



Hi SENIOR Lites

- TIME TO REVIEW YOUR MEDICARE PLAN: PREPARE EARLY THIS YEAR!
- FRIENDLY VOICE PROGRAM
- OCTOBER IS APPLE PICKING SEASON IN WISCONSIN!
- OCTOBER RECIPES: HEALTHY APPLE MUFFINS & APPLE SALAD
- POCKET TALKER ULTRA



RESOURCES FOR SENIORS, FAMILIES AND CAREGIVERS IN DUNN COUNTY

Time To Review Your Medicare Plan: Prepare Early This Year!

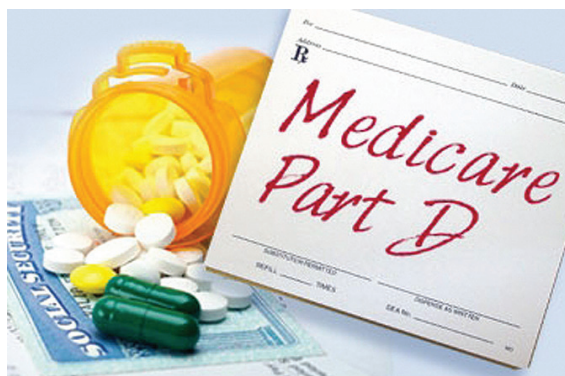
By the GWAAR Medicare Outreach Team



Submitted by Bethany Schneider, ADRC Elder Benefit Specialist

Do you have a Medicare Prescription Drug (Part D) plan? Every year Medicare Part D plans can change the list of prescription medications they will cover. That means even if you are taking the same medications, the amount you pay for your medications may change in 2025! The plans' premiums, deductibles, and co-pays can also change each year.

What can people do about this? All Medicare beneficiaries should check their Part D coverage each year during Medicare's annual open enrollment period, which runs October 15 through December 7th. This is the time of



year to find out if your current plan will cost you more or less than other Part D plans in 2025. If it is no longer the best plan for your medications, this is the time to make a switch to a Part D plan that will suit you better.

Make sure you will have appropriate prescription drug coverage in the new year. You can compare plans on the official Medicare website at Medicare.gov. Medicare

beneficiaries in Dunn County can also receive free, unbiased assistance with plan comparisons from the Elder Benefit Specialist at the Dunn County ADRC.

Start preparing early this year. Don't let this opportunity pass you by! Go to Medicare.gov to compare plans online or for local assistance call the Dunn County ADRC at 715-232-4006

If our appointments are full, you can get assistance through the following resources:

- 1-800-MEDICARE or www.medicare.gov
- Medigap helpline 1-800-242-1060
- Disability Drug Helpline 1-800-926-4862 (if under age 60)
- Wisconsin Medigap Prescription Drug Helpline 1-855-677-2783

Dunn County Aging & Disability Resource Center
3001 US Highway 12 East, Suite 160 Menomonie, WI 54751



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,
 Kathleen Kjenslee 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

MONDAY <small>Inside Only</small>	TUESDAY <small>Inside Only</small>	WEDNESDAY <small>Curbside Only</small>	FRIDAY <small>Curbside Only</small>	SATURDAY <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.

FOR RENT

MEMORIAL HEIGHTS APARTMENTS

Menomonie, Wisconsin
 Income Based Housing

This institution is an equal opportunity provider and employer

715.235.0656

FOR RENT

SUNNYSIDE APARTMENTS

Knapp, Wisconsin
 Income Based Housing

This institution is an equal opportunity provider and employer

715.308.3158

Find us at


seniorreviewnewspapers.com

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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
	1 Cornflake chicken, Roasted vegetable rice pilaf, Creamy cucumber salad, Tropical fruit	2 Roast beef, Mashed potatoes with brown gravy, Country blend vegetables, Dinner roll, Blueberry crisp	3 Barbecued spareribs, Baked beans, Spiral pasta salad, Fresh banana	4 Tuna salad sandwich on wheat, Lettuce leaf, Hearty vegetable soup, Peachy pudding
7 Open face hot turkey sandwich with gravy, Mashed potatoes, Turkey gravy, Broccoli, Fresh apple	8 Baked ham & pineapple, Scalloped potatoes, Pinto beans & bacon, Creamy frosted white cake	9 Old fashioned meatloaf, Baked potato, Sour cream, Creamy corn casserole, Apricots	10 Deluxe chicken pot pie, Herbed baby carrots, Dinner roll, Cherry cobbler	11 Breaded baked fish, Side winder fries, Colorful coleslaw, Frosted pumpkin bar
14 Pork chops with apples, Cheesy hash browns, Winter squash, Wheat bread, Sugar cookies	15 MEALSITES CLOSED FOR TRAINING	16 Barbecue glazed chicken, Augratin potatoes, Whole kernel corn, Wheat bread, Watermelon	17 Ham & cheese on a bun, Bean with bacon soup, Crackers, Diced pears	18 Italian meat sauce, Spaghetti noodles, Spinach cranberry salad, Garlic bread sticks, Iced brownie
21 Salisbury steak, Gravy, Parslied potatoes, Stewed tomatoes, Wheat bread, Pineapple tidbits	22 Roast turkey, Mashed potatoes, Turkey gravy, Sliced carrots, Perfect peach cobbler	23 Meat lasagna, Romaine and onion salad, Garlic bread, Mandarin oranges	24 Sweet and sour chicken, Steamed rice, Broccoli cuts, Chilled pears	25 Breaded baked fish, Baked potato, Sour cream, Monte Carlo blend vegetables, Rice pudding with raisins
28 Breaded pork chop, Buttered new potatoes, Dilled carrots, Wheat bread, Grapes	29 Herb baked chicken, Oven roasted sweet potatoes, Spinach salad, Apple crisp	30 Baked spareribs, Sauerkraut, German potato salad, Perfect pinto beans, Pumpkin bread	31 Roast beef, Mashed potatoes, Brown gravy, Whole kernel corn, Cherry torte bar	

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.



"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

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 OCTOBER 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



Walk & Talk

With the  ADRC
Aging & Disability Resource Center

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

SHIRLEY DOANE

SENIOR CENTER

Join us at the Menomonie Senior Center gym!



Are you connected with the Aging and Disability Resource Center (ADRC)? Do you know all we have to offer? Do not wait until you need us to get to know us. Come and walk and talk with ADRC staff, receive general information and/or answers to your specific questions.

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

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



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seniorreviewnewspapers@gmail.com

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715.835.3333

 Celebration of Life Center

1717 Devney Dr - Altoona
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



Friendly Voice Program

By the GWAAR Legal Services Team



Submitted by Bethany Schneider,
ADRC Elder Benefit Specialist

Do you ever find yourself feeling lonely or socially isolated? You are not alone. A recent report from the National Academies of Sciences, Engineering, and Medicine (NASEM) revealed that more than 33% of adults aged 45 and older feel lonely, and nearly 25% of adults aged 65 and older are considered to be socially isolated. Older adults are at increased risk for loneliness and social isolation because they are more likely to live alone, endure the loss of family and friends, have a chronic illness, and/or suffer from hearing loss. Loneliness and social isolation, in turn, have been shown to have significant adverse effects on health, including an increased risk of depression, anxiety, dementia, heart disease, suicide, and stroke.

To help combat the epidemic of loneliness among American seniors, AARP has devised a program called Friendly Voice. This program is operated by trained AARP Friendly Voice volunteers who will happily call anyone to chat, listen, or simply say, "Hello."



If you would like to request a call, please dial 1-888-281-0145 (English) or 1-888-497-4108 (Spanish) and leave your best call-back number. A volunteer from the Friendly Voice program will return your call between the hours of 9 a.m. and 5 p.m. local time. For more information about the program, go to <https://www.aarp.org/home-family/friends-family/friendly-voice/> and <https://www.aarp.org/content/dam/aarp/home-and-family/family-and-friends/pdf/2021/aarp-friendly-voices-program.pdf>.

Bingo + Exercise = Bingocize

A fun 10-week health promotion program that combines the game of bingo with inclusive exercises for everyone!




Fall Prevention Workshop!

Contact Casey at Dunn County ADRC with any questions. (715)231-2713

Free prizes
Lots of smiles

Where: Menomonie Senior Center
1412 Sixth St. E, Menomonie

When: Mondays & Thursdays
September 15-November 21, 2024

Time: 12:30-1:30pm

Skilled Nursing Home Facilities

Spacious private rooms | Skilled rehabilitation therapies
Daily activities, events, and live entertainment
Barber / Beautician
Church / Worship services
And so much more!



2901 Forbes Ave, Menomonie
715-232-2661
www.neighborsdc.org

October is Apple Picking Season in Wisconsin!



Submitted by Bernie Allen,
ADRC Nutrition Program Coordinator

Health Benefits of an Apple

Apples are not just crunchy, sweet and satisfying. As part of a smart diet, they can help protect against serious diseases, including heart disease, diabetes, cancer and more. Consider them your healthy secret weapon. Studies show apples have powerful health benefits, particularly when it comes to fighting chronic diseases. Here's a short list of how eating more apples can help keep you healthy.

1. Protects Your Heart

Multiple studies show apples are good for your heart, in multiple ways. Their high fiber content has been shown to help improve cholesterol levels (lowering bad LDL cholesterol and increasing good HDL cholesterol), according to researchers from Florida State University. A review of data from three major studies also found that people who ate whole fruits, including apples, were less likely to develop high blood pressure. A Women's Health Study showed that women who ate apples over the seven-year study period had up to a 22 percent reduced risk of heart disease.

2. Boosts Brain Health

A group of four large studies presented at the Alzheimer's Association's International Conference in 2017 adds to the evidence that eating a plant-based diet may help prevent dementia. In one of the studies, Swedish researchers following 2,000 people for six years found that those who stuck to a diet called the Nordic Prudent Dietary Pattern (NPDP) had better cognitive function than people who ate more fatty, processed foods. Among other things, the NPDP calls for eating plenty of non-root vegetables, plus pears, peaches and apples.

3. Helps you Lose Weight

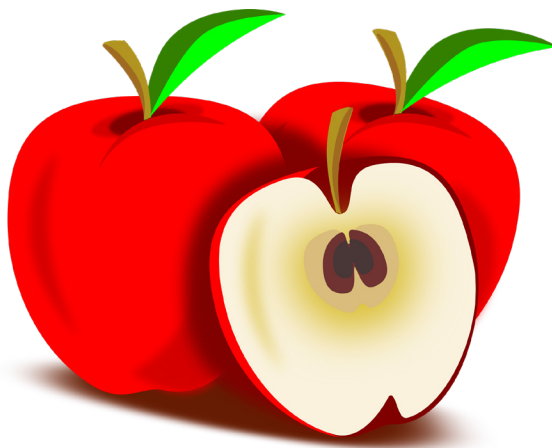
One medium apple can help fill you up for under 100 calories, so it's no surprise that apples can help with weight loss. Turns out it's what form of apple you eat that counts. In one study, people who ate apple slices before a meal felt fuller and more satisfied than people who had applesauce, apple juice or no apples at all. The same study also found that starting a meal with apple slices helped people eat an average of 200 fewer calories compared to those who skipped the apple slices.

4. Lowers Your Risk of Type 2 Diabetes

In a study of more than 38,000 healthy women, those who ate one or more apples a day had a 28 percent lower risk of type 2 diabetes than the non-apple eaters. In a review of data from more than 187,000 people involved in three long-term studies, Harvard researchers found that people who ate at least two servings a week of blueberries, grapes and apples lowered their diabetes risk by 23 percent, compared to people who had one serving or less a month. Experts say the fruit's fiber helps stabilize blood sugar.

5. Fights Cancer

Apples rank second only to berries in antioxidants, making them superheroes when it comes to fighting cancer. In fact, an analysis of several Italian studies found that eating one or more servings of apples a day helped lower the risk of colorectal cancer more than eating any other fruit. Other studies in humans have found that eating apples can be helpful in preventing lung and prostate cancer. Don't toss the peel, though—that's where most of the cancer-fighting antioxidants are found.



October Recipes: Healthy Apple Muffins

Recipe from thecleaneatingcouple.com

Ingredients

- 1/3 cup applesauce
- 1/3 cup melted coconut oil
- 1/3 cup maple syrup
- 1/4 cup brown sugar
- 2 teaspoons vanilla extract
- 1/3 cup nonfat Greek yogurt
- 2 eggs
- 1/4 cup milk (or unsweetened vanilla almond milk)
- 2 cups whole wheat flour
- 1 teaspoon cinnamon
- 1.5 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/8 teaspoon salt
- 2 cups apples thinly sliced and then chopped into small pieces (about two apples)



Streusel Topping (Optional)

- 1 tablespoon melted butter
- 1 teaspoon cinnamon
- 1/4 cup sugar

Instructions

1. Preheat oven to 425 degrees.
2. In a bowl, mix together applesauce, oil, maple syrup, eggs, brown sugar, vanilla, Greek yogurt and milk.
3. Once these items are combined, add the 2 cups of whole-wheat flour (add half cup at a time until just mixed), cinnamon, baking powder, baking soda and salt.
4. Gently fold in apples with a spatula.
5. Optional: Mix together streusel topping ingredients.
6. Add muffin lines to a muffin tray. Spray with cooking spray. These muffins rise high, and the edges can stick if you don't spray the entire tin.
7. Scoop the muffin batter into 12 muffin cups.
8. Add the streusel topping to each muffin.
9. Bake at 425 degrees for 5 minutes, then turn oven down to 350 for 14 minutes (or until a toothpick inserted in the center comes out clean).
***These muffins will rise high during the baking process.
10. Allow to cool for 15 minutes on a wire rack.
Enjoy

Servings: 12 Prep Time: 15 minutes
Cook Time: 20 minutes

Apple Salad Recipe

Recipe from foolproofliving.com

Ingredients:

Dressing

- ½ cup Greek yogurt
- 2 tablespoons mayonnaise
- 3 tablespoons lemon juice freshly squeezed
- ¾ teaspoon kosher salt
- ¼ teaspoon black pepper



Salad

- 4 cups baby spinach
- 2 stalks celery chopped
- ¼ cup red onion thinly sliced
- ¼ cup raisins and/or pomegranate seeds
- ½ cup walnuts or pecan, roughly chopped
- 1 apple, cored and thinly sliced
- 1/3 cup sharp cheddar shredded

Directions

1. Place yogurt, mayonnaise, lemon juice, and salt and pepper in a bowl. Whisk together and set aside.
2. Place spinach, celery, red onion, raisins, walnuts and sliced apples in a large salad bowl.
3. Drizzle it with the dressing and toss gently.
4. When ready to serve, top with shredded cheddar.

Servings: 4 Prep Time: 25 minutes

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

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

Shirley Doane Senior Center October 2024



SUN	MON	TUE	WED	THU	FRI	SAT
		1 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 *	2 8:30am Foot & Nail Clinic* 9am-2pm Crafts / 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	3 8:30-9:15am Chair Yoga 9:45-10:30am Stronger Seniors-Intermediate* 10am-2:30pm ADS* 11-11:45am Stronger Seniors-Basic * 12:30-1:30pm ADRC Walk&Talk 1pm 500 Cards	4 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo	5
6	7 9am-11am Tai Chi 12:30-1:30pm BINGOCIZE ADRC 12-3pm Open Walking Gym 1-3pm Mah Jongg/Euchre	8 8:30am Foot & Nail Clinic* 8:30-9:15am Chair Yoga 8:30am BOARD MEETING - SENIOR CENTER 9:45-10:30am Stronger Seniors-Intermediate* 10am Cribbage 10am-Noon OIL Blood Pressure & Sugar Screening 11-11:45am Stronger Seniors-Basic *	9 8:30am Foot & Nail Clinic* 9am-2pm Crafts / 10am-2:30pm ADS* 11:30am-1pm ADRC Women Connected 12-3pm Open Walking Gym 1pm Open Duplicate Bridge Charhassen White Christmas Day Trip*	10 8:30-9:15am Chair Yoga 9:45-10:30am Stronger Seniors-Intermediate* 10am-2:30pm ADS*/11-11:45am*Strngr Srs.-Basic 12:30-1:30pm BINGOCIZE ADRC 1pm 500 Cards	11 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo	12
13	14 9am-11am Tai Chi 10-11:30am ADRC Relatives Raising Children 12:30-1:30pm BINGOCIZE ADRC 12-3pm Open Walking Gym 1-3pm Mah Jongg/Euchre	15 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 *	16 8:30am Foot & Nail Clinic* 9am-2pm Crafts / 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	17 8:30-9:15am Chair Yoga 9:45-10:30am Stronger Seniors-Intermediate* 10am-2:30pm ADS* 10-11:30am CVLR Stepping Stones* 11-11:45am Stronger Seniors-Basic * 12:30-1:30pm BINGOCIZE ADRC 1pm 500 Cards	18 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo	19
20	21 9am-11am Tai Chi 10-11:30am ADRC Purple Perk 11:30am-12:30pm ADRC Artful Expressions* 12:30-1:30pm BINGOCIZE ADRC 12:30-2pm CVLR Cooking W Monica* 12-3pm Open Walking Gym 1-3pm Mah Jongg/Euchre	22 8:30-9:15am Chair Yoga 9:45-10:30am Stronger Seniors-Intermediate* 10am Cribbage 11-11:45am Stronger Seniors-Basic *	23 9am-2pm Crafts / 10am-2:30pm ADS* 10am-2:30pm AARP Safe Driving* 11:30-12:30PM SR CNTR Beef Stroganoff MEAL* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	24 8:30-9:15am Chair Yoga 9:45-10:30am Stronger Seniors-Intermediate* 10am-2:30pm ADS* 11-11:45am Stronger Seniors-Basic * 12:30-1:30pm BINGOCIZE ADRC 1pm 500 Cards	25 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo	26
27	28 9am-11am Tai Chi 10:30am-12pm ADRC Exploring Dementia 12:30-1:30pm BINGOCIZE ADRC 12-3pm Open Walking Gym 1-3pm Mah Jongg/Euchre	29 8:30-9:15am Chair Yoga 9:45-10:30am Stronger Seniors-Intermediate* 10am Cribbage 11-11:45am Stronger Seniors-Basic *	30 9am-2pm Crafts / 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	31 8:30-9:15am Chair Yoga 9:45-10:30am Stronger Seniors-Intermediate* 10am-2:30pm ADS* 11-11:45am Stronger Seniors-Basic * 12:30-1:30pm BINGOCIZE ADRC 1pm 500 Cards	Need Reservations *	

POCKET TALKER ULTRA

Submitted by CIL Western Wisconsin

CILWW is pleased to present the Pocketalker Ultra personal amplifier. This high-quality assistive listening device is designed to enhance communication in challenging listening environments. It provides clear, distinct sound quality and is user-friendly. Please note that the Pocketalker is not intended for use with hearing aids, except for telecoil-equipped hearing aids.



The Pocketalker Ultra effectively amplifies essential sounds, thereby improving comprehension during one-on-one conversations, small group interactions, and when listening to television or radio programs, among other scenarios. Additionally, its portable and compact design allows for easy transport.

This device is available for purchase from several online retailers, including Amazon and MaxiAIDS, with prices starting at approximately \$160.00.

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.



THE DUNN COUNTY ADRC WILL BE
CLOSED FOR STAFF TRAINING
FRIDAY OCTOBER 4

We Will Open Again
Monday October 7

CALL 715-232-4006
BEFORE OCTOBER 4 WITH
ANY QUESTIONS



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.**

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Dates: October 1 – December 19, 2024

Time: Tuesdays and Thursdays, 9:00 – 10:15 am

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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.

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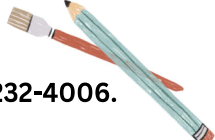


Starting in October—Following The Purple Perk!

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

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



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2nd Monday 10-11:30 a.m.
MENOMONIE SENIOR CENTER
1412 SIXTH STREET EAST
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.

6 WAYS TO REDUCE YOUR RISK OF ALZHEIMER'S DEMENTIA

OCTOBER 22, 2024
2:00 - 4:00 PM
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Join us as we show a previous airing of Dr. Nataniel Chin's presentation on Wisconsin Public Television. Carla Berscheit, Dementia Care Specialist will also be available to answer questions



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.

Halloween Fun

By Ken Anderson, The Mayberry Guru, themayberryguru@gmail.com

Whenever the calendar turns to October, I immediately begin thinking about Halloween. Although it has been 65 years since I last went trick-or-treating, I still thoroughly enjoy the fun of it. The 35 years of teaching young children have enabled me to maintain childish enjoyment, such as Halloween.

Over the years, Halloween has transformed into an adult holiday. More and more adults have Halloween parties, and many accompany their children while out trick-or-treating. Our neighborhood has numerous homes elaborately decorated for Halloween. Some have animated monsters, screaming ghouls, and graphic graves scattered throughout their lawns. I am not talented enough to create elaborate scenes, but I do put orange lights and lit pumpkins around our trees and storage shed. During the week of Halloween, I also play scary Halloween sounds on a stereo system located outdoors. The neighbors constantly comment on how much they enjoy our decorations. I always wait for a fantastic, crisp night to walk around our neighborhood and visit gruesome and scary homes.

My childhood Halloweens in the small village of Dorchester meant a night of trick-or-treating with my friends. The village merchants also sponsored a Halloween party at Memorial Hall, where kids wore costumes, enjoyed movies, and received a bag



of goodies. I recall one particular Halloween when I was twelve years old. Some of my friends and I decided to visit the cemetery and see if we could communicate with the dead. It was a total failure.

One year, when I was teaching in Fall Creek, my wife and I dressed in costumes and walked around town ringing doorbells. And when someone opened the door, we would hand the person some candy, and without saying a word, we would leave. No one knew who we were until some of my students recognized my costume as the one I wore at school, so our little game was over.

Unfortunately, some children no longer experience much of the fun of Halloween. Part of our society now deems Halloween unhealthy for children. Some schools no longer have "Halloween" parties, and costumes such as witches, ghosts, and goblins are no longer allowed. Personally, it saddens me to see this happen. Halloween is an American tradition and has been a part of our culture for centuries.

One final thought: What would October be without candy corn, Halloween Peeps, bite-sized Snicker bars, and the sound of excited children saying "Trick-or-Treat"? October 31 would just be another dark autumn day with no excitement or fun.

A photograph of two women, one older and one younger, standing next to a silver car. The younger woman is opening the car door for the older woman.

VOLUNTEERS NEEDED!

Volunteering is fun, can make you feel good, and provides a way to touch people in a very real personal way. You can volunteer as little or as much time as you would like.

Volunteer Opportunities:

Transportation Program: Volunteers provide rides to Dunn County residents that need rides to medical appointments.

For more information on becoming a Volunteer Driver, or for other volunteer opportunities with the ADRC, call: (715) 232-4006 or email adrc@co.dunn.wi.us www.co.dunn.wi.us/adrc

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Will Remarrying Affect Your Social Security Benefits?

Adapted from: blog.ssa.gov

Whether it's a morning ceremony or an evening gala, excitement is in the air. You're getting remarried! Social Security can help you with your questions regarding your benefits and remarriage.



You may be wondering about changing your name on your Social Security card. Visit the "change name with Social Security" page and answer a few questions to find out the best way to apply for a replacement card with your new last name. You may even be able to complete the application completely online.

If you can't complete the application online, you can start your replacement card application online, then visit a local Social Security office or card center. You may be able to self-schedule an appointment online to visit an office to show your original marriage certificate and complete your application.

They'll mail an updated card to you, usually within 14 business days. Remember to let your employer know about your name change so they can update payroll records, and Social Security can accurately keep track of your earnings.

You may be wondering how your new marriage affects your Social Security benefits now or in the future. Remarrying may affect your benefits if you receive (or expect to receive) any of the following:

- 1. Supplemental Security Income (SSI) payments** – Your SSI eligibility and payment amount may change (or stop) due to your new spouse's income and resources. If you and your spouse both get SSI, your payment amount may change from a single person's rate to a couple's rate. Be sure to call right away at 1-866-829-2624 to report your marriage to avoid being overpaid.
- 2. Surviving spouse or divorced surviving spouse benefits** –
 - **If you remarry before age 50** – You won't be eligible for survivors or disability benefits as a surviving spouse unless your later marriage ends by divorce or annulment.
 - **If you remarry between the ages of 50 and 59** – You may be able to get benefits as a disabled surviving spouse (or disabled surviving divorced spouse) if you were disabled and unable to work when you remarried and your remarriage occurred after age 50. If you remarry before you reach age 60 and that marriage ends, you may be able to get benefits on your previous deceased spouse's record. Your benefits may begin the first month in which the later marriage ended if all entitlement requirements are met. Contact SSA if you have questions.
 - **If you remarry after age 60** – You may be eligible for survivors benefits on your deceased spouse's record or benefits on your new spouse's record. Contact SSA to find out where you are due the greatest benefit amount.
- 3. Divorced spouse's benefits** – Generally, if you remarry, benefits paid to you on your former spouse's record stop. You should report your new marriage to avoid being overpaid.
- 4. Children's benefits (under age 18 or full-time student ages 18 or 19)** – Under certain circumstances, SSA may be able to make payments to stepchildren of a worker who receives retirement or disability benefits. For more information about benefits for children, visit the "Who can get Family benefits" page.

Reminder: Get Your Flu Shot

Flu season starts each fall and lasts until the following spring. The Centers for Disease Control and Prevention (CDC) recommend that everyone six months of age and older get a flu shot every year with few exceptions. Vaccination is especially important for people who are at high risk for complications from the flu. People aged 65 and older are at greater risk of serious complications compared with younger adults.

It's important to get vaccinated before flu activity begins in your community. In general, it takes about two weeks after vaccination for antibodies to develop in your body and provide protection against the flu. If possible, you should get a flu shot before the end of October. However, getting vaccinated later can still help later in the season while flu viruses are circulating.

Most insurance, including Medicaid, covers an annual flu shot without charging a copay or coinsurance. Check with your plan to find out whether you must go to a specific provider to receive the shot. Original Medicare Part B covers 100% of the Medicare-approved price when you receive your flu shot from a provider that accepts Medicare. Additionally, Medicare Advantage Plans are required to cover flu shots without deductibles, copayments, and coinsurance, as long as you get the flu shot from an in-network provider.



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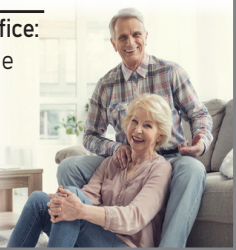
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Understanding Medicare Annual Enrollment Period (AEP)

By Cole Bruner, President of Buska Wealth Management

The Medicare Annual Enrollment Period (AEP) is a critical time for millions of Americans aged 65 and older, as well as individuals with certain disabilities. During this period, beneficiaries have the opportunity to make changes to their Medicare coverage that can significantly impact their healthcare options and costs for the upcoming year.



What is Medicare AEP?

Medicare AEP occurs annually from October 15th to December 7th. It is often referred to as the "open enrollment" period for Medicare plans. This timeframe allows Medicare beneficiaries to:

- 1. Switch Plans:** Beneficiaries can switch from Original Medicare (Part A and Part B) to Medicare Advantage (Part C) or vice versa.
- 2. Change Medicare Advantage Plans:** Individuals enrolled in Medicare Advantage can switch to a different Medicare Advantage plan.
- 3. Adjust Prescription Drug Coverage:** Beneficiaries can join, switch, or drop Medicare Part D prescription drug plans.

Why is Medicare AEP Important?

The importance of Medicare AEP lies in its ability to offer flexibility and choice to beneficiaries. Healthcare needs can change from year to year, and AEP provides an annual opportunity to ensure that your Medicare coverage aligns with your current health needs and budget.

Key Considerations During Medicare AEP

- 1. Review Your Current Coverage:** Take stock of your current Medicare plan(s), including premiums, deductibles, and copayments. Consider any changes in your health status or medications that may necessitate a different plan.
- 2. Compare Plan Options:** Medicare plans can vary widely in terms of coverage, costs, and provider networks. Use Medicare's Plan Finder tool or consult with a Medicare counselor to compare plans available in your area.
- 3. Consider Your Healthcare Needs:** Think about any upcoming medical procedures, prescriptions, or specialists you may need to see in the coming year. Ensure that your chosen plan covers these services adequately.
- 4. Check for Extra Benefits:** Some Medicare Advantage plans offer additional benefits. Evaluate whether extra benefits are important to you.
- 5. Financial Implications:** Besides premiums, consider other costs such as deductibles, copayments, and out-of-pocket maximums. Balance these costs against your budget and healthcare needs.

How to Enroll or Make Changes

Enrolling in a new Medicare plan or making changes during AEP is straightforward:

- **Online:** Visit Medicare.gov or the website of the plan you wish to enroll in.
- **Phone:** Call Medicare at 1-800-MEDICARE (1-800-633-4227) or the plan directly.
- **In Person:** Visit a local Medicare office or attend Medicare informational events in your community.

What Happens if You Miss the AEP Deadline?

If you miss the Medicare AEP deadline (December 7th), you may still have options to enroll or make changes. Contact a licensed agent to learn more.

Medicare AEP is a crucial time for Medicare beneficiaries to evaluate their healthcare needs and make informed decisions about their coverage for the upcoming year. By understanding the options available and considering factors such as health needs and financial circumstances, beneficiaries can ensure they have the most suitable Medicare coverage in place. Taking advantage of AEP can empower individuals to navigate their healthcare choices effectively and with confidence.



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SMPs are grant-funded projects of the federal U.S. Department of Health and Human Services (HHS), U.S. Administration for Community Living (ACL).

Do You Have a Carbon Monoxide Detector on Each Level of Your Home? If Not, You Should!

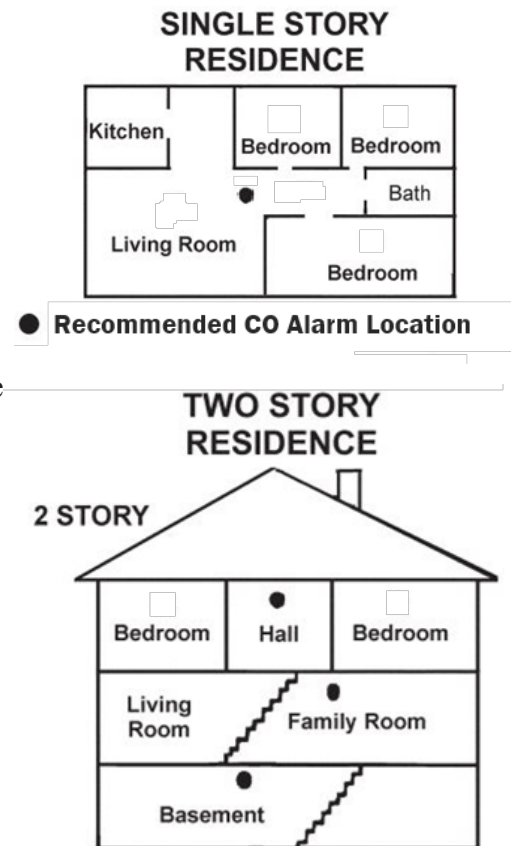
By the Eau Claire City-County Health Department

Having carbon monoxide detectors installed in your house is one of the easiest ways to protect your family from carbon monoxide poisoning! Carbon monoxide is a gas that can't be seen or smelled and is made when fuels—like gas, kerosene, propane or wood—are burned.

It's the most common cause of deadly poisonings.

- 1. Make sure you have working carbon monoxide detectors.** All homes in Wisconsin are required to have detectors on every level, including the basement, but not the attic or storage areas. Detectors can be purchased at most hardware stores for \$20-\$50. Carbon monoxide detectors that plug into your outlet and combination CO/smoke detectors are available! Test your carbon monoxide detectors monthly and replace batteries twice each year.
- 2. Have your furnace or wood-burning stove inspected annually.**
- 3. Never run a gasoline or propane heater or a grill (gas or charcoal) inside your home.** Any heating system that burns fuel produces carbon monoxide. Use a battery-powered detector where you have fuel-burning devices but no electric outlets, such as in tents, ice shanties, tree stands, cabins, trailers, and boats with enclosed cabins. Never use a gas stove or oven to heat your home.
- 4. Never run a car in an enclosed space.** Even with a door or window open, carbon monoxide levels can still build up to an unsafe level.
- 5. Always run generators outside.** Keep generators at least 20 feet from your home, camper, tent, etc., with exhaust hoses pointing away from people and structures.
- 6. Keep fuel-burning appliances properly vented.** You can prevent carbon monoxide from building up in your home by keeping vents clear. Make sure that all vents for a dryer, furnace, stove, and fireplace are clear of debris, especially after snowstorms.

KNOW THE SIGNS AND SYMPTOMS OF POISONING
Symptoms of overexposure to carbon monoxide include headaches, fatigue, weakness, dizziness, shortness of breath, nausea, confusion, and loss of consciousness. At high levels, carbon monoxide can cause death within minutes.



Take the Road Less Traveled *By Joyce Sobotta*

October is known for pinkwashing... Many companies jump on the bandwagon to support the breast cancer cause by promoting a pink ribbon product. They produce, manufacture, and/or sell products and link it to the disease. In recent years, the definition has expanded and includes any company or organization that exploits breast cancer for profit.

Instead of following the crowd, spending money on these frivolous pink items, there may be a better way to promote breast health. Gain a new perspective and take a road less traveled with self-care. Take steps to educate yourself about the best nutrition, stretching and exercise, understanding your emotions and learning how to deal with them, and getting rid of toxic waste in your body with a lymphatic breast self-massage.

A blocked lymph system becomes a breeding ground for pathogenic materials. If not moved out with a light massage, these infected lymph cells can travel to other parts of the body. If they are cancer cells, they can begin to grow cancer, (metastases), in other body parts such as the bone marrow.

We can stimulate the immune system and circulate lymph with a gentle lymphatic self-massage, especially in the breast area and under the arms because these areas do not receive natural movement. Using an essential oil blend, Healthy Girls® with lymphatic massage has been proven by testimonials to release congestion, discomfort,



tenderness, and pain, and improve breast health.

There are several books and professionally written blogs with information and studies that back up the idea that the traditional way with radiation and chemo does not work for the most part. There are other avenues to travel. Trust the information from holistic practitioners such as Dr. Christian Northrup, and Dr. Veronique Desaulniers, Breast Cancer Conqueror.

Thermography is an excellent, FDA approved, safe, noninvasive diagnostic tool that will give you answers to early breast abnormalities. It can be a valuable procedure for alerting your doctor to changes that can indicate early-stage breast

disease.

Taking the road less traveled with education about self-care puts you in the driver's seat. It can be invigorating to be in the driver's seat of your life, your wellness. Find happiness and joyful occasions where smiles come easily and hoot and holler and beat the drums loud to let the world know that you have found love and a new way to travel.

Joyce is a published author of "Breast health Is in Your Hands, Tips for Breast Vitality and Sensuality" and founder of an international business, HealthyGirlsBreastOil, a unique effective essential oil blend for breast health. She offers consultations for natural breast health. www.aromatherapynatureway.com

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