

FREE



AUGUST 2024

in this issue...

- ▶ Medicare and You Classes
- ▶ SCAMS – Long Lost Relative
- ▶ Heyde Center Door to Door Shuttle Service
- ▶ Living Well with Memory Loss Events
- ▶ Monday Market at the Y
- ▶ Healthy Living Programs in Eau Claire
- ▶ Free Power of Attorney (POA) Classes



Social Security Reduces Automatic Overpayment Recovery Amount

The Social Security Administration (SSA) recently announced that starting March 25, 2024, it will decrease the default overpayment withholding rate for Social Security beneficiaries to 10% (or \$10, whichever is greater) from 100%, to reduce the financial strain on people with overpayments. There will be limited exceptions to this new policy, such as when an overpayment resulted from fraud.

A short transition period will exist during which people will continue to experience the older policy. Individuals placed in 100% withholding during the transition period should call SSA's national number at 1-800-772-1213 or locate the number of their local field office here: <https://secure.ssa.gov/ICON/main.jsp> to request a lower withholding rate.

The new policy applies to new overpayments. If beneficiaries have an existing overpayment with a withholding rate greater than 10% and would like a lower recovery rate, they should call SSA or their local field office to speak with a representative. If a beneficiary requests a rate that is lower than 10%, it will be approved so long



as it allows the overpayment to be fully recovered within 60 months – a recent increase from the previous policy of only 36 months. If the beneficiary's proposed rate would extend recovery of the overpayment beyond 60 months, the beneficiary should fill out an SSA-634 Form, which provides information regarding the beneficiary's income, resources and expenses, in order to help SSA make a determination.

In addition, individuals have the right to appeal the overpayment decision or the amount. They can also ask SSA to waive collection of the overpayment, if they believe it was not their fault and they cannot afford to pay it back. SSA will not pursue recovery while an initial appeal or waiver is pending.

Even if someone does not want to file an appeal or a waiver, they should still contact SSA if the planned withholding would cause a hardship. SSA has flexible repayment options, including repayments as low as \$10 per month.

Check out our website at seniorreviewnewspapers.com

Staff Spotlight - Carmen

Meet Carmen

OUR CAREGIVER SUPPORT COORDINATOR



Hello, my name is Carmen and I'm the Caregiver Coordinator for the ADRC of Chippewa County. I get to connect caregivers with support programs to help them get a little respite from their caregiving duties. It's rewarding to see them get the support they deserve. As a former caregiver myself, I have the utmost respect and compassion for caregivers.

I moved to the Chippewa Valley 13 and half years ago, after my caregiving duties were over. I always enjoyed visiting this area as a kid and young adult, as many relatives live in this area. Now that I'm much older I enjoy the many trees, rivers, lakes, nature and beauty of Chippewa Valley. I'm also a big fan of the arts here, with my oldest son often performing with the local theaters.

EZ Door Pull

This month, CILWW is highlighting the EZ Door Pull - Acrylic Door Closer. This device allows for easy attachment without the need for tools. For individuals using wheelchairs, scooters, or walkers, closing doors behind themselves can be a challenge. The EZ Door Pull simplifies this task, offering a convenient solution. It is durable, flexible, and comes with an acrylic hook featuring adhesive backing for discreet storage when not in use. Please note that this product is not suitable for commercial door use.



The EZ Door Pull is available for purchase at Sportaid, an online retailer, for approximately \$18. Similar products can also be found on online platforms such as Amazon and Walmart.

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.

Accepting Applications: GWAAR Board of Directors

If you'd like to play a role in shaping the direction of programs and services for older people in the state, the Greater Wisconsin Agency on Aging Resources (GWAAR) invites you to volunteer for our Board of Directors. Our mission is to provide aging offices with training, technical assistance, and support to improve the well-being of older people in Wisconsin. To apply, please fill out our online application and submit to john.schnabl@gwaar.org.

View the application: <https://gwaar.org/api/cms/viewFile/id/2005629>
If you have any questions about volunteering on the Board of Directors, please contact John Schnabl at john.schnabl@gwaar.org.

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

- ADRC Manager – Brenda Schuerer
- Administrative Assistants – Breanna Schemenauer, Renee Price, Carmen Olson, Carrie Schick
- Dementia Care Specialist – Carla Berscheit
- 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, Ann Mueller, Laurie Hanson, Mike Fedie

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

We Are On Facebook

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



A Puppet Comes to Mayberry By Ken Anderson, The Mayberry Guru, themayberryguru@gmail.com

Ten years ago, my brother Nels my wife Linda, and I went to Dickieville to pick up my 1965 Ford Galaxie 500 replica Mayberry Squad Car, which I had just purchased. On our way home, I realized my life would become more fun. Cars passed us as we drove on the interstate, and cameras pointed at us. When we stopped for gas, strangers came over to look at the car and ask questions. There was no doubt that my new car was unique.

I always suspected that my family and friends thought I was somewhat strange when I donned my Mayberry uniform and walked around acting like Deputy Barney Fife. Now that I think back, they may not have admitted to knowing me. However, as time passed, they got used to my obsession with Mayberry and accepted me for who I was. They then came to car shows and parades to see me in action.

Now that my family and friends genuinely know what I am all about, I have decided to add a new bit of amusement to my Mayberry activities. So, now this 77-year-old retired teacher walks around with a puppet—not just any puppet, but a puppet dressed in a replica Mayberry deputy uniform that my wife Linda made. When we first married, I doubt she knew what I would ask her to do. But she enjoys it as much as I do. The smiles and interaction we experience when kids talk and hug my puppet make it all worthwhile.



My puppet's name is Chester, and he has spent the past 25 years in a plastic storage bin. A good friend's late wife had used Chester as part of a children's puppet ministry, but Chester was retired when puppet ministry went by the wayside. So my friend Roger was delighted when Chester was given a second chance to make kids laugh.

Puppets have been around for a very long time. Some historians believe that they originated about 4000 years ago. Puppets have been used since the earliest times to animate and communicate the ideas and needs of human societies. Some historians claim that they pre-date actors in theatre. As a child, I recall watching the puppet Howdy Doody when he

appeared with Buffalo Bob. Another very famous puppet show was the classic Punch and Judy performances.

I don't claim to be an expert puppeteer, nor do I attempt to be a ventriloquist. The kids are so engrained in looking at Chester that they never notice that my mouth may be moving when Chester speaks. And the smiles that come from the parents of these kids make my puppet efforts even more worthwhile. My wife now wonders what my next addition might be, but I don't think anything will ever top Chester.

Fishing Has No Boundaries
CHIPPEWA VALLEY CHAPTER

Annual event held second weekend in September at Lake Wissota Lodge and Event Center

Participation is free, but free will donations are accepted!

Dedicated to opening up the world of adaptive fishing.

A day of fishing **PACKED** with fun, boating and food. For anglers with disabilities, friends, family, guests and attendants.

Provided

- Rods, reels, and life vests
- Adaptive fishing equipment
- Bait and fish cleaning
- Boats and guides
- Water, sunscreen and ponchos
- Lunch and dinner
- Awards and door prizes

Join us at our event for fun, fishing and friendship. No fishing license or experience needed.

For more information on volunteering, contact Bobbi or Amanda at: craigb@cilww.com or amandam@cilww.com

Or

1-715-233-1070
1-715-233-1070
1-715-233-1070
1-715-233-1070
1-715-233-1070
1-715-233-1070
1-715-233-1070
1-715-233-1070
1-715-233-1070
1-715-233-1070
1-715-233-1070
1-715-233-1070
1-715-233-1070
1-715-233-1070
1-715-233-1070
1-715-233-1070

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

*August 13 1:00 – 3:00 pm
August 27 5:00 – 7:00 pm

Follow the ADRC of Chippewa County on Facebook

2024

SCAMS

Contacted About Long-Lost Relative's Life Insurance Policy?

By Jim Kreidler, Consumer Education Specialist, Federal Trade Commission (FTC)

People are getting letters in the mail from a law firm saying that one of their clients has died and they're looking for the heir. You are, they say, that heir! (Spoiler alert: you're not.)

The letter goes on to explain their offer: they want to split the proceeds between you, some charities, and their law firm. But what's really going on?



This is not a lawyer — it's a scammer. That's the most important thing to know. But the letter sounds convincing, explaining that the firm has tried to contact family members. No heir, they say, has come forward to collect the multi-million-dollar life insurance policy or inheritance. It might be tempting to reply, just to see if you really can get some of the money. But that's where the scam kicks in. If you contact them, they'll try to get your personal and financial information, like your Social Security or bank account numbers, your money — or all of the above. Oh, and that life insurance policy or inheritance? It doesn't exist at all. It's a scam.

Here's what to do if you get one of these letters:

- Don't respond. Keep your money and information to yourself. Never send money or information to a stranger who promises big rewards. That's always a scam.
- Pass this information on to a friend. You probably throw away these kinds of letters. But you also probably know someone who could use a friendly reminder that these are scams.
- Report it to the FTC at <https://reportfraud.ftc.gov/>

Special Announcement

Heyde Center for the Arts Introduces Door-to-Door Shuttle Service!



The Heyde Center for the Arts, nestled in the heart of Chippewa Falls, is thrilled to announce an important initiative to enhance accessibility and inclusivity for all art enthusiasts.

Who?

Designed for homebound or physically challenged individuals who wish to attend our captivating performances.

How?

A comfortable shuttle van, generously provided by our partner Francis Express, will pick you up right from your doorstep! The service is limited to a five-mile radius of the Heyde Center and reservations will be on a first come, first served basis.

When?

Available for the following five performances:

- Wednesday, August 7 at 1pm - Swampers concert
- Friday, September 6 at 1pm - Klezmazel concert
- Sunday, October 20 at 2pm - Royal Flush (waltzes, polkas, etc.)
- Sunday, November 10 at 2pm - Standing in the Light Memory Choir concert

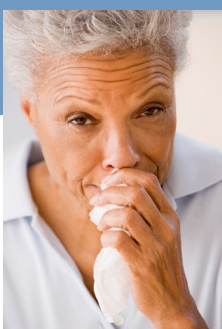
Cost?

The service will operate on a donation basis, in addition to your performance ticket purchase. Thanks to the William J and Gertrude R Casper Foundation, this service is underwritten to ensure affordability and convenience for our patrons who would like to enjoy the wonderful arts and cultural events the Heyde Center hosts, but due to transportation challenges are unable to get to the Heyde Center.

Accessibility:

The van can accommodate up to 10 passengers. The van can accommodate up to two wheelchairs. Make your reservations on the shuttle by calling 715-726-9000! Must purchase tickets for the event before or while making a reservation for the shuttle.

For more information about renting Frances Express for another event, please contact Curt at 715-568-2211 or visit their website francesexpress.com. Proceeds from renting Frances Express help support the non-profit transportation project Curtie Cares.



Summer Means Outdoor Activities! Do You Suffer With Allergies?

Now is a great time to call our pharmacist and make an appointment to go over your medications to ensure your health and safety needs are being met. Our pharmacist will make sure you are compliant with your medications and will also advise you on over-the-counter products for allergies to take or avoid for adverse interactions.

VISIT YOUR LOCAL HOMETOWN PHARMACY!

Mondovi Pharmacy
715-926-4938

Ed's Pharmacy
715-568-2190

Wally Shong Pharmacy
715-286-2515

Colfax Pharmacy
715-962-3784

\$5.00 OFF
a \$25.00 Purchase

One coupon per customer per visit. Good for any over-the-counter products. Not valid for prescriptions. Expires 09/30/24

Post-Surgery Depression

Surgeries, no matter how large or small, can bring up intense feelings and emotions. Surgeries are often accompanied with pain, discomfort, lack of mobility, and dependence on other people. Many people are surprised to learn that depression after a surgery is also very common. Despite it being such a common surgery side effect, it is rarely talked about. Post-surgery depression symptoms are similar to other types of depression, including:



- Fatigue
- Sadness
- Hopelessness
- Difficulty making decisions
- Loss of interest in activities
- Irritability
- Changes in appetite and/or sleep patterns
- Difficulty concentrating/remembering
- Slow movements and speech
- Thoughts of suicide or harming oneself or others
- Anxiety

The difference, however, is that these symptoms are persistent and last more than two weeks after a surgery. These symptoms can occur even for patients who have a successful surgery and are on their way to a full recovery. If untreated, however, post-surgery depression can last months, and make physical healing more difficult.

Post-surgery depression can have many causes, including:

- Physical discomfort and pain
- Reactions to pain medications, antibiotics, or anesthesia
- Poor or traumatic pre-surgery experience
- Diagnosis of a serious illness
- Changes in body image
- Feelings of anxiety, guilt, and stress
- Financial strain
- Lack of a support system
- Concerns about the impact on the quality of life or lifespan

One of the best tips for dealing with post-surgery depression is to be informed so you can feel a sense of control. This can take many forms, including: knowing what to expect before, during, and after surgery; understanding that post-surgery depression is very common; being able to recognize the signs and symptoms of post-surgery depression; and having resources ready in order to seek professional help (therapists, counselors, etc.)

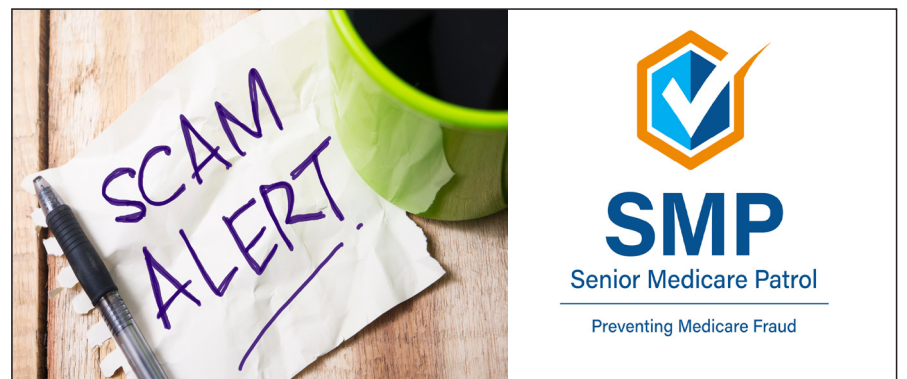
As your body and recovery plan allow, do gentle stretching, take a slow walk, or simply go outside for a few minutes each day; eat plenty of fruit, healthy fats, lean protein, vegetables, and whole grains; rest as much as you can; and take antidepressants if a healthcare provider prescribes them.

If you are caring for someone after a surgery, it's good to address the possibility of post-surgery depression so they also understand how common it is. Other things you can do include:

Aiding them in their recovery process (such as helping them make follow-up appointments and reminding them to take medications)

- Encouraging them to eat regularly and get low-impact physical activity if possible
- Listening to and accepting their needs
- Treating them with respect
- Encouraging them to talk to a healthcare provider if you notice they are not eating and drinking enough, taking care of their hygiene, or taking medications as prescribed.
- Seeking medical attention right away if your loved one experiences new or worsening thoughts of self-harm and suicide.

If you or a loved one is experiencing thoughts or threats of suicide, self-harm or emotional distress, call or text 988 - the 24/7 Suicide and Crisis Lifeline.



Medicare beneficiaries beware!

Scammers are calling, claiming your doctor asked them to call.

- They may spoof the caller ID to look like they are calling from your doctor's office.
- If your doctor wants you to have cardiac genetic testing, they will talk to you about it during an appointment.
- If you would like a knee, back, arm, or any other brace, please call your trusted doctor to set up an appointment to talk about your needs.

If you have gotten a call like this, report it to the SMP. Together we can prevent Medicare fraud.

877-808-2468

www.smpresource.org

SUPPORTED BY GRANT # 90MPC0002 FROM ACL



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 Groups

Dunn County:

- 1st Wednesday of the Month • 1:00 pm
Grapevine Senior Center
121 Main Street - Colfax
- 4th Monday of the Month • 10:30am - Noon
Shirley Doane Senior Center
1412 Sixth Street E, Menomonie

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

Chippewa County:

- 2nd Thursday of the Month • 1:00 - 2:30pm
Central Lutheran Church
28 East Columbia St, Chippewa Falls

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

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

Brain Health Check-Up

Normal Aging or Something Else?

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

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

Virtual Support Groups

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

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

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

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

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

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

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

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

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

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



What is a Dementia Coalition?

A Dementia Coalition is a group of professionals, caregivers and community members that are passionate about supporting those living with dementia. In this area, we have the Chippewa Valley Dementia Coalition, serving Chippewa, Dunn and Eau Claire counties. There are over 30 members on this coalition and it continues to grow.



In 2023 the coalition created a Crisis Tool that would provide basic information to Emergency Services personnel if the person with dementia was unable to express their needs. The coalition provided a Skills Fair for family caregivers to learn more about services that are available as well as valuable information.

In 2024 the goal will be to create Dementia Friendly Business Training videos, starting with Financial Institutions and Restaurants. Once the videos are complete they will be free and easily accessible on YouTube. The coalition is also hoping to bring a documentary about dementia and caregiving to the area to increase awareness and continue the conversation. All of this is in effort to decrease stigma around dementia and increase support to people living with dementia and their caregivers.

This group is efficient and effective in their efforts. They only meet SIX times per year (every other month) with the option to be involved in subcommittees and events as well. If you are interested in joining the Chippewa Valley Dementia Coalition, contact Carla Berscheit at cberscheit@chippewacountywi.gov or call 715-944-8091.



Crochet Club

All Skill Levels Welcome

It's time to dust off those crochet hooks and join us for a crochet group.

MONDAYS 9:30 - 11:30 AM

July 15, 29, August 12, 26, September 9, 23, October 7, 21, November 4, 18 and December 2, 16, 30.

CHIPPEWA FALLS PUBLIC LIBRARY
105 W CENTRAL ST. 715-723-1146



CAREGIVER CONNECTIONS

JULY-SEPT 2024 WISCONSIN CHAPTER



24/7 HELPLINE 800.272.3900

Alzheimer's & Dementia Caregiver Resources



<https://lorenzoshouse.org/>
Lorenzo's House supports young people and their families facing younger-onset dementia. Starting with peer to peer support for children aged 4 to 40+ with a parent affected by dementia, we have grown into a haven for families feeling isolated on their journey. With monthly support groups—Bright Brunch for female and Light Lounge for male caregivers—we offer a community where caregivers can connect and find support.

This is a must for all Caregivers!!

Teepa Snow in Green Bay!!

This conference is a free event on **Tuesday, July 30th 9:00am-4:00pm** The Weidner Center 2420 Nicolet Dr., Green Bay, WI Register [HERE](https://www.forgetmenotfund.org/events/teepasnow/). Free Buffet Lunch will be provided questions: 920-662-7500- Tonya Runyard Jefferson ADRC

HELPFUL TIPS

- Needing to choose an In-home care professional? Deciding on companion services, personal care services, homemaker services or skilled care? Which services are right for you? <https://www.alz.org/media/Documents/alzheimers-dementia-choosing-in-home-care-professionals.pdf>
- Community Resource Finder: Find Programs, Housing options, Care & Support, Medical Services. Community Services all by your zip code: <https://www.communityresourcefinder.org/>

Walk to END ALZ season is fast approaching!

Join one of our 27 Wisconsin WALKS near you! https://act.alz.org/site/SPageServer/pagename=walk_homepage

ONLINE RESOURCES

- "Dementia Matters" podcast- ALZ & Dementia Research Center: <https://www.adrc.wisc.edu/dementia-matters>
- Ten Ways to Love Your Brain: https://www.alz.org/help-support/brain_health/10-healthy-habits-for-your-brain
- Center for Healthy Minds: <https://centerhealthy minds.org/>

ALZHEIMER'S ASSOCIATION
BRAND NEW

THE EMPOWERED CAREGIVER VIRTUAL EDUCATION SERIES

TO REGISTER: CLICK BELOW OR CALL OUR 24/7 HELPLINE AT 800.272.3900

Part 1: Building Foundations of Caregiving July 20, 10-11 am

Click [HERE](#) to Register
Learn how dementia changes relationships over time, the benefit of person-centered care approaches, how to create a supportive care team and steps to identify and manage caregiver stress.

Part 2: Supporting Independence Aug 7, 11am-12pm

Click [HERE](#) to register
People living with dementia want to remain independent for as long as possible. Caregivers may not know how to balance safety and independence. Learn how to provide the right amount of support, while managing expectations.

Part 3: Communicating Effectively Sept 18, 12-1pm

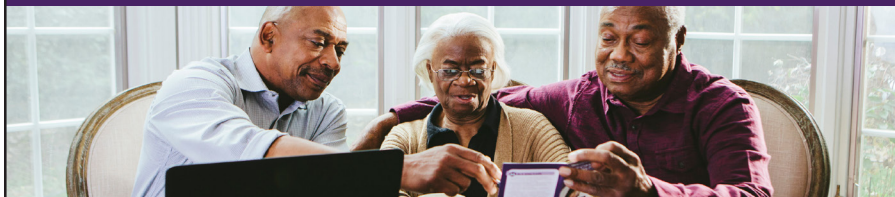
Click [HERE](#) to register
Discover new ways to communicate effectively in any stage of the disease. Learn how dementia affects communication, how person-centered approaches can improve communication and much more.

The Empowered Caregiver Part 4 & 5 will be coming in October and November. Also, keep an eye out for In-person Empowered Caregiver programs near you.

Virtual Alzheimer's Education Series July, August, & September 2024



Register at alz.org/wi or call our 24/7 Helpline at 800.272.3900



Join us for this free monthly Virtual Education Series hosted by the Alzheimer's Association Wisconsin Chapter. This series is tailored for caregivers, families, and those living with Alzheimer's and other dementia. Each month features a Community Education Program covering essential caregiver topics, along with an expert speaker bringing diverse insight. Come learn, share, and find support on your journey. These will be recorded and emailed afterwards to those who registered.

Saturday, July 20: 10 - 11 AM

The Empowered Caregiver Series - Part 1: Building Foundations of Caregiving

Alzheimer's Association Education Program
Learn how dementia changes relationships over time, the benefit of person-centered care approaches, how to create a supportive care team and steps to identify and manage caregiver stress.

Tuesday, July 16: 7 - 8 PM

Noticing Memory and Thinking Changes? Now What?

Bonnie Nuttkinson, MS, Research Program Coordinator for the Alzheimer's Dementia Research Center
Concerned about a friend's, family member's, or your own memory or thinking changes, and not sure what to do? Join us to learn what to do and how to navigate the next steps.

Wednesday, Aug. 7: 11 AM - 12 PM

The Empowered Caregiver Series - Part 2: Supporting Independence

Alzheimer's Association Education Program
People living with dementia want to remain independent for as long as possible. Caregivers may not know how to balance safety and independence. Learn how to provide the right amount of support, while managing expectations.

Friday, Aug. 16: 10 AM - 11:30 AM

Legal and Financial Planning for Dementia

Attorney Alan Hougum, Estate Planning and Elder Law
A dementia diagnosis makes planning for the future more important than ever. Join us for an interactive program where you will have a chance to learn about important financial issues to consider, practical strategies for a long-term plan, government programs, and how to find resources.

Wednesday, Sept. 18: 12 - 1 PM

The Empowered Caregiver Series - Part 3: Communicating Effectively

Alzheimer's Association Education Program
Discover new ways to communicate effectively in any stage of the disease. Learn how dementia affects communication, how person-centered approaches can improve communication and much more.

Monday, Sept. 23: 12 - 1 PM

Is this a Medical Emergency? Delirium vs Dementia, what do I need to know?

Julie Roznowski-Olson, Geriatric NP, MSN, BSN, RN
Delirium is considered a medical emergency and is difficult to detect in a person with dementia. We will discuss the difference between delirium and dementia, common causes, and prevention strategies for hospitalized individuals.

REGISTER at alz.org/wi or call our 24/7 Helpline at 800.272.3900

Healthy Living Programs in Eau Claire *Chippewa County Residents Welcome*

REGISTER at least one week prior: Call the ADRC of Eau Claire County at 715-839-4735 or go to www.adrcevents.org

Walk With Ease (in person)

Six-week walking program developed by the Arthritis Foundation. While walking is the central activity, it also includes education to ease arthritis symptoms, stretching and strengthening exercises, and motivational strategies. Classes meet three times weekly for one hour. Must have ability to be on your feet for at least 10 minutes without increased pain. Participants receive the Arthritis Foundation Walk With Ease guidebook. \$10 suggested contribution.



**Mondays, Wednesdays, Thursdays, 9:30 - 10:30 am/
July 15 - August 22, 2024 • Carson Park, Eau Claire**

Mind Over Matter: Healthy Bowels, Healthy Bladder (in person)

Three-session workshop designed to give women the tools they need to take control of symptoms. It provides information and group activities along with simple exercises and dietary changes to practice at home. Even if you do not have leakage symptoms now, it is never too early or too late to think about bladder and bowel health. \$10 suggested contribution.

**Tuesdays, 9:30 - 11:30 am/ July 16, 30 & August 13, 2024
Agriculture & Resource Center, 227 1st Street West, Altoona**

Stepping On fall prevention program (in person)

Are you feeling unsteady on your feet? Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. In just 7 weeks, you will learn: Strength and balance exercises you can adapt to your individual level. To identify and remove or avoid fall hazards both inside and outside your home. How vision, hearing, medication, and footwear affect your risk of falling. To get back on your feet the right way if you do fall.

**Tuesdays, 10:00 am - 12:00 pm / September 10 - October 22, 2024
Grace Lutheran Church, 202 W Grand Avenue, Eau Claire**

Healthy Living with Diabetes (in person)

Designed for adults of all ages who have type 2 diabetes, pre-diabetes, or who live with someone who does. Learn how to manage the condition through 14 self-management tools. Topics include healthy eating: food label reading, meal planning, relaxation techniques, fitness for exercise and fun, problem-solving, stress and depression management, short-term goal setting, communicating with friends, family, and your medical team. Meets weekly for 6 weeks, plus optional class with a Certified Diabetes Specialist.

**Tuesdays, 1:00 - 3:30 pm / September 17 - October 29, 2024
Grace Lutheran Church, 202 W Grand Avenue, Eau Claire**

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:
Kasha at (715) 726-7777
or adrc@chippewacountywi.gov

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

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

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

What will I learn in the workshop?

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

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

Bloomer Senior Center
2121 Duncan Road, Bloomer

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

Brain Health – Nutrition Part 2

As we discussed last month, the MIND Diet and the Mediterranean Diet have a lot of similar components. The MIND diet research was completed at Rush University, here are some of the results of the study:

- People who followed the MIND diet for 4 years had a 53% reduced risk of Alzheimer’s Disease.
- People who followed this eating plan for 10 years had a reduced rate of aging of 7.5 years!

Now imagine the brain health benefits of pairing this eating plan with moderate intensity exercise. By now, I hope you are a little curious as to what the MIND Diet entails.

As mentioned last month. Here are the basics of the eating plan (consult your physician to see if this plan is right for you):

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

Let’s expand this month and talk about the foods that should be limited:

- Due to their high saturated fat content, red meat, whole-fat cheese, fast food and butter should be limited
- Due to the high carbohydrate and salt content, pastries and sweets should be limited.

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

The benefits of having a *nurse at home*

Stay ...out of the E.R
...out the hospital.
...out of the nursing home.

Prevention begins at home.

Call or text us at
715.379.7889

appealtoheaven.net



Do you want this?
Or this?

appealtoheaven.llc
Independent Nurses Network

Total Care Services
Personal & Supportive/Companionship/Skilled Nursing

Recipe: Peach Blueberry Salad

Ingredients (serves two):

- 4 cups Assorted Greens
- Fresh basil or mint- minced
- 2 peaches - sliced
- 1 cup blueberries
- Goat cheese - sliced thin
- Cherries
- Roasted pecans (optional— see full recipe for details)



Wash hands and all produce. Slice peaches thinly. Assemble the salad, starting with a base of greens, tossed with a choice of herbs. Arrange peaches on the salad first, and add cherries, blueberries, and goat cheese. Drizzle on Maple Dressing just before serving and garnish with roasted pecans.

Maple dressing ingredients and directions (optional)

- 1/4 cup Maple syrup
- 1/4 cup White Balsamic Vinegar
- 2 Tablespoons Stone-ground Mustard

Place all ingredients in a small blender attachment and blend for 45 seconds until completely blended. Or use an immersion blender in a mason jar to mix and store with a tight-fitting lid.

Variations: Golden raisins, Bleu cheese, Farrow or grain of choice, cooked, grilled salmon or pork. Vinaigrette of choice.

Makes two entree salads.

MONDAY MARKET AT THE Y

Accepting Foodshare/QUEST Cards, Debit/Credit Cards, Cash, WIC & Senior Farmer’s Market Checks
Up to \$10 Market Match per week for FoodShare Participants



Free Health Screens

June 24 July 15 August 26
9:00 am to Noon

Hemoglobin A1c, Blood Pressure, BMI, Body Fat Percentage

no registration required

Screenings sponsored by:



2024
Mondays
8 am - 1pm
June 17 -
September 30
No Market on Labor Day



Social Security to Simplify Disability Evaluation Process

Agency to Reduce Work History Period to 5 Years

Reprinted from: blog.ssa.gov

When people become disabled under the statutory definition the Social Security Administration must follow, the agency helps them meet their basic needs and sustain a higher quality of life. Social Security administers disability benefits through two programs: the Social Security Disability Insurance (SSDI) program and the Supplemental Security Income (SSI) program. Under both programs, the agency follows a five-step process to determine if an adult has a qualifying disability.

In response to President Biden's Executive Order on Transforming Federal Customer Experience and Service Delivery to Rebuild Trust in Government, the agency is proud to announce changes that will reduce administrative burdens for applicants and help more people with disabilities receive government benefits and services if they are eligible. On April 18, 2024, Social Security published a final rule, "Intermediate Improvement to the Disability Adjudication Process, Including How We Consider Past Work." The new rule simplifies step four of the process, which assesses whether a person applying for disability benefits can perform any of their past relevant work.

"This new rule will lessen the burden and time our applicants face when filling out information about their work history and will make it easier for them to focus on the most current and relevant details about their past work," said Martin O'Malley, Commissioner of Social Security. "It also improves the quality of the information our frontline workers receive to make decisions, improving customer service, and reducing case processing time and overall wait times."

Under the final rule, beginning June 22, 2024, when determining past relevant work, the agency will review only five years of past



work. The previous policy required people to provide detailed information about 15 years of work history, which was difficult for individuals to remember and often led to incomplete or inaccurate reporting. Also, the agency will no longer consider past work that started and stopped in fewer than 30 calendar days. The new rule makes it easier for people applying for benefits by focusing on their most recent relevant work activity while still providing enough information to continue making accurate determinations.

This final rule is one of several regulation updates Social Security is publishing to improve its disability program. The agency recently announced it will reduce barriers to access the SSI program by updating the definition of a public assistance household. The agency also announced it will exclude the value of food from SSI benefit calculations. Additionally, the agency announced it will expand its rental subsidy exception, currently only in place for SSI applicants and recipients residing in seven States, as a nationwide policy.

The agency continuously examines programmatic policy and makes regulatory and sub-regulatory changes as appropriate. For more information on the SSDI and SSI programs – including who is eligible, how to apply, and how Social Security makes a disability determination – visit <https://www.ssa.gov/disability> and <https://www.ssa.gov/ssi>.

To read the final rule, visit the Federal Register: Intermediate Improvement to the Disability Adjudication Process, Including How We Consider Past Work.

Wispact

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

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

CORNELL HEALTH SERVICES *The right choice*

- Flexible visitation for loved ones
- Physical, occupational & speech therapy 7 days a week
- Concierge services

Our residents have the opportunity to be a partner in the care they receive, to develop trusting relationships with our caregivers, and to reach their highest level of independence.

We are passionate about making our center **The Right Choice** for you or your loved one.

320 N 7th Street, Cornell | 715-239-6288 | cornellhs.com



Caring starts here.

My Choice Wisconsin provides government-funded programs to frail seniors, adults with disabilities, individuals, and families.

We care for the whole person and well-being of all by offering services that promote independence, value diversity, and inspire self-advocacy.

For Long-Term Care options contact your local [Aging and Disability Resource Center](#).

www.dhs.wisconsin.gov/adrc/

www.mychoicewi.org/hh

800-963-0035 TTY 711



Emergency Contact Law & Your Driver's License

Starting June 1, 2024, Wisconsin residents will have the option to add one emergency contact to their record. This contact information could be available to law enforcement agencies in the event that you are in a collision or are experiencing a medical emergency. This information may save crucial time if ever it becomes necessary to contact your family members or other loved ones.



As part of every application for a Wisconsin driver license or ID card, the applicant will be asked if they would like to include emergency contact information in their file. Adding the information is voluntary. If you would like to have an emergency contact listed, you will be required to provide the contact's name, residential

address, phone number and their relationship to you. This information will not be printed on the driver license or ID card.

You can provide the emergency contact information online or you can obtain a form from your local DMV. You will need to enter the following information:

- Your first and last name
- Your Wisconsin Driver License or ID Card number
- The last 4 digits of your Social Security number
- Your date of birth

AND

- Your emergency contact's name
- Your emergency contact's address
- Your emergency contact's phone number
- Your relationship to the emergency contact

Emergency Contact Form : WI DOT - External (accessgov.com)

Are you experiencing
**TECH-nical
Difficulties?**



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

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

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

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

AND MORE!

Reach out and get matched with a Digital Navigator!

Phone: (715) 834-5043

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



United Way of the
Greater Chippewa Valley

The Aging and Disability Resource Center Presents

FREE: Power of Attorney (POA)



Read why everyone 18 and older should get this

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

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

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

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

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

No registration required.

Save the dates!

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

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

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

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



715-832-7529 **Chippewa Valley Theatre Guild** cvtgc.org

Season 43 Tickets on Sale Sept. 3

 <p>THE FULL MONTY <i>Broadway Musical</i> SEPTEMBER 26-29 THE JAMF, PABLO</p>	 <p>One Flew Over the Cuckoo's Nest NOVEMBER 7-17 THE GRAND</p>	 <p>A CHRISTMAS STORY DECEMBER 6-15 THE GRAND</p>
 <p>THE HOLLY AND THE IVY DECEMBER 20-22 THE GRAND</p>	 <p>Blithe Spirit By Noel Coward JANUARY 9-19 THE GRAND</p>	 <p>Dating Games Garth Wingfield FEBRUARY 6-16 THE GRAND</p>
 <p>37 POSTCARDS By Michael McKeever MARCH 6-16 THE GRAND</p>	 <p>GROUNDHOG DAY THE MUSICAL MAY 1-4 THE JAMF, PABLO</p>	 <p>SEUSSICAL The Musical JUNE 26-29 THE RCU, PABLO</p>

Lake Hallie Memory Care

A happier life for everyone...

 Celebrating 11 Years of Exceptional Care




 **715-738-0011**

  @MemoryCarePartners

Call or Tour Today!

LakeHallieMemoryCare.com



SMP

Senior Medicare Patrol
Preventing Medicare Fraud



Empowering Seniors to Prevent Healthcare Fraud

Call us with questions about billing errors, scams and medical identity theft

Toll-free Helpline 888-818-2611 | www.smpwi.org
WisconsinSeniorMedicarePatrol | Email: smp-wi@gwaar.org

- PROTECT** your personal information
- DETECT** suspected fraud, abuse, and errors
- REPORT** suspicious claims or activities

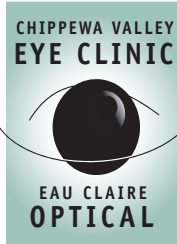


SMPs are grant-funded projects of the federal U.S. Department of Health and Human Services (HHS), U.S. Administration for Community Living (ACL).



THE BEST CARE IN SIGHT CHIPPEWA VALLEY EYE CLINIC

Cataract • Implantable lenses • Laser vision correction
Specialty contact lenses • Aging eye care • Low vision exams
Eye exams • Macular degeneration • Oculoplastics



Eau Claire . . . 715.834.8471
2715 Damon Street, Eau Claire
Rice Lake . . . 715.234.8444
Menomonie . . 715.235.8335



WE ACCEPT MOST INSURANCE PLANS

cveclinic.com OTHER LOCATIONS: BLACK RIVER FALLS, CUMBERLAND & DURAND

ARTICLES FROM THE COMMUNITY

The “New” Tick in Town

By the Eau Claire City-County Health Department

The “New” Tick in Town

There are reports of the North American **Lone Star tick** (*Amblyomma americanum*) as far back as the late 1700s.



EXPANDING!

- Range includes Southeast, mid-Atlantic, and South-central states but expanding north and west.
- Lone Stars are aggressive biters and require forests with dense undergrowth.



KNOWN DISEASES

- Ehrlichia (can begin transmission within 6 hours), tularemia, southern tick-associated rash illness (STARI) – pathogen unknown, and Heartland virus (rare)

EHRlichia transmission possible within 6 HOURS!

PREVENTION

- Wear permethrin-treated shoes and clothing when in tick habitat.
- Tuck in shirts and socks.
- Perform careful tick checks.
- Remove any biting tick promptly with a pointy tweezer, save it for testing or take a photo.



Adults (female/male)
Adults emerge in the early spring and remain active throughout the summer.



Nymphs
May - August



Larvae
July - October
(Sometimes called “seed ticks”)

IDENTIFICATION

- Adult female Lone Star ticks have a **bright yellowish-white dot at the base of their scutum**, light brown body.
- Males are light brown and their scutums are mottled with black and a few white streaks.
- Nymphs and six-legged larvae are round with long, straight mouth-parts.
- All change in appearance and size when they feed.



RED MEAT ALLERGY

RED MEAT ALLERGY

- Bites cause sensitivity to a carbohydrate on mammalian meat cells called alpha-gal
- Early symptoms: gastrointestinal upset (**nausea, diarrhea, indigestion**) but most commonly general itchiness.



GASTROINTESTINAL UPSET GENERAL ITCHINESS

- The allergy can take 1-3 months after the tick bite to appear. Allergic reactions occur 2-6 hours after ingestion of mammalian meat (e.g. pork, beef, lamb – not poultry or fish).
- Reaction can include hives and rashes or anaphylaxis
- You can be tested for the allergy after Lone Star bite exposure. Limited evidence has shown that the allergy can wane by avoiding additional tick bites.



<http://bit.ly/lonestarsalphagal>

It may be new to you, but the Lone Star tick (*Amblyomma Americanum*) has actually been in North America going back to the late 1700’s. Lone Star ticks are the main human-biting ticks in southeastern and southcentral regions of the United States, accounting for over 90% of tick bites in these areas. While you may be thinking that these ticks do not apply to us here in the Midwest, they have been expanding north & west. During our tick surveillance within our community, we do typically find a few of these ticks each year!

Lone Star ticks are easily recognized by the single white dot in the center of their brown body. Lone Star ticks do not transmit the bacteria that causes Lyme disease; however, they do transmit bacteria for other diseases (Ehrlichiosis, Heartland virus disease, Southern tick-associated rash illness (STARI), Bourbon virus disease, and Tularemia). Unlike Lyme disease which is typically transmitted after a deer tick bite that has been attached for over 24 hours, Ehrlichia can be transmitted within as little as 6 hours!

Lone Star ticks are aggressive human biters, and their bite can also be associated with a red meat allergy (alpha-gal syndrome). This allergy can take 1-3 months for symptoms to appear after being bitten by a Lone Star tick. Early symptoms include nausea, diarrhea, indigestion and most commonly general itchiness. This allergic reaction is typically seen 2-6 hours after eating red meat (pork, beef or lamb – not poultry or fish). During peak grilling season in Wisconsin, this is a big deal!

It’s important to remember proper tick prevention such as tucking in shirts and pants into socks and wearing permethrin-treated clothing and shoes when in tick habitat. Promptly remove attached tick(s) with a tweezer, pulling straight upward. Preventing tick bites & checking yourself and your family is the best way to also avoid the red meat allergy!

Cremation Society of Wisconsin

- Professional
- On-Site Crematory
- Dignified • Economical

cremationsociety-wi.com



PLEASE SEND YOUR FREE-NO OBLIGATION BROCHURE ABOUT CREMATION TO:

Name _____
Address _____
City _____ State _____ Zip _____

CREMATION SOCIETY OF WISCONSIN- 715.834.6411
STOKES, PROCK & MUNDT FUNERAL CHAPEL - 715-832-3428
535 S. Hillcrest Parkway, Altoona WI 54720

Advertise online for as low as
\$150 for the year!

seniorreviewnewspapers.com

Live the Legacy You Want to Leave

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

Try answering these questions quickly. What do you value most? What are the two most important things in your life? What kind of legacy do you want to leave after you are gone? Is your legacy commonly known and understood by your family and friends? While these questions are simple, they might be hard for you to answer quickly, and might actually cause you some difficulty.

As we journey through life, each of us fills a unique space – leaving behind a legacy that defines our existence long after we are gone. Our impact on the world – our legacy - consists of unique memories that represent what we were all about, what we offered to this world, and how we touched and shaped others, whether it was in helpful or unhelpful ways.

What defines your legacy? Is it the impact of your career, the positions of leadership you held, the wisdom you shared with others, or the love, time, and energy, you generously gave to others? For seniors, pausing to reflect on your legacy is important, because it prompts us to think about what we value most and how we wish to be remembered by those whose lives we have touched. It also helps guide our actions as we seek to leave a lasting mark on the world.

The great leader of India, Mahatma Gandhi, can be looked upon as one of the greatest visionaries of all time. As a boy, Gandhi was very shy, had no unusual talents and was less than average in studies at school. To change his life, he transformed his thinking, which led to a much simpler and happier life for him. He felt that being true to oneself was better than living to please everyone else or trying to make others happy. Although he never held government office, the people of India regarded him as their country's supreme political and spiritual leader. Gandhi became an example of commitment to nonviolence and social justice. He was the principal force in India's achieving independence from British rule. Gandhi's legacy resonates through the principles of truth and compassion that guided his life's work. His steadfast resolve to walk his own path, despite opposition and adversity, underscores the power of personal conviction in shaping a meaningful legacy. His example inspired other social activists such as Dr. Martin Luther King Jr., Nelson Mandela, and the Tibetan leader, Dalai Lama to work for social justice around the world.

Albert Einstein's groundbreaking theories changed the world and reshaped our understanding of the universe. His genius led to the development of the atomic bomb and the harnessing of nuclear power, But his legacy also includes his role as a great humanitarian. In 1933 Einstein fled as a refugee from Nazi Germany. After safely moving to the United States, he worked to save others from Hitler's oppression. He and his wife made visa applications for other German Jews and personally vouched for refugees fleeing Nazi rule. While Einstein's life was built around scientific breakthroughs, he also tried to help others. His actions meant that his legacy includes many lives saved.



Throughout history, the world has often measured success simply by how much a person could acquire. Jesus taught that a person's life should consist of more than acquiring wealth and social status (Luke 12:15). He taught that everything we gain eventually goes to others – you can't take it with you. He declared it is better to live with our hearts full of love for others – living as a kind and loving person – and that living this way, is the greatest legacy you can have. As you pause to ponder your imprint on life – your legacy, consider if your friends and

loved ones really know your hopes, values and beliefs. Does your life reflect what you truly love and believe in? Are you making a positive impact on the lives of others through your example and encouragement? Remember that it is never too late to make a meaningful impact. Whether through acts of love, kindness, or generosity everything you do contributes to the tapestry of your legacy. Embrace the opportunity to leave a lasting imprint—a legacy that enriches the lives of others and inspires future generations to strive for greatness in every area of life.

Life is a mix of great contradictions, and our legacy will be shaped by:

The painful and beautiful experiences we go through,
The people who have loved and hurt us,
The people we have liked and disliked,
What we give to others and what we receive, ask for, and take,
All these make life so challenging, losing so painful, and living so worthwhile.

So, take a moment to contemplate all the things that make you – you. Consider the good and the difficult. The happy and the heartache. Then resolve in yourself to be purposed daily – not on what you have – but on who you are and what you can do and then live the legacy you want to leave...

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.

Chippewa Manor
Residential Living

Convenient & Flexible!
SENIOR LIVING WITH REAL OPTIONS

- 1 & 2 bedroom apartment layouts ◀
- Assisted living care provided in your apartment ◀
- Flex on/off assisted living monthly as needed ◀
- Located near clinics, hospitals, Hwy 53 & 29 ◀
- Fix your own meals or choose a dining plan-option ◀

Ask about Home Care or Short-Term Rehab apartment options

Scan the QR code for a virtual apartment tour!

For more information call (715) 723-4437 ▶ www.chippewamanor.com

the Tagboard

BE SEEN ON THIS PAGE!!
\$75/MONTH IN FULL COLOR!
715-831-0325
 seniorreviewnewspapers@gmail.com
 seniorreviewnewspapers.com

Now Hiring Drivers!
Come Join our Family!
 Chippewa Yellow Bus Company
 Lake Holcombe Bus Company

Summers Off • Flexible Hours
 •No daycare worries - your kids/grandkids can ride with you
 •On-site CDL training •No nights or weekends
 •Go on field trips with your kids/grandkids and get paid for it!

Call 715.726.2454 or stop in at **"Family is our business"**
 510 E. South Ave - Chippewa Falls

\$300 SIGN ON BONUS!
 Wage increase guaranteed for the 2024/25 school year



On the Water

In Eau Claire's Carson Park
 www.cvmuseum.com
 (715) 834-7871

CHIPPEWA VALLEY MUSEUM

Need Help With Your Homes Plumbing, Heating, Air Conditioning & Drain Cleaning?

Call Us Today! 7/24/365 Available
1-800-307-9000
 or service@wiersgalla.com

Wiersgalla Co.

SHOP OUR NEW OUTLET STORE AND SAVE 10% OFF

Please present this ad for discount. Can not be combined with any other discounts.



MULDOON'S
 MEN'S WEAR

1506 S. Hastings Way, Eau Claire
 800-942-0783 • muldoons.com

YOUR AD COULD BE HERE!

CALL OR EMAIL US FOR MORE INFO!
715-831-0325
 seniorreviewnewspapers@gmail.com

Grace Parkside Apartments



49 E. Spring St | Chippewa Falls
 1 bedroom apts - 552 sq. ft.

Residents must be 62 years of age or disabled and meet the very low income guidelines established by the U.S. Department of HUD for subsidized housing. Rent is based on 30% of the household's adjusted gross annual income. Our properties are tobacco-free.

Call 715.832.1174 to schedule your personal tour!

grace LUTHERAN COMMUNITIES
 A program of Grace Lutheran Foundation, Inc.
 graceluthfound.com
 apts@graceluthfound.com

CHIPPEWA VALLEY CREMATION SERVICES
 Caring and Affordable Services

Thinking Cremation?



We can help. And save you thousands. Go online or call today. We're here to help.

715.835.3333
 Celebration of Life Center 1717 Devney Dr - Altoona
 chippewacremation.com

Landmark COMPANY

BRIDGEWATER APARTMENTS
 Bridgewater Ave. & Terrill Street in Chippewa

- All utilities included • Rent is 30% gross income
- One bedroom HUD Section 8 subsidized
- Units for persons elderly and/or disabled
- Off-street parking, laundry on-site

www.landmark-company.com
 Call today (715) 834-3411 ext. 112

Outstanding legal service


- Wills • Trusts
- Guardianship
- Medical Assistance
- Durable Power of Attorney
- Power of Attorney for Health Care



MARY BETH GARDNER, Member of National Academy of Elder Law Attorneys
 ATTORNEY AT LAW

2411 N. Hillcrest Pkwy, Suite 9 - Altoona, WI
 715.832.4444 | gardner-law.net

MEADOWBROOK ASSISTED LIVING AT BLOOMER



Meadowbrook is home to residents that value their independence, but may just need a little extra help around the house. It's a home where residents are empowered to live life their way, every day, no matter how their healthcare needs may change.

*Home-like Environment
 Compassionate Staff
 Daily Social Activities
 Personalized Meals*

Committed to an individually tailored and compassionate experience for all residents.

1840 Priddy St, Bloomer
 715.568.2503
 meadowbrookbloomer.com

MEADOWBROOK
 —BLOOMER—

Senior living for 62 and better

Open house every Tuesday 2 - 4 pm
 Call 715.834.1338 to take a tour today!

- Flexible rent options
- Located behind HSHS Sacred Heart Hospital
- Optional noon meal on site
- Heat, water, sewer & garbage included
- Storage in apartment & basement
- Beauty salon, library and recreation room
- **First month rent FREE**



St. Francis Apartments
 Independent Senior Living

Feels like home.

851 University Drive, Eau Claire
 saintfrancisapartments.com