veterans under VA health care can schedule their screening during an upcoming appointment or promptly reach out to a Toxic Exposure Screening Navigator for expedited service. Potential exposures could include:

- Open Burn Pits/Airborne Hazards
- Gulf War-related exposures
- Agent Orange
- Radiation
- Camp Lejeune contaminated water exposure.

Contact information at the Minneapolis VA:

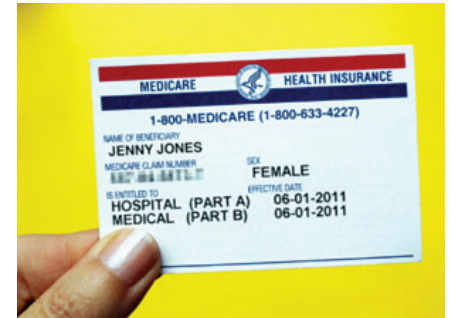
Beth Chillstrom
 (612) 467-7932
 (612) 467-7910
 Beth.Chillstrom@va.gov
 Fax: (612) 726-6241

Please schedule an appointment with the Chippewa County Veterans Service Office if you would like help with this process. Call us at 715-726-7990 or email: veterans@chippewacountywi.gov

That's A Good Question!

QUESTION: I will be turning 65 soon. How do I sign up for Medicare?

ANSWER: If you are already receiving Social Security Disability or Retirement benefits, Social Security will mail you your Medicare card 2-3 months before the month you turn 65. If you are not receiving disability or retirement benefits from Social Security, you will need to contact Social Security to apply either by calling 1-866-815-2924 (Eau Claire Field Office) or by making an SSA.gov online account and applying for Medicare online.



Note: If you decide to call SSA to sign up for Medicare, do so 2-3 months before the month you turn 65 if you would like Medicare to start the month you turn 65. There are so many other things to consider regarding Medicare so we strongly urge you to sign up for one of the ADRC's Medicare & You workshops. You can do this by going online <https://www.chippewacountywi.gov/government/aging-disability-resource-center-adrc/adrc-events> or call the ADRC at 715-726-7777.

HOW DO YOU WANT TO BE REMEMBERED?

Honoring a veteran at their funeral or memorial service not only shows respect to the veteran, but also to their families and can be part of the healing process.

Our staff is here to guide and assist you with a high degree of respect and concern during your time of loss. We will provide the most fitting service for your individual needs, at the most affordable cost with the many options that we offer.

Two options to serve you, at one convenient location:

Stokes, Prock & Mundt
FUNERAL CHAPEL

Even the smallest touch can make a big difference in personalizing your funeral services. There's no right or wrong when it comes to celebrating your loved one and honoring their life, accomplishments, and individuality.
715-832-3428 | stokesprockandmundt.com

Cremation Society of Wisconsin

We offer a full range of cremation options. We have our own on-site crematory and a full staff to assist you with whatever your needs may be.
715-834-6411 | cremationsociety-wi.com

Do you need help paying for burial or cremation expenses for your loved one?

Helpful Hearts Foundation was created by Randy Mundt, former owner of Stokes, Prock & Mundt Funeral Chapel and Cremation Society of Wisconsin, to help low-income families who have experienced the death of a loved one, to pay for funeral expenses. While the primary purpose is to help with the loss of a child, the application process is open to anyone in financial need, for final expenses in Eau Claire and surrounding counties. We are reaching out to help our community, during their time of greatest need.

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

535 South Hillcrest Parkway - Altoona, WI
We also service the entire state of Wisconsin.

LIONEL BART'S

Oliver!

BOOK, MUSIC AND LYRICS BY LIONEL BART
DIRECTED BY NATE PLUMMER

7:30PM, MAY 2-4
1:30PM, MAY 5

JAMF THEATRE, PABLO

Based on Charles Dickens' classic novel, *Oliver Twist*, this award-winning musical is regarded as a masterpiece. Oliver is an orphan who escapes to the streets of Victorian London where he meets Fagin, the Artful Dodger and a band of child pickpockets in search of home, love and family. Consider yourself invited to a show full of memorable songs!

TICKETS:

ADULTS/SENIORS \$35 (PLUS FEES) STUDENTS \$15 (PLUS FEES)
ONLINE AT CVTG.ORG OR 715-832-7529

SCAMS

Mystery Shopping, (Fake) Checks, and Gift Cards

By Andrew Rayo, Consumer Education Specialist, Federal Trade Commission

If you're looking for a new job, getting paid to shop might sound like a dream. Companies hire mystery shoppers to try products or services and share experiences about things like buying or returning something, or their overall customer experience. But while some mystery shopping jobs are legitimate, many aren't. So how do you spot the scams?



In many mystery shopping scams, a scammer pretending to be from a well-known company "hires" you to be a mystery shopper. They send you a check (it's fake) and say to deposit it to buy gift cards from the store and keep the rest as pay. Then, they ask you to give them the numbers on the back of the cards. But it's all a scam. The scammer gets the money you put on the gift card while the bank will want you to pay back whatever you spent.

If you're considering a mystery shopping job, here are ways to spot and avoid scams:

Research the job first. Search online for the name of the company or person who's hiring you, plus words like "review," "complaint," or "scam." See what others are saying.

Never agree to deposit a check to buy gift cards and send the numbers back as part of a mystery shopper job — or any job. Only scammers will say to do that. It can take weeks for a bank to figure out that the check is fake. By that time, you're stuck repaying the money to the bank.

Don't believe guarantees that you'll make lots of money. Only scammers make these guarantees. Mystery shopping jobs are usually part-time or occasional work — not something to replace a full-time job.

Learn more about mystery shopping scams and other job scams at <https://consumer.ftc.gov/articles/job-scams>.

If you spot a scam, tell the FTC at <https://reportfraud.ftc.gov/#/>

Social Security Changes for Overpayments

Adapted from: blog.ssa.gov

Social Security announced it will decrease the default overpayment withholding rate for Social Security beneficiaries to ten percent (or \$10, whichever is greater) from 100 percent, significantly reducing financial hardship on people with overpayments.



"Social Security is taking a critically important step towards our goal of ensuring our overpayment policies are fair, equitable, and do not unduly harm anyone," said Martin O'Malley, Commissioner of Social Security. "It's unconscionable that someone would find themselves facing homelessness or unable to pay bills, because Social Security withheld their entire payment for recovery of an overpayment."

The agency works to pay the right people the right amounts at the right time, and Social Security issues correct payments in most cases. However, there is room to improve, as people count on the agency to prevent overpayments from happening and make it easier to navigate the recovery and waiver processes when they occur.

When a person has been overpaid, the law requires the agency to seek repayment, which can create financial difficulties for beneficiaries. As of March 25, 2024, the agency will collect ten percent (or \$10, whichever is greater) of the total monthly Social Security benefit to recover an overpayment, rather than collecting 100 percent as was previous procedure. There will be limited exceptions to this change, such as when an overpayment resulted from fraud.

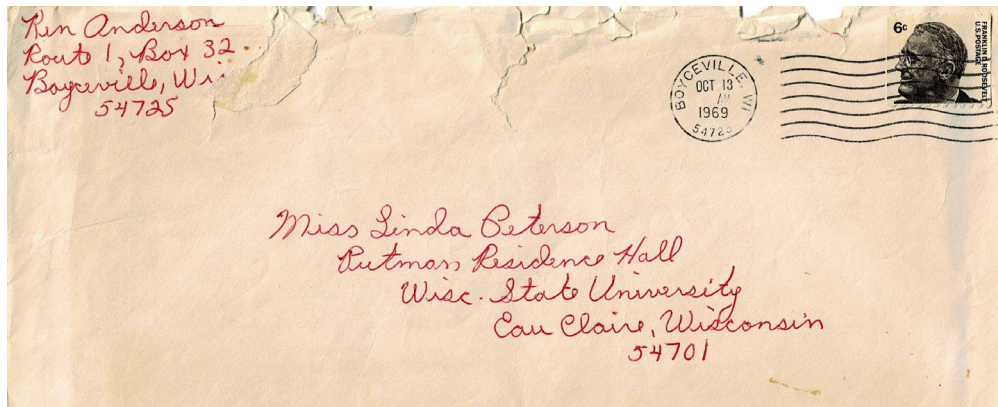
There will be a short transition period where people will continue to experience the older policy. People placed in 100 percent withholding during this transition period should call Social Security's National 800 Number at 1-800-772-1213 to lower their withholding rate.

The change applies to new overpayments. If beneficiaries already have an overpayment with a withholding rate greater than ten percent and would like a lower recovery rate, they too should call Social Security at 1-800-772-1213 or their local Social Security office to speak with a representative. If a beneficiary requests a rate lower than ten percent, a representative will approve the request if it allows recovery of the overpayment within 60 months — a recent increase to improve how the agency serves its customers from the previous policy of only 36 months. If the beneficiary's proposed rate would extend recovery of the overpayment beyond 60 months, the Social Security representative will gather income, resource, and expense information from the beneficiary to make a determination.

Additionally, people have the right to appeal the overpayment decision or the amount. They can ask Social Security to waive collection of the overpayment, if they believe it was not their fault and can't afford to pay it back. The agency does not pursue recoveries while an initial appeal or waiver is pending. Even if people do not want to appeal or request a waiver, they should contact the agency if the planned withholding would cause hardship. Social Security has flexible repayment options, including repayment of as low as \$10 per month. Each person's situation is unique, and the agency handles overpayments on a case-by-case basis.

Long Ago Love Letters By Ken Anderson, The Mayberry Guru, themayberryguru@gmail.com

One of my favorite pastimes is listening to music. I especially enjoy music from the 50s and 60s. Country songs often revolved around broken hearts and failed romances. Doo Wop music from the fifties frequently features young love, holding hands, and sad farewells.



they were written and read. I knew I would enjoy reading them, but I had no idea those letters would rekindle all the emotions and memories from that beautiful year of my life. Reading those words we wrote so many years ago was almost like reliving a year of our lives. My wife Linda was just 18 when she received her first letter from me asking

Another popular theme that found its way into music over the years is the writing of love letters. Some of the more famous love letter tunes are the 1957 Pat Boone hit Love Letters in the Sand and Billie Williams's 1957 hit I'm Going to Sit Right Down and Write Myself a Letter. Elvis Presley had the 1962 hit Return to Sender, and Stevie Wonder hit the charts with his 1970s hit Signed Sealed Delivered.

for a date, and I was 23 when I received her written reply saying she would love to go out with me. The rest is history.

I have to admit that I have never written a love letter song. However, I wrote my share of love letters to my wife in 1969 while I was teaching in Boyceville, and she attended UWEC. We never failed to write a daily letter from October 1969, when we first met, until the day before we married on August 1, 1970. I am sure of these dates as my wife recently found all these letters of love safely stored in a box in our basement.

Reading those treasured letters enabled Linda and me to relive the most memorable year of our lives. We read the words of our promises 54 years ago, and we can proudly say we kept those promises. Our words spoke of our young love and, hopes and dreams for the future. And I am not embarrassed to say rereading those letters brought both laughter and tears to me.

I carefully sorted all the letters we wrote those 54 years ago. We decided to reread the letters of our early love in the order in which

History has recorded the love letters of many famous people. I discovered that books of the love letters of English poets Robert Browning and Elizabeth Barret Browning, written from 1845 to 1846, are for sale on eBay. But alas, the love letters of Kenneth Anderson and Linda Peterson Anderson shall remain private forever.

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

*May 14 1:00 – 3:00 pm
May 28 5:00 – 7:00 pm

Follow the ADRC of Chippewa County on Facebook

2024

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

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.

Dementia Support

When: 2nd Thursday of the month
Time: 1 pm - 2:30 pm
Where: Central Lutheran Church
 28 East Columbia Street, Chippewa Falls
For more information, call the ADRC at 715-726-7777

This group meets to support those living with dementia and their care partners.

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 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@eau Clairecounty.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

Wine, Women & Dementia

A Road Trip Connecting the Disconnected - Because Until There's a Cure, There's a Community

June 5

Rassbach Museum, Menomonie • 2-5 pm • Free

June 10

Bloomer Middle School • 2-5 pm • Free

June 12

Micon Cinema, Chippewa Falls • Noon - 3pm • \$7.50

June 19

Sand Creek Community Art Center • 2-5 pm • Free

***No reservation required. Micon tickets sold at the door or online.**

Social hour with resources.
 Documentary & discussion to follow.

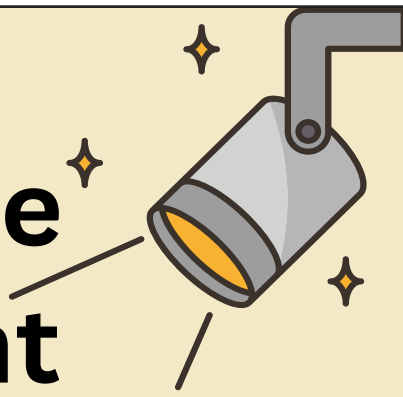
Questions about brain health, dementia, and/or caring for a person with dementia?

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



Online Resource Spotlight



<https://alzfdn.org/>

This resource is for family and professional caregivers caregivers of someone living with dementia. Find training, resources and support groups.



Brain Health – Social Connection

According to a 2023 report from the American Academy of Neurology, older adults with little social contact, were more likely to have loss of brain volume. The study included 8,896 people with an average age of 73, none of whom had dementia. Those that identified as being socially isolated, had more white matter lesions, a type of damage in the brain, than those that were socially connected.



Although more research is needed, there is mounting evidence that social isolation is not healthy for our brain. How actively engaged with others are you right now? How can you increase this? Keep in mind, a phone call or video chat also counts as social engagement too. Consider joining a community group, senior center or club that allows you to meet and interact with new people.

Lewy Body Dementia

Although there are more than 100 different types of dementia, this one is one of the more common types. Lewy Body Dementia accounts for 5-10% of all dementia cases in the United States. In this type of dementia, experts have identified a build-up of proteins which block the communication of nerves cells to one another. Lewy Body dementia is more common in men than women, a family history of Lewy body dementia or Parkinson's disease are at greater risk. Common symptoms of Lewy Body Dementia include:



- Visual Hallucinations
- Tremors
- Rigid muscles
- Fluctuations in alertness
- Shuffling when they walk
- Cognitive challenges
- Decreased deep REM sleep
- Decreased ability to regulate body functions such as:
 - o Blood pressure
 - o Heart rate
 - o Sweating
 - o Digestion

Helpful Resources:

- Lewy Body Dementia Association www.lbda.org or 1-800-677-1116
- Your county's Aging and Disability Resource Center (ADRC)

Join the Movement!

CHIPPEWA VALLEY
Dementia Coalition



- ✓ Family caregivers & professionals
- ✓ Six meetings per year
- ✓ Community events

Contact us to join our efforts!

(Lisa) lisa.wells@eau Clairecounty.gov
715-839-4735

(Carla) cberscheit@chippewacountywi.gov
715-726-7777



THE D.R. MOON LIBRARY IS HOLDING A
FREE PUBLIC COMMUNITY EVENT

CARE - CREATING AUDITORY RESOURCES FOR EVERYONE

WEDNESDAY, MAY 15, 2024
1:00PM-2:30PM

HOSTED AT THE STANLEY HISTORICAL SOCIETY MUSEUM
228 HELGERSON ST - STANLEY WI



FEATURING GUEST PRESENTER
JENNIFER ANDERSON
**Office for the Deaf and Hard of
Hearing (ODHH)**

Jennifer is Deaf and will share her personal stories as well as information regarding deaf culture and resources for learning American Sign Language (ASL). Sign language interpretation and translation will be provided. There will be time for questions after the presentation.

- REGISTRATIONS PREFERRED BY CALLING THE LIBRARY AT 715-644-2004 -
- WALK-INS WELCOME -
- REFRESHMENTS WILL BE SERVED -



ADRC of CHIPPEWA COUNTY
IS OFFERING A NEW WELLNESS INITIATIVE

GET HEALTHY WITH
EAT SMART, MOVE MORE,
WEIGH LESS ONLINE



NEW SERIES BEGINS SOON.



www.esmmweighless.com

Check it out—a 15-week weight management program that works because it is not a diet—it's a lifestyle!
All weekly classes are conducted online by a live instructor, fostering interaction between the instructor and all participants.
Participants can conveniently attend classes from home or office using a computer or mobile device.

Go to www.esmmweighless.com to view class times for the upcoming series beginning soon.

For registration code, please contact:
Leslie Fijalkiewicz at (715) 726-7779
or lfijalkiewicz@chippewacountywi.gov

MENTAL HEALTH AWARENESS MONTH
ADVOCACY SERIES

Participate in an upcoming event and learn about supporting mental health in your community. All adults are welcome.



QUESTION. PERSUADE.
REFER.

Q.P.R.

May 1 ● Lake Holcombe School
6:00 - 7:30 pm

May 28 ● Chippewa Falls Public Library
12:00 - 1:30 pm

- The QPR mission is to reduce suicidal behaviors and save lives by providing innovative, practical and proven suicide prevention training.
- Just like CPR, QPR is an **emergency response** to someone in crisis and can save lives.
- Learn the **three steps** that anyone can take to save a life.

REGISTER TODAY!

Call 715-726-7900 Ext. 2138 with questions

<https://redcap.link/MHAT-trainings>

Free for all!

Light snacks available.



LEARN HOW TO SUPPORT A
VETERAN IN CRISIS

V.A. SAVE

May 15 ● Virtual
12:00 - 1:00 pm

- Know the **Signs** that indicate a Veteran might be thinking about suicide.
- Ask the most important question of all — "Are you thinking of killing yourself?"
- Validate the Veteran's experience.
- Encourage treatment and Expedite getting help.

OVERCOME ACES BY
BUILDING YOUTH RESILIENCE

SHAPING DESTINY

May 8 ● Valley Vineyard Church, Chippewa Falls
6:00 - 7:30 pm

May 22 ● Bloomer Public Library
6:30 - 7:30 pm

May 29 ● Stanley Public Library
6:30 - 7:30 pm

- Hear **personal testimony** from adults who have overcome Adverse Childhood Experiences (ACES) – and hear what youth have to say in **lively unscripted conversations**.
- This session will include facilitated conversation after viewing the Shaping Destiny video.

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

When: **May 14, 28 & June 11**
9:00 am - 11:00 am

Where: **YMCA of Chippewa Valley**
611 Jefferson Avenue
Chippewa Falls

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





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An Introduction Is In Order

Hi, I'm Kayla Colbenson, the Nutrition & Transportation Programs Supervisor for Chippewa County. I started with the ADRC in March of this year and have really hit the ground running. I have really enjoyed being able to get out and interact with the community. I'm really excited to see where this role takes me and am very glad to be part of the ADRC team.



I was born and raised here in Chippewa County in the Holcombe area. I have two wonderful boys who keep me very busy and on my toes. One of my favorite things to do in Wisconsin is to be outside all four seasons. I currently am working on hiking all the State parks and am about halfway done.

Rhubarb Recipes

While rhubarb would not fall into the same category as zucchini, sometimes people do find themselves with more rhubarb than they could use. Here's a few things to try with your rhubarb!



Rhubarb Vinaigrette

Ingredients:

- 1/4 cup honey
- 1/2 cup water
- 4 stalks rhubarb (about 2 loosely packed cups), finely chopped
- 1/4 cup red wine vinegar
- Zest of one lemon
- 1/4 cup extra-virgin olive oil
- Coarsely ground pepper & sea salt

Combine water and honey over medium heat. When the mixture begins to boil, add rhubarb and boil five minutes more, stirring often. Stir in vinegar and lemon zest, and cook five to 10 more minutes, until dressing is reduced by about half. Remove from heat, and let cool slightly. Whisk the olive oil into the dressing. Season with salt and pepper. Serve warm or cold over fresh salad greens. Yields about 2 cups.

Rhubarb Pecan Muffins

Ingredients:

- | | |
|--------------------------------------|----------------------------|
| • 1 cup all-purpose flour | • 1 cup whole wheat flour |
| • 1 1/2 tsp baking powder | • 1 tsp salt |
| • 1/2 tsp baking soda | • 3/4 cup sugar |
| • 1 large egg | • 1/4 cup vegetable oil |
| • 3/4 cup orange juice | • 2 tsp grated orange peel |
| • 1 1/4 cups rhubarb, finely chopped | • 3/4 cup pecans – chopped |

Combine all dry ingredients. Beat egg and oil; add orange juice. Add to flour mixture. Stir in rhubarb and pecans just until moistened. Pour into 12 greased muffin tins. Bake at 350 degrees for 25-30 minutes.

Volunteer Corner



Communication is key to a successful partnership. Not only do we appreciate your time to package, serve and/or deliver meals, but we also appreciate the insights or questions you may have about the program.

We have over 180 volunteers who deliver Meals on Wheels and work at the Senior Dining site and we consider everyone to be a vital part of the team. In fact, we couldn't do what we do without the many volunteers who show up day after day! This is also why we all need to be on the same page with policies and procedures. We try to tailor some of our practices to the community, but when it comes to policies and procedures we need to be consistent. That said, if you ever have a question or concern about a policy/procedure, please ask me about it. Knowing the "why" behind something can really help when you are trying to do the right thing.

Incidentally, I also don't mind being questioned...if I can't give you a good reason for a policy/procedure, it is possibly time to look at whether it still needs to be in place. Since I'm new, I may need to consult with a few people to find out the "why"! I can be reached at the ADRC 715-726-7777. Ask for Kayla (you can also ask for Leslie if I'm not available).

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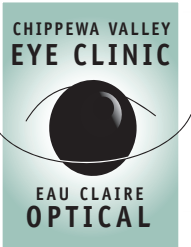




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Transportation Changes

You may be hearing folks talk about the ADRC and the fact that we are making changes to the transportation services we provide. It's true we are making some changes but it seems like an explanation is in order.

When people in our communities don't drive or have a limited comfort level with driving, they often call the ADRC. In most cases, we direct them to New Freedom Transportation so rides can be arranged using volunteers. Folks have a co-pay of \$10 per round trip for most rides, though longer trips require a \$20 co-pay. In any case, we have opted to keep this simple by not explaining to folks that their rides cost considerably more than that co-pay. The ADRC uses a grant from Wisconsin Dept of Transportation to pay the difference between the full cost of the ride and the co-pay that is given. Behind the scenes we typically refer to this as ride subsidies.

For most folks, the average ride subsidy, or the amount the ADRC pays on their behalf, is about \$100 or per month. However, for other folks, that amount can be significantly higher. These are usually situations where medical rides are needed several times a week, indefinitely.

Over the last couple of years, we have seen an increase in the rides people are needing and at the end of each year, we have had to *rob Peter to pay Paul* in order to make ends meet. The transportation system has been the "Paul" in these scenarios.

We had already planned to make some changes for 2025 with the expectation that these changes could be gradual. Unfortunately, the closure of HSHS and Prevea has really changed our timeline. If we were to continue to do nothing we would be out of grant funds by this fall resulting in nobody getting rides for several months. This is why we are making changes right away.

For us, running out of money before the end of the year is just not an option because we know how important your rides are. Whether you are getting groceries, running errands, going to medical appointments, visiting a family member in the nursing home, or any number of other important activities, we need to make sure we have adequate funds to get you there.

Beginning in May, we need to limit the amount of ride subsidy for each person each month. This will not affect most of you, but sadly for those it will affect, it is going to affect significantly. We are working closely with New Freedom Transportation to make sure people aren't left without any transportation. These changes are not the result of anything that New Freedom has done. It is purely the result of increased demand without additional funding.

Social isolation and loneliness are devastating to the health and well being of everyone and **every ride is important**. Please don't hesitate to call the ADRC at 715-726-7777 if you find yourself in need of transportation. And, if by some chance you have a little time on your hands and are willing to help people get where they need to go please reach out to New Freedom Transportation and tell them you would like to volunteer. Their number is 1-800-228-3287. You can choose how often you wish to volunteer and mileage reimbursement is provided. Volunteers are needed throughout the county but especially in our smaller communities of Chippewa County.





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Veteran Memorials Throughout the Chippewa Valley

By Johnson Monument

As Americans we owe a great debt to the men and women who have served our country. At Johnson Monument, we believe it is important to help local communities and individual families honor and memorialize our area veterans. Since 1917, Johnson Monument has completed dozens of civic projects to do just that, and several of these memorial parks can be found within just 60 minutes of Chippewa Falls.

Ridgeland Veterans Memorial, located on the north side of Ridgeland along Hwy 25 and Cty Rd AA, was completed in 2020 with the help of the Ridgeland America Legion Auxiliary Unit. Three large, jet-black granite tablets respectively display bronze medallions for each branch of the military, a sandblasted American flag, and a sandblasted Purple Heart. Several granite benches line the memorial and two walls also stand to commemorate area individuals who served in the military.



The Citizen Soldier Monument, along HWY 29 and HWY 27 in Cadott, is a great addition to the Cadott Veterans Tribute. This



monument was created to honor the Citizen Soldiers who showed courage and strength on 9/11, including all of the firefighters, EMT's, police officers, nurses, doctors, and anyone who came to the aid of those in need. Spanning over 14 feet long and 10 feet high, each side of this massive monument is hand-etched with scenes from some of 9/11's most poignant moments. Topping the monument is an eternal flame that burns 365 days a year.



The multifaceted Bloomer Veterans Memorial, along HWY 40 on the north side of Bloomer, was commissioned by the Bloomer

Visitor Center and Veterans Committee and completed in 2006. Five jet-black granite tablets, each eight feet long by five feet tall and set on matching granite bases, are engraved with veterans' names and conflicts. In

the center of the memorial is a six-sided structure with the names and conflicts of the veterans captured, missing, or killed in action. This is topped with the bronze "Fallen Soldier" rifle and helmet sculpture. Three curved-seat benches face the POW * MIA * KIA monument and more engraved benches can be found throughout the memorial. Additionally, over 1800 granite pavers cover the floor of this tribute.



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Memorial Day: A Time to Remember the Cost of Freedom

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



Remembrance is a timeless human experience. Maybe even more than you might imagine!

People have been placing flowers at loved-one's gravesites for centuries. In 1951, archeologists discovered wildflower remains in graves dating back more than 62,000 years. Flowers were left as a colorful, fragrant tribute to the deceased. That practice endures as one of the most symbolic gestures of admiration, affection and respect for those who have died. It's a symbol of mourning, love, appreciation and memorial.



Here in America, we celebrate Memorial Day the last Monday of May each year. This day was established to honor the men and women who died while serving in the United States military. Originally known as Decoration Day, it was first widely celebrated in 1868 in honor of those who died during the Civil War. Relatives and friends visited the cemeteries and decorated the graves of fallen soldiers with flowers, wreaths and flags.

Unfortunately, what was once a solemn day of remembrance has become just another marketing opportunity. Everything from BBQ grills to mattresses are pushed and promoted, trying to get people to use the extended holiday weekend to shop and buy. Like Thanksgiving Day and Christmas, social materialism and secular distancing has totally changed the way we view and celebrate and more appropriately, remember.

Tens of thousands of Americans died either to preserve freedom, prevent aggression or keep intact the union of American states. These men and women purchased the freedoms that we enjoy today with their blood. Remembering their sacrifices, and the horrors and agony they endured on the field of battle is vital for our future. If we don't take the time to remember why they gave their lives; we do them a grave injustice. We must always remember the nightmare of wars and why they were fought.

How well do we understand what liberty is? How much do we cherish it? Ronald Reagan said, "Perhaps you and I have lived too long with this miracle to properly be appreciative. Freedom is a fragile thing and it's never more than one generation away from extinction. It is not ours by way of inheritance; it must be fought for and defended constantly by each generation, for it comes only once to a people. And those in world history who have known freedom and then lost it have never known it again."

Remembering the past is vital for our future. In the words of George Santayana, "Those who cannot remember the past are condemned to repeat it."

So what can we do to avoid the mistakes of the past? We can start by remembering and honoring those who have gone before us – those who gave the ultimate sacrifice for the liberty we enjoy. Use Memorial Day as

a time to visit a military gravesite and honor their memory with a floral tribute, wreath, or small flag. Take a moment to reflect and remember our fallen soldiers and others serving in the military, and be kind to their families. Let's reclaim Memorial Day as an important national moment - A time to do more than just shop or barbeque with family and friends. Let us consciously stop and consider the great price the heroes of the past paid to provide us with the freedoms we often take for granted.

Here are some suggestions how to commemorate Memorial Day in a way that honors the memory of those who paved the road to freedom.

HOME OF THE FREE – BECAUSE OF THE BRAVE How can we show kindness and honor fallen heroes this Memorial Day?

10 Ways to Honor Our Fallen Heroes This Memorial Day

1. Pause for a moment of silence at 3 PM your local time for the National Moment of Remembrance
2. Show your patriotism by flying your American flag. The formal ritual is for the flag to hang at half-staff until noon on Memorial Day and then raised to the top for the rest of the day.
3. Visit a military cemetery or war memorial.
4. Watch the National Memorial Day Concert on PBS.
5. Wear a red poppy or place them in your home. This tradition originated from a World War 1 poem about a brigade surgeon who once saw the bright red flowers growing on a ravaged battlefield. A tradition developed to wear the flower to commemorate the sacrifice so many made while fighting for their country.
6. Tell a story or share a photo on social media about a friend or family member that made the ultimate sacrifice for their country.
7. Call, text, or visit someone that has lost a soldier. Celebrate the memory of this hero.
8. Donate to a charity that supports military families.
9. Go to a Memorial Day parade.
10. Be thankful for our fallen soldiers and extend your thoughts and prayers for their families.

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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