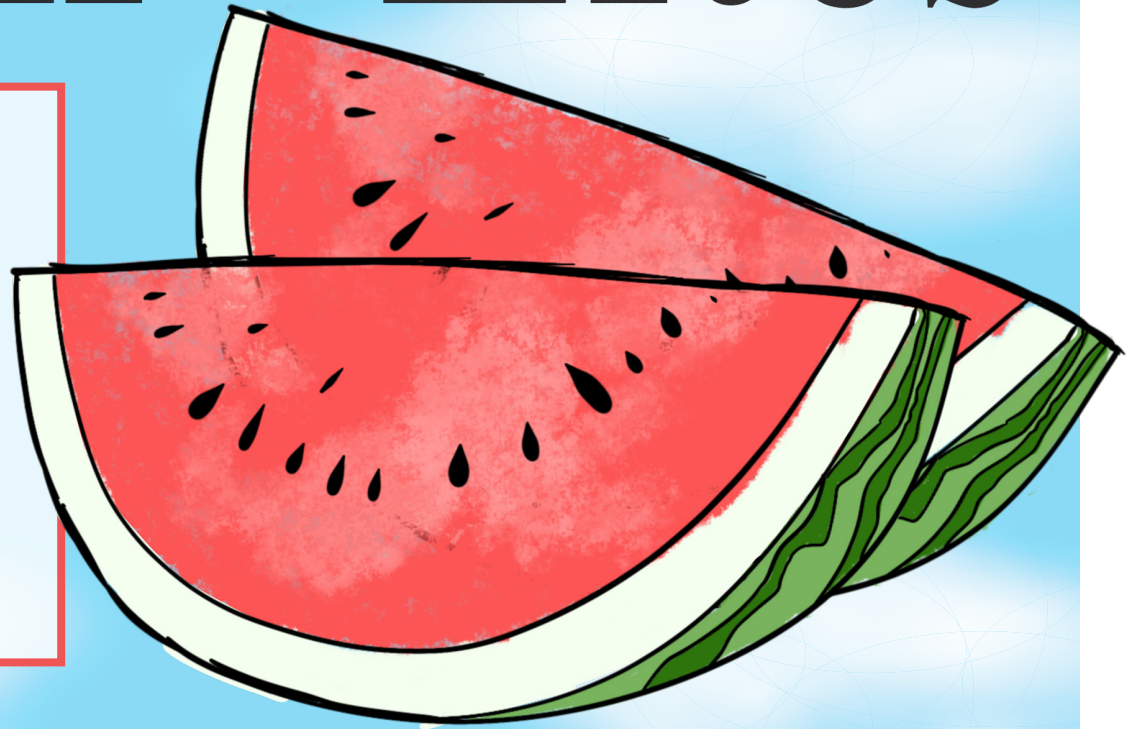




Hi SENIOR Lites

- **Post-Surgery Depression**
- **Celebrating National Farmers' Market Week**
- **Recipe: Dill Garden Salad**
- **World Senior Citizen's Day**
- **EZ Door Pull**
- **What is a Dementia Coalition?**



RESOURCES FOR SENIORS, FAMILIES AND CAREGIVERS IN DUNN COUNTY

Post-Surgery Depression *By the GWAAR Legal Services Team*



Submitted by Bethany Schneider, ADRC Elder Benefit Specialist

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

Symptoms

Post-surgery depression symptoms are similar to other types of depression, including:

- Fatigue
- Sadness
- Hopelessness
- Difficulty making decisions
- Loss of interest in activities



- Irritability
- Changes in appetite and/or sleep patterns
- Difficulty concentrating/remembering
- Slow movements and speech
- Thoughts of suicide or harming oneself or others
- Anxiety

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

surgery depression can last months, and make physical healing more difficult.

Causes

Post-surgery depression can have many causes, including:

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

Tips

One of the best tips for dealing with post-surgery depression is to be informed so you can feel a sense of control.

...continued on page 5



Aging & Disability Resource Center of Dunn County

3001 US Highway 12 East, Suite 160, Menomonie, WI 54751 Phone: 715-232-4006

Manager: Tracy Fischer
Aging & Transportation Programs Manager:
 Bernie Allen
Elder Benefit Specialist: Bethany Schneider

Social Workers: Amy White/Wendy Sterry
Outreach Coordinator: Casey Schnacky
Dementia Care Specialist: Carla Berscheit
Disability Benefit Specialist: Lisa Schuler

Community Health Worker: Alida Moua
ILSP Program Assistants: Mary Linberg,
 Kathleen Kjenslee and Amy Lynch

MONDAY'S MEAL: Free, nourishing meal lovingly prepared from scratch at Menomonie United Methodist Church, 2703 Bongey Drive, Menomonie, WI 54751. Curbside pickup only, available from 5:00-6:00 pm every Monday evening.

TUESDAY'S TABLE: Free HOME COOKED meal. Tues, 5 to 6 p.m. St. Joseph's Church basement 10th St and Wilson Avenue in Menomonie. Come and enjoy good company, Great food! Handicapped accessible.

WEDNESDAY'S TABLE Free meal served from 5 to 6:00 p.m. at Christ Lutheran Church, 1306 Wilcox Street, Menomonie, every Wednesday.

THURSDAY'S TABLE: First Congregational Church, 420 Wilson Ave. Menomonie. Free meal served from 5-6pm.

KNAPP COMMUNITY PROJECTS/PLATES & KNAPPKINS FOOD PANTRY: Open every Thursday from 2:00 to 5:00 p.m. Food Distribution every 5th Saturday of a month. Open from 7:00 a.m. to 9:00 a.m. Located at 508 Highway 12 next to the BP station in Knapp.

FOOD HARVEST MINISTRY: Food distribution will be the third Saturday of each month 8:00 am until 10:00 am located at 1002 Main Street, Boyceville. No Requirements and No Questions Asked!!! All food is good quality surplus, some perishable, that otherwise would be wasted!!! Please bring bags or boxes to carry your food. If you have any questions or your church or organization would like to become involved, please call 619-6979.

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FOOD PANTRY HOURS

Stepping Stones of Dunn County
 Located at 1602 Stout Rd, Menomonie -- Enter through 17th St

MONDAY Inside Only 1:00p to 4:00p	TUESDAY Inside Only 10:00a to 1:00p	WEDNESDAY Curbside Only 2:00p to 6:00p	FRIDAY Curbside Only 2:00p to 6:00p	SATURDAY Inside Only 9:00a to 12:00p
---	---	---	--	--

Mon/Tue/Sat - Inside Shopping Only. No curbside available.

Wed/Fri - Curbside Shopping Only. No inside shopping available.

Check-in to receive meat, dairy, dry goods, bakery, fresh fruits & vegetables*
Pick-up once a week
Stepping Stones of Dunn County
Food, Shelter, Support.

*as available
This service is free and open to anyone.

POP-UP CURBSIDE FOOD PANTRY

Stepping Stones Food Pantry provides this service for families and individuals in rural Dunn County who have limited access to a food pantry.

EVERY 1ST TUESDAY

<p>Elk Mound 11:30 am - 12:30 pm Village Hall E206 Menomonie St, Elk Mound</p>	<p>Rock Falls 1:00 pm - 2:00 pm Township Hall N995 County Rd H, Rock Falls</p>
---	---

EVERY 1ST AND 3RD THURSDAY

<p>Sand Creek 11:30 am - 12:30 pm Arts Center E9311 County Rd I, Sand Creek</p>	<p>Ridgeland 1:30 pm - 2:30 pm Community Center Lot 200 Diamond St, Ridgeland</p>
--	--

EVERY 2ND AND 4TH THURSDAY

<p>Downsville 11:30 am - 12:30 pm New Hope Lutheran Church N2698 460th St, Downsville</p>	<p>Colfax 2:00 pm - 3:00 pm Viking Bowl and Lounge N108 S Main St, Colfax</p>
--	--

For more information, contact Kris Pawlowski:
 715.235.2920 ext. 202 | k.pawlowski@steppingstonesdc.org

All pop-up pantries are closed holidays.

Editor/Publisher: Brigit Olson | **Offices:** Senior Hi-Lites, 1826 Benton Avenue, Eau Claire, WI 54701 | **Advertising:** 715-831-0325 | **Email:** brigit.olson@gmail.com
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ADRC DUNN COUNTY NUTRITION PROGRAM

Colfax	M - Th	962-2550	Tantara in Menomonie	M - F	556-0266
Hosford-Rich Apts.	M, T, Th, F	235-4047	Sand Creek	M - F	658-1335
Ridgeland	M - F	949-1937	ADRC Office for Dunn County	M - F	232-4006

Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Breaded baked fish, Baked potato with sour cream, Carrots with parsley, Strawberry shortcake	2 Salisbury steak, Mashed potatoes with brown gravy, Whole kernel corn, Rhubarb crumble
5 Roast beef with brown gravy, Mashed potatoes with brown gravy, Sliced beets, Raisin oatmeal cookies	6 Baked ham, Apple sweet potato bake, Parslied cauliflower, Cherry crisp	7 Herb baked chicken, Baby bakers, Peas and carrots, Wheat bread, Blueberries	8 Hamburger on bun with lettuce/onion/pickle, Potato salad, Red gelatin with mandarin oranges	9 Baked fish with lemon butter sauce, Baked potato w/sour cream, Broccoli, Buttered rye bread, Fresh strawberries
12 Roasted turkey breast, Boiled potato with turkey gravy, Seasoned brussels sprouts, Dinner roll, Grapes	13 Orange chicken, Steamed rice, Broccoli, Raisin sour cream bars, Tomato juice	14 Roast pork with gravy, Mashed potatoes with gravy, Seasoned peas, Wheat bread, Sweet cherries	15 Meat lasagna, Mixed green salad, Garlic bread, Cantaloupe	16 Crumb topped baked fish, Pan fried potatoes, Carrots with parsley, Wheat bread, Strawberry cheesecake
19 Traditional meat loaf, Baked potato with sour cream, Scalloped corn, Blueberries	20 Marinated chicken breast, Herbed red potatoes, Carrots with parsley, Wheat bread, 24 hour fruit salad	21 Shredded pork sandwich, Baked beans, Creamy coleslaw, Pineapple tidbits	22 Baked fish, Cheesy hash browns, Romaine and onion salad, Dinner roll, Apple slices	23 Hamburger gravy, Mashed potatoes, Stewed tomatoes, Cranberry orange muffins
26 Crumb topped baked fish, Buttered new potatoes, Spinach cranberry salad, Peanut butter cookies	27 Cornflake chicken, Roasted vegetable rice pilaf, Creamy cucumber salad, Tropical fruit	28 Roast beef, Mashed potatoes with brown gravy, Country blend vegetables, Dinner roll, Blueberry crisp	29 Barbecued spareribs, Baked beans, Spiral pasta salad, Fresh banana	30 Tuna salad sandwich on wheat, Lettuce leaf, Hearty vegetable soup, Peachy pudding



CAREGIVER SUPPORT GROUP

3rd Thursday 2:30-4:00 p.m.

Jan 18	May 16	Sep 19
Feb 15	Jun 20	Oct 17
Mar 21	Jul 18	Nov 21
Apr 18	Aug 15	Dec 19

The caregiver support group is a safe and confidential gathering of people who are in a similar situation. They meet to give and receive help, advice, friendship and emotional support. Participants also gain knowledge of local resources and other issues related to their situation.

Dunn County Government Center
3001 US Hwy 12 E.
Menomonie, WI 54751
Call Dunn County ADRC at
(715)232-4006.





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of Dunn County
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People helping people strengthen the Dunn County community by providing food, shelter and support.

FOOD PANTRY

EMERGENCY SHELTER

COMMUNITY CONNECTIONS

Give Help



Get Help



 **Words.** Follow us on Facebook and tell others about our work in the community.

 **Work.** Volunteer in our office, pantry, shelter, or community.

 **Wallet.** Donate money, food, and supplies to help those in need.

 **Pantry** offers in-person, curbside, and pop-up options. See our website for dates/times of operation.

 **Shelter** provides emergency housing, assistance and referral services.

 **Community Connections** links volunteers to neighbors to provide supportive services.

For more information, visit



www.steppingstonesdc.org

Stepping Stones is a tax-exempt 501(c)(3) charitable organization.

PUT ME ON THE HI-LITES MAILING LIST

If you consider yourself homebound and are interested in having the Senior Hi-Lites delivered to you by mail, please complete the information slip below and return to our office. We will gladly add you to the list. Please Print. Check the box if you are interested in receiving information on the Home Delivered Meal Program.

Name _____

Address _____

City _____ Phone _____

ACTIVITY CALENDAR FOR SITES IN DUNN

ACTIVITY CALENDAR FOR THE MONTH OF AUGUST FOR SITES IN DUNN COUNTY (CHECK MONTHLY MENU FOR SITE CLOSINGS)

COLFAX GRAPEVINE SENIOR CENTER (715-962-2550)

- Dine-In Meals Monday through Thursday at 11:30 am
- Congregate and Home Delivered Meals
- Cards and Bingo – Call for Details

HOSFORD-RICH APARTMENTS (715-235-4047)

- Dine-In Meals Monday, Tuesday, Thursday and Friday at 11:30 am
- Congregate and Home Delivered Meals

TANTARA APARTMENTS DINING ROOM (715-556-0266)

- Dine-In Meals Monday through Friday
- Congregate and Home Delivered Meals

For all questions regarding the Dunn County Nutrition Program, please call the ADRC at 715-232-4006.

SUPPORT GROUPS

THE BRIDGE TO HOPE: The Bridge to Hope offers FREE and confidential services to victims and survivors of domestic abuse, sexual assault and human trafficking in Dunn and Pepin Counties. For ongoing and current weekly support group dates and times, please call 715-235-9074.

DIABETES SUPPORT GROUP: From September through May on the 1st Thursday of the month, the Diabetes Support Group meets from 7 to 8 p.m. in the Mayo Clinic Health System in Menomonie Education Center.

MISCELLANEOUS: Dunn County Genealogical Society meets on the third Saturday of each month at 10 a.m. at the Russell J. Rassbach—Dunn County Historical Museum. For more information, call 715-232-8685. Do not meet in August and December

Hello,
Summer!

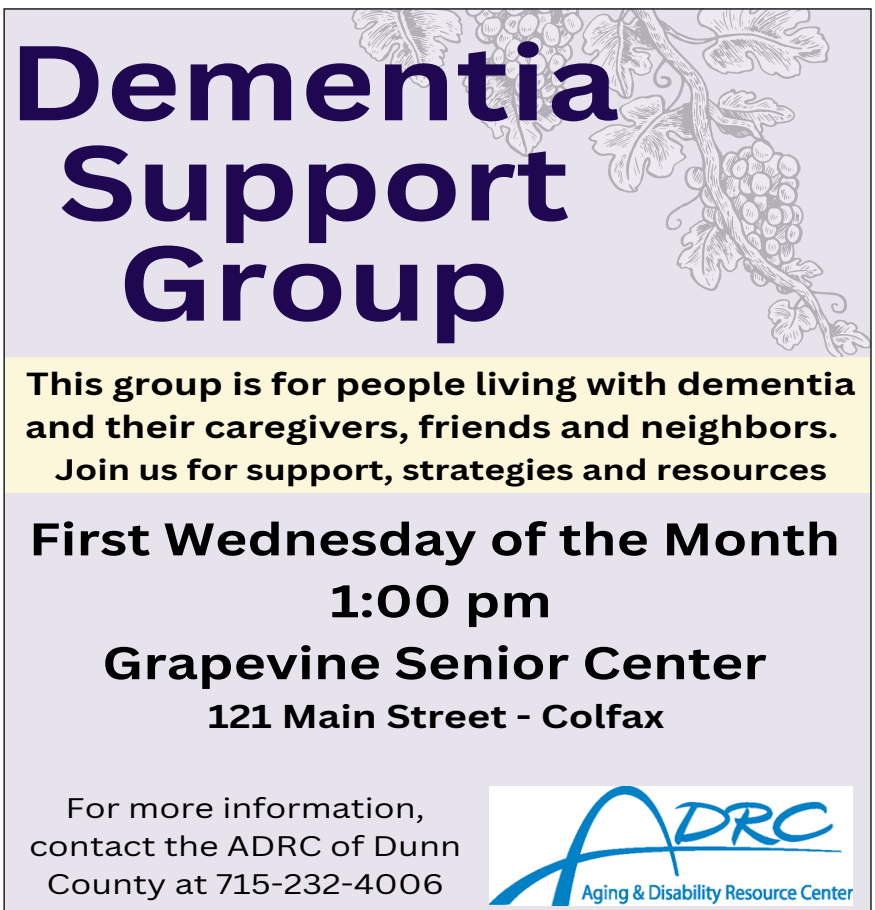


Artful Expressions

SECOND MONDAY OF THE MONTH
10:30 – NOON
SHIRLEY DOANE SENIOR CENTER
1412 6TH ST. EAST MENOMONIE
CALL: 715-235-0954 TO REGISTER

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

Program sponsored by
 MAYO CLINIC




Dementia Support Group

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

First Wednesday of the Month
1:00 pm
Grapevine Senior Center
121 Main Street - Colfax

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



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- Physical Abuse
- Neglect or Self-neglect
- Harassment

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DOMESTIC ABUSE VICTIM ADVOCATE
 24-Hour Crisis Line 800-924-9918
 Dunn County Sheriff's Office 715-232-1348
 Aging & Disability Resource Center 715-232-4006
 Bridge to Hope 715-235-9074



...continued from page 1

This can take many forms, including:

- Knowing what to expect before, during, and after surgery
- Understanding that post-surgery depression is very common
- Being able to recognize the signs and symptoms of post-surgery depression
- Having resources ready in order to seek professional help (therapists, counselors, etc.)

As your body and recovery plan allow,

- Do gentle stretching, take a slow walk, or simply go outside for a few minutes each day
- Eat plenty of fruit, healthy fats, lean protein, vegetables, and whole grains
- Rest as much as you can
- Take antidepressants if a healthcare provider prescribes them

Supporting Someone Else

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



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

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

Looking for a fun, new way to be more active?



A 10-week health promotion program that combines the game of bingo with inclusive exercises for everyone! Come play and meet new people while learning about nutrition!



Join us to check it out at the Menomonie Senior Center on Tuesday or Thursday from 9:30-10:30am until August 23, 2024.

Do you want to see Bingocize in your Dunn County Community? Call Casey at the Dunn County ADRC for more information! (715)231-2713.



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www.neighborsdc.org

Celebrating National Farmers' Market Week



Submitted by Bernie Allen,
ADRC Nutrition Program Coordinator

The second week in August is National Farmers' Market Week. Farmers' markets help preserve farmland, enhance rural livelihoods, promote sustainability and increase access to fresh and healthy foods.

Here are just a few great reasons to get out and support your local Farmers' Markets:

1. Taste Real, Fresh Flavors

The fruits and vegetables you purchase at the farmers' markets are the freshest and tastiest available. The fruit is allowed to ripen fully in the field and brought directly to you. There is no long distance shipping, and this produce is not sitting for weeks in storage. This food is fresh from the farm!



2. Support Family Farmers

Family farmers need your support. Small family farms often have a hard time competing in the food marketplace. Buying directly from farmers gives them a better return on their produce, and also gives them a fighting chance in today's globalized economy.

3. Protect the Environment

Food in the United States travels an average of 1,500 miles to get to your plate. All this shipping uses a large amount of natural resources, which contributes to pollution. The shipping process also requires an immense amount of packaging. Food at the farmers' market is transported shorter distances and is generally grown using methods that minimize the impact on the earth.

4. Discover the "Spice of Life" – Variety

At the farmers' market you typically find an amazing array of produce that you don't see in your average grocery store. Some examples include: red and purple carrots, a rainbow of heirloom tomatoes, purple cauliflower, green garlic, watermelon radishes, quail eggs, maitake mushrooms and much, much more. It is a wonderful opportunity to savor the biodiversity of our planet.

5. Know Where Your Food Comes From

A regular trip to a farmers' market is one of the best ways to connect with where your food comes from. Meeting and talking with farmers and food artisans is a great opportunity to learn more how and where food is produced.

August Farmers' Market Recipe: Dill Garden Salad

Recipe from tasteofhome.com

Ingredients:

- 3 cups chopped English cucumbers
- 1 large tomato, seeded and cut into ½-inch pieces
- 1 small sweet red pepper, chopped
- 2 tablespoons chopped sweet onion
- 3 tablespoons reduced-fat mayonnaise
- 4 teaspoons olive oil
- 2 teaspoons sugar
- 2 teaspoons rice vinegar
- ½ teaspoon salt
- ¼ teaspoon garlic powder
- ¼ teaspoon pepper
- 2-1/2 teaspoons snipped fresh dill



Directions:

1. In a large bowl, combine cucumbers, tomato, red pepper and onion.
2. In a small bowl, whisk mayonnaise, oil, sugar, vinegar, salt, garlic powder and pepper until blended. Stir in dill.
3. Spoon dressing over salad; toss to coat.

Prep/Total Time: 20 minutes • Servings: 6

Virtual Dementia 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



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VOLUNTEERS NEEDED!

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

Volunteer Opportunities:

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



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

Mileage Reimbursement Opportunities Available!



SHIRLEY DOANE SENIOR CENTER
 1412 Sixth Street E
 Menomonie, WI 54751
 715-235-0954 email: seniors@wwt.net
menomonieseniorcenter.org

Shirley Doane Senior Center August 2024



SUN	MON	TUE	WED	THU	FRI	SAT
	By Appointment Only* *Stronger Seniors resumes in September*			1 8:30-9:15am Chair Yoga 9:30-10:30AM BINGO-CIZE ADRC* 10am-2:30pm ADS* 1pm 500 Cards	2 10am-2:30pm ADS* 12-3pm Open Walking Gym 1-3pm Bingo	3
4	5 9-10:30am Tai Chi 10am Relatives Raising Children ADRC 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Mah Jongg / Euchre	6 8:30am Foot & Nail Clinic* 8:30-9:15am Chair Yoga 9:30-10:30AM BINGO-CIZE ADRC* 10am Cribbage 7pm Popcorn in the Park	7 8:30am Foot & Nail Clinic* 9am-2pm Crafts/10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	8 8:30-9:15am Chair Yoga 9:30-10:30AM BINGO-CIZE ADRC* 10am-2:30pm ADS* 1pm 500 Cards	9 10am-2:30pm ADS* 12-3pm Open Walking Gym 1-3pm Bingo	10
11	12 9-10:30am Tai Chi 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Mah Jongg / Euchre	13 8:30am Foot & Nail Clinic* 8:30-9:15am Chair Yoga 9am BOARD MEETING- SR CENTER 9:30-10:30AM BINGO-CIZE ADRC* 10am Cribbage 10am-12pm CIL BPressure&Sugar Screening	14 8:30am Foot & Nail Clinic* 9am-2pm Crafts/10am-2:30pm ADS* 11:30-12:30PM MEATLOAF SR CENTER MEAL* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	15 8:30-9:15am Chair Yoga 9:30-10:30AM BINGO-CIZE ADRC* 10am-2:30pm ADS* 1pm 500 Cards	16 10am-2:30pm ADS* 12-3pm Open Walking Gym 1-3pm Bingo	17
18	19 9-10:30am Tai Chi 10am-2:30pm ADS* 10-11:30am The Purple Perk ADRC 12-3pm Open Walking Gym 1pm Mah Jongg / Euchre	20 8:30am Foot & Nail Clinic* 8:30-9:15am Chair Yoga 9:30-10:30AM BINGO-CIZE ADRC* 10am Cribbage	21 8:30am Foot & Nail Clinic* 9am-2pm Crafts/10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge Chanhassen 'Beautiful' Day Trip	22 8:30-9:15am Chair Yoga 9:30-10:30AM BINGO-CIZE ADRC* 10am-2:30pm ADS* 1pm 500 Cards	23 10am-2:30pm ADS* 12-3pm Open Walking Gym 1-3pm Bingo	24
25	26 9-10:30am Tai Chi 10am-2:30pm ADS* 10:30am-12pm Exploring Dementia ADRC 12-3pm Open Walking Gym 1pm Mah Jongg / Euchre	27 8:30-9:15am Chair Yoga 10am Cribbage	28 9am-2pm Crafts/10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	29 8:30-9:15am Chair Yoga 10am-2:30pm ADS* 1pm 500 Cards	30 10am-2:30pm ADS* 12-3pm Open Walking Gym 1-3pm Bingo	31

World Senior Citizen's Day



By Tracy Fischer, ADRC Manager

World Senior Citizen Day will be celebrated this year on Wednesday, August 21st.

World Senior Citizens Day recognizes seniors who have spent their lives contributing to society and have impacted everyone's lives for the better. Improved healthcare has changed demographics and increased productivity of older citizens, allowing them to be more active than ever before. With more opportunities available as well, many senior citizens now begin second careers and are an example for younger generations. The country's foundation and stable sectors are the result of the hard work of our senior citizens and they deserve all our gratitude.

President Ronald Reagan took the initiative to honor seniors in 1988 when he signed Proclamation 5847 and marked August 21 as the day seniors will be celebrated. "Throughout our history, older people have achieved much for our families, our communities, and our country. That remains true today, and gives us ample reason this year to reserve a special day in honor of the senior citizens who mean so much to our land," Reagan proclaimed. "For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older — places in which older people can participate to the fullest and can find the encouragement, acceptance, assistance, and services they need to continue to lead lives of independence and dignity."



His words have withstood the test of time and are now, over 30 years later, more important than ever as older people are leading more productive lives. Reagan himself set an example for everyone — he was 69 years old when one of the world's most powerful titles of president of the U.S. was given to him on January 20, 1981. Reagan lived till the ripe old age of 93, and not only was he the oldest person to be elected president, he was also the oldest when his term ended at 77 years and 349 days.

According to the U.S. Census Bureau, approximately 78 million people aged 65 and older will reside in America by 2035. This figure will surpass the number of the population under the age of 18 for the first time in the nation's history.

Take a moment to celebrate yourself if you are a senior citizen on August 21st and recognize all that has been accomplished by those who fall into this category! We owe many thanks to this generation!

Wispact

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Madison, WI
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ADRC
Aging & Disability Resource Center of Dunn County

Summer 2024

CAREGIVER EVENTS

August

1	12:30pm	Walk & Talk with the ADRC, Shirley Doane Senior Center
5	10:00am	Relatives Raising Children, Shirley Doane Senior Center
7	9:30am	Caregiver Coffee Hour, Dunn County Government Center Room 100
7	1:00pm	Dementia Support Group, Colfax Grapevine Senior Center
12	10:30am	Opening Minds Through Art, Shirley Doane Senior Center
14	11:30am	Women Connected, Shirley Doane Senior Center
15	2:30pm	Caregiver Support Group, Dunn County Government Center Room 100
19	10:00am	The Purple Perk, Shirley Doane Senior Center
26	10:30am	Exploring Dementia, Shirley Doane Senior Center

Dunn County Aging and Disability Resource Center
3001 US Hwy 12 E. Suite 160, Menomonie WI 54751
715-232-4006 • adrc@co.dunn.wi.us

EZ Door Pull Submitted by CIL Western Wisconsin

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



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

CILWW offers the opportunity for individuals to borrow or try out items mentioned in our articles before making a purchase. To learn more about this assistive device or other devices that can improve your independence, please contact CILWW at 715-233-1070 or 800-228-3287. Our services are provided free of charge. However, we do not directly fund the purchase of assistive technology. Through the WisTech Assistive Technology Program, CILWW provides a variety of services, including information on alternative financing options like WisLoan, Telework, and TEPP, upon request.



Exploring Dementia

A support group for those caring for someone living with dementia

**Fourth Monday of the Month
10:30 am to Noon**

2024 Dates:

January 22	May 20	September 23
February 26	June 24	October 28
March 25	July 22	November 25
April 22	August 26	December 16

**Shirley Doane Senior Center
1412 Sixth Street E, Menomonie**

The Dementia Adult Day Services (DADS) program is an option during this meeting. To find more about this program and availability, contact the Senior Center at 715-235-0954

MEN'S CAREGIVER CONNECTION

A SUPPORT GROUP FOR MEN
3rd Tuesday from 9-10am

May 21	United Methodist Church	Sep 17
Jun 18	2703 Bongey Drive Menomonie, WI	Oct 15
Jul 16		Nov 19
Aug 20		Dec 17

SHARE YOUR CAREGIVING JOURNEY IN A SAFE, SUPPORTIVE PLACE. CONNECT AND SHARE YOUR CONCERNS AND EXPERIENCES WITH OTHER CAREGIVERS. AND GAIN KNOWLEDGE ABOUT LOCAL RESOURCES.

Thank you to the United Methodist church for the welcoming space to hold this group. No RSVP required, all are welcome. Please contact the Dunn County Aging and Disability Resource Center with any questions. (715)232-4006.



THE PURPLE PERK



AT THE MENOMONIE SENIOR CENTER
1412 Sixth Street E, Menomonie WI

THE 3RD MONDAY OF THE MONTH
10:00-11:30 A.M.



Feb. 19	June 17	Sept. 16
March 18	July 15	Oct. 21
April 15	Aug. 19	Nov. 18
May 20		Dec. 16

A welcoming place for individuals, families, and friends of those living with memory changes. Come join us for coffee, conversation, and activities in a safe and inclusive space.



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

What is a Dementia Coalition?



Submitted By *Carla Berscheit*,
Dementia Care Specialist

A dementia coalition is a group of professionals, caregivers and community members that are passionate about supporting those living with dementia. In this area, we have the Chippewa Valley Dementia Coalition, serving Chippewa, Dunn and Eau Claire counties. There are over 30 members on this coalition and it continues to grow. In 2023 the coalition created a Crisis Tool that would provide basic information to Emergency Services personnel if the person with dementia was unable to express their needs. The coalition provided a Skills Fair for family caregivers to learn more about services that are available as well as valuable information. In 2024 the goal will be to create Dementia Friendly Business Training videos, starting with Financial Institutions and Restaurants. Once the videos are complete they will be free and easily accessible on YouTube. The coalition is also hoping to bring a documentary about dementia and caregiving to the area to increase awareness and continue the conversation. All of this is in effort to decrease stigma around dementia and increase support to people living with dementia and their caregivers.



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

Walk & Talk

With the  ADRC
Aging & Disability Resource Center

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

SHIRLEY DOANE
SENIOR CENTER

Join us at the Menomonie Senior Center gym!



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

2024 dates

January 4	July 11
February 1	August 1
March 7	September 5
April 4	October 3
May 2	November 7
June 6	December 5

No registration required. Questions, Contact the Aging & Disability Resource Center at 715-232-4006

Women Connected

A SUPPORT GROUP
FOR WOMEN CAREGIVERS

Menomonie Senior Center
1412 6th St. E., Menomonie, WI

11:30 a.m. 2nd Wednesday of the month 2024

Jan. 10	May 8	Sept. 11
Feb. 14	June 12	Oct. 9
March 13	July 10	Nov. 13
April 10	Aug. 14	Dec. 11

Gain a sense of empowerment and reduce the feelings of loneliness and social isolation.

Share tips and improve or learn new, healthy coping skills.

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

CAREGIVER COFFEE HOUR

1st Wednesday of the month

9:30–11:00 a.m.

Dunn County Government Center

3001 US Hwy 12 E., Menomonie WI



A support group for caregivers. Join us for coffee and conversation in a safe and confidential space to connect with other caregivers.

For more information, contact ADRC at (715)232-4006.

The “New” Tick in Town

By the Eau Claire City-County Health Department

The “New” Tick in Town

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



EXPANDING!

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



IDENTIFICATION

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



KNOWN DISEASES

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



RED MEAT ALLERGY

RED MEAT ALLERGY

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

EHRlichia transmission possible within 6 HOURS!

PREVENTION

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



Nymphs
May - August

GASTROINTESTINAL UPSET GENERAL ITCHINESS

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

Tuck



Treat



Check



Larvae
July - October



(Sometimes called 'seed ticks')



<http://bit.ly/lonestarsalphagal>

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

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

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

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

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How to Get Your Affairs in Order By Becky Streefer

It's never too early to make a plan for your estate, finances, and end of life wishes. Though it's not something many of us enjoy thinking about, the more we have prepared now, the less we will have to do later. Also, being prepared now lets you have the ultimate amount of control over decisions, which is not necessarily guaranteed the longer you wait. Below is a guide to help you get your affairs organized.

1. **Create a will** that designates how your property, finances, dependants, pets, and funeral preferences should be taken care of.
2. **Create a living will** specifying your advanced care directives, including the extent of life-saving and preventative measures.
3. **Assign a power of attorney** to make financial and medical decisions if you become incapacitated.
4. **Create a living trust** and designate a trustee to control and distribute assets if you become unable.
5. **Give permission** to your doctor and lawyer to discuss sensitive information with your caregiver and/or loved ones should there be a need.
6. **Gather all important documents**, keep them together in ONE safe location such as a fireproof box, and tell your lawyer or someone you trust where these documents are held. Regularly review these documents and make changes as needed. The National Institute on Aging recommends the following documents:

- **Personal Information**

- Full legal name
- Social Security number
- Legal residence
- Date and place of birth
- Names and addresses of spouse and children
- Certificates of birth, marriage, divorce, citizenship, and adoption
- Employers and dates of employment
- Education and military records
- Names and phone numbers of religious contacts
- Memberships in groups and awards received
- Names and phone numbers of close friends, relatives, doctors, lawyers, and financial advisors

- **Financial information**

- Sources of income and assets (pensions, IRAs, 401(k)s, interest, etc.)
- Social Security information

- Insurance information (life, long-term care, home, car) with policy numbers and agents' names and phone numbers
- Names of your banks and account numbers (checking, savings, credit union)
- Investment income (stocks, bonds, property) and stockbrokers' names and phone numbers
- Copy of most recent income tax return
- Location of most up-to-date will with an original signature
- Liabilities, including property tax — what is owed, to whom, and when payments are due
- Mortgages and debts — how and when they are paid
- Location of original deed of trust for home
- Car title and registration
- Credit and debit card names and numbers
- Location of safe deposit box and key

- **Health Information**

- Health records
- Current prescriptions (be sure to update this regularly)
- Living will
- Durable power of attorney for health care
- Copies of medical orders or forms (i.e. DNR)
- Health insurance information with policy and phone numbers



Make sure you talk about your preferences with your loved ones. This can be especially helpful for future medical decisions needed to be made on your behalf, including life-saving measures and potential organ donation if that is possible and desired, as well as funeral arrangements when the time comes. Having everyone on the same page helps your loved ones be prepared for your preferences and expectations.

Source: "Getting Your Affairs in Order Checklist: Documents to Prepare for the Future." National Institute on Aging. <https://www.nia.nih.gov/health/advance-care-planning/getting-your-affairs-order-checklist-documents-prepare-future#important-papers>. 1 FEB 2023.

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

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

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

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



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

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

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



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Planning Ahead: Your Best Strategy for Aging in Place

By Dave Olson, Realtor®, RE/MAX EXCEL

We've been in our home for many years. Its more than just where we live, it's... Well, it's "Home". Where we are most comfortable, safest and happy. Where our memories were made and our family grew up.

A health issue or accidental fall could suddenly change the ease of managing life at home. The wear and tear we all feel as we age can make ordinary features of our homes become obstacles, harder to manage.

Let's focus today on why it is important to plan ahead. Next time we'll get the nuts and bolts out and talk about specific features, projects and modifications. Before we do that, let's recognize the value of looking forward. When we plan ahead for basic or even extensive home modifications, or added services, we proactively put our minds at ease and prepare well for our goal of staying as long as we can where we most love to be – at home.

It's hard at first to think about changes, or adding things you think "you'll never need". Some folks don't want their home to "look institutionalized". Still others don't foresee changes really being "necessary" yet. Our human mind resists change. We tend to think of things as steady, when truly our lives are in constant change, including the changes we face when getting older.



Studies show that people who plan ahead are far more likely to stay in their home than people who wait for a "crisis" to trigger changes. People who choose to wait may end up waiting too long, and if they had made changes sooner, the "crisis" may have never happened!

Create a list of easy things and add to it by brainstorming. Simple things that make it harder to get around, slip hazards, and things that already don't work well are the easy ones to start with. "What if Mom lived here?" is a great way to see very clearly other things you can plan to do. Couples can do this exercise together. If single, ask a friend. Your children can be great resources when helping develop your list.

Finally, consider services you could add that could extend aging in place. We'll cover those next time too, but start with monumental tasks (yard care, household cleaning) then brainstorm through other ideas that could be added as needed.

The goal today is to encourage you to plan NOW, before you need to. By putting together an action plan and having the means to implement your plan, you'll be ready to age at "home" for years to come.



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Wisconsin Heat Awareness

As Wisconsin enters the summer months, it is important for people to pay close attention to their health and well-being with increased temperatures. “While higher temperatures can impact our health, heat-related illnesses and deaths are preventable,” said Wisconsin Emergency Management Administrator Greg Engle. “During these hotter months of the year, it’s important to stay alert to weather conditions and take the steps necessary to keep yourself and your families and pets safe.”

High temperatures and humidity can quickly cause heat-related illnesses, such as heat stroke or heat exhaustion. The National Weather Service (NWS) issues advisories for high heat to help warn people of potential dangers.

“We’re always on the lookout for the long duration heat waves,” said NWS Milwaukee Warning Coordination Meteorologist Tim Halbach. “The longer that a heat wave goes on, the more likely it is that we’ll see impacts. Stay aware of forecasts for these longer duration heat waves and whether the NWS has issued any heat related advisories or warnings.”

People of all ages are at risk of getting heat-related illnesses. In 2023, 10 heat-related deaths occurred in Wisconsin, according to preliminary data from the Wisconsin Department of Health Services (DHS). More than 750 Wisconsinites also visited emergency rooms for heat-related illnesses last year.

“Last year was Wisconsin’s fourth warmest, yet another sign that our changing climate is bringing more dangerous heat waves that can harm our health,” said State Health Officer and DHS Division of Public Health Administrator Paula Tran. “That’s why it’s so important for everyone to know the signs of heat illnesses and steps they can take to cool off on hot days.”

During heat waves, DHS urges people to watch for early signs of heat illnesses like dizziness, headaches, fatigue, and muscle cramps — whether they’re at home, working outdoors or participating in outdoor activities.

While extreme heat can put everyone at risk of heat illnesses, the heat health risks are greatest for older adults, infants and children, people who are pregnant, people who work in the heat, people who exercise in the heat, people without a home, and people with chronic conditions such as breathing difficulties, heart conditions,

mental health conditions, diabetes, kidney diseases, and obesity.

ReadyWisconsin and DHS recommend following these tips to beat the heat and stay safe during heat waves:

- Remain inside air-conditioned buildings as much as possible during the hottest parts of the day. Call 2-1-1 to find an accessible cool place near you.
- If you don’t have air conditioning or a basement, take a cool shower, soak your feet in cold water, or place a cool, wet cloth on your forehead. Keep your windows covered to avoid direct sunlight.
- Drink plenty of fluids and avoid alcohol, caffeinated or high-sugar drinks. Don’t wait until you’re thirsty to drink.
- Never leave a child or pet unattended inside a parked car. On an 80° F day, temperatures in a vehicle parked in direct sunlight can climb almost 20 degrees in just 10 minutes.
- Limit your pet’s time outdoors and make sure they have access to fresh drinking water.
- Seek medical attention right away if you develop heat stroke symptoms such as confusion, rapid breathing and heartbeat, body temperature above 104°F, or nausea and vomiting.
- Check in with loved ones and neighbors during heat waves, especially if they last a few days. Check for signs of heat illness and make sure they are cool and hydrated.



During periods of extreme heat, each NWS Forecast Office uses multiple tools to assess the potential for heat-related health issues. One of those tools is the Heat Index which measures how hot it really feels when relative humidity is factored in with the actual air temperature. The NWS uses these tools to issue the following heat-related alerts as conditions warrant.

- Excessive Heat Warning: An excessive heat warning is issued when the maximum heat index temperature is expected to be 105°F or higher and not go below 75°F for a Heat Index the morning before or after. Check in with loved ones and neighbors during heat waves, especially if they last a few days. If the maximum heat index will be between 100-104°F for four days in a row, a warning will be issued.
- Excessive Heat Watches: Heat watches are issued when conditions are favorable for an excessive heat event within the next one to three days.
- Heat Advisory: A heat advisory is issued when the heat index temperature is expected to be 100°F or higher. If the maximum heat index will be between 95-99°F for four days in a row, then an advisory will also be issued.
- Outlooks: The outlooks are issued when the potential exists for an excessive heat event in the next three to seven days.

Find more tips on preparing for heat waves at <https://readywisconsin.wi.gov/be-informed/extreme-heat/> or preventing heat-related illnesses at <https://www.dhs.wisconsin.gov/climate/weather/heatillness.htm>.

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