



# Hi SENIOR Lites

- **Social Security Reduces Automatic Overpayment Recovery Amount**
- **Brain Health – The Six Pillars**
- **The Importance of Potassium!**
- **Medicare To Cover Wegovy**
- **Elders and Dehydration Risk**
- **Resource Guide**



*Happy 4th of July!*

RESOURCES FOR SENIORS, FAMILIES AND CAREGIVERS IN DUNN COUNTY

## Social Security Reduces Automatic Overpayment Recovery Amount By the GWAAR Legal Services Team



*Submitted by Bethany Schneider,  
ADRC Elder Benefit Specialist*

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

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

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

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



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

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



# 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/Ruth Huske/  
 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.

### FOR RENT

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Income Based Housing

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715.235.0656

### FOR RENT

#### SUNNYSIDE APARTMENTS

Knapp, Wisconsin  
Income Based Housing

This institution is an equal opportunity provider and employer

715.308.3158

## Find us at

# seniorreviewnewspapers.com

## UPDATED v10.23

### FOOD PANTRY HOURS

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

<b>MONDAY</b> <span style="color: red; font-size: small;">Inside Only</span> 1:00p to 4:00p	<b>TUESDAY</b> <span style="color: red; font-size: small;">Inside Only</span> 10:00a to 1:00p	<b>WEDNESDAY</b> <span style="color: blue; font-size: small;">Curbside Only</span> 2:00p to 6:00p	<b>FRIDAY</b> <span style="color: blue; font-size: small;">Curbside Only</span> 2:00p to 6:00p	<b>SATURDAY</b> <span style="color: red; font-size: small;">Inside Only</span> 9:00a to 12:00p
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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  
This service is free and open to anyone.



\*as available

## 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



**Elk Mound**  
11:30 am - 12:30 pm  
Village Hall  
E206 Menomonie St, Elk Mound

**Rock Falls**  
1:00 pm - 2:00 pm  
Township Hall  
N995 County Rd H, Rock Falls

#### EVERY 1ST AND 3RD THURSDAY



**Sand Creek**  
11:30 am - 12:30 pm  
Arts Center  
E9311 County Rd I, Sand Creek

**Ridgeland**  
1:30 pm - 2:30 pm  
Community Center Lot  
200 Diamond St, Ridgeland

#### EVERY 2ND AND 4TH THURSDAY



**Downsville**  
11:30 am - 12:30 pm  
New Hope Lutheran Church  
N2698 460th St, Downsville

**Colfax**  
2:00 pm - 3:00 pm  
Viking Bowl and Lounge  
N108 S Main St, Colfax

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

*All pop-up pantries are closed holidays.*

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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 Roast beef with brown gravy, Mashed potatoes with brown gravy, Sliced beets, Raisin oatmeal cookies	2 Baked ham, Apple sweet potato bake, Parslied cauliflower, Cherry crisp	3 Bratwurst on a bun, Tater tots, Watermelon, Strawberry shortcake	4 CLOSED 	5 Baked fish with lemon butter sauce, Baked potato w/sour cream, Broccoli, Buttered rye bread, Fresh strawberries
8 Roasted turkey breast, Boiled potato with turkey gravy, Seasoned brussels sprouts, Dinner roll, Grapes	9 Orange chicken, Steamed rice, Broccoli, Raisin sour cream bars, Tomato juice	10 Roast pork with gravy, Mashed potatoes with gravy, Seasoned peas, Wheat bread, Sweet cherries	11 Meat lasagna, Mixed green salad, Garlic bread, Cantaloupe	12 Crumb topped baked fish, Pan fried potatoes, Carrots with parsley, Wheat bread, Strawberry cheesecake
15 Traditional meat loaf, Baked potato with sour cream, Scalloped corn, Blueberries	16 Marinated chicken breast, Herbed red potatoes, Carrots with parsley, Wheat bread, 24 hour fruit salad	17 Shredded pork sandwich, Baked beans, Creamy coleslaw, Pineapple tidbits	18 Baked fish, Cheesy hash browns, Romaine and onion salad, Dinner roll, Apple slices	19 Hamburger gravy, Mashed potatoes, Stewed tomatoes, Cranberry orange muffins
22 Crumb topped baked fish, Buttered new potatoes, Spinach cranberry salad, Peanut butter cookies	23 Cornflake chicken, Roasted vegetable rice pilaf, Creamy cucumber salad, Tropical fruit	24 Roast beef, Mashed potatoes with brown gravy, Country blend vegetables, Dinner roll, Blueberry crisp	25 Barbecued spareribs, Baked beans, Spiral pasta salad, Fresh banana	26 Tuna salad sandwich on wheat, Lettuce leaf, Hearty vegetable soup, Peachy pudding
29 Italian meatballs with sauce, Rotini, Parslied cauliflower, Garlic bread, Mandarin oranges	30 Barbecue glazed chicken, Baked beans, Marinated cucumber salad, Wheat bread, Melon medley	31 Baked ham, Scalloped potatoes, Broccoli, Dinner roll, Applesauce		



## 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



**Stepping Stones**  
of Dunn County  
Food, Shelter, Support.  
1602 Stout Rd | Menomonie, WI | 54751  
715.235.2920  
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](http://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 JULY 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

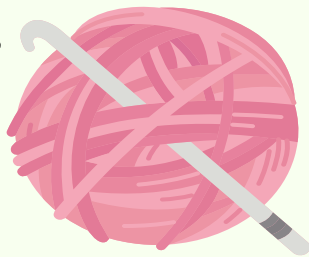
**THE BRIDGE TO HOPE:** The Bridge to Hope offers FREE and confidential services to victims and survivors of domestic abuse, sexual assault and human trafficking in Dunn and Pepin Counties. For ongoing and current weekly support group dates and times, please call 715-235-9074.

**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



## Fiber Arts for Brain Health



Did you know that crocheting can decrease stress and keep your brain sharp?

Join us to learn more about brain health and the basics of crochet! No registration required

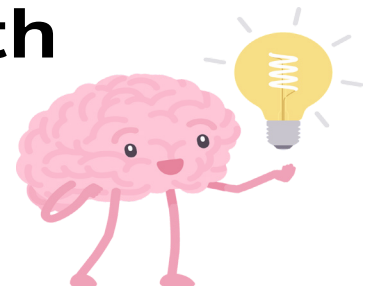
Supplies and refreshments will be provided.

SHIRLEY DOANE  
SENIOR CENTER

1412 6th Street East, Menomonie  
Tuesday, July 9th  
10 am - Noon



## Brain Health Check-Up



Normal Aging ...  
Or Something Else?

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

Contact the ADRC to schedule a  
free 15 minute Memory Screen  
715-232-4006



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Life Center

1717 Devney Dr - Altoona  
chippewacrementation.com

# HELP END ELDER ABUSE

- Emotional Abuse
- Financial Abuse
- Physical Abuse
- Neglect or Self-neglect
- Harassment

## COUNTY HELPLINES

### DUNN COUNTY DEPT. OF HUMAN SERVICES & ADRC

Adult Protective Services 715-232-4006

### DOMESTIC ABUSE VICTIM ADVOCATE

24-Hour Crisis Line 800-924-9918

Dunn County Sheriff's Office 715-232-1348

Aging & Disability Resource Center 715-232-4006

Bridge to Hope 715-235-9074



## Brain Health – The Six Pillars



Submitted By Carla Berscheit,  
Dementia Care Specialist

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 it is estimated that 40% of all dementia cases

could have been prevented or delayed by living a healthy lifestyle?

There are six pillars of a brain health lifestyle; nutrition, exercise, stress reduction, sleep, continued learning and social engagement. Here are the basics of the pillars:

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

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

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

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

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

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

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

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



## 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



The Neighbors of Dunn County  
Generations of caring since 1892

## Skilled Nursing Home Facilities

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



2901 Forbes Ave, Menomonie  
715-232-2661  
[www.neighborsdc.org](http://www.neighborsdc.org)

# The Importance of Potassium!



Submitted by Bernie Allen,  
ADRC Nutrition Program Coordinator

Potassium is an extremely important mineral. Your body needs potassium to help muscles contract, maintain fluid balance and maintain a normal blood pressure. Normal potassium levels in the body help to keep the heart beating regularly. Maintaining a normal potassium level may help reduce your risk of kidney stones and bone loss as you age.

## Food Sources of Potassium

- Banana
- Orange
- Melon
- Potato
- Spinach
- Leafy Greens
- Avocado
- Nuts
- Milk
- Tuna
- Cod
- Beans
- Whole-Grain Bread, Cereal and Pasta

## Potassium Rich Recipes:

### Easy Guacamole

Recipe from [cookingwithmama.com](http://cookingwithmama.com)

#### Ingredients

- 2 ripe avocados
- 3 tbsp lime juice
- 2 tbsp diced red onion
- 3 tbsp fresh diced tomatoes
- 1 tsp sea salt
- 1 tsp minced garlic

#### Directions

- Mash peeled, pitted avocados in a bowl.
- Add lime juice and stir.
- Mix in diced red onion, tomatoes, sea salt and garlic.

Servings: 3-5

Serve with tortilla chips, lime and fresh veggies.



### Purple and Green Salad

Recipe from [lifesambrosia.com](http://lifesambrosia.com)

#### Ingredients

- 2 cups spinach
- 2 cups iceberg or Boston lettuce
- 1 cup dried prunes
- 3 tbsp sliced almonds
- 1 tbsp pomegranate seeds
- Vinaigrette Dressing

#### Directions

- Slice pomegranate in half and remove seeds.
- Chop lettuce, as needed.
- Chop dried prunes into small pieces.
- Mix all ingredients in a large bowl.
- Toss with vinaigrette dressing and serve immediately.

Servings: 3-4



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



## NUTRITION WORKSHOP

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!

### COME JOIN THE FUN!

**WHERE:** Shirley Doane Senior Center

**WHEN:** Starts June 18  
Every Tuesday & Thursday

**TIME:** 9:30 am

Please contact Casey Schnacky for  
more information 715-231-2713



## 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.

# Summer 2024 CAREGIVER EVENTS



## July

- 1 10:00am Relatives Raising Children, Shirley Doane Senior Center
- 3 9:30am Caregiver Coffee Hour, Dunn County Government Center Room 100
- 3 1:00pm Dementia Support Group, Colfax Grapevine Senior Center
- 8 10:30am Opening Minds Through Art, Shirley Doane Senior Center
- 10 11:30am Women Connected, Shirley Doane Senior Center
- 15 10:00am The Purple Perk, Shirley Doane Senior Center
- 18 2:30pm Caregiver Support Group, Dunn County Government Center Room 100
- 22 10:30am Exploring Dementia, Shirley Doane Senior Center

## 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

# Medicare To Cover Wegovy

By the GWAAR Legal Services Team

Submitted by Bethany Schneider,  
 ADRC Elder Benefit Specialist



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.

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

## Shirley Doane Senior Center July 2024



SUN	MON	TUE	WED	THU	FRI	SAT
	1 9-10:30am Tai Chi 10am-2:30pm ADS* 10am Relatives Raising Children ADRC 12-3pm Open Walking Gym 1pm Mah Jongg / Euchre	2 8:30am Foot & Nail Clinic* 9:30-10:30AM BINGO-SICE ADRC* 10am Cribbage 1:30-2:15 Chair Yoga 7pm Popcorn in the Park	3 8:30am Foot & Nail Clinic* 9am-2pm Crafts/10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	4 <b>CENTER CLOSED 4TH OF JULY HOLIDAY</b>	5 10am-2:30pm ADS* 12-3pm Open Walking Gym 1-3pm Bingo	6
7	8 9-10:30am Tai Chi 10am-2:30pm ADS* 10-11:30am CVLR "Civil War" CVLR* 12-3pm Open Walking Gym 1pm Mah Jongg / Euchre	9 9am BOARD MEETING- SR CENTER 8:30am Foot & Nail Clinic* 9:30-10:30AM BINGO-SICE ADRC* 10am-12pm CIL BPressure & BSugar 10am Cribbage 1:30-2:15 Chair Yoga 7pm Popcorn in the Park	10 8:30am Foot & Nail Clinic* 9am-2pm Crafts/10am-2:30pm ADS* 11:30am Women Connected ADRC 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	11 10am-2:30pm ADS* 1pm 500 Cards 1:30-2:15 Chair Yoga	12 10am-2:30pm ADS* 12-3pm Open Walking Gym 1-3pm Bingo	13
14	15 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	16 8:30am Foot & Nail Clinic* 9:30-10:30AM BINGO-SICE ADRC* 10am Cribbage NO Chair Yoga 7pm Popcorn in the Park	17 8:30am Foot & Nail Clinic* 9am-2pm Crafts/10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	18 10am-2:30pm ADS* 1pm 500 Cards 1pm Open Party Bridge NO Chair Yoga	19 10am-2:30pm ADS* 12-3pm Open Walking Gym 1-3pm Bingo	20
21 TWINS-BREWERS DAY TRIP*	22 9-10:30am Tai Chi 10am-2:30pm ADS* 10:30am-Noon Exploring Dementia ADRC 12-3pm Open Walking Gym 1pm Mah Jongg / Euchre	23 9:30-10:30AM BINGO-SICE ADRC* 10am Cribbage 1:30-2:15 Chair Yoga 7pm Popcorn in the Park	24 8:30am Foot & Nail Clinic* 9am-2pm Crafts/10am-2:30pm ADS* 11:30am-12:30pm SPAGHETTI SENIOR CENTER MEAL* 12-3pm Open Walking Gym	25 10am-2:30pm ADS* 1pm 500 Cards 1:30-2:15 Chair Yoga	26 10am-2:30pm ADS* 12-3pm Open Walking Gym 1-3pm Bingo	27
28	29 9-10:30am Tai Chi 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Mah Jongg / Euchre	30 9:30-10:30AM BINGO-SICE ADRC* 10am Cribbage 1:30-2:15 Chair Yoga 7pm Popcorn in the Park	31 NO FOOT & NAIL CLINIC 9am-2pm Crafts/10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge		* <b>By Appointment Only</b>	

# Elders and Dehydration Risk



By Tracy Fischer, ADRC Manager

Dehydration is dangerous no matter what your age, but seniors are at a greater risk for dehydration than other age groups. Dehydration can happen quicker than you think and can cause damage before you have a chance to rehydrate.

Learn the signs of dehydration and how you can prevent it from happening to you.

## Understanding Dehydration

Dehydration happens when you don't drink enough water. When your body's water content is too low, it causes damage quickly. Dehydration is especially prevalent on hot days or after vigorous exercise. Mild or moderate dehydration is easy to recover from, but severe dehydration requires immediate medical attention.

## Why Does Dehydration Affect Seniors?

**Feeling thirsty.** Your body has a natural defense against dehydration – the feeling of thirst. While there are guidelines in place that tell you how much water to drink each day, typically you can drink to your thirst.

**Your body lets you know how much water you need by giving you the sensation of needing to drink something.** As you age, your body's thirst signal diminishes. When your body needs water, you may not even realize it because you don't feel thirsty like you once did.

**Body function.** Your kidneys may not work as effectively with age, leading to a fluid imbalance in your body. Since your body has less water composition as you age, you become dehydrated much quicker than when you were younger.

**Medications.** Diuretics are especially prone to causing dehydration. If you take a combination of several medications, be aware of interactions that may lead to dehydration.

**Cognitive impairment.** If you suffer from dementia or Alzheimer's, you're at a greater risk for dehydration because you may not remember to drink when you need to. Even if your body sends thirst signals, decreased cognitive ability may mean your brain doesn't understand the signals or it may miss them completely.

## Preventing Dehydration

**Drink water.** The best way to prevent dehydration is to drink plenty of water. Keep in mind that drinking soda and coffee may increase the effects of dehydration in seniors, worsening your condition. Try to stick to water, milk, or juice.

**Set reminders.** If you don't feel thirsty very often, set reminders on your phone or use a timer. Make sure you drink a certain amount of water each time your reminder goes off. By drinking water consistently throughout your day you can easily prevent dehydration.

Once you establish a habit of drinking more water, it will be easier to maintain. Keep in mind that you need to drink more than usual if you're physically active or if it's particularly hot outside.

Consider your diet. Many fruits and vegetables have high water content and contribute to staying hydrated. If you find that drinking more water is difficult, try incorporating more fruits and vegetables into your diet.

Enhance your water. If you get bored drinking plain water all day, try infusing it with fruit. Add lemon, lime, or orange to your water so it tastes better. You can also add herbs like mint or basil if you prefer a stronger taste than fruit provides.

Talk to your doctor. If you've tried these tips and you're still experiencing dehydration, talk to your doctor. A healthcare professional can ask questions about your diet, habits, and medications to determine the cause of your dehydration.



**ADRC of Dunn County Announces**

## Senior Farmers' Market Voucher Program - 2024

**You may be eligible to receive vouchers that can be used to purchase produce at local Farmers' Markets.**

Senior Farmers' Market Vouchers are offered to senior citizens 60 years of age and older (55 if you are Native American) to purchase fresh, locally grown fruit, vegetables and herbs from certified farmers. The vouchers are provided by a grant from the USDA Food and Nutrition Service and brought to you by the Wisconsin Dept. of Health Services and local partner groups.

- **You must be age 60 or older. Native American 55+.**
- **Gross household income must not exceed the following:**
  - \$2,322 per month – 1 person
  - \$3,152 per month – 2 people
  - \$3,981 per month – 3 people

**Distribution starts in June**

**Call 715-232-4006 to apply**



# RESOURCE GUIDE

## Resources for Seniors, Families and Caregivers in Dunn County

If you have any questions or would like clarification on any of the information presented on the list, please call the Aging & Disability Resource Center of Dunn County at 715-232-4006 or 833-534-0606. Our email address is [adrc@co.dunn.wi.us](mailto:adrc@co.dunn.wi.us) and our website address is: [www.co.dunn.wi.us/adrc](http://www.co.dunn.wi.us/adrc)



### General Information & Outreach for Seniors and Disabled Adults

#### Information and/or Assistance to Appropriate Services

Aging & Disability Resource Center of Dunn County	715-232-4006
Center for Independent Living	715-233-1070 or 1-800-228-3287
<a href="http://dunn.myresourceguide.org/resources">dunn.myresourceguide.org/resources</a>	
Elder Care Locator	1-800-677-1116
Federal Citizen Information Center	1-844-872-4681
Great Rivers 2-1-1	1-800-362-8255
Hmong Mutual Assistance Association	715-832-8420

#### Access to Publicly Funded Long-Term Support Services

Aging & Disability Resource Center of Dunn County	715-232-4006
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#### Elder and Vulnerable Adult Abuse (financial, physical, emotional)

Aging & Disability Resource Center of Dunn County	715-232-4006
The Bridge to Hope	715-235-9074 or 1-800-924-9918
Elder Abuse Hotline	1-833-586-0107

#### Legislative Information

Legislative Hotline	1-800-362-9472
Tony Evers (Governor)	1-608-266-1212
Tammy Baldwin (US Senator)	1-608-264-5338
Ronald Johnson (US Senator)	1-414-276-7282
Derrick Van Orden (3 <sup>rd</sup> District US Congressman)	1-202-225-5506
Rob Stafsholt (10 <sup>th</sup> District State Senator)	1-608-266-7745
Jesse James (23 <sup>rd</sup> District State Senator)	1-608-266-7511
Romaine Quinn (25 <sup>th</sup> District State Senator)	1-608-266-3510
Jeff Smith (31 <sup>st</sup> District State Senator)	1-608-266-8546
Clint Moses (29 <sup>th</sup> District Assembly)	1-608-237-9129
Rob Summerfield (67 <sup>th</sup> District Assembly)	1-608-237-9167
David Armstrong (75 <sup>th</sup> District Assembly)	1-608-237-9175
Warren Petryck (93 <sup>rd</sup> District Assembly)	1-608-237-9193

### Alzheimer's, Confusion and Memory Loss

#### Alzheimer's Information and Support Groups

Aging & Disability Resource Center of Dunn County	715-232-4006
Alzheimer's Association 24-Hour Help Line	1-800-272-3900
Alzheimer's & Dementia Alliance of Wisconsin	1-888-308-6251
Alzheimer's Disease Education and Referral Center	1-800-438-4380
Alzheimer's Support Group	715-232-4006
Dementia Manual	<a href="https://daanow.org/pathways-to-well-being-manual/">https://daanow.org/pathways-to-well-being-manual/</a>
Greater Wisconsin Alzheimer's Association Chapter	715-720-7611

#### Adult Day Care

Aurora Day Center (senior and developmentally disabled)	715-235-1839
Grace Lutheran Adult Day Services	715-832-8811 or 715-738-1925
Hmong Senior Center LLC	715-514-3491
Reach Adult Day Services (Menomonie)	715-235-7733
Reach Adult Day Services (Eau Claire)	725-833-7755
Serenity Care Agency	715-308-3800
Shirley Doane Senior Center	715-235-0954

#### Dementia Care Living Facilities

Comforts of Home Advanced Memory Care	715-800-8325
Our House Memory Care	715-232-8181
The Neighbors of Dunn County	715-232-2661
VitaCare Living (Care Partners Assisted Living)	715-235-6333

#### Memory Diagnostic Evaluation Clinics

Mayo Clinic Health System Memory Care Clinic	715-838-1900
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### Caregiver Support

#### Support Groups

Aging & Disability Resource Center of Dunn County	715-232-4006
(Family Caregiver Support Program & Alzheimer's Support Program)	

Call for current information for all support groups.

Artful Expressions	<u>VIRTUAL</u>
Caregiver Coffee Hour	Monday DISH
Caregiver Support Group	Circle of Support
Exploring Dementia	Evening Conversations
Purple Perk	Lunch Bunch
Men's Caregiver Connection	Lewy Body Dementia
Relatives Raising Children	Savvy Caregiver Support Group
Walk & Talk with the ADRC	
Women Connected	

### Employment

Dunn County Job Center Workforce Development	715-232-7360
Employment Resources, Inc. (ERI)	1-608-246-3445
LE Phillips Career Development Center	715-834-2771
WI Department of Vocational Rehabilitation	715-836-4263

### Exercise, Fitness and Health

#### Exercise and Fitness

Colfax Grapevine Senior Center	715-962-2550
Menomonie High School Pool & Fieldhouse	715-232-1197
Rassbach Museum (winter walking program)	715-232-8685
Shirley Doane Senior Center in Menomonie	715-235-0954
UW-Stout Fieldhouse	715-232-1392

#### Health and Wellbeing

American Cancer Society	1-800-227-2345
American Diabetes Association	1-800-342-2383
Arthritis Foundation	1-800-283-7800
Caring Hands on Soles (Home Visits)	715-491-0022
Dunn County Health Department (mammograms for low income women under 65)	715-232-2388
Flu shots – DC Health Department	715-232-2388
Foot Care Clinics – Shirley Doane Senior Center	715-235-0954
Foot & Nail Care UW Eau Claire (Apr & Oct)	715-836-3636
Free Clinic of Menomonie	715-308-3808
Just Toes & Foot Care (Home Visits)	715-559-6077

Mayo Clinic Patient Education	507-284-8140
National Cancer Institute	1-877-448-7848
National Health Information Center	1-800-336-4797
Smoking Cessation – DC Health Department	715-232-2388
The Mobile Nail Care Nurse, LLC	1-701-373-5458

## Financial/Legal/Advocacy

### Complaints/Investigation

Benefit Specialists/ADRC of Dunn County	715-232-4006
Center for Independent Living	715-233-1070
Consumer Product Safety Commission	1-800-638-2772
Consumer Protection	1-800-422-7128
Disability Rights of Wisconsin	1-877-338-3724
	(TTY) 1-888-758-6049
Elder Financial Empowerment (Elder Financial Abuse)	1-800-488-2596
Fraud Information Center	1-800-876-7060
Landlord/Tenant (Dept of Agriculture)	1-800-422-7128
Medicare Fraud Spotters	1-800-633-4227
Office of the Commissioner of Insurance	1-800-236-8517
Ombudsman Program for Nursing Homes/Group Homes/ Community Options Program	1-800-815-0015

### Estate Planning

WI State Law Library	608-243-2881
Probate	715-232-6782

### Financial Assistance

Benefit Specialists/ADRC of Dunn County	715-232-4006
Energy Fuel Assistance	715-598-4750
Food Share (Quest Card)	1-888-283-0012
Medical Assistance (Forward Card)	1-888-283-0012
Medicare	1-800-633-4227 or 715-232-4006
Prescription Drug Assistance Program	715-232-4006
Senior Care Prescription Drug Program	1-800-657-2038
Social Security and SSI	1-800-772-1213 or 1-866-815-2924
Wisconsin SSI	1-800-362-3002

### Guardianship Assistance

Aging & Disability Resource Center	715-232-4006
Dunn County Human Services	715-232-1116
Private Elder Law Attorneys	715-232-4006
WI Guardianship Support Center	1-855-409-9410

### Insurance Information

Benefit Specialists/ADRC of Dunn County	715-232-4006
GRCC (Medicaid/Badgercare)	1-888-283-0012
Medigap Hotline	1-800-242-1060
Office of the Commissioner of Insurance	1-800-236-8517

### Legal Assistance Information

Free Legal Assistance	wi.FreeLegalAnswers.org
Lawyer Referral Service	1-800-362-9082
State Bar of Wisconsin	1-800-728-7788
Wisconsin Judicare	1-800-472-1638

### Representative Payee

House Calls of Menomonie Inc.	715-232-6475
Payee Services	715-233-0203
Polk Burnett Payee Inc	715-731-0133
RP Services of WI Inc.	715-285-5020

### Taxes

AARP Tax Appointments (February through April) (Free Income Tax and Homestead Tax Credit Assistance)	715-232-4006
Internal Revenue Service	1-800-829-1040
myfreetaxes.com	1-866-698-9435
Property Tax Deferral Program (WHEDA)	1-800-755-7835
Vita Free Tax Preparation	1-800-906-9887
Wisconsin Department of Revenue	1-608-266-8100
Wisconsin Tax Refund Info	1-608-266-8100

### Veterans Services

Dunn County Veterans Service Office	715-232-1646
Veteran's Administration – Wisconsin	1-800-827-1000

## Food and Nutrition

### Grocery Shopping Assistance

Community Connections Program	715-235-2920
Dicks Fresh Market, 1408 9 <sup>th</sup> Street E, Menomonie	715-235-2134
Grandma's Helpers	715-308-9275 or 715-308-9273
Kyle's Market, 115 S Main Street, Colfax	715-962-3585
Walmart, 108 Cedar Falls Road, Menomonie	715-235-6565

### Home Delivered Meals

Aging & Disability Resource Center of Dunn County	715-232-4006
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### Senior Dining (Hot Meals) 715-232-4006

Colfax Grapevine Senior Center (Mon thru Thurs)	715-962-2550
Dairyland Café in Ridgeland (Mon thru Fri)	715-949-1985
Hosford-Rich Apartments (Mon, Tues, Thurs, Fri)	715-235-4047
Sand Creek Café (Mon thru Fri)	715-658-1335
Tantara Apartments (Mon thru Fri)	715-556-0266

### Area Food Pantries/Food Programs and Free/Reduced Cost Meals

#### Boyceville – West CAP Food Access & Resource Center

823 Main Street - Phone: 715-280-3238  
Serves Boyceville & Glenwood City Area School Districts  
Food Pantry Schedule: Every Thursday 1-7 pm  
Commodity boxes for age 60 and older. Senior Farmers Market Vouchers

#### Boyceville Food Harvest Ministry

\$15 Requested Donation – You Eat You Qualify  
3<sup>rd</sup> Saturday of the Month, 8 am  
1002 Main Street, Boyceville - For More Information, Call 715-619-6979

#### Commodity Supplemental Food Program – CSFP

Supplemental food package through West CAP Phone: 715-977-1167

#### Dunn County - FoodShare – Formerly Food Stamps Program (Income Based)

Call GRCC 1-888-283-0012 or Dunn County Human Services at 715-232-1116

#### Dunn County Elderly Nutrition Program – Must be 60+ - Home-Delivered Meals.

Congregate meal sites in several communities. Nutritional supplements (Ensure).  
Senior Farmers Market Vouchers. Dunn County ADRC: 715-232-4006

#### Dunn County – WIC Program (Women, Infants & Children)

Dunn County Government Center, 3001 US Hwy 12 East, Suite 9, Menomonie -  
Phone: 800-722-2295

#### Elk Mound – Shepherd's Shelf

Shepherd of the Hill Lutheran Church, 207 University Street, Elk Mound  
Tuesdays 4-6 pm and Fridays 10 am-12 noon – Elk Mound Residents Only  
Phone: 715-879-5115

#### Elk Mound Farmer's Market

Elk Mound Village Hall on Hwy 12 Phone: 715-879-5011

#### Knapp – Plates and Knappkins Food Distribution

Every month that has a 5<sup>th</sup> Saturday (about every 3 months)  
7-9 am - \$15 Donation  
508 Highway 12, Knapp - Phone: 715-665-2310

#### Knapp Community Projects Food Pantry

Thursdays 2-5 – Donations welcome  
Phone: 715-665-2310

#### Little Free Pantry – Our Savior's Lutheran Church

910 Ninth Street, Menomonie Phone: 715-235-0693  
Take what you need – share what you can.

#### Menomonie – Monday's Meal

From 5-6:00 pm, Menomonie United Methodist Church, 2703 Bongey Drive,  
Menomonie – Phone: 715-235-0654

#### Menomonie – Tuesday's Table

Hot home-cooked meal every Tuesday 5-6:00 pm. St Joseph's Catholic Church,  
921 Wilson Avenue, Menomonie – Phone: 715-232-4922

**Menomonie – Wednesday’s Table**

Hot home-cooked Meal every Wednesday 5-6 pm  
 Christ Lutheran Church, 1306 Wilcox Street, Menomonie  
 Phone: 715-235-5573

**Menomonie – Thursday’s Table**

Hot home-cooked meal every Thursday 5-6 pm. First Congregational Church,  
 420 Wilson Avenue, Menomonie – Phone: 715-235-5838

**Menomonie Farmer’s Market**

May through October – Wilson Street Park, Menomonie  
 Wednesdays 10 am-6 pm, Saturdays 8 am-1 pm Phone: 715-641-0050

**School Lunches – Free/Reduced and Project SAM (Share A Meal)**

Contact your local school’s food service office  
 Menomonie 715-235-2920 or [assistant@steppingstonesdc.org](mailto:assistant@steppingstonesdc.org)

**Stepping Stones Food Pantry**

Food pantry and Commodity Boxes for 60+  
 1602 Stout Road, Menomonie - Call for hours: 715-235-2920  
 Pop-Up Curbside Food Pantries in rural Dunn County – Call 715-232-2920

**Hearing Impairment****Information, Support, Assistive Devices**

Aging & Disability Resource Center of Dunn County	715-232-4006
Center for Communication, Hearing & Deafness	1-414-604-2200
Center for Independent Living	715-233-1070
National Hearing Aid Helpline	1-800-521-5247
Office for the Deaf and Hard of Hearing	1-855-359-5252
TAP Hearing Aid Assistance (TAP HAA)	1-608-267-7195
TEPP Program	1-608-231-3305 or 1-715-233-1070
Wisconsin Bureau for the Deaf and Hearing Impaired (TTY)	1-855-359-5252 Or 608-266-1255
Wisconsin Relay Customer Support (TTY/Voice)	1-800-676-3777 (Speech Disabled) 1-877-787-1989 or (Espanol) 1-800-676-4290

Local telephone companies can provide help with assistive devices.

**Home Modifications/Repairs****Relocation, Repairs and Modifications**

Caring Transitions (Moving/Decluttering/Downsizing)	715-318-1410
Center for Independent Living	715-233-1070
City of Menomonie Deferred Loans	715-235-9081
Dunn County Community Development Block Grant	715-726-7933
Eau Claire Home Organizers	715-500-4762
Foundation for Rural Housing	888-400-5974
Habitat for Humanity	715-833-8993
Home Repair/Buyer Program (CCHA)	715-726-7933
Lifeway Mobility (Wheelchair lifts/ramps)	952-808-3646
RANWW Foundation (REALTORS Association)	715-835-0923
Stepping Stones Community Connections Program	715-235-2920
Tomorrow’s Home Foundation (Mobile and Manufactured Homes)	1-608-255-1088
USDA Rural Development	715-232-2614
West Cap	1-800-606-9227 or 715-598-4750

Local telephone and utility companies;  
 Local city/village government “Block Grants.”

**Housing Options****Apartments with Noon Meals, Light Housekeeping, Emergency Call System (Varies per site)**

Galloway Home	715-235-7778
Hosford-Rich Apartments	715-235-0656
Tantara Apartments	715-235-4718
The Oaks	715-235-7793

**Assisted Living (Services vary)**

American Lutheran Communities (Mondovi)	715-926-4962
Assisted Living Advisors	715-210-4066
Assisted Living Locators	715-628-2011
Autumn Village	715-235-3697
Cambridge Senior Living (Eau Claire)	715-577-8418
Colfax Senior Living (Frontida)	715-962-3186
Comforts of Home Assisted Living	715-953-2196
Our House Senior Living	715-232-8181

Potters Country Home	715-235-6789 or 715-505-0621
VitaCare Living (Care Partners and Country Terrace)	715-235-5112

**Skilled Nursing Facilities**

American Lutheran Home	715-235-9041
Glenhaven (Glenwood City)	715-265-4555
Spring Valley Senior Living & Health Care	715-778-5545
The Neighbors of Dunn County	715-232-2661

**Subsidized Housing Units (rent is based on income)**

Boyceville Manor	715-235-4718
Cedar Grove Apartments (Menomonie)	715-232-9940
Colfax Manor	715-235-4718
Colfax Prairie Homes	715-598-4750
Gaylord Nelson Apartments (Menomonie)	715-419-2238
Hillcrest Apartments (Wheeler)	715-619-0062
Hosford-Rich Apartments (Menomonie)	715-235-0656
Menomonie Housing Authority (Menomonie)	715-235-0656
Memorial Heights Apartments (Menomonie)	715-235-0656
Morningside Apartments (Sand Creek)	715-619-0062
The Oaks (Menomonie)	715-235-7793
Pine Ridge Apartments (Ridgeland)	715-619-0062
Pinedale Apartments (Menomonie)	715-716-4173
Ridgeland Manor	715-235-4718
Riverview Apartments (Downsville)	715-619-0062
Sunnyside Apartments (Knapp)	715-665-2495
Tantara Apartments	715-235-4718
Tiffany Street Apartments (Boyceville)	715-619-0062
University Village (Menomonie)	715-834-3411
Valley View Apartments (Knapp)	715-619-0062
Warren Knowles Manor (Menomonie)	715-419-2238

**Subsidized Rent Vouchers**

Dunn County Housing Authority	715-598-9887
Lutheran Social Services	877-967-5577
Menomonie Housing Authority	715-235-0656
West Cap	1-800-606-9227 or 715-598-4750

**Other Senior Housing Options**

Dancing Oaks	715-233-0406
<a href="http://www.seniorhomes.com/wisconsin/seniorlivingnearme.org">www.seniorhomes.com/wisconsin/seniorlivingnearme.org</a>	
Village at White Pine	715-231-2100

**In-Home Services****Nursing, In Home Services, Respite, Bathing Assistance, Housekeeping**

Advanced Living Care LLC	715-505-2812
Almost Family Home Health Care	715-831-0631
Amy’s Angels	651-295-2483
Appeal to Heaven	715-379-7889
Aurora Community Health	715-235-3707
Aveanna Home Health	715-598-5600
Caring Transitions (downsizing, decluttering, estate sales)	715-318-1410
Center for Independent Living	715-233-1070
Clearwater Assisted Living LLC	715-492-0311
Cornerstone Caregiving	534-444-9021
Empatia Palliative Care	414-944-2038
Hands On In-Home Care	715-949-1313
Home Companions	715-533-8946
Home Instead	715-941-4717
House Calls Personal Touch Respite Program	715-232-6475
Integrity Home Healthcare	715-944-9065
Interim Home Healthcare & Palliative Care	715-834-1313
Mayo Clinic Health Systems Home Care	800-236-8408
Peaceful Living	715-386-7071
Safe at Home Senior Care	715-598-7233
St. Croix Structuring (transition/hoarding services)	715-243-9375
Seniors Helping Seniors	715-514-4511
Serenity Care Agency	715-308-3800
Stepping Stones	715-235-2920
Sunshine Care Inc.	715-514-5566
Touching Hearts at Home	715-245-1944
Two Sisters and a Bucket	715-495-2825
Village Caregiving	715-492-0191
Visiting Angels	715-598-1750 or 715-861-5546

### Hospice Services

Adoray Home Health & Hospice	1-800-359-0174
Heartland Hospice	1-866-216-5708
Interim Healthcare Hospice Care	715-834-1313
Lily Home & Hospice	715-201-2233
Mayo Clinic Health System Home Health & Hospice	1-800-236-8408
Moments Hospice	715-800-0900
St. Croix Hospice	1-855-278-2764

### Medical Equipment

All Star Mobility	715-598-7511
Apria Healthcare	715-834-7517
Center for Independent Living	715-233-1070
Grace Home Respiratory (Altoona)	715-832-7377
Home Safety Innovations	920-379-4439
Mayo Clinic Store (Eau Claire)	715-838-1815
NuMotion, LLC	715-552-3711
Veterans Service Office (Loan Closet)	715-232-1646
WI Council of the Blind & Visually Impaired	1-800-783-5213

### Mental Health Resources

Arbor Place	715-235-4537
Aurora Counseling Center	715-235-4696
Beacon Mental Health Resources	715-308-5742
Callier Clinic (Office in Menomonie)	715-836-0064
Crisis Texting Line (HOPE)	Text "TALK" to 741741
Dunn County Department of Human Services	715-232-1116
Hmong Family Helpline	1-877-740-4292
LGBT National Hotline	1-888-843-4564
LGBT National Youth TalkLine (up to age 25)	1-800-246-7743
Mayo Clinic Behavioral Health	715-233-7891
Monarch House Peer Run Respite	715-505-5641
NAMI Chippewa Valley	715-450-6484
National Alliance on Mental Illness NAMI	1-800-950-6264
National Domestic Violence Hotline	1-800-799-7233
National Sexual Assault Hotline	1-800-656-4673
Northwest Connections	1-888-552-6642
Suicide Hotline	988 or 1-800-273-8255
The Friendship Line (for seniors)	1-800-971-0016
Trans Lifeline	1-877-565-8860
Veterans Crisis Line	988 or 1-800-273-8255

### Senior Centers & Organizations

#### Senior Centers

Boyceville Community Center	715-643-2351
Colfax Grapevine Senior Center	715-962-2550
Hmong Senior Center	715-514-3491
Rock Creek Town Hall (Mondovi)	715-563-3478
Shirley Doane Senior Center	715-235-0954

### Senior Citizen Organizations

AARP (American Association of Retired Persons)	1-888-687-2277
CWAG (Coalition of Wisconsin Aging Groups)	1-608-224-0606 or 1-800-488-2596

### Personal Emergency Response Systems

\*Not an all-inclusive list – Endorsements are not assumed nor implied

Alert1	1-877-594-4097
FastHelp	1-866-964-3375
Lifefone	1-800-331-9198
Lifeline	1-855-681-5351
Lively (Best Buy Health)	1-800-345-5651
Medical Alert	1-800-800-2537
Medical Guardian	1-800-668-9200
Per Mar Security Services	1-800-473-7627
Senior Safety	1-888-473-2800
VRI Cares	1-800-860-4230

### Transportation Services

#### Buses

Dunn County Transit Commission	715-235-7433
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#### Volunteer Drivers

Aging & Disability Resource Center	715-232-4006
Center for Independent Living for Western WI, Inc.	
New Freedom Transport Program	715-233-1070 or 1-800-228-3287
Stepping Stones of Dunn County	715-235-2920
Veterans Service Office	715-232-1646

#### Other Transportation Providers

Accessible Vehicle Rentals	1-800-596-4366
A&J Mobility (personal vehicle accessibility conversion- Including rentals)	1-877-833-9830
Anytime Transport, LLC	715-559-6607
Carepool	833-268-2688
Handi-Lift	715-822-5077
Town & Country Taxi	715-309-9619 or 715-563-7272
MTM/Veyo (Badgercare & Medicaid clients)	1-866-907-1493

### Vision and Hearing Impairment

#### Books/Newspapers on Tape (Talking Books)

Wisconsin Talking Book and Braille Library	1-414-286-3045
Wisconsin Council of the Blind	1-608-255-1166 or 1-800-783-5213
Local libraries have large print books and books on tape.	

#### Information, Support and Assistive Devices

American Foundation for the Blind	1-800-232-5463
Center for Independent Living (Voice & TTY)	1-800-228-3287 or 715-233-1070
Lighthouse Guild	1-800-284-4422
WI Bureau for the Blind	715-836-6772
Wisconsin Council for the Blind	1-608-255-1166 or 1-800-783-5213
WI Office for the Deaf and Hard of Hearing	1-855-359-5252



#### **ADRC STAFF**

Tracy Fischer, *ADRC Manager*

Alida Moua, *Community Health Worker*

Amy Lynch, *ILSP Program Assistant*

Amy White, *Social Worker*

Bernie Allen, *Aging & Transportation Programs Manager*

Bethany Schneider, *Elder Benefit Specialist*

Carla Berscheit, *Dementia Care Specialist*

Casey Schnacky, *Outreach Coordinator*

Denise Kiesow, *Program Assistant*

Kathleen Kjenslee, *ILSP Program Assistant*

Lisa Schuler, *Disability Benefit Specialist*

Mary Linberg, *ILSP Program Assistant*

Ruth Huske, *Social Worker*

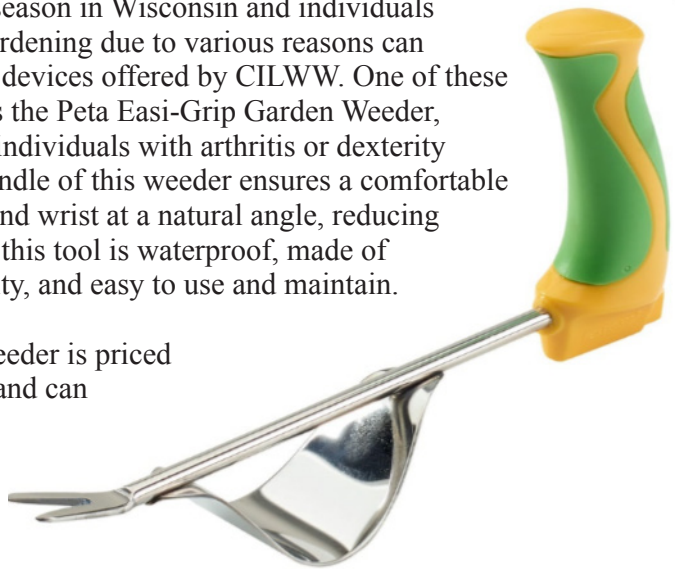
Wendy Sterry, *Social Worker*

# Peta Easi-Grip Garden Weeder

Submitted by CIL Western Wisconsin

It is currently gardening season in Wisconsin and individuals facing challenges with gardening due to various reasons can benefit from the assistive devices offered by CILWW. One of these items available for loan is the Peta Easi-Grip Garden Weeder, specifically designed for individuals with arthritis or dexterity issues. The ergonomic handle of this weeder ensures a comfortable grip and keeps the hand and wrist at a natural angle, reducing discomfort. Additionally, this tool is waterproof, made of stainless steel for durability, and easy to use and maintain.

The Easi-Grip Garden Weeder is priced at approximately \$20.00 and can be purchased from online retailers such as Amazon and other arthritis supply stores.



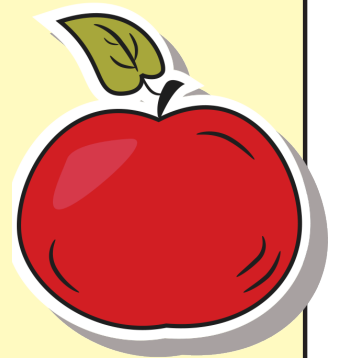
CILWW offers the opportunity for individuals to borrow or try out items mentioned in our articles before making a purchase. To learn more about this assistive device or other devices that can improve your independence, please contact CILWW at 715-233-1070 or 800-228-3287. Our services are provided free 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.

## Dunn County Area Retired Educators' Association

### JULY 8TH, 2024 MEETING

Dunn County Area Retired Educators' Association will meet Monday, July 8th, at the Menomonie Moose Lodge, 720 19th Ave. E, at 12:00 noon. A picnic style lunch will be served, along with activities and socializing.

All retired public school employees, preschool through university, are welcome! Please call Jean at 715.505.8285 by July 4th to RSVP.



## 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.



## 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.

# 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](mailto:kflock@lacrossecounty.org)

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

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

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

**Savvy Caregiver Support Group** - 1st Tuesday of the month, 10 - 11am. Contact Lisa at [lisa.wells@eauclairecounty.gov](mailto: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](mailto:rgriesel@co.dodge.wi.us)

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



# Walk & Talk

With the 

**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 8

No registration required. Questions, Contact the Aging & Disability Resource Center at 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.

# 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

# Difficult Conversations That Move Us

by Shelley Krupa, Business Operations Coordinator  
Lake Hallie Memory Care

When I was a young girl, I remember hearing my mom say, “Don’t you ever dare to put me in a nursing home.”



Many years later, I evaluated if my mom was safe in her home. A friend said, “If you’re worried about her safety and can’t stop thinking about it, it’s time.”

An unfortunate fall of hers led to hospitalization. Then a rehab stay. Neither could stop the need for difficult decisions. Her doctor said, “Your mom isn’t safe alone anymore - it is time to look for placement in a memory care setting.” I had to move mom from her home to keep her safe.

The big move day came. The words from my growing up years rang in my ears, resonating with new words that were harsh words that I never thought I’d hear my mom say, “I hate you, you ungrateful daughter.” As my mom shed her heart-wrenching tears of sadness, I replied, “You’re right, Mom. I’m sorry you’re here because I failed you. I couldn’t keep you safe at home. I love you. I hope you will please forgive me.”

A short time later, a day to rejoice when mom walked into the door of the assisted living and said, “I’m Home!” She was safe, she was happy, and she called it home.

A day to let go, “Mom, thank you for being the best mom ever, it is okay, we’ll be okay, you can go now, I love you. Goodbye.”

The choices we make for goodbyes in our lives are never easy. They come with blessings, curses, and lessons to learn. Our best is all we can do when faced with making difficult decisions.

Some choices seem right, and some seem wrong.

My sincerest advice to you is, “Don’t wait to have difficult conversations so when the time comes to make tough decisions, the process is as easy as possible. You won’t know when it will be, but eventually, you will know you’ve made the right decision the day your loved one says, ‘I’m home.’”

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# How are Special Needs Trusts Used to Avoid a Wasteful Spend Down?

By James Giese, Wispact Director of Outreach

Individuals over age 65 and planning to apply for Medicaid benefits or go onto long term care are generally faced with the million dollar question (or more appropriately, the \$2,000 question), “How do I get under a \$2,000 asset limit?”

Pursuant to federal and state law, individuals with disabilities who have more than \$2,000 in available assets are not eligible for means-tested public benefits, such as Medicaid and Supplemental Security Income (SSI). A “means-tested benefit” (also known as a “needs-based benefit”) is a public benefit provided by the federal or state government agencies (i.e., Department of Health Services and Social Security Administration) to an individual based on his or her income and resources or assets. Therefore, individuals with disabilities looking to apply for means-tested public benefits, but have over \$2,000 in available assets, need to find ways to become eligible for these types of benefits. Typically, they “spend down” their assets before they can apply for and receive public benefits. However, this “spend down” option becomes impractical when an individual acquires large sums of funds at once (e.g., damages awarded in a personal injury settlement, sale of a house, cash distributions from an IRA, or an inheritance from a deceased relative). In scenarios more conducive with the latter category, individuals looking to apply for means-tested public benefits might not have the option of a spend down and are therefore left scrambling trying to find a solution to their health benefit needs. Luckily, there is another option for individuals with disabilities applying for means-tested public benefits who are over the asset limit – transferring funds to a special needs trust (“SNT”) or a pooled special needs trust (“PSNT”).

With a traditional trust, such as a revocable living trust, assets titled in the name of the trust or “owned” by the trust are countable and may prevent the individual from qualifying for means-tested public benefits. Conversely, federal law was passed to allow for the creation and funding of an SNT or PSNT, whereby the assets of the individual placed into the SNT or PSNT are not countable under the means-tested public benefits eligibility rules. For example, gifted assets have a five-year “look back” restriction. However, by putting their assets into a Special Needs Trust, an individual with a disability can receive public benefits and conserve their assets. These assets can be later used to pay for certain expenses which will improve the quality of their life.

## I’m over 65 years old, can I create my own SNT and have my child act as Trustee?

The short answer is “No.” According to federal statute, if a person desires to create a standalone self-settled SNT (a/k/a (d)(4)(A) trust, referring to the federal code), they must be under age 65.



## Well, if I can’t create my own SNT, what options do I have?

If spending down the funds is not a practical or available option for an individual with a disability and they are over age 65, they still have the option to create a first-party funded PSNT sub-account (a/k/a (d)(4)(C) trust). For Wisconsin residents, the two most commonly used PSNT organizations are Wispact, Inc. and Life Navigators.

If the sub-account is properly created, funds of an individual with a disability placed into

a sub-account in a PSNT created for that individual’s sole benefit will be considered an exempt resource for means-tested public benefits purposes.

*For purposes of this article, PSNT creation and usage will be detailed using Wispact as the PSNT organization.*

## Using SNTs in Estate Planning by Family Members of Individuals with Disabilities

Another situation in which SNTs are used is in estate planning for individuals with disabilities by parents, grandparents, and others. Giving a gift of money or property directly to individuals with disabilities could put them over the \$2,000 asset limit if they receive or plan to apply for means-tested public benefits. Instead, the money (e.g. an inheritance) can be directed to and placed into a third-party SNT. Directing the funds to a third-party funded SNT, allows the individual to use the money without being concerned about the means-tested financial eligibility restrictions. For example, funds placed into a Wispact Trust II sub-account (third-party funded PSNT) are considered exempt to the individual with a disability for means-tested public benefits purposes. Please be aware that to remain an exempt resource for the Wispact Beneficiary, the funds in the individual’s Wispact Trust sub-account can only be spent for the sole benefit of the Beneficiary.

## How is a Wispact Trust I Sub-Account Created?

In its simplest form, a Wispact Trust I account Contribution Agreement is advised on and completed by a licensed Wisconsin attorney familiar with Special Needs or Elder Law. The trust application form is then submitted to Wispact for legal review. If the application meets the requirements set forth by Wispact and its Trustee (in accordance with federal and state laws), it is forwarded to the Trustee for its approval, and the Trust sub-account is created. For more information on Wispact and how a sub-account within its PSNT may benefit you or a family member, please visit [www.wispact.org](http://www.wispact.org) or contact James Giese at (608) 268-6006.

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For more information on the application process, or to make a monetary donation to this 501(c)3 non-profit organization, please visit:  
[www.helpfulheartswi.org](http://www.helpfulheartswi.org).



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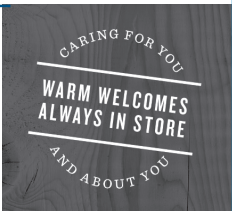
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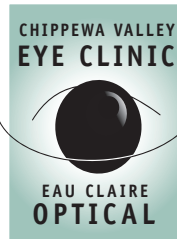
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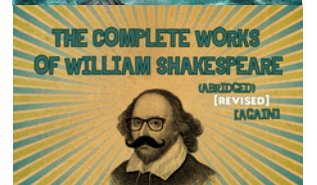
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SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	Twelfth NIGHT 7:30 pm 5	Twelfth NIGHT 7:30 pm 6
Twelfth NIGHT 1:30 pm ★ 7	8	9	10	11	ROMEO & Juliet 7:30 pm 12	Twelfth NIGHT 1:30 pm 13 ROMEO & Juliet 7:30 pm
ROMEO & Juliet 1:30 pm 14 Twelfth NIGHT 7:30 pm	15	16	17	18	THE COMPLETE WORKS OF WILLIAM SHAKESPEARE (REVISED) (ACADINI) 7:30 pm 19	ROMEO & Juliet 1:30 pm ★ 20 THE COMPLETE WORKS OF WILLIAM SHAKESPEARE (REVISED) (ACADINI) 7:30 pm
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THE COMPLETE WORKS OF WILLIAM SHAKESPEARE (REVISED) (ACADINI) 1:30 pm 28 ROMEO & Juliet 7:30 pm	29	30	31			



★ Talkback Q&A Following Show



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# Caring for Your Skin as You Get Older

By Mercyhealth

As we age, our skin becomes weaker, dryer, and loses some of its protective fat layers. This can prolong the healing process from cuts, bruises and sun damage. This can happen for many reasons, including the skin is thinner and loses water more easily. Medications and medical conditions can also play a role in this. The right skin care can improve how your skin feels and looks. A few simple steps in a regimen will help you make your skin look and feel its best.

- Wash with a gentle, fragrance-free cleanser. Doing so will help soothe dry skin. Look for moisturizing ingredients such as hyaluronic acid.
- Use warm water not hot water. Hot water can strip the natural oils from the skin, which can increase your skin's dryness.
- Gently pat your skin after washing.
- Apply a creamy, fragrance-free moisturizer formulated for a dry skin after bathing. Niacinamide works to help hydrate, calm and soothe your skin.

With any skin regimen it's important to protect your skin from the sun. Sun protection offers many benefits for mature skin. It also reduces that risk of developing skin cancer. Seek shade outdoors when the rays are the highest (10 am-2 pm), wear protective clothing/hats, and apply a broad-spectrum SPF 30 or higher every day. Remember to check expiration dates on any sunscreen you have at home. Lastly, see your doctor or dermatologist for a complete skin examination every year.



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