

FREE



JUNE 2024

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**Get \$45 to Support Local Farmers Markets
Seniors Farmers Market Voucher Program**

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

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

To be eligible you must meet ALL of the following:

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

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

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

Redemption Rates – Why It Matters

Last year in 2023, we gave vouchers to 268 people in Chippewa County. That’s \$9,380 to support local farmers and FREE fresh groceries for seniors! Unfortunately, only 72% of those vouchers

were actually used, meaning \$2,650 was not spent. Can you imagine how much produce \$2,650 could have bought at a farmers market? That’s why we are hoping to have better redemption rates this year! So if you get your vouchers, please try to spend it all! Each person gets \$45 to use before the end of October, but some people may apply in which is nearly at the end of the season, so how can they spend all \$45 in 1-2 visits? Freeze those vegetables! Preserve your produce and enjoy at a later date!



Other Ways to Save Money on Groceries

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

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



Staff Spotlight - Kasha White

Meet Kasha

OUR OPTIONS COUNSELOR



I am an Options Counselor for the ADRC of Chippewa County. I have been an Options Counselor for about ten years. About a year ago, my role as an Options Counselor has changed from what it entailed in the past. Now, one of my main functions as an Options Counselor is to complete functional assessment for individuals who would benefit from accessing in-home supports any other services that help them remain at home or living in the community.

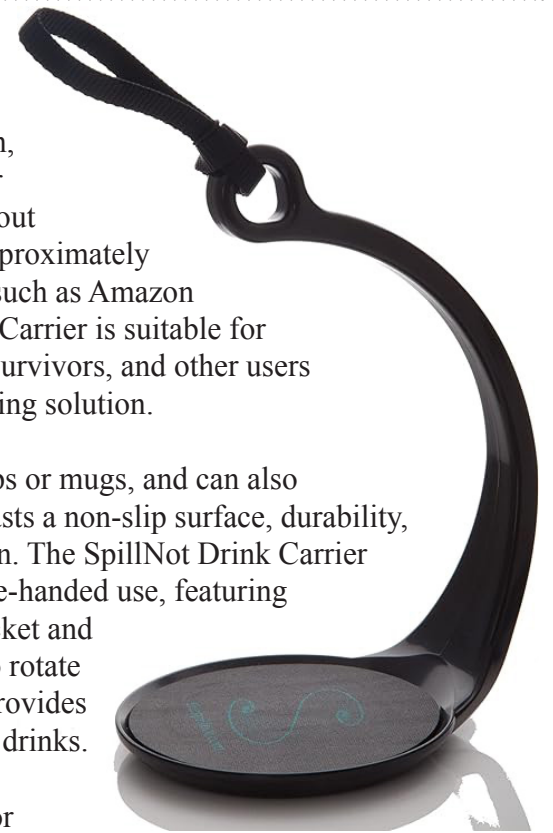
I have lived in Chippewa County for most of my life, growing up on a dairy farm in Stanley area. When it's warm outside, I enjoy walking, walking, walking. I love animals and have two cats, Tink and Tator Tot.

Visit our website at www.chippewacountywi.gov/adrc and click on the "Long Term Care Options Counseling" page for more information about programs, eligibility, and the enrollment process.

SpillNot Drink Carrier

Center for Independent Living of Western Wisconsin (CILWW) is showcasing the SpillNot Drink Carrier this month, offering a convenient solution for carrying beverages securely without the risk of spills. Available for approximately \$20 on various online platforms such as Amazon and Walmart, the SpillNot Drink Carrier is suitable for individuals with tremors, stroke survivors, and other users seeking a reliable beverage-carrying solution.

This device is tailor-made for cups or mugs, and can also accommodate small bowls. It boasts a non-slip surface, durability, portability, and lightweight design. The SpillNot Drink Carrier is ergonomically designed for one-handed use, featuring a hanging tray with a curved bracket and looped handle. With the ability to rotate 360 degrees without spilling, it provides peace of mind when transporting drinks.



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.

Find us at
seniorreviewnewspapers.com

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

- ADRC Manager – Leslie Fijalkiewicz
- Administrative Assistants – Breanna Schemenauer, Renee Price, Carmen Olson, Carrie Schick
- Dementia Care Specialist – Carla Berscheid
- Disability Benefit Specialist – Stephanie Rasmussen
- Elder Benefit Specialist – Michelle Fellom
- Nutrition & Transportation Programs Supervisor – Kayla Colbenson
- Options Counselors – Kasha White, Sarah Hedlund, Erika Stevens, Jessica Gibson, Sue Koepnick
- Nutrition Program Assistant – Jeff Hahn, Jason Kolano
- Nutrition Site Aides – Sue Barnum, Linda Felmler, Laura Henderson, Darcy Bjerke, Cindy Sarazen, Carolyn Zimmerman, Ann Mueller, Laurie Hanson

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 information for families and friends too. So look for us, like us, comment on our posts and share our page with others!



Veteran Benefits & News

Evidence for a VA Disability Claim

What documents will I need to support my claim?

- Your DD214 or other separation documents
- Your service treatment records (**VA will acquire this documents**)
- Any medical evidence related to your illness or injury (**like doctor's reports, X-rays, and medical test results**)



For the first claim you file for disability benefits you'll need to submit evidence of:

- A current physical or mental disability from a medical professional, and
- An event, injury, or disease that happened during your active-duty service, and
- A link between your current disability and the event, injury, or disease that happened during your service. Usually we need medical records or medical opinions from health care providers to support this link.

Example: While in the service, a Veteran hurt his ankle on an obstacle course and was taken to the hospital and given a cast. Years later, he had issues with his ankle and went to the doctor for treatment for arthritis.

Evidence used for the claim:

- The service treatment records showing incident happening while in the service
- Current medical records showing current diagnoses of arthritis
- The connection between the in-service medical records and the relevant current medical records make it so it is service-connected

Please schedule an appointment if you would like help with this process. Call us at 715-726-7990 email: veterans@chippewacountywi.gov.

Veterans Events:

The Rivers of Recovery (ROR) impacts the current rehabilitation landscape...changing the way PTS is treated for hundreds of thousands of active-duty military and veterans. Their goal is to provide a crucial step in maximizing our participants' reintegration and contributions to their families, communities, and society.

Rivers of Recovery (ROR) Women's Fly-Fishing Retreat dates:
 June 17-21
 July 15-19
 Aug 12-16

Check it out on Facebook <https://www.facebook.com/WIWomenVetsROR> or you can contact the Veterans Service office at 715-726-7990 email: veterans@chippewacountywi.gov.

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

*June 11 1:00 — 3:00 pm
 June 25 5:00 — 7:00 pm



Follow the ADRC of Chippewa County on Facebook

2024



Chippewa Valley Theatre Guild
presents

THE SPONGEBOB MUSICAL

Based on the Series by Stephen Hillenburg Book by Kyle Jarrow
 Directed by Frank Bartella

7:30pm, June 26-29
1:30pm, June 30
RCU THEATRE, PABLO CENTER

Based on the beloved animated series, SpongeBob and his friends must come together to save the fate of their undersea world! Music by David Bowie, Cindy Lauper, John Legend, Sara Bareilles, Steven Tyler, Lady Antebellum and more.

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

SCAMS

Social Security Number Scam

*From Federal Trade Commission website consumer alerts
By Alvaro Puig, Consumer Education Specialist*

The phone rings. Your caller ID says it's the Social Security Administration. You hesitate. You're not expecting a call from them, and you've heard about impersonation scams. But something inside you makes you pick up. And everything you're about to hear is designed to scare you into doing whatever the caller says.

The caller says he's a Social Security Administration agent with an urgent warning: Your name and Social Security number are linked to serious crimes like money laundering and drug trafficking.

You're panicked when he says there's an arrest warrant for you and the courts want to seize the money from your bank and retirement accounts. The only way to protect it, he claims, is to buy gold. The agent says he'll send someone to pick it up and will keep it safe until he can clear your name of any wrongdoing.

You're in a rush because he says you must go to the bank immediately. You're nervous, so the agent offers to stay on the line with you while you're at the bank and tells you what to say. You're so stressed out. And terrified the police are coming to arrest you. You want to take a minute to call someone, but he says you don't have time. And he insists you can't trust anyone but him.

You hesitate. It seems strange that he's telling you to buy gold. What if it's a scam? You do a quick search and find that someone with the name he gave you is an employee at the Social Security Administration. But can you be sure it's him? Maybe he's just using that name.

On the other hand, the caller ID did say Social Security Administration. And he does know some personal details about you. Should you go ahead?

STOP. It's a scam. Anyone who tells you to buy gold, or withdraw cash, and give it to someone is a scammer. Report them to the Federal Trade Commission at ReportFraud.ftc.gov. If a caller tells you someone is coming to pick up gold or cash at your house, call the police. This is an elaborate impersonation scheme to rip you off.

3 Things Scammers Say

- 1 Scammers tell you to **move your money to protect it**
- 2 Scammers say you have to **get cash and drop it off**
- 3 Scammers tell you to **buy gold and give it to a courier**

**Don't do it.
It's a scam.**

FEDERAL TRADE COMMISSION

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:

- Sunday, July 21 at 2pm - Fiddler on the Roof musical
- 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.

Medicare to Cover Wegovy

The federal Food and Drug Administration (FDA) recently approved the drug Wegovy for reducing the risk of cardiovascular disease in people clinically diagnosed with obesity. The FDA approval means that the drug can now be covered under Medicare for people diagnosed with both obesity and cardiovascular disease. About one in four people diagnosed with obesity also have a diagnosis of cardiovascular disease, so the approval could make Wegovy available to some 900,000 Medicare beneficiaries, or about seven percent of the total Medicare population. Another 1.9 million Medicare participants may already have been eligible for coverage of Wegovy due to a diagnosis of diabetes.



Wegovy is one of a class of drugs known as semaglutides that have previously been approved by the FDA for treatment of obesity and diabetes. However, since 2003, federal law has prohibited Medicare from covering medications prescribed exclusively for weight loss. With the new FDA approval, at least a portion of Medicare participants may be able to benefit from the drug, though out of pocket costs are expected to range between \$325 and \$430 per year.

That's A Good Question!

QUESTION: I am on Medicare and am struggling to pay my health care costs. Is there anything that can help?

ANSWER: If you have Medicare and need help paying your bills, there are programs that may be able to help you. These programs are part of Medicare and can cut down your costs and save you money. Here are two programs that may be able to help you save money:

- **Medicare Savings Programs** help you pay for some of your Medicare costs for health care.
- **Extra Help** helps you pay for your prescriptions.

Many people with Medicare can use these programs, but you do need to meet some guidelines to apply. Our Benefit Specialists at the ADRC of Chippewa County can help you learn more about these programs and help you apply if you qualify.



Benefit Specialists can also answer your questions and provide information. Even if you can't get support from these programs, there may be other programs that may be able to assist you in finding other ways to save money. Benefit specialist services at the ADRC are always free. To find out more, please call the ADRC of Chippewa County at 715-726-7777.




VOICE YOUR CONCERNS

Join the ADRC's of the Chippewa Valley, Dunn, Chippewa, and Eau Claire Counties to share your opinions with State and County Representatives at a unique event about topics like Meals on Wheels, transportation, and ADRC programming. Refreshments will be available.

**Monday, June 24, 2024
1:00 P.M.
29 Pines
Sleep Inn & Suites
5872 33rd Ave.
Eau Claire WI 54703**



Sign up by using the QR code or go to this link <https://rb.gy/8k7nfy>

For questions and to RSVP contact Leslie Fijalkiewicz at 715-726-7779 or adrc@chippewacountywi.gov




Are you experiencing TECH-nical Difficulties?



(715) 834-5043

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

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

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

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

AND MORE!

Reach out and get matched with a Digital Navigator!
 Phone: (715) 834-5043
 Email: DigitalNavigator@uwgcv.org
bit.ly/digital-navigator-program




United Way of the Greater Chippewa Valley

Living Well with Memory Loss Events

For more information and program flyers, check out the ADRC calendar events at www.chippewacountywi.gov/government/aging-disability-resource-center-adrc/adrc-events

Growing Connections of Chippewa County Gardening Club - No green thumb required

When: 4th Thursday of the Month
Time: 1:00 to 2:30 pm
Where: Chippewa Falls Public Library
 105 W. Central Street, Chippewa Falls
RSVP 715-723-1146

This FREE program is designed for people living with dementia & their caregivers. Enjoy indoor & outdoor gardening projects and social engagement! Light refreshments provided.

Dementia Support

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

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

Memory Café - Cornell/Lake Holcombe COFFEE • SOCIALIZATION • COMMUNITY

Who: Individuals with early to moderate stage dementia and their care partners and friends
When: 4th Tuesday of the Month
Time: 10:00 am to 11:30 am
Where: Our Saviors Lutheran Church
 201 S. 6th Street, Cornell
For more information, call the ADRC at 715-726-7777

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

2024 Dates:

January 23 | February 27 | March 26 | April 23 | May 28
 June 25 | July 23 | August 27 | September 24
 October 22 | November 19 | December 17

Virtual Support Groups

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

Monday 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

Wine, Women & Dementia

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

June 5

Rassbach Museum, Menomonie • 2-5 pm • Free

June 10

Bloomer Middle School • 2-5 pm • Free

June 12

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

June 19

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

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

Social hour with resources.
 Documentary & discussion to follow.

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

Contact Carla Berscheit, Dementia Care Specialist, ADRC
 715-738-2584 or 715-944-8091 | cberscheit@chippewacountywi.gov

National 24/7 Helpline 1-800-272-3900



Wandering – High Tech Options

Did you know that 60% of people living with dementia will wander at least once? With this high percentage combined with decreased ability to safely problem solve it is important to put safeguards in place before wandering occurs. There are a lot of factors that could lead to wandering, one common factor is at times the person with dementia may not recognize their caregivers and/or their home as the place they live. As the short-term memory continues to be affected, the current home is not familiar, they are often looking for their childhood home.

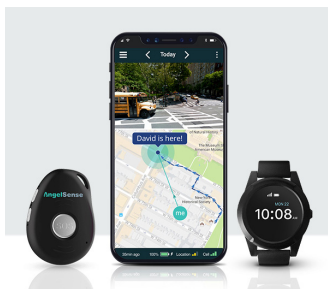
Technology advances can help with safe guarding for your loved one with dementia. There are a lot of options out there. I have listed a few to get your search started, but know this technology is changing daily, so there will be more options when you start looking.

High-Tech GPS Tracking Device examples:

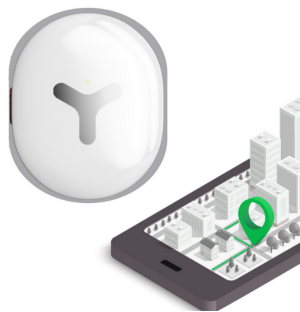
- www.itraq.com iTraq is a newer device that looks like a credit card — and it lasts up to four months on a single charge. Your loved one can easily carry the device in a wallet, pocket, or purse, and you'll receive notifications when iTraq enters or leaves a specific area. You can also set your own frequency of how often you want iTraq to report its location, or you can check its location on demand through the smartphone app. iTraq requires a subscription and a charger.



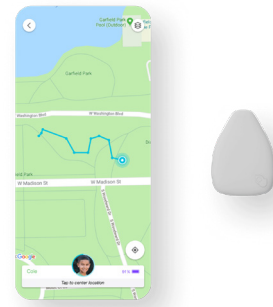
- <https://www.angelsense.com/gps-tracker-for-elderly/> GPS track and locate using a live map. You can receive alerts if the person leaves a designated radius, attaches to clothing discreetly and securely. Two-way voice communication and SOS button.



- <https://pocketfinder.com/> Pocketfinder is a small GPS tracker that fits into a pocket or can be strapped to a belt. It sends real-time alerts when the tracker is out of a specified zone and you can view the tracker's location on a smartphone or tablet using Google Maps. It also allows an unlimited number of users who can view the PocketFinder's location, which means your entire family can check on your loved one at any time.



- <https://www.jobit.com/> Small wearable device, real-time tracking at any distance, can set alerts if person leave designated area. You can also see their location history. You can allow more than one person to track their location.



- If your loved one with dementia lives alone, a doorbell with a video option may be helpful to see if your person has left the home and to monitor who is coming to the home that you may not be aware of. www.ring.com and www.wyze.com are two examples of this type of device.

Now, as you look at these options you will notice that they have a monthly fee. This will allow for more accurate tracking of your person. Some have tried “Tile” and “Air Tag” devices, although these devices are inexpensive, they are not accurate in tracking a moving person or pet. They also only have a range of up to 250 feet. They are designed to find stationary items such as your keys or purse. If you would like further assistance with finding the right GPS option for your loved one and your situation, you can contact the Center For Independent Living at 715-233-1070 or www.cilww.com.

Join the Movement!

CHIPPEWA VALLEY
Dementia Coalition

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

Contact us to join our efforts!

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

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



★ BRAIN HEALTH ★

Brain Health – Stress Management

Did 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?

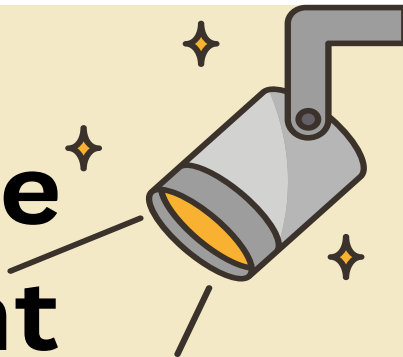


Chronic stress is not only detrimental to brain health, but can also increase your risk of cardiovascular conditions, diabetes and depression. In the Chicago Health and Aging Project study, 6,000 people age 65 and older performed neuropsychological tests over a seven-year period. The people with the most perceived stress has lower cognitive function a faster rate of cognitive decline.

Here are some ideas to reduce your stress and protect your brain health:

- Exercise - not only is it good for the heart, it helps to reduce stress and anxious feelings.
- Quality sleep - when we have 7-9 hours of quality sleep per night we are better equipped to meet the challenges in our lives.
- Mindfulness and meditation – have been proven to improve memory function and decrease depression and anxiety.
- Social engagement – spending time with those you enjoy and make you laugh can reduce your stress and increase your feelings of connection.
- Flow – engaging in hobbies or other activities that you can lose yourself in, and take a break from your worries can increase feelings of well-being and happiness.

Online Resource Spotlight



<http://www.caregiverteleconnection.org/>
1-866-390-6491

This resource is for family caregivers caregivers of someone living with dementia. Experts and caregivers provide free webinars several times per month. You can join by computer or phone



For Good. Forever.

COMMUNITY FOUNDATION
of CHIPPEWA COUNTY

*Creating & managing
endowed funds*

YOURLEGACYFOREVER.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

Spring 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

www.hometownpharmacyrx.com

\$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 07/31/24

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

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



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



ADRC of CHIPPEWA COUNTY
IS OFFERING A NEW WELLNESS INITIATIVE

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



NEW SERIES BEGINS SOON.



www.esmmweighless.com

Check it out—a 15-week weight management program that works because it is not a diet—it’s a lifestyle!

All weekly classes are conducted online by a live instructor, fostering interaction between the instructor and all participants.

Participants can conveniently attend classes from home or office using a computer or mobile device.

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

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

Medication Disposal Options

Thanks to the Chippewa County Public Health Department, the ADRC now has two types of medication disposal bags available to distribute to folks who struggle to get to a medication disposal location.



One type of bag will deactivate medications and substances and are simple to use...just add your medications and tap water, then dispose of the bag in the garbage. This is for small quantities of medications.

TakeAway envelopes are also easy to use – simply put medications (in their original containers) into the mailer bag and seal it. The envelopes are pre-paid, so you can give them to your mail carrier or drop them off at the post office.

As a reminder, you can drop off your medications at any of the Chippewa County Police Departments and Sheriff’s Department.

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



Join us for the **StrongBodies Program!**

StrongBodies has been shown to increase strength, muscle mass, and bone density. Classes are held twice weekly and include progressive resistance training, balance training, and flexibility exercises.

If you sign up through the ADRC, you will also receive a set of weights to use with the workshop! **SPACE IS LIMITED!**

Virtual StrongBodies - Summer 2024 Session

Dates: July 9 - Sept 26, 2024

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

Deadline to register: Friday, August 2

Offered virtually via Zoom

How to Sign Up: Call the ADRC of Chippewa County at 715-726-7779.



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FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program—SNAP and Expanded Food and Nutrition Education Program—EFNEP.

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Chippewa County Residents Can Participate In these Healthy Living Workshops In Eau Claire

StrongBodies Information Session for new participants (in person, phone conference) Strength training is especially important as we age. Being physically active and socially connected are both essential for health and well-being. The StrongBodies program provides a safe environment for older adults to improve strength and balance with a fun group of peers. Learn more in this free orientation and sign up for classes starting in July 2024.



StrongBodies Strength and Balance Training

10-week workshops, classes meet twice weekly for one hour each.
 - Mondays & Wednesdays, July 8 - September 16, 2024 at 8:30 am, 11:15 am (virtual) or 5:00 pm (in person—Dove Healthcare West)
 - Tuesdays & Thursdays, July 9 - September 12, 2024 at 8:30 am (virtual)

Repeat participants must complete a Re-enrollment Consent Form to sign up by June 24. Suggested contribution \$20 for repeat participants.

Download form at www.adrcevents.org, email adrc@eauclairecounty.gov or call the Aging & Disability Resource Center at 715-839-4735 to request a form by mail.

Walk With Ease (in person and self-directed)

This six-week walking program is 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. Choose in person classes meeting outdoors three time weekly for one hour or complete the self-directed program on your own. \$10 suggested contribution. Participants receive the Arthritis Foundation Walk With Ease guidebook.

Proven benefits include:

- Reduce pain and discomfort of arthritis
- Increase your balance, strength and walking pace
- Build confidence in your ability to be physically active
- Improve your overall health

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

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.

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

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

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June 10 through August 31, 2024

Mondays & Thursdays at 10:30 am

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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).



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July 5-28, 2024

Pablo Center | Eau Claire, WI



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Time - Friend or Foe? By Ken Anderson, The Mayberry Guru, themayberryguru@gmail.com

I recently read Mitch Albom's novel *The Time Keeper*. In this beautiful work of fiction, the inventor of the world's first clock is punished for trying to measure God's greatest gift. He is banished to a cave for centuries and forced to listen to the voices of all who come after him, seeking more days, more years.

At 77 years old, you may wonder why I would read a book about seeking more days and years when this goal is primarily out of my control. The best I can do is live a healthy life and avoid things that may hasten my demise. However, the main character in this book, Father Time, got me to think about all the clocks that are a part of my daily life, and how time sometimes takes control of me. This became apparent when I had to set them all ahead for daylight savings time.

I started in the kitchen by changing the wall, stove, and microwave clocks. Then I moved throughout the house, changing the two chiming wall clocks, the two alarm clocks in our bedroom, and my wall clock in our den. I then moved to our two bathrooms and changed the time twice. Thinking I was finished with this twice-a-year task, I then remembered there were clocks in our car and DVD

player that needed changing. Everywhere I went there were clocks to remind me of the time.



When I was a young boy, I thought time moved so slowly. It seemed to take forever for anticipated events to arrive. The wait to grow up to the age to attend high school seemed to take forever. Then, when I did get into high school, the two years of waiting to get my driver's license seemed like an eternity. The final two years of waiting until graduation took forever. Time just would not move fast enough for me when I was young. After all, I had so many years ahead of me and many things to do that it was easy to become impatient with time.

Now that I am in my life's twilight, time seems to pass at warp speed. I measure time by events such as attending monthly breakfasts with friends and filling my pill container each Saturday night. It is incredible how quickly these events keep coming up. I had the misconception that retirement would be a time when I would have more time to do the things I enjoy. I did not realize that all this extra time would pass by me so quickly. So, I have decided that time is out of my control and that I must simply enjoy each moment I have left.



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Social Security to Remove Barriers to Accessing SSI Payments

Adapted and reprinted from: [ssa.gov/news/press/releases/2024/#3-2024-4](https://www.ssa.gov/news/press/releases/2024/#3-2024-4)

Today (03/27/2024), the Social Security Administration published a final rule, “Omitting Food from In-Kind Support and Maintenance (ISM) Calculations.” The final rule announces the first of several updates to the agency’s Supplemental Security Income (SSI) regulations that will help people receiving and applying for SSI.



a critical barrier for SSI eligibility due to an applicant’s or recipient’s receipt of informal food assistance from friends, family, and community networks of support.

The new policy further helps in several important ways:

- It is easier to understand and use by applicants, recipients, and agency employees
- Applicants and recipients have less information to report about food assistance received from family and friends, removing a significant source of burden
- Reduced month-to-month variability in payment amounts will improve payment accuracy
- SSI will see cost savings because less time will be spent administering food ISM

“A vital part of our mission is helping people access crucial benefits, including SSI,” said Martin O’Malley, Commissioner of Social Security. “Simplifying our policies is a common-sense solution that reduces the burden on the public and agency staff and helps promote equity by removing barriers to accessing payments.”

The agency continuously examines programmatic policy and makes regulatory and sub-regulatory changes as appropriate. Look for more SSI announcements in the coming weeks.


SSI provides monthly payments to adults and children with a disability or blindness, and to adults aged 65 and older, who have limited income and resources. SSI benefits help pay for basic needs like rent, food, clothing, and medicine. People applying for and receiving SSI must meet eligibility requirements, including income and resource limits. Under the old rules, ISM includes food, shelter, or both a person receives - the agency counts ISM as unearned income, which may affect a person’s eligibility or reduce their payment amount.

For more information on the SSI program, including who is eligible and how to apply, visit <https://www.ssa.gov/ssi>.

To read the final rule “Omitting Food from In-Kind Support and Maintenance Calculations,” visit <https://www.federalregister.gov/documents/2024/03/27/2024-06464/omitting-food-from-in-kind-support-and-maintenance-calculations>.

Under the final rule, beginning September 30, 2024, the agency will no longer include food in ISM calculations. The new policy removes

To get more Social Security news, follow the Press Office on Twitter @SSAPress.




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Nathaniel Stewart, MD
Chippewa Valley Orthopedics & Sports Medicine

Artificial Intelligence (AI) is making surgery more predictable and efficient. Dr. Stewart will describe its uses in hip replacement surgery at OakLeaf Surgical Hospital, the first hospital to employ this technology.


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Social hour with resources. Documentary & discussion to follow.
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View Trailer


Aging Well: A Guide to Living Like a Fine Wine

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

Welcome, all you experienced life-warriors, to a friendly guide on how to age like a champ! Whether you're already past the fabulous fifty mark, nearing it, or if that's well in the rearview mirror, don't fret! You are on a journey that becomes ever more interesting with each passing day. Back in 1978-1981, the actor Orson Welles, did a series of commercials for Paul Masson wine. Each ad ended with the tagline, "We will sell no wine before its time." This implied that quality wine only comes by aging. The same could be said about life, "the process of time brings out the best in us." Here are some ideas on how you can age like the finest of wines.

Laugh Often, Laugh Loudly

Laughter, the Best Anti-Aging Medicine (besides your prescriptions). Laughter truly is the best medicine, and luckily, it's in abundant supply! Make humor your daily vitamin. Surround yourself with people who make you giggle until your sides ache or your dentures nearly fall out. Watch funny movies, read witty books, and find joy in life's little absurdities. Look for them, laugh, and move on. Find humor in the little things, like forgetting where you put your glasses (they're probably on your head) or mistaking the TV remote for your phone. Life's too short not to laugh at all the funny things you see, including yourself. Gossip columnist Elsa Maxwell gave this advice, "Laugh at yourself first, before anyone else can." Never underestimate the power of a well-timed joke. Laughter not only makes you feel good, but it also can-do wonders for the soul. Here is a good example:

Immediately after brain surgery, the doctor was checking the patient's reflexes, "Mr. Smith, show me your teeth." He shook his head. "I can't, the nurse has them."

Stay Active, But Don't Run Too Fast

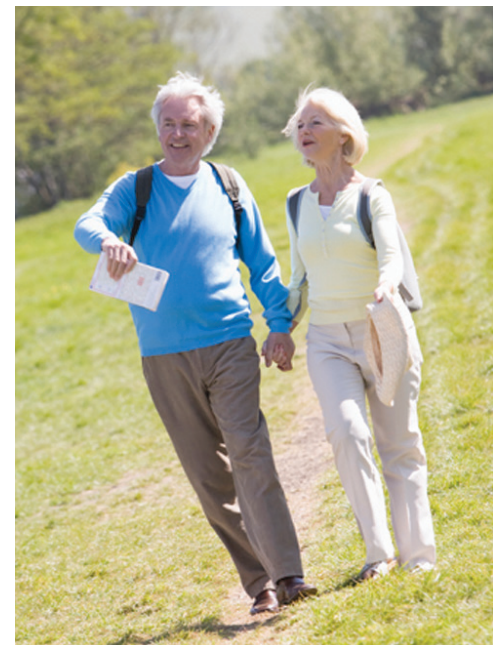
Ah, yes, the joys of aging—where every ache and pain comes with its own ominous soundtrack. Let's get real – those joints aren't getting any younger. But fear not! While we know that exercise is the key to staying spry, don't get carried away. Regular exercise doesn't have to involve running marathons or bench pressing your weight (unless you're into that sort of thing). Maybe it's a leisurely stroll, a gentle yoga class, or chasing your grandkids around. Find something you enjoy and stick to it. Whatever it is, just keep moving—it's nature's WD-40 for creaky joints. Your body will thank you, and you'll be strutting your stuff well into your golden years.

Eat Well, Sleep Well

Sure, a slice of pizza and a pint of ice cream may seem like the ultimate comfort food, but your body deserves better. Load up on fruits, veggies,

whole grains, and lean proteins. And don't forget to hydrate – water is your best friend (sorry, wine).

Sleep is your key to superpower. Remember when you were younger, and you could pull an all-nighter and bounce back the next day? Yeah, those days are over. Your body needs sleep now more than ever to recharge and repair itself. So, put down the remote, turn off Netflix, and hit the hay at a reasonable hour. Your future self will thank you.



Nourish Your Body and Soul

Last but certainly not least, let's talk faith and spirituality. Whether you find solace in organized religion, the wonders of the universe, or the magical healing powers of chocolate, having faith can be a guiding light through life's darkest tunnels. So, keep the faith and trust in something bigger than yourself—it's the ultimate GPS for the soul. Sure, getting proper food and rest are important, but so is feeding your soul. Whether it's through prayer, meditation, music, art or communing with nature, take time to nourish your spirit. It's like fertilizer for the soul garden—you'll bloom beautifully.

So there you have it, folks – the secrets to aging well—your guide to aging like fine wine. Life may throw a few curveballs your way, but with humor, wit, wisdom, and a dose of faith and spirituality, you'll navigate the journey with style and grace. As we say goodbye to our youth and embrace the wisdom of age, let us remember that getting older is a privilege denied to many. So let's savor each moment, cherish each memory, and embrace the adventure of aging with grace, humor, and a twinkle in our eyes. Here's to aging like fine wine—complex, nuanced, and utterly delightful. Here's to growing older, but never growing old! Cheers!

Carl Trapani, MA, MS, LPC serves as campus Chaplain at Chippewa Manor. For more information please call (715) 723-4437 or email him at carl.trapani@chippewamanor.com.

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