



# Hi SENIOR Lites

- Online Shopping Safety
- Dunn County Area Retired Educators' Association January Meeting Announcement
- Preventing Falls When The Weather Gets Slippery
- Easy Ways to Eat Healthier in 2025
- Celebrating International Quality of Life Month
- Shoehorn



RESOURCES FOR SENIORS, FAMILIES AND CAREGIVERS IN DUNN COUNTY

## Online Shopping Safety *By the GWAAR Legal Services Team*



*Submitted by Bethany Schneider, ADRC Elder Benefit Specialist*

These days, you can choose to shop in-store or online. Online shopping is convenient

because it allows you to shop when the weather is terrible and traveling is dangerous. It also allows people with health issues to shop safely. These advantages make online shopping a popular choice. While it is convenient, it must be done carefully to protect your finances and your personal information.

Most people can spot fraud when they shop in person, but recognizing fraud online is trickier. Here are a few things you can do to ensure your online shopping experience is safe. Shop on websites you know and trust.



When you shop on websites of brands you know and trust, you can guarantee you get the product you want. Some websites try to sell products that look like the name brand but are of lower quality. Make sure you are buying the actual brand to ensure that you get high-quality products.

**Make sure that there is a lock on the address bar.**

To ensure the site is secure, look for the lock

symbol on the browser address bar at the top of the webpage (where you type the name of the store you want to shop). This lock lets you know that your data transfers are more secure.

**Know how much your item should cost.**

Research the average cost of the item you want to purchase before you buy. If the price is too good to be true, it could be a scam, counterfeit, or low quality. Knowing the average price of the item you want to buy can help you identify quality products from trusted brands and weed out fake, low-quality products.

**Research unknown store websites.**

If you want to buy from a store you don't know, you should do some research before buying anything. You can look them up on the Better Business Bureau to see if they have been tagged as a scam or have other customer service issues.

*...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 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

<b>MONDAY</b> <small>Inside Only</small>	<b>TUESDAY</b> <small>Inside Only</small>	<b>WEDNESDAY</b> <small>Curbside Only</small>	<b>FRIDAY</b> <small>Curbside Only</small>	<b>SATURDAY</b> <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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# 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 CLOSED 	2 Sweet and sour chicken, Steamed rice, Broccoli cuts, Chilled pears	3 Breaded baked fish, Baked potato, Sour cream, Monte Carlo blend vegetables, Rice pudding with raisins
6 Breaded pork chop, Buttered new potatoes, Dilled carrots, Wheat bread, Grapes	7 Herb baked chicken, Oven roasted sweet potatoes, Spinach salad, Apple crisp	8 Baked spareribs, Sauerkraut, German potato salad, Perfect pinto beans, Pumpkin bread	9 Roast beef, Mashed potatoes, Brown gravy, Whole kernel corn, Cherry torte bar	10 Crumb topped baked fish, Basil garlic potatoes, Broccoli, Fruit ambrosia salad
13 Beef stroganoff, Noodles, Seasoned peas, Fresh banana	14 Roast turkey, Mashed potatoes, Turkey gravy, Herbed baby carrots, Wheat bread, Applesauce	15 Shepard's pie, Stewed tomatoes, Bread pudding with raisins, Vanilla butter sauce	16 Baked fish fillet, Lemon butter sauce, Twice baked potatoes supreme, Broccoli cuts, Wheat bread, 24 hour fruit salad	17 Three bean chili with canned beans, Mixed green salad, Cornbread, Mixed berries
20 CLOSED 	21 Baked ham & pineapple, Scalloped potatoes, Pinto beans & bacon, Creamy frosted white cake	22 Old fashioned meatloaf, Baked potato, Sour cream, Creamy corn casserole, Apricots	23 Deluxe chicken pot pie, Herbed baby carrots, Dinner roll, Cherry cobbler	24 Breaded baked fish, Side winder fries, Colorful coleslaw, Frosted pumpkin bar
27 Barbecue glazed chicken, Augratin potatoes, Whole kernel corn, Wheat bread, Watermelon	28 Beef pot roast with brown gravy, Mashed potatoes, Brown gravy, Carrots with parsley, Whole wheat rolls, Banana cake	29 Pork chops with apples, Cheesy hash browns, Winter squash, Wheat bread, Sugar cookies	30 Ham & cheese on a bun, Bean with bacon soup, Crackers, Creamy coleslaw, Diced pears	31 Italian meat sauce, Spaghetti noodles, Spinach cranberry salad, Garlic bread sticks, Iced brownie

## 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 \_\_\_\_\_

# Exploring Dementia

*A support group for those caring for someone living with dementia*

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

## 2025 Dates:

January 27	May 29*	September 22
February 24	June 23	October 27
March 24	July 28	November 24
April 28	August 25	December 15*

\* indicates date change due to holidays

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



## 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](http://www.SteppingStonesDC.org)

## ACTIVITY CALENDAR FOR SITES IN DUNN

### ACTIVITY CALENDAR FOR THE MONTH OF JANUARY 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

#### **Give only the necessary information.**

Don't enter more information than you need into an online store's checkout page. A store should only need your name and your mailing and billing addresses. Never give a shopping website your social security number.

#### **Use a credit card when possible.**

Try not to use a debit card to shop online. This makes it easier for scammers to access your bank account information directly. Credit cards have more protection from fraud, making them the safer payment option.

#### **Review your credit card account.**

Review your credit card accounts regularly to ensure there are no unapproved purchases. The sooner you catch a fraudulent charge on your account, the sooner you can fix it. Contact your credit card company immediately to alert them to suspicious charges and activity. There should be a customer service phone number on the back of your credit card.

#### **Buy gift cards in-store.**

If you buy gift cards, purchasing them directly from the store is the safest option. Some online vendors sell fake gift cards, so be aware of where you're buying the gift card to avoid fraud.

#### **Don't shop online using public Wi-Fi.**

Using public Wi-Fi to shop online may not be safe. You should ensure your Wi-Fi

source is secure and password-protected to prevent anyone from accessing your private information. Use unique passwords.

Never use the same password for multiple websites or accounts. You should use a unique 12-character-long password or use a password manager. This makes it more difficult for scammers to gain access to your money and account information. You can also use multifactor authentication to protect your accounts further.

These are ways to shop online safely, but if you get scammed, you have options. First, complain to the seller if you are unsatisfied with the product or service. Second, if you think you have been scammed, you can report the scam to the Federal Trade Commission, State Attorney General, and the FBI. If your credit card or personal information is at risk, you should alert your credit card company of suspicious activity and possibly freeze your credit.

#### **Additional Resources**

You can freeze your credit by visiting the three major reporting agencies and following their website instructions. Each agency has its own set of instructions on freezing credit.

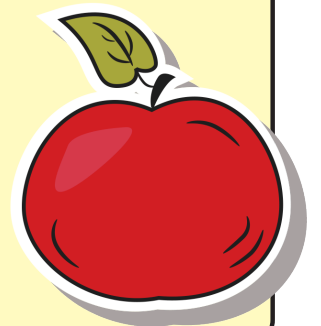
- Security Freeze | Freeze or Unfreeze Your Credit | Equifax® - 1-888-298-0045
- Freeze or Unfreeze Your Credit File for Free - Experian - 1- 888-397-3742
- Freeze Support Center | Credit Freeze FAQs | TransUnion - 1- 888-909-8872

### Dunn County Area Retired Educators' Association

#### JANUARY MEETING ANNOUNCEMENT

The Dunn County Area Retired Educators' Association will meet Monday, January 13, at The Village at White Pine, 921 22nd Ave. NE, Menomonie, 12:00 noon, for a PIZZA PARTY. (There will be a freewill donation for the pizza. Please note the location. Tours will be available at The Village at White Pine.)

All retired public school employees, preschool through university, are welcome to attend for camaraderie and great pizza! Please call Jean at 715.235.8285 by January 9th to RSVP.



# 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



## Preventing Falls When The Weather Gets Slippery

By the GWAAR Legal Services Team



Submitted by Bethany Schneider,  
ADRC Elder Benefit Specialist

As the leaves fall and the first snowflakes make their annual debut in mid-to-late autumn across Wisconsin, it is essential that everyone prepare for the icy conditions that lie ahead, but especially those who are at high-risk for breaking and fracturing bones if they suffer a slip-and-fall. The Centers for Disease Control and Prevention reports that unintentional falls are the leading cause of injury-related deaths for Wisconsinites aged 65 and older. By creating a personalized plan and implementing preventative measures, older adults can navigate the winter wonderland with confidence and better ensure that they maintain their independence throughout the season and beyond.

### Wisconsin's Winter Landscape

The first snowfall date in Wisconsin can vary significantly depending on where you are located in the state. Northern cities like Superior may see their first snowfall in mid-to-late October, while southern areas like Beloit might not experience winter's arrival until mid-to-late November. Regardless of your location, preparing for snowy and icy conditions is vital to preventing slips and falls.

### Creating a Fall Prevention Plan

Start by evaluating your environment and identifying potential hazards, both indoors and outdoors. Make a list of any necessary home modifications or assistive devices that could enhance your safety, such as installing handrails, non-slip mats, or an electric garage door. Consider enlisting the help of a family member, friend, or caregiver to assist with these preparations. If you are at high risk for a bone break or fracture if you fall, or a heart attack if you shovel, consider hiring an outside service now to come and shovel for you this winter. If you start looking now, before the first snowfall, you will likely be able to collect more bids and take your time in deciding, rather than feeling rushed through the selection process. Alternatively, you may wish to consider buying a snowblower if you don't already have one. You may also wish to consider buying a walking stick, trekking pole, or a walker to provide additional support when you are out walking this winter in slick conditions. And, if you don't already have a cellphone, now could be a good time to buy one. They can be invaluable to have on you if you suffer a slip-and-fall when no one is around. The important thing to remember is that you want to create a plan now, before the snow and ice start, so that you can be prepared with everything you will need when Old Man Winter arrives!

### Key Tips for Preventing Falls

- 1) Build Up Your Balance: Participate in balance and strength-building exercise classes to improve stability on slippery surfaces. Local senior centers or recreational facilities may offer specialized classes tailored to older adults' needs.
- 2) Stock Up on Melt: Keep a supply of ice melt, sand, or kitty litter on hand to create traction on icy walkways around your home.
- 3) Wear Proper Footwear: Invest in winter-appropriate footwear, such as boots with non-slip soles and excellent traction. Yaktrax or similar devices can also provide additional grip on slick surfaces.
- 4) Have a Communication Network: Set up a system with a friend, family member, or caregiver to check in regularly and ensure your safety during harsh winter weather.



### Conclusion

By preparing ahead of time, adapting your environment, and prioritizing safety, you can navigate the snowy season with confidence and enjoy all the beauty that winter has to offer!



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

# Easy Ways to Eat Healthier in 2025



Submitted by Bernie Allen,  
ADRC Nutrition Program Coordinator

For many of us, changing unhealthy eating habits seems like a major challenge. People often equate healthy eating with boring or bland food and “fad diets.” Healthy eating can seem overwhelming and complicated. However, it doesn’t need to be complicated.

Ideally, eating healthy should result in a varied diet that includes lots of delicious food. Here are some easy tips that will help you start eating healthier this year:

## 1. Choose whole foods instead of processed.

Swap your frozen meal or pizza with whole foods using a simple recipe. Start slow by finding recipes that include chicken or fish and only 3 to 5 other ingredients. Also, just adding some fresh veggies to your lunch and dinner is great way to include whole foods in your diet.



## 2. Avoid Sugary Drinks.

According to the Beverage Marketing Corporation, the average American drinks around 45 gallons of soda each year. The consumption of sugary drinks is associated with an increased risk of Type 2 diabetes and obesity. So, instead of drinking packaged juice or soda, go for unsweetened beverages or infused water.

## 3. Keep healthy food readily available.

When you get hungry, you’re more likely to eat the first thing you see on the counter or in the cupboard. Keep healthy food in easily accessible and visible places in your home. Place some fruit in a basket and keep it on the kitchen counter. Store healthy snacks at eye level in your pantry. Items such as almonds, pistachios, popcorn, dark chocolate (at least 72% cocoa) and dried fruit work great, as they are shelf stable and taste great.

## 4. Eat more fish.

The American Heart Association recommends eating fish (particularly fatty fish like salmon and mackerel) at least twice a week. Fish that are loaded with omega-3 fatty acids are considered “super foods.” Studies have shown that consuming omega-3 fatty acids regularly can improve brain and heart health, and they may reduce the risk of diseases such as Alzheimer’s, dementia and diabetes.

## 5. Use smaller plates.

Research indicates that eating a meal using a large plate tricks your brain into thinking that you haven’t eaten enough. Using a smaller plate may cause you to feel full quicker and avoid overeating.

## January Recipe: Sheet Pan Chicken Recipe

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

### Ingredients:

- 4 boneless skinless chicken breasts (lightly pounded to a relatively even thickness)
- 3 tablespoons extra-virgin olive oil
- 4 clove of garlic (minced)
- 2 tablespoons chopped rosemary (fresh if possible)
- 1 teaspoon ground cinnamon
- 1 teaspoon kosher salt
- ½ teaspoon black pepper
- 4 cups brussels sprouts (halved or quartered)
- 1 large sweet potato (peeled and cut into ½ inch cubes)
- 1 medium red onion (cut into ¾ inch pieces)
- 1 medium granny smith apple (peeled, cored and cut into 1 inch pieces – larger than the other veggies)



### Directions:

1. Preheat the oven to 425 degrees.
2. Place the chicken breasts in a large zip top bag. Drizzle with 1 ½ tablespoons of olive oil, then add the garlic, 1 tablespoon rosemary, cinnamon, ½ teaspoon salt and ¼ teaspoon black pepper. Zip the bag tightly, then shake and rub the bag to coat the chicken in the oil and spices. Set aside while you chop the veggies and apple. You can also refrigerate for up to 1 day.
3. Once chopped, place the brussels sprouts, sweet potato, onion and apple on a large, rimmed baking sheet. Drizzle with the remaining 1 ½ tablespoons olive oil, then sprinkle with remaining ½ teaspoon kosher salt and ¼ teaspoon black pepper. Toss to evenly coat, then spread into an even layer.
4. Remove the chicken from the marinade and place on top of the apples and vegetables. Place in the oven and roast until the chicken is cooked through and the internal temperature reaches 165 degrees, about 18 – 22 minutes (or until done). Once the chicken is cooked through, remove to a plate to rest and cover with foil to keep warm. Toss the apple and vegetables on the pan, then return the pan to the oven and continue baking until caramelized and tender, about 10 to 15 additional minutes. Sprinkle with the remaining 1 tablespoon of rosemary. Serve warm with the rested chicken.

4 Servings - Prep Time: 20 minutes - Cook Time: 25 minutes

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 Celebration of Life Center

2025

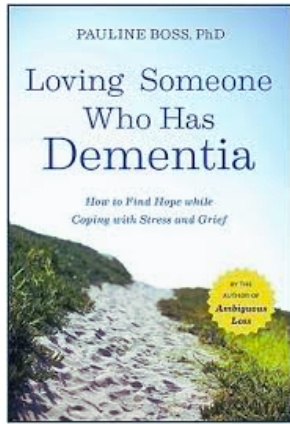
# Virtual Book Club

*Loving Someone Who Has Dementia*, is a guidebook designed for caregivers, family and friends of someone impacted by dementia. Providing strategies for managing ongoing stress and grief; while offering hope. Books will be provided.

**Wednesdays**  
**January 8 -**  
**March 5**  
**3:00 pm - 4:00 pm**



Registration and email required  
 contact the ADRC at 715-726-7777



# Virtual Dementia Support Groups



**Do you care for 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** - 1st Monday of the month 7-8pm.  
 Contact Scott at [scott.seeger@adrc-cw.org](mailto:scott.seeger@adrc-cw.org)
- Circle of Support** - 3rd Tuesday of the month 2-3pm.  
 Contact Teresa at [teresa.gander@vernoncounty.org](mailto:teresa.gander@vernoncounty.org)
- Evening Conversations** - Every Thursday night 7:30-8:30pm. Contact Teresa at [teresa.gander@vernoncounty.org](mailto:teresa.gander@vernoncounty.org)
- Minds & Voices** - 2nd Wednesday of the month, 10:30 - 11:30am  
 contact Rob at 920-386-4308 or [rgriesel@co.dodge.wi.us](mailto:rgriesel@co.dodge.wi.us)
- Lewy Body Dementia Caregiver Support Group** - 2nd & 4th Wednesday of each month 1:30-3:30pm.  
 Contact Rob at 920-386-4308 or [rgriesel@co.dodge.wi.us](mailto:rgriesel@co.dodge.wi.us)
- Friday Support** - Every Friday morning 9-10am.  
 Contact Karen at [karen.tennyson@co.rock.wi.us](mailto:karen.tennyson@co.rock.wi.us)
- Conversations** - for those with MCI or early dementia  
 1st & 3rd Wednesday of the month, 10:30 am - noon  
 contact Rob at 920-386-4308 or [rgriesel@co.dodge.wi.us](mailto:rgriesel@co.dodge.wi.us)

## Menomonie Area Senior Center

1412 6th Street East  
 Menomonie, WI 54751  
 715-235-0954 [seniors@wwt.net](mailto:seniors@wwt.net)  
 Web: [menomonieseniorcenter.org](http://menomonieseniorcenter.org)

# Menomonie Area Senior Center January 2025



SUN	MON	TUE	WED	THU	FRI	SAT
			1 <b>Senior Center Closed For New Year's</b>	2 8:30-9:15am Chair Yoga 10am-2:30pm ADS* 1pm 500 Cards	3 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo	4
5	6 9am-10:30am Tai Chi 12-3pm Open Walking Gym 1pm Euchre/Mah Jongg	7 8:30am Foot & Nail Clinic* 8:30-9:15am Chair Yoga 9:45-10:45am Stronger Seniors Intermediate 11-11:45am Stronger Seniors Basic 10am Cribbage	8 8:30am Foot & Nail Clinic* 9am-2pm Crafts /10am-2:30pm ADS* <b>11:30am-1pm Women Connected ADRC</b> 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	9 8:30-9:15am Chair Yoga 9:45-10:45am Stronger Seniors Intermediate 10am-2:30pm ADS* 11-11:45am Stronger Seniors Basic 1pm 500 Cards	10 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo	11
12	13 9am-10:30am Tai Chi <b>10-11:30am Relatives Raising Children ADRC</b> 12-3pm Open Walking Gym 1pm Euchre/Mah Jongg	14 8:30am Foot & Nail Clinic* 8:30-9:15am Chair Yoga 9:45-10:45am Stronger Seniors Intermediate 10:00-Noon <b>CIL Sponsored Blood Pressure/Glucose Check Clinic</b> 11-11:45am Stronger Seniors Basic	15 8:30am Foot & Nail Clinic* 9am-2pm Crafts /10am-2:30pm ADS* <b>11:30am-12:30pm Senior Center In-House Meal</b> 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	16 8:30-9:15am Chair Yoga 9:45-10:45am Stronger Seniors Intermediate 10am-2:30pm ADS* 11-11:45am Stronger Seniors Basic 1pm 500 Cards	17 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo	18
19	20 <b>Senior Center Closed Martin Luther King JR Day</b>	21 8:30am Foot & Nail Clinic* 8:30-9:15am Chair Yoga 9:45-10:45am Stronger Seniors Intermediate <b>10:00 -Noon ADRC Purple Perk</b> <b>11:00 ADRC Artful Expressions</b> 11-11:45am Stronger Seniors Basic 10am Cribbage	22 8:30am Foot & Nail Clinic* 9am-2pm Crafts /10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	23 8:30-9:15am Chair Yoga 9:45-10:45am Stronger Seniors Intermediate 10am-2:30pm ADS* 11-11:45am Stronger Seniors Basic <b>12:30pm Sr. Center Annual Meeting</b> <b>1:00pm Sr. Center Board Meeting</b>	24 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo	25
26	27 9am-10:30am Tai Chi <b>10:30am-Noon Exploring Dementia ADRC</b> 12-3pm Open Walking Gym 1pm Euchre/Mah Jongg	28 8:30-9:15am Chair Yoga 9:45-10:45am Stronger Seniors Intermediate 11-11:45am Stronger Seniors Basic 10am Cribbage	29 9am-2pm Crafts /10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	30 8:30-9:15am Chair Yoga 9:45-10:45am Stronger Seniors Intermediate 10am-2:30pm ADS* 11-11:45am Stronger Seniors Basic 1pm 500 Cards	31 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo	

# Celebrating International Quality of Life Month



By Tracy Fischer,  
ADRC Manager for  
the ADRC of Dunn  
County

Every January, International Quality of Life Month serves as a reminder to focus on improving the well-being and living conditions of individuals around the world. Observed throughout the month, this awareness initiative encourages people to reflect on their own lives and the quality of life of those around them, while promoting actions that contribute to better health, happiness, and fulfillment.



The month-long observance highlights the importance of addressing issues that impact quality of life on a global scale, including poverty, healthcare access, environmental concerns, and social equality. It also emphasizes the need for personal growth, well-being, and making positive changes to achieve a balanced and fulfilling life.

International Quality of Life Month is an opportunity to raise awareness about mental and physical health challenges and encourage people to take proactive steps towards self-care. Whether through exercise, mindfulness, or social connection, the month encourages practices that promote mental clarity, emotional health, and physical vitality.

The concept of "quality of life" encompasses a wide range of factors that contribute to an individual's overall sense of well-being, including physical and mental health, access to essential services, safety, education, and economic stability. It goes beyond material wealth and income to focus on happiness, life satisfaction, personal relationships, and the ability to enjoy life's simple pleasures.

By supporting initiatives that aim to improve access to healthcare, reduce poverty, and encourage positive lifestyle choices, people around the world can collectively contribute to elevating the overall quality of life for all. This observance serves as a call to action to build a world where everyone has the opportunity to live a healthy, happy, and prosperous life.

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## Top 10 Tips for Successful Aging

By the Greater Wisconsin Agency on Aging Resources  
Legal Services Team

"It's all in your mind" isn't just a saying, it's a life skill. According to neuroscientist Dr. Daniel Levitin, who studies brains as they age, here are 10 life habits for successful aging:



1. Delay retirement, and when you do retire, take up volunteering or hobbies. Continue to be engaged in meaningful work.
2. Look forward, not back.
3. Exercise to get your heart rate going, preferably in nature.
4. Embrace a moderate lifestyle.
5. Keep your social circle exciting and new.
6. Spend time with people younger than you.
7. See your doctor regularly, but not obsessively.
8. Don't think of yourself as old.
9. Appreciate your cognitive strengths, including pattern recognition, crystallized intelligence, wisdom, and accumulated knowledge.
10. Practice cognitive transfer (the act of learning, remembering, and problem-solving). This comes from experimental thinking, travel, spending time with grandchildren, and immersion in new activities.

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# Shoehorn

Submitted by CIL Western Wisconsin

Are you experiencing difficulty putting on or taking off your shoes? This month, CILWW will be highlighting a Long Handled Shoehorn. A shoehorn is an assistive device that helps individuals who may experience back pain, hip pain, arthritis, or other mobility issues by making it easier to put on shoes and boots. This device features a smooth surface that allows your foot to glide into the shoe easily, preventing damage to the heel of the shoe and reducing the risk of pinching fingers when putting your foot in. Made from durable metal, it is sturdy and wear-resistant. Shoehorns come in various sizes and styles, including full-length options that enable you to put on shoes without bending over or sitting down. Additionally, they are quite affordable, typically retailing for under \$20 at popular online retailers such as Walmart and Amazon.



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.

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### Menomonie -

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1412 Sixth Street E, Menomonie  
Fourth Monday of the month  
10:30 - noon

### Chippewa Falls -

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

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



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# Seven Liver Healthy Foods by Judy Soborowicz, Active Health Chiropractic and Nutrition

Short of joking about the occasional weekend damage, many of us never really give much thought to one of the largest most important organs in our body. Our liver has numerous functions including, but not limited to, break down, and build up of essential nutrients such as proteins, fats and carbohydrates. Our liver helps produce digestive enzymes, sex, steroid and stress hormones, is integral in maintenance of our blood sugar, and at least 300 other essential functions.

In terms of long term health, the wellness of our liver cells in many ways equal the expression of our overall health. The toxins and chemicals we are exposed to day to day intentionally or not, can tax our detoxification organs, including our liver. It is worth taking the time to provide our system with nutrients which help enhance the well functioning of our liver.

Wherever possible it makes sense to both reduce our toxic load by minimizing or limiting our exposure to harmful toxins and chemicals, and provide our system with an abundance of nutrients which help our liver perform its job. Not surprisingly it is nearly impossible to find a vegetable or fruit which does not assist the function and maintenance of a healthy liver. Eat your favorite local fruits and vegetables and consider incorporating the following seven power house foods for healthy liver function.

**Garlic:** Garlic contains numerous sulfur-containing compounds that activate our liver enzymes which are responsible for flushing out toxins from the body. This bulbous relative of the onion also contains allicin and selenium, two powerful nutrients proven to help protect the liver from toxic damage, and aid it in the detoxification process.

**Grapefruit:** Grapefruit is rich in natural vitamin C and antioxidants, two powerful liver cleansers. Like garlic, grapefruit contains compounds that boost our production of liver detoxification enzymes. It also contains a flavonoid compound known as naringenin that causes the liver to burn fat rather than store it.

**Green Tea:** Green tea is loaded with catechins, a type of plant antioxidant that has been shown in studies to eliminate liver fat accumulation and promote proper liver function. This powerful herbal beverage also protects the liver against toxins that would otherwise accumulate and cause serious damage.

**Green Vegetables:** Leafy green vegetables such as bitter melon, arugula, dandelion greens, spinach, mustard greens, and chicory also contain numerous cleansing compounds that neutralize heavy metals, which can bear heavily on the liver. Leafy greens also eliminate pesticides and herbicides from the body, and spur the creation and flow of cleansing bile.

## Avocado:

Avocados are valuable in helping our liver burn fat rather than store it, and helping to reduce LDL and raise HDL levels in the blood. Moreover, avocado contains nutrients which make up the precursor for one of the most potent antioxidants in our body, glutathione. Glutathione is needed by the liver to repair cells and clear toxins from our body. People with chronic liver disease are found to be low in glutathione levels.



**Walnuts:** Walnuts, which contain high levels of l-arginine, an amino acid, glutathione, and omega-3 fatty acids, also help detoxify the liver of disease-causing ammonia. Walnuts also help oxygenate the blood, and extracts from their hulls are often used in liver-cleansing formulas.

**Turmeric:** Turmeric, one of the most powerful foods for maintaining a healthy liver, has been shown to actively protect the liver against toxic damage, and even regenerate damaged liver cells. Turmeric also boosts the natural production of bile, shrinks engorged hepatic ducts, and improves overall function of the gallbladder, another body-purifying organ.

Wherever possible choose local and or organic versions of the above. This can make a big difference as spray free fruits and vegetables are up to 70% higher in the beneficial antioxidants. The longer fruits and vegetables travel, and the more heavily they are sprayed has a direct effect on the content of beneficial nutrients. Interesting, research shows, the harder our plants are challenged to fight for their own survival, determines the level of antioxidants present in the plant. The more they are sprayed the more they can depend on the spray for their protection and slack on the production of antioxidants. Like the plants, when we slack on the production of whole fresh foods, and choose to depend on a primarily refined and processed diet base, it has a negative effect on our own survival. Small changes to diet can translate to a much greater ability for our body to thrive and adapt to our environment. Start with the liver friendly seven, and begin to enjoy how your system thanks you.

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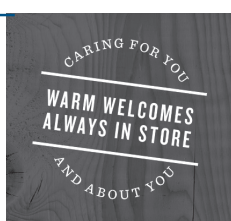
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# Life in 1950s America, By the Numbers

The 1950s in America was a dynamic and transformative era characterized by significant cultural shifts and economic growth. With Elvis on the radio and \*The Ed Sullivan Show\* captivating audiences on television, millions were flocking to suburban neighborhoods. The nation was young, with 31% of its 151 million residents under age 18, heralding the rise of the "baby boomers." The concept of the "nuclear family" became deeply rooted in American culture, as more than half of adults—68% of men and 66% of women—were married. While the decade laid the groundwork for future societal changes, its impact continues to resonate today. Here's a closer look at family life in 1950s America, by the numbers.

## Around 4 Million Babies Were Born Every Year

The post-World War II era saw an unprecedented spike in birth rates known as the "baby boom," lasting from 1946 to 1964. During the 1950s, approximately 4 million babies were born each year, a significant increase from the pre-war average of about 2.7 million annually between 1910 and 1945. By the end of the boom, around 77 million babies had entered the world. Contributing factors included low unemployment, a booming economy, accessible housing, and a burgeoning middle class.

## Only 29% of Women Participated in the Workforce

Aligned with the nuclear family ideal, most households in the 1950s featured a married couple, typically with only one spouse working—generally the husband. In 1950, only 29% of working-age women held jobs, although nearly half (46.4%) of single working-age women were employed. Among married women, just 21.6% participated in the workforce. By 1960, the number of working women increased significantly, from 16.5 million to nearly 22.5 million—a 35% rise, even though the working-age female population grew by only 14%. Common professions for women included secretary, retail salesperson, schoolteacher, bookkeeper, and apparel factory worker.

## Mortgage Rates Averaged Around 2.5%

The 1950s housing market thrived as Americans left urban life for suburban communities. Mortgage rates hovered between 2.1% in 1950 and 2.6% by 1959. The G.I. Bill, benefiting the 16 million World War II veterans, further lowered mortgage rates, making homeownership more accessible. One of the most famous examples of 1950s suburban development was "Levittown," a planned community where homes were built rapidly, with one completed every 16 minutes during peak construction in Long Island, New York.

## Over 4 Million Families Had TVs at Home

Television transformed American entertainment during the 1950s. By 1950, around 4.4 million homes—about 9% of households—owned a TV. This number skyrocketed to 90% by the end of the decade, fundamentally altering family life. Popular shows like \*Leave It to Beaver\* and \*Father Knows Best\* epitomized the ideal American family, influencing cultural norms and expectations.

## A Movie Theater Ticket Cost Less Than 50 Cents

Despite the waning of Hollywood's golden age, movie theaters thrived in the 1950s, offering affordable entertainment. In 1950, a theater ticket cost just 46 cents, cheaper than a dozen eggs, which were 60 cents. A family of four could enjoy a movie for less than the cost of two gallons of milk, which averaged 83 cents per gallon. Disney's \*Cinderella\* was the top-grossing film of 1950, raking in over \$52 million and selling nearly 99 million tickets. Other popular films included \*King Solomon's Mines\*, \*Father of the Bride\*, and \*All About Eve\*.

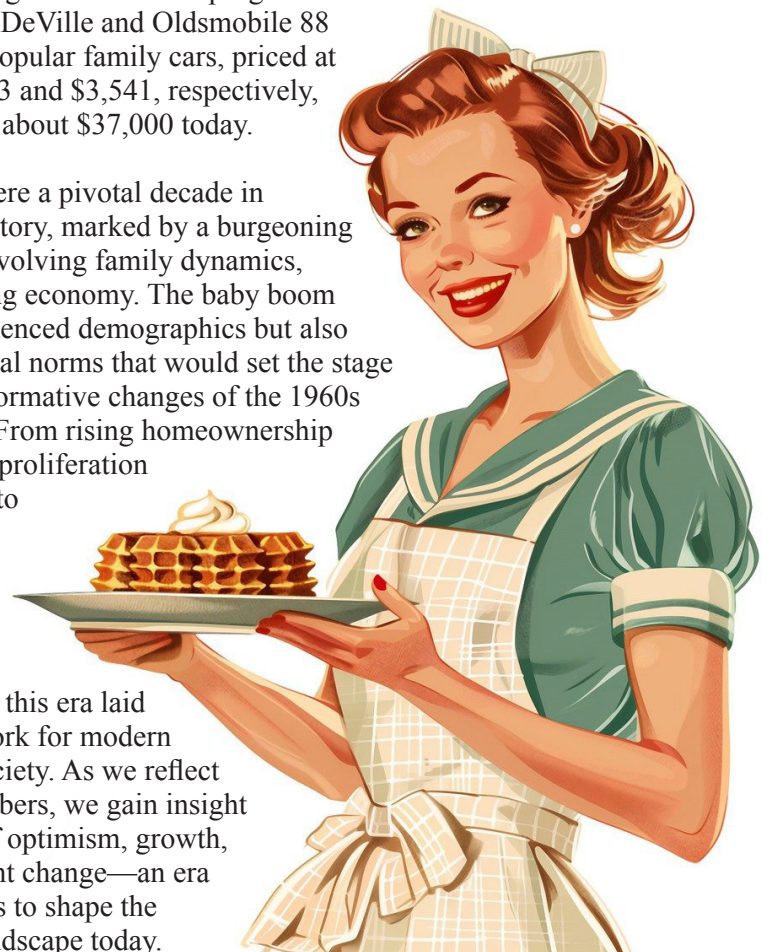
## More Than Half of All Households Had Children at Home

The baby boom significantly influenced household composition. In 1950, about 52% of American households had children under 18, a figure that dropped to 41% by 2019. Families were generally larger during this decade, with 58% of households having three to five members, 21% containing more than six, 18% with two members, and only 3% comprising a single member. The average family size peaked in the late 1950s and early 1960s, but by 2022, it had declined to about 3.13 individuals.

## More Than 30 Million Households Owned a Car

The shift to suburban living meant that personal vehicles became essential. By 1954, 64% of U.S. households owned at least one car. Between 1954 and 1960, the number of one-car families rose from 30.1 million to 32.4 million. While multicar ownership was less common—only about 8% of households owned two cars in 1954—this began to change as the decade progressed. The Cadillac DeVille and Oldsmobile 88 Fiesta were popular family cars, priced at around \$3,523 and \$3,541, respectively, equivalent to about \$37,000 today.

The 1950s were a pivotal decade in American history, marked by a burgeoning population, evolving family dynamics, and a booming economy. The baby boom not only influenced demographics but also shaped cultural norms that would set the stage for the transformative changes of the 1960s and beyond. From rising homeownership rates and the proliferation of television to the suburban migration and changing workforce participation, this era laid the groundwork for modern American society. As we reflect on these numbers, we gain insight into a time of optimism, growth, and significant change—an era that continues to shape the American landscape today.



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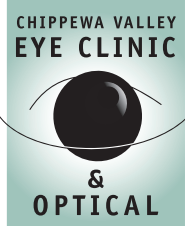


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