



# Hi SENIOR Lites

- Medicare Costs For 2025
- February is American Heart Month
- February Recipe: Wild Alaskan Sockeye Salmon Patties
- Is it Ever Too Late to Strengthen Your Heart?
- OttLite Led Clip And Freestanding Dual Magnifier



RESOURCES FOR SENIORS, FAMILIES AND CAREGIVERS IN DUNN COUNTY

## Medicare Costs For 2025 By the GWAAR Legal Services Team



*Submitted by Bethany Schneider, ADRC Elder Benefit Specialist*

The Centers for Medicare & Medicaid Services (CMS) recently released the 2025

premiums, deductibles, and coinsurance amounts for Medicare Part A and Part B as well as the 2025 income-related monthly adjustment amounts for Part B, Part B-ID, and Part D.

### Medicare Part A Costs

Most Medicare beneficiaries do not have a Part A premium because they paid Medicare taxes while working for long enough to qualify for premium-free Part A. This usually means they worked for at least 10 years. People who do not qualify



for premium-free Part A may be able to buy it by paying a monthly premium. In 2025, the premium will either be \$285 or \$518 each month, depending on how long a beneficiary or beneficiary's spouse worked and paid Medicare taxes.

Part A covers inpatient hospitalizations, skilled nursing facility care, hospice,

inpatient rehabilitation, and some home health care services. The Part A inpatient hospital deductible covers the first 60 days of inpatient hospital care in a benefit period. Beneficiaries must pay a coinsurance amount for additional days of hospital care. For skilled nursing facility care, beneficiaries do not pay anything for the first 20 days, but they must pay a daily coinsurance for days 21 through 100. In 2025, these costs will be as follows:

- Inpatient hospital deductible: \$1,676
- Daily hospital coinsurance for 61st-90th day: \$419
- Daily hospital coinsurance for lifetime reserve days: \$838
- Skilled nursing facility daily coinsurance for 21st-100th day: \$209.50

*...continued on page 5*



# Aging & Disability Resource Center of Dunn County

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

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

Social Workers: Amy White, Wendy Sterry 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,  
 Amy Lynch, and Katherine Schilling

**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.*

FOR RENT

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Knapp, Wisconsin  
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**715.308.3158**

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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
3 Salisbury steak, Gravy, Parslied potatoes, Stewed tomatoes, Wheat bread, Pineapple tidbits	4 Roast turkey, Mashed potatoes, Turkey gravy, Sliced carrots, Perfect peach cobbler	5 Meat lasagna, Romaine and onion salad, Garlic bread, Mandarin oranges	6 Sweet and sour chicken, Steamed rice, Broccoli cuts, Chilled pears	7 Breaded baked fish, Baked potato, Sour cream, Monte Carlo blend vegetables, Rice pudding with raisins
10 Breaded pork chop, Buttered new potatoes, Dilled carrots, Wheat bread, Grapes	11 Herb baked chicken, Oven roasted sweet potatoes, Spinach salad, Apple crisp	12 Baked spareribs, Sauerkraut, German potato salad, Perfect pinto beans, Pumpkin bread	13 Roast beef, Mashed potatoes, Brown gravy, Whole kernel corn, Cherry torte bar	14 Crumb topped baked fish, Basil garlic potatoes, Broccoli, Red velvet cake ♥♥♥♥♥
17 Beef stroganoff, Noodles, Seasoned peas, Fresh banana	18 Roast turkey, Mashed potatoes, Turkey gravy, Herbed baby carrots, Wheat bread, Applesauce	19 Shepard's pie, Stewed tomatoes, Bread pudding with raisins, Vanilla butter sauce	20 Baked fish fillet, Lemon butter sauce, Twice baked potatoes supreme, Broccoli cuts, Wheat bread, 24 hour fruit salad	21 Three bean chili with canned beans, Mixed green salad, Cornbread, Mixed berries
24 Open face hot turkey sandwich with gravy, Mashed potatoes, Turkey gravy, Broccoli, Fresh apple	25 Baked ham & pineapple, Scalloped potatoes, Pinto beans & bacon, Creamy frosted white cake	26 Old fashioned meatloaf, Baked potato, Sour cream, Creamy corn casserole, Apricots	27 Deluxe chicken pot pie, Herbed baby carrots, Dinner roll, Cherry cobbler	28 Breaded baked fish, Side winder fries, Colorful coleslaw, Frosted pumpkin bar

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

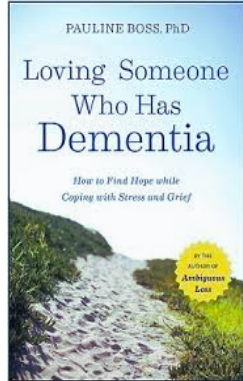

Address \_\_\_\_\_

City \_\_\_\_\_ Phone \_\_\_\_\_

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



*"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**

## ACTIVITY CALENDAR FOR SITES IN DUNN

ACTIVITY CALENDAR FOR THE MONTH OF FEBRUARY 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

♥ **HAPPY**  
*Valentine's*  
**DAY** ♥

# 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**



## Support Groups

**SUPPORTING CAREGIVERS OF  
THOSE LIVING WITH DEMENTIA**

### Colfax -

Grapevine Senior Center  
121 Main Street Colfax  
First Wednesday of  
the month  
1:00 - 2:30pm

### Menomonie -

Menomonie Senior Center  
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  
Chippewa County 715-726-7777  
Dunn County 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



...continued from page 1

### Medicare Part B Costs

Part B covers physicians' services, outpatient hospital services, some home health care services, durable medical equipment, and some other services that are not covered by Part A. In 2025, beneficiaries enrolled in Part B will pay a monthly premium of \$185. In addition, they will pay an annual deductible of \$257.

Individuals whose full Medicare coverage ended 36 months after a kidney transplant and who do not have other insurance that covers immunosuppressive drugs, may enroll in the Part B Immunosuppressive Drug (Part B-ID) benefit. This benefit only covers immunosuppressive drugs. It does not cover any other items or services. In 2025, beneficiaries enrolled in Part B-ID will pay a monthly premium of \$110.40.

Income-Related Monthly Adjustment Amounts for Part B, Part B-ID, and Part D

Beneficiaries who are on Medicare and who have higher incomes may have to pay a higher monthly premium amount for their Part B, Part B-ID, and prescription drug coverage. These higher premiums are called "Income-Related Monthly Adjusted Amount" (IRMAA). Fewer than 5 percent of people with Medicare will pay an IRMAA, so most people are not affected.

Whether a beneficiary must pay an IRMAA depends on the beneficiary's tax filing status and yearly income from two years ago. That means that in 2025, an IRMAA will be based on the beneficiary's 2023 tax return, as shown in the table below.

If your yearly income in 2023 was:

File individual tax return	File joint tax return	File married & separate tax return	You pay each month (in 2025) for Part B	You pay each month (in 2025) for Part B-ID	You pay each month (in 2025) for Part D
\$106,000 or less	\$212,000 or less	\$106,000 or less	\$185.00	\$110.40	Plan premium
above \$106,000 up to \$133,000	above \$212,000 up to \$266,000	Not applicable	\$259.00	\$184.00	\$13.70 + plan premium
above \$133,000 up to \$167,000	above \$266,000 up to \$334,000	Not applicable	\$370.00	\$294.50	\$35.30 + plan premium
above \$167,000 up to \$200,000	above \$334,000 up to \$400,000	Not applicable	\$480.90	\$404.90	\$57.00 + plan premium
above \$200,000 and less than \$500,000	above \$400,000 and less than \$750,000	above \$106,000 and less than \$394,000	\$591.90	\$515.30	\$78.60 + plan premium
\$500,000 or above	\$750,000 or above	\$394,000 or above	\$628.90	\$552.10	\$85.80 + plan premium

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# FEBRUARY IS AMERICAN HEART MONTH



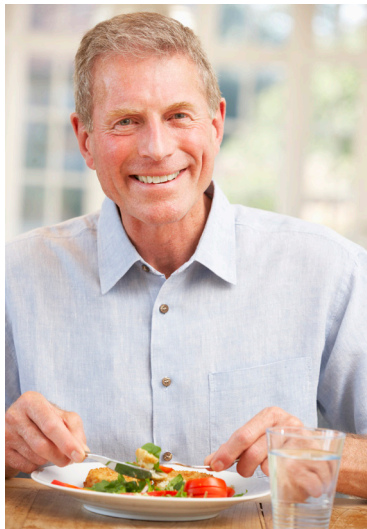
Submitted by Bernie Allen,  
ADRC Nutrition Program Coordinator

According to the World Health Organization, cardiovascular diseases are the number one cause of death globally. Here are a few ways to give your heart a little extra love this month:

## Eat Heart-Healthy Foods

High blood pressure is the leading cause of heart disease and stroke, according to the Centers for Disease Control and Prevention (CDC). If your blood pressure numbers are high, there are foods that can help decrease your blood pressure naturally. Some examples of these foods include:

- Fruit – Citrus, Berries and Kiwi
- Whole Grains – Whole Wheat, Brown Rice, Oats, Rye, Barley, Buckwheat and quinoa
- Leafy Green Vegetable – Spinach, Collard Greens, Kale and Swiss Chard
- Greek Yogurt
- Nuts – Walnuts, Pistachios and Almonds
- Fatty Fish – Salmon, Mackerel, Sardines and Tuna
- Vegetables – Carrots, Celery, Tomatoes (tomato products) and Broccoli
- Beans and Lentils
- Seeds – Pumpkin, Chia and Flax



## Get Moving

It's no secret that exercise has been linked to heart health, and the American Heart Association recommends that most older adults participate in at least 150 minutes of moderate-intensity aerobic activity, 75 minutes of vigorous-intensity aerobic activity, or an equivalent combination of each per week. Some examples of exercise recommended by the American Heart Association include:

- Exercise Classes
- Riding a Bicycle
- Dancing
- Golf (without a cart)
- Yard Work/Gardening
- Swimming/Water Aerobics
- Tennis/Racquetball
- Vacuuming/Washing Windows or Floors
- Walking/Jogging
- Exercises using exercise bands, weight machines or handheld weights
- Pilates/Yoga/Tai Chi

## Practice Gratitude

There is evidence that gratitude can help fend off heart disease, so be sure to say thanks today. A study that was published by the American Psychological Association found that recognizing and giving thanks for the positive things in life can improve the health of patients with certain heart conditions. Patients who kept gratitude journals for eight weeks showed a decrease in inflammation and improved heart rate. Consider using a notebook to write down all of the things you are grateful for.

## Make Sleep a Priority

Poor sleep can take a toll on our hearts. Chronic lack of sleep has been associated with high blood pressure and heart disease. Here are some tips to help you sleep better at night:

- Avoid caffeine late in the day
- Stick to a sleep schedule
- Increase bright light exposure during the day
- Reduce irregular or long daytime naps
- Avoid alcohol before bed
- Exercise regularly, but not before bed

## February Recipe: Wild Alaskan Sockeye Salmon Patties

### *Ingredients:*

- 1 (14.75 ounce can) canned wild Alaskan Sockeye salmon
- 1 egg
- ¼ cup chopped onion
- ¼ cup chopped celery
- ½ cup seasoned dry bread crumbs
- 1 tablespoon olive or canola oil



### *Directions:*

Drain and reserve liquid from salmon. Remove excess/visible bones. Mix egg, bread crumbs and salmon together. Form into patties. If mixture is dry, add reserve liquid from salmon. In a frying pan, heat oil (medium). Place patties in the pan and fry for approximately 5 minutes on each side. Patties should be golden brown and slightly crispy. Drain on paper towels and serve.

Servings: 45  
Prep Time: 15-20 minutes  
Cooke Time: 10 minutes

## Free Tax Preparation Service

AARP Foundation Tax-Aide offers free tax preparation, with a focus on older adults with low to moderate income.



In Your Area

Free Tax Service at the ADRC  
Tuesday and Thursday: 9:00 am until 3:30 pm  
February 4th thru April 10<sup>th</sup>, 2025  
APPOINTMENT ONLY – CALL (715) 232-4006

AARP Foundation  
Tax-Aide

D20248 (1/24)

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To register, contact Casey at (715)231-2713 or (715)308-3527.



JOIN THE FUN!

**WHERE:** Menomonie Senior Center  
1412 6th Street E, Menomonie, WI

**WHEN:** Tuesdays & Thursdays  
January 28-April 3, 2025

**TIME:** 12:30pm

**BINGO + EXERCISE = BINGOCIZE**

## 2025 Caregiver Support Groups

- |                                                                                                                                                                  |                                                                                                                                                           |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Women Connected</b><br/>2nd Wednesday of the month<br/>11:30 a.m.-1:00 p.m.<br/>Menomonie Senior Center<br/>1412 6th Street E, Menomonie, WI</p>           | <p><b>Caregiver Coffee Hour</b><br/>1st Thursday of the month<br/>9:30 a.m.-11:00 a.m.<br/>Exit 45 Restaurant<br/>2100 County Rd B, Menomonie, WI</p>     |
| <p><b>Relatives Raising Children</b><br/>2nd Tuesday of the month<br/>10:00 a.m.-11:30 a.m.<br/>Menomonie Senior Center<br/>1412 6th Street E, Menomonie, WI</p> | <p><b>Caregiver Support Group</b><br/>3rd Wednesday of the month<br/>2:00 p.m.-3:30 p.m.<br/>Menomonie Senior Center<br/>1412 6th St E, Menomonie, WI</p> |
| <p><b>Exploring Dementia</b><br/>4th Monday of the month<br/>10:30 a.m.-12:00 p.m.<br/>Menomonie Senior Center<br/>1412 6th Street E., Menomonie, WI</p>         | <p><b>Dementia Support Group</b><br/>1st Wednesday of the month<br/>1:00-2:30p.m.<br/>Grapevine Senior Center<br/>121 Main Street, Colfax, WI</p>         |

**The Purple Perk & Artful Expressions**  
3rd Monday of the month 10am-12pm, Menomonie Senior Center  
For the Caregiver and Care Receiver; Join anytime between 10&11am  
\*Will meet Tues. Jan. 21 due to holiday closures.

For more information or any questions, contact Casey at 715-231-2713 or 715-308-3527.



### Menomonie Area Senior Center

1412 6th Street East  
Menomonie, WI 54751  
715-235-0954 email: seniors@wvt.net  
Web: menomonieseniorcenter.org

## Menomonie Area Senior Center February 2025



SU	MON	TUE	WED	THU	FRI	SA
	<i>*By Appointment Only*</i>					1
2	3 9-10:30am Tai Chi 12-3pm Open Walking Gym 1pm Mah Jongg 1pm Euchre	4 8:30-9:15am Chair Yoga 8:30am Foot & Nail Clinic* 9:45-10:45am Stronger Seniors-Intermediate* 10am Cribbage 11-11:45am Stronger Seniors-Basic 12:30 BINGO-cize with ADRC	5 8:30am Foot & Nail Clinic* 9am-2pm Crafts/10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	6 8:30-9:15am Chair Yoga 9:45-10:45am Stronger Seniors-Intermediate* 10am-2:30pm ADS* 11-11:45am Stronger Seniors-Basic 12:30 BINGO-cize with ADRC 1pm 500 Cards	7 10am-2:30pm ADS* 12-3pm Open Walking Gym 1-3pm Bingo	8
9	10 9-10:30am Tai Chi 12-3pm Open Walking Gym 1pm Mah Jongg 1pm Euchre	11 8:30-9:15am Chair Yoga 8:30am Foot & Nail Clinic* 9:45-10:45am Stronger Seniors-Intermediate* 10-11:30am ADRC Relatives Raising Children 10am Cribbage 11-11:45am Stronger Seniors-Basic 12:30 BINGO-cize with ADRC	12 8:30am Foot & Nail Clinic* 11:30am-1pm ADRC Women Connected 11:30-12:30 SPAGHETTI MEAL SENIOR CENTER 9am-2pm Crafts/10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	13 8:30-9:15am Chair Yoga 9:45-10:45am Stronger Seniors-Intermediate* 10am-2:30pm ADS* 11-11:45am Stronger Seniors-Basic 12:30 BINGO-cize with ADRC 1pm 500 Cards 1pm Open Party Bridge	14 10am-2:30pm ADS* 12-3pm Open Walking Gym 1-3pm Bingo <b>Valentine's Day!</b>	15
16	17 9-10:30am Tai Chi 10am-12pm ADRC Purple Perk & Artful Expressions 12-3pm Open Walking Gym 1pm Mah Jongg 1pm Euchre	18 8:30-9:15am Chair Yoga 8:30am Foot & Nail Clinic* 9:45-10:45am Stronger Seniors-Intermediate* 10am Cribbage 11-11:45am Stronger Seniors-Basic 12:30 BINGO-cize with ADRC	19 8:30am Foot & Nail Clinic* 9am-2pm Crafts/10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge 2-3:30pm ADRC Caregiver Support Group	20 8:30-9:15am Chair Yoga 9:45-10:45am Stronger Seniors-Intermediate* 10am-2:30pm ADS* 11-11:45am Stronger Seniors-Basic 12:30 BINGO-cize with ADRC 1pm 500 Cards	21 10am-2:30pm ADS* 12-3pm Open Walking Gym 1-3pm Bingo	22
23	24 9-10:30am Tai Chi 10:30am ADRC Exploring Dementia 12-3pm Open Walking Gym 1pm Mah Jongg 1pm Euchre	25 8:30-9:15am Chair Yoga 8:30am Foot & Nail Clinic* 9:45-10:45am Stronger Seniors-Intermediate* 10am Cribbage 11-11:45am Stronger Seniors-Basic 12:30 BINGO-cize with ADRC	26 8:30am Foot & Nail Clinic* 9am-2pm Crafts/10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	27 8:30-9:15am Chair Yoga 9:45-10:45am Stronger Seniors-Intermediate* 10am-2:30pm ADS* 11-11:45am Stronger Seniors-Basic 12:30 BINGO-cize with ADRC 1pm 500 Cards	28 10am-2:30pm ADS* 12-3pm Open Walking Gym 1-3pm Bingo	

# Is it Ever Too Late to Strengthen Your Heart?



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

When it comes to your health it is never too late to strengthen your heart. Avoiding a sedentary lifestyle, and staying active, can help prevent your heart from weakening as quickly over time.



It's been proven that properly using weight training can help you strengthen your heart.

Strength training exercises increase lean muscle mass throughout the body, giving your cardiovascular system places to send blood that is being pumped — reducing the pressure on your arteries — which helps reduce chances of heart-related problems and improves circulation throughout the body.

Just like with other muscles of the body, it is possible to reverse some of the effects of aging and strengthen our hearts by doing heart-healthy exercises.

But there are some things that seniors should keep in mind — especially if you're looking for heart-healthy exercises — most importantly: starting slow

## Three Heart-Healthy Indoor Activities for Seniors

### #1: Weight Lifting

Cardio isn't everyone's favorite activity, and the good news is, it's not the only activity that's good for your heart. Weight lifting is one of the many heart-healthy activities for seniors that doesn't involve tons of cardio.

Weight training has been proven to lower the possibility of heart attacks and strokes.

### #2: Group Exercise Classes

Heart-healthy activities for seniors don't have to be done alone. If you are looking for a way to socialize and reap the benefits of exercise, a group exercise class is a perfect solution.

The ADRC of Dunn County currently offers the Stronger Bodies program in a virtual format, which might be a perfect opportunity for you to give a group exercise a try from the comfort of your own home. You can call us at 715-232-4006 for more information. We are also looking at adding more group classes this year, so stay tuned!

### #3: Dance Classes

Dance classes are an amazing way to connect with other seniors and participate in heart-healthy activities. As an added bonus, dance classes allow participants to move at their own pace.

If you're just getting back into being active, you can take it slow. If you're someone looking for a more intense workout, you can step up your dance moves.

Whether you're into the samba, working on your boot-scootin-boogie, or ready to get moving and grooving in your community's Zumba class — you'll reap the benefits of dance classes.

According to a recent study, moderate-intensity dancing can help lower your risk of dying from cardiovascular disease.

Really, the most important thing is probably just to find some sort of movement you enjoy, and get moving! It's never too late to care for your heart!

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## DEMENTIA P.A.C.T.

### Positive & Assertive Caregiver Training

ATTEND SOME OR ALL TRAININGS



### JOIN US FOR FREE QUARTERLY TRAININGS TO INCREASE YOUR SKILLS AS A CAREGIVER

#### ● HOW TO SPEAK DEMENTIA MARCH 4TH, 2 PM - 4PM

Learn tips and strategies to improve communication with someone living with dementia. Strategies will decrease your frustration.

#### ● DEMENTIA & HOME SAFETY SEPTEMBER 2, 2-4PM

Learn about low tech and high tech solutions to keep your loved one safe at home

#### ● STAGES & SUPPORT JUNE 3RD, 2 - 4PM

Determine roughly what stage of dementia your loved one is in and how to best support them day to day.

#### ● DEMENTIA & SUNDOWNING DECEMBER 2, 2-4PM

Learn about this symptom that is often present with dementia. You will gain understanding and strategies to work through sundowning.

brewery / nōnic  
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Menomonie

- Join Carla Berscheit, Dementia Care Specialist to gain knowledge, understanding and resources.
- Registration is required.



715-232-4006



adrc@co.dunn.wi.us

## THE PURPLE PERK

A safe space for persons with dementia and their care partner to join for coffee and conversation.



## Artful Expressions

Program sponsored by:  
**MAYO CLINIC**  
HEALTH SYSTEM

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

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

3rd Monday of the month

10am-12pm; art project to start at 11am

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

\*Will meet 1st Tues. in Jan. due to holiday closures.



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



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# Women Connected

A SUPPORT GROUP  
FOR WOMEN CAREGIVERS


*Menomonie Senior Center*  
1412 6th St., Menomonie, WI  
2nd Wednesday of the month at 11:30am

2025

Jan 8	Apr 9	Jul 9	Oct 8
Feb 12	May 14	Aug 13	Nov 12
Mar 12	Jun 11	Sep 10	Dec 10

*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 Casey at 715-231-2713.



# OttLite Led Clip And Freestanding Dual Magnifier

CILWW is focusing on vision enhancement devices this month, with a particular emphasis on the OttLite LED Clip and Freestanding Dual Magnifier. This versatile tool functions as both a freestanding magnifier and a clip-on device, providing clear and comfortable visibility in various environments. It features a swivel base and a flexible neck, enabling precise direction of illumination where it is most needed. Furthermore, it is energy-efficient and equipped with long-lasting LED lights, offering 3x and 6x magnification options. This device is suitable for activities such as reading, crafting, knitting, and woodworking, among others.



The OttLite LED Clip and Freestanding Magnifier Lamp is available through several well-known retailers, including Walmart, and can be purchased online for approximately \$37.00.

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.

# Virtual Dementia Support Groups



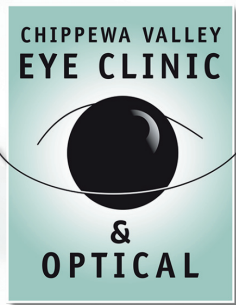
**Do you care for someone living with dementia? You don't have to do it alone. We have several virtual support groups available.**

- 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)

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# What the Lifeline Program Is and How to Sign Up

By the Greater Wisconsin Agency on Aging

## What is Lifeline?

Lifeline is a program that provides qualified low-income Wisconsin residents with affordable access to essential telecommunications services by discounting the cost of phone, cellular, and internet services. Lifeline is a voice-based benefit, however, so while the discount can be applied to bundled internet and voice service, voice service must be included as part of the package for a Lifeline discount to be provided. Discounts range from \$5.25 to \$18.50 per month, depending on the type of service you have. Your service provider can tell you the exact amount of your discount. Tribal members living on Tribal land are eligible for a further discount of \$25 and have additional qualifying programs.

## Who is Eligible for Lifeline?

To be eligible for Lifeline, your income must be at or below 135% of the Federal Poverty Guidelines, or you must participate in one of the following programs:

- Medicaid
- FoodShare
- Supplemental Security Income (SSI)
- Federal Public Housing Assistance (Section 8)
- Veterans and Survivors Pension Benefit

In addition, only one person per household may receive a Lifeline discount. If you live with someone who has Lifeline but is not a part of your household, you may still qualify. Complete the Household Worksheet at [LifelineSupport.org](http://LifelineSupport.org).

You can check your eligibility for Lifeline online by going to the FCC Lifeline National Verifier website. The National Verifier website is connected to federal databases and can determine if you are enrolled in a qualifying program listed above. If you do not participate in a

qualifying program, you must provide proof that you meet the income guidelines in order to be eligible for Lifeline.

## How Can You Sign Up for Lifeline?

To get Lifeline, you have two options. You can start by first qualifying for the service through Lifeline. You can receive proof that you qualify either by going online to the FCC Lifeline National Verifier website and receiving a code or by mailing in a paper application to Lifeline. Once you receive proof that you qualify for Lifeline, you can choose a participating phone or internet company in your area and apply the Lifeline discount to new or existing service.

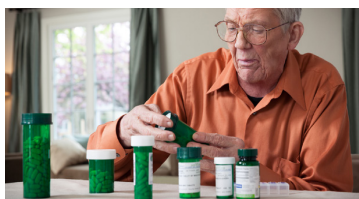


Alternatively, you can start by just reaching out directly to a local participating service provider and asking them to help you find out if you are eligible to sign up for the program.

## For Additional Information

For additional information on Lifeline in Wisconsin, call the Wisconsin Internet & Phone Helpline at (608) 267-3595, Monday through Friday, 7:45am - 4:30pm. You can request an interpreter if you need assistance in a different language. For additional information about Lifeline at the federal level, you can visit [lifelinesupport@usac.org](mailto:lifelinesupport@usac.org), or call (800) 234-9473, Monday through Friday, 10am - 10pm.

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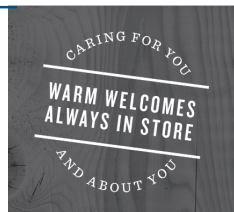
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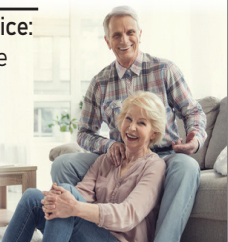
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## DO YOU LIKE TO LISTEN TO PODCASTS?

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**Volunteer Opportunities:**

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


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

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