



Hi SENIOR Lites

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RESOURCES FOR SENIORS, FAMILIES AND CAREGIVERS IN DUNN COUNTY

Heating Assistance Programs in Wisconsin *By the GWAAR Legal Services Team*



Submitted by Bethany Schneider, ADRC Elder Benefit Specialist

As winter approaches and temperatures drop, many Wisconsin residents may struggle to afford their heating bills. Fortunately, several programs are available to provide financial assistance and improve the energy efficiency of homes for low-income individuals and families.

Home Energy Plus (HE+)

Home Energy Plus (HE+) includes the Wisconsin Home Energy Assistance Program (WHEAP), Weatherization Assistance Program, and HE+ Program Services. WHEAP provides assistance for heating and electric costs, as well as energy crisis situations. Weatherization helps homeowners



and renters reduce energy consumption. The HE+ Program Services enables eligible homeowners and renters to repair or replace their furnaces and other heating systems, broken water heaters, leaky fixtures, toilets, and piping. The programs are operated with federal and state funding and provide energy assistance payments to over 200,000 households and provide weatherization services to over 6,000 households in Wisconsin each year.

Eligibility

To be eligible for WHEAP, the Weatherization Assistance Program, and HE+ Program Services, applicants must be Wisconsin residents, have a Social Security Number, be responsible for paying for some of their own energy costs, and have income that falls below a certain threshold amount. There is no asset test to qualify for any of these programs.

WHEAP

WHEAP assistance is a one-time payment during the heating season (October 1-May 15). The funding pays a portion of energy costs, and it is not intended to cover a household's entire seasonal energy expenses. The amount of the benefit depends on a number of factors, including the household's size, income, and energy costs. Typically, the energy assistance benefit is paid directly to the energy provider.

...continued on page 4



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 and
 Kelly Bien
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.



Updated Food Pantry Hours

Located at 1602 Stout Rd, Menomonie
 Enter through 17th St

MONDAY <small>Inside Only</small>	TUESDAY <small>Inside Only</small>	WEDNESDAY <small>Curbside Only</small>	FRIDAY <small>Curbside Only</small>	SATURDAY <small>Inside Only</small>
1:00 pm to 4:00 pm	10:00 am to 1:00 pm	2:00 pm to 6:00 pm	12:00 pm to 4:00 pm	9:00 am to 12:00 pm

Mon/Tues/Sat - Inside Shopping only. No curbside available.
Wed/Fri - Curbside Shopping Only. No inside shopping available.

Check-in once a week to receive meat, dairy, dry goods, bakery, fresh fruits & vegetables (as available).



POP-UP CURBSIDE FOOD PANTRY

Stepping Stones Food Pantry provides this service to 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
 N2698 460th St,
 Downsville

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

For more information, contact Angie Wolf:
 715.235.2920 ext. 204 | a.wolf@steppingstonesdc.org
All pop-up pantries are closed on holidays.

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715.308.3158

EQUAL HOUSING OPPORTUNITY

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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 Crumb topped baked fish, Basil garlic potatoes, Broccoli, Fruit ambrosia salad
4 Beef stroganoff, Noodles, Seasoned peas, Fresh banana	5 Roast turkey, Mashed potatoes, Turkey gravy, Herbed baby carrots, Wheat bread, Applesauce	6 Shepard's pie, Stewed tomatoes, Bread pudding with raisins, Vanilla butter sauce	7 Baked fish fillet, Lemon butter sauce, Twice baked potatoes supreme, Broccoli cuts, Wheat bread, 24 hour fruit salad	8 Three bean chili with canned beans, Mixed green salad, Cornbread, Mixed berries
11 Open face hot turkey sandwich with gravy, Mashed potatoes, Turkey gravy, Broccoli, Fresh apple	12 Baked ham & pineapple, Scalloped potatoes, Pinto beans & bacon, Creamy frosted white cake	13 Old fashioned meatloaf, Baked potato, Sour cream, Creamy corn casserole, Apricots	14 Deluxe chicken pot pie, Herbed baby carrots, Dinner roll, Cherry cobbler	15 Breaded baked fish, Side winder fries, Colorful coleslaw, Frosted pumpkin bar
18 Pork chops with apples, Cheesy hash browns, Winter squash, Wheat bread, Sugar cookies	19 Beef pot roast with brown gravy, Mashed potatoes, Brown gravy, Carrots with parsley, Whole wheat rolls, Banana cake	20 Barbecue glazed chicken, Augratin potatoes, Whole kernel corn, Wheat bread, Watermelon	21 Ham & cheese on a bun, Bean with bacon soup, Crackers, Diced pears	22 Italian meat sauce, Spaghetti noodles, Spinach cranberry salad, Garlic bread sticks, Iced brownie
25 Salisbury steak, Gravy, Parslied potatoes, Stewed tomatoes, Wheat bread, Pineapple tidbits	26 THANKSGIVING MEAL: Roast turkey, Mashed potatoes w/turkey gravy, Stuffing, Sliced carrots, Cranberry sauce, Pumpkin pie	27 Meat lasagna, Romaine and onion salad, Garlic bread, Mandarin oranges	28 MEAL SITES CLOSED 	29 MEAL SITES CLOSED



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.




Stepping Stones

of Dunn County

"People helping people strengthen the Dunn County Community by providing food, shelter, and support"

GET HELP

-  Food Pantry: Offers in-person, curbside, and pop-up options.
-  Shelter: Provides emergency housing, assistance, and referral services.
-  Community Connections: Links volunteers to neighbors to provide supportive services.

1602 Stout Rd, Menomonie, WI 54751
715.235.2920 | www.SteppingStonesDC.org

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 NOVEMBER 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



...continued from page 1

Crisis Assistance

Crisis assistance may be available for households that do not currently have heat, or for households that have received a disconnection notice, or that are nearly out of fuel and are unable to purchase more. WHEAP agencies provide a 24-hour crisis phone line to help with emergencies after business hours. Non-emergency assistance may be available to provide information on how to reduce energy costs, counseling on budgeting and money management, as well as payments to energy providers.

HE+ Program Services

The HE+ Program Services can assist eligible renters and homeowners whose boiler or furnace stops working. The program can pay for repairs or, in certain situations, a total replacement of a non-operational system. Call your local WHEAP agency or the statewide Customer Care Center at 1-800-506-5596 if you are ever experiencing a no-heat situation.

Weatherization Assistance Program

The Weatherization Assistance Program helps eligible renters and homeowners reduce energy costs while increasing comfort in their homes.

Weatherization improvements can also make your home environment safer and healthier. Improvements are usually installed by local professionals in your area. If your residence qualifies for weatherization services, you may receive one or more of the following types of energy efficiency solutions: insulation, sealing air leaks, heating system updates and/or energy-saving products (e.g., water-saving faucet aerators and shower heads, LED bulbs, etc.).

Utility Disconnection Prohibition for Non-Payment

Wisconsin law prohibits utility providers from disconnecting residential heating services for nonpayment from November 1st – April 15th each year. No one should have to go without heat during the winter due to inability to afford their bills. If this happens to you, contact your local ADRC immediately for assistance!

Resources for More Information and to Apply:

- For more information or to locate your local WHEAP agency, call 1-866-HEATWIS or visit <https://energyandhousing.wi.gov/>
- To apply online for WHEAP benefits, go to <https://energybenefit.wi.gov>
- Other Energy Resources:
 - KEEP WISCONSIN WARM/COOL FUND: 1-800-891-WARM (9276); www.kwwf.org
 - HEAT FOR HEROES (Program for Veterans): 1-800-891-9276; www.heat4heroes.org
 - FOCUS ON ENERGY: 1-800-762-7077; www.focusonenergy.com

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Celebration of Life Center 1717 Devney Dr - Altoona
chippewacremation.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



5 Ways to Use a Journal to Reduce Caregiver Stress



*Submitted by Casey Schnacky,
Outreach/Caregiver Coordinator*

Reduce caregiver stress with journaling

For many caregivers, stress is a constant companion. One effective way to reduce caregiver stress and keep burnout at bay is to write in a journal. Getting your thoughts and feelings down on paper and out of your head is surprisingly therapeutic. Studies have even found that journaling improves health and well-being. Chronic severe stress can have devastating effects on physical and mental health. That's why it's important to find stress reduction and coping techniques that fit your busy schedule. They'll help you stay as healthy as possible while you care for your older adult. To give you more options in addition to writing your thoughts, we share 5 other ways you can use a journal to reduce stress and improve health.

5 ways to use a journal to reduce caregiver stress

1. Keep a gratitude list

When you're tired and stressed, it's easy to get caught up in negative thoughts. To reduce those bad feelings, focus on the things you're grateful for. This gets you into the habit of noticing the positive things that happen. Gratitude helps you shift perspective and see that the world is not 100% terrible. In your journal, make a list of things you're grateful for. Keep adding to this list, daily or whenever you think of something. Then when you're feeling negative or discouraged, read through your list to get a dose of positivity.

2. Track your accomplishments

Caregiving involves many thankless tasks and exhausting battles. Those struggles overshadow the times when you've been successful. To help you remember, write a list of your accomplishments and successes, big and small. For example, you might have gotten mom to take a bath without a big struggle. Or maybe you finally got the hospital to correct their billing errors. Whenever you're feeling beaten down, review your list to remind yourself of all the things you've achieved as a caregiver.

3. Give yourself wise advice

If you're struggling with a big decision, something's bothering you, or there's a problem you haven't been able to solve, write about it using the third person. Writing in the third person gives

you distance from what's happening because it focuses on facts. That changes your perspective and helps you reach important realizations or find solutions. For example, if you're struggling with your dad over taking medicine, you might write "Bill (your dad) refuses to take his medicine. He says the pills are making him sick. After he takes them, he often isn't hungry at lunchtime and wants to lie down. When Mary (that's you) told him that the pills were good for him, Bill got mad and said Mary didn't care about him." Writing that scene in the third person removes the emotion from the situation. Without the frustration you were feeling in the moment, you might wonder if the medication has negative side effects – he seems to feel unwell after taking the pills. That might be what's making him refuse. Now, instead of feeling frustrated and helpless, you have a theory and plan to call the doctor and ask about side effects.

4. Make a list of things that lift your spirits

When you're in a negative mood, it can be hard to remember how to get out of it. Make a list of things you enjoy, activities that relax you, or music that always boosts your mood. When you're feeling down, take out your list and do one of your happy things.

5. Enjoy more nature

Spending time in nature is one of the best ways to refresh your senses and relax your mind. You might not be able to get outside on a regular basis, but you can keep some of that nature in your journal. Write about being outside in a favorite location – describe the sky, the weather, and the landscape in detail. Record how being there makes you feel. When you need a boost, but can't get outside, read your descriptions and imagine that you're there.



<https://dailycaring.com/5-ways-to-use-a-journal-to-reduce-caregiver-stress/POCKET TALKER ULTRA>

Benefits of Adding Fiber to Your Diet



Submitted by Sarah Brown, ADRC Dietetic Intern

Dietary fiber helps keep bowel function normal and may decrease risk of type 2 diabetes and heart disease, however, most US adults only get about half the fiber they need each day. Follow these tips to promote digestive health and lower your risk of developing certain diseases.

- The Institute of Medicine recommends that total fiber intake for adults older than 50 should be at least 30 grams per day for men and 21 grams for women.
- Most vegetables, fruits, whole grains, and legumes are sources rich in fiber. Nuts and seeds are also good sources but may be more difficult to chew if you have dental problems or dentures. Try adding fruits and vegetables such as apples, pears, bananas, or baby carrots to your meals and snacks, or almonds, sunflower seeds, or pistachios for a quick fiber-friendly snack.
- Add beans or other legumes to your diet. Legumes such as lentils and peas or beans (pinto, kidney, lima, navy, garbanzo) can be added to salads, soups, stews, or casseroles. Dips and spreads can also be made by blending or pureeing legumes, for example, chickpeas can be pureed to make hummus dips.
- Read food labels to help identify processed foods rich in fiber. Fiber is always listed as dietary fiber, underneath total carbohydrates on food labels.
- Make sure to drink plenty of water as you increase your fiber intake and remember to slowly add fiber to your diet. A sudden increase in fiber without additional water intake may lead to some digestive discomfort.



Benefits of Fiber

- It can aid in controlling blood sugar. Fiber doesn't cause a spike in blood sugar like other carbohydrates, because our bodies cannot absorb and break down fiber.
- It can protect your heart. Fiber prevents the absorption of fat and cholesterol and may lower your triglyceride and cholesterol levels, reducing your risk of heart disease.
- It can promote digestive health. Fiber helps keep your bowel movements normal and reduces your risk of colon cancer.
- It keeps you feeling full throughout the day. Because fiber moves more slowly through the digestive system, it can provide increased fullness and increased digestion time.

November Recipe: White Chicken Chili

Recipe from Eatingwell.com

A bowl of this healthy white chicken chili contains 22 grams of protein in each serving and 10 grams of fiber and works well with a diabetes-friendly diet. Consider topping this white chili with Greek yogurt instead of sour cream to add protein and reduce fat content while still getting a creamy texture.



Ingredients

- 3 (15 ounce) cans no-salt-added Great Northern beans, rinsed and drained
- 4 cups reduced-sodium chicken broth
- 1 pound skinless, boneless chicken breast halves
- 2 cups finely chopped onions
- 1 ½ cups chopped desired-color sweet peppers
- 2 4-ounce cans diced green chili peppers, undrained
- 4 cloves garlic, minced
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano, crushed
- ½ teaspoon salt
- ¼ teaspoon cayenne pepper
- 1 ½ cups shredded Monterey Jack cheese (6 ounces) (Optional)
- 1 (7 ounce) container Plain fat-free Greek yogurt
- 1 bunch Fresh cilantro leaves

Directions

1. In a 4- to 5-qt. slow cooker combine beans, broth, chicken breast, onions, sweet peppers, chili peppers, garlic, cumin oregano, salt and cayenne pepper. Cover and cook on low 4 to 5 hours or high 2 to 3 hours.
2. Remove chicken; shred using two forks. Return shredded chicken to cooker. If desired, top servings with cheese, yogurt and/or cilantro.

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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.



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

Shirley Doane Senior Center

1412 6th Street East
Menomonie, WI 54751
715-235-0954 email: seniors@wwt.net

Shirley Doane Senior Center November 2024



SU	MON	TUE	WED	THU	FRI	SAT
					1 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo	2
3	4 9-10:30am Tai Chi 12-3pm Open Walking Gym 12:30-1:30pm BINGOCIZE ADRC 1-3pm Mah Jongg	5 ELECTION DAY SENIOR CENTER CLOSED NO ACTIVITIES OR CLASSES	6 8:30am Foot & Nail Clinic* 9am-2pm Crafts /10am-2:30pm ADS* 12-3pm Open Walking Gym 12:30pm Aveanna Healthy Eating* 1pm Open Duplicate Bridge	7 8:30-9:15am Chair Yoga 9:45-10:30am Stronger Seniors-Intermediate* 10am-2:30pm ADS* 11-11:45am Stronger Seniors-Basic Class* 12:30-1:30pm BINGOCIZE ADRC 1pm 500 Cards	8 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo	9
10	11 VETERANS DAY CEREMONY @11:15AM* 9-10:30am Tai Chi 10-11:30am ADRC Relatives Raising Children 12-3pm Open Walking Gym 12-2PM CVLR COOKING w/ MONICA* 12:30-1:30pm BINGOCIZE ADRC 1-3pm Mah Jongg	12 8:30am Foot & Nail Clinic* 8:30-9:15am Chair Yoga 8:30am SENIOR CENTER BOARD MEETING 9:45-10:45am Stronger Srs-Intermediate* 10AM-Noon CIL BP & BS Clinic 10am Cribbage 11-11:45am Stronger Seniors-Basic	13 8:30am Foot & Nail Clinic* 9am-2pm Crafts /10am-2:30pm ADS* 11:30am-1pm ADRC Women Connected 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	14 8:30-9:15am Chair Yoga 9:45-10:30am Stronger Seniors-Intermediate* 10am-2:30pm ADS* 11-11:45am Stronger Seniors-Basic Class* 12:30-1:30pm BINGOCIZE ADRC 1pm 500 Cards	15 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo	16
17	18 9-10:30am Tai Chi 12-3pm Open Walking Gym 10-11:30am ADRC Purple Perk 11:30am-12:30pm ADRC Artful Expressions* 12:30-1:30pm BINGOCIZE ADRC 1-3pm Mah Jongg	19 8:30am Foot & Nail Clinic* 8:30-9:15am Chair Yoga 9:45-10:45am Stronger Srs-Intermediate* 10am Cribbage 11-11:45am Stronger Seniors-Basic	20 8:30am Foot & Nail Clinic* SENIOR CENTER THANKSGIVING MEAL @ 11:30 AM **RSVP 9am-2pm Crafts /10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	21 LAST DAY OF STRONGER SENIORS & BINGOCIZE 8:30-9:15am Chair Yoga 9:45-10:30am Stronger Seniors-Intermediate* 10am-2:30pm ADS* 11-11:45am Stronger Seniors-Basic Class* 12:30-1:30pm BINGOCIZE ADRC	22 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo	23
24	25 9-10:30am Tai Chi 10:30am-12pm ADRC Exploring Dementia 12-3pm Open Walking Gym 1-3pm Mah Jongg	26 8:30am Foot & Nail Clinic* 8:30-9:15am Chair Yoga 10am Cribbage	27 8:30am Foot & Nail Clinic* 9am-2pm Crafts /10am-2:30pm ADS* 12-3pm Open Walking Gym	28 CENTER CLOSED Thanksgiving Holiday	29 CENTER CLOSED Thanksgiving Holiday  Happy Thanksgiving	30

Time To Review Your Medicare Plan: Prepare Early This Year!

By the GWAAR Medicare Outreach Team



Submitted by Bethany Schneider, ADRC Elder Benefit Specialist

Do you have a Medicare Prescription Drug (Part D) plan? Every year Medicare Part D plans can change the list of prescription medications they will cover. That means even if you are taking the same medications, the amount you pay for your medications may change in 2025! The plans' premiums, deductibles, and co-pays can also change each year.

What can people do about this? All Medicare beneficiaries should check their Part D coverage each year during Medicare's annual open enrollment period, which runs October 15 through December 7th. This is the time of year to find out if your current plan will cost



you more, or less than other Part D plans in 2025. If it is no longer the best plan for your medications, this is the time to make a switch to a Part D plan that will suit you better.

Make sure you will have appropriate prescription drug coverage in the New

Year. You can compare plans on the official Medicare website at Medicare.gov. Medicare beneficiaries in Dunn County can also receive free, unbiased assistance with plan comparisons from the Elder Benefit Specialist at the Dunn County ADRC.

Start preparing early this year. Don't let this opportunity pass you by! Go to Medicare.gov to compare plans online or for local assistance call the Dunn County ADRC at 715-232-4006.

If our appointments are full, you can get assistance through the following resources:

- 1-800-MEDICARE or www.medicare.gov
- Medigap helpline 1-800-242-1060
- Disability Drug Helpline 1-800-926-4862 (if under age 60)
- Wisconsin Medigap Prescription Drug Helpline 1-855-677-2783

**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.

BINGOCIZE
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Fall Prevention Workshop!

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When: Mondays & Thursdays
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Time: 12:30-1:30pm

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Sept. 16, Oct. 21, Nov. 18, Dec. 16, 2024

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.

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



Relatives Raising Children Support Group



2nd Monday 10-11:30 a.m.
MENOMONIE SENIOR CENTER
1412 SIXTH STREET EAST
MENOMONIE WI

September 9
October 14
November 11
December 9 2024

A confidential space for grandparents and other relatives raising children. Meet and connect with other caregivers, develop a network of support, and be heard by others with shared experiences.

Option to attend virtual or in person. Contact Dunn County ADRC for information (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

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



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

Liquid Level Indicator

Submitted by CIL Western Wisconsin

Never worry again about overfilling your beverage glass or coffee mug. Simply attach the convenient Vibrating Liquid Level Indicator to the rim of your cup or glass and pour with confidence. The indicator vibrates to alert you when the liquid level approaches the top, preventing accidental overfilling and messy spills.



The liquid level indicator is a thoughtfully designed device intended for individuals who are blind, deaf, or have low vision. It hangs on the side of a cup or mug and emits a beep when the liquid reaches a designated level, helping to avoid overfilling or spilling. Its compact, pocket-sized design makes it easy to carry, and it operates using a standard 9-volt battery.

This device retails for approximately \$20 and can be purchased from online retailers 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.

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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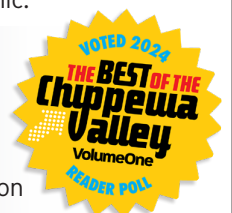
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Spotlight on our Dementia Care Specialist



By Tracy Fischer,
ADRC manager

Many people with dementia live at home. But dementia can cause challenges—both for people with the condition and their caregivers. Our program for dementia care offers support. Our dementia care specialists work to improve the quality of life for people with the condition who are living at home. They also support caregivers. What do dementia care specialists do?

Dementia care specialists provide:

- Free information and support to adults with dementia and their caregivers.
- **Independence.** Dementia care specialists can help connect you with things to do in your community so you can stay involved.
- **Memory screenings.** Dementia care specialists can perform memory screenings. These are tools to help identify changes to memory and cognition. If the screening shows memory loss, a specialist may refer you to a doctor.
- **Social opportunities.** Dementia care specialists can help you find social activities, such as those involving music and art.
- **Care planning assistance.** Dementia care specialists can help you with where you are now—and help you plan for the future.
- **Support group connection.** Dementia care specialists can connect you with caregiver support groups where you live.

- Help creating places where people with dementia can remain active and safe.

- **Memory cafés.** Dementia care specialists form and support meeting places for those with memory loss and their caregivers. These cafés let people share experiences and connect.
- **Dementia-friendly businesses.** Dementia care specialists train businesses to better understand how to support customers with dementia.
- **Coalitions.** Dementia care specialists support community groups focused to dementia initiatives.



In Dunn County, we are fortunate to have Dementia Care Specialist Carla Berscheid. Carla works half time in Dunn County, and half time in Chippewa County. She is easily reached by phone at 715-738-2584 or 715-944-8091 or by email at cberscheid@co.chippewa.wi.us. She is a wonderful resource for those affected by dementia and their family members and/or caregivers.



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Dementia – If Only There Was a Cure

By Shelley Krupa, Business Operations Coordinator at Lake Hallie Memory Care

As I held her hand the day mom took her last breath, it was a blurry day for me. If only there had been a cure, a way to have stopped what took her so early in life.

We're supposed to age gracefully, living past 70, aren't we?
Mom died of vascular dementia 12 years ago, after battling 20+ years with her failing health. She was 70 years old - missed her 71st birthday by 3 months. Diabetes, cardiovascular diseases, and strokes lead to vascular dementia in her final years of life.

Mom's destiny was determined by the diseases she had overtaking her body and life. Had she known better, perhaps she would have made different lifestyle choices. Once dementia set in, her ability to make healthy choices simply didn't exist.

There currently isn't a cure for dementia.

If we could find the panacea for dementia, we'd all be rich in more ways than one. We'd save the world billions of dollars. We'd be healthy and live longer. But yet, we don't. Why is that? I often wonder. Do we think it is easy to live with dementia instead? Do we doubt dementia is that prevalent? The facts tell us otherwise.

Every 66 seconds someone in the US develops the disease.

Dementia in its many forms doesn't discriminate, isn't stoppable, curable, or preventable once the disease begins. It causes irreversible brain damage and isn't a normal part of aging. Over 80% of Americans don't know the early warning signs. It is easy for us to use our healthy brains to find ways to prevent it before it starts. (Check out this short video from the Alzheimer's Association - their website contains great information.)

The known facts about dementia should scare the h*ll out of us.

Unfortunately, it only seems to scare us or move us to action if we are personally affected by it or our loved one is. I know that was my case. I know better now, but my lack of knowledge back then lead up to a loss greater than words can describe. If only I had known more.

Alzheimer's is the 6th leading cause of death in the US.

Dementia cases continue to rise. It kills more than breast and prostate cancer combined. 6 million Americans live with the most common form of dementia - Alzheimer's. By 2050 that number could rise to 1 trillion.



1 in 3 seniors dies from some form of dementia.

If the predictions are right, we are not prepared as a society to pay for the costs of care or treatment of comorbidities associated with poor health routines leading up to the diagnosis or development of dementia. As a baby boomer, aka, the generation expected to push the numbers affected over the 16 million mark, I'm terrified to think of the rapid rate of growth of the disease.

We have to find a way to stop dementia before it starts.

Prevention comes with lifestyle changes, focusing on healthy gut regimens, and EXERCISE! What's good for the heart is good for the brain.

Exercise every day to help give yourself better odds. But is that enough?

It is only the start of a panacea. I encourage you to do what you can each day. Educate yourself for your tomorrow. You and your loved ones deserve a life without dementia! If you are caring for someone with dementia, my heart goes out to you - treasure every moment - hug your loved one every chance you get!

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New Blood Test for Alzheimer's Diagnosis By Becky Streeker

Researchers have recently discovered that combining two blood tests used for diagnosing cognitive decline—plasma phosphorylated tau 217 (p-tau217) and amyloid 42/40 ratio—produces a 90% accuracy rate in determining the presence of Alzheimer's disease in the brain. As Alzheimer's can be somewhat tricky to diagnose because its symptoms can mimic other types of cognitive decline, this could be a significant breakthrough for the Alzheimer's community.



score was accurate in 90% of the cases in the study of over 1,200 people undergoing treatment for cognitive decline.

These blood tests, once vetted, could have a large impact on diagnosis and treatment for Alzheimer's. A person's brain can form amyloid deposits as young as 30 or 40 years old, decades before any symptoms begin. If caught early, people could make lifestyle changes and take preventative measures. Researchers can also conduct

The p-tau217 test can diagnose mild cognitive impairment and early-stage Alzheimer's. The test measures the level of the tau protein 217 and also identifies if beta-amyloids are present. Tau tangles can be symptoms of other neurological diseases potentially causing memory loss at some point, but amyloid plaques are a key feature of Alzheimer's that cluster on the memory center of the brain. If the tau protein is elevated but amyloid is not present, it is not Alzheimer's but an indication of another type of dementia.

new trials to help them learn more about the disease from an earlier standpoint and develop better medications. Additionally, an accurate test will free up services and treatment for those who actually have Alzheimer's and have not simply been misdiagnosed or missed-diagnosed by the current standards of screening.

Though the p-tau217 test is very promising, combining it with the amyloid 42/40 test increases the accuracy of the results—this is called amyloid probability score. The amyloid 42/40 ratio blood test measures two specific types of proteins that have been linked to Alzheimer's. Researchers confirmed their results using spinal fluid taps and PET scans, which is currently the only verified way to diagnose Alzheimer's with certainty. The amyloid probability

Since these blood tests are still being researched, it is unclear if and when they will be made available to the public. The tests need to be verified on a wider scale of study, and then they have to be distributed to physicians who will need to be educated on guidelines and nuances of the test. However, the prospect and potential magnitude of this breakthrough is extremely exciting.

Source: LaMotte, Sandee. "Alzheimer's blood test catches 90% of early dementia cases, study finds." CNN. 28 JUL 2024. <https://www.cnn.com/2024/07/28/health/alzheimer-blood-test-p-tau-217-wellness/index.html>.



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

Commemorating the Power of Caring *By Christine Eggers*

I didn't set out to become a nurse. But here I am, 30 years in, with no intention of stopping. I've worked in other settings and as an instructor, but home health and hospice are where I find my heart. When I was teaching, I went back to work as a nurse on weekends because I missed it.



Every day in my line of work looks different. Today I am providing respite to a farmer whose wife has dementia because he needs to harvest his crops. Tomorrow I will set up medications for one client, perform wound care on another, and chaperone a clinic appointment for a third. For some, I coordinate and supervise a team of care providers. For others, I complete weekly health assessments to keep them out of the hospital. My clients wish to remain at home, and I solve the problems that might prevent them from doing so. My best day is when I solve a problem before it has even begun.

Home health is something of a calling. Years ago, I saw it as a means of changing the world for one person at a time. When I do my job well, it doesn't look like I'm doing a thing. If I prevent a client's illness or injury, those things never happen, and that is a pleasure all its own. We have to be the kind of people who take great joy in being the only person who knows we accomplished anything at all. That's fundamental to all nursing, but it's particularly so for home health.

When I was in nursing school, people would ask if I was going on to medical school. Intelligent women were supposed to become doctors--we were liberated and free to pursue more prestigious occupations than nursing. That just wasn't the path for me. Doing a job that looks like you're not doing anything isn't for the faint of heart. Most people want others to see something great in themselves--we want credit or a title. There are no accolades if the illness or injury never happens in the first place. There might even be complaints about the things we do to make sure nothing happens.

This Home Health and Hospice Month, we are commemorating the power of caring. Often these appreciation days, weeks, and months focus on dramatic moments or great sacrifice. I'd like to recognize the absence of drama as the great event it is--like appreciating getting home from work without a car accident. We need to acknowledge and appreciate not falling and breaking a hip, not developing a sacral ulcer, or contracting pneumonia, and living another day at home with control over our lives because we are there. So, if you have home health and it doesn't seem like they are doing anything because since they've been providing your care nothing has happened, treat that nothing like the wonderful service it is.

Happy Home Health and Hospice Month!

Honoring Service: Funeral Traditions for Military Veterans

By Stokes, Prock & Mundt Funeral Chapel

The passing of a military veteran is a profound moment, marked not only by grief but also by deep respect for the individual's service to their country. Funeral traditions for veterans are steeped in history, symbolism, and ritual, reflecting the honor and sacrifices made by these brave individuals. Understanding these traditions can provide comfort to families and friends as they navigate the loss of their loved ones.



Honor Guard: A military honor guard is often present to perform ceremonial duties. This unit, composed of active-duty military personnel, pays tribute to the deceased by performing rituals such as the folding of the flag and the presentation of military honors. Their presence underscores

the importance of the occasion and signifies the respect given to all service members.

Military funerals are not just a means of saying goodbye; they are a formal acknowledgment of the veteran's service. These ceremonies serve to honor the sacrifices made for the nation, recognizing the individual's commitment to protecting freedom and ensuring peace. The Department of Defense has established specific protocols to ensure that veterans receive the dignified farewell they deserve.

Gun Salute: A 21-gun salute is a traditional part of military funerals, representing the highest honor. This gesture, performed by a firing party, serves as a final salute to the deceased. The number 21 holds significance in military tradition, as it symbolizes the ultimate respect for a fallen soldier.

Casket and Burial Flag: One of the most recognizable symbols at a military funeral is the American flag draped over the casket. This flag not only represents the nation but also the veteran's dedication to serving it. After the ceremony, the flag is typically presented to the next of kin as a cherished keepsake.

Taps: The haunting sound of "Taps" resonates at military funerals, serving as a poignant farewell. This bugle call has been used since the Civil War and symbolizes the end of the day, akin to the closing of a soldier's life. Its emotional weight reinforces the solemnity of the ceremony.

Religious and Personal Touches: While military traditions are paramount, many families choose to incorporate personal or religious elements into the service. This can include readings from sacred texts, eulogies, or even music that held significance for the deceased. Balancing military honor with personal touches helps to create a unique tribute to the life lived.

For many veterans, burial in a national cemetery is a fitting conclusion to their military journey. These cemeteries, such as Arlington National Cemetery, hold special significance and provide a final resting place where veterans can be honored alongside their comrades. The committal service at the gravesite often includes the same military honors as the main funeral service, emphasizing the ongoing respect for the veteran's service.

Families of veterans are often eligible for specific benefits, including burial allowances and headstone markers. Understanding these options can help ease some of the financial burdens during an already difficult time. The Department of Veterans Affairs provides resources to assist families in planning military funerals, ensuring they receive the honors their loved ones deserve.

Funeral traditions for military veterans serve as a powerful reminder of their service and sacrifice. These rituals, deeply rooted in history, provide a framework for honoring the lives of those who dedicated themselves to protecting their country. For families and friends, participating in these traditions can offer solace and a sense of connection to the veteran's legacy, ensuring that their memory lives on. Through solemn ceremonies, heartfelt tributes, and the presence of military honors, the contributions of these brave individuals are celebrated, fostering a lasting appreciation for their sacrifices.

HOW DO YOU WANT TO BE REMEMBERED?



Honoring a veteran at their funeral or memorial service not only shows respect to the veteran, but also to their families and can be part of the healing process.

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Helpful Hearts Foundation was created by Randy Mundt, former owner of Stokes, Prock & Mundt Funeral Chapel and Cremation Society of Wisconsin, to help low-income families who have experienced the death of a loved one, to pay for funeral expenses. While the primary purpose is to help with the loss of a child, the application process is open to anyone in financial need, for final expenses in Eau Claire and surrounding counties. We are reaching out to help our community, during their time of greatest need.

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.





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