

**FREE**



## FEBRUARY 2025

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## Get to Know - Veteran's Office *Adapted from Chippewa County Connections*

The Chippewa County Veteran's Service Office is dedicated to serving the men and women of Chippewa County who have honorably served in the U.S. Armed Forces, along with their families. Their mission is to ensure every veteran and their dependents receive the support and benefits they have earned.

### Primary Responsibilities

Assist with Compensation, Pensions, and Burial Benefits: Help veterans navigate the process of filing claims for disability compensation, pensions, and other entitlements.

Comprehensive Guidance on Benefits: Provide detailed information and support for accessing federal, state, and local benefits.

Personalized and Respectful Support: Ensure every veteran and family member feels valued and supported in their journey.

Beyond benefits assistance, the Veterans Service Office partners with local organizations, participates in community outreach, and hosts events to address the diverse needs of veterans. At the heart of their work is a commitment to honor and serve those who have sacrificed for our country and to enrich the Chippewa County community.

### Did You Know?

- There are an estimated 4,330 veterans residing in Chippewa County.



*Peter Johnston-Department Head, County Veterans Service Officer (CVSO) and Rainy Foiles-Benefits Specialist*

- In 2023, the VA paid \$28,038,000 in benefits to veterans in Chippewa County, reinvesting directly into the local economy.
- Chippewa Falls is home to numerous veteran organizations and facilities, including:
  - A VA healthcare clinic.
  - The State WDVA Veterans Home.
  - The State WDVA Veterans Housing and Recovery Program {VHRP or a/k/a Klein Hall} (serving homeless veterans).
  - Veteran Service Organizations like the American Legion, DAV, AMVETS, Order of the Purple Heart, and VFW chapters.

**Check out our website at [seniorreviewnewspapers.com](http://seniorreviewnewspapers.com)**

# What is an ADRC?

The Aging and Disability Resource Center (ADRC) is a public office where people can find help in their communities for older people and adults with disabilities, as well as their families and friends. Our staff is available to answer your questions and help you explore all of your options. Free, private, confidential meetings with our staff are available at the resource center, over the telephone, email, virtual, or in a visit to your home.

- **Benefits counseling** – Accurate and current information on private and government benefits and programs. “Red tape cutters” on problems related to Medicare, Social Security, and other benefits.
- **Dementia support** - Connects individuals, and their family and friends, to community resources that can provide opportunities to remain active, involved and supported.
- **Family caregiver services** – Consultation with individuals and families, support group, respite programs, educational materials.
- **Health and wellness programs** – Healthy living programs, falls prevention workshops, nutrition education, and caregiver support workshops.
- **Information and assistance** – Consultation and advice about options available to meet an individual’s support and care needs, including enrollment into publicly funded programs (Family Care and IRIS).

- **Meals-on-Wheels** – Meals are delivered to homebound adults age 60+ and includes a check on their well-being. Meals provided to persons of ALL income levels with a suggested donation.
- **Medicare/ supplemental insurance counseling** – Help with filing claims, solving claim errors, appealing decisions, and understanding and comparing supplemental health insurance policies.
- **Senior dining** – Healthy, appetizing meals served at various locations in the county. Opportunity for visiting with friends, volunteering. Meals provided to persons of ALL income levels with suggested donations requested.
- **Transportation** – Information about transportation choices.
- **Youth transition services** - Information about resources available when youth with disabilities reach adulthood.



## The ADRC is Online!

Subscribe for FREE to get this eNewsletter emailed to you each month at [www.chippewacountywi.gov/adrc](http://www.chippewacountywi.gov/adrc) or scan the QR code below. You can always pick up this free newspaper at most local grocery stores, or pay \$16/year for a mailed subscription. Call the ADRC at 715-726-7777.

Website	Resource Guide	Facebook	Events	Email	eNewsletter
					

### Aging and Disability Resource Center (ADRC) Staff ... *Your Bridge to Support!*

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

*Aging and 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.*

# Happy Retirement to Jeff Hahn!

Thank you to Jeff for his dedication to the ADRC and nutrition program. We wish you the best!



Jeff moved up north, from Madison, when he retired (the first time) to be closer to his two grandkids, his daughter, and son-in-law. He also has a married daughter in North Carolina.

- Jeff retired in 2017 from the University of Wisconsin Financial Aid Office after 33 years.
- Jeff also had several part-time jobs over the years. The one of the most rewarding, besides Meals on Wheels, was working weekends caring for two adults with special needs.
- Jeff is an outdoor person and was very athletic at one time but says he is slowing down!! He's done Ironman triathlons, done weekly hikes on the Appalachian Trail, climbed Mt. Rainier and now enjoys the many outdoor activities in the area.
- Jeff's favorite vacation was to The Czech Republic where his great-great grandparents were from. But, his favorite place to vacation is on a beach somewhere.
- Working for Meals on Wheels was a great retirement job. He loved seeing happy faces every day when he showed up at their doorstep.

*Thank You, Jeff!*

The Aging and Disability Resource Center of Chippewa County Presents

## Medicare & You Classes



### Free 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.

#### Registration Required (3 ways)

1. [www.chippewacountywi.gov/adrc/events](http://www.chippewacountywi.gov/adrc/events)



2. Or use your phone's camera to scan this code & register online.

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

Various locations offered throughout Chippewa County, including \*Virtual. See our website for the full schedule.

### Upcoming this month

- \*02-11-2025, 1-3pm at Chippewa Courthouse
- 02-25-2025, 5-7pm at Chippewa Courthouse



Follow the ADRC of Chippewa County on Facebook

2025

## 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](http://appealtoheaven.net)



**appealtoheaven** LLC  
Independent Nurses Network

### Total Care Services

Personal & Supportive/Companionship/Skilled Nursing

Bay, Cassin, City, County Health Department

# FEBRUARY IS AMERICAN HEART MONTH

For tips to care for your heart, visit [heart.org](http://heart.org) or scan the QR code below.

**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](http://cornellhs.com)**

# Heating Assistance Program

Through the Wisconsin Home Energy Assistance Program (WHEAP), West CAP is able to help households with a one-time payment during the heating season (October 1-May 15). The funding pays a portion of energy costs. The payment is not intended to cover the entire annual energy costs of a residence. The amount of the energy assistance payment varies depending on a variety of factors, including the household's size, income, and energy costs. The benefit is paid directly to the household's energy supplier.



To apply for Energy Assistance, you can either schedule a phone appointment to speak to a West CAP representative to guide you through programs, services, and application process, complete the fillable form on your own electronically, or print, complete and mail the form to West CAP. If you have questions or need assistance, call (715) 598-4750. Priority is given to applicants in a crisis or at-risk of a shut-off.

# Ablenet Visionboard 2

By The Center for Independent Living Western Wisconsin



With advancing technology, most individuals now own a laptop, computer, or tablet that they use daily. Whether for professional or personal purposes, these devices have become integral to our everyday lives. CILWW would like to introduce an assistive device aimed at supporting individuals experiencing challenges with vision and keyboard use. The Ablenet Visionboard 2 is specifically designed for individuals with vision loss, featuring high-contrast keys with easy-to-read black lettering on a white background. It is simple to set up and can be connected effortlessly via a USB cable. The Ablenet Visionboard 2 retails for approximately \$90.00 at most retailers, including Amazon and Walmart.

The Center for Independent Living Western Wisconsin (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 Aging and Disability Resource Center Presents

## FREE: Power of Attorney (POA)



Why everyone 18 and older should have a POA

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 like.

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

Attend a FREE event where knowledgeable staff from Chippewa County DHS will provide unbiased information on the POA for Health Care and POA for Finance.

Please plan to attend the entire presentation. No registration required.

### Save the 2025 dates!

- Tuesday, February 11
  - 9:00 am – 10:30 am
- Wednesday, April 16
  - 3:00 pm – 4:30 pm
- Tuesday, June 10
  - 9:00 am – 10:30 am
- Tuesday, August 12
  - 3:00 pm – 4:30 pm
- Tuesday, October 14
  - 9:00 am – 10:30 am
- Tuesday, December 9
  - 3:00 pm – 4:30 pm

Chippewa County Courthouse  
Conference Room 003 – Lower Level

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



## Cremation Society of Wisconsin



- Professional
  - On-Site Crematory
  - Dignified • Economical
- [cremationsociety-wi.com](http://cremationsociety-wi.com)

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

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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

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

# Who Would of Thunk It? By Ken Anderson, themayberryguru@gmail.com

"Who would of thunk it?" is an expression used to express surprise or disbelief at an unexpected event. It is often used as a humorous reaction to trivial things such as, "Who would have thunk Tom and Janice got married?" or "Who would of thunk I would live to be this old"? However, I will use "Who would have thunk it?" to express my surprise at many of the changes in my lifetime.

Who would have thunk that one day people would actually go to the store to buy drinking water? Growing up in Dorchester, our home place had its own well, so our water was free. If I wanted a really good cold drink of water, I would walk to the farm down the road and drink from a hand pump in the milk house. I certainly would never pay for water.

Who would have ever thunk that one day I would pay \$25000 for a new car? In 1967, when I signed my first teaching contract for \$4200, I considered purchasing a new vehicle. However, the prohibitive price of \$2700 made me buy a used car instead. And who would have thunk that there would also be cars that would run on electricity and not gasoline. And who would have ever thunk that new trucks could cost over \$60,000?



Who would have thunk that one day, we would be carrying a small electronic device in our pocket that would enable us to make video phone calls, watch movies, listen to music, and research any topic imaginable? And who would have thunk that we could wear devices to monitor our health and give us medication when needed?

Who would have thunk that someday we would have enormous-sized televisions hanging on our walls? And who would have thunk that these televisions could have hundreds of channels and that we could be paying hundreds of dollars each month to watch these TVs?

I could go on and on with all my "Who would have thunk?" examples, but the list would be too long. There are many times when I yearn for the simpler days of my youth when gadgets and technology did not control my life. But I know I cannot go back in time; I can only go forward. But it does make me wonder what future generations will be talking about when they say, "Who would have thunk?" I think I would rather not know.



**UNITED WAY**  
Greater Chippewa Valley

**DIGITAL NAVIGATOR PROGRAM**

## WE'RE HERE TO HELP!

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 free service is open to all in the Chippewa and/or Eau Claire Counties. Digital Navigators will meet with residents who wish to further their digital skills and become more confident with using the Internet.

## CREATE YOUR EXPERIENCE

- Components of a Computer
- Mouse & Keyboard Use
- Using an Internet Browser
- Privacy & Security
- Creating & Using Email
- Creating, Editing, & Printing Documents

- Telehealth Services
- Social Media
- Video Calls (Zoom, Skype)
- Online Banking
- Streaming Services
- AND MORE!

Ask us about our classes that are held at Bloomer Library & the Chippewa Falls Senior Center!

## FIND YOUR NAVIGATOR TODAY

Give us a call, email, or stop by the office and we'll match you with your Digital Navigator. This is a local, real human, who's ready and excited to help you gain more confidence and awareness around technology and device management!

 **715-843-5043**

 **DIGITALNAVIGATOR@UWGCV.ORG**

 **3603 N. HASTINGS WAY, SUITE #200  
EAU CLAIRE, WI 54703**

**READY TO GET STARTED?  
SCAN THE QR CODE TODAY**





# True Flexibility!

- ▶ Choose from 1 & 2-bedroom apartments
- ▶ Meal plans, laundry & housekeeping services available
- ▶ Flex on/off assisted living if needed, month-to-month
- ▶ On-site convenience store, salon, chapel & concierge
- ▶ Grocery & pharmacy delivery available
- ▶ Located near clinics, hospitals, Highways 53 & 29



Scan the QR code or visit our website for a virtual apartment tour!





**Chippewa Manor**  
*Residential Living*

[www.chippewamanor.com](http://www.chippewamanor.com)

**Call (715) 723-4437 for more information today!**



# FEBRUARY DEMENTIA SUPPORT

FOR MORE INFORMATION AND PROGRAM FLYERS, CHECK OUT THE ADRC CALENDAR EVENTS AT [WWW.CHIPPEWACOUNTYWI.GOV/ADRC](http://WWW.CHIPPEWACOUNTYWI.GOV/ADRC) AND CLICK ON "DEMENTIA AND BRAIN HEALTH"

## MEMORY CAFÉ CORNELL/LAKE HOLCOMBE COFFEE • SOCIALIZATION • COMMUNITY

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

**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

### 2025 Dates:

February 25 | March 25 | April 22  
May 27 | June 24 | July 22 | August 26 | September 23  
October 28 | November 18\* | December 16\*

\* November and December will meet the 3rd Tuesday of the month.

## ONLINE RESOURCE SPOTLIGHT

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

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

## SAVE THE DATE!

Chippewa Valley Dementia Conference.  
For Professionals and Family Caregivers.

Tuesday May 20, 2025 • Florian Gardens

## DEMENTIA SUPPORT GROUPS

Supporting caregivers of those living with dementia

### Colfax

-Grapevine Senior Center | 121 Main Street Colfax  
-First Wednesday of the month | 1:00 - 2:30pm

### Menomonie

-Menomonie Senior Center | 1412 Sixth Street E  
-Fourth Monday of the month | 10:30 - noon

### Chippewa Falls

-Central Lutheran Church | 28 East Columbia Street  
-Second Thursday of the month | 1:00 - 2:30pm

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

## VIRTUAL DEMENTIA SUPPORT GROUPS

Join us for support, encouragement & resources

For Caregivers of someone living with dementia:

**Monday Coffee Connect** - Every Monday 10-11 am  
Contact Kelsey at [kflock@lacrossecounty.org](mailto:kflock@lacrossecounty.org)

**Monday DISH** - 1st Monday of the month 7-8pm  
Contact Scott at [scott.seeger@adrc-cw.org](mailto:scott.seeger@adrc-cw.org)

**Circle of Support** - 3rd Tuesday of the month 2-3pm  
Contact Teresa at [teresa.gander@vernoncounty.org](mailto:teresa.gander@vernoncounty.org)

**Evening Conversations** - Every Thursday night 7:30-8:30pm  
Contact Teresa at [teresa.gander@vernoncounty.org](mailto:teresa.gander@vernoncounty.org)

**Minds & Voices** - 2nd Wednesday of the month, 10:30-11:30am  
Contact Rob at 920-386-4308 or [rgriesel@co.dodge.wi.us](mailto:rgriesel@co.dodge.wi.us)

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

**Friday Support** - Every Friday morning 9-10am  
Contact Karen at [karen.tennyson@co.rock.wi.us](mailto:karen.tennyson@co.rock.wi.us)

For those living with MCI or early stage dementia  
**Conversations** - 1st & 3rd Wednesday of the month,  
10:30am - noon  
Contact Rob at 920-386-4308 or [rgriesel@co.dodge.wi.us](mailto:rgriesel@co.dodge.wi.us)

## 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](mailto:cberscheit@chippewacountywi.gov)

National 24/7 Helpline 1-800-272-3900 or [www.alz.org](http://www.alz.org)

Dementia Website:



Find more  
Brain Health  
information  
& upcoming  
events!

Facebook Dementia  
Group:



## Brain Health – The Six Pillars

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

There are six pillars of a brain health lifestyle; nutrition, exercise, stress reduction, sleep, continued learning and social engagement. Here are the basics of the pillars, in each month of 2024 we will discuss one of these pillars in more detail.

**Exercise** – what is good for the brain, is good for the heart. Aim for 150 minutes of exercise per week.

**Stress Reduction** – managing your stress reduces the amount of cortisol and other hormones in your body that can negatively impact your brain.

**Nutrition** – following the MIND diet (similar to the Mediterranean diet) has been shown in research studies to reduce or delay cognitive changes.

**Continued Learning** – pledge to be a lifelong learner. Engaging and challenging your brain to learn new things keeps your brain healthy. Think of the “use it or lose it” concept.

**Quality Sleep** – aim for 7-9 hours of quality sleep each night. To improve your sleep, limit or eliminate day time naps, have a consistent bedtime and wake up time, eliminate food and/or alcohol consumption and screen time at least 2 hours before bedtime.



**Social engagement** – positive social engagement is important for our overall well-being and brain health. We are social creatures. Our connection to others and meaningful pursuits through volunteering and helping others fuels a healthy brain.

To discover more about Brain Health, considering reading one of these books:

- *The High Octane Brain*, by Dr. Michelle Braun
- *12 weeks to a Sharper You* by Sanjay Gupta

**DEMENTIA P.A.C.T.**  
Positive & Assertive Caregiver Training

JOIN USE FOR FREE QUARTERLY TRAININGS TO INCREASE YOUR SKILLS AS A CAREGIVER. ALL TRAININGS WILL BE HELD AT  
**ASPIRUS STANLEY HOSPITAL FROM 10AM - 11:30AM**

<p>● <b>RESPIRE CARE ASSOC OF WISCONSIN</b> <b>FEBRUARY 11</b> Learn more about the value of respite care and the funding that may be available to help pay for it.</p>	<p>● <b>DEMENTIA &amp; HOME SAFETY</b> <b>AUGUST 12</b> learn about low tech and high tech solutions to keep your loved one safe at home</p>
<p>● <b>STAGES OF DEMENTIA</b> <b>MAY 13</b> Determine roughly what stage of dementia your loved one is in and how to best support them</p>	<p>● <b>HOW TO SPEAK DEMENTIA</b> <b>NOVEMBER 11</b> Learn tips and strategies to improve communication and decrease frustration</p>

Join Carla Berscheit and Hannah Quicker, Dementia Care Specialists to gain knowledge, understanding and resources. Attend one or all of the trainings. Registration is required.

715-644-6153

Diane.Finn@aspirus.org

**Dementia is an umbrella term to describe changes in thinking, planning, organizing, memory, reasoning, language, judgement and attention.**

**Types of Dementia:**

- Alzheimer's
- Vascular
- Lewy Body
- Frontotemporal
- Mixed Dementia
- Young Onset
- Parkinson's Dementia
- Alcohol-related dementia
- Posterior Cortical Atrophy
- Huntington's disease dementia
- Chronic Traumatic Encephalopathy

There are over 100 different types of dementia

**For more information, contact the ADRC at 715-726-7777**

## American Heart Month

February is American Heart Month, a great time to focus on heart-healthy nutrition. Did you know that heart disease is the leading cause of death in the US? Here are a few things you can do help prevent heart disease:



**1. Control portion sizes.** Large portions of foods contribute to overeating, which contribute to obesity and heart disease. Many Americans eat at restaurants often and the portions served are often much larger than what is recommended. To learn about portion sizes, visit the American Heart Association’s website at heart.org.

**2. Eat more fruits and vegetables.** Fruit and vegetables are low in calories and rich in fiber helping you feel full for longer periods of time. They are both full of vitamins and minerals and contain substances to help prevent heart disease. Try to have fruits and vegetables as the main source of your diet and incorporate them into every meal as a side or as part of the main entree such as in stir fry or ratatouille.

**3. Choose whole grains.** Whole grains provide an excellent source of fiber and other nutrients that play a key role in preventing heart disease. Try to avoid refined grains and strive to make at least half of the grains in your diet whole grains. Some examples of whole grains include whole wheat flour, brown rice, buckwheat, and barley.

**4. Choose protein sources low in fat.** Protein sources that low in saturated and trans fats are the best options to help manage heart disease. These include such things as lean meat, poultry and fish, low-fat dairy products and eggs. Stay away from protein sources such as full-fat dairy products, organ meats, fatty/marbled meats, hot dogs/ sausages, and bacon.

**5. Limit sodium intake.** Salt/sodium is found naturally in some foods but is also used to add flavor as well as preserve foods. Having too much sodium in your diet contributes to high blood pressure which can lead to heart disease. Try to limit the amount of salt you add to your food and use while cooking. Look for foods that say “no salt added” or “reduced sodium”.

## FEBRUARY RECIPES:

### Baked Oatmeal

**Baked oatmeal recipe is not only quick and easy but “heart healthy”!**

*Ingredients:*

- 1 tablespoon canola oil
- 1/2 cup unsweetened applesauce
- 1/3 cup brown sugar
- 2 eggs
- 3 cups uncooked rolled oats
- 2 teaspoons baking powder
- 1 teaspoon cinnamon
- 1 cup skim milk



*Directions:*

In a good-sized bowl, stir together oil, applesauce, sugar and eggs. Add dry ingredients and milk. Mix well. Spray a 9-by-13 baking pan generously with cooking spray. Spoon oatmeal mixture into pan. Bake uncovered at 350 F for 30 minutes.

### Hippie Oat Bowls

*Ingredients:*

- ½ cup rolled oats
- 2 tablespoons walnuts or nut of choice
- 1 tablespoon sunflower seeds
- 1 tablespoon hemp seeds
- 2 tablespoons dried cranberries
- 1 small banana, or ½ a large banana sliced
- 1 cup blueberries (or berries of choice)
- ½ teaspoon ground cinnamon
- ¾ cup oat milk or milk of choice



*Optional add ins:*

- ½ tablespoon cacao nibs
- 1 tablespoons honey or maple syrup

*Directions:*

In a cereal bowl layer oats, walnuts, sunflower seeds, hemp seeds, dried cranberries, sliced banana, blueberries, cinnamon and cacao nibs. Pour milk over mixture. Top with honey or maple syrup if using. Enjoy!

Source: [theofficialmindediet.com](http://theofficialmindediet.com)



## Winter Weather Cancellation



Meals on Wheels and Senior Dining may be closed if we have heavy snowfall, extreme temperatures, icy roads, storms and heavy winds. Check closings on WEAU-TV13 and WQOW-TV18.

### Reminder

Please keep sidewalks and entrances clear of snow and ice to allow for safe delivery. Thank you!




**FREE**

**Stay Active & Independent for Life (SAIL)**

Exercise Program to Improve  
**STRENGTH . BALANCE . FLEXIBILITY**

Adults aged 65 or better can learn exercises that focus on feeling better and helping stay independent longer. The program accommodates people with a mild level of mobility difficulty (e.g. people who are occasional cane users) and can be done standing or seated.



**Monday, Jan. 6 - Monday, March 31, 2025**  
Mondays & Thursdays at 10:30 am  
Stanley Area Dance Studio, 200 N Broadway St  
Call 715-559-6440 to register


Sponsored by Aging & Disability Resource Center of Chippewa County

MAYO CLINIC HEALTH SYSTEM

ADRC  
Aging and Disability Resource Center of Chippewa County

**FREE Strong Bodies Strength Training Class**  
Join us for in-person classes two days a week!

Tuesdays and Fridays  
9:30 a.m.  
Bloomer Senior Center



Registration is not required  
Class is offered through Tuesday, May 20, 2025

Strong Bodies have been shown to increase strength, muscle mass, and bone density. Classes include progressive resistance training, balance training, and flexibility exercises.

ADRC of CHIPPEWA COUNTY IS OFFERING A NEW WELLNESS INITIATIVE

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



**NEW SERIES BEGINS SOON.**

**Eat Smart | Move More Weigh Less<sup>®</sup> Online**

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](http://www.esmmweighless.com) to view class times for the upcoming series beginning soon.

For registration code, please contact:  
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or [adrc@chippewacountywi.gov](mailto:adrc@chippewacountywi.gov)

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# Don't Overlook Your Mental Health

By the Greater Wisconsin Agency on Aging

Mental health is an essential aspect of your overall health and well-being. Mental health has gained more acceptance over the years, but as we get older, mental health is often overlooked. It often gets overlooked due to ageism, stigmas, communication barriers, and wrongful attributions to cognitive decline. Mental health is important for all individuals, no matter their age. Taking care of your mental health is just as important as eating right and exercising. It's helpful to take a deeper look at why mental health issues are overlooked to ensure people receive the care they need.



being overlooked in older people. These barriers may exist due to being isolated and not having access to someone who can help them get care. Sometimes, communication barriers come from a lack of healthcare providers or caregivers being trained on proper ways to screen for mental health issues in older individuals. Some people may not know how to talk about their mental health. These communication barriers prevent people from accessing the mental health care they need.

Mental health issues often get overlooked because symptoms are wrongfully attributed to cognitive decline in older people. Family and caregivers attribute symptoms like mood swings, lack of energy, trouble remembering things, or isolation as symptoms of getting older. These symptoms could be mental health issues and should not be ignored. Discuss these symptoms with a doctor to see if they could be mental health-related to help them receive care if needed.

Another reason mental health symptoms are overlooked is due to stigmas. Many older individuals lived in a time that didn't acknowledge mental health. Feelings and mental health were not talked about or even taken seriously. This means mental health may be a touchy subject, and they may deny symptoms to avoid talking about an uncomfortable topic. This makes it even more important for caretakers and family members to be mindful when discussing mental health topics with their loved ones.

Ageism is another reason that mental health may be overlooked in older individuals. Many people assume that older individuals want to be alone or don't want to do the things they used to do because they are getting older. These misconceptions can be harmful. When we dismiss mental health symptoms because someone is older, we risk poor health outcomes. The harmful stereotypes and assumptions associated with ageism can affect whether a person receives the care they need.

Lastly, communication barriers contribute to mental health issues

Mental health issues can be overlooked for many reasons. Mental health has been seen as a weakness and a stigma for many years, creating gaps in treatment access, education, and awareness. There is a more significant gap for older individuals, but understanding the reasons mental health is overlooked can help bring to light the importance of acceptance, education, and awareness. Our overall health and well-being is dependent on our mental health and should be taken seriously.

## Mental Health Resources

- [988 Lifeline](#)—If you are in a mental health crisis, dial 988 to receive immediate support.
- [SAMHSA Mental Health](#)—Substance Abuse and Mental Health Services Administration has a webpage with helpful information and resources.
- [FindTreatment.gov](#)—This website provides a search option to find local mental health providers. Some providers accept Medicare and Medicaid.
- [National Council on Aging](#)—Mental Health Resources & Support—National Council on Aging provides general mental health information.
- [National Institute of Mental Health](#)—Provides general information and resources on mental health.

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# How to Avoid a Scam

Recognizing these four common signs of a scam could help you avoid one.

## 1. Scammers PRETEND to be from an organization you know.

Scammers often pretend to be contacting you on behalf of the government. They might use a real name, like the FTC, Social Security Administration, IRS, or Medicare, or make up a name that sounds official. Some pretend to be from a business you know, like a utility company, a tech company, or even a charity asking for donations.

They use technology to change the phone number that appears on your caller ID. So the name and number you see might not be real.

## 2. Scammers say there's a PROBLEM or a PRIZE.

They might say you're in trouble with the government. Or you owe money. Or someone in your family had an emergency. Or that there's a virus on your computer. Some scammers say there's a problem with one of your accounts and that you need to verify some information.

Others will lie and say you won money in a lottery or sweepstakes but have to pay a fee to get it.

## 3. Scammers PRESSURE you to act immediately.

Scammers want you to act before you have time to think. If you're on the phone, they might tell you not to hang up so you can't check out their story.

They might threaten to arrest you, sue you, take away your driver's or business license, or deport you. They might say your computer is about to be corrupted.

## 4. Scammers tell you to PAY in a specific way.

They often insist that you can only pay by using cryptocurrency, wiring money through a company like MoneyGram or Western Union, using a payment app, or putting money on a gift card and then giving them the numbers on the back of the card.

Some will send you a check (that will later turn out to be fake), then tell you to deposit it and send them money.

## How To Avoid a Scam

**Block unwanted calls and text messages.** Take steps to block unwanted calls and to filter unwanted text messages.

**Don't give your personal or financial information in response to a request that you didn't expect.** Honest organizations won't call, email, or text to ask for your personal information, like your Social Security, bank account, or credit card numbers.

If you get an email or text message from a company you do business with and you think it's real, it's still best not to click on any links. Instead, contact them using a website you know is trustworthy. Or



look up their phone number. Don't call a number they gave you or the number from your caller ID.

**Resist the pressure to act immediately.** Honest businesses will give you time to make a decision. Anyone who pressures you to pay or give them your personal information is a scammer.

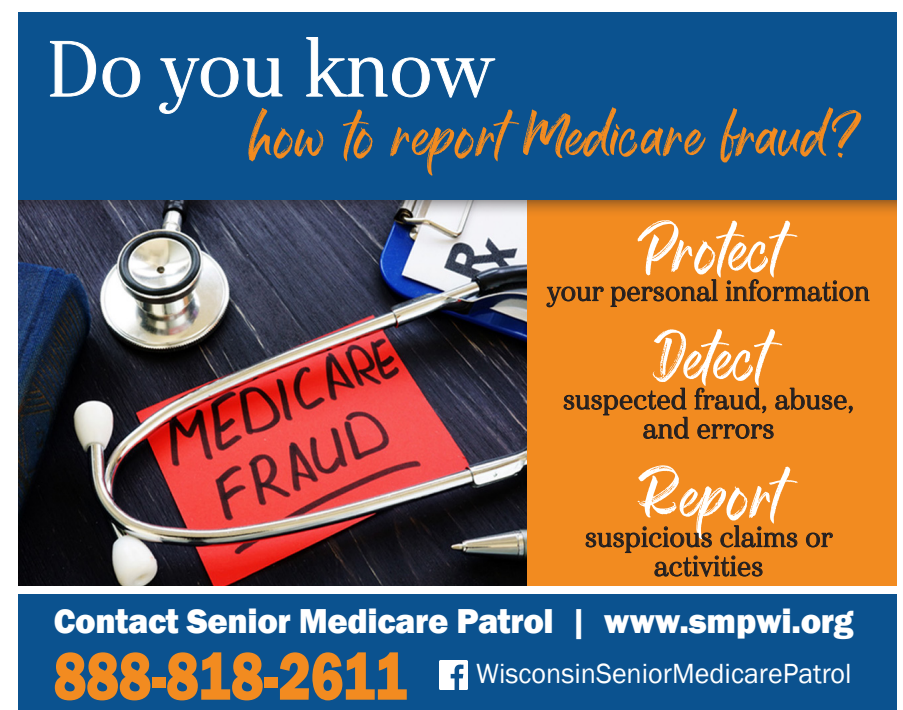
**Know how scammers tell you to pay.** Never pay someone who insists that you can only pay with cryptocurrency, a wire transfer service like Western Union or MoneyGram, a payment app, or a gift card. And never deposit a check and send money back to someone.

Stop and talk to someone you trust. Before you do anything else, tell someone — a friend, a family member, a neighbor — what happened. Talking about it could help you realize it's a scam.

**Report Scams to the FTC.** If you were scammed or think you saw a scam, tell the FTC at [ReportFraud.ftc.gov](https://ReportFraud.ftc.gov).

*Article from the Federal Trade Commission.*

See <https://consumer.ftc.gov/articles/how-to-voice-scam#signs> for more information.




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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).





# Resource Guide



No endorsement, just free and unbiased information.

Below is just the Table of Contents - Get the 80+ pages online!

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**Not sure what public programs you're eligible for?  
Check out our Benefit Check Up cheat sheet!**

# Social Security Administration Service Changes

The Social Security Administration (SSA) will be transitioning to appointment-based services for in-person visits to local field offices. SSA requires customers to schedule an appointment for services, including requests for Social Security cards.

SSA emphasizes it will not turn people away for walk-in service who are unable to make an appointment or do not want to make an appointment, such as “members of vulnerable populations, military personnel, people with terminal illnesses, and individuals with other situations requiring immediate or specialized attention.” Field offices with minimal wait times will also continue to provide walk-in assistance.

SSA encourages people to take advantage of online services. Additionally, the Eau Claire office has a drop box available 9am-4pm if you need to drop off paperwork and the phone number is 1-866-815-2924.



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# What the Lifeline Program Is and How to Sign Up

By the Greater Wisconsin Agency on Aging

## What is Lifeline?

Lifeline is a program that provides qualified low-income Wisconsin residents with affordable access to essential telecommunications services by discounting the cost of phone, cellular, and internet services. Lifeline is a voice-based benefit, however, so while the discount can be applied to bundled internet and voice service, voice service must be included as part of the package for a Lifeline discount to be provided. Discounts range from \$5.25 to \$18.50 per month, depending on the type of service you have. Your service provider can tell you the exact amount of your discount. Tribal members living on Tribal land are eligible for a further discount of \$25 and have additional qualifying programs.

## Who is Eligible for Lifeline?

To be eligible for Lifeline, your income must be at or below 135% of the Federal Poverty Guidelines, or you must participate in one of the following programs:

- Medicaid
- FoodShare
- Supplemental Security Income (SSI)
- Federal Public Housing Assistance (Section 8)
- Veterans and Survivors Pension Benefit

In addition, only one person per household may receive a Lifeline discount. If you live with someone who has Lifeline but is not a part of your household, you may still qualify. Complete the Household Worksheet at [LifelineSupport.org](http://LifelineSupport.org).

You can check your eligibility for Lifeline online by going to the FCC Lifeline National Verifier website. The National Verifier website is connected to federal databases and can determine if you are enrolled in a qualifying program listed above. If you do not participate in a qualifying program, you must provide proof that you meet the income guidelines in order to be eligible for Lifeline.



## How Can You Sign Up for Lifeline?


To get Lifeline, you have two options. You can start by first qualifying for the service through Lifeline. You can receive proof that you qualify either by going online to the FCC Lifeline National Verifier website and receiving a code or by mailing in a paper application to Lifeline. Once you receive proof that you qualify for Lifeline, you can choose a participating phone or internet company in your area and apply the Lifeline discount to new or existing service.

Alternatively, you can start by just reaching out directly to a local participating service provider and asking them to help you find out if you are eligible to sign up for the program.

## For Additional Information

For additional information on Lifeline in Wisconsin, call the Wisconsin Internet & Phone Helpline at (608) 267-3595, Monday through Friday, 7:45am - 4:30pm. You can request an interpreter if you need assistance in a different language. For additional information about Lifeline at the federal level, you can visit [lifelinesupport@usac.org](mailto:lifelinesupport@usac.org), or call (800) 234-9473, Monday through Friday, 10am - 10pm.

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# The Timeless Power of Love

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

There is a common misconception that aging brings a decline in physical, emotional and mental capacities. But simply growing older has nothing to do with one's ability to love, feel and experience sentiment. Love is timeless. And when fostered to its fullness – the Apostle Paul's words in 1 Corinthians 13:8 suggest that "it never fails."

Love's decline only comes when we no longer wish to connect with others. This may be due to being hurt in the past or being afraid that showing love may make us appear weak. But while love requires you to be vulnerable, it also brings the possibility of life's greatest joys.



C.S. Lewis addressed this in his book, *The Four Loves*. "To love at all is to be vulnerable. Love anything and your heart will be wrung and possibly broken. If you want to make sure of keeping it intact you must give it to no one, not even an animal. Wrap it carefully round with hobbies and little luxuries; avoid all entanglements.

Lock it up safe in the casket or coffin of your selfishness. But in that casket, safe, dark, motionless, airless, it will change. It will not be broken; it will become unbreakable, impenetrable, irredeemable. To love is to be vulnerable."

Theodore Roethke said, "Love is not love until love's vulnerable." And Alfred Lord Tennyson's famous words still echo with truth. "I hold it true, what'er befall; I feel it, when I sorrow most; 'Tis better to have loved and lost Than never to have loved at all."

Life teaches us that love is one of the greatest gifts of humankind, and for all the risks and vulnerability we face in expressing it – it has an innate power that surpasses all that resist it.

Edwin Markham wrote a poem that is a straightforward reminder of the power of love to unify and bring together. "He drew a circle that shut me out-Heretic, rebel, a thing to flout. But love and I had the will to win: We drew a circle and took him In!"

Bringing about unity is no accidental or easy task. Loving others requires passion and commitment. Others may treat us as heretics, rebels, or enemies, yet if we respond to them in love, we all win!

Are you showing your love fearlessly and selflessly? If not, what is stopping you? Those who don't connect with others may have been hurt in the past. Showing love may make you appear vulnerable. But showing love and concern for another is not weakness. It is a sign of strength. Let me encourage you. Take a bit of a risk, allow yourself to be vulnerable sometimes, and show your love because most times you win!

Here are some ways you can fearlessly and timelessly show the power of love.

## 1. Listen

People want and crave to be heard. Don't you? Most of us want to be acknowledged and appreciated as an individual. We want to feel important, to be less anonymous and more accounted for. We want to feel useful and loved for what we have to offer. When you listen, you make the other person feel seen and understood, accounted for and accepted. Pay attention to what others are saying, and affirm them for doing so.

## 2. Keep your promises

Do what you promised to do. No matter how difficult it may be. When you marry you make vows which are promises to your mate. Keeping your promises is proof of your

love. Breaking a promise is the same as breaking your love. To all those you love – treat promises as sacred. Being true to your word demonstrates your devotion and commitment to them.

## 3. Be generous

Share and offer things without expecting anything in return. Do it only for the pleasure of giving and the good feelings the other person feels. Loving is giving. Whether great or small each gift expresses the love of the giver.

## 4. Share time and experiences

Show interest and acceptance for what your loved one is passionate about. Don't dismiss it as nothing, stupid or silly, even if you don't get what others enjoy about it. One of the most mentioned reasons for a breakup is this one: "We never did anything together." Or "She/he never showed any interest in what I'm doing or what I like. Doing things with others strengthens the bonds of friendship and love between you.

## 5. Tell others you love them

I haven't mentioned so far (because it is implied), that you should not only show your love but say it as well. I have heard far too many people say, "My mother never said to me "I love you." Or, "maybe she did... I don't know; she never told me." Don't leave your loved ones in doubt. Tell them you love them. Do it often, and with feeling.

Don't expect people to know you love them just because you are generous or attentive. People need to hear the words as well as see the acts of love. When you say "I love you" it validates and confirms your actions; it is an unwritten contract of affection between you and those you love.

Start today. Regardless of your age, your background or your experiences. Show and share your love. Tomorrow will be brighter and better because of the love you expressed today.

*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](mailto:carl.trapani@chippewamanor.com).*

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